

LORD HAVE MURPHY

Lord Have Murphy: Waking Up in the Spiritual Marketplace By Fran Shaw, Ph.D.

New Amazon #1 Bestseller Offers a Charming and Humorous Entrée To the Next Level of Conscious Awareness—Let Murphy Be Your Guide!

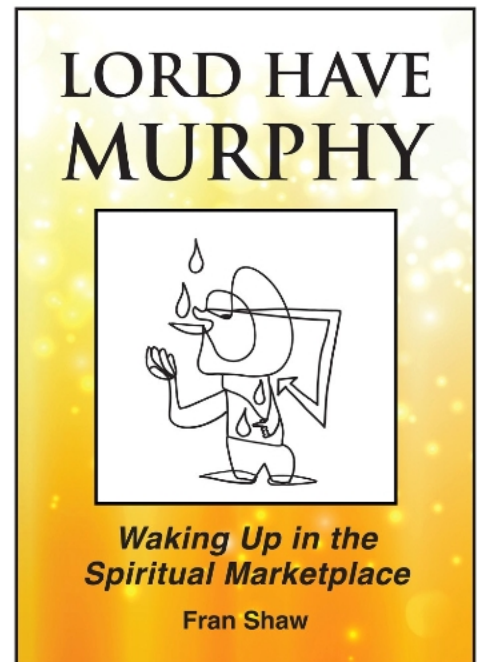
While there may be a plethora of books on consciousness, none is quite like the new Amazon #1 bestseller, ***Lord Have Murphy: Waking Up in the Spiritual Marketplace***. It's a funny, sardonic commentary that's also a brilliant entrée to a new level of consciousness unknown even to many people who have dabbled in meditation, mindfulness and even yoga.

The book's author Fran Shaw, Ph.D., is a longtime practitioner in a spiritual discipline and an award-winning university writing instructor. Out of her fertile mind has popped Murphy, the star narrator of this journey into this new level of awareness. And Murphy has a wry comment on EVERYTHING!

Murphy demurs from being a teacher—no guru is he—yet his exploration of the nature of this deep new level of conscious awareness is a fun-filled, quip-induced, deeply funny, pathway to the higher self.

As Fran notes, "We hear a lot these days about mindfulness. '*Weapons of mass instruction are proliferating.*' How to clear the air? To trust what's in us and that we're finding our way to it."

With unrelenting humor, this book tells the tale of Murphy giving it a try, only to discover in himself an extraordinary truth: that contact with the finer energy animating us awakens us to a completely different level of being alive.



Whitley Strieber, the host of the hugely popular *Dreamland* podcast and *Unknown Country* website, praised ***Lord Have Murphy*** on *Goodreads*: "Exquisitely conceived and executed, with marvelous drawings by Bruce M. Sherman. There is almost nothing more difficult than to open doors in the sleeping soul with humor, but Fran Shaw is a genuine master, and does it with grace. Every page contains a small shock, pleasurable, surprising and joyous. '*God laughs and plays,*' said Meister Eckhart. To wake up into this singing, exuberant world, the first step is to laugh. *Lord Have Murphy* is a funny, punny, brilliantly attentive doorway into the incredible richness of real connection with higher self and the immense world around us, of which we normally see so little. **This book is very special.** It has a gentle, deeply spiritual touch that you reach through its humor and beauty. I have really never seen anything quite like it. An extraordinary door into attention."

Murphy's satirical comments make readers laugh out loud. The book appeals to both of our natures, the everyday and the higher. For Murphy, the daily ups and downs become the necessary reminders to awaken, and "we don't have to be a certain way to wake up." All that we need is already in us, hidden from our usual mind. "Nothing about me needs to change except where the attention is."



Fran Shaw, a longtime practitioner in a spiritual discipline, is also a university professor and an award-winning author whose books include *Notes on The Next Attention*, *Writing My Yoga: Poems for Presence*, *50 Ways to Help You Write*, and of course, *Lord Have Murphy: Waking Up in the Spiritual Marketplace*.

Lord Have Murphy is a unique and invaluable guide that helps readers to recognize their own power. Anyone who takes the time to truly absorb the messages in Murphy's story and follow the advice within, will learn exactly how he or she can overcome challenges to live by choice...not by chance! However, be forewarned! ***Lord Have Murphy*** is not for the weak-kneed. With his thought-provoking musings, Murphy will put you through some serious paces while you're belly-laughing.

Lord Have Murphy, retail price \$19.99 is available from Amazon.com and is also now a Kindle ebook.

For more information, visit www.FranShawBooks.com.

LORD HAVE MURPHY

Fran Shaw, Ph.D. Biography



Fran Shaw, Ph.D. is a longtime practitioner in a spiritual discipline, a professor teaching writing at the University of Connecticut, and an award-winning author whose works include *Notes on The Next Attention*, *Writing My Yoga*, and *50 Ways to Help You Write*. Her new book *Lord Have Murphy: Waking Up in the Spiritual Marketplace* explores with great fun how contact with a finer Attention awakens us to a completely different level of being.

