



The Path of the Warrior-Mystic

Being a Man in an Age of Chaos

Angel Millar

ISBN: 9781644112670, November 2021

Also available as an ebook

Paperback: \$18.99, 240 pages, 6 x 9

Imprint: Inner Traditions

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NEW BOOK ANNOUNCEMENT

A Journey to Cultivate Yourself Mentally, Physically, and Spiritually to Become the Archetypal Higher Man

Ancient and classical societies have always had an ideal of manhood. In Japan, the samurai cultivated not only the art of the sword but also poetry, calligraphy, and spiritual practice. In Confucianism, the ideal man was the *Chun-Tzu* (the Higher Man), who cultivated both the arts of war and the arts of peace. And, in medieval Europe, the knight lived by the comparable code of chivalry. Such men, considered both warriors and mystics, exemplified wholeness. Yet, today, men exist in a chaotic world without role models, guidance, or a sense of the sacred masculine.

Exploring how to reconnect with the archetypal male ideal and develop the different sides of your being, author Angel Millar offers a journey of self-development to help cultivate yourself as a whole, mentally, physically, and spiritually. He examines some of the problems facing men in the world today—lack of strong friendships, distracting technology, constant criticism—and shares practices to develop yourself in the face of these problems. He shares techniques for enhancing your focus, overcoming fear, integrating your shadow, developing inner silence, and creating a self-image more appropriate to who you are and aspire to be. He also explores the importance of relaxing tension in your body to help you break free from pattern-induced behavior and self-defeating thoughts embedded through muscle memory.

Examining influential figures both contemporary and historical like Steve Jobs and Swami Vivekananda, powerful myths from East and West such as the tale of *Sir Gawain and the Green Knight*, warrior and brotherhood traditions, as well as literature and fine art, this guide will help you discover your inner sacred masculine, a better understanding of the world and your place in it, and ultimately how to become a confident, strong, and dynamic contemporary Higher Man and a leader in your own life.



About the Author: Angel Millar is a well-known lecturer on initiation, symbolism, Freemasonry, and self-development as well as an artist and student of the martial arts. The author of several books, including *The Three Stages of Initiatic Spirituality* and *The Path of the Warrior-Mystic*, he lives in New York City. <https://angelmillar.com/>