

BOOKS

Author takes reader on a remarkable journey

'TAKING Heaven Lightly - A Near Death Experience' is nothing short of a riveting read.

Róisín Fitzpatrick takes the reader on her remarkable journey when in 2004, without any warning, she suffered a life-threatening brain haemorrhage.

While in the ICU of Beaumont Hospital, she felt herself being drawn out of her body and enveloped in a radiant light.

There, in a blissful vision of the afterlife, she experienced the most extraordinary transformation of her life.

Her discovery - that 'Heaven' lies within

each of us, that we are pure love and always at one with the eternal light - changed the course of her world. Róisín went on to make a full recovery by integrating this newfound understanding into her daily existence.

'Róisín calls this her 'near-life experience' because it has given her the freedom to truly live life. Knowing that we are all more powerful than we can begin to imagine when we choose to connect with this eternal light, she encourages the reader to embrace this precious gift of life by asking the question: are you living your best life now?

By looking at all aspects of our lives, es-

pecially our challenges with health, careers, family, bereavement or financial issues, she provides an inspirational guide with simple yet powerfully effective practical exercises to provide ways for the reader to feel empowered.

Róisín also seamlessly weaves her near-death experience with the eternal light - solas síoraí - of our ancient Irish myths and monuments, shining a light on our past, present and future.

She shows how we can all connect with this light to enhance our daily lives, and develop a deeper connection to a sense of peace and unity beyond the physical realm.



■ Róisín Fitzpatrick is pictured with Niall Burgess and Kevin O'Malley, the US Ambassador to Ireland, at the launch of her book 'Taking Heaven Lightly - A Near Death Experience'. PHOTO BY PAUL SHERWOOD