

# THE A.A.O. HANDBOOK

A Concise Treatise on the Underlying Principles of a Root Theory System



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## --AN INTRODUCTION TO THE A.A.O.--

The A.A.O. is an occult think-tank working towards a common perspective~ that a common thread can be found throughout the various occult traditions. A heavy emphasis is placed on charting and distilling these commonalities. They formed as an answer to how various paradigms connect. The name has no set meaning, although the original latin was Absconditus Apostasia Orbis (the concealed circle of apostates), and is often said to stand for Another Arbitrary Order. The A.A.O. has published one book, Liber Sigillum in 2011, and it has been said that a second, Liber Aduro is to follow. The goal of the A.A.O. is to create a complete system of occult attainment by researching multiple occult fields and practices.

The charting is done primarily through the exploration of the Root System Theory, or RST, which is a view held that a set of shared esoteric commonalities exists within the historical systems of magic, spiritual practices, religions, and belief. The intention of the system is a set of “root techniques” for self-development which can be distilled from their original uses and then used alone, outside of historical context.

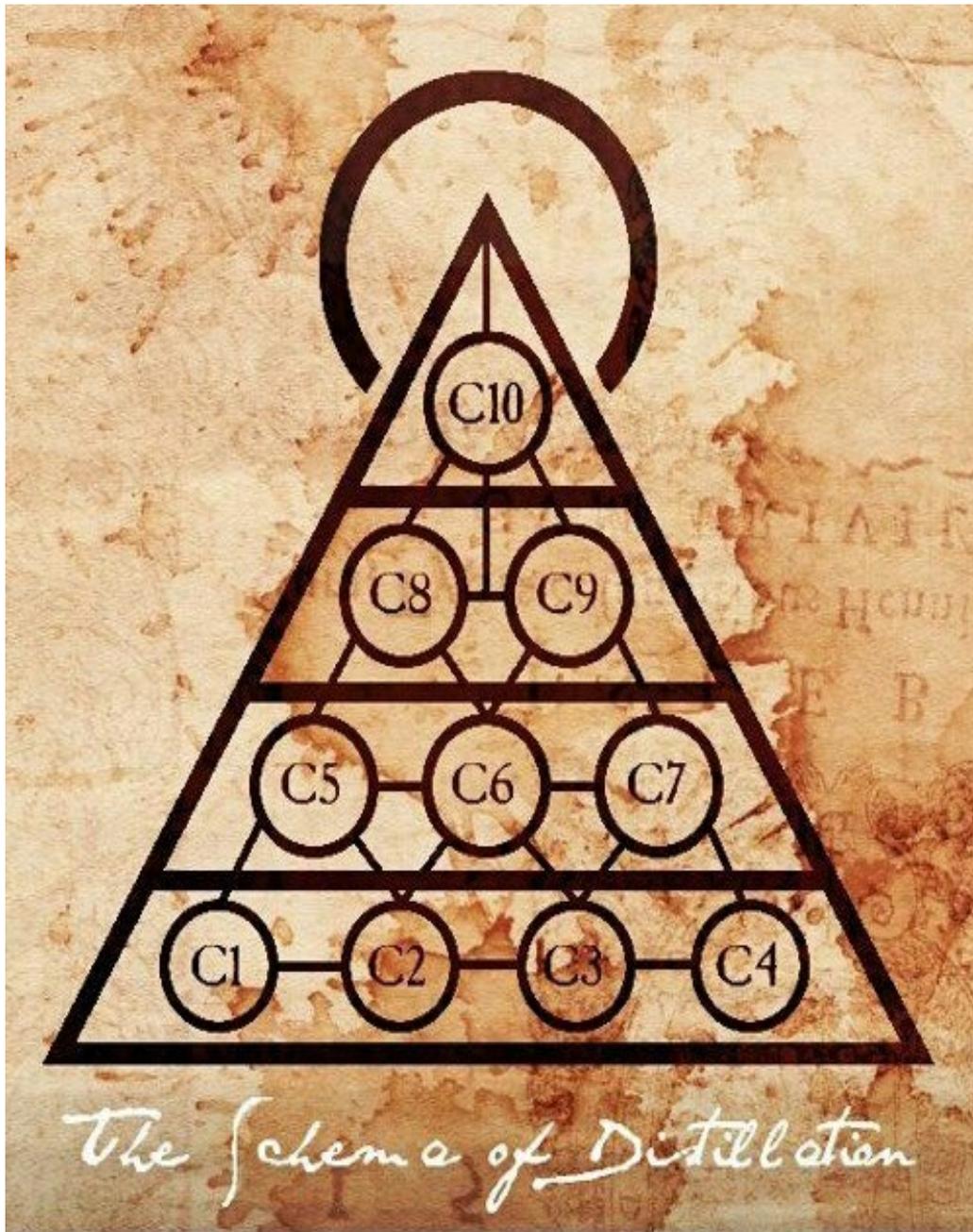
These techniques are derived through a logical tool used to arrive at any truth of any given scenario by means of mapping out the commonalities inherent, and then categorizing them accordingly. If the explanation fits the data, then it should be considered a real explanation until a better one is found. This system is intended to overcome typical magical categorization by taking a NON (Neither Over Neither) position.

