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# QVAREIA - THE APPRENTICE

Module 2 - Patterns and Maps in Magic

*Lesson 1: Directions*

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BY JOSEPHINE MCCARTHY

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*

# STUDY GUIDE FOR MODULE TWO

*A lot of the lessons in this module are about learning to execute certain ritual patterns (and you have two easy lessons with not much action). It is important that you learn each ritual in turn, learning the recitations by heart, and learning the coordinated movements.*

*Once you have learned a ritual and are able to do it properly, and have absorbed the lesson, you will have been instructed to repeat that ritual for a certain period of time. As you practice, you are also ready to continue on to the next lesson.*

*So your rhythm of study should be: read the lesson – practice the ritual movements and learn the recitations – do the ritual ‘proper’- set up a timetable to repeat it –start the next lesson.*

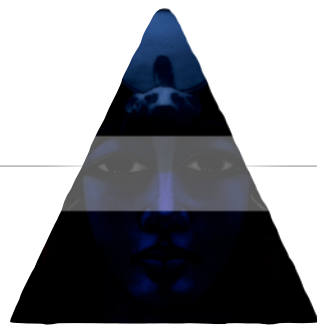


*So by now your magical training schedule should look something like the inverted pyramid on the previous page.*

*Each week you should be doing meditations, tarot reading practice, practicing rituals from previous lessons, learning new ritual/lessons, doing research or writing.*

*If you have a heavy work schedule and cannot commit to that type of a time frame, work at your own pace: the main thing is that there are things you do regularly, and that you are practicing the previous lesson while learning the new one, so that they overlap a little.*

*Above all, make sure that you stay in the sequence of lessons and do not hop forward a few lessons.*



# QVAREIA - THE APPRENTICE

## Module 2 - Patterns and Maps in Magic

### *Lesson 1: Directions*

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The second Module of the apprentice training is all about magical patterns. Patterns are the skeletons and nervous systems of magic, and without the use of patterns, magic falls apart. If the magician does not understand the patterns they are using, they will severely limit their work, learning and power. This is why it is very important to learn some of the key patterns in the early stages of your training, so that all of your magical learning has a foundation to sit upon.

The first lesson of this module is about the directional pattern. In the first module, you learned the very basics of how to acknowledge the powers of the four directions and the power in the centre. That is the base template for rituals and visions that work around the directions. From that template, you now need to learn how to operate with the directions in visionary ritual, in order to prepare for making inner contacts and working with them.

The four-directional pattern is probably the oldest pattern we are aware of in magic, and it is also the most versatile. It is used for making inner contact, for moving power around, for magical construction, for sending and receiving magic, for tuning, for protection... The applications of the four-directional pattern are wide-ranging because it is a template for the physical world. It is the map of the earth in terms of creation, as viewed through the lens of western magic.

Throughout your magical training you will revisit this pattern many times in very different ways, so that you slowly build up a strong understanding of the breadth and depth of this simple system. The four-directional pattern, along with certain other patterns inherent within magic, is a major key to working magic successfully. For this reason it is important to learn all these patterns' different levels, applications, methods of operation, and the magical interactions that flow through them.

Before we step into the practical work of visionary ritual, we need to shine a light on some of the work you have already done to give you a deeper understanding of what you have been working on.

Let's open out the deeper mysteries of the magical directions a little bit, and give you a peek of how the powers work, what they are, and how you work with them as a magician.

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### *Directional dynamics of power*

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East–west: When you work ritually around the directions and in vision, the power of humanity flows through the east–west axis. The two root tools flow from these directions, and out of these directions the full magical power of humanity can be drawn. Whenever a magician does a magical action, it will flow out of one or both of these directions.

So far in your basic ritual training, you have visualized a sword held in your left hand. This means you are facing south in your ritual work (facing south directs the magic into the future). The power of the east is the power of utterance, learning, and the sacred breath of life; and it is embodied within the sword—which is held as a magical being, not as a magical weapon. The key word of the east is I Give. This ritual positioning enables you to take action actively, to instigate a magical act that adds something to the universe. The key word I Give means you are initiating an action: you are creating.

