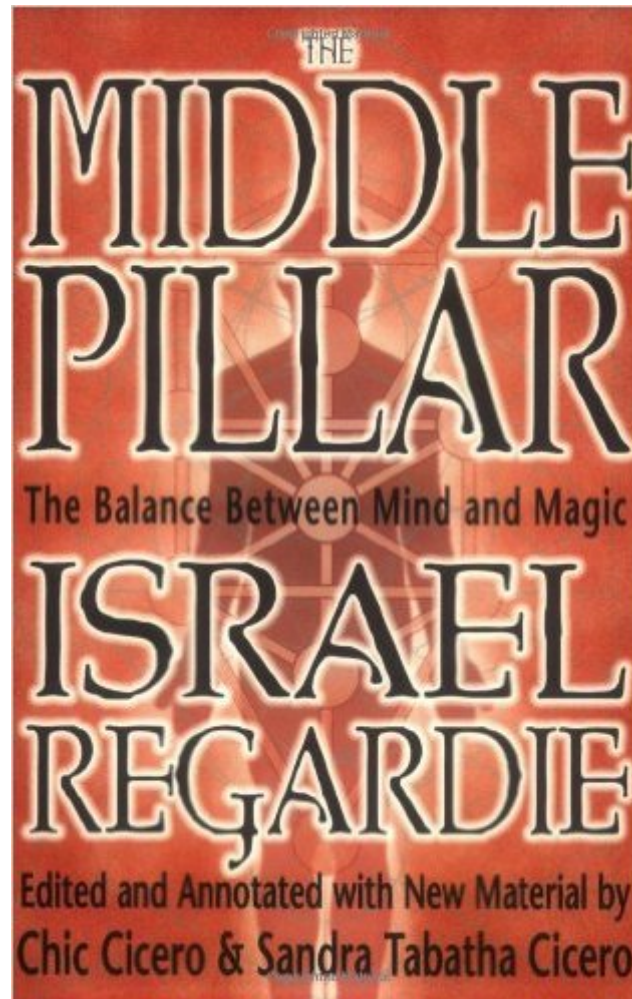


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# The Middle Pillar: The Balance Between Mind And Magic



## Synopsis

The classic book on working with the energy of the body for spiritual purposes, *The Middle Pillar* by Israel Regardie, is now more complete, more modern, more usable, and better than ever. The exercise known as the Middle Pillar was devised by the Hermetic Order of the Golden Dawn. Regardie expanded upon it and made it public over 60 years ago in the first edition of this book. Since that time, the exercise has been altered and adapted for just about any spiritual use you could think of. It is a mainstay of many Western traditions of magic. Now in its third edition, *The Middle Pillar* is better than ever. It has been edited by Chic Cicero and Sandra Tabatha Cicero, close friends of the late Regardie and senior Adepts of the Golden Dawn. They have also added new material in a separate section that more than doubles the size of the book with their valuable insights and knowledge.

- \* Includes the complete original text, with nothing eliminated
- \* Spelling has been standardized to Western traditions
- \* Each chapter now has a title to identify its content
- \* The Ciceros's notes to each chapter add insight and history to Regardie's work
- \* Modern and clearer illustrations have been added
- \* New, a further exploration of the relationship between magic and psychology
- \* New, more than five techniques to enhance relaxation
- \* New, the Middle Pillar and the Chakras
- \* New, versions of the Middle Pillar exercise in Egyptian, Greek, and Gaelic
- \* New, a shamanic version of the Middle Pillar
- \* New, how to use the Middle Pillar to charge talismans and do healings

*The Middle Pillar* is now expanded to what it always should have been, a thorough, accessible examination and extension of the single ritual that has become the very embodiment of magic. Get *The Middle Pillar* and learn the real secrets of magic.

## Book Information

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## Customer Reviews

I love the original version of the Middle Pillar. It made "magick" a real form of "yoga" for me. Doing the Lesser Banishing Ritual of the Pentagram is great, and the Middle Pillar itself really charges up your "aura" with energy. The feeling of energy is sort of like the feeling of qi energy from doing tai qi or qi gung, but at a different "level." The last edition of this work (that was by Regardie alone) had a nice cover with the spheres superimposed over the body, which really helped the visualization. The problem I have with this new edition is that Regardie tends to run a little long-winded, and his style is a little dated (originally written in the '30s!). However the original book was mercifully short. The Ciceros have added their own even more long-winded material. To top it off, they are somewhat scholarly to the point of distraction (but at least they edited Regardie's material to conform the spellings of the Sephiroth to traditional Western occult usage). The point of the Middle Pillar is, DO IT. Not study it. (I also have a personal irk. They are strongly Golden Dawn in outlook, and Judaeo-Christian on top of that, while some of the best works out there today are in the Thelemic line of practice. It's as though they are afraid to mention the "Crowley" word, although Regardie's main if not only magickal influence was Crowley.) On the other hand, as a reference work, the Ciceros footnotes to the original Regardie material are sometimes excellent. Also, some of their additional material is truly helpful, although probably overwhelming for a beginner. My advice for a beginner (and I have a friend in this predicament) is to just read chapters 3, 4 and 5 at first, since these lay out the actual practice.

While some may criticize this book for being outdated and unnecessary for the beginning adept, what they miss is the different perspective that Regardie brings to this work, that Donald Michael Kraig tends to gloss over. That is the connection of psychology and the workings of the mind to magic. While "Modern Magick" from Donald Michael Kraig is one of the very best ways for a student of esoterics to start out, by the time they hit the second or third chapter, and have practiced the Cross and Pentagram exercises a few weeks to at least to get the feel of it, they should then have this book in hand and ready to read, to fill in the blanks and provide a different perspective. To do so not only deepens the understanding of the work, and provides valuable insight, but Kraig even recommends doing so in "Modern Magick". While the differences in the two perspectives may be small and subtle, I think they're of tremendous inner value. For example, in the Cross, Kraig instructs to visualize a gleaming ball of light descending from heaven said to represent "Divine"

energy, implying energy and representation of an outside source, while Regardie instructs that it should be viewed as a representation of your higher self, your higher genius, implying a more internal source. Are these two perspectives actually SAYING anything different, in reality, No. But from the standpoint of understanding the many aspects of the energies, and from the visualization standpoint, they could make all the difference in the world to the student starting out on his own. Use Kraig for a simple, easy to follow instruction, and Regardie for a deeper understanding and fine-tuning of the work. What the Cicero team brings to this work is almost two fold.

This book proved itself to be far more informative and incisive than I expected it to be, thanks (largely) to the annotations and extra chapters provided by Chic and Sandra Cicero. Regardie's style is often dated and ponderous. The Cicero's have managed to give it a sense of life and immediacy that it would otherwise have lacked. They deserve full marks for this, and also for the additional detail they have added to Regardie's ritual descriptions. As far as I can tell, and from the reading and practice I have done, they now stand equal to any currently in print. The only problem I have with this book stems from the question 'why re-release it?' I think it would be fair to say that all the information in The Middle Pillar is available in other sources and generally in a more detailed form. For instance, if you want to make a start in ceremonial work then pick up Modern Magick by Donald Michael Kraig, and if you require an introduction to Cabala then buy Paths of Wisdom by John Michael Greer. Both of those books will take you further than just about anything by Regardie (discounting his full order documents and complete GD system) so there is little point in any beginning practitioner starting here. Still, the book is an enjoyable exercise in 'reading back' over the history of magick in the last century. Although it no longer counts as required reading, it does carry the authentic flavour of a period when magick (excitingly) found itself rising to public attention and was being taken seriously by studious chaps in luxurious, Victorian drawing rooms.

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