

**New Books  
Health & Spirit  
Spring 2023**

**A E N** 

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# Welcome to Aeon Books

We are excited to share with you our new titles for Spring 2023. These include books across health and herbal medicine, as well as mind and spirit.

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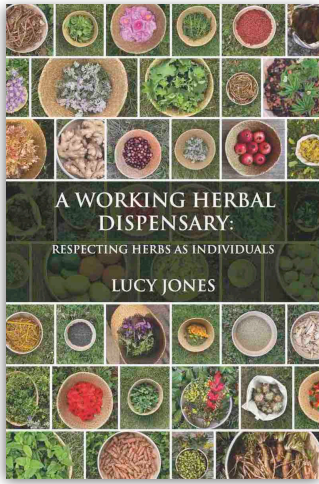
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## A Working Herbal Dispensary: Respecting Herbs As Individuals

By Lucy Jones

Paperback 480 pages with colour illustrations; £29.99 / \$40.00

ISBN 9781801520423

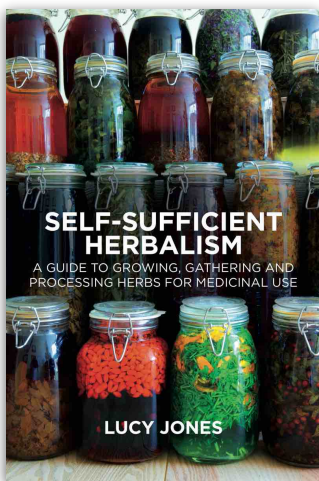
May 2023

**A beautifully illustrated guide on how to understand and engage with medicinal herbs.**

In her fascinating second book, Lucy Jones, shares the characters and medicinal virtues of 108 herbs that she works with in her practice. She writes about each herb as an individual that she knows and respects, rather than simply a list of conditions it treats or the constituents it contains. Lucy gives the physiological actions, energetic qualities and emotional resonances, as well as qualities according to Tibetan Medicine, where they apply. She also includes historical views, magical associations and plenty of recipes for the home herbal apothecary, as well as informal case studies.

*A Working Herbal Dispensary* is much more than a herbal; it is an insight into a holistic practice where herbs and herbalist are working in partnership for the benefit of those that need help.

**LUCY JONES** is a qualified medical herbalist and owner of Myrobalan Clinic, a busy high street practice in Somerset, UK. Prior to qualifying in Western herbalism, she earned two degrees from Oxford University and studied Tibetan Medicine with the great master Khenpo Troru Tsenam. When treating patients, she combines Western herbal medicine with the principles of Tibetan Medicine. She grows and processes most of her own herbs.



## Self-Sufficient Herbalism: A Guide to Growing, Gathering and Processing Herbs for Medicinal Use

By Lucy Jones

Paperback 336 pages with colour illustrations; £22.50 / \$34.95

ISBN 9781912807055

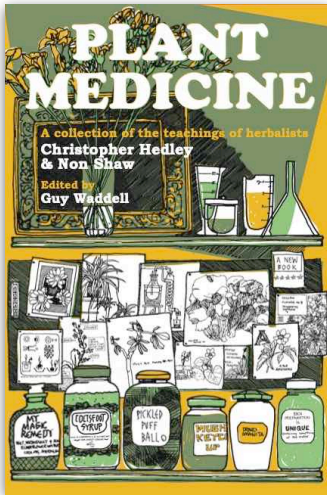
May 2020

**A masterclass in the wild crafting, growing, harvesting, drying, storage, and processing of medicinal herbs.**

This groundbreaking book is the first ever practical guide to the growing, gathering, and preserving of medicinal herbs for a working dispensary.

Written by a practising herbalist with a high street clinic, it covers everything you need to know to become truly self sufficient. Her passion for the plants and traditional ways of preserving them for medicine shines through as she explores the deeper implications of self-sufficiency and the transformative impact it has had on her practice.

The guide includes a glossary of detailed notes on the cultivation, harvesting, and processing of 108 individual herbs arranged by the seasons. It is a must read for practising herbalists, herbal students, gardeners, and all those who love herbs.



