



April 2023

Committed to being an instrument in the transformation of world consciousness, Mary O'Malley helps people experience the freedom and joy of being awake and aware no matter what is happening in their lives.

**Inspiration:** "Imagine for a moment that a part of you steps out of your thoughts, and you watch the part of yourself that is very busy inside the enclosed globe of the mind. Notice what the mind is trying to fix or change. Then ask yourself, "Who's here right now watching this?" This is a moment of consciousness."

**Intention:** When I find myself struggling or reacting, I will remember to say, "I'm okay exactly as I am" and "Life is okay exactly as it is." I will pause and notice what these statements bring up inside of me.

**Featured Offerings:**

*Mary's course available soon as self-paced:*

[Falling in Love with You](#)

More details below about this self-paced online course.



Click on the photo above to watch Mary in a video message.

## Learning to Step Outside the Snow Globe of the Mind

Remember those beautiful snow globes that fit in the palm of our hands when we were young. We would shake them every chance we got, only to be delighted by the falling snow over the miniature scene inside. Now imagine a very big snow globe, a life-size transparent sphere, and the falling snow is our thoughts about life. When we were very young and had no attachment to the thoughts in our heads, we could watch thoughts, feelings and events pass through our experience like falling snow. As we grew up, we became trapped inside the snow globe of our minds and have been living there ever since.

Outside the snow globe, there is spaciousness, connection, understanding, and compassion. Inside the globe, there is struggle, fear, and endless suffering. Most everyone is caught inside the snow globe and not even aware they are in it. It is the place where the struggling self turns everything into a problem, constantly trying to fix, change or rearrange life. This is the result of our conditioning when we were young. We got scared and have been desperately trying to figure it all out, but we don't know how to figure it out, so we keep trying and trying.

Imagine for a moment that a part of you steps out of the snow globe here and there, and you watch the part of yourself that is very busy inside the enclosed globe of the mind, living in a world that needs things to be different. Listen to what the storyteller in your head is saying. Identify what is the struggle *du jour*. Notice what the mind is trying to fix or change. Then ask yourself, "Who's here right now watching this?" This is a moment of consciousness. Of course, it doesn't last long, and you are right back in the snow globe again, but that's okay. Although it is painful to watch the parts of you that are shaming, fearing and despairing, these brief moments when you are outside the snow globe of the mind really do matter. Remember that you have lived in the snow globe of the conditioned mind for most of your life and it is easy to get absorbed back inside the world of fear.

I would like to invite you to say two statements to yourself. "I'm okay exactly as I am" and "Life is okay exactly as it is." Say the first statement to yourself and then pause. Just notice what the mind does with it. Then say the second statement and again pause to see what this statement brings up inside of you. Maybe the cynical one is here, the one that says something like, "Yeah right. I don't think so, I'm not okay and my life is not okay." This voice is just the storyteller inside the globe that believes it is separate from life. Recognize that this kind of response is normal and comes from the conditioned world of struggle. Don't try to force yourself outside of the globe. Invite the cynical self to see that this is all part of the snow globe's world because who we truly are doesn't live in struggle.

Awakening teaches us that we don't need to figure it out. What is here is exactly what needs to be here, and there is nothing to be afraid of. We got caught inside the snow globe when we were very young. And, you are reading this because you are ready to see the struggles in your mind rather than being caught in them. So, take a baby step beyond your own snow globe as you watch your struggling mind rather than being imprisoned by it.

You will step out and then find yourself back inside again, over and over throughout your awakening process as you watch what your mind is doing. Then, one day you will realize that you are living outside of the snow globe most of the time and discover that it is truly a magical place to live!

Be light,  
Mary

**Awakening teaches us that we don't need to figure everything out. What is here is exactly what needs to be here, and there is nothing to be afraid of.**

#### Acknowledgements from Our Readers

"Thank you so much, Mary! I truly benefitted from my session with you. You have such a wonderful way of teaching difficult concepts to put into words, in a very clear way! I hope our journeys allow us to cross paths many more times...  
Again, thank you for our session.  
Warmly, ~A."

#### EVENTS

Please follow the links for details

##### **Coming Soon! Mary's course as self-paced**

[Falling in Love with You](#)

Course begins on February 1, 2023

##### **Tuesdays: March 21st, 28th & April 18th, 25th**

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time

##### **Thursdays: March 23rd, 30th & April 20th, 27th**

[Zoom Group: Guidance for Person Awakening](#)

10:30 AM - 12:00 PM Pacific Time

##### **Thursdays 8:00 AM & 8:00 PM Eastern Time (5:00 AM & 5:00 PM Pacific Time)**

Mary on Dreamvisions 7 Radio Network Evolutionary Voices for the Quantum Age

Mary's Radio Home Page - [What's In Your Way IS the Way](#)

##### **Being Healed by Our Compulsions self-paced online course**

[Being Healed by Our Compulsions online course](#)

Start as soon as you sign up!

##### **What's In Your Way IS the Way self-paced online course**

[What's In Your Way IS the Way online course](#)

Start as soon as you sign up!

## Mary's Course Coming Soon as Self-paced: FALLING IN LOVE WITH YOU

THIS 8-WEEK ONLINE INTERACTIVE COURSE EXPLORES how you became disconnected from your own heart and the pathway back to meeting yourself with compassion and kindness, so you can know the joy of being authentically you.

We are finally waking up to the phenomenal power of self-compassion for it is one of the most potent healing forces known to humankind. To fall in love with you exactly as you are, where true and lasting healing happens, affects not only yourself, but also your friends, loved ones, and the world.

### Imagine:

- Being okay with being you. Knowing you are acceptable and lovable exactly as you are.
- Learning that you don't need to change yourself in order to be okay.
- Meeting your pain so that it no longer takes over your life.
- Rediscovering how to reconnect with the safety and joy of being fully alive.

### Included in the course:

- 8 lessons with audio and video files
- Invitations each week to help you bring what the course offers into your daily life
- PDF handouts of all lessons and invitations
- Lifetime access to the audio and video files and PDFs

[Enroll Here](#)

Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for questions.

## FOR MORE INFORMATION

[Counseling](#) - In person & by phone (currently by phone or Zoom)

[Awakening Group](#) - In person group (currently held on Zoom)

[Tele\(PHONE\)Group](#) - Telephone group

To visit Mary's [website](#), [blog](#), [Radio Show](#), [newsletters](#), [books](#) and [CDs](#).

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*.

You can also visit the What's In the Way IS the Way website where you can read the endorsements for this wonderful book [www.whatsinthewayistheway.com](http://www.whatsinthewayistheway.com).

**For more information about Awakening, please follow the links below.**

**If you have any questions or need assistance, please contact: [devrah@maryomalley.com](mailto:devrah@maryomalley.com)**

**To unsubscribe, click on the link at the bottom of any e-Newsletter.**

Please feel free to forward these emails to those whom you feel would be interested.

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