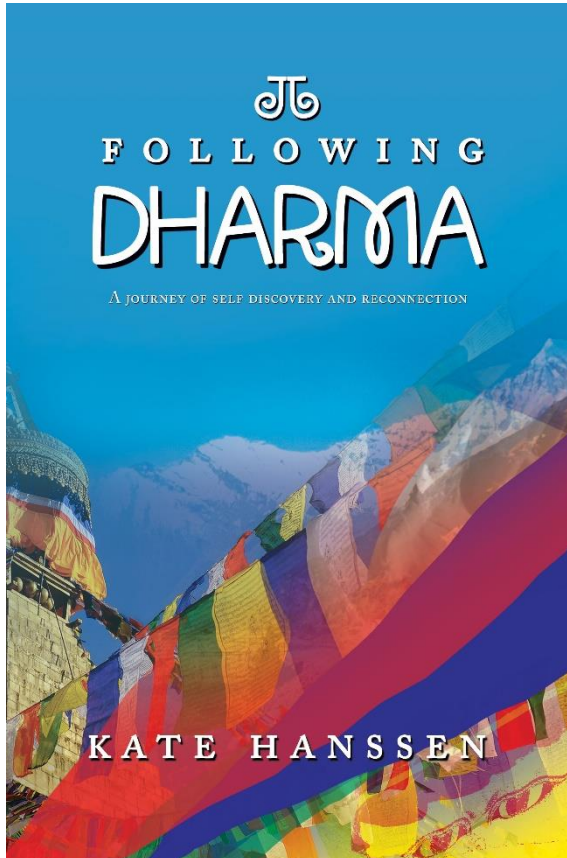


# FOLLOWING DHARMA

A JOURNEY OF SELF DISCOVERY AND RECONNECTION

KATE HANSEN



**AN INSPIRING TALE CENTRED AROUND ONE WOMAN'S JOURNEY IN NEPAL AND HER SURVIVAL OF A DEVASTATING EARTHQUAKE...**

For all those who didn't give up the good fight... Kate sees you.

In 2013, Kate visited Nepal for the first time with no knowledge of the rich culture and depth of the place despite her years of interest in spiritual growth and learning. On this occasion, Nepal truly spoke to her heart, and she grieved this magical place upon leaving it, vowing to return.

Two years later, in 2015, once again Kate found herself back in Nepal. Drawing her back like a calling of the soul, this time, nothing could have prepared Kate for what was to happen... The earthquake happened while she was in Kathmandu.

The journey of spirit and wisdom is found in an aspiring story of a woman who created a life from her own belief and strength. Her fate and passion for a country that became more than a home to her as she was crafted around a community. Share Kate's new world of Nepal as drawn out in glorious detail through Kate's delicate eye... and perhaps you will find your own inner purpose along the way.

ISBN	9781922594389
Publication Date	14 JUN 2023
Genre	Memoir
Format	Paperback
Audience	General
Author Location	Gippsland, VIC

**Price available on our website**



#### **ABOUT THE AUTHOR**

Through experiences that challenge and take us out of the mundane, we know change happens, whether we want it to or not. When we align our values, actions and soul, this feeling is our dharma. In other words: heart centred living. It is in this space the challenges and changes you go through start to have purpose, however this does not mean it will be easy. Courage and faith is needed more than ever as our fears lay in the shadows and courage is only ever found in the heart.

Kate is a travel agent and together with her husband Govin have a small trekking business in Nepal called "Reconnection Treks". Every year they facilitate groups of interested people to experience Nepal through a genuine lens of love and understanding for culture and its amazing, resilient people.

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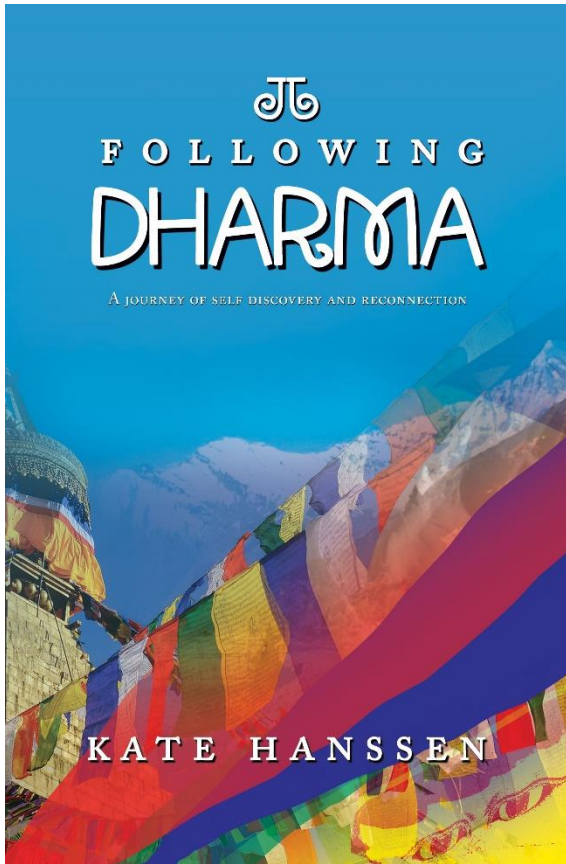
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## A CONVERSATION WITH THE AUTHOR

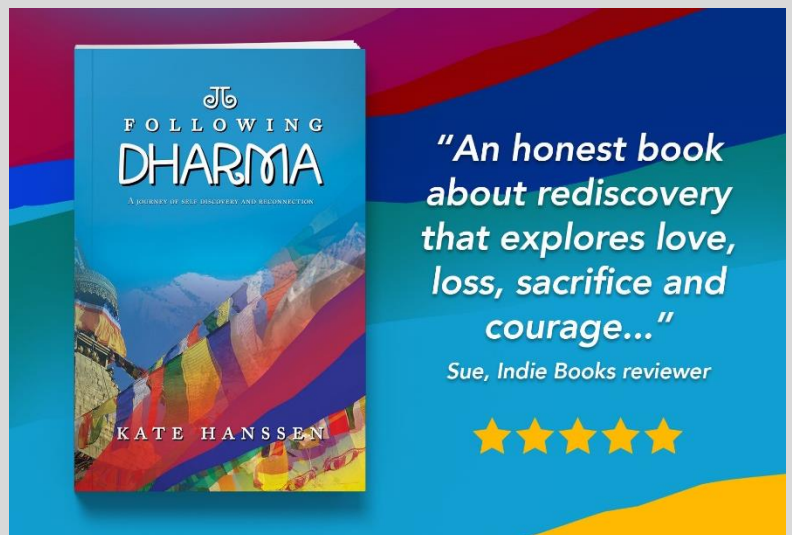
### WHY DID YOU WRITE *FOLLOWING DHARMA*? WHAT WERE YOUR INSPIRATIONS?

*After reflecting on my experience I felt others could benefit from reading my story. I thought perhaps it could help people see things from a different point of view.*

*I used many sources to enhance what I had to say, such as the research into the study of Patanjali yoga, the eight limbs, the Vedas texts, observations and readings of Osho, Paulo Coelho, and listening to Russell Brand and many others. All of these sources both inspired me and helped me to write this book.*

### WHAT HAS YOUR JOURNEY WITH WRITING BEEN LIKE?

*I love writing for adults because I think it expands their views and encourages them to step out of their comfort zones. I really wanted to write this book for woman who have often felt stuck in a conditioned or unfulfilled life, for women like me and who I used to be. I knew I needed courage to believe in my ability to tell a story but I have had many readers along the way who have loved my story.*



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