



2018



AEON  **SPHINX**







Contents

About	2
Spirituality	3
Occult	6
Psychology	7
Complementary medicine	8
Memoir	14
Fiction	16
Selected backlist	18
Distributor and contact info	26





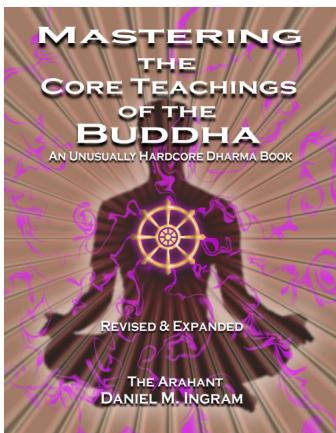
About

Aeon Books has published the best in mind, body, and spirit for over ten years, and has been innovative in a changing market. New releases for 2018 include books about Buddhism, the Occult, and UFOS, as well as a number of new titles on herbal and complementary medicine.

This year sees the launch of our new imprint **Sphinx**, which publishes literary fiction and memoir. It aims to tell stories from unusual backgrounds, and give a voice to those who are not always heard.

We hope that you enjoy perusing our forthcoming titles and that you spot something of interest.





Mastering the Core Teachings of the Buddha

An Unusually Hardcore Dharma Book
Revised & Expanded Edition

DANIEL INGRAM

£35.00 paperback
ISBN 9781911597100
800pp
246 x 189 mm

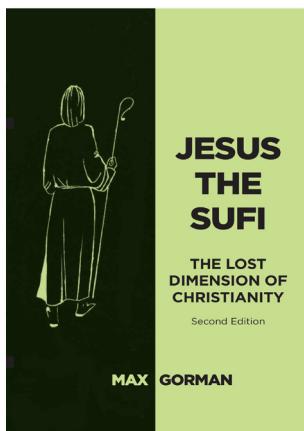
May 2018

The very idea that the teachings can be mastered arouses controversy within Buddhist circles. Even so, Daniel Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise.

Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book.

In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

DANIEL INGRAM is a leading proponent of Buddhism as a practical path to enlightenment in this lifetime. He has played a key role in keeping Buddhism vital and accessible while also grounded in the core teachings.



Jesus the Sufi

The Lost Dimension of Christianity

Second Edition

MAX GORMAN

£9.99 paperback

ISBN 9781911597087

136pp

198 x 129 mm

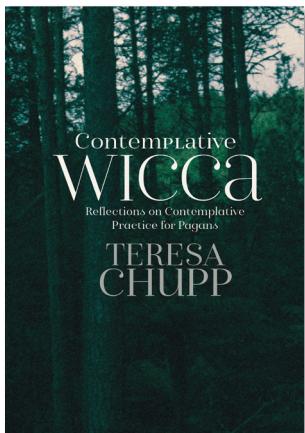
March 2018

Jesus is seen as a representative of an ancient and continuing wisdom tradition identified with that of the Sufis. By his distinctive use of stories for teaching purposes, his sayings, and what the Sufis call 'action-teachings', including those actions known as 'miracles', Jesus is shown to have been quintessentially a Sufi master.

Max Gorman shows how Sufism illuminates from within concepts central to Christianity: 'the kingdom of Heaven', 'son of God', 'baptism', 'resurrection' - which can then be seen as states and stages in an evolutionary philosophy.

This new edition of the classic work includes a new chapter on Gnosis and a new Introduction.

MAX GORMAN was born in India, and educated in a convent in the Himalayas, and also by a hermit in the jungle near Delhi, before the influence of mystic, rather than academic, Oxford. He is a poet with little sympathy for the 'poetry' of his times, and a jazz pianist, particularly influenced by George Shearing.



Contemplative Wicca

Reflections on Contemplative Practice for Pagans

TERESA CHUPP

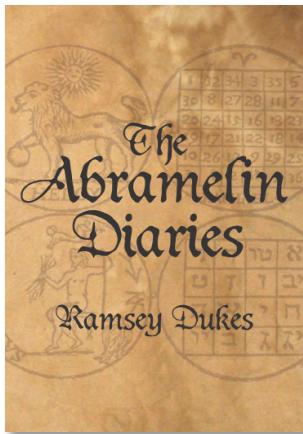
£9.99 paperback
ISBN 9781911597094
144pp
198 x 129 mm

Nov 2018

Contemplative Wicca is an exclusively contemplative practice of Wicca based on science, the concept of Oneness, and the traditional Wiccan veneration of nature. This book offers a contemplative, monotheistic, pagan theology, and provides a unique and forward-thinking theological viewpoint upon which to base spiritual practice, extending the current discussion of Wiccan practice and belief.

