

Disclaimer

This book is not a substitute for therapy.

While the ideas, reflections, and practices within these pages may offer insight, clarity, or support on your journey, they are not a replacement for the guidance of a trained mental health professional.

Some parts of the path are best walked with a companion—especially when old wounds resurface, or when the terrain becomes confusing or overwhelming.

If this book stirs deep material, brings up distress, or uncovers parts of your story that feel too complex to navigate alone, it may be wise to seek support from a licensed therapist or counsellor.

Think of therapy not as a sign of failure, but as **good cartography**—an opportunity to walk with someone who has learned to read the maps of inner landscapes, and who can help you find your footing when the trail disappears.

In fact, this book may make a **rich adjunct to therapy**. The metaphors, inquiries, and tools offered here are designed to deepen self-reflection and support a more coherent inner narrative. Shared with a skilled guide, they can enhance the work of healing.

Everyone's journey is different. There is no single map.

But there is wisdom in asking for help.

Especially when the forest grows thick.

Especially when the old maps no longer match the terrain.

Introduction

How to Use This Book (and Let It Use You)

You hold in your hands more than a book. This is a map—drawn in part from science, in part from soul. A guide for anyone who has sensed there's more to healing than symptom management. A companion for those trying to remember something they never quite learned, but somehow always knew.

This is a field guide for the inner journey. And like any true guide, it doesn't tell you what to see. It helps you see what's already there.

Inside these pages, you'll find a fusion of therapeutic insight, energy literacy, mythic imagination, and practical tools. You'll meet breadcrumbs—those subtle, repeating symbols and signals that quietly lead you toward wholeness. You'll encounter alarm clocks—the sudden, often inconvenient awakenings that call you to live with greater presence and purpose.

This book weaves psychology with shamanism, trauma science with meditation, and personal narrative with universal pattern. It doesn't offer quick fixes. Instead, it invites you to enter a different kind of relationship with your life: one in which your symptoms become signals, your memories become medicine, and your story becomes sacred.

You don't need to be a psychologist or a mystic to walk this path. You only need a willingness to get curious, to feel more deeply, and to walk slowly enough to notice the signs.

Read this book like a spiral: revisit chapters, follow your own rhythm, trust your timing. And know that the path home doesn't need to be straight. It only needs to be yours.

Chapter One: The Wound of Separation

How Psychology Lost Its Soul, and Why We Need to Bring It Back

"The world is made of stories, not atoms."



—Muriel Rukeyser

1.1 — The Split

There's a moment in nearly every client's journey where they quietly confess something that sounds like this: *"I've done the therapy. I understand the concepts. I know the patterns. But... something's still missing."*

What's missing, often, is soul.

Not in the religious sense — but in the sense of depth, connection, mystery. A sense of being part of something larger than oneself, of existing within a web of meaning that isn't purely logical, measurable, or clinical. Something ancient. Something sacred. Something alive.

This chapter is about the great split: the historical moment — and personal experience — of separation between psychology and the sacred. Between science and spirit. Between the nervous system and the mythic imagination.

And how, if we want to truly heal, we must stitch them back together.

1.2 — Psychology: Born of Wonder, Broken by Certainty

Psychology, at its origins, meant "the study of the soul." The Greek *psyche* is not a set of symptoms — it is the animating essence of a being. But as the field grew into a science, the soul was traded for the self, the self for the ego, and the ego for a collection of cognitive and behavioral traits. Empiricism, in its quest for certainty, amputated wonder.

This was necessary for a time. Without rigor, we wouldn't have the trauma-informed maps we now rely on. Polyvagal theory. Internal Family Systems. Somatic therapies. These frameworks saved lives — and continue to. They help make the invisible visible. But something remains missing when we limit reality to only what we can measure.

The human psyche doesn't just need to be stabilized — it needs to be *oriented*. Toward meaning. Toward the sacred. Toward *why* we bother healing at all.

1.3 — The Symptoms of Disenchantment

Disenchantment shows up clinically as a subtle form of suffering:

- Clients who are technically "better" but still feel numb
- Those who exit crisis only to enter existential despair
- The sense that modern life is a maze of coping mechanisms rather than a path with purpose

In short: without a story, we don't know where we're going. And without symbols, we forget how to get home.

1.4 — A New Map Requires Old Tools

To re-enchant psychology, we don't need to abandon science — we need to expand it. We need maps that include mystery. Tools that work both in the clinic and in ceremony. Concepts that honor both the mind and the myth.

This book introduces one such symbolic framework: **Breadcrumbs and Alarm Clocks**.

You don't need to believe in energy healing, astrology, or shamanism to use this lens. You just need to be willing to ask:

What gives my life meaning — and how do I mark that meaning so I can return to it when I'm lost?

1.5 — Healing Is Remembering

If trauma is a kind of forgetting — a severing of continuity and coherence — then healing is a kind of remembering. And the remembering begins by noticing what you've already laid down: symbolic breadcrumbs in your psyche, and alarm clocks you've unknowingly set to wake you up.

