

SUMMARY

My story.....	3
Hermetics: Universal principles explained	11
True esotericism vs. incense hippiedom	16
Who was Hermes Trismegistos?.....	19
The seven universal principles (hermetic laws).....	23
Universal principle #1: The principle of spirituality.....	27
Universal principle #2: The law of polarity	35
Universal principle #3: The law of analogy	45
Universal principle #4: The law of resonance and attraction.....	53
Universal principle #5: The law of harmony and balance	61
Universal principle #6: The law of rhythm (vibration).....	68
Universal principle #7: The law of cause and effect (karma)	76
Tools of self-knowledge and awareness	82
Respiration.....	86
Meditation.....	92
Alchemy	100
Astrology	109
Tarot	116
Nutrition	122
Give	127
Faith still moves mountains	132
Conclusion.....	136