

## Audrey Anne McMorrow

June 5, 1961 - April 29, 2017

Audrey A. McMorrow

Audrey A. McMorrow, formerly of Ithaca, passed away on Saturday, April 29, 2017 at her home in Takoma Park, MD. She was born in Fulton, NY on June 5, 1961 to Margaret and John F. McMorrow; both deceased.

She is survived by her sister, Maureen Gunderson of Horseheads, NY; her brother Barry McMorrow of Long Beach, CA; sister Shelley Laue (Paul) of Trumansburg, NY; her brother John K. McMorrow; and her nephews Paul Ryan Laue of Portland, OR, and Christopher Laue of Trumansburg, NY. She also leaves behind her beloved cat, Vashni.

A calling hour for friends and family will be held on Thursday, May 4, 2017, from 4 pm to 5 pm; with a memorial service to follow at 5pm. Private interment will be at Greensprings Natural Cemetery. In lieu of flowers, please make a donation to the Tompkins County SPCA.

# Events

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**MAY**   **Visitation**            04:00PM - 05:00PM

**4**

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Herson Wagner Funeral Home  
110 South Geneva Street, Ithaca, NY, US, 14850

**MAY**   **Service**                    05:00PM

**4**

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Herson Wagner Funeral Home  
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# Comments

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“ Perhaps I am "saying out loud" what is already known yet we grieve not so much for the person who has passed, we grieve for ourselves. What it means for our hearts and lives that the beloved is no longer here ~ we will no longer interact with them in the way we have ~ a deeply shared dance on this plane is ended. Dearest Audrey was one I could be myself with....we were very much alike and we shared so much laughter...god, I'm going to miss that laughter with her. I thought she would be here with me, sharing and facing challenges, finding the humor in the experiences as best we could. It was a meeting of the minds too...both of us Gemini's so we would light upon different topics and discuss them. I loved that we use to go from subject to subject, whether mundane, alchemical, spiritual, esoteric...it just all flowed with such ease. I had the great gift and blessing to share a deep friendship with her for eight glorious years, and our relationship so enriched me and my life, and infused my journey with a lightness of being. For me, a light in the way it was, has gone out. I will miss her so very much and that sense of joy and love we shared. We adored each other. She is a great Light and Love, and while I can know this will forever shine and be, wherever she is, I am crying tears of sorrow for the loss of my beloved friend, here, with me.

My condolences and wishes of peace, comfort, and ease for her family.

~ Laura



Laura - May 03, 2017 at 09:42 PM

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“ Ron and Judy Fox purchased the Beautiful in Blue for the family of Audrey Anne McMorrow.



Ron and Judy Fox - May 03, 2017 at 10:32 AM

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“ My sincerest condolences to Audrey's family. Audrey was teaching assistant for one of my classes my first semester of massage school. She was enthusiastic in her calm, steady way & incredibly supportive of students' learning, always willing to stay after class to help. I feel very fortunate to have known Audrey and blessed that she was part of what was a very special education.

**Mercedes Clemens** - May 03, 2017 at 07:59 AM

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“ Audrey was my sister, my mother, my friend & my right hand for years. We fought like sisters & loved like them too. She was the most authentic person I've ever known. She lived her life with no apologies. I loved her so much.



**Beth Mennonna** - May 02, 2017 at 08:30 PM

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“ Audrey,  
Thank you for being my sister, my mother, my friend & for many years my right hand. I couldn't have been as successful if it hadn't been for all your help, love & support. We fought like siblings & made up like them too. We always knew what the other needed when we needed it. You are the most authentic person I've ever known. You're a part of my heart.

