

Curated by Van Barker

Updated: May 2025

This companion resource includes the books, retreats, programs, and practices referenced throughout [Continuing On: A Field Guide for Midlife Men](#) — along with others that supported my journey before, during, and after writing the guide.

These are not endorsements or prescriptions — just reflections of what resonated for me. If something here speaks to you, I hope it serves as a helpful next step.

Note: Many of the entries include external links. I've done my best to ensure they're accurate as of publication, but some may shift or go offline over time. Please feel free to email me at van@vanishv.com if there are any issues or requests for removals/additions.

Books: Foundational Works

Books: Foundational Works & Under-the-Radar Gems

The Middle Passage: From Misery to Meaning in Midlife (1992)

James Hollis

Hollis explores the psychological unraveling and reconstruction that midlife demands. Intellectually rigorous and emotionally resonant.

[Link](#)

From the Core: A New Masculine Paradigm for Leading with Love, Living Your Truth & Healing the World (2022)

John Wineland

A modern embodiment of sacred masculine principles — integrating spiritual practice, relationship work, and purpose. Grounded, direct, and relational.

[Link](#)

Fire in the Belly: On Being a Man (1991)

Sam Keen

An accessible, emotionally rich invitation to redefine masculinity — away from domination and toward depth, intimacy, and soul. Honest, wise, and compassionate.

[Link](#)

The Smell of Rain on Dust: Grief and Praise (2015)

Martín Prechtel

A lyrical exploration of grief as sacred expression, rooted in Indigenous wisdom. Speaks deeply to the midlife soul wrestling with loss, longing, and beauty.

[Link](#)

Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It (2022)

Richard Reeves

A sociological view on modern masculinity, education, work, and fatherhood. Less about inner work, more about context — a valuable lens for men reflecting on their cultural moment.

[Link](#)

Wild Man to Wise Man: Reflections on Male Spirituality (2005)

Richard Rohr & Joseph Martos

Short chapters and reflections on masculine spirituality, shadow, and grace. A practical and prayerful companion for the man in quiet transformation.

[Link](#)

King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine (1990)

Robert Moore & Douglas Gillette

A foundational text on the four masculine archetypes. Though academic in tone, it remains essential reading for men doing identity work or seeking energetic balance.

[Link](#)

Books: Spiritual Reflection

On the Brink of Everything: Grace, Gravity, and Getting Old (2018)

Parker J. Palmer

A luminous reflection on aging as a doorway into meaning, legacy, and inner life. Gentle, soulful essays by a beloved elder of contemplative activism.

[Link](#)

When the Body Says No: Exploring the Stress-Disease Connection (2003)

Gabor Maté

Connects repressed emotion, trauma, and people-pleasing with chronic illness. A powerful mirror for men socialized to override their own needs — and a call to integrate body and soul.

[Link](#)

The Second Mountain: The Quest for a Moral Life (2019)

David Brooks

Brooks explores the shift from ego-driven achievement to a life of meaning, community, and commitment. Written from personal experience, it speaks to men recalibrating in midlife.

[Link](#)

To Be a Man: A Guide to True Masculine Power (2020)

Robert Augustus Masters

A deep, integrative book exploring healthy masculinity, shadow work, intimacy, and presence. Practical and spiritually alive, with strong therapeutic roots.

[Link](#)

Between the Listening and the Telling: How Stories Can Save Us (2023)

Mark Yaconelli

A beautiful exploration of the power of story as healing, intimacy, and transformation. Resonates deeply for men reclaiming voice, softness, and connection in midlife.

[Link](#)

Father Fiction: Chapters for a Fatherless Generation (2010)

Donald Miller

Honest, tender reflections on growing up without a present father and the journey toward wholeness. Ideal for men unpacking lineage, masculinity, and repair.

[Link](#)

Letters to a Young Poet (1929)

Rainer Maria Rilke

Not written for men, but profoundly relevant to the inner life of any seeker. Encourages living the questions, trusting solitude, and welcoming transformation.

[Link](#)

A Man's Worth (2000)

Marianne Williamson

A compassionate, spiritually attuned reflection on men's emotional lives and societal expectations. Sometimes overlooked, but a powerful external lens of affirmation and healing.

[Link](#)

This Boy's Life (1989)

Tobias Wolff

A raw and literary coming-of-age memoir of boyhood, survival, and male identity. Offers insight into the shaping of self amid pain, resilience, and longing.

[Link](#)

From Suffering to Peace: The True Promise of Mindfulness (2019)

Mark Coleman

A clear and mature articulation of mindfulness not as technique, but as path. Speaks to the weary, the grieving, and the awakening — especially relevant for men seeking grounded spirituality.

