

“Don’t die before you read this.”

**SEND
LITE*
TO
EVERY
FEAR**

The Everyday Hero’s Litany

*There’s Time To Live The Adventure
Intended For You*

PATRICZIA PETRUS

Send Lite* To Every Fear

PATRICZIA PETRUS

© Patriczia Petrus 2006

Published by 1stWorld Publishing
1100 North 4th St. Fairfield, Iowa 52556
tel: 641-209-5000 • fax: 641-209-3001
web: www.1stworldpublishing.com

First Edition

LCCN: 2006937249
SoftCover ISBN: 978-1-59540-890-7
HardCover ISBN: 978-1-59540-891-4
eBook ISBN: 978-1-59540-892-1

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying or recording, or by any information storage and retrieval system, without permission in writing from the author.

This material has been written and published solely for educational purposes. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage or injury caused or alleged to be caused directly or indirectly by the information contained in this book.

The characters and events described in this text are intended to entertain and teach rather than present an exact factual history of real people or events.

Light is a vehicle for love;

Love is what sustains us.

A précis (like Cliffs Notes) for:

SEND LITE* TO EVERY FEAR

- ◆ This is a hero's litany for a bewildered world.
- ◆ *That hero is you.*
- ◆ It examines the Wisdom of Fear; and reveals the ultimate & brilliant act of will—*residing within each of us*—that matches any fear.
- ◆ It offers a poetic case study for using light as an elegant tool of transformation with the potential to schedule *a joyous new defining moment* in the history of this planet.
- ◆ It shapes a practice to be used deliberately to recapture the magnificent life adventure intended for you.

It's what you can do everyday; and when there's nothing left to do.

Finally, it provides a glimpse of a truly *conscious immortality*.

*Webster's unabridged definition of the word Litany reads: "...akin to GR. **Lite, Prayer or Request**". In this book, I've chosen to use the words Lite and Light interchangeably.

CONTENTS

Letter to Fellow Adventurers/Luminaries	15
Acknowledgments	18
To the <i>Author of it All</i> and those who have remembered the Light	
Dedication notes	20
To our heroic, personal and world families	
Preface	22
Light is Alive: How to use this book for maximum radiance	
Introduction	24
The point is this: <i>the premise and a promise</i>	

PART ONE

FINDING THE WISDOM OF FEAR:

*Discover the Brilliant, Ultimate Act of Will and
Use it Deliberately to Create the Life Intended for You*

Reminders and The Practice	29 - 83
--------------------------------------	---------

PART TWO

INTENSIFYING THE PRACTICE

Using the Practice to Fulfill your Earth Experience

Expanding your own light	87
Sending Light to others	88
Attending to Pain and the Wisdom of Pain	90
Mental Stuff.	93
A Note Pad	94
First allow yourself to allow	98
“A Blinding Flash of the Obvious”	100
Success	102
Money	104
‘Ethics’ + ‘Consumerism’	106
Relationship Light Bytes	108
Loving Other People	110
Relationship Outcome	112
A Light Review of Life	114
Sick of Sending Light?	116
Events— <i>real, imaginary, dreamed, televised</i>	117
TV and movies: <i>reel or real?</i>	119
Transform it for you and for the world.	121
The wisdom of anger, violence and even war	125
Love and war in foreign lands: <i>Bomblets of wisdom</i>	127
Are you having fun yet?	129
No strings attached or puppets in sight.	131
Gratitude: <i>the Creator matches and raises the offer</i>	133

PART THREE
CONSCIOUS IMMORTALITY

About Death and the Seamless Transition

From the finite to the infinite, at last	138
About reincarnation: <i>Is it really better in Hawaii?</i>	139
It is simply not good enough to be immortal if...	141
In conclusion: <i>a Joyous, New 'Defining Moment'</i>	143
A brief bibliography	144

Dear Adventurers/Luminaries,

SEND LITE TO EVERY FEAR is the outcome of my deep, spiritual search—a search that has made me the somewhat shallow, though happier, person I am today. I am about to offer the same to you.