This puts the magic into the flow of creation, a flow that is constant, powerful and Divine: In the beginning was the Word. The first act of creation is the breath of Divine Consciousness uttering from the void.

This is why all magic starts in the east, with a word or a breath, and why the sword (Air) lives in the east. This is also why religions based around the utterance turn east to pray. The east is ‘male’, not in a gender sense, but in the sense that when it acts creatively its power outputs or ‘gives’ like semen. The prayer that is physically uttered is powerful, and magic that is physically uttered is also the most powerful. Here is an example from a religion.

*“Adonai s’fatai tiftach, ufi yagid t’hilatecha”(transliterated Hebrew):*

*“Adonai open my lips, that my mouth may declare your praise.”*

That Hebrew prayer holds a great many magical keys of understanding hidden within it. East is the beginning of a magical action for us as humans. But it is not the actual first step. Before us, everything has to flow from a Divine or Universal Power source. The first step of a true magical action is the impulse leaving the void and beginning its journey to express itself in the human world. The magician taps into that expression and mediates it through them in an act of release.

The sword as a magical object guards the Word, the magical utterance, and keeps its action limited, restrained and focussed. Remember the sword’s powers when we later discuss the subject of using ritual action to connect with inner contacts, as the contacts are filtered by its attributes.

The west is the ‘female’ direction in that it receives in the creative act like a womb does: the vessel. This is not about being watery and feminine; rather it is about the capacity to contain power and form it. The vessel receives the utterance or Word and incubates it, contains it, and forms it into something tangible. So you see that either human-based direction cannot work in isolation: the giving power needs to be received, and the vessel can only receive if something is actually placed within it.

Just as the east is dawn, the beginning, the west is sunset. By the time the vessel fully transforms the power it has received, it is already marching towards destruction. All creation is either rising to a peak or falling into destruction—there is never a plateau. Just as every human life grows, reaches a peak and then immediately begins its slow decline to death, so too does all magical power instigated by humanity.

The key is to map out the future fate path of the magic so that it achieves its purpose while cycling through its rhythm of creation and de-

struction. That is done by balancing the creation (east) and destruction (west) with time: past and future. The magician stands in the present and draws power from the east to create a magical cycle, but that magical cycle must connect into the flow of time and substance in order to work. And this is where the other two directions come in.

North is the past, the ancestral realm, the ancient Mother, the rock beneath you. North is both behind you and beneath you: the shield that has your back is also the rock upon which you stand. You hold the sum total of your ancestral wisdom in your blood, and that blood wisdom is something a magician draws upon heavily. As a magician in a contacted line, you are also the sum total of every magician who has gone before you: that line buffers you and strengthens you.

So when the magician stands with her arms out, sword in her left hand (east) and cup in her right hand (west), her back is to the north: the shield guards her back and the rock/ancestors beneath her give her a huge reservoir of wisdom, stability and strength to draw from: beneath and behind work together and are essentially the same directional power.

South is the future. South is the angelic threshold of the future; it is also the direction of potential as that potential is still being formed. This path of future potential is fuelled by angelic beings that create an interface for the future to flow through. This interface is perceived in magic as ‘above’. (why this is so will become very apparent in your adept studies) This is why on your pentagram shield the hexagram (Divinity in balance) is above you. The hexagram pattern flows down into manifestation and into the earth—which is why you have the symbol for earth below the genitals (generations) of the pentagram. Are you confused yet?

Hopefully by this stage you will begin to realise that the four-directional pattern is not four-directional at all: that is a hugely simplified reduction of a complex and beautiful pattern. And it should also be dawning on you that not only is the four-directional pattern multidimensional, but it is roughly divided in two: creation and destruction.

So, place yourself in the centre of the directions. The east and above work together to create the utterance, which is then sent on its path into the future via the south: which is why magicians point wands (or fingers)—wands/fire/south. The wand directs the magic into the future, into action by way of the inspirational fire that brings formation.



