

QVAREIA - THE APPRENTICE

Module 1 - Core Skills

Lesson 1: Meditation Techniques

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QVAREIA

WELCOME

Welcome to this lesson of the Quareia curriculum.

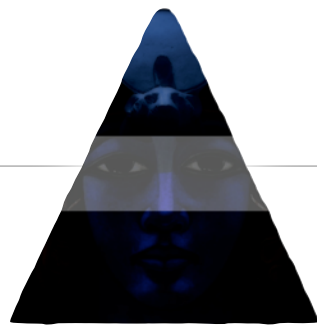
The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.

*For more information and all course modules please visit
www.quareia.com*

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 1 - Core Skills

Lesson 1: Meditation Techniques

There is a very good reason why meditation is the very first skill that you learn in magic: without knowing how to use your mind properly, there is no magic. To be still, to clear your mind and to direct your thoughts are necessary skills for operating magically. To be able to do those things, one must meditate daily.

When an aspirant first begins to meditate it can often be a struggle: the mind and body can be difficult beasts to tame, but with perseverance, meditation eventually becomes a normal part of your everyday life. Once you get to adept level, you should be able to close your eyes and immediately go into a very deep space where you can draw upon power and where your inner (psychic) senses are always ready and available. How you get there is through practice, practice, practice.

Practical Considerations

There are a few practical considerations that I would like you to pay attention to before you start your meditation practice. These considerations can have a bearing on how well your meditations go.

Meditation does not need to be done on the floor with your legs twisted like a pretzel. If you already sit that way, through practising yoga etc., then all is well and good. If you are not used to doing yoga and have not meditated before, then do not think you must struggle to sit in a position that is not easy for you. Sit in an upright chair, or on a mat on the floor. The only thing I would advise against is lying down: you are not going to sleep, you are meditating. Lying down will encourage your mind to go into sleep mode, which is not what you want at all. So if you were considering lying down, stop being a wuss and sit in a chair.

Wear comfortable clothing. Have a silent clock placed nearby so that you can see it if you open your eyes. During the first stages of magical training, you will be timing yourself. Have a window open if at all possible, even if it is noisy: the fresh air and the energy within the air is good for you. If possible, choose a room that is not near a road so that you can open the window and not breathe in fumes. Turn off phones etc.

If at all possible, get up an hour earlier than normal and meditate first thing in the morning. It will be a struggle at first, but it will set up your mind for the day. If this is truly not possible (i.e. you already get up for work at 5am) then meditate late afternoon, early evening. Try to avoid meditating later at night. But magically, the best time to meditate is dawn.

If you already meditate and are able to still your mind, don't skip this lesson as there are a couple of techniques introduced here which are vital to this course. You will just find it much easier to do these exercises if you already meditate.

FIRST MEDITATION EXERCISE

Light a candle, note the time, sit down and close your eyes. Turn your head to the right, take in a deep breath and then breathe out. Turn your head to the left, take a deep breath, and then breathe out. Face forward, take a deep breath and then breathe out.

With your right hand (regardless of whether you are right or left handed), place your thumb and fourth (ring) finger on either side of the root of your nose where your eyes and nose meet, and place your index finger on your forehead just above the nose/eyebrow line (third eye area). Sit and breathe normally, being aware of your finger on your forehead. Focus on your

finger. Every time your mind wanders and you begin to think about mundane things, bring your focus back to your finger.

Once your arm is tired, drop your arm and keep focusing on that spot on your forehead. See yourself breathing in white smoke and breathing out grey or black smoke. As you breathe in, imagine that the white smoke is filling your body and pushing out the stale black smoke.

Every time your mind wanders, pull it back to the spot on your forehead. Once you feel you cannot focus any more, open your eyes and check the clock. If you have not sat for at least ten minutes, close your eyes and continue. If you have sat for longer than ten minutes, close your eyes again for a few moments and tap on the third eye area with your right index finger while taking good deep breaths through your nose.

