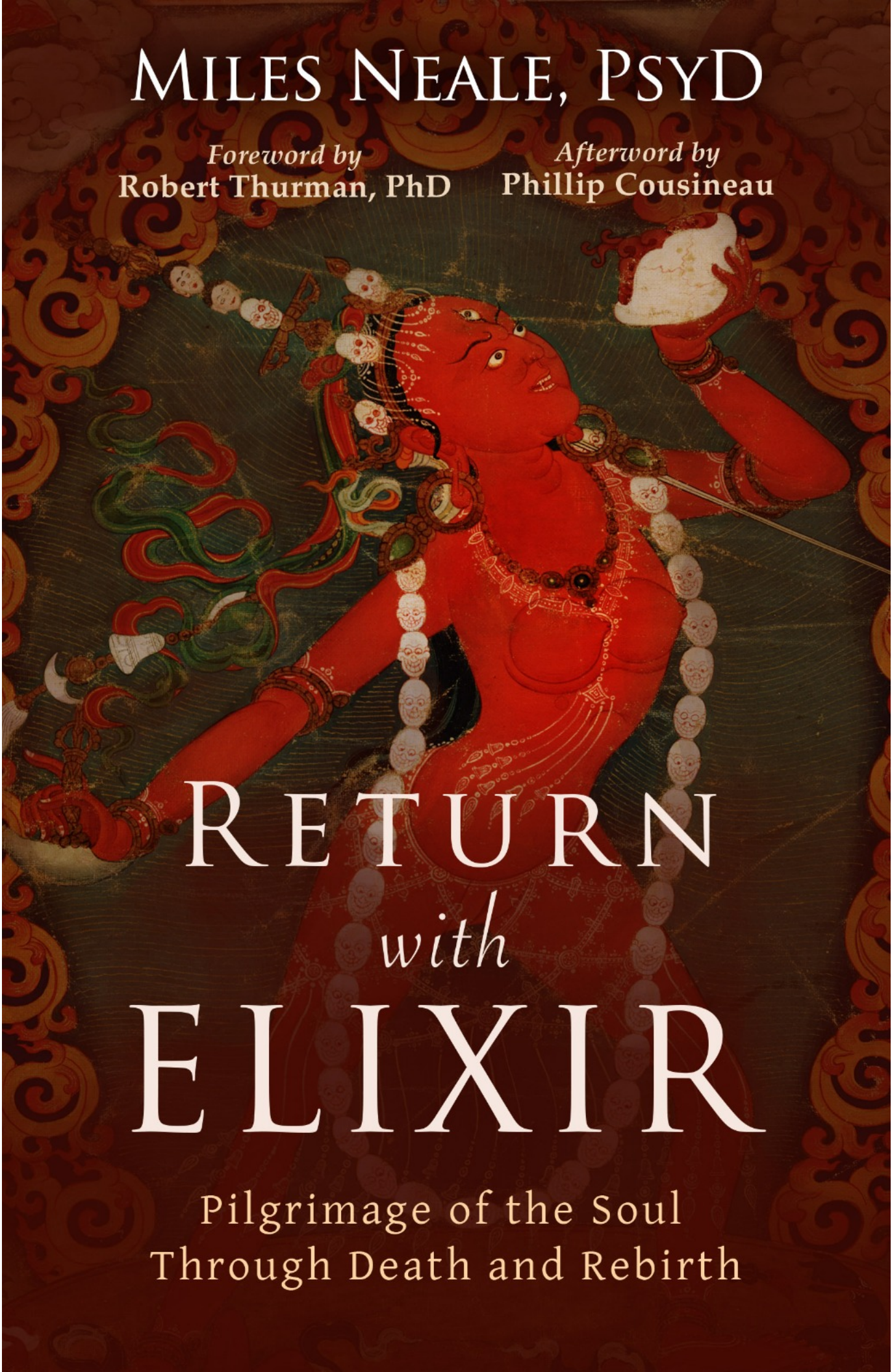


MILES NEALE, PSYD

Foreword by
Robert Thurman, PhD

Afterword by
Phillip Cousineau



RETURN
with
ELIXIR

Pilgrimage of the Soul
Through Death and Rebirth

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∞ SYNOPSIS

We will all die. And we will also all be reborn. Most will do so unconsciously, compelled by base instincts, while others voluntarily, guided by a higher purpose. So say the wisdom cultures of every epoch before the advent of modern science. Whether it be the metaphoric death of any given moment's unceasing tide of change, or the great and daunting death of this lifetime, a secret, perennial corpus of knowledge, initiation, and praxis exists to support a profound process of spiritual resurrection. We need not be afraid or unprepared to face life's challenges and transitions, for each can be an initiatory rite-of-passage as we venture forth on the grand pilgrimage through dissolution, into the great mystery, and back again to the world, bearing the boon of eternal life for others.