## Plant Medicine: A Collection of the Teachings of Herbalists Christopher Hedley and Non Shaw

By Christopher Hedley and Non Shaw; edited by Guy Waddell

Hardback 480 pages; £40.00 / \$60.00

ISBN 9781912807253

May 2023

A comprehensive compendium on the theory and practice of herbal medicine from expert herbalists Christopher Hedley and Non Shaw.

This fundamental textbook draws on the wisdom of Christopher Hedley and Non Shaw, incorporating their belief in the importance of understanding herbal medicine in the context of living plants, and providing lived examples of how this can be used in the everyday practice of herbal medicine. *Plant Medicine* acquaints readers with the rich legacy of Christopher and Non in Western herbal medicine.

**CHRISTOPHER HEDLEY** (1946-2017) was a Fellow of the National Institute of Medical Herbalists, and taught herbal medicine at all levels, from beginners to MSc in Herb Schools across the UK and the USA, specialising in material medica and pharmacy.

**NON SHAW** was a herbalist, counsellor, and bodyworker who inspired many to take up their own healing paths in plant medicine. Non was an artist, sculptor, jeweller, clothes-maker, and inveterate maker of things. She was also a teacher and writer.

**GUY WADDELL** is a lecturer in the Department of Life Sciences at the University of Westminster, London. His background is in social sciences and in herbal medicine. He has been a practitioner of Western herbal medicine for over 15 years, and practises in South London.



## A Herbal Book of Making and Taking

By Christopher Hedley and Non Shaw

Paperback 172 pages; £14.99 / \$22.95

ISBN 9781912807277

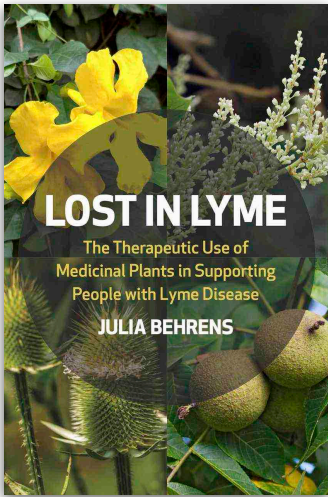
November 2019

A distillation of years of experience and experimentation in a collection of essential wisdom for the aspiring herbalist.

Put together by one of the most loved and respected teams in modern herbal medicine, Christopher Hedley and Non Shaw, this book is filled with clear, concise instructions and detailed recipes for making herbal medicine, trialled over decades of practice.

Originally intended as a teaching aid for herbal students, this is a comprehensive guide to the craft of medicine making for the modern herbalist.

Including exercises and tasks for the interested student, the book covers everything from growing and harvesting herbs to using them in internal and external medicines. From infusions and tinctures to syrups, soups, and suppositories, this is a gift to future herbalists drawing on a lifetime of study.



## Lost in Lyme: The Therapeutic Use of Medicinal Plants in Supporting People with Lyme Disease

By Julia Behrens with Daphne Lambert

Paperback 224 pages with colour illustrations; £29.99 / \$29.99

ISBN 9781801520126

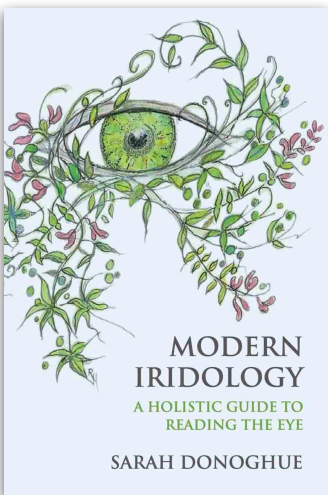
May 2023

**A tool kit to support both practitioners and the lay person in reducing Lyme symptoms and improving well-being by using medicinal plants.**

Using a wealth of well researched and in-depth information, recipes, and methods of monitoring progress, this book will help improve well-being for sufferers of Lyme disease. Through the lenses of herbal medicine and nutritional guidance, *Lost in Lyme* provides a comprehensive understanding of Lyme disease and its co-infections. Patients and practitioners have found it difficult to obtain reliable and effective information, test results and treatment. This book aims to address these challenges, explaining the complexity of Lyme disease and how to support people going through this multi-system illness.

**JULIA BEHRENS** has practised as a medical herbalist for over twenty years and has gained a specialist and in-depth understanding of the complexities of Lyme disease and its co-infections, based on her multi-systemic approach to medicine and considerable research.