[Link](#)

Books: Nature

Soulcraft: Crossing into the Mysteries of Nature and Psyche (2003)

Bill Plotkin

A modern classic of nature-based soul initiation. Draws from wilderness rites, myth, dreamwork, and depth psychology to guide seekers into the wild terrain of the soul — not just the self.

[Link](#)

Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World (2008)

Bill Plotkin

A visionary map for psychological and spiritual development across the lifespan, rooted in ecological and mythopoetic wisdom. Especially powerful for men longing to mature into service and elderhood.

[Link](#)

The Earth Has a Soul: C.G. Jung on Nature, Technology & Modern Life (2002)

Edited by Meredith Sabini

An anthology of Jung's reflections on humanity's disconnection from nature and the psychic consequences. Timeless and sobering — ideal for men exploring symbolic depth and earth-based reconnection.

[Link](#)

Wild Mind: A Field Guide to the Human Psyche (2013)

Bill Plotkin

A practical guide to cultivating wholeness using the Four Directions model. Frames aspects of the psyche as wild, ecological, and inherently wise — helpful for men seeking grounded integration.

[Link](#)

The Shaman's Mind: Huna Wisdom to Change Your Life (1996)

Jonathan Hammond

Teaches the reader how to align and transform their own mind into one that sees the world through the lens of the indigenous healers of old.

[Link](#)

The Spell of the Sensuous: Perception and Language in a More-Than-Human World (1996)

David Abram

A lyrical exploration of how language, culture, and the body shape our relationship to the natural world. Invites men into a deeper, embodied presence with the living Earth.

[Link](#)

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants (2013)

Robin Wall Kimmerer

A luminous weaving of ecology, reciprocity, and reverence. While not written specifically for men, it speaks to the archetypal longing to belong — to the land, to lineage, to the sacred.

[Link](#)

The Old Ways: A Journey on Foot (2012)

Robert Macfarlane

A meditative travel memoir exploring ancient paths and the landscapes of memory, myth, and meaning. Ideal for reflective men who walk, wander, and listen to the land.

[Link](#)

The River Why (1983)

David James Duncan

A coming-of-age novel set in the Pacific Northwest, where fishing becomes a metaphor for longing, escape, and reconnection. Funny, wise, and full of soul — a cult classic for nature-loving men.

[Link](#)

Desert Solitaire (1968)

Edward Abbey

A sharp, poetic, and rebellious ode to solitude, wilderness, and anti-modernism. A touchstone for many men who long for silence, vastness, and wild authenticity.

[Link](#)

Crossing the Unknown Sea: Work as a Pilgrimage of Identity (2001)

David Whyte

While centered on work, this book touches deep waters of nature, poetry, and spiritual exile. Beautiful for men in transition who seek a rewilding of identity and purpose.

[Link](#)

Books: Legacy and Elderhood

The Father Factor: How Your Father's Legacy Impacts Your Career, Your Relationships, and Your Life (2020)

Stephan B. Poulter

A practical yet deep dive into how five types of fathers shape men's emotional and relational worlds. Great for men unpacking their inheritance, healing patterns, or re-fathering themselves.

[Link](#)

Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads (2001)

Neil Chethik

A deeply human exploration of grieving one's father — with stories and insights on identity, legacy, and reconciliation. A quiet, honest companion for those navigating loss.

[Link](#)

The Second Half of Life: Opening the Eight Gates of Wisdom (2005)

Angeles Arrien

A cross-cultural and spiritually rich guide for navigating the terrain of aging with intention. Each "gate" offers a practice for deeper listening, letting go, and embracing what truly matters.

[Link](#)

Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life

(2019)

Louise Aronson

A sweeping and compassionate look at what it means to grow older in modern society. Blends personal reflection, medical insight, and social critique — valuable for men reclaiming aging as sacred.

[Link](#)

The Five Invitations: Discovering What Death Can Teach Us About Living Fully (2017)

Frank Ostaseski

Written by a Buddhist hospice pioneer, this book is a luminous companion for men facing loss, mortality, or the quieter stripping away of ego. Both a reflection on death and a manual for life.

[Link](#)

From Age-ing to Sage-ing: A Profound New Vision of Growing Older (1995, updated 2014)

Rabbi Zalman Schachter-Shalomi & Ronald Miller

A visionary call to embrace aging as an initiatory, spiritual journey. Offers practices, reflection, and soulful encouragement for men stepping into eldership and service.

[Link](#)

Learning to Fall: The Blessings of an Imperfect Life (2001)

Philip Simmons

Written as the author was dying of ALS, this collection of essays is tender, grounded, and wise. Speaks to men confronting mortality with grace and a deepening sense of what truly matters.