The west, the north and below all work together to receive that magical action, to ground it, root it, contain it and form it into a solid pattern. Through the tension and polarity of the south/future/potential and the north/past/substance, with the magician in the centre to act as the fulcrum; a power builds up that is contained, formed, energised and ready to burst into the future. And when I say future, remember that in magic “future” can mean in a hundred years’ time, in a year’s time or in three seconds’ time. All magic must be created for the future, otherwise it just will not work. If you make the mistake of creating magic for ‘now’ it will fail as there is no such thing as ‘now’—time is constantly flowing.

If you are confused at this point, go back and reread this section and maybe draw out the pattern described, or stand and imagine it around you until you start to get a feel of its multidimensional aspect. Take your time understanding this: it can be a massive leap, but it is a necessary and important one if you are to be successful in your magical actions.

Now it is time, if you have basically grasped this multidimensional pattern, to begin to work it ritually and in vision. In the first module you learned how to use your mind to move about a space. This next practical exercise will build upon the directional ritual pattern you learned in module one, and will step your visionary process forward an inch in preparation for you stepping into the inner worlds.

You learned to move about your living space in your mind; now you need to learn how to move about a magical space both physically and in vision. At the same time you need to begin to learn how to move power around using your mind. This will prepare you for working with inner contacts and also for working with magical tools.

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## *Practical work*

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### ***THE VISIONARY RITUAL OF THE DIRECTIONS***

Working in your ritual space with the five altars, go around the directions lighting the lights and visualising the gates in the method that you learned in previous lessons. Go and stand before the central flame, facing

south. Be aware of the four directions around you, and of the fifth direction which is the centre. The centre direction is also above and below; it is the column of power that is the central fulcrum for all substance, and it is the highway of time (above = future, centre = present, below = past).

Remember the breastplate from Module One, Lesson Seven. Standing before the flame, hold out your arms and close your eyes. See the sword in your left hand and the cup in your right hand. Imagine, using your mind's eye, a road opening up before you that vanishes off into the south, and behind you a line of people that seems to vanish off into the depths of the north. Between you and the line of people (the ancestral line) is your guardian angel, who has a hand upon your shoulder. Before you, on the path that goes off to the southern horizon, stands a group of angelic beings. These appear in your mind as humans with angelic wings and very long hair that trails on the ground behind them. They are holding out an arm as if to show you the way ahead. Holding those images in your mind, recite the breastplate:

*The Father is above me, The Mother is below me, the sword to my left, the cup to my right, the guardian angel behind me, the Sandalphon before me, within me is life, within me is the breath of God: I will be.*

That ritual action and utterance has now tuned the space and tuned you to a frequency where you can work properly and safely.

### ***RITUAL OF CONFIRMATION***

Only do this ritual once—it is a declaration that triggers the magical process of receiving the magical tools in the future.

Walk a full circle around the central altar, bow to the east altar, and walk a full circle a second time, finishing standing before the eastern altar. In your mind's eye, while also keeping your eyes open, 'see' the gates which are open. Now close your eyes. Imagine you extend your left arm across the altar and hold out your hand to the gates. Keeping your eyes closed, and using your physical voice, ask: "I, (say your name), as an apprentice of the Quareia, ask that I may begin the journey of the sword."

Now extend your physical left arm out over the altar (be careful of the flame). With your eyes closed, using your mind's eye, see a shadowy figure emerge from between the open gates. The figure looks at your hand and then touches it as if feeling for something. Keep that image for however long the figure holds your hand. Once the figure lets your hand go, with eyes remained closed and holding the vision, physically bow and withdraw your hand. Take a step back, turn and walk a full circle around the central altar, and stop at the southern altar.

Place both your hands on the altar and close your eyes. See in your mind's eye the open gates. Look beyond the open gates and see a road going off into the horizon. On the road you will see some figures. One of them has a hand held up in a 'stop and wait' position. The being is showing you the way ahead but warning you that it is not yet time to step into and onto that path: first you must gain the skills needed to walk that path. But they are waiting patiently for you and will be there when you are ready.

Open your eyes and using your right hand, index finger pointed, draw a line straight down from 'above to below'. Now draw a diagonal line from upper left to lower right, and then a diagonal line from upper right to lower left (drawing an X through the I). This is the quarry mark: you are defining your path ahead with the magic of the quarry.

