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# QVAREIA - THE APPRENTICE

Module 10 - Understanding Destruction

*Lesson 6: Dealing with Destruction II*

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QVAREIA

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# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

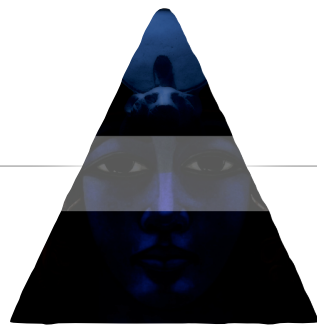
*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.*

*For more information and all course modules please visit  
[www.quareia.com](http://www.quareia.com)*

*So remember - in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.*

*Yours,*

*Josephine McCarthy*



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## Module 10 - Understanding Destruction

### *Lesson 6: Dealing with Destruction II*

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#### *Preparation for the work*

As is always the case before doing magical work that aims at a specific dynamic on something other than yourself, you must put your own house in order, or at least trigger that process, before you start changing anything outside of you. You began this balancing process in your early modules, which was the first step of preparation towards working with power. Now you need to touch base with that same concept before you put your hands to work magically.

*Repeat this process every time you do any powerful magic involved with destruction:* no matter how adept you are, you must always ensure that the power of destruction can flow through you without destroying you or turning your life upside down. That means good self-preparation before you act.

The work you will do in the next two lessons will have to do with destruction in two different ways. Like all powerful magic, it affects everything around it, not just the target. If you have a build-up of destructive energy around you, i.e. you have not been paying attention and dealing with your own balance, then this work can trigger a destructive event around you. The work you have been doing repetitively in the early modules will have triggered some releases of imbalance. Many of you will have experienced life

shifts, bodily reactions, and so forth: this is the body and spirit triggering into balance. So a fair amount of the work has already been done.

But before you ever step into the sort of work you will soon be doing, it is wise to prepare, to make sure that your scales are doing okay and that your body is ready for the work. Never do this sort of work if you are sick: it will make your illness worse. And ensure your body has enough time to rest after the work.

Most of this lesson is not a reading lesson, as we have already covered a lot of what you need to know. These next three lessons are predominantly practical, and will address the necessary preparation and then the work itself.

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## *Practical Work*

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### ***THE MIRROR***

You are going to learn how to check yourself and your scales in a magical setting which will bring on board contacts to help you. But you must also bring true self honesty to this preparation and work. Do not try to kid yourself, or think you can get away with something you do not want to address. When you do the work, the power of destruction will flow through you and into your life at what can sometimes be a stunning level of power. (I learned that the hard way.) So do not be an idiot and think this preparation does not apply to you. It applies to everyone, me included.

Before you begin the magical preparation, go somewhere where you can be quiet and undisturbed. Take paper and a pen, and no electronic devices at all. The world will not come to an end for one hour simply because you are out of touch.

Have the paper before you, close your eyes, and still yourself. Meditate a little to flow into the stillness. When everything is nice and quiet, start thinking about where you are in your life. Think about the positives and negatives and the balance between the two. Give it plenty of thought: go through every aspect of your life.

Think about what you do that creates, that gives life to something, that opens doors: this can be anything from tending children to gardening to painting—all these things are everyday creative acts. Then think of what you do that cuts away and destroys: do you regularly let go of what is unnecessary for you and pass it on to those who have need of it? (For example, I regularly go through my belongings to find things that are just not getting used. I parcel them up and take them to the charity shop or give them to people I know will use them. This is the simplest and easiest act of ‘destruction’: getting rid of what no longer serves a purpose.)

Then think about bigger things in your life: work, relationships, home, health, family. Is there any destructive small action you should have been taking in order to bring balance that you have avoided? If so, that is your Achilles heel. If it is a major thing like a marriage, a job, a property, etc., then you are not going to be able to deal with that quickly in order to do the magical work, but if you think you have identified what is potentially causing a destructive build-up for you, write down what it is. Put a circle round it. This is the start of the catalyst action.