[Link](#)

Staring at the Sun: Overcoming the Terror of Death (2008)

Irvin D. Yalom

A deeply honest, psychologically attuned exploration of death anxiety and its impact on how we live. Written by a renowned existential psychiatrist for those ready to confront the horizon.

[Link](#)

Keep Going: 10 Ways to Stay Creative in Good Times and Bad (2019)

Austin Kleon

Deceptively simple, deeply resonant — a book about staying true, expressive, and

generative, especially when the energy of “starting up” fades. Speaks quietly to the elder-artist within.

[Link](#)

Meditations (~180 A.D.)

Marcus Aurelius

A timeless reflection on mortality, presence, and virtue — written by a Roman emperor near the end of his life. Still one of the most profound guides to living wisely and dying well.

[Link](#)

A Life of Practice: Poetic Reflections on Life, Love, and Letting Go (2017)

Oriah Mountain Dreamer

A collection of gentle prose-poems and reflections from a woman entering elderhood with curiosity and grace. Offers warmth, surrender, and soul — good medicine for quiet mornings.

[Link](#)

The Grace in Aging: Awaken as You Grow Older (2014)

Kathleen Dowling Singh

Written for spiritual practitioners moving into the later years, this book offers insight into letting go, forgiveness, and the luminous potential of aging. Steeped in Buddhist wisdom and deep care.

[Link](#)

Books – Service, Purpose & Vocation in the Second Half of Life

The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50 (2009)

Sara Lawrence-Lightfoot

Profiles people who shifted from achievement-oriented careers to lives of purpose, creativity, and mentoring. Speaks directly to those wondering what “success” looks like beyond striving.

[Link](#)

Refire! Don’t Retire: Make the Rest of Your Life the Best of Your Life (2015)

Ken Blanchard & Morton Shaevitz

A spirited, accessible guide to re-engaging life with purpose, energy, and connection.

Best for those who want a values-based, optimistic frame for navigating post-career life.
[Link](#)

Claiming Your Place at the Fire: Living the Second Half of Your Life on Purpose (2004)

Richard Leider & David Shapiro

A thoughtful guide to elderhood as service — exploring legacy, spiritual renewal, and the fire of purpose. Offers questions and frameworks for men moving from “success” to significance.

[Link](#)

Life Reimagined: The Science, Art, and Opportunity of Midlife (2015)

Barbara Bradley Hagerty

Blends neuroscience, storytelling, and spiritual insight to explore how people reinvent themselves in their 50s and beyond — often turning toward service, mentoring, or creative legacy.

[Link](#)

The Gift of Years: Growing Older Gracefully (2008)

Joan Chittister

A poetic, fiercely honest reflection on aging as a spiritual task. Encourages men and women to see the later years as a time for conscious service, reflection, and social imagination.

[Link](#)

Encore: Finding Work That Matters in the Second Half of Life (2007)

Marc Freedman

A guide to “encore careers” — meaningful work or contribution after retirement, especially in social impact, education, and community service. Ideal for those not quite ready to stop working, but wanting a new kind of labor.

[Link](#)

The Great Work of Your Life: A Guide for the Journey to Your True Calling (2012)

Stephen Cope

Weaves the Bhagavad Gita with modern stories of people discovering vocation in later life — including artists, teachers, and activists. Encourages each person to live their dharma with authenticity and love.

[Link](#)

Transitions: Making Sense of Life's Changes (1980; updated 2004)

William Bridges

A timeless, psychologically rich guide to navigating endings, neutral zones, and new beginnings — applicable to leaving a job, retiring, or changing identity. Full of wisdom for threshold moments.

[Link](#)

Wisdom at Work: The Making of a Modern Elder (2018)

Chip Conley

Written by the founder of the Modern Elder Academy, this book redefines aging as an asset in the workplace and beyond. Speaks to men ready to lead, mentor, or serve with humility and depth.

[Link](#)

Let Your Life Speak: Listening for the Voice of Vocation (2000)

Parker J. Palmer

A small, soulful gem that encourages inward listening to discover true calling — particularly helpful for men transitioning away from ego-based career roles toward soul-based service.

[Link](#)

Books – Sexuality, Intimacy & Embodied Presence

She Comes First: The Thinking Man's Guide to Pleasuring a Woman (2004)

Ian Kerner

A direct, respectful, and anatomy-based guide that encourages men to slow down, listen, and connect. Practical but emotionally aware — often the gateway for men into embodied, attuned sexuality.

[Link](#)

Tantric Sex for Men: Making Love a Meditation (2006)

Diana Richardson & Michael Richardson

A grounded introduction to tantric principles for men — slowing down, breathing, feeling, and extending presence. Less about technique, more about energetic attunement and intimacy as sacred practice.