Take a step back, bow and turn. Walk a full circle around the central flame and then end at the western altar. In your mind's eye, while also keeping your eyes open, 'see' the gates which are open. Now close your eyes. Imagine you extend your right arm across the altar and hold out your hand to the gates. Keeping your eyes closed, and using your physical voice, say:

*"I (say your name), as an apprentice of the Quareia, ask that I begin the journey of the cup."*

Now extend your physical right arm out over the altar (be careful of the flame). With your eyes closed, using your mind's eye, see a shadowy figure emerge from between the open gates. The figure looks at your hand and then touches it as if feeling for something. Keep that image for however long the figure holds your hand. Once the figure lets your hand go, with eyes remained closed and holding the vision, physically bow and withdraw your hand.

Take a step back, turn and walk a full circle around the central altar, ending at the northern altar. In your mind's eye, while also keeping your eyes open, 'see' the gates which are open. Place your hands upon the altar and close your eyes. Using your mind's eye, using your imagination, look at the open gates and see many people gathering at the threshold of the gates: these are people you are connected to in time, be they blood ancestors, companions from other lives, etc. None of them cross the threshold to join you; they stay on the threshold, just showing you that they are there, that they 'have your back.'

One of them shines a lot brighter than the others, and when you look closely, you see the eyes of this person are like stars: it is then that you realise this is not another human, but your guardian angel. Do not try to make any verbal contact: it is too early in magical terms to make full contact—it is enough that you see, recognise and acknowledge. Bow to the gathered people and the angel, and say out loud "thank you." Open your eyes and take a step back.

Turn and walk a full circle around the central flame, and then stand in the north, facing south with the central altar before you. Sit down and close your eyes. Meditate for a few minutes and think about the images and people in each direction that you have just visualised. When you are ready, either stand up and go around the directions to close the gates down, or continue on to your next ritual exercise.

**Notes:** The ritual of confirmation is a very simple and yet deep-acting ritual that introduces you as a magical apprentice to the inner contacts. The apprentice asks to begin a journey that will lead to the magical tools, and also begins to see and acknowledge the contacts in the directions.

Regarding the inner contact touching the inner hand of the apprentice: through this visionary touch, the inner contacts can 'see' the best way to align your path to the path of the specific magical tools that you will work with in the future. It is a magical way of saying hello and handing over your resume.

## ***DIRECTIONAL RITUAL OF POWER PART I***

If you are continuing on from your confirmation ritual, do a stillness meditation for a few minutes and then see the room and the altars with the flames in the directions in your mind's eye. If you are starting this ritual afresh, light the directional lights and visualise the opening of the gates using the method you learned in Module One. Once the gates are open, sit down before the central altar, facing south, and do a stillness meditation for a few minutes. Once you are still, you are ready to work.

The next part of the ritual is done seated before the central flame, with you facing east. You are going to work with visualisation with your eyes closed, using your imagination.

Turn your attention to the central flame. See a column of light coming down into the room, passing through the central flame and then plunging down into the ground. See a thread of light coming out of the east and joining the central flame. From there it shoots out into the south, passing through the southern flame and through the open gates.

See the thread of light returning from the southern gate, passing through the central flame and going into the west. It hits the western flame and passes through the western gates. The thread of light then flows back from the west to the central flame before passing into the north. It passes through the northern flame and vanishes through the northern gates. So the flow of light processes as follows: From the east, centre, south. From the south, centre, west. From the west, centre, north.

See this flow of light/power pass around the directions from east to north three times until you can imagine the flow with ease. After the third time of imagining this power flow, open your eyes and stand up. Pick up a taper or long candle.

Process a full circle around the central altar and stop before the eastern altar. Light the taper from the eastern flame and say 'I give.' Turn to the central flame and join the flame of the taper with the flame of the central flame. Say, 'I create.' Now turn and walk to the southern altar. Join the taper flame with the southern flame and say, 'I give to the future.' Now blow out the taper flame and walk a full circle around the central flame, returning back to the southern altar.

