

Murphy's Law No More: An interview with Deborah Lynn11

By [Tim Miejan](#)

It was summer, a couple of years ago, when I first heard her story. I listened for hours to the heartbreak and the sadness, of a drug-using, alcoholic father who taught his own children to steal from department stores. The mother whose strictness drove her daughter to tune out in front of the television set, mindlessly eating to feel good about herself. And then, many hours later, I learned about the transformational joy and bliss that has risen like a phoenix out of a highly dysfunctional childhood.

Twin Cities psychic Deborah Lynn11, once an aimless pawn pushed back and forth between two parents who were ill-equipped to parent at all, is now sharing her very personal story of how her devotion to spirituality has helped her to overcome all of that — and much more — in her book *Murphy's Law No More*, which will debut at the Twin Cities Psychic Symposium on Feb. 26 at Earle Brown Heritage Center in Brooklyn Center, MN.

“My story is a journey from dysfunction to wellness,” the preface to her book reads. “What I will share with you is one woman’s story, but it also is yours. No matter how hard the challenges in your life seem to be, you can overcome them. And in doing so, you will be a much stronger person.”

I spoke with Deborah Lynn11 about her personal transformation.



Deborah, your early story is one of great family dysfunction. Can you give our readers a taste of what life was like for you as a young girl?

Deborah Lynn11: I was in a world of two different places. My father taught me to be streetwise and do everything I was not supposed to do, and my mom was the opposite. It was a world where I had what I thought was a fun Dad. He was the one I felt I should cozy up to, because he let me do whatever I wanted. In my eyes, Dad was the one who really loved me. He let me play and do the things that he thought were fun.

I thought of my mother as a Hitler, a dictator, and someone who I felt hated me because she was so strict. I was never allowed to go and do anything with my friends. I could never go to movies and do things with the other kids. It was all work, work, work — torture.

What was the result of this young girl who had one parent with very strict guidelines and the other parent with no guidelines? What kind of young adult did it create?

DL: It caused me to run away at a young age, because I was torn. Oh my God, what am I doing here? What do I do? I felt like I had to get away from the situation, because I was going crazy. It caused me to have really dysfunctional habits.

And how did your relationships play out?

DL: I was comfortable with dysfunction.

What was the turning point in your personal transformation?

DL: I was realizing that my bad habits were hurting me and my daughter.

Ultimately, how were you able to extract yourself from the energy of the past and move forward in a new direction?

DL: I totally removed myself from the past. I moved to Minnesota and totally removed myself from all the dysfunction, the unhealthy habits that I had acquired since I was a child. By losing all of my family, I was forced to look at myself. I lost my Dad in 1987 and my Mom and husband in 1993, and then my older sister in 1998. I had no one else to turn to but myself. When you have nobody else in your life, you're forced to look at yourself. And I realized, "Oh my God, what have I done?" You learn a lot about self-awareness when you are in solitude.

Are tendencies from the past still within you, and if so, what is the secret to not going back and reliving old patterns?

DL: Yes, I do have habits from the past that still plague me. One is food, because food represents my fun, the way that I love myself. The way I avoid those habits is to get out of myself and realize that thinking is dangerous. If you sit around and think about the things you need to do, they won't get done. Just do what needs to be done. It is important for me to motivate myself to get up and do things.

What role did your intuitive gifts play in finding a new direction?

DL: I've always been intrigued by the metaphysical world and what it entailed and how it worked. How did people become psychic? I've always had a craving to learn that. The key is to follow your passion, and that's what I did.

Following my passion was instrumental in helping me move forward, away from the dysfunction I had grown up with. I learned that nothing is by mistake. When I focused on the spiritual world, I realized that everything that I was handed was in perfect order. We come here to planet Earth to learn lessons. Life is about choices. I realized I could choose to live in a world of fear and negativity, or I could choose to live in a world of love and protection. To be in the world and not of it. That involves raising your level of consciousness and realizing that there is love and protection around us at all times, even though we cannot see it. You are never alone.

Why did you choose to write *Murphy's Law No More*?

DL: A couple of years ago a psychic told me, “You have an idea for a book.” And I said, “You’re right. I’ve been putting it off.” And he told me I needed to get more serious about writing this book. When I moved from Southern California to Minnesota, I knew I needed to write a book about the perils I had experienced in my life, because by sharing them I could help the world.

Who is your intended audience for *Murphy's Law No More*?

DL: This book is for women from the ages of mid-20s on up, especially those who feel persecuted and damned because of what has happened to them in their lives.

What do you hope to leave your readers with when they finish your book?

DL: I want to leave them feeling inspired and uplifted. I want to help them realize that we’re on this planet to learn lessons and that we can choose to live in the spiritual realm while here in these bodies. I want them to know that life is a miracle and that it is important to face your fears.

What was the gift for you in going back into the past so you could share it with us?

DL: I learned how much I have really grown and transformed spiritually. It has been a total metamorphosis.

Would you suggest that our readers do the same, go back and explore the gifts they received in their upbringing?

DL: Yes. It is not an easy process, however. Make sure you have a confidante, someone with whom you can express your fears and pain. Someone who will listen and give you the nurturing that you need. Compassion. It may not be a parent or a sibling, but a friend who loves and supports you.

At the beginning of our talk, you shared what life was like for you as a young girl. Please give us a sense of what it is like for you now.

DL: I’m living life here on Earth, as it is in my heaven, in total peace and tranquility. I’m comfortable with my space. I’m responsible, having removed all of my unhealthy habits — except for the food. I have a beautiful home of my home in Stillwater. I was fated to be here. In moving to Minnesota, and coming over the St. Croix River bridge, I heard a very loud psychic message that said, “Welcome home.” For years I had a yearning within to visit St. Croix in the Virgin Islands. I kept thinking, “I need to go to St. Croix.” I had never realized there also was a St. Croix River.

When I heard the message, “Welcome Home,” booming as I crossed the river, I had a déjà vu experience. I saw myself on the St. Croix River as a Native American Indian, standing up in a canoe fishing with a spear. I knew intuitively that it was me, and that I was, indeed, home.

What do you say to the woman who is impressed with what you’ve done in your life, but she doesn’t see any way out of her situation?

DL: If you keep saying you won’t, then you won’t. Have an open mind that if you really want to do something, you will. When there’s a will, there’s a way. It’s a mindset. It’s the universal law of attraction: “As you think, so shall it be.”

Because you are a psychic, I must ask, do your guides have any specific messages to our readers right now?

DL: The "11" in 2011 is about balancing. The scales are balancing and the world is rejuvenating. We're going back to the land of plenty. Toss all fear aside.

Finally, what message do you want to leave our readers with, pertaining to your new book, *Murphy's Law No More*?

DL: Don't judge yourself so harshly. We're all human. We all make mistakes. Forgive yourself. Learn that the more you forgive yourself for your mistakes, the closer you are to the Light, to God. The more you can really love yourself, the closer you are to God.

Deborah Lynn11's new book, *Murphy's Law No More*, will be available at her booth at the Twin Cities Psychic Symposium on February 26 at Earle Brown Heritage Center in Brooklyn Center, MN. The book also is available at murphyslawnomore.com or call 651.439.5337.

Copyright © 2011 Tim Miejan. All Rights Reserved.