This book explores how Oneness provides the logical underpinning for contemplation and the spirit of unity which is so essential to healing society today. Little formal pagan theology has been done to date, and doing it is necessary to further interreligious dialogue and to establish paganism in general and Wicca in particular as legitimate religions. This book is intended to remedy this lack, and contribute to the discussion of Wicca among pagan scholars and serious practitioners who may be seeking to incorporate contemplative ideas and meanings into their work and the construction of their faith.

TERESA CHUPP has practiced Wicca as a solitary and in various covens since 1989. She holds an MA in Theology from the Graduate Theological Union, and an MA in Psychology from the University of California, Riverside. She is a member of the American Academy of Religion and the National Coalition of Independent Scholars, and resides in northern California.



The Abramelin Diaries

RAMSEY DUKES

£14.99 paperback
ISBN 9781911597193
256pp
229 x 152 mm

Dec 2018

The Abramelin Operation is an occult ritual intended to lead to enlightenment from one's 'guardian angel', which has had an awesome reputation since S. L. McGregor Mathers first translated it in 1897. Few people had attempted it by the 1970s and even the famous Aleister Crowley failed to complete it in 1901.

This is Ramsey Dukes's occult diary for the six months of his 1977 Abramelin operation, plus three introductions giving: 1) a brief history of the book and the tradition; 2) his story of the Abramelin book and how he decided to do the operation; 3) a retrospective comment on what the operation did for the author, its value and significance.

RAMSEY DUKES is the current and best-known pen name of Lionel Snell, a contemporary English magician, publisher and author on magic and philosophy. Since 1972 he has written and published several books noted for their impact on late 20th-century magic and humour. Dukes has worked on the subject of magic with diverse associates including the Ordo Templi Orientis and Illuminates of Thanateros. He has a lively online presence including a YouTube channel, which discusses magic and related topics.



Prisoner of Infinity

UFOs, Social Engineering, and the Psychology of Fragmentation

JASUN HORSLEY

£14.99 paperback
ISBN 9781911597056
336pp
229 x 152 mm

April 2018

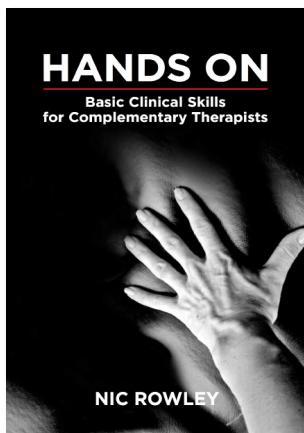
Prisoner of Infinity examines modern-day accounts of UFOs, alien abductions, and psychism to uncover a century-long program of psychological fragmentation, collective indoctrination, and covert cultural, social, and mythic engineering.

Whether it is the forces of God, government, aliens from outer space, or the incalculable effects of childhood sexual trauma on the human psyche, premature contact with these forces compels us to create “crucial fictions.”

Taking UFOS and the work of Whitley Strieber as its departure point, *Prisoner of Infinity* explores how beliefs are created and perceptions are managed in the face of the complex forces of our existence. While keeping the question of a non-human and/or paranormal element open, the book maps how all-too-human agendas have co-opted the ancient psychological process of myth-making, giving rise to dissociative, dumbed-down Hollywood versions of reality.

Through an exacting and enlivening process of social, cultural and psychological examination and excavation, *Prisoner of Infinity* uncovers the most deeply buried treasure of all. The original, uncredited author of all mystery and meaning: the human soul.

JASUN HORSLEY is a writer, filmmaker, artist, and musician. He is on the autism spectrum and sees creativity, spirituality, and the autistic experience (in its purest form) as synonymous: a going inward in order to make sense of what’s outside – and vice versa.



Hands On

Basic Clinical Skills for Complementary Therapists

NIC ROWLEY

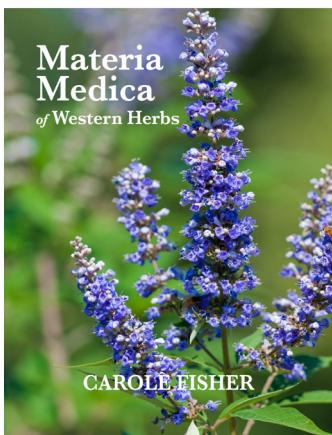
£11.99 paperback
ISBN 9781911597308
192pp
229 x 152 mm

Sept 2018

As standards of training and practice are raised for complementary medicine, students are coming under increasing pressure to acquire orthodox clinical examination skills. Nic Rowley's book presents the knowledge that is required in a practical and straightforward manner. He includes step-by-step illustrations of each examination technique, and checklists designed to help students and practitioners elicit clinical information from their patients quickly and efficiently.