Some of them were planted by culture. Some by suffering. Some by your soul.

This book will help you find them — and plant new ones.

1.6 — The Invitation

This journey will weave through science and story, symbol and strategy. We will walk through forests of trauma, deserts of uncertainty, and temples of insight. We'll meet nervous systems, archetypes, mythologies, and meditations. And we'll build a map — not just to cope — but to come home.

The rest of this book is a conversation. Between my experience as a psychologist, a meditator, a father, and a flawed human trying to follow his own golden thread — and yours.

You are the cartographer now. Let's begin mapping.

Breadcrumb Practice: Begin Your Map

REFLECT:

What has called to you in life — again and again? A dream, a song, a place, a symbol, a phrase?
That's a breadcrumb.

REMEMBER:

What moment in your life felt like a “wake-up” — not necessarily spiritual, but clarifying, jolting, or reorienting?
That's an alarm clock.

ACTION (Optional Journal Prompt):

Draw a simple map of your current inner landscape.

- Mark 3 “breadcrumbs” that guide you back to yourself
- Mark 1 “alarm clock” that woke you up and changed your direction

Label them however you like. Let the symbols emerge naturally.

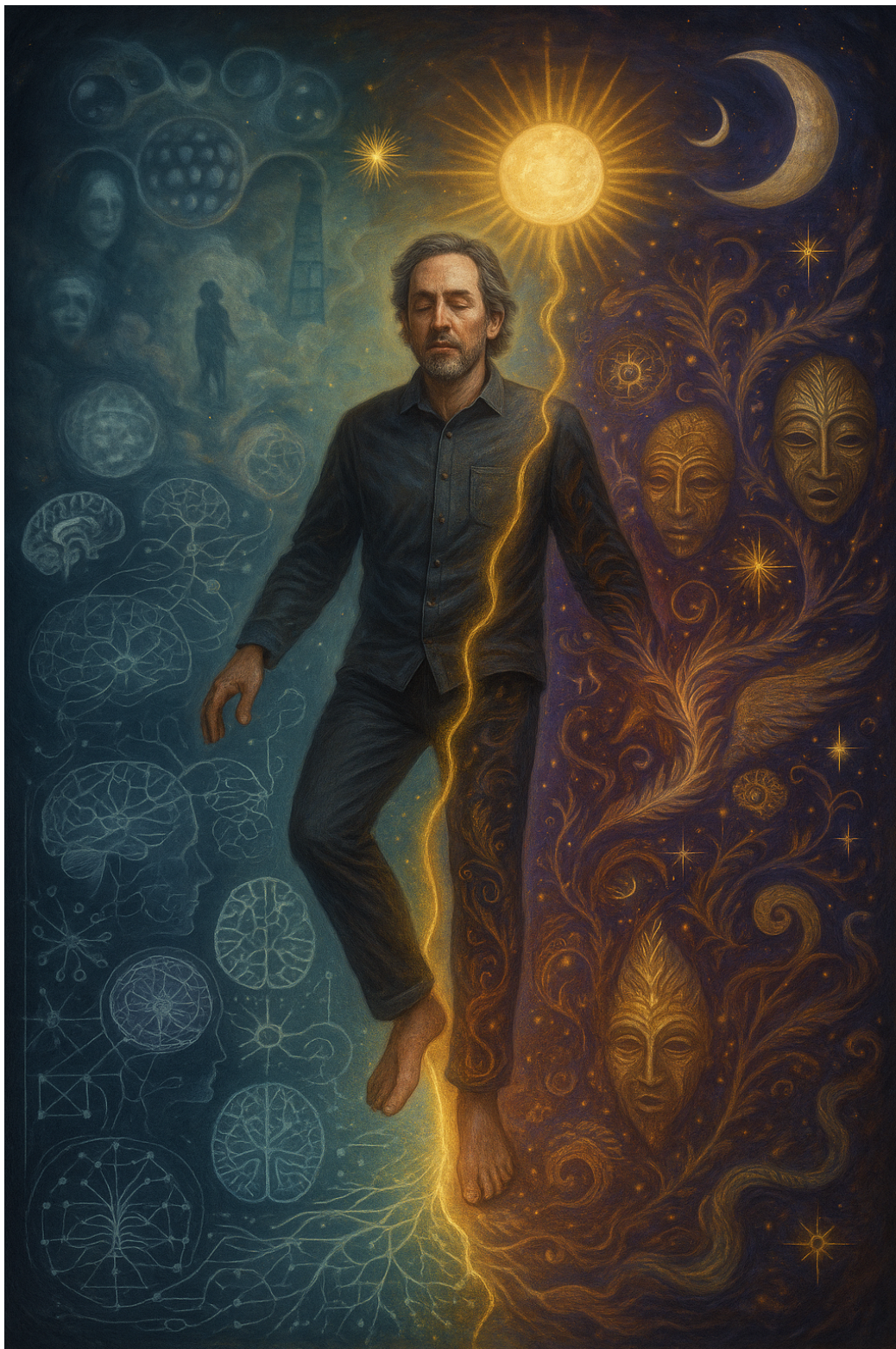
You're not just reading — you're remembering.