Get up. Stretch up with your arms and then, keeping your legs straight, stretch down to put your hands on the floor. Hold for a few seconds. Stand up, turn your body right while keeping your hips facing forward, arms outstretched, and hold. Turn and repeat on the opposite side. Stand facing forward, arms outstretched, and look at what is before you. As you look at what is before you, also think about what is behind you, what furniture, wall, door etc. Stand and make sure your brain can process looking at one thing while thinking about something else.

Finally, turn to the east, bow and finish. You are bowing in recognition of every adept who has gone before you, every student who has made real adept level and beyond. You are bowing in recognition of all the inner and outer teachers. And it is also practice for when you come to work in the inner worlds. This is a deep sign of respect in magic: do not just mindlessly bob your head or body in a meaningless gesture. Think about what you are doing. As you bow, be aware that you are entering a line of historic magicians, an ancient line, an ancient tradition that deserves your respect.

Remember, twenty minutes a day of meditation is far better than one or more hours once or twice a week. Little and often is the key.

SECOND MEDITATION EXERCISE

Once you have mastered the previous meditation exercise, keep practising it for ten minutes or more each day, and practise the following technique for a further ten minutes or more a day. End your session with the stretch and bow outlined in the first meditation exercise.

Once your system is settled and you are used to the basic meditation technique outlined in the first exercise, then it is time to work with colour. This is the foundation of learning how to move power in and out of your body. The advanced technique begins here. First you learn how to move colour in and out of your body; then you learn how to trigger the regeneration and cleaning of your inner energies.

You are going to work with three colours, red/left, blue/central, and white/right.

Starting with the right side, block your left nostril by pressing against it with your left index finger. Breathe in through your right nostril and as you breathe in, imagine the right side of your body filling with white smoke. Breathe out through your mouth and imagine that you are breathing out white smoke. Breathe in white, breathe out white. Repeat this whole sequence three times.

Now press on your right nostril with your right index finger and breathe in through your left nostril. Imagine you are breathing in red smoke that fills the left side of your body and breathing out red smoke through your mouth. Repeat this three times. Place your hands on your lap and breathe in through both nostrils, imagining that you are breathing in blue smoke that fills the centre-line down your body from head to toe, and breathing out blue smoke from your mouth. Repeat this three times.

Once you have finished, sit quietly and imagine the blue channel flowing down through your centre, the white channel flowing down the right side of your body, and the red channel flowing down the left hand side of your body. Spend some time just sitting and being aware of the three colours flowing in your body.

Finally, spend a little time sitting quietly and allowing the mind to silence itself. If you find yourself remembering things or thinking about things, just gently stop thinking about them and return to silence. This is the hardest skill of all to learn in meditation, and it is best to build it up a few

minutes at a time until eventually the bulk of your meditation time is spent being still.

THIRD MEDITATION EXERCISE

Once you are accustomed to visualising in meditation and are able to sit for half an hour or more, then it is time to learn the meditation of the inner flame. This is the start of a skill set that, once you have mastered it, will be one of the many tools you can engage to help protect you, transport you, heal you and energise you. It is an ancient method of magical meditation and something you will use throughout your magical life.

Essentially this meditation works with the image of a flame. This image will be slowly connected, through your training, to a state of mind and a state of power called the Void. This power is something that exists within all living beings, and all elements, substances and patterns: it is the nothing from which all things flow. To connect with that power you must first learn how to work with it in meditation, and that is done using the element of fire. You must learn to visualise a flame in front of you and a flame within you.

For now, you will learn the very basic meditation of the ‘flame within.’ Close your eyes and do one of your simple breathing exercises until you are still. Using your mind's eye, imagine a flame burning gently in the centre of your body. It does not harm you, it does not burn you; it is a flame of vital force that energises you, and it is an aspect of your life force. As you breathe in and out, be aware of the flame within, ever constant, ever present. Notice its colour. Notice how it moves gently as you breathe.

Every time your mind drifts away from the flame and thoughts start to crowd into your head, gently stop the flow of thoughts and remember the flame in your centre. Focus back on the flame, on the feeling of its warmth through your body. Notice how safe it feels and how beautiful it is.