A progression of circles is employed to help the magician seeking the improvement of the self. One of the primary uses for the gates and circles method is to detail and chart out specific practices which one might focus on and dedicate oneself to, using all data presented by historical record as well as modern. The circles are not stages, levels, or chapters; but are gradual points of integration that are maintained. These circles work to create a solid foundation and lead the magician towards mastery of the basic elements.

While a group element is present, the majority of the work is done on an individual basis, with participants checking in as desired with progress updates.

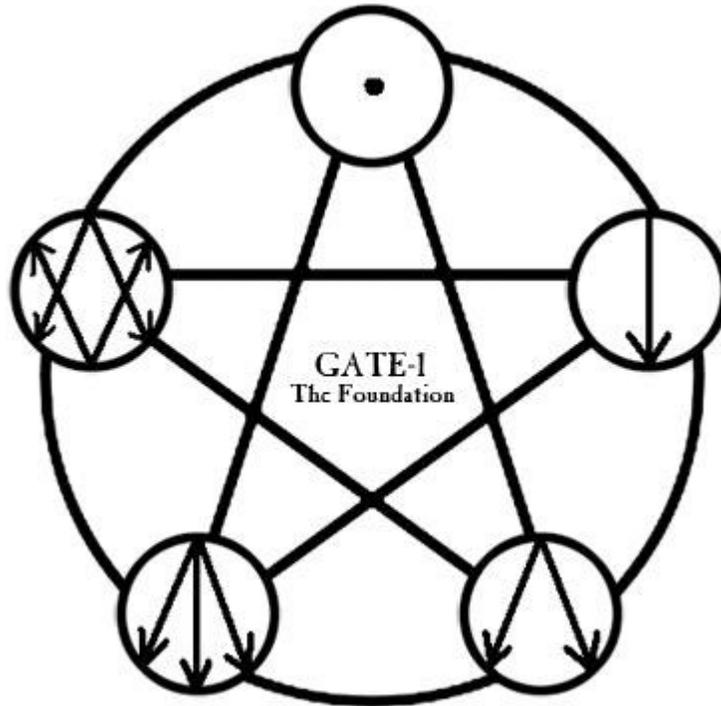


## --THE SCHEMA OF DISTILLATION--



The Schema of Distillation is a representation of the goals of The Root System Theory. The process cannot be begun without circle zero, the seed the foundation springs from. The fool begins his journey in pursuit of the mountain, and thusly the schema is the representation of the mountain to be climbed in order to achieve the peak. At the peak is the personal Great Work that is the guiding beacon for the magician. The peak is known only to the magician; once the fool reaches it, it vanishes as if there was never a mountain to begin with.