**DAPHNE LAMBERT** has been a chef for over forty years, a nutritionist for more than twenty-five years and an organic gardener and environmentalist for most of her adult life. For over thirty years Daphne was the co-owner and chef of the first certified organic restaurant, winning many awards.



## Modern Iridology: A Holistic Guide to Reading the Eye

By Sarah Donoghue

Paperback 120 pages with colour illustrations; £24.99 / \$30.00

ISBN 9781801520522

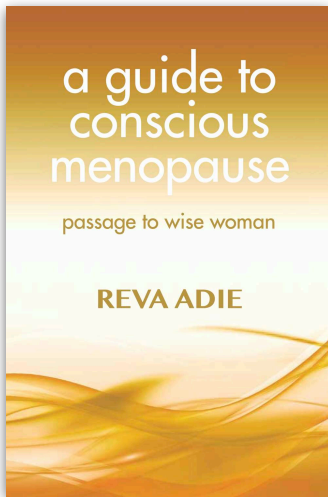
May 2023

**A practical, accessible and insightful handbook on reading the eye.**

The human eye is a blueprint of the body's genetically inherited strengths and weaknesses: a comprehensive health profile that offers informed dietary and lifestyle choices that fully support individual constitutions. This book is a guide to the often-misunderstood subject of iridology; a practical manual that can be easily used by medical professionals and interested enthusiasts alike. Complete with high quality photographs, charts and detailed case studies, this essential book should be a staple on every modern health care practitioner's bookshelf.

Taking a holistic approach, author Sarah Donoghue explores the subject of iridology from a scientific, physical and emotional perspective. It allows readers to safely examine the iris and make confident assessments, as well as formulate individualised herbal, dietary and lifestyle interventions based on information gleaned from the depths of the endlessly fascinating iris!

**SARAH DONOGHUE** is a herbalist and naturopath with over thirteen years' experience working with botanical medicines. She trained in Western herbalism, Ayurveda, traditional Chinese herbal medicine, and iridology, and now runs a busy practice on the Cornish coast. She is also Ambassador for the Herb Society.



## **A Guide to Conscious Menopause: Passage to Wise Woman**

**By Reva Adie**

**Paperback 216 pages; £16.99 / \$24.50**

**ISBN 9781801520683**

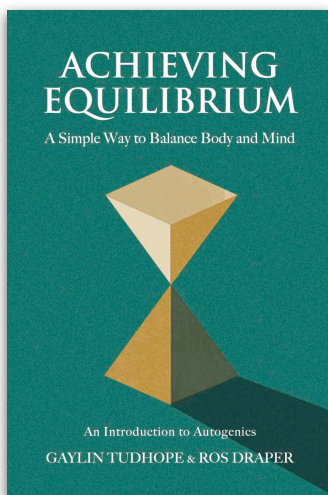
**March 2023**

**An alternative and unique perspective on our understanding of menopause.**

This groundbreaking book offers a response to the call of women to listen deeply to the wisdom of their bodies as they go through the changes and stages of peri-menopause and menopause.

In modern times, even with the increased awareness of recent years, the overriding response to menopause is the management and relief of symptoms. However, in this book Reva provides a revolutionary approach, perceiving this transition as a rite of passage and alchemical process. Through her own experience, Reva acts as a guide allowing women to connect with their bodies and awareness through contemplation, as well as suggesting practices to support a deepening of women's exploration of menopause, such as yoga, meditation and ritual.

**REVA ADIE** has over thirty years' experience of exploring the deeper mysteries of life and esoteric aspects of spirituality. She is a yoga and tantra teacher, shamanic practitioner, amateur herbalist, gardener, ayurvedic advisor, artist and psychotherapist (MSc). In 2020 Reva founded the School of the Sacred Feminine, supporting the re-emergence of the sacred feminine and offers courses and retreats.



