

positive life

Journey into the Light

AUTHOR OF 'TAKING HEAVEN LIGHTLY'.

By Róisín Fitzpatrick

On a bright morning in March 2013, I met with Dr. Bruce Greyson, a leading medical expert in near death experience research, with one question, did I have a near death experience?

Exactly nine years to that day, my life was transformed. In an incident that left me in intensive care, I questioned, "Is this the last day of my life?" Suddenly, in one instant, I was drawn out of my body and surrounded by a brilliant light which refracted everywhere into tiny glistening sparks of ignited energy. I was enveloped by a love that was so real, pure and blissful. Mesmerised, I realised that "I" still existed, even though I was not in my body. Yet, I felt more alive. This place was more real than anything I had ever experienced. I remained there, free-floating, weightless and serenely peaceful. The experience of this euphoric love was so incredibly enthralling that I found it extremely difficult to come back.

After speaking with Dr. Greyson for some time, he smiled as he leaned forward and said, "You have something valuable to share with people." I discovered that 'Heaven' lies within each and every one of us. Through connecting with this light, we can create joy in our everyday lives. Imagine what your life would be like if you could feel and experience this powerful light and pure love in your everyday life? Or during challenging times how it



53

would feel to allow yourself to connect with this infinite eternal light? Each one of us is more powerful than we can begin to imagine, the only question is, how brightly do we wish to shine?

roisinfitzpatrick.com