## --GATE ONE--

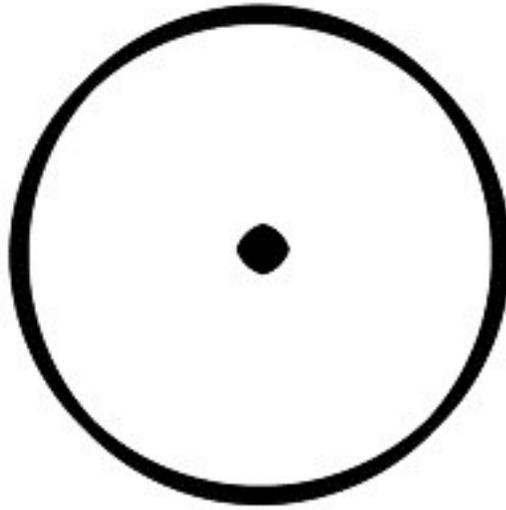


### THE FOUNDATION

Gate one is focused on a solid foundation, and circles zero through four are collected under the premise of balance. The circles are activated, not accomplished, and they are a succession of maintained activities.

The A.A.O maintains a [library of resources](#) for Gate one.

## --CIRCLE ZERO--



### GROUND ZERO

Circle zero occurs prior to Gate one (yet is within Gate one), and is a state of mind where one tears away the layers of the self to reach one's core. It is a process of non-attachment, rebirth, initiation, and is also the embodiment of NON. This circle relates to the archetype of the fool, and often signifies a lengthy period of wandering and detachment. This singular point, without beginning or end, is the "foundation of the foundation," and can only be done through the casting off of assumption and bias.

In practice, this is a period of time that entails media fasting, introspection, and mindfulness. The intention is complete self-assessment that leads to a fresh start without any baggage, pre-existing notions, or assumptions.

## Online Resources

[The True Meaning of Non-Attachment & How it Sets You Free](#)

[Letting Go of Attachment](#)

[What is Mindfulness: The Greater Good](#)

[A Look Inside Ego Death](#)

[The Entheogen Theory of Religion and Ego Death](#)

[Ego Death](#)

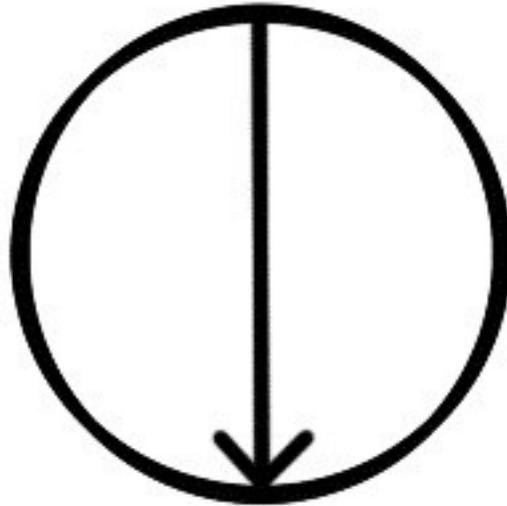
[The Affects of FOMO \(Fear of Missing out\) & Social Media](#)

## Recommended Books

[Fast Media, Media Fast](#) by Thomas W. Cooper



## --CIRCLE ONE--



### THE ORGANIC TEMPLE

Circle one focuses entirely on the physical being. In circle one the goals are to gain control over oneself through diet, exercise, and abstinence from addictions (cigarettes, alcohol, drugs), as well as a physical discipline. This circle is symbolic of the flesh, which houses the mind. It is intended to be done in tandem with Circle two. Circle one has had the most work done with it; the length of time spent getting to a satisfactory point is usually a year or more.

In practice, this is done through physical mindfulness and involves the personal drive of the magician to stick to the changes implemented.