Chapter Two: A Foot in Each World

Walking the Bridge Between Psychology and the Sacred

"The wound is the place where the light enters you."

—Rumi



2.1 — Between the Clinic and the Ceremony

I never planned to straddle two worlds. I trained as a psychologist because I wanted to help people. I wanted tools that worked, systems that made sense, and an evidence-based map of the human mind. And it worked — up to a point.

But beneath the language of treatment plans and symptom clusters, there was always a deeper hum — a kind of mythic undertone. I could hear it in my clients, even when they didn't know they were speaking it:

- “It feels like I’m cursed.”
- “It’s like something in me keeps dying and coming back.”
- “It’s as if I’m carrying someone else’s pain.”

These weren’t just metaphors. They were soul-speak — raw fragments of something ancient, trying to be known.

2.2 — Psyche as Portal

Most psychology textbooks don’t prepare you to recognize archetypes, energetic ruptures, or ancestral burdens. They teach you to ask, “*What happened?*” but rarely, “*What is this connected to in the greater web of meaning?*”

Energy medicine, shamanism, astrology — these weren’t “alternatives” to me. They were missing languages. They named what couldn’t be named in clinical language:

- That trauma sometimes lingers in the body like a ghost
- That healing involves re-storying as much as restoring
- That time isn’t always linear, especially when the psyche is involved

Psychology offered method. Energy medicine offered metaphor. And when combined, they formed a living map that was both structured *and* sacred.

2.3 — The Threshold

To walk between these two paradigms — the clinical and the intuitive, the measurable and the mystical — is not always comfortable.

You learn to speak two dialects of healing: one for the insurance form, and one for the soul.

You learn when to talk about the autonomic nervous system...
...and when to speak of the sacred fire.

This in-between space isn’t confusion — it’s a bridge. A liminal zone. And liminal zones are where transformation happens.

◆ Interlude: The Ghost in the Room

When I was three, my grandfather died of a heart attack in front of me — a week before my fourth birthday. It was the kind of moment that splits reality. There was life before that, and life after.

But instead of collapsing me inward, it cracked me open.

From that point on, the veil between worlds felt thin. I saw ghosts. I held seances for my friends. I was obsessed with aliens and the occult. I had imaginary friends who felt more real than some adults. These weren't anomalies — they were *normal*. My nervous system had adapted to a larger reality. One where energy, death, presence, and story wove into a single, invisible thread.

But then... I grew up.

Or rather, I was *told* to grow up. To forget those stories. To settle down. To pick something respectable.

So I became a psychologist.

I don't regret that path — not entirely. It gave me language, legitimacy, tools. But over time, something in me went numb. The part that used to speak in symbols and feel in archetypes grew quiet. And after two decades of therapy rooms, clinical notes, research, and responsibility, I realized: I'd become a stranger to the very world that saved me.

Now, at 47, I'm walking back home. Not away from psychology — but through it. Using it as the doorway, not the destination.

Because those ghosts I saw weren't illusions. They were *breadcrumbs*.

And this work — this book — is my way of answering the *alarm clock* that's been ringing since I was four years old.

2.4 — The Soul's Double Lens

Through one eye, I see a client's breath rate, muscle tone, and polyvagal arousal.

Through the other, I see the golden thread of their myth — their wounds, symbols, synchronicities, and initiations.

Holding both views at once is not contradiction. It's completion.

We are not just mammals trying to survive — we are meaning-making beings trying to *remember* ourselves. The nervous system needs regulation. But the soul needs revelation.

This chapter, then, is a mirror: If you, too, feel like you walk with a foot in each world — science and spirit, logic and myth, seen and unseen — you're not fragmented. You're bilingual. You are part of a movement that is quietly healing the fracture between head and heart.

2.5 — What Is Real?

Skepticism is healthy. It protects against illusion. But when skepticism becomes a shield against awe, we lose part of our humanity.

Energy medicine isn't about superstition. It's about subtlety. Just as quantum physics revealed that matter isn't solid, but relational — so too can healing be understood not as a mechanical fix, but as a reweaving of the whole.

The story of our times has lost its subtlety. It screams, it flattens, it categorizes. But if we listen softly — and train ourselves to see with symbolic eyes — we begin to hear again.

In the next chapter, we'll go deeper into the nervous system as the literal bridge between story and body. But for now, pause. Listen. Notice what lives in the space between your two worlds.

That's where this book begins to live.

Breadcrumb Practice: Where Are You Bridging?

REFLECT:

In what areas of your life do you feel like you're walking between worlds?

- Rational vs intuitive
- Traditional vs emergent
- Visible vs unseen

RECOGNIZE:

What skills or insights have you developed *because* of this in-betweenness — not despite it?

ACT:

Make a note (or draw a symbol) that represents your personal bridge.

Is it a word? A talisman? A tattoo? A ritual?

Let it remind you: your path doesn't have to be either/or. It can be both/and — and more.