

Unfolding the Mystery of Self

WE ARE NEVER ALONE



LYNNE COCKRUM-MURPHY ED.D.



Also by Lynne Cockrum-Murphy

*Stronger at the Broken Places: Heuristic Inquiry - Growing Up
in Chaos and the Journey from Suffering to Self-Actualization*

Living Hope –Steps to Leaving Suffering Behind



Unfolding the Mystery of Self is an autobiographical exploration of the self. Lynne uses her own life journey to explore her changing view of self, healing, and God. The resonance of the book, not just Lynne's words, but her actual presence coming through, touched me deeply. As she affirms her life, the reader is invited to affirm theirs. The book, perhaps as an extension of the author, has an energy that nurtures and supports its reader in a mysterious way. A must read for anyone thinking their life is trivial, looking to expand their view of spirituality, or understand their healing talents. Packed with anecdotes that will lead the reader to insight, the book invites us to review our own lives and consider moving forward into easy and effortless spiritual change.

Dorena Rode, PhD

I was intrigued by Lynne's story of her path toward enlightenment, and was especially taken by her story of tragedy when she was young. I admire her for staying on the path and making so much progress.

Bill Worth

Doctor Cockrum-Murphy has provided a personal road map for a spiritual journey to enlightenment for anyone willing to embrace the message. She has provided a gift that is a must read for all.

Lynda Hemann, PhD., LISAC

Dr. Cockrum-Murphy presents a practical and applicable model to integrate intuition, giftedness, and spirituality in daily life. She unifies the subjects of metaphysical spiritual practice and psychology through personal narrative, and suggests coherent and pragmatic methods for others to achieve and organize similar capabilities. This is a meaningful read for anyone who questions the validity of applying of preternatural abilities in helping professions.

Kathy Mohr-Almeida, Ph.D.

This is a book filled with heart and soul. Lynne gives many workable examples of shedding the layers of suffering to allow your true essence to shine. A must read!

MJ Caldwell, R.N.

Lynne's book is a real page turner as the reader sees how Lynne has, and continues to, evolve spiritually without apology. Lynne comes from vulnerability as we are invited to listen to her, and to experience this journey she shares. It is then up to the one holding the book to look into themselves for their own answers, on their own spiritual journey. Thank you so much for being willing to open yourself that we may see.

Rev Sandra Hopper



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**Lynne Cockrum-Murphy, Ed.D.,
L.I.S.A.C.**

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Prologue

Some of us walk a unique, decidedly spiritual path. By choice, some of 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 knowledge. 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 a path less traveled and how I discovered we are never alone. Since we are in a time of ascension, more roadmaps 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.

Acknowledgements

I thank the many wonderful beings of love and light who have aided me as I wrote this book. My life is blessed and perfect because of the many teachers, masters, angels and ancestors that guide me and because of God, that which illuminates me and makes all possible.

I also thank my writing coach, Tom Bird, my editor, Bill Worth, my ever supportive husband, Doug Murphy and my dear supportive friends – with special recognition to my Greatness Circle.



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Part 1:
Spirit Surrounds Us



Chapter 1

Never Alone

Actually we never are alone. We have guides, teachers, angels, and loved ones with us all the time. Plus we are part of All That Is (God), which means we are also connected to everyone, to all of life, all the time. There is no aloneness. There is only unawareness.

At the same time, when I notice that a relative who has passed has come in spirit to talk to me, I used to spend some time wondering, is it real? Am I making it up? Why did he or she come? Often when I did notice the spirit of an uncle, aunt or my grandmother, I was in the kitchen, doing the dishes or at my desk working. Those must have been times when my mind was open and more accessible. Usually ancestors do bring a particular message or offer to help with something.

Their visits also showed me how death really is transition to another state of consciousness; more like they left town and are out traveling, but not going to pull up in a car in front of my house. And I cannot go to their house any more, nevertheless they still exist. Their visits and communications in spirit is more like talking with them on the phone.

I wish we were taught from childhood that just because others do not see what we (sensitive types) see, or hear does not make it unreal. My grandmother told me her husband called her name from the bedroom after he died. She walked into the room and looked because it sounded distinctly like his voice, loud and clear. Most people have seen something out of

the corner of their eye and thought someone was there, then dismissed it thinking it not possible.

We are not taught how to tune in and listen.

In 1981, my mom visited me after she had been shot and killed in a robbery. Her murder was a devastating, culminating event after my first twenty-five years of life, trauma, tragedy and family dysfunction. I had returned to her home north of Reno, Nevada to make funeral arrangements.