## Online Resources

[The Beginner's Guide to the Paleo Diet](#)

[What is the Paleo Diet](#)

[The Primal Blueprint 101](#)

[Clean Eating 101](#)

[Muffin Topless](#)

[Body Rock](#)

[Yoga Vault](#)

[The Complete Insanity Workout Collection](#)

[The Complete P90X Workout Collection](#)

[The Daily Hiit](#)

## Recommended Books & Videos

[The Paleo Approach](#) by Sarah Ballantyne

[The Paleo Solution](#) by Robb Wolf

[Clean Eats](#) by Alejandro Junger

[Clean Eating](#) by Kerry Elise

[Yoga: The Spirit & Practice of Moving into Stillness](#) by Erich Schiffmann

[Yoga for Beginners](#) by Timothy Burgin

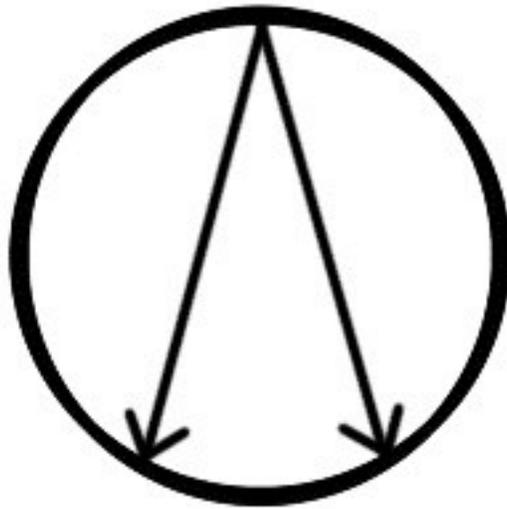
[Jillian Michaels: Yoga Meltdown](#)

[Insanity Base Kit](#)

[P90X Base Kit](#)



## --CIRCLE TWO--



### THE REFLECTING WATERS

Circle two is the inner groundwork, and focuses primarily on meditation, dream work, lucid dreaming, and Out of Body Experiences. It entails the exercise of the mind and consciousness. It focuses on the internal being~ the mind, psyche, and consciousness. Through the surface of one's mind, one is able to transform their life as well as the world around oneself. This is put into practice through inner mindfulness, meditation, and a variety of methods, such as Wake Induced Lucid Dreaming, or WILD, and often implements the usage of a dream journal. It becomes vital that one becomes attentive to the thoughts that flow through the waters of the mind.

## Online Resources

[How to Meditate: Buddhist techniques](#)

[20 Practical Tips for Quieting the Mind](#)

[Erowid Vault on Meditation](#)

[Pre-Ritual Meditation](#)

[Erowid Vault on Dreaming](#)

[Dreamviews](#)

[Dream Studies Portal](#)

[Mastering the Art of Lucid Dreaming](#) in 26 parts

[Lucid Dreaming FAQ](#)

[LD4ALL Link Collection](#)

[Lucidipedia](#)

[Out of Body Experience FAQ](#)

[A Kabbalistic Guide to Lucid Dreaming & Astral Projection](#)

[Astral Projection & Part 2 & Part 3](#)



## Recommended Books

[Wherever You Go, There You are](#) by Jon Kabat-Zinn

[Raja Yoga](#) by Swami Vivekanda (free ebook)

[Exploring the World of Lucid Dreaming](#) by Stephen LaBerge

[The Astral Codex](#) by Belsebuub (free ebook)

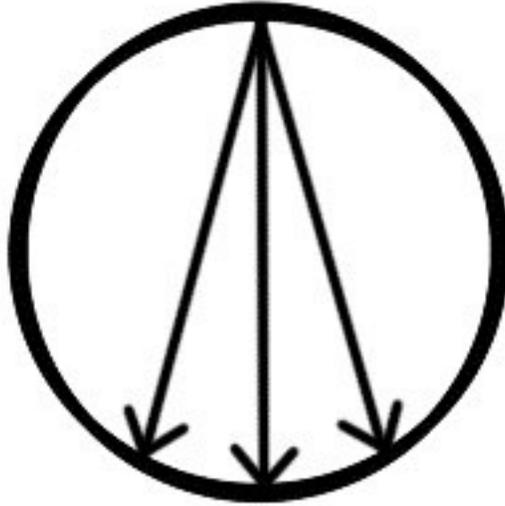
[Lucid Dreaming Wiki Book](#) (free ebook)