[Link](#)

The Way of the Superior Man (1997; updated 2020)

David Deida

A spiritual and sexual classic that explores masculine essence, purpose, and presence in the context of love and polarity. Polarizing for some, but deeply resonant for many midlife men doing inner work.

[Link](#)

The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment (1996)

Jack Morin, Ph.D.

An honest, psychologically nuanced exploration of desire, fantasy, and the erotic imagination. Helps men navigate their inner world of sexuality with insight and compassion.

[Link](#)

Come as You Are: The Surprising New Science That Will Transform Your Sex Life (2015)

Emily Nagoski

Though written with women in mind, this book offers groundbreaking insight into desire, arousal, and nervous system regulation — vital for men navigating sexuality in partnership, especially in long-term or changing bodies.

[Link](#)

The Heart of Tantric Sex: A Unique Guide to Love and Sexual Fulfillment (1998)

Diana Richardson

Gentle, clear, and soulful — a powerful book for men (and couples) ready to shift from friction to flow, control to communion. Offers tantra not as performance but as practice.

[Link](#)

Men, Women & Worthiness (2012)

Brené Brown (Audio)

A short but potent listen on the gendered nature of shame around body, sex, and vulnerability. Offers men insight into how early stories of masculinity affect intimacy and connection.

[Link](#)

Passion and Presence: A Couple's Guide to Awakening Intimacy and Mindful Sex (2013)

Dr. David Schnarch & Dr. Diana Hebb

Designed for couples, but powerful for solo reflection too. Helps men explore the terrain of deep sexual intimacy without shame or pressure — through mindfulness, communication, and real presence.

[Link](#)

Healing the Shame That Binds You (1988)

John Bradshaw

Not a sex book per se, but a foundational text on how internalized shame — often around sexuality and emotion — shapes men's lives. Deeply relevant for men doing intimate reclamation work.

[Link](#)

No More Mr. Nice Guy (2000)

Dr. Robert Glover

Controversial but impactful, especially for men who've spent decades disconnecting from their own desires in service of approval. Helps reconnect to truth, boundaries, and authentic sexual energy.

[Link](#)

Articles & Essays

Why Do Boomer Men Refuse to Slow Down?

The Guardian

Explores how traditional masculine ideals of self-reliance and control influence aging men who resist slowing down, even at the risk of their health.

[Link](#)

Fatherhood at Fifty Is a Growing Trend, With Impacts on Child Health

ScienceAlert

Examines the rising trend of men becoming fathers at 50 and older, discussing associated risks to child health and the implications of delayed parenthood.

[Link](#)

Men's Mental Health: Why 40% of Men Won't Talk About It

Priory Group

Highlights the stigma surrounding men's mental health, revealing that a significant percentage of men avoid discussing their struggles due to embarrassment or societal expectations.

[Link](#)

Midlife Crisis or Hormone Crash? How Aging Really Affects Men

Activated Health

Discusses how hormonal changes, particularly declining testosterone levels, can impact men's emotional and physical well-being during midlife, often mistaken for a midlife crisis.

[Link](#)

Men's Mental Health and Aging: Navigating Midlife Changes

Mount Carmel Health

Provides an overview of common health changes men experience in midlife and offers suggestions on how to manage these changes to maintain quality of life.

[Link](#)

Beyond Happiness to Meaning: Three Case Studies of Male Midlife Crisis

Centre for Male Psychology

Presents case studies illustrating how men navigate midlife crises by seeking deeper meaning and confronting challenges to develop their full potential.

[Link](#)

Men and Mental Health in Midlife

National Centre for Sport and Exercise Medicine – East Midlands

Examines the unique mental health challenges faced by men in midlife, including societal pressures and the importance of addressing these issues proactively.

[Link](#)

The Perils of Putting Off Fatherhood

The Guardian

Discusses the potential health risks for children born to older fathers, including increased chances of certain conditions, and the broader societal trend of delayed fatherhood.

[Link](#)

Unveiling Andropause: Understanding Men's Midlife Hormonal Changes

Top Doctors UK

Explores the concept of andropause, the gradual decline in testosterone levels in men, and its effects on health and well-being during midlife.

[Link](#)

Midlife Crisis: Signs, Causes, and Coping Tips

HelpGuide.org

Provides insights into the signs and causes of a midlife crisis and offers practical coping strategies to navigate this transitional period effectively.

[Link](#)

Podcasts, Videos & Talks

The Man Enough Podcast

Hosted by Justin Baldoni, Liz Plank & Jamey Heath

Challenges outdated models of masculinity with vulnerability, storytelling, and honest reflection. Guests include Terry Crews, Jay Shetty, and everyday men reimagining strength.

