

Chapter 1 : Send Lite to Every Fear : Patriczia Petrus :

The book, Send Lite To Every Fear, reminds you of the heroic, creative being you are and defines a Practice to overcome every thought, feeling or experience that would have you believe differently. There needs to be a practice that deletes this mental spam and transforms obstacles.

Engage the audience and never fear a dropped microphone again. Just before school starts every year, our local church puts on an amazing activity titled Jumpstart. Schools send information about families in need, and our church graciously pampers them for a day. We start the atmosphere in the main sanctuary, with countless volunteers acting as host families. Each child is announced and cheered for; each family is brought to a seat and welcomed and giant beach balls are sent out into the audience. Gifts are thrown out to include little footballs, frisbees, and shirts. The MC brings kids up to the microphone, kids are allowed to dance on stage and the day continues to improve. They get their hair cut, they get a lunch, then the kids get a small presentation on healthy food, while the parents get a financial planning lesson. At the end of the day, each child is taken and allowed to shop for outfits for school, with the host family. Ultimately, they are shown love, respect and that they matter. My wife, children and I have participated in this exceptional service event for the last four years, and we continue to be humbled by the opportunity to give back. Unfortunately, one of the biggest concerns regarding an event of this magnitude is about the safety of the tech. If you have any AV equipment, you know the fear of dropping a microphone, a camera, or any other piece of hardware. What if you need not fear flubs, butterfingers or the floor? What if you could throw a microphone into the audience, like the rolls at Lamberts Restaurant in Sikeston, Missouri? Catchbox produces three tiers of throwable microphones, the lite, the pro and the plus. Each one of the devices was designed to playfully engage audiences of different sizes. The Catchbox Pro will allow you to use your own belt pack transmitter or lavalier microphone, inside of a throwable shell. It was designed for larger venues and for locations that already had microphone setups. For most of the needs I could imagine, the Catchbox Lite was the Goldilocks of the three options. With a built-in transmitter, audience support up to people, a built-in microphone, active automute, dirt repellent, and customizable, interchangeable covers, I was most interested in the Catchbox Lite. Both side panels and the bottom panel were devoid of writing and came together like an origami box, combining two triangular halves into the square side. When I opened the box, I was greeted by an amazing view of the white, padded, throwable microphone. Even better, the MacSources logo shone brilliantly against the white canvas. Like a proud artist, I could not help but stare at the quality of the final product. One of the coolest aspects of this device and the company was the ability to customize the outer shell. When ordering, you can choose to have a blue, green, orange, white or dark gray device and then upload your own logo. Gripping the black padded microphone cover, I was able to remove the 5. Atop the transmitter, I found a removable foam cap affixed via velcro to the foam transmitter body. Along the back of the transmitter, you will find an access panel with a very small pairing button, a power switch, and a 2AA port covered with a velcro retention strap. Just to the side of the pairing button, I found an LED status light. When powered off, the LED was extinguished. When powered on and unpaired, the light illuminated green and intermittently flashed. When paired, the light would continuously emit a green coloration. When running low on batteries, this would change to red. Insert two AA batteries, turn the device on and then replace the transmitter into the outer shell. If you do not hear a satisfying click, rotate the microphone until the magnets engage. If this method is not ideal for you, there is a small triangle on the transmitter and one on the inside of the CATCHBOX shell that will help you to align the parts. On the back of the paper, I found a list of three possible games to play with the microphone. The bottom had 4 rubberized, anti-slip feet, which did a great job at keeping the device on my desk. There was an LED embedded into the top of the power knob, which served to provide useful information about the status of the device. Flipping the device around, you can install the two included antenna into the dual antenna ports and then angle them obliquely outward. Looking from your left to right, you will find the pairing button, the audio-out, and 5VDC power input port. Lastly, you will find a bag containing a 1. We immediately realized that the included adaptors would not work for this particular soundboard. My friend

