



QUAREIA—THE ADEPT

Module I—Advanced Magical Patterns

Lesson 1: Adept Introduction and Deity
Patterns

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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.

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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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Introduction

The Adept section moves you into a different pace and style of study. There are fewer explanations, and lots more practical work. You have already spent a long time looking at theory and explanations of dynamics, and working with the foundations of magic. This will have prepared you to work deeply, to experiment, and to discover a great deal for yourself.

If you are reading this and you have not done all the previous coursework then you will not have the keys and understanding to make this magic actually work. There will be a lot left unsaid in these adept lessons. This is to protect the work, and to protect you from your own curiosity.

The adept section is where all the foundation work is brought together. The new adept will learn to connect the various sections of learning they have done and put them into action. As well as teaching you the actual techniques, this will let you develop into a mature adept.

By the end of this section, you will have become a full magical adept. This is not a title bestowed in a ritual; it is a recognition of achievement. This section puts the magician to work. Through that work they will learn the individual dynamics for themselves in relation to the world of magic and to the universe in general. The mantra of the adept section is *wisdom and understanding*: without those two qualities a person cannot operate as a magical adept; they are merely a dabbler. Wisdom comes from direct experience; understanding comes from absorbing that direct experience and placing that experience in a context.

When working through the lessons of this section there will be many things not mentioned that you have learned before. Many skills, contacts, tools, and so forth that you should already know about will not be mentioned; yet they will be *key* to the success of the magic. You will have to figure out for yourself what is needed, where, and when. Everything in this section draws on work you have already done. I will give you sixty percent of the information you need; it is up to you to fill in the gaps.

Some of this section's work will cause outer changes in your life. Through those changes you will come to understand the powers and dynamics as they express in the outer world. Just remember that such changes are there to teach you and move you forward, to challenge and strengthen you. Do not shy away from them: step up to them and let them manifest fully, however they may appear. Each step on the ladder of the adept is a life experience. How you react, what you do, and how you process it physically, emotionally, and mentally defines what sort of adept you will be.

Introduction to this module

This module covers different levels of power and the patterns that form magic. As you now know, all magic is expressed through patterns. The adept chooses carefully which frequency and level of pattern to engage with to achieve a magical outcome.

In this module we will look at the different levels of patterns and how to apply them in different ways. This will give you a good understanding of which force and pattern to apply in what circumstance. This could be making a talisman, bringing change to a situation, protecting someone or something, healing, exorcism, to large, long-term magical jobs. They all, without exception, work within a magical pattern of creating a vessel for receiving power and focusing it in a specific way.

The keys to successful patterning are knowing which powers to work with when weaving and triggering a pattern, and how to focus that pattern to produce a particular effect. Most modern magic is a hotch-potch of emotions, scattered intents, and random appeals to certain powers that may or may not be conducive to the task in hand. Such an approach forms patterns at random, and often the magician has no understanding of those patterns' far reach or how they can affect them in the long term: something you should now know a lot about.

What marks a true adept is the knowledge, wisdom, and understanding in how they construct, apply, and uphold patterns: that is the mark of true magic. In this lesson we will start that process by looking at, and working with, deities as co-workers, as upholders of patterns, and as power sources.

Deities and magical patterns

When you construct or trigger a magical pattern it has to be fuelled by something. Patterns are like circuit boards that power flows through in a directed way to achieve a particular end. When you look at a circuit board you will note junctions that direct or harness the incoming power and focus it towards a particular action. These junctions filter the power and trigger it into action.

Deities are one form of junction that can be applied to a pattern: they release, filter, focus, and guide power into and throughout the pattern for some end. If the pattern is correct then the deity power can flow unhindered and in a balanced fashion, but if the pattern is incoherent then the power can become feral, which can lead to all sorts of problems.

Because of this, you spent a long time in your apprentice and initiate training learning about how the directions work and how certain patterns function—the pentagram, hexagram, four-directional pattern, and so forth. This taught you how different patterns and weaves filter power. Now you are at the stage where you need to begin putting all that learning into practice.

Just as you learned the patterns, you also learned how deities work and the root powers that express through them, i.e. creation, destruction, and the fulcrum. Many deities are subdivisions of power. By now you should be able to look at a deity's details and images and work out what root power runs beneath their surface presentation. You should also be

able to work out whether or not they will work well with others and whether they will cross-fertilise across different cultures or lands. Most importantly, you should know *why*.

In this lesson, as usual, I will use Egyptian deities, as it is so easy to see which root power works through each of them, and why. If you choose to work with another pantheon then just ensure that each power is comparable and compatible, and be willing to take a few knocks as you learn.

Different deities have different ways of communicating. Some are touchier than others. You are bound to make mistakes, but that is how you learn. Just pay attention to what is happening and be ready to shift how you work if you come up against problems, or the work starts to affect you adversely. Also be ready to shut the work down should you need to and start it again from scratch.

Most important of all, if you choose to work with a different set of deities then ensure your choice is a magical one and not one made from curiosity or glamour. The magical choice of deities should be made purely from necessity, and with the acceptance of those deities involved. Always commune with them first to see if they are willing to work with you. Taking a random mix of fashionable deities and working with patterns at this level of magic without true forethought is a recipe for undoing.