[Link](#)

On Being – “The Inner Landscape of Beauty” with John O’Donohue

A timeless conversation on soul, longing, and the sacred in everyday life. Ideal for men in midlife who feel the quiet ache for depth and presence.

[Link](#)

The Emerald Podcast

Hosted by Joshua Schrei

Explores myth, ritual, embodiment, and ecstatic tradition. Lush, lyrical episodes for men longing for more mystery, less management.

[Link](#)

The Mark Groves Podcast

Brings practical, emotionally intelligent conversations on relationships, truth-telling, and masculine/feminine polarity. Especially relevant for partnered men in emotional and sexual growth.

[Link](#)

Ten Percent Happier – “Grief, Loss & Awakening” with Frank Ostaseski

Hospice teacher Frank Ostaseski speaks tenderly about how mortality shapes love, presence, and purpose. A powerful listen for men in the second half of life.

[Link](#)

Men, This Way

Hosted by Bryan Reeves

A direct, heartfelt podcast exploring conscious masculinity, relationship work, emotional honesty, and spiritual practice. Speaks to men doing inner work in partnership.

[Link](#)

The Tim Ferriss Show – “Jack Kornfield on Inner Peace, Love & Psychedelics”

A rare, slow, and soulful interview with Buddhist teacher Jack Kornfield. Offers men a doorway into mindfulness, forgiveness, and self-compassion.

[Link](#)

The Sacred Sons Podcast

Features conversations on brotherhood, initiation, fatherhood, and embodied presence. Geared toward men who are spiritually curious but grounded in real-life experience.

[Link](#)

Gabor Maté – “The Myth of Normal” (Rich Roll Podcast)

An essential conversation on emotional repression, trauma, and healing. Gabor speaks directly to men conditioned to suppress and perform.

[Link](#)

Your Story is Everything with Mareesa Stertz

Harness your story — not as decoration, but as a tool for growth, connection, and real-world impact.

[Link](#)

Sounds True – “Insights at the Edge” with Tami Simon

A treasure trove of spiritual conversations. Highlights include Richard Rohr on falling upward, Stephen Cope on dharma, and Mark Nepo on poetic presence.

[Link](#)

ManTalks Podcast

Hosted by Connor Beaton

Focused on men’s emotional health, intimacy, purpose, and shadow. Blends psychology with lived stories — a great entry point for men just starting to lean into the work.

[Link](#)

David Whyte – “What to Remember When Waking” (On Being)

Poet David Whyte reflects on vocation, grief, and the inner life of work. Speaks directly to the ache of transition and the longing to live meaningfully.

[Link](#)

The Liturgists Podcast

For spiritually curious men navigating post-religion identity. Topics include sexuality, mystery, and contemplative presence, often through music and story.

[Link](#)

Brené Brown – “Shame and Masculinity” with Dr. James Mahalik

Unpacks the shame men carry around vulnerability, strength, and connection. Helps reframe emotional honesty as strength.

[Link](#)

Robert Bly – “Iron John & The Wild Man Archetype”

Rare video footage and audio interviews with Bly exploring myth, grief, and male initiation. Powerful for men reclaiming the wild and wise parts of themselves. Search on YouTube or at Mythopoetic Men’s Archive

Terry Real – “Fierce Intimacy”

Therapist and teacher Terry Real offers practical and bold tools for relational honesty and connection. Ideal for men in long-term partnership or divorce recovery.

[Link](#)

Michael Meade – Living Myth Podcast

Mythologist Michael Meade explores initiation, elderhood, grief, and masculine wisdom through myth and story. Haunting and beautiful — for men ready to listen beneath the surface.

[Link](#)

The Deep Masculine Podcast

Explores archetypes, embodiment, and sacred masculinity with a soulful lens. Great for men balancing strength and sensitivity.

[Link](#)

A Call to Men – TEDx Talk by Tony Porter

A short but powerful talk on how men are socialized into silence, disconnection, and emotional isolation — and how we can unlearn.

[Link](#)

Rich Roll – “John Wineland on Sacred Masculine & Relational Depth”

An embodied teacher of modern masculinity shares insight on energetic leadership, presence, and partnership. A bold but grounded invitation into new ways of being.

[Link](#)

Men's Groups & Communities

Sacred Sons

A dynamic and emotionally rich brotherhood offering retreats, councils, and online spaces rooted in presence, embodiment, and deep connection. Especially resonates with men seeking ritual, vulnerability, and realness in midlife and beyond.

[Link](#)

Evryman

Combines somatic tools and emotional awareness to help men slow down, open up, and feel more. Offers drop-in groups, retreats, and online membership with practical, accessible frameworks for relational growth.