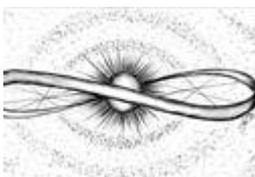


**Beth Mennonna** - May 02, 2017 at 07:35 PM

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“ I remember the first time I met her. I recognized her the instant she walked into the room. Like seeing a long lost friend in a crowd. I remember the hours after that first visit, the joy I felt having reconnected to a very old and dear friend after eons apart. We were a perfect balance of energy. We both had worked for decades to release the baggage and live an emotionally healthy life. We were alike in the belief that it is better to be single and happy rather than to be a couple experiencing an imbalanced life. I had already vowed that TO NEVER FALL IN LOVE AGAIN .....EVER! I was tired of not being able to protect those people I love from the forces at work in my life. But then Audrey strolled into my life and I knew there no was no sense in fighting it. I feel as if we got cheated! We stood our moral ground for years waiting for our time to come. On some level we knew that each year and every painful milestone throughout the years was our spiritual training for what was to come. We thanked each other often ‘Just for being you!’ We were happy in spite of..... life.

(Picture posted separately)

This is how we perceived our combined energy. The Feminine energy revolves clockwise while the masculine energy revolves counter clockwise. When the two truly come together and are able to walk through life side by side, hand in hand they create that infinite energy with the zero point of creation at their meeting point. We were not two halves of a whole for she was whole and complete in every way. We were two complete beings who came together to create a force to be reckoned with, and that became our undoing.

I am so glad that I was with her in her final moments here in this NOW moment. This was not our first life together and it won't be our last. We shall meet again! Of that I am sure! But, until then I will miss her!

Thank you Audrey ..... Just for Being You  
James Thomas McBride



“ Audrey My Love

Hello I am Jim McBride. I knew Audrey for a short 42 months. I knew from the beginning that she was scarred by her past. I also knew that she had worked extremely hard to shed the emotional baggage that she carried with her for so many years. Her past was no more than the rutted and rocky path that we all travel through life to become who we are today. We spent little time focused on the past except for what we needed to really know and understand each other. I had the absolute highest love and respect for Audrey's diligence and hard work to overcome her issues and to shed that baggage. I thanked her repeatedly for doing the emotional work to become the being that she had become. I know I was blessed to have been able to share her final years..... I had been given the gift of enjoying ..... Who she

had become!

Please allow me to share with you a brief view of the Audrey I know and love.

As a massage therapist she was arguably one of the most in tuned with the physical body's internal flow of energy. She knew that the body was but the vehicle through which the true 'I AM' walks this earth. She understood that our physical ailments where a result of Dis-Ease and when she had you on her table she assisted you to bring your physical energy back into balance. She claimed she had no ability to heal anyone. Many would argue to the contrary. She walked this earth a spark of light and freely gave that up to the world. She was like a 4th of July sparkler. She called it the 'Rainbow Fires' and she had the ability to kindle a spark in every living being that crossed her path. She never met a stranger! To her even the ugliest of dogs was 'Just the cutest thing!"

What she did have was the ability to assist you to bring your energy into balance. She knew she was here to facilitate the body's own miraculous ability to heal itself. If she could have left a final word I feel confident that it would be something like "You have the ability to heal yourself.' "You are a master creator of realities with the ability to create, or re-create your own reality, each and every moment of the day! All you have to do is Be the Change you seek in the world! "She lived by the Four Agreements and loved every living thing with every atom of her being. She truly loved every form of life!

She was a respected member of an international group of highly skilled energy workers who had dedicated a huge portion of their life energy to "Spreading those Rainbow fires with the intent of lifting up humanity energetically and vibrationally. She was a force to be reckoned with. There are hundreds who will witness to her abilities. She left a huge mark on this earth and all of humanity!

Like the mechanic, her vehicle was always the last to be serviced. But then, I know that her mission here on earth was complete. It was her time to go.

We were soul mates and talked all the time about the soul contract to which we had agreed and about that darn 'Fine Print' that no one reads. We knew we were bound to each other on a soul level. And happily so! We knew that we had agreed to meet here on earth at a specified time and place and walk through life together for a time. That time was all too brief.

We shared a million 'I Love You's' in 42 months. It is as if on some level we knew .... And it was our highest priority to let the other know that they were truly loved.

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