



Seeing Red

Lone Morch

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Seeing Red is one woman's search for personal power, a journey of climbing inner and outer mountains that takes her to the holy Mt. Kailas in Tibet, through a seven-year marriage, and into the arms of the fierce goddess Kali, where she discovers her powerful feminine self. As much a memoir about coming into one's own as it is a love affair with the Himalayas, Seeing Red takes the reader on an unforgettable journey of creation and destruction.

This is the story of Denmark native Lone Mørch's transformation—a story of love and passion, and also a story of self-betrayal. This is every woman's story because it's a dispassionate tale of one woman who knowingly gives up on herself, and who has to fight tooth and nail to reclaim herself. In the end, the efforts are worth it, but she has to strip herself bare, lose everything she's held dear, and strip away everything she's ever built in order to see the truth.

Seeing Red Details

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Author : Lone Morch

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From Reader Review Seeing Red for online ebook

Natasha says

A great true story. Actually broadened my perspective on all things from earthly to spiritual.

Liz says

Seeing Red, the novel by Lone Morch, touched me in many ways. I was drawn to the cover image which represented a woman standing in her power, with complete vulnerability and naturalness. As I began reading, it touched something very deep in me to see that she understood and experienced what I have often felt, the feeling that everyone else seemed to "get" how to be spiritually connected, except me. I was drawn in deeper, to learn from her journey, to see how she found her own answers.

Throughout the book I saw a woman who was completely and humanly perfect and flawed. As are we all. I met a woman who explored pleasure and felt love, who doubted herself, who knew herself. At times I was in such awe of the life experiences that Lone has gone through, the world travels and the passion she felt. During those moments I felt very small and that I've not made a significant contribution to the world, not stepped out of my comfortable life to have a grand adventure. And yet I realized also that we each have our own adventures in our own way.

And as the book wound to a close, I was inspired. Inspired to explore the unknown, to delve more deeply into my sacred power as a woman, to touch and taste and sense the darkness as well as the light in myself. Lone's journey represented to me all that I have experienced or want to experience, and with her making it through and finding her own "red" energy, it has given me such hope for myself and where I am on my own path. I also see this as a book to give to my daughter at the right time, as a gift to teach her about following her path and exploring without limits.

Read this book no matter where you are on your life journey, all women will find themselves here, at some point along the way. All will find something, whether a sister to learn from, a role model to emulate, a traveler who has taken the difficult road so we don't have to.

Grant Benson says

Seeing Red is a wonderful, revealing, and exciting true story. Lone's adventurous tale touches the archetypal and reflects our common pilgrimage through the passage of our lives: our hopes, relationships, aspirations, doubts, fears, mistakes, and insights. Her intensely open, honest, and intimate story illuminates her global quest like a brilliant light shining through the prism of her personal experiences. An exploration of sensitive, universal themes, this book awakened me to possibilities, revealed the value of sharing one's private search, and evoked fresh insights and expanded perceptions of life. She bridges the spiritual and earthly, the sacred and the sensual, from Europe to America, Nepal, and the wild hinterlands of Tibet and Mt. Kailas. Lone has a courageous and remarkable talent for self-expression, and her book is full of heart. She writes from her soul, bares all, and I love it.

Story Circle Book Reviews says

Lone Mørch, a native of Denmark, took a job with CARE Nepal and fell in love with the people and the country. There, she was introduced to mountains as saintly abodes and to the notion of the sacred. She became focused on Kalais in Western Tibet. Kalais is held to be the center of the universe and believed to hold the white light of human consciousness. To complete the Kora, a ritual circumambulation of the mountain, is said to erase the sins of a lifetime.

Mørch strives to complete the ritual, and we meet her after her initial failed attempt to do so. Embracing sacred mountains as a metaphor for her life, she also fixates on the color red as a symbol for feminine sexuality and power. When she meets Gerry, her future husband, she is wearing her red coat. She feels the coat shapes this view of her in his eyes. She longs to be the "red coat me."

She undertakes the task of travelling with Gerry and leading a pilgrimage to Kalais to clear her karma. The reader is privy to her indecisiveness and second guessing as she leads this trip. We also witness her over-analysis of her time with Gerry. Mørch notes that, "So often in Western culture we seek someone to blame when something bad happens." Through most of this book she is struggling to come to terms with her own frailties, seeking to find her self-worth in Gerry's eyes and by completing the Kora. Despite her accomplishments, if she doesn't perceive Gerry as viewing her as the "red woman," then the problem is with the relationship or with Gerry. In many ways, she is self-absorbed and seeks her identity through others.

About two-thirds of the way through the book, Mørch reflects, noting that "she didn't know how to be both powerful and receptive, assertive and mind and heart." It is in the last third of the book and of Mørch's ten-year journey that she uses the term "dance" to describe the developing sense of trust in herself, a sense that she says "paled against the red coat me." She leads us to her conclusion that, "What others said or did was suddenly a lot less important than what I said or did in return."

Mørch fills her story with rich descriptions of Kalais and the pilgrimage for Kola. There is also quite a bit of description of discreet occurrences and reactive interpretations of many of the events in her life. At times, I found these descriptions difficult to wade through, singularly one-sided and self-absorbed. As I finished the memoir, I realized that if she had not detailed these events at such length, I could not have appreciated the struggle of her journey and celebrated her conclusion. In many ways, this is an adult version of a coming of age story of an adult woman offering personal insights with which we can all identify. *Seeing Red: A Woman's Quest for Truth, Power, and the Sacred* is well worth the read.

by Diane Stanton
for Story Circle Book Reviews
reviewing books by, for, and about women

Lone Mørch says

Ha! Am I allowed to rate my own book? Well, why not?

I've read this book to eternity and back, several times over, so I think I'll let it be for now, but I'd love to hear what you think of it.

Allyson Stinchfield says

This book is beautiful, as is Lone Mørch. My review can be found here:
<https://www.amazon.com/gp/pdp/profile...>

Beth Duplaga says

Great memoir that really resonated with me.