As a short and clear guide to clinical skills, this new reissue of *Hands On* (first published in 1994, and out of print for some time) will be welcomed by all complementary medical students and practitioners keen to develop their knowledge.

NIC ROWLEY, MA, PGCE, MRCS, LRCP, BAc, trained in medicine at Cambridge University and the Royal Free Hospital, and has practised as an holistic doctor in the UK, France and Denmark. He is a past Dean of Studies at the School of Herbal medicine and past vice-principal of the European School of Osteopathy. Nic is an experienced teacher and lecturer, and holds a PGCE from the Institute of Education in the University of London.



Materia Medica of Western Herbs

CAROLE FISHER

£29.99 paperback
ISBN 9781911597513
900pp
246 x 189 mm

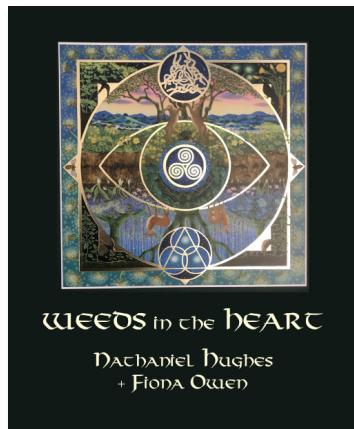
April 2018

This volume is based on the original *Materia Medica of Western Herbs for the Southern Hemisphere* by Carol Fisher and Gilian Painter and has been expanded and updated to include botanical, scientific, pharmacy and safety information. It is designed for worldwide use and contains detailed monographs of 180 medicinal herbs.

There are appendices to help students understand pharmacological and medicinal actions, a glossary listing the known actions of common constituents, a table of interactions and a comprehensive therapeutic index.

This textbook is valuable not only for students and practitioners of herbal medicine but is also of use to any health provider who wishes to know more about how and why herbs work and the safety issues related to them.

CAROLE FISHER gained a BSc degree in biochemistry and spent some years in both research and routine laboratories before training in herbal medicine through the National Institute of Herbal Medicine (UK). She has been in practice as a medical herbalist since 1993 and has also recently returned to further education, completing a Diploma in Public Health at Otago University and a PhD at the University of Technology, Sydney.



Weeds in the Heart

The Practice of Intuitive Herbalism

NATHANIEL HUGHES
AND FIONA OWEN

£29.99 cloth-bound hardback

ISBN 9781911597483

176pp

198 x 129 mm

Sept 2018

This is a unique and unusual herbal – a labour of love by herbalist Nathaniel Hughes and artist Fiona Owen. It is not a book of cures, it is a book of doorways. Through rich storytelling, first hand accounts of plant-meetings and tales of healing, the consciousness that can emerge within these plant-human relationships reveals itself. Artist and herbalist have worked closely together over three years, patiently letting the character of each plant express itself through Fiona's illuminations and Nathaniel's words.

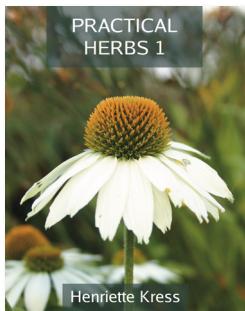
'Our hope is to share our experiences and in so doing, encourage you to dive into your own. We don't dress up opinion as fact, rather we celebrate the rich diversity of subjective experience and encourage this. We believe a direct relationship with the plants is the best way to develop herbal wisdom. Each of us perceives the plant through our own, conditioned filters – none are true, all are valuable.'





NATHANIEL HUGHES has a background in the sciences – after completing a chemistry degree at Edinburgh University he studied herbal medicine at post graduate level for four years in Scotland. He has been in practice with both herbalism and healing now for over ten years. His work as a herbalist and healer is to dig through the layers to find root causes of disease patterns. This is often a fascinating work of investigation as layers peel away, identifying subconscious impulses that fundamentally affect how we use our bodies, and therefore, how our bodies ‘use’ disease, telling us when something is out of balance.

FIONA OWEN is a British artist, living and working in Gloucestershire. Fiona paints in oil on panel and gilds her work with 24ct. English gold leaf in the tradition of the Medieval manuscripts. Inspiration for her extraordinarily intricate, lyrical paintings is drawn from her native landscape – the flora and fauna and the changing seasons, and her Celtic inheritance. She endeavours to capture the elusive Wild Magic that is the genius loci – the spirit unique to each place. Her paintings are a celebration of, and a homage to, Nature.



Practical Herbs 1

HENRIETTE KRESS

£19.99 paperback
ISBN 9781911597575
152 pp
220 x 170 mm

April 2018

Practical Herbs 1 is written for everyone who likes to harvest and process their own herbs from the wild or from their gardens. This volume includes comprehensive instructions for making herbal tinctures, oils, salves, vinegars, teas, and syrups.

