



Esoteric Training in Everyday Life

Gareth Knight

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A series of essays covering a wide spectrum of knowledge and experience, whose underlying theme is to show how our daily lives can be made a training ground for adepthood. It explains the different kinds of meditation and how to find the right esoteric teachers. Essays on the Tree of Life explain the evolution of modern esoteric Qabalah and how it has evolved from an image of God to a map of the created universe. A careful elucidation of the philosophy of Coleridge, and its relevance for today, is followed by a chapter on bridging the gap between psychology and occultism, with examples from the life of Dion Fortune and the 'ghost' of her Sea Priestess. Written by one of the world's foremost experts on Western Esoteric Traditions, this book is full of wisdom and insights that will help readers apply spiritual, magical and Qabalistic principles to their everyday life.

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