Shortly after her death, I was alone in my parent's house when I realized she was there too, standing in the doorway of the bedroom near me. I felt certain it was her. I did not know why she had come. I tried to talk with her, but could not hear her although I sensed her presence. Now I suspect she wanted to show me she was on the other side of the veil so I would not think she no longer existed. It did confirm my belief in life after death so her visit not only was valuable, but it also made me feel less alone and reassured.

My sister, Brenda had a similar experience the day after Mom died. She tells it in her own words:

After the Medical Examiner had come to my work to tell me about the shooting and that Mom had died, a co-worker offered to give me a ride to where my boyfriend worked. My co-worker needed to stop and get gas. While I was alone and waiting in his pickup, I had a feeling like someone was behind me and was wrapping their arms around me, hugging me. I knew it was Mom's spirit. She was letting me know she was alright and that she loved me. I didn't hear her voice; I just felt warmth inside of me. I knew that she was finally at peace (after her whole life of difficulty, torment, abuse and loss).

The peace and reassurance we felt after Mom's visitations may have been a turning point after all the turmoil of our early years. These experiences were the beginning of a life of knowledge that we are never actually alone.

Today, I can switch my awareness from thinking with my mind to an aware state in which I sense the angels, teachers and my guides' presence. The nice thing about those kinds of changes in one's spiritual growth is that once they occur, the growth is permanent. The gracious energy of these beings supports me. I suspect some degree of this connection and support from them continues, all day, every day even without my noticing it. Anyway as I write, I sense their presence as a gentle energy, no pushiness or demands. Sometimes I see their wings and their light. Other times I hear them introducing themselves. Tuning into their presence helps alleviate the feeling of aloneness so many of us have. Today, I know in my heart of hearts I am never alone. We all have teachers and guides and angels and ancestors with us throughout our lifetimes.

The first time I remember being visited by nonphysical beings I was only two and half years old. Two blue angels visited me while I was in the hospital after surviving the house fire from which my dad rescued me, but died trying to save my two sisters. Once I had healed enough to be placed in a regular crib, I remember being alone and wondering what had happened. At some point, two blue angels stood at the foot of my crib and talked with me. They comforted me and eased my loneliness. Because these beings appeared no taller than the crib and my sisters had recently died, I decided they might be my sisters, Susie and Peggy. I wonder were they really blue or was that the calming, pain-relieving energy they projected towards me? Either way, their presence, and the possibility that

they were my sisters and/or angels remains a demonstration of deep love and consolation and means a lot to me.

How do we become aware of the presence of these loving beings (guides, teachers and angels) all day? Part of it requires distinguishing their voices from our own thoughts. We hear their guidance from the day we are born; it takes conscious awareness and discernment to distinguish their influence from our own thoughts.

Development of discernment took me time and practice. Increasing the ability to discern took prayer too. I told Creator that I wanted the gift of discernment. I asked spiritual teachers what it was and how to get it. I read about it. Today, I still pay attention to what I hear in my head and determine where it came from – my own thinking, someone else's or something else. From there I decide if I will follow it, ignore it or do something else. Practicing awareness of guides and teachers by listening and asking questions, asking for signs, by paying attention and learning to discern their thoughts and suggestions from our own enriches our lives.

Shifting from wondering about these spiritual beings all around us to becoming certain of your experiences with them improves as you acknowledge all those moments when you thought you heard, saw or felt something that others did not notice or that you cannot see when you look directly. Acknowledge how sensitive you are and that your knowing and awareness is real, and that the beings you suspect are there are real too.

Unfolding the Mystery of Self is a beautifully and thoughtfully written book for anyone in search of a spiritual path. Author, Lynne Cockrum-Murphy shares her insights, stories, and practices as she guides readers through her own discoveries of self-realization. Readers will savor each brief yet potent chapter as they gain knowledge toward their own journey of enlightenment.

~ Connie M. Leach, Ed.D.



Unfolding the Mystery of Self – We Are Never Alone is a beautifully descriptive illustration of the author's development of spiritual path, intuitive awareness and deep inner peace. It illuminates movement 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. As the illusion of the material world melts and communion with angels, ancestors, teachers and masters becomes common place she shows it is all available to anyone who seeks.



Lynne Cockrum-Murphy is an intuitive, who gently guides those seeking assistance with healing, spiritual and emotional growth by releasing limiting beliefs, past and present life programming in order to achieve happiness, peace and the life of their highest best. She has a doctorate in Education, is a licensed substance abuse counselor, an Access Bars® instructor, and an advanced level certified ThetaHealer® and course instructor. She continues to teach for Northern Arizona University and maintains a private practice in Phoenix, Arizona where she lives with her husband and cats.

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