In 1997/98, I lived in North Carolina on the mountain top known as the Crest of the Blue Ridge. Living there made for a sometimes rough, though majestic climb. This litany of light took its first breaths on the hiking trails near Blowing Rock, NC, around the Moses Cone Manor. I observed much here. For example, Moses Cone backwards says “*Enoch Says Om*”, sort of.

Well, so much for my actual search except to say those were the years of “being stuck” or at best laying a foundation.

In any case, others have written about those kinds of searches and experiences—among them a few actual *near-death experiences* (NDEs) which prove to be illuminating and expansive. Some searches have indeed revealed the Wisdom of the Ages, while others divulge only *near-life experiences* (NLEs) if I may.

In this book, it is my intention to reveal findings that anyone may use to transform his/her near-life experiences into *fulfilling life experiences*. It is about recapturing the life intended for you. *It's an elegant tool for a bewildered world that reveals the wisdom behind fear*. Though it is now several years since I drafted the original manuscript, I feel it is more important than ever to share this. I anticipate that you will agree.

Originally when this work was compiled, we were looking at

headlines about the extreme events in Oklahoma City, Atlanta and Rancho Santa Fe. Who could predict the defining events to come in September, 2001 and continuing today?

The first draft of this book was a single yellow post-it note on which I wrote: “*send lite to every fear*”. I placed it noticeably on a kitchen counter. I looked at it often and practiced the message. It is transforming.

The Practice herein is about transforming the frustrating, and often, explosive patterns of our lifetime(s). It’s about finding our way out of the web of immense and confusing diversity towards the unity in it all. It’s about creating *a life worth living on earth, a life of nourishing love and inspired adventure that we have only forgotten.*

Love and Light,

Patrizia

PREFACE

HOW TO USE THIS BOOK

LIGHT IS ALIVE. Calling Divine Light (lite) to you is the ultimate prayer. It is the ultimate act of your will and your special gift for living on Earth.

Send Lite to Every Fear is a modern litany and a way to recreate your life every day. If I were seeing this book for the first time, I would probably start reading some back pages first. I would want to know where it's going. Please do that. Then I suggest reading the contents of this book from front to back, beginning to end. It's built somewhat like a musical composition. This could take as little as a couple of hours or a week depending on your time and level of attention and interest.

At some point, you will simply flip the book open and be *exactly where you need to be at that moment. Each page offers wholeness and a blessing.*

For starters, here's a roadmap. Part One of the book is arranged with pages of *REMINDERS* that alternate with pages of *THE PRACTICE*. Part Two combines both, reminders and the practice on the same pages. Part Three, *CONSCIOUS IMMORTALITY*, is one of those mysteries wrapped in a riddle bound in a conundrum *with light added.*

The reminders come from poets, mystics, scholars, everyday people and original thought. They inspire you—if I've done my job—to do the practice, which you may wish to personalize as you go along.

This knowledge of designing our lives deliberately with light has been with us forever. We have only forgotten. Light is alive and waiting for you to call. “The Red Sea didn’t part until Moses put his toe in,” a friend said to me. Light responds immediately; you do need to ask. However, first we need to remember.

Place the book on your dresser, countertop or desk—or download it on your computer and let the transformation begin.

This is what to do everyday...and when there is nothing left to do. In other words, anytime. Feel the fear; send lite to every fear; heal the fear. I still get goose bumps when I read this message.

It’s a simple fact that whatever you put your attention on grows stronger. That includes light, *especially light*. Remember that as you begin, *even a tiny bit of progress is progress*.

As often as possible, have the intention that when you heal something for you personally, you heal it for the world. You will be amazed. Watch the news; only now, continue to send lite as you do. Offer up successes in order that they are made ever more beautiful and “*dream ever more beautifully,*”¹ as well.

¹Gitta Mallasz, *Talking with Angels* (Einsiedeln, Switzerland: Daimon Verlag, 1988, 1992). This is a theme of her book and for life.

REMINDER



Sending lite to every fear is the way of the quiet hero.

A quiet hero is one who—in the presence of seeming difficulty or even tragedy—is able to remember the magnificence of his/her own being.

Spontaneously this magnificence is conferred to those present; and the difficulty is lightened and often transformed into joy or bliss. All of this is done simply with light, *lightness of being*.

THAT HERO IS YOU.

Now, invoke Safety, Courage and Strength. Then proceed.