[Link](#)

Illuman

A spiritually grounded men's community growing out of Richard Rohr's legacy. Offers men's rites of passage and the “Journey of Illumination” to support soulful growth, eldering, and belonging.

[Link](#)

The Mankind Project (MKP)

A long-standing and structured men's work organization offering weekend initiations (New Warrior Training Adventure) and small group integration work. Known for accountability, emotional literacy, and shadow work.

[Link](#)

The Brotherhood Community

An ongoing online men's group space focused on deepening emotional intelligence and relational capacity — especially for men navigating intimacy and partnership in midlife. Structured, coach-led, and skill-based.

[Link](#)

Reclaim Your Inner Throne

An online initiatory path drawing from Jungian archetypes, myth, and shadow integration. Designed to help men reclaim power, integrity, and purpose in their lives through a 12-week transformational journey.

[Link](#)

Men's Wisdom Work

Offers in-person and virtual groups with a focus on embodiment, conscious communication, and heart-based leadership. A good fit for men looking to deepen in presence, relationship, and inner truth.

[Link](#)

Sage Brotherhood

A soul-rooted space for elderhood, presence, and depth. Combines nature connection, mythic frameworks, and emotionally attuned relational work to support men in the second half of life.

[Link](#)

The Unmasked Man

A symbolic and archetypal approach to men's work (King, Warrior, Magician, Lover) grounded in emotional truth and mythic storytelling. Based in the UK but offers U.S.-friendly online journeys and resources.

[Link](#)

Mycelium

A decentralized, emergent network of men exploring connection, grief, earth wisdom, and spiritual sovereignty through circles and rites of passage. Rooted in collective intelligence and grounded mysticism.

[Link](#)

Retreats & Immersive Programs

Picaflor Journeys

Guiding you on journeys back to your most authentic self through integrated healing-coaching sessions & deep-dive retreats.

[Link](#)

Hero's Journey Retreats – Sacred Path Community

Nature-based, mythically framed weekend intensives for men seeking meaning, clarity, and inner alignment. Rooted in the universal structure of the Hero's Journey and designed for those in major life transitions.

[Link](#)

Open Source Retreats (Oregon, Colorado, Online)

Affordable, soulful retreats for men that center emotional presence, grief work, nature connection, and grounded vulnerability. Held in safe, non-performative containers with a strong peer-based ethos.

[Link](#)

The Modern Elder Academy (MEA)

Immersive multi-day programs for people navigating midlife transitions, focused on reframing aging, discovering purpose, and building regenerative community. Oceanfront campus in Baja and U.S. locations.

[Link](#)

Journeyman – Men's Initiation Retreat (Northwest U.S.)

Rite-of-passage style weekends for men mentoring youth, with parallel personal initiation for adult participants. Integrates nature, storytelling, and elderhood in service of intergenerational healing.

[Link](#)

Conscious Man Retreat – The Light Retreat (North Carolina)

A heart-centered weekend experience for men seeking truth, clarity, and community. Includes breathwork, movement, ritual, and emotional processing in a relaxed, deeply held mountain setting.

[Link](#)

Sacred Sons Convergences & Embodied Masculine Retreats

Large-scale and intimate gatherings offering somatic practice, archetypal ritual, emotional processing, and radical brotherhood. Held across the U.S. multiple times per year.

[Link](#)

Everyman Open Source Retreats

Multi-day retreats combining embodiment, somatic awareness, emotional truth-telling, and connection. Offered in stunning natural locations, with programming designed to

meet men where they are.

[Link](#)

Illuman Men's Rites of Passage (MROP)

A powerful 5-day immersion in the desert, forest, or mountains, designed to initiate men into the second half of life. Rooted in silence, ritual, and deep spiritual inquiry, with a non-dogmatic container.

[Link](#)

Inner Compass Wilderness Retreats

Small-group, high-touch nature immersions with a focus on spiritual renewal, emotional depth, and life recalibration. Includes hiking, solo time, council practice, and guided reflection.

[Link](#)

Animas Valley Institute – Men's Soul Quests

Deep wilderness quests and initiatory journeys in the lineage of Bill Plotkin's Soulcraft. Designed for men seeking soul awakening, ecological belonging, and mythic transformation.

[Link](#)

Spiritual Inquiry & Contemplative Practice

Center for Action and Contemplation (CAC)

Founded by Richard Rohr, CAC offers resources, online courses, and daily meditations that explore nondual consciousness, shadow integration, and the spiritual journey of the second half of life. Especially resonant for men called to contemplative practice and depth work.

[Link](#)

MenLiving – Soulful Conversations & Spiritual Exploration Groups

Virtual and in-person gatherings where men reflect on spiritual questions, presence, and the deeper self. Accessible entry point for spiritual growth outside of religious systems.