Finnish herbalist Henriette Kress focuses on herbs that are easy to grow or find in northern Europe—stressing teas over tinctures, as local tradition dictates. It is fully illustrated with colour photographs.



Practical Herbs 2

HENRIETTE KRESS

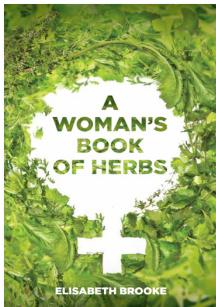
£19.99 paperback
ISBN 9781911597582
168pp
220 x 170 mm

April 2018

Practical Herbs 2 follows on from Kress's first book and includes comprehensive instructions for making herbal honeys, poultices, and green powders.

It is lavishly illustrated with beautiful colour photographs that demonstrate clearly the methods and skills used.

HENRIETTE KRESS learned her first herbs at her grandma's knee and has studied herbs and their uses ever since. A practicing herbalist since 1998, her website, www.henriettesherbal.com, is one of the oldest and most comprehensive herbal sites on the internet.



A Woman's Book of Herbs

ELISABETH BROOKE

£12.99 paperback
ISBN 9781911597223
240pp
198 x 129 mm

Sept 2018

Bursting with definitive information, *A Woman's Book of Herbs* is an extensive guide to healing the mind, body, and spirit. Where, when, and how to collect herbs, and how to dry, store, and prepare them; how to use them: their physical, emotional, and ritual uses; their mythological history and astrological significance; their main chemical components; recipes for food, drinks, and medicines. Infused with the author's empowering holistic approach to healing, *A Woman's Book of Herbs* is a unique and indispensable work. This is a reissue of the much-admired classic, first published in 1992.



Herbal Therapy for Women

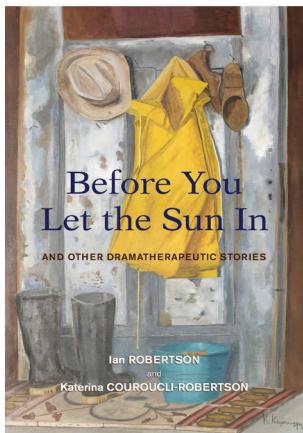
ELISABETH BROOKE

£9.99 paperback
ISBN 9781911597247
160pp
198 x 129 mm

Nov 2018

More and more women are discovering that herbal remedies can provide natural and effective treatments for their health problems, particularly when orthodox methods fail to help. *Herbal Therapy for Women* provides a concise, intelligent introduction to herbs and herbalism. It explains how to prepare teas and tinctures from fresh or dried herbs, which herbs are suitable for healing each ailment, and how herbs can enhance each stage of a woman's life, from puberty to menopause. First published in 1992, this reissue will prove extremely valuable for the present generation of herbalists and interested laywomen.

ELISABETH BROOKE is a qualified medical herbalist and member of the National Institute of Medical Herbalists. She was a member of the teaching staff at the School of Herbal Medicine for many years and ran a training clinic for students in London.



Before You Let the Sun In And Other Dramatherapeutic Stories

IAN ROBERTSON AND KATERINA
COUROUCI-ROBERTSON

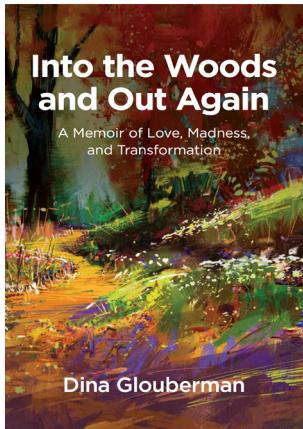
£14.99 paperback
ISBN 9781912573011
336pp
198 x 129 mm

May 2018

This book consists of ten case histories that cover a wide range of themes from obesity to depression. One woman is trying to come to grips with past memories, another cannot escape from a passionate love with no future, an adolescent immigrant is trying to overcome a persistent stammer, a fifty-year-old man decides to separate from the love of his life rather than compromise with his principals. Writing in the first person, the dramatherapist describes her reactions to and interaction with the client as well as some of the techniques used in the therapeutic process. The stories are based on real cases, but in order to conform to the story-telling genre they contain a beginning, middle and end, which is not always the case in real life.

IAN ROBERTSON is a graduate of Trinity College Dublin and holds an MA in Creative Writing from Lancaster University. He lives in Greece, where he works as a teacher, actor, translator and writer. He has written a number of English Language Teaching books as well as novels, short stories and poems.

