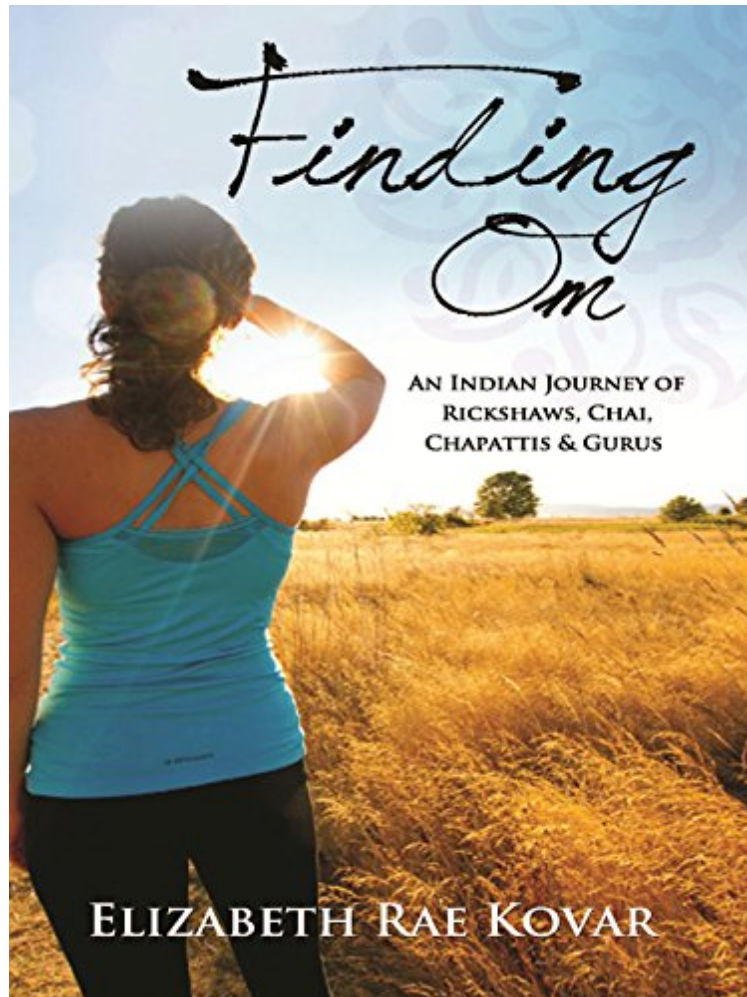


[Free] Finding Om: An Indian Journey of Rickshaws, Chai, Chapattis Gurus

Finding Om: An Indian Journey of Rickshaws, Chai, Chapattis Gurus

Elizabeth Rae Kovar

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Elizabeth Rae Kovar : Finding Om: An Indian Journey of Rickshaws, Chai, Chapattis Gurus before purchasing it in order to gage whether or not it would be worth my time, and all praised Finding Om: An Indian Journey of Rickshaws, Chai, Chapattis Gurus:

0 of 0 people found the following review helpful. i thought this was a wonderful book. the descriptions were true as though you ...By Customerhi.. i thought this was a wonderful book. the descriptions were true as though you can trace moments in your mind.. like a national discovery channel but absolutely true, it is fun getting to know an author by seeing something you want to see through her eyes yet being able to etch it in your own mind making it so clear and beautiful.. i would not be afraid to travel there.Elizabeth makes it a destination point to desire with the whole heart keeping the senses real.. if you are looking for tomancung the soul.. a journeyed path.. follow this one! some dreamy depth here..0 of 0 people found the following review helpful. A spiritual OdessyBy Mr T J PykeI enjoyed this

autobiographical story of the author coming to terms with life and trying to find meaning in it. A well written spiritual, travel, adventure memoir and a great read. The descriptions and experiences beautifully conveyed traveling in India and in spiritual insights were good. The book is quite long but I recommend it it heartily.

Finding Om is a travel memoir that looks into the mind and soul of 22-year old, Bowling Green State University college student, Elizabeth. In 2005, Elizabeth studied abroad in Australia, which ignited a fresh perspective on life. Australia, and the ocean, became her first love a sacred place that rebirthed her soul and introduced her to yoga. Emboldened by the South Pacific, Elizabeth returned to Ohio and fell ill from reverse culture shock. Her collegiate responsibilities, boyfriend issues and negative perspectives about Ohio spiraled out of control. Anxiety, stress, insomnia and panic attacks ruled her life. Stress triggered an unbalanced life, filled with addictions and mental despair, which disconnected Elizabeth from her soul. Elizabeth desired change and the need to re-identify herself with the world. She needed to find a way to travel abroad. Recipient of BGSU's inaugural, Stuart R. Givens Fellowship, a grant to fund a student to do anything in the world, Elizabeth proposed to backpack and to study yoga in the world's most hectic country, India, solo. In the summer 2007, Elizabeth left the US with three thousand dollars, one red backpack and a bagful of questions in search of enlightenment, acceptance and inner peace. Finding Om is a spiritual, and chaotic, journey through the highs and lows of India. Vivid and suspenseful, these are the tales of palm reader prophecies, the romances with a soul mate, the troubles of tour guide scams, the teachings from yoga gurus and the illuminating conversations had over a cup of chai. This is an intimate and true story of an intrepid young female on a quest to find compassion, adventure and a home in the world.