[Link](#)

Living School for Action and Contemplation

A two-year immersive program exploring Christian mysticism, prophetic wisdom, and embodied practice. Although not exclusively for men, many midlife seekers find deep

spiritual grounding here.

[Link](#)

The Awakened Masculine Path – Online Programs and Retreats

Online journeys blending Eastern contemplative wisdom with Western depth psychology. Helps men explore presence, identity deconstruction, and relational integrity.

[Link](#)

Contemplative Outreach – Centering Prayer Resources

A network of centering prayer groups and workshops focused on silence, surrender, and divine union. Welcomes men from any tradition who want to deepen into stillness and humility.

[Link](#)

Hollow Bones Zen – Men’s Practice Circles

A masculine-affirming Zen lineage that integrates meditation, emotional awareness, and shadow work. Offers retreats and online practice communities specifically for men seeking grounded spiritual development.

[Link](#)

The Way of Council – Center for Council

Trains and supports people in the ancient practice of Council — heart-centered listening and sacred dialogue. Used in prisons, communities, and men’s groups to foster presence and spiritual communion.

[Link](#)

The Liturgists – Contemplative Gatherings & Podcast

Hosts immersive gatherings, live events, and a podcast for spiritually curious individuals exploring God, self, and meaning outside traditional religion. Known for weaving art, vulnerability, and presence.

[Link](#)

Integral Life – Practice Platform

An online hub for Integral Theory-based spiritual inquiry, shadow integration, and transformational practice. Includes video courses and live sessions — helpful for men seeking a broad spiritual map.

[Link](#)

The School of Lost Borders – Ceremony as Inquiry

Teaches wilderness-based rites of passage with spiritual and mythic framing. For men drawn to silence, earth-based practice, and soul-level inquiry through threshold experiences.

[Link](#)

Nature-Based Experiences

The School of Lost Borders

Pioneers in modern wilderness rites of passage, offering vision fasts and threshold ceremonies rooted in the Four Shields model and deep listening to the land. Designed for life transitions, eldering, and soul calling.

[Link](#)

Animas Valley Institute – Soul Quests

Founded by Bill Plotkin, Animas offers nature-based soul initiation for those seeking profound inner transformation. Programs include soul quests, wild mind mapping, and mythopoetic practice.

[Link](#)

Men's Vision Quest – Liberty Arising (California)

A powerful four-day solo fast on the land guided by experienced facilitators. Combines community council, ceremony, and elderhood teachings. Ideal for midlife men ready for a threshold experience.

[Link](#)

Rites of Passage Council (Colorado, California, Online)

Offers guided wilderness rites, including men's vision quests and elder initiations, designed to mark life transitions with clarity, depth, and sacred witnessing. Emphasizes emotional safety and mythic framing.

[Link](#)

Inner Compass – Wilderness Immersions

Facilitates nature-based retreats with solo time, story council, and embodied reflection. Geared toward men navigating burnout, transitions, or spiritual longing. Small, intimate groups with skilled spaceholding.

[Link](#)

Beyond Words – Into the Wild Retreats (Pacific Northwest)

Combines poetry, solo hiking, earth ritual, and group sharing in wild places. Accessible, soulful entry point into land-based practice without traditional fasting or rites.

[Link](#)

Earth-Based Wisdom – Men’s Nature Retreats

Seasonal weekend retreats in the U.S. Southeast and West, drawing from Indigenous and Celtic traditions, breathwork, fire council, and deep time in nature. Welcoming to all men seeking soulful reconnection.

Website varies by season — often posted via [Link](#)

The Mankind Project – Nature Quests and Adventure Retreats

While best known for indoor weekends, MKP also offers occasional outdoor intensives and wilderness retreats, designed to support men in testing limits and finding stillness in solitude.

[Link](#)

The Wilderness Fusion Path (East Coast & Online)

Blends nature connection, energetic healing, and soul-based mentorship over a yearlong cycle. Includes in-person gatherings and guided solo nature time. Especially valuable for men seeking spiritual groundedness.

[Link](#)

EarthWays – Rites of Passage Journeys

Land-based ceremonies and quests held in Colorado and Arizona, oriented toward midlife transitions and personal initiation. Encourages ecological literacy, grief work, and sacred witnessing.

[Link](#)

Plant Medicine

The Sacred Path – Preparation & Integration for Men

Offers coaching and community for men preparing for or integrating plant medicine journeys (ayahuasca, psilocybin, etc.). Focuses on shadow work, embodiment, and masculine emotional healing within a sacred container.

[Link](#)

Being True to You – Psychedelic Integration Coaching

A national network of trained coaches who specialize in integration work for individuals navigating plant medicine, ketamine, or life transitions. Non-denominational and values-based, with specific offerings for men.

