



# awakening

## with Mary O'Malley



**Mary O'Malley** is an author, teacher and counselor who's work awakens people to the joy of being fully alive. Her innovative and highly effective approach to compulsions replaces fear, hopelessness and struggle with ease, well being and joy.

In the early 1970's, a powerful awakening put Mary on the path to becoming free from a lifelong struggle with her own compulsions, exposing her to the joy and the wonder of being fully awake to Life. Since then, she has dedicated her life to helping others heal themselves by seeing what truly blocks them from life's joy.

Through her individual counseling and coaching, classes, retreats and ongoing groups, Mary invites people to experience the miracle of awakening. An acknowledged authority in the field of Awakening, Mary clearly sees the big picture—and the details—of human patterns and conditioning. She possesses an extraordinary ability to understand, empower and connect with people and is

committed to helping people heal their inner wars, so that they can become a part of the healing of our planet.

**Nicknamed "Sunshine"** as a baby, Mary's life journey has been at times so dark and dangerous that her inner radiance was nearly extinguished. As a little girl she attempted to soothe the pain of parental abuse, neglect and divorce with food. A chubby child, she became an overweight teen. While her step-mother gave her diet pills (speed) which made her paranoid and hyperactive, her mother counter-medicated her with sleeping pills and tranquilizers—a toxic and highly addictive combination. When she turned 18, Mary turned to alcohol, and when she got to college, she began using street drugs. At the age of 24 Mary felt like a total failure. And when a doctor told her that her addictions would kill her, she knew that she no longer wanted to live.

After several unsuccessful suicide attempts, Mary attended a weekend long Hatha Yoga seminar, which gave her back her life. Although she didn't know why, she suddenly felt vibrant and alive, curious rather than reactive, compassionate rather than judgmental, and trusting rather than fearing. The B-grade, black and white movie of her life transformed into a full color, five-star blockbuster.

**Mary's first book** [\*Belonging to Life, The Journey of Awakening\*](#) is a treasury of practical wisdom and profound insights, all pointing to one essential Truth: how to awaken into present-moment awareness and live in acceptance of what is.

**Her second book**, [\*The Gift of Our Compulsions, A Revolutionary Approach to Self Acceptance and Healing\*](#) teaches us that our compulsions are not simply negative impulses to be controlled but our allies and protectors.

**Her third book**, [\*The Magical Forest of Aliveness: A Tale of Awakening\*](#) is a

The years of living in deep despair now somehow made sense. While it was not permanent, Mary was able to access this new state of simply being more easily.

Fascinated with healing, she became a massage therapist. And as she listened to her clients' stories, problems and complaints, an innate wisdom began to flow from deep inside her. The insights that she shared healed both her clients and herself.

Since her own awakening, in 1971, Mary has studied with many teachers; Ram Dass, Pir Vilayat, Patricia Sun, Jean Klein, Brian Swimme, Jack Kornfield, Karlfried Graf Von Durckheim and others. Vipassana (Mindfulness) meditation practice made her curious about whatever she was experiencing and then Stephen Levine taught her how to meet everything she discovered through the vastness of her heart. It was a true epiphany!

After integrating her own specific threads of wisdom with those of all the great teachers she had studied with, Mary created a powerful blueprint for being fully alive that she calls, simply, "Awakening."

**Contact Mary O'Malley**  
at [martha@maryomalley.com](mailto:martha@maryomalley.com)  
to request an interview  
or speaking engagement.

wonderfully accessible allegory that brings home Mary's teachings of awakening.

**Her most recent book**, [\*What's In the Way Is the Way: A Practical Guide to Waking Up to Life\*](#) is an inspiring and practical handbook for Awakening.