## **Achieving Equilibrium: A Simple Way to Balance Body and Mind**

**By Gaylin Tudhope and Ros Draper**

**Paperback 80 pages; £16.99 / \$19.99**

**ISBN 9781801520751**

**April 2023**

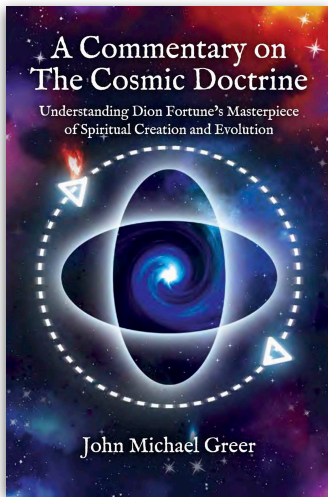
**A different and exciting form of self-care in the form of practical mind to body self-regulation.**

In the challenging times of the 21st century, looking after oneself and navigating the bumps in the road has become more difficult than ever. This fascinating book, written by two psychotherapists with many years of experience, provides a simple and reliable means of restoring the balance

which is vital for the robust body-mind system we need if we are to be able to bounce back from adverse experiences. It is this balance (homeostasis) that provides us with the highway to wellbeing and it is our body-mind system's innate capacity to self regulate which is at the core of this book. Using six key Autogenic Training exercises, the authors provide readers with the skillset to self regulate at any time or any place. These exercises target the sympathetic nervous system and involve body scans, breathing exercises and bodily awareness.

**ROS DRAPER** is a family therapist who, as teacher and supervisor, has made major contributions in Britain over the last forty years to the recognition of the usefulness of systems thinking for repair work with individuals, couples, families and organisations wanting to flourish.

**GAYLIN TUDHOPE** is a psychologist and psychotherapist with thirty-two years' professional experience in Autogenic Psychotherapy, Lifespan Development and more recently Coherence Therapy.



## **A Commentary on 'The Cosmic Doctrine': Understanding Dion Fortune's Masterpiece of Spiritual Creation and Evolution**

**By John Michael Greer**

**Paperback 237 pages; £22.50 / \$30.00**

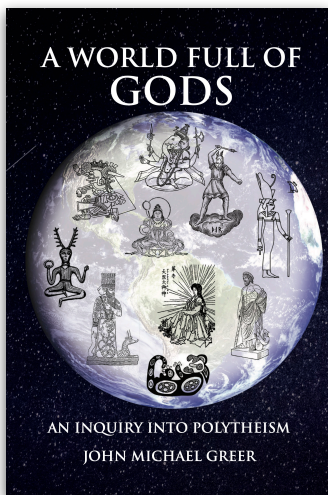
**ISBN 9781801520102**

**March 2023**

**A fascinating analysis of the most important work of occult philosophy in the 20th Century.**

Dion Fortune's *The Cosmic Doctrine* is a foundational text which has been required reading for students of the occult since it was first published in 1956. In it, she attempts to explain the meaning and evolution of the cosmos from the first beginnings to our lives today. However, the *The Cosmic Doctrine* is not an easy book to read. It's conciseness makes it hard going, for every sentence requires close attention, but the challenge it offers to its readers goes well beyond this. John Michael Greer provides a learned and elucidating commentary on this classic text to allow students and teachers alike to easily digest and unlock the genius of *The Cosmic Doctrine*.

**JOHN MICHAEL GREER** is the award-winning author of more than fifty books. An initiate in Freemasonry, the Hermetic Order of the Golden Dawn, and the Order of Bards, Ovates and Druids, Greer served as the Grand Archdruid of the Ancient Order of Druids in America (AODA) for twelve years.



## **A World Full of Gods: An Inquiry into Polytheism - Revised and Expanded Edition**

**By John Michael Greer**

**Paperback 225 pages; £22.50 / \$30.00**

**ISBN 9781801520805**

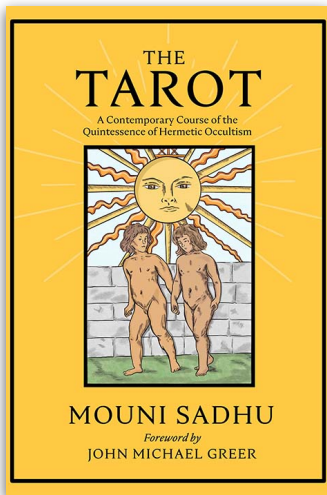
**May 2023**

**An investigation into the underpinnings and superstructures of the Pagan world view.**

Pagan religions have tended to be more concerned with practice than with theory and in a system that has no dogma - no legislated doctrine - that is as it should be. Yet as this movement grows and matures, it is inevitable that we will begin to think in a more abstract way about our models and systems. In this book, John Michael Greer has provided a primer on the kinds of ideas and themes that must be included in any discussion of the theology and philosophy of Neo-pagan religions.

