



Into the Unknown: Life Is So Much More Than the Daily Grind (Paperback)

By Michael Carroll

Michael Carroll, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What happened to the fun times of our childhood? Are they really gone -- or have we forgotten how to play and explore now that we are adults? A questioning baby boomer shares his inspirational journey about growing up in the fifties and sixties, playing carefree on the water, and excelling at sports. only to be swept into the river canyon of life -- the draft, army indoctrination, psychedelic drugs, marriage, and children. Always probing the unknown, in the seventies, the author ventured into worlds he d never heard of -- meditation, yoga, martial arts, reincarnation, the astral plane, gurus, shamans, sensory deprivation, the Medicine Wheel. Michael Carroll is a spiritual explorer who shows that life doesn t have to be confined to a 40-hour work week and church on Sunday. We are here for so much more. Into the Unknown is about creating time and space for a personal spiritual practice while living, working, and playing in the world. You ll learn about the value of experimentation and advanced practices that alter consciousness, yet provide a foundation for meaningful action. Heading the...



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