

Taking Heaven Lightly

A Near Death Experience Survivor's Story
and Inspirational Guide to Living and Loving Life

Roisin Fitzpatrick

***Taking Heaven Lightly* became an immediate best-seller following its publication earlier this year. The launch was attended by many luminaries including H.E. Kevin O'Malley, U.S. Ambassador to Ireland. It achieved extensive coverage on national T.V., radio and print media.**

Each and every one of us is more powerful than we can begin to imagine. Roisin Fitzpatrick discovered this in 2004, when without any warning, she suffered a life-threatening brain haemorrhage. In this ground-breaking book, Róisín Fitzpatrick takes the reader on her remarkable journey. 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 experience of the afterlife, she had 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, most especially 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 become empowered.

Róisín also seamlessly weaves her near-death experience (NDE) 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. Her near death experience has been validated by Dr. Bruce Greyson, one of the pioneers and medical experts in this field in the United States for over 40 years.

“A remarkable book that is unique in the annals of its kind . . . a love story in the most sublime sense”, commented Dr. Bruce Greyson, co-editor of *The Handbook of Near Death Experiences*.



Niall Burgess, Secretary General Department of Foreign Affairs, Roisin Fitzpatrick, and His Excellency Kevin O'Malley, U.S. Ambassador to Ireland



Dr. Bruce Greyson and Roisin Fitzpatrick

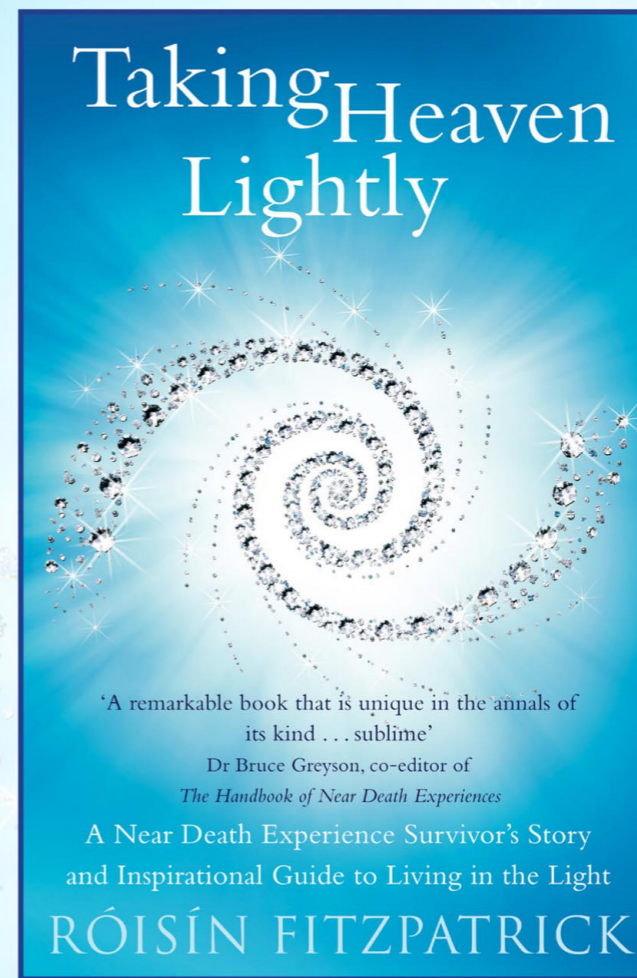
About Roisin

Integrating her passion for sharing the beauty of the eternal light, with her business skills from her degree at Trinity College and former professional career at the European Bank for Reconstruction and Development, Róisín has become an internationally successful visual artist. With over ten exhibitions in the U.S., including artwork on permanent display at the National Concert Hall in Dublin, her work has received great critical acclaim – *WSJ*, *Forbes*, *Washington Post*, *Irish Arts Review*, and *The Irish Times* with endorsements from Deepak Chopra, Marianne Williamson, Mark Burnett and Roma Downey. *Taking Heaven Lightly* is her first book.

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“A brilliant book with an unforgettable message.”

*Dr. Christine Ranck, co-author of bestselling book
Ignite the Genius Within*



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List

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bookshops nationwide and
online in both paperback
and e-book formats.

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“Róisín Fitzpatrick has written a remarkable book that is unique in the annals of near-death experiences. Experiences like Róisín’s have now been validated by hundreds of scientific studies around the world, and provide evidence that consciousness is more than the brain and indeed that we are more than our bodies. As a guide to enhancing your own spirituality, *Taking Heaven Lightly* is a love story in the most sublime sense.”
- *Dr. Bruce Greyson, co-editor of The Handbook of Near Death Experiences: Thirty Years of Investigation*

“*Taking Heaven Lightly* is . . . reminiscent of John O’Donohue’s *Anam Cara* in that it explores ancient Celtic mysticism, and I imagine it will find a similar following.” - *Irish Independent*

“An insightful and in-depth look into what lies beyond our physical realm . . . Roisin Fitzpatrick’s stunning book takes us into the world that lies beyond our senses and suggests ways in which we can integrate that world into our everyday life. It is a remarkable piece of writing and one that ultimately lifts the soul. A must read.”
- *Sean Mahon, actor in the movie Philomena, T.V. series Red Rock and former leading actor in the 39 Steps on Broadway*

“I approached *Taking Heaven Lightly* with my usual academic scepticism, but the clear, sincere, even humorous, style, attracted me and I was drawn in. I remembered that early Irish Christianity is bathed in light. I think Ms. Fitzpatrick’s rehabilitation of pre-Christian Irish spirituality of light is excellent. *Suaímhneas síoraí* “eternal rest” and *solas na bhflaitheas* “the light of heaven” are two phrases that similarly share the wisdom and beauty of our heritage. I look forward to the author’s next inspirational book.”
- *Dr. Tadhg O’ Dushlaine, Head of Department, Centre for Irish Cultural Heritage, National University of Ireland, Maynooth*