Toby and I used a Direct Box to attach the receiver to our sound system, turned on the power, and then turned up the volume. We made sure that the devices were paired and then I walked down from the balcony and stood on the main stage of the church, approximately feet from the balcony. If you have not guessed, our church is rather large. Without any other people and with quasi-line-of-site, I was able to test the microphone and the PA system worked very well. Holding the microphone about eight inches 20cm from my mouth as discussed in the manual , I was able to project my voice as clearly as if I was using one of our belt packs. Yes, this was dropped a few times during the testing, mostly by my children. Aware of the limitations of the Catchbox lite, we decided to try the device for our Jumpstart. During the event, we had great use of the device as we stood under the balcony, but as we moved towards the front of the church, the signal became intermittent and dropped out. Our other microphones overpowered the Catchbox Lite and proved the capabilities and limitations of the device. I do not use this example as a means of adding demerits to this device, as it actually exceeded my expectations. I was well aware of the specifications before testing the device. The fact that it worked in the sanctuary at all was surprising. This system uses a 2. For the event mentioned above, the Pro device likely would have served us better because we already had beltpacks. The leader asked questions, tossed the Catchbox into the audience and the kids were able to catch it, respond to it, and pass it back. The smaller venue worked incredibly well, and this microphone kit worked perfectly. Essentially, we proved the overcrowding of the 2. We did learn to throw the microphone holding the side and passing it like a water balloon. My six year old tried to toss the device using the lower carry handle and shot the transmitter out

Summary: If you have worked with any AV tech, you know that cables and adaptors are a way of life. The instruction manual was useful, easy to navigate and very beneficial. We learned how not to throw this system and that it was meant for small to medium size groups. If desired, you can buy more covers , or you can buy a travel case for the device. Learn more about Catchbox. Follow Catchbox on Facebook and Twitter.

Chapter 2 : blog.quintoapp.com: Official Site of Patrizia Petrus' book - Send Lit

The Hardback copy of my book, Send Lite to Every Fear; The Everyday Hero's Litany is very beautiful edition to own. I read the words in the book often and though I wrote it, am still uplifted profoundly.

