



Alchemy of the Soul: The Eros and Psyche Myth As a Guide to Transformation

By Martin Lowenthal



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Life without myth, the vital force of archetypal experiences, is life filled with maladies, neuroses, addictions, and disease. *Alchemy of the Soul* retells the myth of Eros and Psyche to help readers reconnect mind and relatedness to find wholeness and deep meaning. Author Martin Lowenthal describes how the story of Eros and Psyche illustrates the alchemical process of marrying soul and matter so that life can be lived with more joy, meaning, and a tangible sense of divine love.

The book is divided into three parts:

- * Part 1 is a beautiful retelling of the myth of Eros and Psyche.
- * Part 2 examines the power of myth and alchemy and shows how spiritual alchemy can restore and transform the soul.
- * Part 3 is an initiation into the alchemical mysteries using myth as mentor.

Lowenthal writes, "The story assails the defenses of our mind and our reactive habits and seeks to wrest a victory for life and growth from the inertia of daily habits and confusion. It initiates us into a world far more vibrant, rich, and nourishing than the one we knew in childhood and naively, yet regressively, settle for. In this sense, story reveals what happens as we attempt to spread our emotional wings in the developmentally confining domain of our childhood home and community and what it takes to make something significant of ourselves in ways that feed the future. As guests of the story, we discover the larger sacred garden in which we emerge as a unique and beautiful flower in a bed of exquisite blossoms, each one unique and essential."

Alchemy of the Soul takes alchemy from the realm of the esoteric and places it in practical terms of story—terms that anyone can understand, value, and use as a guide to life.

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Editorial Review

About the Author

Reverend Martin Lowenthal, Ph.D., is Senior Meditation Teacher and Mentor with The Dedicated Life Institute. He has taught at Boston College and Harvard University Extension School and leads workshops and retreats all over the world. He is also a pastoral counselor, consultant and co-author of *Opening the Heart of Compassion*. Rev. Lowenthal lives in Newton, Massachusetts.

Users Review

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