Light the taper from the southern flame and say ‘I receive for the past.’ Walk with the taper straight to the western altar (bypass the central flame for this particular part of the ritual) and join the flame of the taper to the flame on the western altar and say, ‘I receive.’ Turn and walk to the central altar and join the flame of the taper to the flame of the central altar and say ‘I destroy.’ Turn and walk to the northern altar and join the taper flame with the northern flame and say ‘It is done and I release the fragments in to the past.’

Blow out the taper and put it on the northern altar. Turn and walk a full circle and finish before the eastern altar. Pause for a moment, say thank you, see in your mind’s eye the gates closing, then blow out the eastern flame. Step back, bow, say thank you. Repeat in the south, west and north. Turn to the central altar, bow, say thank you, and blow out the central flame. Stand for a moment in the silence, before leaving the room.

Do this action seven times (no more than once a day), until you have a strong sense of how it works and you can do it with ease. This is simply a template for the ritual. Once you are comfortable with the ritual so far, then it is time to step it up by introducing contact and power. The way to do this is as follows.

### ***DIRECTIONAL RITUAL II (THE FULL RITUAL)***

This ritual uses a lot of visualisation. The best way to work is if you can use your mind’s eye to imagine images while your eyes are still open. If you cannot yet do that, don’t worry, just close your eyes for the visionary aspects of the ritual and then open them when you have to move around or do an action.

Start first with a stillness meditation. Light all of the directional flames, starting in the east, and see the gates opening. Go back to the central altar, stand facing south with the altar before you, and stand for a few moments in silence to prepare yourself. Utter the breastplate. Now you are ready to work. Pick up a taper and start by approaching the eastern altar.

When you approach the east with the taper, see in your mind’s eye a shadowy figure standing at the threshold of the gates. As you approach the eastern altar, the figure holds out their hand, and you see that a flame is nes-

ting in its palm. They hold their hand out over the eastern flame so that the flame in their palm and the flame on the altar become one. As you light the taper from this flame, be aware that you are lighting it from the inner flame and the outer flame. This time when you say 'I give,' you direct that utterance to the flame of the taper.

As you step back, see a thread of light attached to the taper's flame, so that as you walk around the room, the taper leaves a trail of light where it has been. Go to the central flame. As you hold the taper's flame to the central flame, you see in your mind's eye a large burst of light in the central flame. That light starts to form a shape. You say, 'I create.' That shape passes into the taper's flame and, using your mind's eye, you see the shape held in the taper flame as you process to the south. (Do not try to force a shape with your imagination, just let whatever shape it is form itself.)

When you go to the south, see in your mind's eye the path through the gates and the beings stood on the path. Touch the taper's flame to the southern candle's flame. A being holds out his hand and accepts the shape of light in the flame from you. He walks off down the path into the future with the shape of light glowing brightly.

Blow out the taper's flame and walk a full circle around the central altar, and finish at the southern altar once more. Close your eyes and see the gates, the path ahead, and a figure walking down the path towards you holding something that looks like it is breaking down, or dark. Light the taper with the southern flame and hold the taper's flame in the southern flame. See with your mind's eye the figure place the shape into the taper's flame. Say, 'I receive for the past.' Bow, step back, and turn to the western altar.

Stand before the western altar. Join the taper flame to the western flame and see a shadowy person standing at the threshold of the western gate. They take the shape and roll it in their hands until it is condensed and contained. Then they place the condensed shape into the taper flame. Say, 'I receive.' (Now comes the critical learning curve:) See the condensed shape pass from the western flame and from your taper into your body's centre, where your own flame of life resides. The shape is held within you, and the taper's light upholds you as you hold the shape. A thread of light connects the shape you are holding within you to the taper's flame: you are simply holding the shape briefly within you, but it is still connected to the taper's flame.

Turn to the central flame. Join the taper's flame to the central flame and say 'I destroy.' See the shape passing from your centre, through the taper's flame and into the central flame. As it passes from you, it is torn up into small pieces. See the pieces hanging in the central flame.