[Link](#)

Fluence – Psychedelic Therapy Education

Training and education for therapists and coaches in psychedelic integration. Offers public workshops and directories to help individuals find qualified psychedelic-informed mental health professionals.

[Link](#)

MycoMeditations (Jamaica)

Legal psilocybin retreat center with structured therapeutic support before, during, and after the experience. Serves many U.S.-based participants, including older adults and those in midlife seeking deep renewal.

[Link](#)

Roots to Thrive – Psychedelic Therapy & Group Healing (Canada/U.S. virtual)

Interdisciplinary program offering virtual preparation and integration circles for ketamine and psilocybin therapy, often in a group setting. Emphasizes safety, community, and long-term transformation.

[Link](#)

The Center for Medicinal Mindfulness (Colorado)

One of the first legal psychedelic therapy centers in the U.S., offering cannabis-assisted and ketamine-assisted psychotherapy, with preparation and integration support. Trauma-informed and spiritually attuned.

[Link](#)

Synthesis Institute (Netherlands & Online)

Legal psilocybin retreats in the Netherlands with strong U.S. participation. Also offers online preparation and integration programs designed for professionals, creatives, and midlife seekers.

[Link](#)

Heroic Hearts Project

Originally created for veterans, now also includes civilians. Offers subsidized access to

ayahuasca and psilocybin retreats for those seeking deep healing. Strong focus on integration, purpose, and service.

[Link](#)

Fireside Project – Psychedelic Support Line

A free, confidential support line for those currently navigating psychedelic experiences or seeking integration support. Peer-based, compassionate, and trauma-aware.

[Link](#)

Psychedelic Passage – U.S. Trip-Sitting & Ceremony Facilitation

Connects individuals with facilitators for private, legal psychedelic journeys using psilocybin (where decriminalized), cannabis, or ketamine. Includes prep and integration with a focus on trust and ethics.

[Link](#)

Intimacy

Sophie Lua - Intimacy Coaching & Courses

Combining tantra, modern science, intuition and neuroscience to help you thrive in love and claim your most fulfilled and confident self.

[Link](#)

The Body of Love – Men’s Intimacy & Embodiment Retreats

Experiential retreats that explore emotional transparency, heart-centered sexuality, and masculine-feminine polarity. Supports men in shedding shame, reclaiming desire, and integrating sacred sexuality into real life.

[Link](#)

The Evolving Man – Intimacy Courses & Podcast

A comprehensive platform offering podcasts, articles, and group programs on conscious relationships, sexual mastery, emotional maturity, and masculine/feminine dynamics. Especially helpful for partnered men doing growth work.

[Link](#)

The Heart of Tantra – Men’s Programs (In-Person & Online)

Rooted in classical and neo-Tantric lineages, these offerings blend spiritual practice, body-based awareness, and sacred sexuality. Programs support men in cultivating presence, trust, and erotic intelligence.

[Link](#)

The Embodied Masculine (Los Angeles & Online)

A trauma-informed, heart-centered approach to masculine presence, emotional expression, and relational intimacy. Offers in-person intensives, virtual programs, and mentoring for men in committed partnerships or solo growth.

[Link](#)

Conscious Sexuality & Relationship Coaching – Somatica Institute

Offers coaching and group work for men seeking to explore desire, vulnerability, and conscious communication. Grounded in emotional attunement, rather than performance-based models of sexuality.

[Link](#)

Dear Men Podcast – Emotional & Sexual Growth for Men

Insightful, direct podcast episodes on sex, dating, long-term partnership, and emotional presence. Speaks to men with humor and heart — especially useful for those in midlife navigating modern intimacy challenges.

[Link](#)

Regena Thomashauer (Mama Gena) – Tools for Men in Relationship

Though focused on feminine reclamation, her work is often cited by men in midlife as transformative for understanding pleasure, polarity, and sacred dynamics in intimacy. Occasional co-ed workshops available.

[Link](#)

The Mindful Man Project – Relational Mindfulness & Intimacy Tools

Offers workshops and private coaching rooted in Buddhist psychology and nonviolent communication. Ideal for men seeking presence, attunement, and compassion in their relationships.

[Link](#)

The Tantra Institute (New York & Online)

A broad, accessible platform offering virtual and in-person events for individuals and couples. Focuses on conscious touch, erotic education, boundaries, and emotional safety in sexuality.

[Link](#)

The Man Within – Emotional & Erotic Integrity Work

Emerging collective of facilitators offering shadow work, group coaching, and partner-based exercises to explore unmet needs, fear of rejection, and the intersection of vulnerability and desire.

Currently invitation-based — waitlist via [Link](#)