Now think logically as to the best way to deal with this issue. Often such issues are complex, and triggering a flow of destruction can bring a lot of suffering to everyone concerned. Sometimes we are tied in financially, or through parental responsibilities or financial burdens like mortgages, etc. And sometimes emotional guilt or fear stops us moving forward. All these things are potential weak spots for a magician who is going to work with any level of power.

But no one ever said this sort of thing is easy. It is not, and sometimes it can be an overwhelming trap that ends up degenerating everyone involved. Once you have identified any possible weak situation that needs attention, write down ideas of what you think would be the best way to approach it, being sensitive to the needs of everyone involved. Once you have written that down, look at it. Even if you have not figured out a way to work through dealing with such a situation, just look at it. Look at what you have identified as a possible major issue that you are not addressing. Now tear it up and destroy the bits with fire: burn what you have written.

The point of this exercise was to focus your mind and intention: that focus triggers an inner pattern that you will now strengthen using magical work.

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## *Ritual for preparation*

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Set up your work room, light the lights, open the gates, and put the tools out. Do the anchor ritual to centre yourself and tune the room. Go round the directions a few times (visiting each altar briefly, pausing, and being still in a repetitive action builds up contact and power), acknowledge the contacts, and ask them to help you in this task of self-preparation and guide your mind.

Sit down facing south with the central altar in front of you. Recover the memory of your fate web pattern and recover the ‘feel’ of it around you. Let the image build until you can see the web all around you and you can faintly see the beings that work constantly on it. Look and see if the power spots, interactions, and build-ups on your web seem fairly balanced. If they are, you will find that the workers on your web are fairly well distributed across it.

In your mind, call to the contacts in the four directions to guide your mind, your emotions, and your spirit. Ask them to guide your mind towards any major unhealthy pattern in your life that is potentially building up destruction you have not yet taken action to address. Sweep your mind across the web and note if the beings are all huddling round one particular spot, or if one particular spot seems to be drawing a lot more power than the rest of it. If there is something like that, move towards it, stand among the beings who are around it and look at what they are looking at. You may see an event, a face, or simply colours or emotions: it depends on how your brain interprets what it is seeing. You are looking at a build-up and often the situation causing the build-up will become apparent if you cast your eye upon its manifestation in your web.

Take note in your mind of what impressions come to you. Now cast your mind to the south gate. Go and stand in vision on the south threshold and turn to look back into the room. Instead of seeing your room, you will see your life as it is at present. Look at the different aspects of your life. Notice which ones group to the east of the room as they present as visions, and which group to the west. Remember the life flashes or events that are appearing to you in the west of the room: these are the events or aspects of your life that are ready for breaking down.

Open your eyes and remember the various things you saw or the impressions and feeling you got when looking at your fate web, and also when standing on the south threshold. Do they match up? Are they the same life issues you were thinking about when you wrote your notes?

Sit in the magical silence and think about what you are willing to trigger or change in order to let something destruct and fall out of your life. Don't think about the future and consequences, just think about the here and now that you are sitting in. What needs to change in your life in order to free up energy? Sometimes what we think is needed and what is actually needed are two different things. It does not matter if you get it wrong; what matters is your intention and willingness to let go and invite change.

Get up and go stand before the east. Bow to the contact and tell them you are willing to flow with any necessary destruction in your life that may be triggered by the magical service. Ask for their guidance to help you understand it for yourself. Now repeat this in the other directions. When you have finished, lie on the floor and just hang out with the power in the room. Understand that sometimes being willing to let go of whatever is necessary is all that is needed. Sometimes actually letting go is needed, and sometimes triggering the process willingly is enough: it may take months or years to work its way to completion.

When you are ready, get up, bow to the contacts, close the gates, and put out the lights. Now you must leave seven days before you move on to the actual magical work, just to give your ponderings time to settle, to work into your deep consciousness, and for the inner worlds to respond.