Open your eyes and check your clock. If you have been sat for more than ten minutes, get up, stretch and do your bow. If you have only been sat for a few moments, close your eyes and focus your mind back on the flame in the centre of your body.

Magic and Meditation

Meditation is a central and core skill for magic, as magic uses the mind in many different ways and learning how to operate the mind consciously is very important. A still mind allows the magician to focus power, and the ability to consciously use the imagination to build images in the mind's eye allows the magician to form patterns and doorways that allow their consciousness to expand beyond their body.

In today's world of constant noise, media and chatter, it can be very difficult for the aspiring magician to learn how to be quiet, how to listen, and how to be still. The way to overcome that difficulty is to work at it. For some of you, your mind or your body or both will rebel. Don't turn your meditation sessions into a battle; rather turn them into a rhythm. Remember as a child not wanting to brush your teeth or wash your face, or to sit quietly until the adults had finished eating? It was hard as a child to do such disciplines, and yet as an adult you move through such things without even thinking about them. So it will become with meditation. And that stage is arrived at by doing it every day.

I used to practice meditation with a baby on my lap, or on the bus on longer journeys: that put me in good stead for later years when I would find myself suddenly facing a powerful being or a dangerous situation—I could instantly become still and focussed.

Magic flows from that still, focussed place. Robes and tools and altars are a part of magic, but if they become a crutch then you are doomed to destruction or failure.

A magical attack will not wait patiently for you to finish what you are doing, put on a robe and pick up a sword: it will catch you unawares in the midst of a busy day. As you will learn in your training, while you will use magical tools, your body is also all of those tools combined, and your mind is the most potentially powerful tool you can use. That power comes first from meditation, and then from the use of visionary magic.

Tasks

1. Meditate each day for a minimum of twenty minutes. Initially, start with just the first meditation. Once you have understood and are able to do the first meditation, add the second meditation. Once you have mastered that, go on to work with the flame meditation.

Once you have mastered all three forms, start a regular daily routine that incorporates all three in succession: first the clearing of the body (white smoke/black smoke), then the awakening of the third eye (the finger-press and tapping technique), then the energising and alignment of the three channels (red, blue, white) and finally the flame meditation. Meditate for a minimum of twenty minutes each day without fail. But do not meditate more than an hour a day.

2. Keep short notes in your journal of your progress in your meditations: list how long you meditated (and be truthful!), whether you felt it was easy or hard, and how you felt afterwards. The reason for keeping a daily note of how you felt at the end of your meditation is that eventually it will show you how your early warning system is developing. As the weeks pass and you become more experienced in meditation, there will be times when you emerge from your meditations feeling slightly 'off' or 'jangled.' This can often be an early warning of trouble or illness. It is like a very, very quiet whisper at first, something you can barely feel.

But as you work more, and as you practice other core skills, slowly but surely you will start to recognise your 'good' energy feeling, your 'bad' or 'getting sick' energy feeling, and your early warning system of 'something is not quite right.' Once you have recognised the distinctive feel of the early warning system, you can use other core skills to identify what is potentially going wrong, or if you are in some sort of danger.

The more you recognise these signals, the stronger they will become over time. Sometimes it is just your own consciousness playing tricks on you, but you need to learn to feel the difference when that happens. Because everyone senses things in slightly different ways, the only way to truly learn what your own feelings in stillness are telling you is by observing them through a daily journal.