Fran grew up in Connecticut. A writer from a young age, she created and put on plays at her elementary school, got published nationally at age 8, and at 15, won the Top Senior Award, for short story, in the annual Connecticut Scholastic Writing Awards competition. She wrote a weekly column for the *Hartford Courant*, graduated from Barnard College where she won the Amy Loveman Poetry Prize and two national writing contests, and went on to Stanford University as a Woodrow Wilson Fellow and a Danforth Fellow. Recently she won the Azsacra International Poetry Award.

Early works in her career include the children's books *Sharing: How Kindness Grows* and *What a Team!* (Reader's Digest Books); the *Write It Up* Video Course and Workbook for

Business Writers (Coronet/MTI/Simon & Schuster); and the textbook series *Grammar and Composition* (Houghton Mifflin, co-author). Her articles appear in *Self*, *Connecticut*, and *Parabola*.

A talented editor and writing coach, Fran teaches at the University of Connecticut at Stamford and conducts workshops across the country. She engages people in writing experiments that begin with a shift into greater awareness from which words freely flow. Some of these exercises appear in her books *Writing My Yoga: Poems for Presence* and the all-in-one guide *50 Ways to Help You Write*.

A fan of the poets William Blake and Walt Whitman, in college Fran studied mysticism and world religions. When she was in her twenties, friends told her about the Gurdjieff Foundation and introduced her to a spiritual guide who worked with her for many years and also encouraged her to create *30 Ways to Help You Write* (Bantam), the first book to combine expanded awareness and "free-flow writing."

Years later Fran met Dr. Michel de Salzmann when he visited New York in his capacity as director of the network of Gurdjieff institutes in the world. During eight summers she was invited to work with Dr. de Salzmann at a chalet in the Swiss Alps. Keeping a journal to share with her husband at home, she recorded many of Dr. de Salzmann's words to remind herself of the quality of attention lived during those periods. Two books emerged: *Notes on The Next Attention*, 78 recollected talks of Michel de Salzmann (published with permission of his son), that aims to help one awaken in the midst of everyday life, and *Writing My*

Yoga, a memoir in poems and journal entries from the retreats, that explores writing as a path to awareness.

Lord Have Murphy: Waking Up in the Spiritual Marketplace came about when Fran was on sabbatical wanting to write and looking at drawings by Bruce M. Sherman. Seeing the phrase “Lord Have Murphy,” she typed the words “Murphy here,” which unlocked a unique work on attention in the form of an illustrated humor book.

What interests author Fran Shaw most is writing from a conscious state—writing as a vibrational practice—to become and help others become a transcribing agent serving higher energies.

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Fran Shaw, Ph.D. On Air Introduction

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Questions for Fran Shaw

1. Please tell us about Murphy...and how he jumped from your mind to the page?
2. What's the key message of *Lord Have Murphy*?
3. The title carries a hidden meaning. What is "Lord" in connection with this book and what is represented by "Murphy"?
4. You are a college writing instructor. What inspired you to create a humor book about conscious awareness?
5. Tell us about your own spiritual journey and how it got you to this place?
6. You do affectionately skewer some of the leaders and practices in the spiritual marketplace. Do you think they take themselves too seriously? Is that what is at the root of your humor at their expense? Or do we perhaps take them too seriously?
7. Why do you think Murphy is a necessary messenger? Do people need a dose of humor to get them interested in higher consciousness?
8. Was this book fun to write?
9. How have people responded to Murphy and his musings?
10. Read us a short passage that typifies this book.
11. The images by Bruce Sherman are an important part of the book...Can you talk about them?
12. Let's delve more deeply into the issue of this new level of awareness that Murphy is helping us awaken to. Can you talk about this?
13. How can people begin to experience this awakening that Murphy talks about?
14. How do you teach people to write from a "conscious state"—and why is this important?
15. Talk a little about your other two books...how do they relate to *Lord Have Murphy*?
16. Do you think Murphy may return again?
17. So where did you get your slightly askew sense of humor?
18. What lights you up? What makes Fran Shaw get excited to get up in the morning?
19. What new message do you have from Murphy for us as we close?
20. What's your website and where can we learn more about Lord Have Murphy and your other books.

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Learn More

Fran Shaw

- www.franshawbooks.com

Lord Have Murphy

- by [Fran Shaw](#) (Author), [Bruce M. Sherman](#) (Illustrator)
- <http://www.franshawbooks.com/lord-have-murphy/>
- Retail Price \$19.99 Hardback
- Available at Amazon.com and via Kindle

Notes on the Next Attention

- <http://www.franshawbooks.com/the-next-attention/>
- Retail Price \$40 Hardback, (\$9.99 Kindle)
- Available from Amazon.com and via Kindle

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