Turn and face the northern altar. As you walk to the northern altar, see a thread of light running from the central flame to the taper that follows you as you walk. In that thread of light, see the fragments as they travel into the north flame. Touch the taper flame to the flame in the north and see all the fragments pass into the northern flame. Say 'It is done and I release the fragments into the past.'

See in your mind's eye the northern gate with the people standing on the threshold. They take the fragments and kneel down to the earth. They place the fragments into the earth and then stand back up. Bow to them and say 'thank you.' Step back, bow once more, and walk a full circle around the room and finish before the eastern altar. Say 'thank you,' bow, and blow out the eastern flame. Repeat in the south, west, north and then centre (stand facing south). Stand for a moment in the silence before leaving the room.

This ritual is something you can practice once a week for a few weeks. It is a key foundation of all ritual that moves power around through time, and in and out of the material world. For now, the ritual teaches you how to take a simple fragment of energy, bridge it into the future, take it from the future and place it in the past. It is about creating and destroying, power in and power out.

It also teaches you how the directions work with power, which directions 'output' power, which directions 'input' power, and which directions do both. This ritual also begins the process of learning how to establish inner contacts that you can work with in ritual. For now, you are learning how to bring these contacts to the threshold of your space. Later on you will learn how to bring them fully into your space safely, and also how to pass into their realms to work with them in their own worlds.

This is also a good exercise to learn how power moves around, and how you can either hold power in a flame, and/or hold it within yourself safely. This foundation ritual can be used regularly (once a month for example) to build up your inner muscle, and to adjust your spirit and body to mov-



ing power around: it is a foundational action and an exercise. The longer you work with this ritual, the more powerful it will slowly become. As you get stronger and more solid in your work, the power handed to you will be greater.

Never ever be tempted to keep the power that is handed to you: the power that comes out of the east is not for you, it is for the future; you are merely the bridge for it. If you try to take it into yourself and hold on to it, it will destroy you. And that is not an idle or drama-ridden warning: although this is a beginner exercise, once you learn how to do this ritual, you will in fact be given power to move around and practice with, and there is always a temptation to hold on to that power once you start to feel it.

The reason the power would destroy you is that it is generally not compatible with the human body for more than a few seconds. You are a vessel, and as a human vessel, you are designed to carry power as a bridge. If you hang on to that power, the vessel comes under too much pressure and cracks.

Further into your training you will learn how to reach for power that you can safely keep and work with. But this directional exercise is specifically tuned to connect you into directional power that is about the forming of the future, fate paths, and learning. Hanging on to it would be akin to placing a paving stone within you.

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## *Journal*

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Write down your observations and experiences with these directional rituals. Go back to your lessons and notes from the first module, particularly the tarot module, and remember the qualities and attributes of the directions that you used in your tarot layouts. Look at those attributes and then think about the directional flow of power you have just worked with and meditate/ponder over the connections. Write down any inspired thoughts that come from that observation.

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## *Experiment*

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Choose a day and do the full directional ritual (II) with the intent that whatever power you move around will be for the benefit of the land you live on. Before you start the ritual, be aware of what landmarks and landscapes are around your area and think carefully about the boundary of the area you are going to work with (your garden, your block, your neighbourhood, your town etc.). Don't choose too big an area, as it will exhaust you. Your garden or your block/immediate area is enough.

Stand in the room or the outside space you are going to work in, and in your mind's eye see the boundaries and landmarks in each direction. As you light the first candle to start the ritual, declare, 'I do this for the good of the land upon which I stand. I do this in the spirit of service and of learning'.