KATERINA COUROUCI-ROBERTSON was born in England and brought up in Greece. She is a psychotherapist with a PhD in Dramatherapy from Surrey University, a teacher in special education, and Head of Studies at the Herma Institute of Dramatherapy and Playtherapy. She is the director of a theatre group made up of people with and without learning difficulties.



Into the Woods and Out Again

A Memoir of Love, Madness, and Transformation

DINA GLOUBERMAN

£9.99 paperback
ISBN 9781912573066
320pp
198 x 129 mm

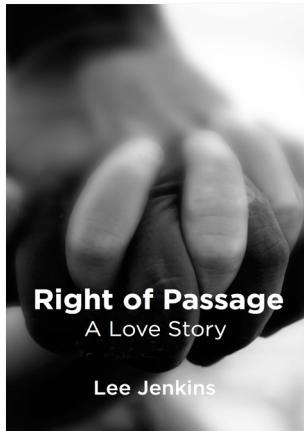
June 2018

1971 was the year Dina Grouberman went mad. Now, for the first time, the renowned psychotherapist and author of *The Joy of Burnout* writes with candour and humour about a spell in a psychiatric ward. She describes it as enlivening and enlightening, a catalyst for her rich and creative life.

This memoir traces the journey from those wild and intense weeks through five years of "normal life" and then on to twelve years of extraordinary creativity. At the end of the book, a new cycle is just beginning, as she dismantles her marriage and her life, and discovers what is next.

This remarkable memoir is a revealing meditation on the behind-the-scenes world of therapy and psychoanalysis in the 1960s, as well as on marriage, mothering, madness, imagination, aloneness, community and spirituality. *Into the Woods and Out Again* captures the inner life of a woman who has played a major role in the contemporary holistic and therapeutic world.

DR DINA GLOUBERMAN is the co-founder of Skyros Holistic Holidays, author of *Life Choices*, *Life Changes*, *The Joy of Burnout*, and *You Are What You Imagine*, and a trainer, coach, and psychotherapist. She has been a pioneer in creating, teaching and using Imagework to tap into the imagination that guides our lives, and make creative life choices and profound life changes.



Right of Passage

A Love Story

LEE JENKINS

£14.99 paperback
ISBN 9781912573028
368pp
229 x 152 mm

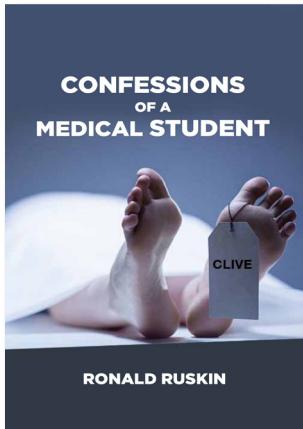
Sept 2018

Set in the heyday of the 1960s Civil Rights Movement and Vietnam War era, *Right of Passage* explores the social change and conflict that marked that period.

The emotional development of Chris, a middle-class black man, is explored – being black in white society, conflicting cultural allegiances and the contradictions of his inner life. Chris meets Miriam, a Jewish fellow academic, an irresistible mutual attraction complicated by fear and self-doubt, and the resistance of their families.

Against a background of racial conflict, interwoven with day-to-day scenes of black middle-class life, this is a picture of the inexplicable and transforming power of love, and the irony, humor, and pain involved in measuring up to self-professed humane ideals.

LEE JENKINS is a psychoanalyst in private practice and a professor emeritus at John Jay College of Criminal Justice, CUNY. He is currently a supervisor and training analyst at NPAP and other psychoanalytic institutes. He has written on literature, psychology and race relations and is a published poet. Jenkins lives with his wife on Manhattan's Upper West Side.



Confessions of a Medical Student

RONALD RUSKIN

£12.99 paperback
ISBN 9781912573080
352pp
198 x 129 mm

August 2018

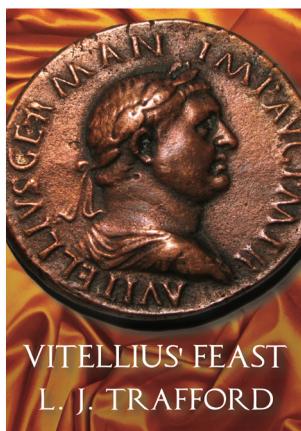
Confessions of a Medical Student charts 20-year-old Ben Adler's tragic-comic journey from home to med-school and the world beyond.

Callow and impressionable, Ben leaves his over-anxious Russian-Jewish parents in their Toronto drugstore, and Angie, his girlfriend whom he plans to marry against his parents' wishes. In anatomy, Ben dissects his cadaver, who he names Clive, with lab-mates.

