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Aer Lingus

Róisín Fitzpatrick.



Behind the lines

Artist and author

Róisín Fitzpatrick on losing the fear of death.

WHAT IS TAKING HEAVEN LIGHTLY

ABOUT? Every one of us is more powerful than we can begin to imagine. I learned this on the day after my 35th birthday, when I had a near-death experience during a brain haemorrhage. No longer having any fear of death has given me the freedom to truly live. In this book I encourage readers to ask the question: are you living your best life now? By looking at all aspects of our lives - health, career, family, finances - this book provides inspirational ways to recreate life anew.

WHERE DID YOU WRITE IT? At my home, overlooking the sea just south of Dublin. I also travelled to the US to meet leading expert Dr Bruce Greyson, who validated my near-death experience and encouraged me to share the wisdom of *Solas Siorai* (Eternal Light) from my Irish heritage.

DO YOU TRAVEL FOR WORK? To the US, where I've had ten exhibitions, mostly in Manhattan and Washington DC. I've also exhibited in Australia and Singapore.

FAVOURITE PLACE TO HOLIDAY?

Tuscany - my father was one of the owners of Fitzpatrick Shoes and then Thomas Patrick on Grafton Street, and he would bring our family on holidays to Italy before going to the shoe fairs in Milan.

Taking Heaven Lightly by Róisín Fitzpatrick is published by Hachette Ireland, €16.99.