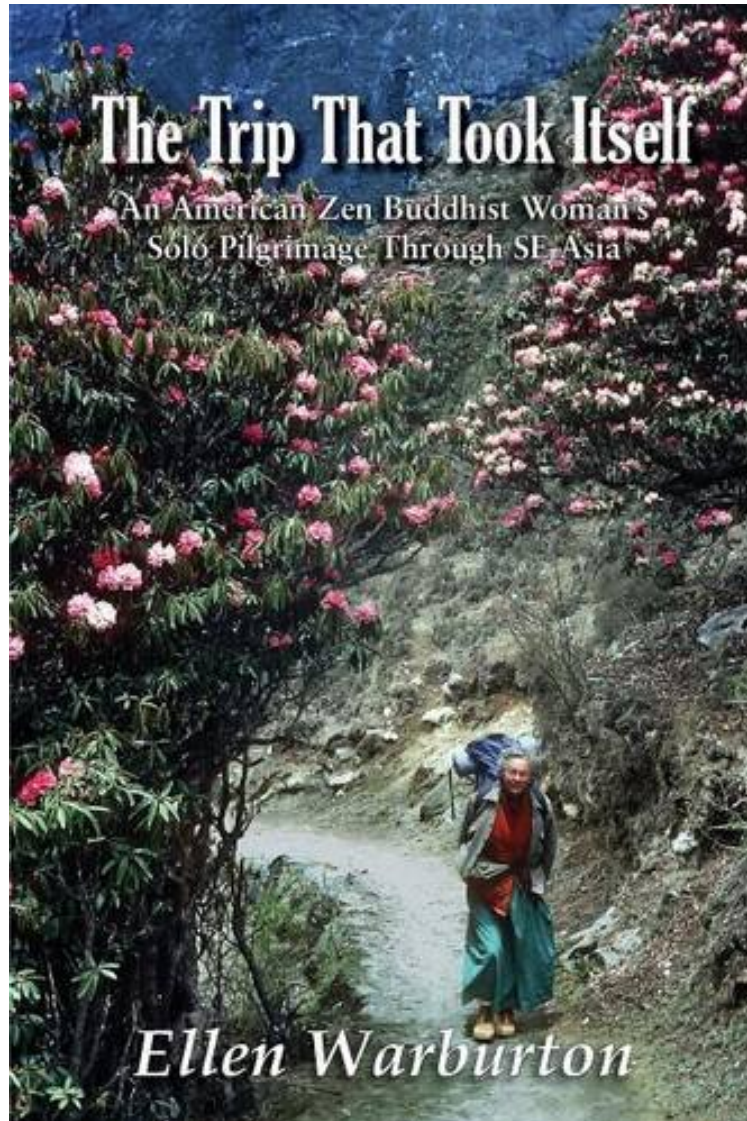


## The Trip That Took Itself

*Ellen Warburton*

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**Ellen Warburton : The Trip That Took Itself** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Trip That Took Itself:

0 of 0 people found the following review helpful. One StarBy Ross SargentBlah. Blah. Blah0 of 0 people found the following review helpful. A wonderful inspirational readBy SiffyTorkildsonA wonderful inspirational read. At age 52 Ellen heads out on a pilgrimage and travels to the East, having dreamed of travelling for years. The voyage takes the reader through Indonesia, the Philippines, Malaysia, Burma, Thailand and Nepal, all with innocent eyes. She is open to the moment, with no set plans, other than visiting sacred sites she learned about as a practicing Buddhist, and various

people she meets send her in different directions. Her descriptions are fresh and from the view of a novice traveler, how she deals with poverty, long waits, pushy vendors, spartan lodgings, and moving among the local people. She spends time in a monastery, and thinks about how her behavior affects the people as she wanders. Should she take a photo, or is it offensive? Should one buy souvenirs or is it just to have stuff? Should she give money to beggars? She writes about greed and how the West is corrupting the East, and the world's attachment to money and things. Her travels were in the early 1980s, and published from her journals after she died, yet are still relevant today. She compares her home in the United States to the places she visits, for example the relationship between people, animals and food. In Nepal she takes a long trek her adult son, Michael, who is a mountain climber and hiking to support Russian friends climbing Mount Everest, a nice bonding experience. Is it people who practice and visit sacred places who give it the energy, or is it the sites that give it to the people? Her thoughts as she travels are part of what makes this a wonderful book. Highly recommended. Siffy Torkildson, author of *A Wild Hare*, and the *Walkabout Chronicles*.

*A Pocket Full of Change + Lots of Faith!* Ellen Warburton dashed headlong into Asia (at the age of fifty-two) with an open mind and a budget that prompted 3 vows: She would follow where the way seemed to lead. She would take the cheapest accommodations she could find. She would travel like a local as much as she could. No taxis unless absolutely necessary. That was to set the style of her travel, trusting that she would have help when she needed it, and believing in the friendliness of people everywhere. Ellen had a lifetime of adventures in one short year during her travels in Southeast Asia, including a month as a lay nun in a Buddhist monastery in Thailand, a face-to-face encounter with a cobra, and a month-long trek to the Mount Everest Base Camp with her mountaineer son. Through all of this she remained tranquil and trusting, sustained by her daily Zen meditation. About the Author: Ellen Warburton was born in 1928, in Madison, Wisconsin, to Professor Walter L. Dorn and Broadway actress Margaret Barnstead. Ellen's mother died before she was two. After graduating from National Cathedral School in 1946, she went to Berlin, where her father was a military advisor. She graduated from Oberlin College in 1950 and earned a Masters in Psychology from Ohio State. With Peter Warburton, a philosopher and computer analyst, she raised two sons, in a household that enjoyed camping, hiking and venturing into the outdoors. After her divorce in California Ellen held various jobs, including cook at the Jikoki Zen Center. In 1974, she began seriously practicing zazen (meditation) as a Zen Buddhist. At the time of her trip in 1981-1982, she had been an aide to third grade teachers at Monta Loma Elementary in Mountain View, California. Books printed in the US and the UK.