In *Return with Elixir*, you'll join author and Buddhist psychotherapist Dr. Miles Neale on a classic hero's journey as he island hops from the bustling metropolis of Manhattan to the sanctuary of Homer's sacred island of Ithaka in Greece, to the Island of the Gods in Bali in search of meaning and to reconnect with his soul long lost in the wasteland of modernity.

Miles threads the needle through the global pandemic, personal panic attacks, public humiliation, and societal collapse, to follow the magic and the stars, led by visions and prophesy, decoding mythology and synchronicity, heeding his guides the Wizard of Bali and the Diamond Queen of intuition, to restart life anew on the other side of the world.

The author's harrowing tale is the compelling backdrop for this user's guide for the pilgrimage of reclaiming the soul, following the hero's thread into the foreboding labyrinth of the mind, traversing across the treacherous landscape of infinite life through the cycles of death and rebirth, for the chance to taste the illusive nectar of immortality. Just as initiates of the Greek Mysteries once embarked on an outer pilgrimage from Athens to Eleusis culminating in their imbibing a psychedelic sacrament called ambrosia, the Indo-Tibetan yogis embarked on a secret pilgrimage within their subtle nervous system culminating at the heart nexus where they imbibe amrita. Now you too will set off on a sacred journey to die before you die, so that you might never die, but gain everlasting life.

Miles' unique synthesis draws on the stages and mythopoetics of Joseph Campbell's monomyth, the milestones of Carl Jung's process of individuation, and the Tibetan Buddhist alchemy of conscious rebirth. Elegantly weaving each of these three threads upon the hermetic loom of *solve et coagula*, to dissolve and reconstruct, Miles crafts a tapestry and roadmap to support meditators, yogis, psychonauts, psychedelic wayfarers, and seekers along the universal path of regeneration known by many names.

Fusing literary styles from Dan Brown's action adventure *The DaVinci Code* to Brain Maruresku's scholarly *Immortality Key*, *Return with Elixir* will have you gripped from its opening pages as you meander through ancient myths from the *Garden of Eden* to the Arthurian *Sword in the Stone*, inspired by autobiographical accounts of luminaries from Buddha to Jesus to Carl Jung, relate to real-world examples from the Miles' near-death experience and psychedelic recovery to the heroic accomplishments of his clients, priming you for your own epic odyssey.

Poised on the cusp of a paradigm shift as we transition from the Piscean to the Aquarian age, amidst the tumultuous structural collapse and renaissance swell of interest in esoteric traditions alike, *Return with Elixir* promises to be a go-to resource for anyone looking for guidance to dissolve, align, and ascend, during humanity's quantum leap forward in our collective evolution.

∞ **UNIQUE FEATURES:**

- Reframes life challenges, transitions, or crises as an opportunity for psychological growth, trauma healing, and spiritual transformation.
- Provides a practical meta map and a step-by-step guide to help readers let go of fears, uncover hidden strengths, and share their innate gifts with others.
- Reveals the universal process of “dying before you die” and discovering eternal life underlying mystical traditions of diverse cultures and epochs.
- Provides a primer for Joseph Campbell's mythopoetic monomyth, Carl Jung's process of individuation, and the Tibetan Buddhist alchemical art of conscious rebirth.
- Prepares readers before they embark on psychotherapy, meditation practice, pilgrimage, shamanic journey, and psychedelic ceremony, helps them avoid common pitfalls, and supports skillful integration after having had powerful mind-altering experiences.
- Supports a process of sensemaking the current convergence of ecological, economic, and geopolitical crisis of meaning by placing them in a larger astrological context of global collapse and regeneration.
- Contains beautifully designed cyclic diagrams of the monomyth, individuation, rebirth, and the Great Year so readers can locate themselves on multiple visual maps.
- The foreword is provided by Tibetologist Robert Thurman, PhD, and the afterword by mythologist Phil Cousineau.