Much of the book takes shape in a dialogue with existing ideas in theology, philosophy, and comparative religion. It looks to find a middle ground between too much and too little reference to the work of other scholars to find a comprehensible yet intellectually rigorous middle ground.

It aims to be part of a conversation, that stretches out over the centuries. Voices of polytheist spirituality have had little place in that conversation for many years, but much of value has been said in their absence. The rebirth of polytheism as a living religious tradition in the Western world will inevitably force a reassessment of much of that heritage, and pose challenges to some of its most cherished assumptions.



## The Tarot: The Quintessence of Hermetic Philosophy

By Mouni Sadhu

Hardback 704 pages; £40.00 / \$45.00

ISBN 9781801520232

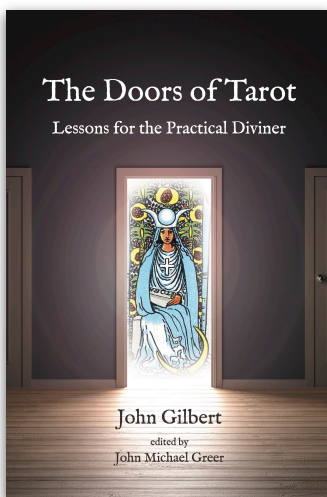
April 2023

The ultimate book in exploring the hidden depths of magic and the Western esoteric tradition.

In his defining masterpiece, Mouni Sadhu offers the reader an encyclopaedic exploration of the Western esoteric tradition and magical philosophy with the major arcana of the Tarot as a guide.

Each of the 101 lessons contained in this volume are packed with occult philosophy, symbolism, and hints for practice. The symbolism and correspondences found in *The Tarot* are not the ones most familiar in occult writings in the English-speaking world. They derive from the main European tradition of modern Hermeticism and readers, who are used to the current of Hermetic teaching set in motion by the Hermetic Order of the Golden Dawn, may find themselves surprised by the very different approaches Mouni Sadhu presents here. *The Tarot* is a fundamental guide for both long time practitioners of tarot, and those at the start of their journey.

**MOUNI SADHU** (1897-1971) is the pen name taken by Dymitr Sudowski an occultist, spiritual teacher and author. Sadhu studied many paths on the route to self-realisation, from Western Magic and Hermeticism to the bhakti yoga teachings of Ramana Maharshi.



## The Doors of Tarot: Lessons for the Practical Diviner

By John Gilbert; edited by John Michael Greer

Paperback 160 pages; £19.99 / \$25.00

ISBN 9781801520775

March 2023

An accessible and practical introduction to Tarot divination.

"I am wary of endlessly similar books on Tarot. Not so with this book by John Gilbert. He builds a steady flow of practical teaching, expanding and developing in harmonious stages. I am confident that anyone following his clear instructions and insights will come to understand tarot and develop as a good reader. As an author with over forty years of tarot experience, I found

new insights and inspirations set like jewels within the teachings."

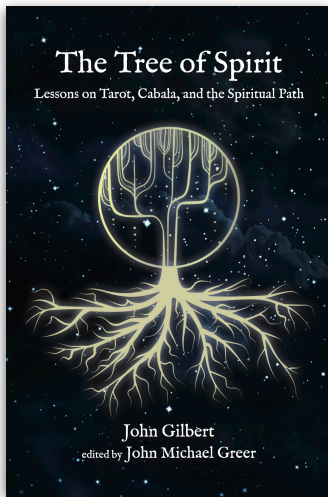
**R.J. Stewart**, creator and designer of *The Merlin Tarot* and *The Dreampower Tarot*.

*The Doors of Tarot* is the companion volume to the *The Tree of Spirit* (Aeon, 2023).

**JOHN GILBERT** (1938-2021) was born in Dakota into a Christian household but his personal spiritual vision called him in other directions. Gilbert was an extraordinarily capable tarot diviner, as well as teacher of tarot, eventually founding the Tarot Institute.

**JOHN MICHAEL GREER** is the award-winning author of more than fifty books. An initiate in Freemasonry, the Hermetic Order of the Golden Dawn, and the Order of Bards, Ovates and Druids, Greer served as the Grand Archdruid of the Ancient Order of Druids in America for twelve years.