When you do such a self-examination, (which should be a lifelong habit) and you identify areas of your life that could possibly do with a good shake-up or pruning, because you are a magician it brings a lot of energy into focus round those issues. You may find that in fact those situations, though they seem ripe for destruction, are actually just going through a down phase and will right themselves. Or you may find that such situations really do need to be ended, and the self-reflection in the magical space brings the power round that situation into focus.

The declaration of willingness to deal with such a situation, no matter how hard it may seem to you, triggers an inner response. The inner contacts see you are willing and will gather to watch over you and nudge you in the right directions, and the inner energy shifts from being a rancid destruction



build-up to an energy that is about to release when the time is right. It moves the situation from ‘ignored’ to ‘pending.’

When you do the magical service, the power of destructive balance will also flow through that situation. But because it is in pending mode, instead of it simply hitting that situation in an explosive way, the power will flow to areas of the situation that need it. The inner contacts around you will guide that power to the areas that will help bring the situation to a conclusion and release it if you are willing to engage with that process. Sometimes this can manifest for you as an active and managed unravelling of the bad situation as opposed to a bomb going off, or it can manifest as turning the problem into a non-issue. The key is to know there is an issue and be willing to tackle it when the time presents. And that is also another aspect of this preparation: it pulls the timing aspect of the web into a more manageable aspect.

Say for example you are in a bad job but it pays well and covers all your expenses including your mortgage. But the job is still destroying you, and your partner is not willing to downsize to make life more manageable. This is a bad situation that is overripe for destruction if it is affecting you deeply in a negative way. You are planning to do the magical service, so you need to address it. But you cannot just walk out of your job, as you have responsibilities. By doing the magical self-reflection and stating to the contacts that you realise it has to change and that you are willing to do whatever is needful to bring about that change, it creates a shift in the way this situation can play out. And it also alters the time issue.

You may have been destined to have a massive meltdown or to have lost everything in an uncontrolled outing of the built-up destruction. But by engaging and being willing, the situation becomes a managed destruction. As the power hits that pattern, it starts to unravel in a way that connects into other power spots on your fate web. In other words it becomes a slower, more controlled, and most likely kinder breaking down of a bad situation. Keep in mind that everything has its own time and every event times itself in to connect with other things.

If your life is fairly balanced, then working with destruction will not affect you at all, or may just cause a blip in your week. So keep that in mind as well. I have to outline the worst case scenarios because of the wide range of people who will be reading this lesson.



Essentially it is simply about knowing when you are clinging to something or avoiding dealing with it, and making the decision to be willing to let go and act if necessary. The rest is taken care of by the magical work and inner contacts: your declaration of intent is a catalyst for change. When that change presents itself, step willingly into it and go through whatever transformation is needful, no matter how hard it may seem. You will come out the other end in better form, and you are never ever abandoned when you work in magical service, even if it sometimes feels that way.

