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Unfolding The Mystery Of Self: We Are Never Alone



Synopsis

As the illusion of the material world melts, communion with angels, ancestors, teachers and masters becomes common place when Lynne Cockrum-Murphy shows we are all guided throughout our lives. This awareness and self-realization is available to anyone who seeks. Unfolding the Mystery of Self - We Are Never Alone is a descriptive illustration of the author's development of her spiritual path, intuitive awareness and deep inner peace. In an easy-to-read style, this book illuminates transition from her early life traumas and discouragement to gracious awareness of All That Is. Sharing wisdom from spiritual teachers and insights from mystical experiences, the possibilities beyond our physical lives become real.

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Prologue:Some of us walk a unique, decidedly spiritual path. By choice, some us create a spiritual life without religion and stand on our own. In my case, I have chosen a path to Christ consciousness or enlightenment. In the loneliness, fear and uncertainty of my teen years I found solace in spiritual teachings, eventually discovering that we are not alone. Now I know we have teams of supporters, angels, guides, teachers, family members and the many aspects of God guiding us the whole time. If we tune in we can hear, see and recognize them. Not only are we not alone, we are a thread in a great tapestry that is richer, because we exist. I came to rely on and trust the beautiful unseen beings and live in concert with them as I move towards my goal of self-realization. Over the decades, many times I looked to others for guidance and direction;

spiritual teachers always responded. When I questioned and wondered where I was in the process, I read the writings of some of the greatest teachers and drew from their experiences. A few even categorized the stages of spiritual growth in their books. It felt awkward though studying the greats while considering myself much more ordinary than they. How could I aspire to live a life like Jesus, Buddha, or more recent greats like Mahatma Gandhi, Mother Teresa or Yogananda? I see myself as a much more ordinary American, female, teacher, and average citizen. What does the path to enlightenment look like for people like me? On the whole this book describes some of my spiritual process and experiences in order to provide an illustration of the path and how I discovered we are never alone. Since we are in a time of ascension, then more road maps and guides will smooth and shed light on the way for others and encourage us to continue seeking, practicing and recognizing we are exactly in the perfect time and perfect place right now. Even as I continue to move forward, releasing the illusions of this world, I delight in the joy of the present.

Lynne Cockrum-Murphy, Ed.D., L.I.S.A.C., is an intuitive consultant specializing in bringing guidance to those who are seeking assistance with their spiritual path, in addition to facilitating physical healing, emotional growth and removing blocks to joy, purpose and meaning. Lynne is a Certified ThetaHealer® and Instructor and Access Bars® facilitator and Instructor. She is also a licensed Substance Abuse Counselor and has worked as a drug treatment counselor. Lynne teaches meditation and has led group meditations and taught throughout the northwest, southwest, and Caribbean. Lynne received her doctorate in educational administration from Arizona State University. She is also an adjunct professor for Northern Arizona University College of Education. She is retired from teaching special education and administration and writes and consults. Lynne's recent book, Living Hope -Steps to Leaving Suffering Behind, is available on Amazon. Living Hope stands out not only as a poignant story of resilience in the face of family dysfunction and tragedy but as a model of hope, action and success. Everyone has suffered. The key is releasing and moving beyond that. This book shows you how Lynne transformed her life from suffering to joy and how others can do the same. Stronger at the Broken Places is Lynne's first book and has been referenced in the fields of autobiography, resilience and personal growth.

So much to think about. I read this book and feel I am changed. A truly great adventure into myself. I absolutely loved it.

Through the authors own experiences the reader gleans insight that allows their own spiritual journey toward enlightenment to unfold in very impactful ways. Awareness of the self, mindfulness of actions and words, forgiveness and decreased judgement of others only begins to describe the changes that occur without effort. In the reading of the book alone one is automatically gifted with realizations. Start to use the tools/practices offered and the intuitive messages will begin to flow bringing about additional shifts in perspective providing immense growth of heart, mind and spirit. This is a thoughtfully, succinctly written guide for all who are on a spiritual journey

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