[Astral Dynamics: The Complete Book of O-B-E](#) by Robert Bruce

[Journeys Out of the Body](#) by Robert Monroe

[Out of Body Experiences](#) by Robert Peterson

## --CIRCLE THREE--



### SUBTLE MAGICK

Circle three is subtle, or internal magick. This is magick that is applied to the individual self. There is an intended change made to the self, that may entail traditional occult methods. It deals with the desires and aspirations that demand deliberate acts of magick.

Through the methods successfully gained in the prior circles, one is able to begin the creation of one's own system of magick. The magician is now able to discover a set of personal symbols that can be implemented to change the self so that one is aligned with those deep desires and aspirations.

This system of magick can only be created by discovering what styles of magick prove most effective. The magician must go out of one's comfort zones to explore techniques that encourage self-change without becoming locked in a paradigm. This circle is intended to be done in tandem with Circle four.

In practice the magician should set goals. Ask oneself what would one change, upgrade, or evolve about oneself? If there are persistent desires, take note as they are beacons. Journal-keeping is highly encouraged.

## Online Resources

[Psi Article Collection](#)

[Centering, Grounding, & Shielding](#)

[Magical Technique](#)

[Habits: How They Form & How to Break Them](#)

[What is NLP?](#)

[Mastery Insight Institute NLP Articles](#)

## Recommended Books

[The Power of Habit](#) by Charles Duhigg

[Change Your Life, Change Your World](#) by Amoda Maa Jeevan

[Introducing NLP](#) by Joseph O'Connor

[Get the Life you Want](#) by Richard Bandler

[NLP: The New Technology of Achievement](#) by NLP Comprehensive

[Mind Magic: Techniques for Transforming Your Life](#) by Marta Hiatt

[Energized Hypnosis](#) by Christopher Hyatt

[How to Master Self-Hypnosis in a Weekend](#) by

Rick Smith

[Self-Hypnosis As You Read](#) by Forbes Robbins Blair

[Angel Tech](#) by Robert Anton Wilson

CHANGE  
YOUR  
THOUGHTS  
AND  
CHANGE  
YOUR  
WORLD.

## --CIRCLE FOUR--



### PROPER MAGICK

Proper, or external, magick is the classic form of magick that affects the world and circumstances of the magician. This can include changing or manufacturing events, swaying probable odds, or causing a change in the external in conformity with the magician's will or intent. The major distinction between proper magick and subtle magick (circle three) is the direction of the magician's intent, as there is a move from the internal to the external. It is important to recognize that both the internal and the external affect one another; a change in the self will cause a change in the external reality, and a change in reality will cause a change in the self.

As far as events are concerned, there is no way to determine whether or not the result would have occurred on its own without magical intervention, making proof of results difficult. [The Grassmick Format](#) is an answer to this by the AAO. History is filled with accounts of extraordinary claims made by many, and it is often difficult to determine what may be truly real, and what may be fabricated as real by one's mind. However, "the yardstick of success in this matter would be the ultimate similarity between ones original intent and the reactions observed to occur, whether internally or externally" (Liber Sigillum, page 109).

## Online Resources

[Collection of Carlos Castaneda's Don Juan's Teachings](#)

[Veritas Society Intro to Magick](#)

[Hoodoo in Theory & Practice](#)

[Huge Occult Texts Library](#)

[Mega Occult PDF Collection](#)

[Essays by Phil Hine](#)

[Sacred Texts Archive](#)

[Esoteric Archives](#)

## Recommended Books

[How To See Fairies](#) by Ramsey Dukes

[Real Alchemy](#) by Robert Allen Bartlett

[Modern Magick](#) by Donald Michael Kraig

[Magick Without Tears](#) by Aleistar Crowley

[Hands on Chaos Magick](#) by Andrieh Vitimus

[Practical Sigil Magic](#) by Frater U.D.

