



Meeting Shiva: Falling and Rising in Love in the Indian Himalayas

By Tiziana Stupia

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Meeting Shiva is a spiritual memoir. Tiziana, a single woman in her mid-thirties, is at the end of an adventurous overland trip through the Himalayas, which she embarked on to search for her tantric soul mate. When the soul mate hasn't materialized after eight months of wandering through Tibet, Nepal, Pakistan and India, she decides to go home. Before her departure, she sets out on a final mountain trip. It is here that she meets Rudra, the man she has been waiting for all her life. But there is a catch: Rudra is a sannyasi, a celibate Hindu monk who lives in an austere ashram in the remote Himalayas. The two get drawn into an intense, romantic relationship that soon spirals out of control as Tiziana is drawn into a past long forgotten that ultimately leads her through pain and misery to healing and transformation.

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Editorial Review

About the Author

Tiziana Stupia is a writer, yoga teacher, ayurvedic consultant, vedic fire ceremonies practitioner, and traveller. She publishes widely on the topics of spirituality, travel, health and personal growth. She lives in Leamington Spa, UK.

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