Subscribe to our FREE email newsletter and download free character development worksheets! Sage Cohen January 3, The writing life presents endless opportunities to meet fear. Facing the blank page, sending work out for publication, and reading to an audience can all be triggers. And this is what too many of us are in the habit of doing. But when we consciously work with fear, we can actually harness this energy source in ways that support our writing goals and enhance our writing experience. Here are 10 ways to do it. But fear has many subtler faces that can be hard to discern. Even your turbocharged accomplishment mode could be driven by fear. When we find fear at the root of a challenging habit or behavior, we are fortunateâ€”because with awareness, we have choices. Chances are good that your fear is just trying to protect you from meeting pain. Fear tends to be focused on projected outcomesâ€”which we cannot control. So, why not use fear as a signal to turn your attention to your process, instead? What we do have influence over is the intention, commitment and labor of love that goes into our writing. When you give your attention to following through on a goal, taking steps to improve your craft, researching places to submit, or reading that book on marketing, you are creating a forward motion that makes it harder for fear to hold you back. Instead, try thinking of your writing as akin to your fingerprints. Instead of trying to perfect your writing, then, strive to get acquainted with this pattern and become more and more proficient at expressing it. Fear gets us all knotted up such that we have to work twice as hard at writing, publishing, promoting and presenting just to overcome our own resistance. Such an attitude lands you shoulder-to-boulder, on an eternal uphill climb. This gets tiring fast. Being driven to accomplish and succeed can be a very useful quality in the writing life. But your drive could also be the fear of failure in disguise. Sometimes, just being still is all our writing lives need from us. Often, more happensâ€”or has room to happenâ€”when we simply allow it without trying so hard. What if you were to expect some task that feels hard and scary to be full of ease and delight, instead? Do you catch yourself doing just about anything to avoid getting started on or back to work on a writing project that really matters to you? Or, on the flip side, do you tend to write and rewrite an endless succession of drafts, unable to decide when a piece is finished? Try setting and enforcing some performance standards. If you find yourself scrubbing the toilet with a toothbrush to keep busy instead of starting that piece of writing you anticipate to be difficult, give yourself a time limit: Whatever happens, happens, and then you are excused. The point is to give yourself the escape valve otherwise, you will rebel , but then make sure you actually follow through with your goal. Similarly, the next time you catch yourself about to revise that piece yet again, try setting a cutoff limit: Indulge your habit to a point, but then decide when enough will be enough. Resolve to stop getting in your own way. Experiment with your own ways to accept and move through your resistance. It just wants to keep you safe. What do you fear most in your writing life? Take a moment to evaluate if it truly is likely to do you serious harm. But I do know that the more ambitious you are in tackling a significant challenge, the greater your self-confidence will be on the other side. In my own writing life, public speaking has been the numero uno fear to conquer. This first came to my attention in second grade, when I skipped callbacks for the role of Gretl in *The Sound of Music* because I was so terrified that I might actually be cast. Though I was afraid, I really wanted that role! I vowed then that I would not let fear interfere with my goals or desires again. How have I done it? By singing and dancing and acting in every play, performance and band that would have me. And in the past 20 years, by reading and speaking publicly at every opportunity. If you understand that meeting a deadline and a word count while earning a paycheck is going to bring you one step closer to being a professional writer, that can keep you focused on crossing those finish lines. When fear creeps back in, let it be a signal to remind you to hold that focus steady. Writers with defined goals have a better chance of achieving them. Fear exists to keep us safe. If you are feeling fear, you are likely perceiving danger. The harder you try to silence the fear, the louder it will get to try to protect you. Therefore, I propose that you lean into that fear, and really listen to what it wants you to know. For example, consider an inquiry process like this: Why am I unable to finish this story? Then you

DOWNLOAD PDF SEND LITE TO EVERY FEAR

would be a terrible writer. The people who read it. The publications that reject it. Your fear will have to agree. Your life and your writing are both precious resources. You can write a novel in one monthâ€”seriously. Reach your goal in 30 days by considering:

Chapter 3 : How to Transform Negativity With Spiritual Light: 5 Steps

Send Lite to Every Fear: The Everyday Hero's Litany. 34 likes. SEND LITE TO EVERY FEAR: THE EVERYDAY HERO'S LITANY Light is Alive. We're able to use Lite.

Chapter 4 : Send Lite (blog.quintoapp.com) - Official Site of Patrizia Petrus' book - Send Lit

Free 2-day shipping on qualified orders over \$ Buy Send Lite to Every Fear at blog.quintoapp.com

Chapter 5 : Yahoo News - Latest News & Headlines

See more of Send Lite to Every Fear: The Everyday Hero's Litany on Facebook.

Chapter 6 : Patrizia Petrus (Author of Send Lite To Every Fear)

Send Lite to Every Fear by Patrizia Petrus, , available at Book Depository with free delivery worldwide. Send Lite to Every Fear: Patrizia Petrus: We use cookies to give you the best possible experience.

Chapter 7 : Conquer Every Fear 2 - 1/14/ on Vimeo

Send Lite To Every Fear PDF (Adobe DRM) can be read on any device that can open PDF (Adobe DRM) files.

Chapter 8 : Official Site of Patrizia Petrus' book - Send Lite To Every Fear

Patrizia Petrus is the author of Send Lite To Every Fear (avg rating, 2 ratings, 0 reviews, published).

Chapter 9 : CATCHBOX Lite REVIEW Worlds First Throwable Microphone | Mac Sources

This is extrapolated from the book: Send Lite to Every Fear: the Everyday Hero's Litany and is a follow up to the existing wikiHow: "Transform Negativity with Spiritual Light." This builds on that original idea and further demonstrates the human ability to create.