

# One Woman Spiritual Experience Of Travel Volunteering The Midlife Maze

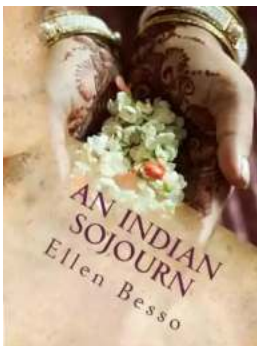
Have you ever wondered what it would be like to embark on a journey of travel and volunteering in your midlife? One woman shares her incredible and transformative experience of navigating the midlife maze while embarking on a spiritual journey through travel volunteering.

## Discovering the Call for Adventure

As she reached her midlife, Sarah felt an undeniable calling for something greater. She felt an urge to break free from the monotonous routine and explore the world beyond her comfort zone. Sarah had always been passionate about giving back and making a difference, so it was only natural for her to combine her desire for adventure with her passion for volunteering.

## Embarking on a Journey of Self-Discovery

Sarah's journey took her to various parts of the world, where she engaged in meaningful volunteer work. From teaching children in remote villages to working in conservation projects, she immersed herself in different cultures and made a positive impact in the lives of those she encountered.



### **An Indian Sojourn: One woman's spiritual experience of travel & volunteering (The Midlife Maze Series Book 2)** by Ellen Besso(Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 3796 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 327 pages  
Lending : Enabled  
Screen Reader : Supported



During her travels, Sarah discovered that volunteering not only allowed her to contribute to the communities she visited but also became a catalyst for her own personal growth. She encountered challenges that tested her limits and pushed her to confront her fears.

## **Connecting with Spirituality**

While volunteering, Sarah also found herself connecting deeply with her spirituality. Being away from the distractions of everyday life, she had the time and space to explore her beliefs and connect with something greater than herself.

Through meditation, yoga, and spending time in nature, Sarah experienced profound moments of clarity and spiritual awakening. She learned to trust her intuition and allow her heart to guide her decisions.

## **The Midlife Maze: Navigating Challenges**

Traveling and volunteering during midlife wasn't without its challenges for Sarah. From overcoming language barriers to adapting to new environments, she faced numerous obstacles along the way.

However, these challenges became opportunities for growth and resilience. Sarah learned to embrace uncertainty and adapt to change, gaining a newfound strength and resilience that she never knew she possessed.

## **Transformative Lessons Learned**

Through her experiences, Sarah learned valuable lessons that transformed her perspective on life. She realized the importance of living in the present moment and cherishing every opportunity that comes her way.

She also discovered the power of unity and the impact that a single person can make within a community. Sarah's volunteer work not only touched the lives of those she helped but also inspired others to join her cause.

## **Returning Home: Carrying the Spirit of Adventure**

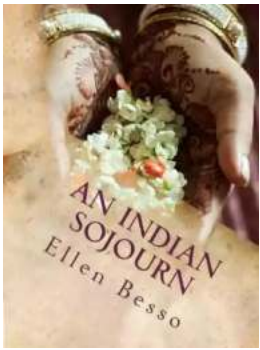
After her transformative journey, Sarah returned home with a renewed sense of purpose and a deeper connection with herself. She realized that her midlife crisis wasn't a crisis at all but rather a stepping stone towards personal growth and enlightenment.

Now, Sarah continues to volunteer locally, bringing the spirit of adventure and compassion she cultivated during her travels to her own community. She is an inspiration to those around her, reminding them that it's never too late to embark on a journey of self-discovery and make a difference in the world.

## **Join the Journey: Travel Volunteering in the Midlife Maze**

If Sarah's story has inspired you to embark on your own journey of travel volunteering, don't hesitate to take the first step. Explore different volunteer opportunities, connect with organizations that resonate with your passions, and embrace the transformative power of travel.

The midlife maze may seem daunting, but with each step, you will uncover new possibilities and discover parts of yourself that you never knew existed. Embrace the call for adventure and begin your own spiritual experience of travel volunteering today.



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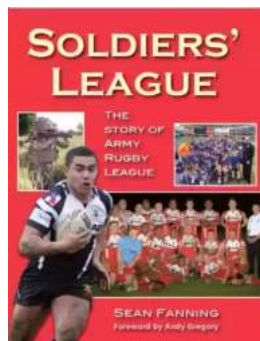


For as long as she could remember Life Coach, Ellen Besso had a preoccupation with India and its people, feeling drawn to go there. An Indian Sojourn is a spiritual travel memoir which describes her two journeys to India with her partner, Don. Their daily life in India is described in exquisite detail as well as the people who became lifelong friends. The book's core though comes from their profound experiences volunteering and tutoring Tibetan refugees in Dharamsala, India.

Ellen writes: "India's draw is complex; we can't understand it within the frame of reference of our Western minds, and that is part of what pulls us in. Once our constant internal analysis abates, we're more open to flowing with what is unfolding around us. To say that the environment there is over stimulating would be an understatement. People, vehicles, cows, even the colors are de trop, but my approach has been; "Bring it on. I was thirsty for India after waiting for her so long and I wanted to soak in every tiny little detail."

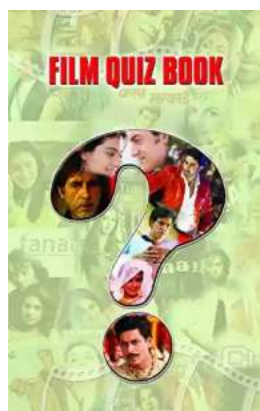
Join Ellen on her spiritual experience of travel and volunteering. "Meet the people

we developed strong friendships with, and enjoy the fascination and wild rides that are India. This book is also about the heartfelt stories of refugees, fellow travelers and the Indian people themselves and the effort of trying to understand cultures very different from ours. Ultimately though it is the moments when we are not so far apart that define An Indian Sojourn." This is the second book in Ellen Besso's MidLife Maze Series.



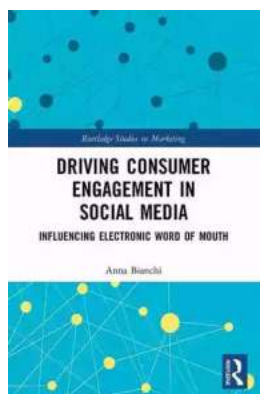
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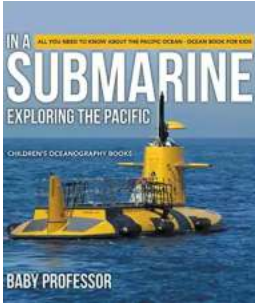
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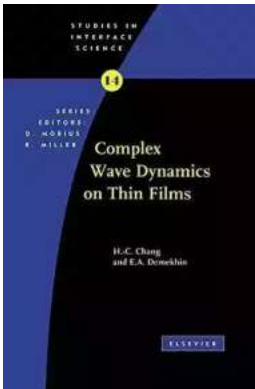
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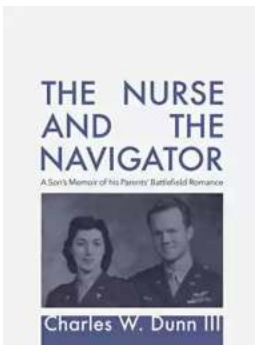
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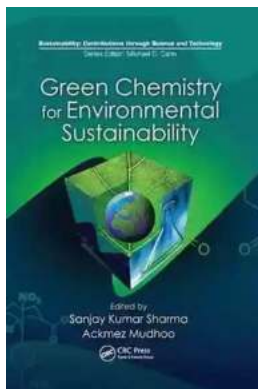
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