



Living Thelema: A Practical Guide to Attainment in Aleister Crowley's System of Magick

David Shoemaker

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The system of spiritual attainment developed by Aleister Crowley is notoriously challenging in its scope. Adapted from the popular podcast segment of the same name, *Living Thelema* brings a welcome approachability to Crowley's material, without diminishing the depth of the system. The author focuses on the practical and experiential aspects of the path of Thelema, allowing the reader to grasp the true transformative power of the system.

Beginners and advanced practitioners alike will find much useful advice here, as Shoemaker brings his characteristic down-to-earth style to bear on topics such as ritual and meditation practices, sex magick, astral projection, psychotherapy for magicians, the Knowledge and Conversation of the Holy Guardian Angel, and that pinnacle of attainment known as the crossing of the Abyss.

The author's background as a practicing psychotherapist allows an entirely unique fusion of esoteric wisdom and cognitive science. *Living Thelema* is an invaluable handbook for any modern magician.

Here's what other prominent Thelemic authors have to say about *Living Thelema*:

"Dr. Shoemaker's *Living Thelema* is in my opinion the most thorough and understandable exposition of the underlying theories and the practical applications of the spiritual disciplines of Thelema currently available to the public. Serious students of the magick of Aleister Crowley in general, and of the A.'. A.'. in particular, will not find a more masterful and authoritative work on the subject issuing from a post-Crowley commentator. My highest recommendation for this landmark work."

—**Lon Milo DuQuette**, renowned author of *The Magick of Aleister Crowley*, *Understanding Aleister Crowley's Thoth Tarot*, and many other titles.

"In this entertaining and (dare I say it?) lively book, David Shoemaker reminds us that Thelema is not just a philosophy or a study, but a spiritual practice. From applied 'how to' advice to thought-provoking 'how about' posers, Dr. Shoemaker offers his personal take—informed by twenty years of walking the talk, along with his incisiveness as a professional therapist—on how to get the most out of the fundamental Thelemic practices of yoga and ritual, both inside and outside of the temple."

—**Richard Kaczynski**, author of *Forgotten Templars: The Untold Origins of Ordo Templi Orientis* and *Perdurabo: The Life of Aleister Crowley*.

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