As the first blush of med-school fades, Ben learns of his father's life-threatening illness. Cash-poor, Ben enlists in the Navy to earn room and board, joins Lenny's Underground Railroad for draft-dodgers, jeopardizing studies and provoking his ill father's scorn.

The novel chronicles the tumultuous years 1966–1971 through the eyes of a naïve, sentimental student striving to move beyond family, self, and place. Ben careens from mistake to mistake over four years, yet at the novel's end he emerges with self-knowledge and a touch of worldly pain and wisdom.

RONALD RUSKIN is a psychiatrist at Mount Sinai Hospital, and associate professor and training and supervising analyst at Toronto Institute of Psychoanalysis. He is a founding editor of *Ars Medica*, a medical-humanities journal, has published over forty-five stories in literary and medical journals, and is the author of *The Analyst Who Laughed to Death*.



Vitellius' Feast

The Four Emperors Series: Book IV

L. J. TRAFFORD

£12.99 paperback
ISBN 9781912573073
384pp
198 x 129 mm

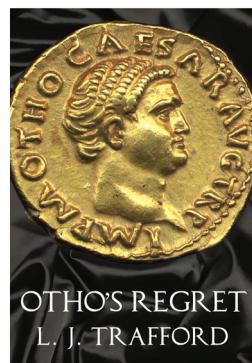
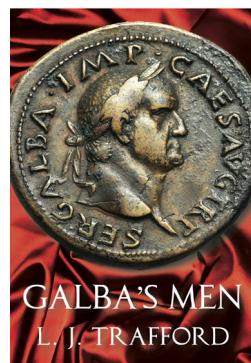
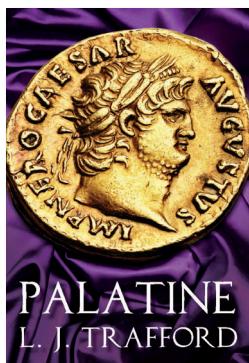
Dec 2018

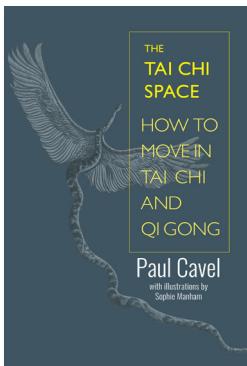
AD 69. The Year of the Four Emperors.

As this most dramatic year draws to a close, now is the time to choose a definitive side. Whilst Vitellius enjoys the trappings of power around him, Vespasian, in the East, has his eye on the throne. He needs help preparing Rome for his plans. His teenage son Domitian needs protection from Vitellius' agents. Machinations are set in motion with only one possible outcome: another bloody coup.

With her characteristic flair and lashings of skulduggery, sex, brutality, and humour, L. J. Trafford brings her Roman quartet to a spectacular conclusion.

L. J. TRAFFORD worked as a tour guide, after gaining a BA Hons in ancient history. This experience was a perfect introduction to writing, involving as it did the need for entertainment and a hefty amount of invention (it's how she got tips!). She now works in London doing something whizzy with databases.





The Tai Chi Space

How to Move in Tai Chi and Qi Gong

PAUL CAVEL

WITH ILLUSTRATIONS BY SOPHIE MANHAM

£14.99 paperback

ISBN 9781904658986

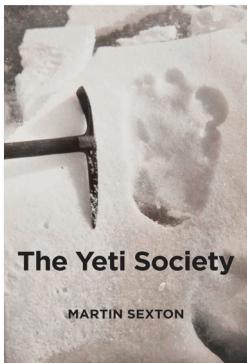
144pp

229 x 152 mm

Nov 2017

Learn the 42 Essential Principles of Tai Chi & Qi Gong.

This book is designed to teach the fundamentals that drive and underpin internal arts training at all levels and stages of development, not a form. Each of the 42 principles, portrayed as images and accompanied by brief explanations, are aimed at conveying how internal arts techniques function in ways that help you embed them and feel them come alive in your flesh – regardless of the specific systems, styles or forms you train.



The Yeti Society

MARTIN SEXTON

£9.99 paperback

ISBN 9781911597070

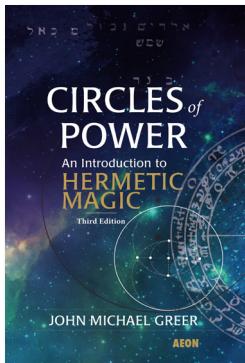
104pp

198 x 129 mm

Nov 2017

One of the persistent contemporary American myths is of a giant, hairy, human-like beast, or Bigfoot, predominantly haunting the Pacific Northwest rainforest. But it is not a modern myth – it is a very old one. Long before Europeans arrived, indigenous native tribes across the vast continent had as many as one hundred names for it: Sasquatch being one that survives today. This myth intersects with another, thousands of miles away in the remote Himalayas, equally as old: the Yeti.