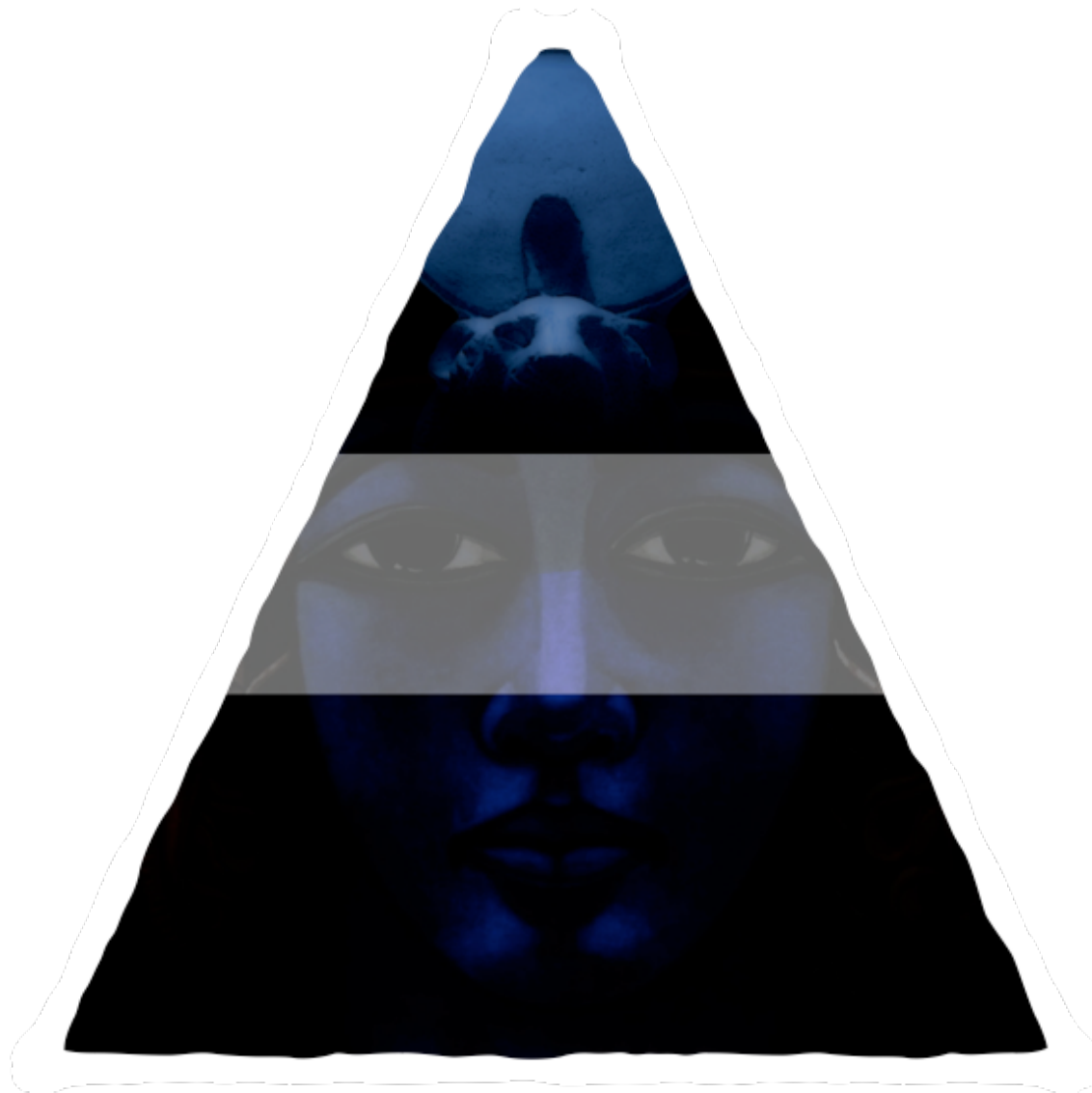
As you do the ritual, take a mental note of the shape the energy forms in the central flame. Note how it feels. When the degrading shape is taken to the west, take note of how it feels. When it is placed within you, note how it feels, and any image or thought that flashes into your mind. When you release the fragments into the north, remember how that feels, and also remember what the people of the threshold look like in terms of age, culture or time. When you do this work specifically in service for the land, the contacts that appear on the northern threshold might not be your own ancestors; they could be the ancestors or land spirits of that place.

When you have finished, write everything that you noticed into your computer log or journal, and draw a map of the area that you worked on. Over the coming months, take note of any unusual things that happen within that boundary, particularly things that create permanent change.

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