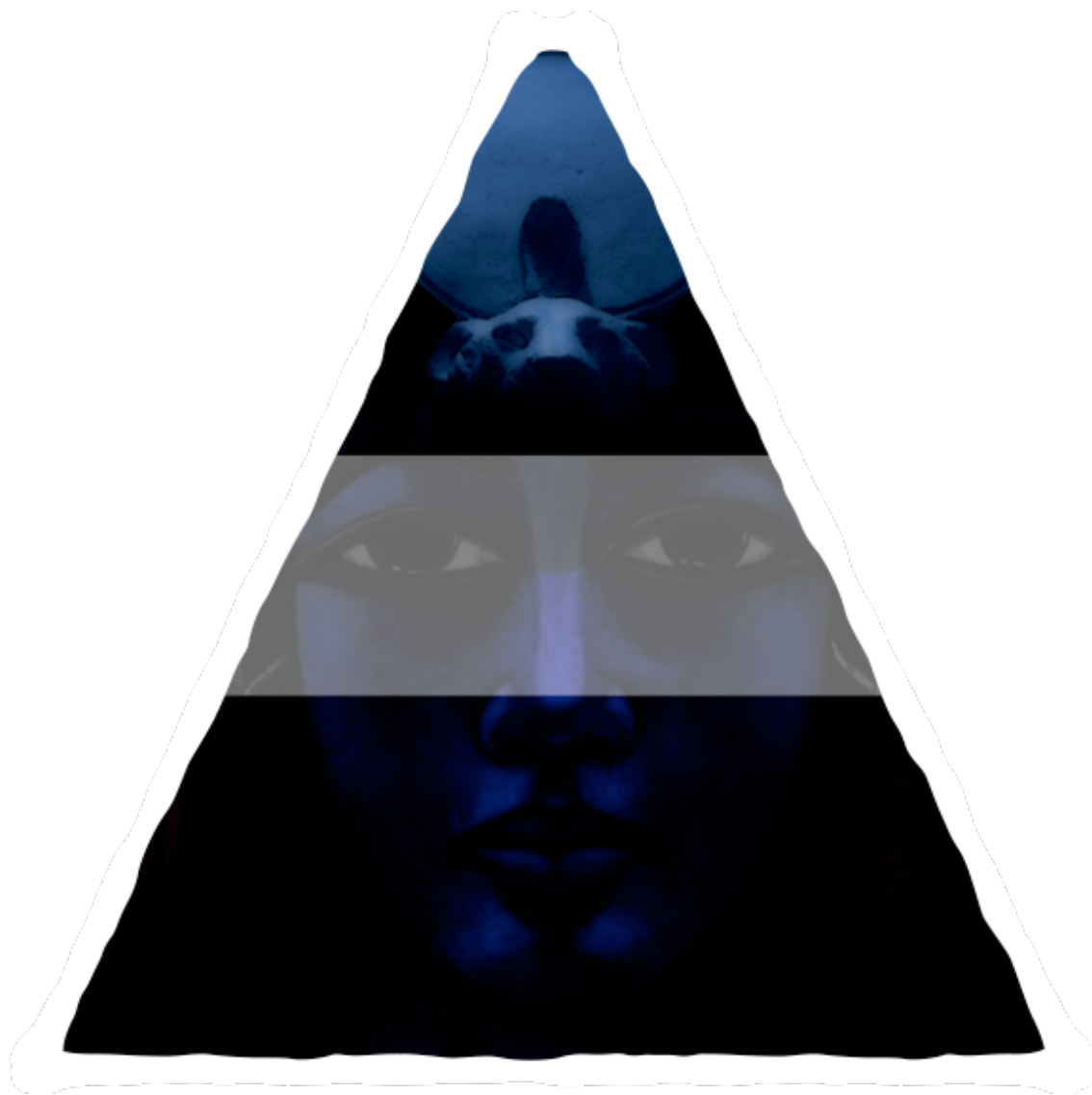
If you get sick, look back a few days in your journal to see how you felt after meditation. Sometimes the body gets a little energy high twenty four hours before sickness: this is your immune system gearing up for the attack. Others feel out of focus, and some people describe feeling like they are the 'wrong shape' just before they get sick.

If something bad or difficult happens, again, look back over your journal. A couple of words each day are all that it takes. As you start to see a pattern develop through your descriptions, you will begin to recognise the quiet warnings that your inner energy or body tries to give you. So write them down each day without fail.

Daily meditation will become an aspect of your daily life for the rest of your life, so get used to it!

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