In more recent times, on the highest mountain range in the world, inexplicable tracks in the snow and ice have left modern mountaineers baffled. These giant footprints uncannily echo those found in North America. Despite modernity and the pushback of nature, all attempts to extinguish the myth of Bigfoot, Sasquatch, the Yeti have failed. It remains a powerful and resilient mystery.



Circles of Power

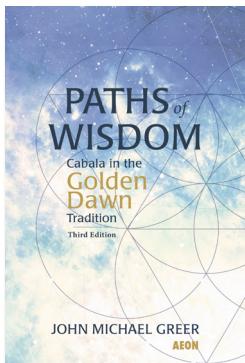
An Introduction to
HERMETIC MAGIC
Third Edition

JOHN MICHAEL GREER

£19.99 paperback
ISBN 9781904658856
344pp
229 x 152 mm

April 2017

John Michael Greer writes in a lucid and entertaining manner, revealing previously unknown aspects of the magical rites of the Golden Dawn. Warm and engaging, *Circles of Power* revitalizes Western magic by removing the unnecessary rhetoric and obscure jargon. Everything is plainly and simply explained and all the information you need to begin working within this magical system is presented in a clear and concise manner. Filled with the fruits of personal experience and insights derived from in-depth research, *Circles of Power* is the next best thing to actually joining a Hermetic lodge.



Paths of Wisdom

Cabala in the
Golden
Dawn
Tradition
Third Edition

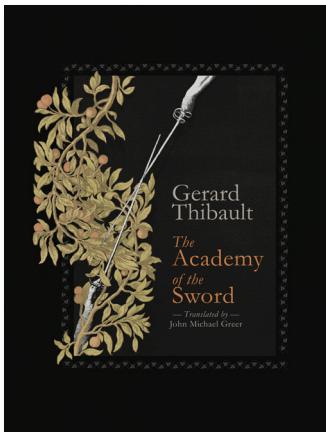
JOHN MICHAEL GREER

£19.99 paperback
ISBN 9781904658832
336pp
229 x 152 mm

April 2017

Acclaimed as an instant classic on its original publication and eagerly sought by students of magic ever since, *Paths of Wisdom* is a comprehensive introduction to the theory and practice of the magical Cabala, as practiced in the Hermetic Order of the Golden Dawn and most other contemporary Western occult traditions. Engaging and accessible, packed with material found in few other books, it illuminates the Cabalist underpinnings of today's Hermetic magic as never before.

From the fundamentals of Cabalistic philosophy, through a detailed examination of the Spheres and Paths of the Tree of Life, to the magical disciplines that bring the symbolism to life as a potent toolkit for self-knowledge and esoteric attainment, *Paths of Wisdom* is your guide to the principles and practices of the magical Cabala.



