

The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times

The Analytical Psychology Club of SF

When: March 10, 2013 2- 5 pm

Limited Seating, Advanced Reservations only.

Contact Dr. Mayer at 510-849-2878, or drmichael@bodymindhealing.com

with Dr. Michael Mayer

The author will speak about how Jung's commentary on *The Secret of the Golden Flower* led him on a quest to find the larger tradition in which the *Secret...* was embedded, and how he applied Taoist Alchemy and Qigong to his approach to *Bodymind Healing Psychotherapy*. Also he will address how the various psychotherapeutic methods he puts forth in his written works relate to Jungian Psychology.... for example, his Mythic Journey process combines symbolic process work, Gendlin's focusing, and traditions of postural initiation. Most importantly he will discuss how his newest book speaks to the importance of a holistic spiritual philosophy in our current times of the "great unraveling" of our world, and how to find our stance in troubled times. The "metaphysical path" is an "all vector approach," which combines both "spiritual" and "soulful" pathways, depth psychology, cross-cultural somatic traditions such as Tai Chi/Qigong, bodymind healing methods, symbolic process approaches, a non-deterministic approach to Astrology, and a multidimensional approach to the political sphere.

Michael Mayer, Ph.D. is a licensed psychologist in private practice in the Bay Area and a Tai Chi/Qigong teacher who specializes in self-healing methods for physical and mental health. Dr. Mayer presents his approach to bodymind healing at professional conferences, national/international workshops, universities, and hospitals. He co-founded the Transpersonal Psychology Program at JFK University where he trained therapist for 12 years, and he co-founded an integrative medical clinic. He is board certified and a fellow of the American Association for Integrative Medicine. Dr. Mayer is the author of twenty publications on bodymind healing including six books, and various peer reviewed articles. His earlier books, *Bodymind Healing Psychotherapy* (2007), and *Energy Psychology* (North Atlantic/Random House, 2009) synthesize Jungian psychology with various traditional, indigenous, and somatic therapies, and have both received endorsements from leaders in mind-body medicine and positive reviews from the journal *PsycCritiques*. His newest book is *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (2012). Michael's guiding image of "two streams becoming one" guides him as he joins East/West, mind/body, and ancient/modern in his work.