



METAPHYSICAL WARRIOR: Meditations on the art & science of life

Jefrey Hildner

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**"I coexist with and express Life
as a sunbeam coexists with and expresses the sun.
And so do you."**

JEF7REY HILDNER is an architect, a painter, and a writer. In *Metaphysical Warrior*, he draws on his perspective as an artist and a spiritual explorer to survey the blueprint of reality, revealing deeply personal insights that light his path through life. *Metaphysical Warrior* looks less like a finished painting and more like an exuberantly primed canvas, but pay attention: This brave offbeat book might wake you up, move you forward, and set you free.

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