



The Path of a Reluctant Metaphysician

Michael Mayer

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Are you a Reluctant Metaphysician? A career change, an upsetting external event, a serious illness, a painful breakup, or an unravelling culture can all be invitations to enter a deeper world behind the world. You may not have chosen to go there, but you evolve thereby. This book weaves together stories and reflections to introduce teachings and practices from ancient wisdom traditions that illuminate our unique life path.

The Path of a Reluctant Metaphysician speaks to the importance of having a holistic spiritual philosophy in our current times of the "great unraveling" of our personal, political, economic, cultural, and ecological world. Here you will find an integral approach to finding your life stance in troubled times. The metaphysical path is an "all vector approach" that incorporates both "spiritual" and "soulful" pathways, traditions of postural initiation such as Tai Chi, mythology, depth psychology, bodymind healing methods, a non-deterministic approach to astrology, and a multi-dimensional approach to the political sphere.

- *The Metaphysics of Myths*: A metaphysician specializing in the art of symbolic process extracts primordial wisdom from mythic tales to help you navigate distressing times.
- *Age-old Energetic Metaphysical Traditions*: A Tai Chi/Qigong teacher initiates you into age-old practices for keeping your sense of equanimity so that these upheavals don't uproot you.
- *The Metaphysics of Bodymind Healing and Psychotherapy*: A leading-edge psychologist shares with you self-healing methods to deal with times of crisis and to find your life stance.
- *Astrological Metaphysics*: Are you wondering about the profound changes that are going on in the world? Does it ever seem like some unseen hand has turned a gear in a mysterious cosmic clock? Here you'll hear a prize-winning astrologer (who doesn't believe in predictive astrology) tell you about planetary configurations that are synchronistic with these changes.
- *Political Metaphysics*: You'll discover how connecting to the world behind the world can help us cope with, and develop political actions for, the troubled times in which we live.

Dr. Mayer transmits stories, teachings, and practices from his multifaceted career that are so captivating, they may lead you to reluctantly take time out of your busy everyday life. Be forewarned... if you read this book you too may become a Reluctant Metaphysician!

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