

Foreword

This is an important book that you hold in your hands. Do not be misled by its real or apparent simplicity. Whatever you paid for it – or if it came into your hands by any other means – you may rest assured that it is a pearl of great price. Its genesis is the result of a veritable distillation of knowledge and experience that has been imparted by personal contact through a series of practitioners down the generations. Each one of whom has had the good fortune and wit – or even predestination – to be able to identify, on the one hand a valid teacher, and the other a worthwhile student. Thus has the torch of inspiration been passed along to your present benefit. To receive it, all you have to do is work with it sincerely. R J Stewart has been personally known to me for many years and although our paths have been different, sometimes as of water to fire, in the light of experience they appear to have been as complementary as the serpents that ascend the staff of the caduceus of Hermes. I therefore heartily commend this book to you as being well worth your applied attention and best intentions. The rest is up to you.

— *Gareth Knight*