[Creating Magickal Entities](#) by David Michael Cunningham

[The Haitian Vodou Handbook](#) by Kenaz Filan

[Food of the Gods](#) by Terence McKenna



## --GATE TWO--

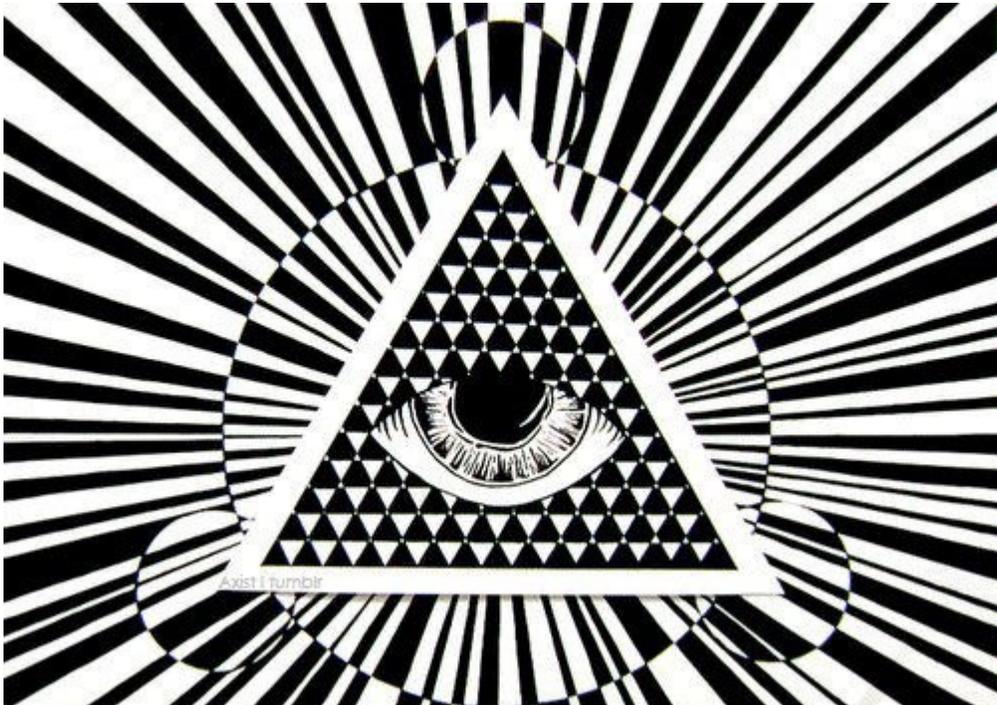
Gate Two is focused on knowledge, and circles five, six, and seven are gathered under it. Circle five has an emphasis on archaic history, or the very beginnings of mankind. These can be found through myths, the earliest forms of government, language, and writing. Circle six focuses on the history of the Middle Ages, and Circle seven on Modern History.

## --GATE THREE--

Gate Three is focused on creating a personal system of magic. Beneath it are circles eight and nine.

## --GATE FOUR--

The final gate is Gate Four, which focuses on applying the personal system created in Gate three to the magician's life goals. Beneath it is the final circle, ten.



## --LINKS--

For further information on the A.A.O. please check out the following:

[A.A.O. facebook group](#)

[A.A.O. Document collection on OC](#)

[Magickal Results](#)

[On the Mechanism of Gods, Goddesses, Servitors, and Egregores](#)

Liber Sigillum Excerpts:

[A Brief Examination of the 156/663 Current](#)

[The DKMU Godforms](#)

[An Interview with Joel Biroco](#)

[On Meditation and Dream](#)

[2nd edition Intro](#)

There is also an A.A.O. irc chatroom that can be found on the server [irc.hypersigil.org](http://irc.hypersigil.org) in #AAO.