## The Tree of Spirit: Lessons on Tarot, Cabala, and the Spiritual Path

By John Gilbert; edited by John Michael Greer

Paperback 144 pages; £19.99 / \$25.00

ISBN 9781801520720

March 2023

A fascinating exploration of the symbolic foundations of the Western magical tradition.

"As a long time practitioner of the Cabala, it is always interesting to see the Tree of Life through new eyes. *The Tree of Spirit* is such a book. John Gilbert explores the tarot, the practice of working with the Intuitive Mind, as well as the Cabala and Tree of Life in a manner which is unique to him and has an

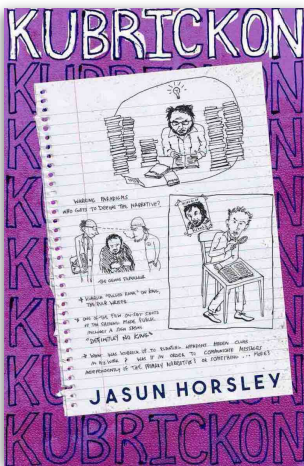
elegance and simplicity that belies the extraordinary depth to be found in its practice. I look forward to reading it many more times and I thoroughly recommended this book."

**Ian Rees**, author of *The Tree of Life and Death: Transforming the Qlipoth*

*The Tree of Spirit* is the companion volume to *The Doors of Tarot* (Aeon, 2023) .

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## The Kubrickon: The Cult of Kubrick, Attention Capture, and the Inception of AI

By Jasun Horsley

Paperback 180 pages; £19.99 / \$30.00

ISBN 9781801520560

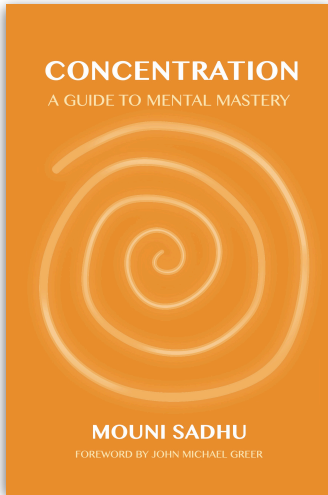
March 2023

Stanley Kubrick was up to something. But neither his fiercest admirers nor his harshest critics ever suspected what it was. His movies were the means. So what was the end?

In this experimental analysis of the work of Stanley Kubrick, Jasun Horsley unpicks the cult of Kubrick, taking a unique approach as he delves into the deeper - and often darker - reasons as to why the director has achieved such admiration over the years.

Throughout *The Kubrickon* Horsley uses Kubrick's critically acclaimed films such as *Eyes Wide Shut* and *2001: Space Odyssey* to provide a fascinating and revelatory overview of the cultural obsession with Stanley Kubrick, as well as on a wider scale providing illuminating criticisms of society's consumption of culture and media. For those who dislike Kubrick movies, *The Kubrickon* will make it clear why. For those who adore Kubrick movies, *The Kubrickon* will set you free. For those who are indifferent to Kubrick movies, *The Kubrickon* will make you think twice.

**JASUN HORSLEY** is the author of several books, including the loose 'cultural engineering' trilogy *Seen and Not Seen*, *Prisoner of Infinity* and *The Vice of Kings*. He hosts a regular podcast, *The Liminalist*, at his website, *Auticulture*.



## Concentration: A Guide to Mental Mastery

By Mouni Sadhu

Paperback 252 pages; £16.99 / \$24.00

ISBN 9781801520430

April 2023

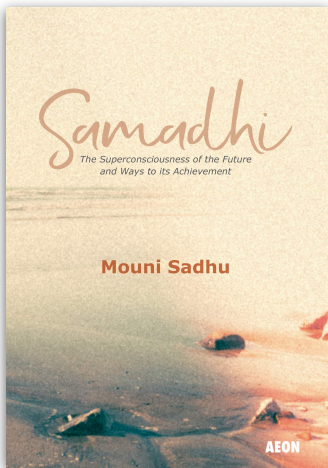
**An accessible guide to controlling the mind.**

Written in a simple and easily understandable style, *Concentration* is a classic among books on the art of meditation.

Without the ability to concentrate, our efforts at meditation will result only in going nowhere, in spinning our wheels in an unending rut.