The Academy of the Sword

GERARD THIBAULT

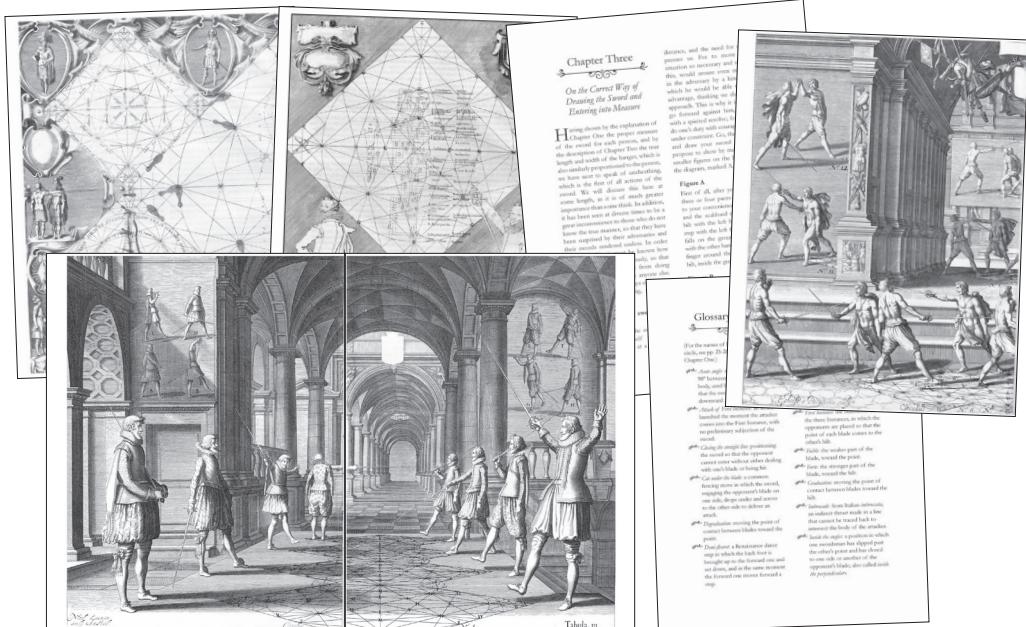
TRANSLATED BY JOHN MICHAEL GREER

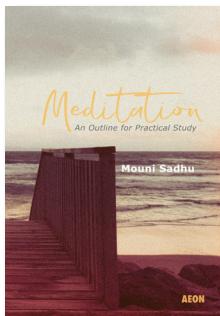
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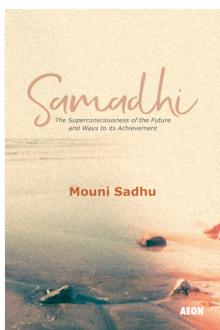
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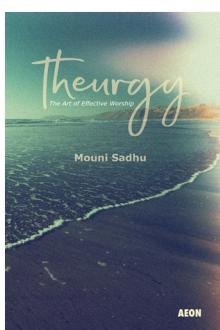
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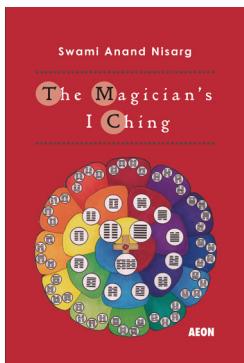
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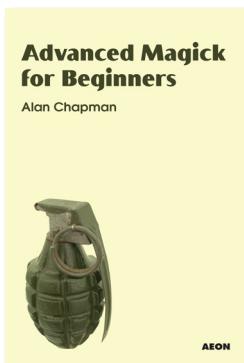
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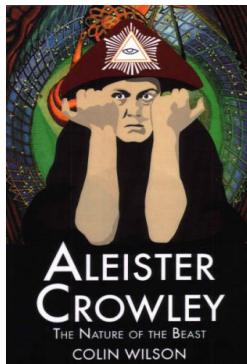
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A new paradigm that delivers a genuine transformation of occultism. The author assumes no previous knowledge, only a willingness to explore what magick offers, yet it is apparent to anyone with a background in the subject that Alan Chapman is drawing on a wide range of experience, from classical Crowleyean Magick, to eastern metaphysics, and back again to Discordianism and Chaos Magick. Chapman's writing-style is humorous, direct, seductively logical, and his enthusiasm for the benefits of magick is both tangible and infectious. The novice magician will indeed find themselves equipped to commence all sorts of magickal operations: trance work, enchantment, divination, and even some of the higher forms of spiritual development.



Aleister Crowley

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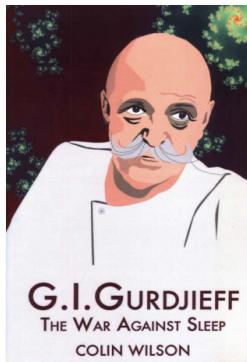
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Poet, Magician, Mountaineer, Polemicist and Pornographer, Aleister Crowley was the most famous, or infamous, name in twentieth century occultism. With his usual flair and style, Colin Wilson brings this complex and enigmatic figure to life and provides an engrossing portrait of the self-styled Great Beast, the man whom the contemporary press dubbed 'The Wickedest Man in the World'.

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G. I. Gurdjieff

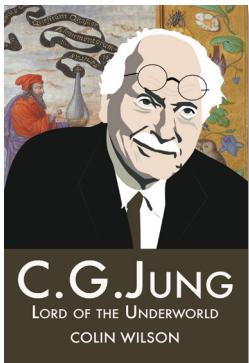
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Presents the life and work of one of the most influential psychological theorists of modern times, George Ivanovitch Gurdjieff. Gurdjieff attracted legends as easily as disciples. But behind the Gurdjieff myth lies a solid corpus of thought, the importance of which is only now being generally recognized. At its heart was the idea of 'the war against sleep', the fact that man, in Colin Wilson's words, is like 'a grandfather clock driven by a watch-spring'. This brilliant and much praised examination of a psychologist and teacher of genius has established itself as the most important and accessible account for the general reader of Gurdjieff's life and work. This edition has been revised and expanded, providing the definitive introduction to the philosophy of Gurdjieff.



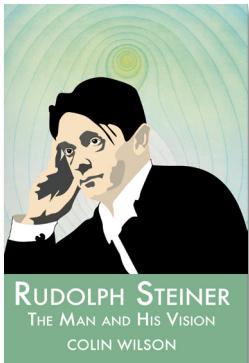
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