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### *Cleansing and resting*

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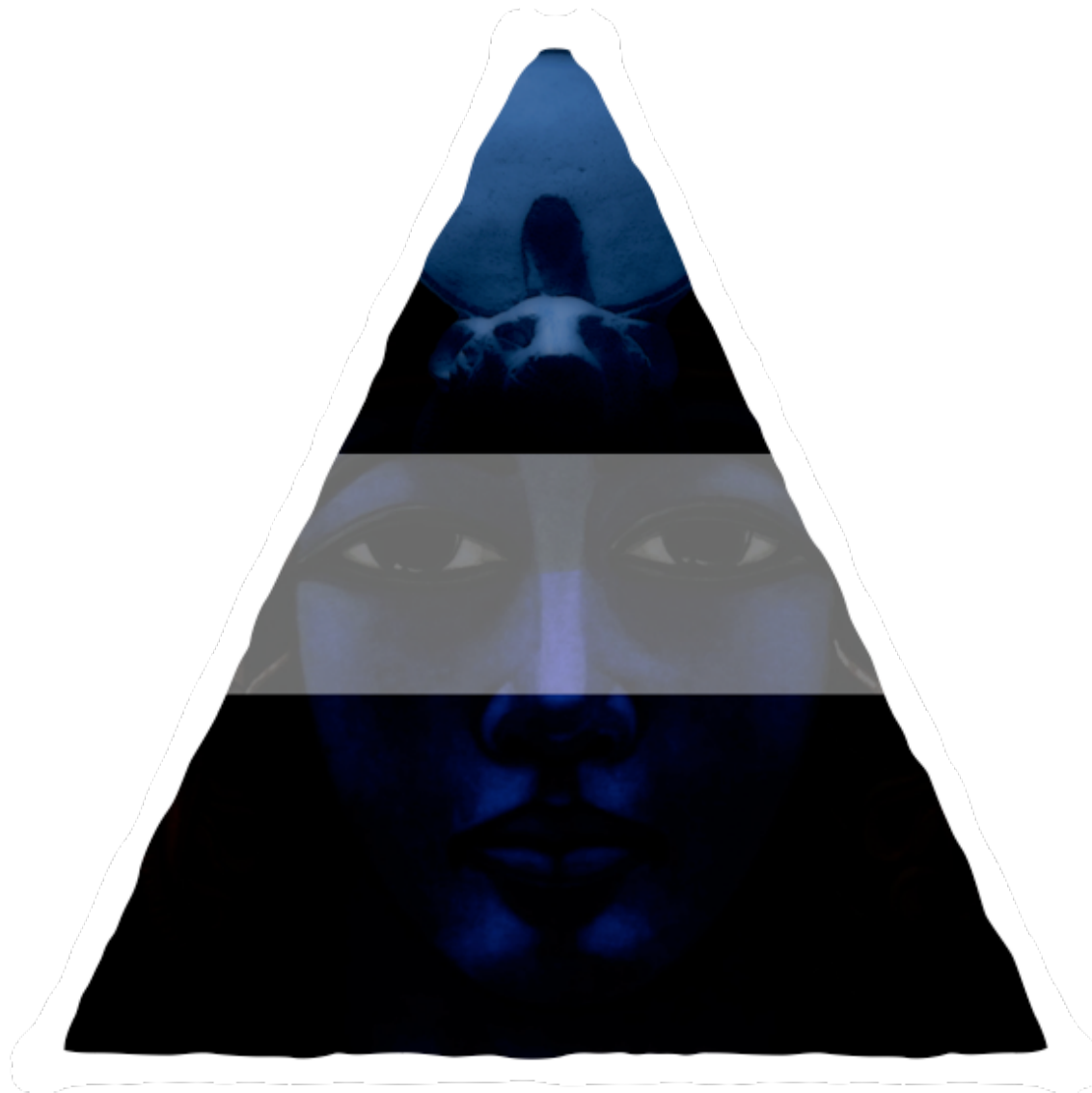
The day before you intend to do the next lesson's work, first ensure that at least seven days have passed since the self-reflection you did in this lesson. The day before the work, keep your energies in. Plan the day so that you do only what is necessary. Do not go online. Either rest or read a simple novel: you need to be disconnected from world events and from too much interaction with people around the world. Learn to bring your energies into your still point and hold them where there is quiet and rest. Have an early night and get plenty of sleep. And place your magical stone shield under the bed by your feet or as near to the bottom of the bed as you can. In the morning put it back with the tools. This is to protect you. With real magical work, the process begins the moment you make the decision to act, and the inner worlds and beings will start to react. The stone will shield you as you sleep and stop you being pulled into a dangerous sleep situation.

Before you step into your magical space to do the work, take a ritual cleaning bath—the salt and water ritual bath you learned at the beginning of the course. Do not add to it, do not adjust it, just work with it as it is. Put on clean clothing, and ensure you have nothing on you with a face on it. Now go straight into the work of lesson seven.

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