Through a series of practical steps, Mouni Sadhu provides the framework of achieving the state of Samadhi. It encourages readers to actively walk the path of spirituality and achieve a state of super consciousness, rather than just passively read about it.

**MOUNI SADHU** (1897–1971) is the pen name taken by Dymitr Sudowski an occultist, spiritual teacher and author. The word 'mouni' means silent and 'sadhu' refers to a wandering holy man. The author has studied many paths on the route to self-realization, from Western Magic and Hermeticism to the bhakti yoga teachings of Ramana Maharshi. His writings are a wealth of practical and useful information and advice. His books cover subjects such as concentration, meditation, spiritual growth, the higher consciousness *Theurgy* and *The Tarot*.



## Samadhi: The Superconsciousness of the Future and Ways to its Achievement

By Mouni Sadhu

Paperback 192 pages; £22.50 / \$34.00

ISBN 9781904658078

December 2004

**A complete course in mental and spiritual development.**

In this classic text Mouni Sadhu lays bare the many myths and fallacies surrounding the practice of meditation. He then details a comprehensive course, from the beginnings of practice and the importance of regularity, to advanced techniques of meditation and contemplation in both Western and Eastern traditions.

Highlights include: obstacles to meditation; techniques of meditation; an introduction to contemplation; meditation in a Christian context; and the possibility of miracles.

**MOUNI SADHU** (1897–1971) is the pen name taken by Dymitr Sudowski an occultist, spiritual teacher and author. The word 'mouni' means silent and 'sadhu' refers to a wandering holy man. The author has studied many paths on the route to self-realization, from Western Magic and Hermeticism to the bhakti yoga teachings of Ramana Maharshi. His writings are a wealth of practical and useful information and advice. His books cover subjects such as concentration, meditation, spiritual growth, the higher consciousness *Theurgy* and *The Tarot*.

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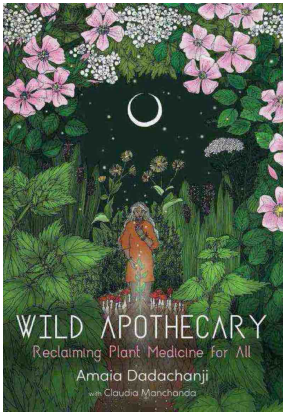
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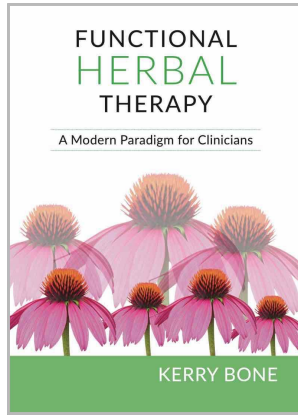
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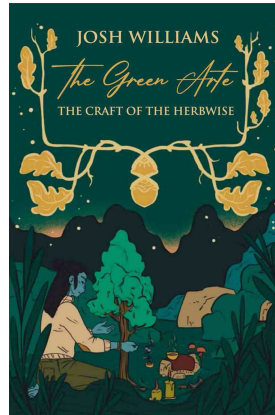
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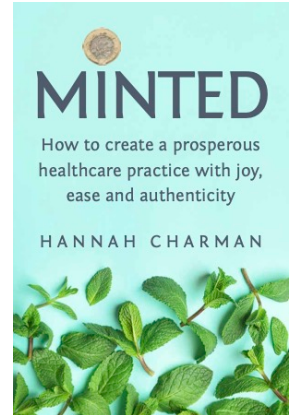
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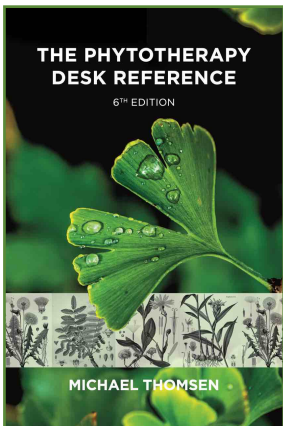
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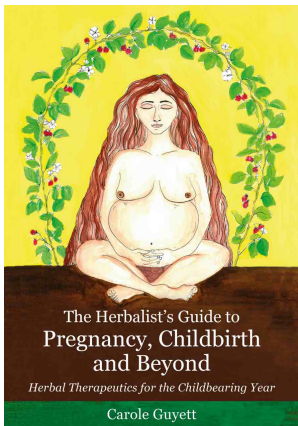
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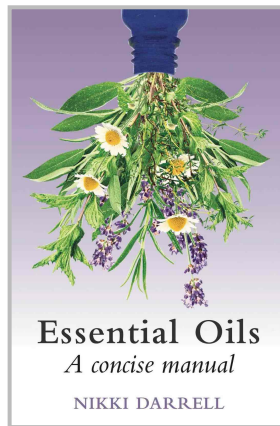
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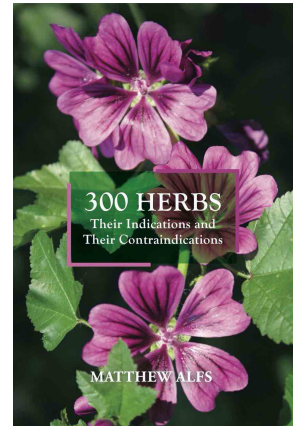
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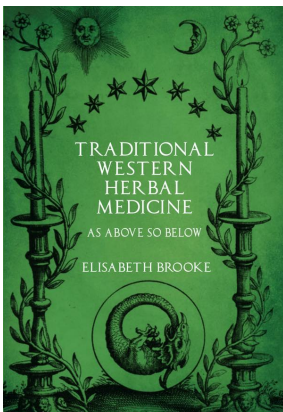
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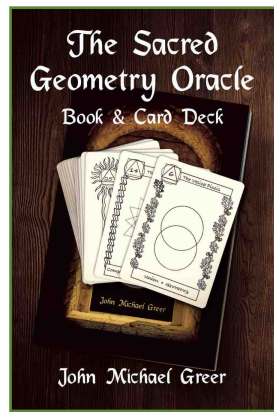
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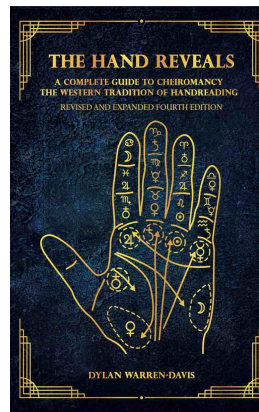
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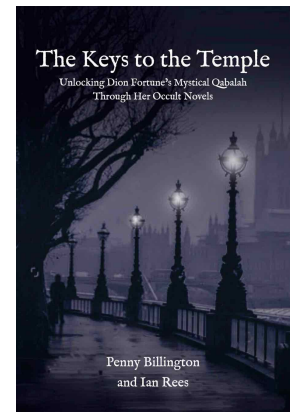
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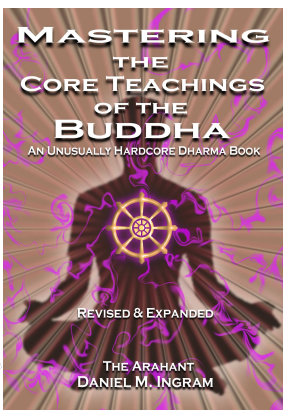
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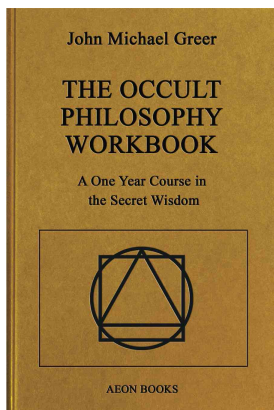
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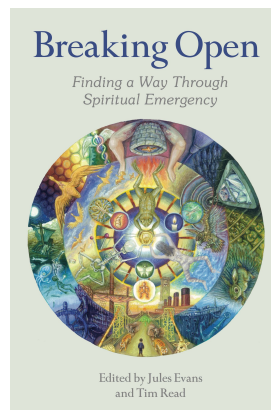
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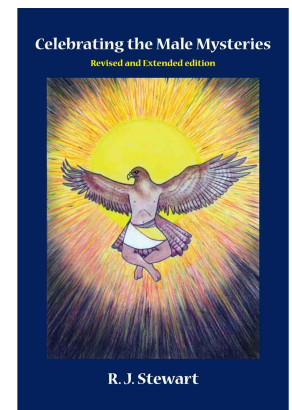
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