Balancing polarities

Before we get to work, there are some vital things for you to remember and think about. The first is the balance of polarities. People usually think this means working with a male deity and a female deity, but it doesn't quite work as neatly as that. Often you will find that two goddesses balance a god. Certain work needs goddesses only, as the magician will be the outputter of the power; or you may need a pattern of vessels. Remember the work with the Egyptian ritual, and think about the placement of the goddesses around the directions and which gods were brought through, how, and why. So don't think in black and white terms: magic never works that way. It is always more complex and often individual to the task at hand.

When to pattern with deities

Working with deities is not something you would do for everything in magic, even though this has become the fashion recently. Deities are engaged when their level of power is called for, which usually means actions or projects with a wider reach than one person. For example you would not usually work with deities to heal someone unless their survival or their work is important.

You would also choose deities carefully, unless they present themselves to you. Even within a set group of deities like the Egyptian ones, the deities worked with need to be aligned to powers directly relevant to what you are trying to achieve. If all your electric lights blew, you would not call a brickie or a plumber, you would call an electrician. So you need to know your deities.

When you work with deities, the power levels go up. The most important thing to do is to check that what you are doing is right. We can all have grand ideas and miss the details. You must also not impose magic where it is not needed or wanted. For example, you would not do the work outlined in this lesson on a person who has not asked for it. Rather it is done for wider-reaching projects for *your* community or the land where your community lives. You would also, always, without exception, check with divination first to ensure that such work is needed and will benefit the collective in the long term.

Patterns in action

Before you start this work, remember to think carefully about what you are about to do and weigh up all the aspects of the potential action. For example, if you were to dispense a pattern of balance over your home and you live in an apartment block full of people, then it will affect everyone in the building. This can trigger all sorts of changes, so you have to think about all angles before you decide to go ahead.

For example, if you worked a pattern for protection and a heavy drug dealer or killer lived beneath you, then it would cause a conflict. The deities, seeing the unbalanced and destructive nature of the *people* within the building, would not place protection around them. Probably the

deities would also challenge you for doing unbalanced work and might even strike out at you.

However, if you do the work to bring balance through for *that building* then the deities will likely work with you. The magic of balance will then filter through to the people in the building: they may leave, die, get arrested, and so forth. If a person in the building is badly unbalanced and refuses to change their life then such magic would trigger that change and force them into it for the good of the collective.

While that all sounds great, you are still affecting the fate paths of other people, which may or may not be a good thing. It is very individual. You cannot make a general decision and say, “oh, they need balance.” Maybe they do, but *your* action may tie you into their fate path, which is not something you want to be doing. Each situation is unique in so many ways, so before you take any magical action that will affect other people passively, i.e. without their knowledge, *use divination*. In our example you would look at the effect the work would have on the community of people living in the building, then at the effect the work would have on your own short-term and long-term future.

If it is okay to go ahead with the work then it may show periods of destruction, but the longer-term outcome should be good. If the picture is one of devastation *and* it looks bad for your personal reading, then don't do it. Looking at how something affects you directly is a major key in deciding an action: if the action is right, no matter how tough it looks, then the outcome will be good in your own reading. If the action is wrong, then no matter how good it looks in general, it will look bad for your own personal reading.

This is an important dynamic: if something is right then it will reflect on your own path as good. A bad action, even one not directly related to you, will cause problems in your own future.

This dynamic is a major one for understanding how magic works. It is also deeply misunderstood, particularly by those who want results magic. If you are doing what you should be doing, then it balances and feeds your future. If you do something that you are not supposed to do then it degrades or shuts down your future path. So when in doubt, always look at how a magical action will affect you in the future.

Options for work

Here are some options of work to do where you can engage powers, do something useful, and learn the deity dynamics of patterns at the same time. Below the options is a list of words that are ingredients for deity patterning. Then we will look at the construction method.

Do at least one of these options. They all work to achieve a wider end rather than one specific to an individual, as that is the best way to learn. The experience of working on a wider project like this and then observing that community for a while will give you a better understanding of the processes and how they unfold. Then you can apply your experience to more specific projects.

Think about what you know of balance and how balance comes after a series of processes, so that you are fully aware of what your work could trigger.

Options

1. Bringing balance to an official power hub like a government building or multinational company. Ensure that you are part of the community affected by the official power, so that the balance comes from *within*. With multinational companies, keep an awareness that some companies do employ people who use magic (more than you might think) to manipulate things from within the company, just in case you bump up against it.
2. Bringing balance to a community or land area. Again it must be a community that you are connected to or live within, as the magic needs to come from within that community. This is to teach you about working within boundaries, and to get experience under your belt without overstretching yourself.
3. Working for the regeneration/healing of a community. This is different from bringing balance to a community. Working for regeneration is more conditional. It is appropriate for a community devastated by war, conflict, economic collapse, or economic decline, and in need of a helping hand to get back on its feet. If a process of change in a community has not reached its abyss then working for balance is more appropriate and will pop the boil by bringing it to

a head. Once a community has had its boil popped and has been devastated then that is the time to offer regeneration.

Ingredients

Deity options

As I said earlier, I will list the Egyptian deities as they are very good ones to learn to work with. If you wish to work with another group of deities then ensure that you know them well and have worked with them before, and check that the powers they dispense are comparable to those given below. Also ensure that the group of deities have all the same ranges of action and power. If you have any doubts at all then work with the Egyptian deities as they are still active, powerful, and balanced.

This is the list from which you will draw deities for the work. You would not work with them all, necessarily; it depends on the job at hand and what you are trying to achieve. I have left many Egyptian deities out of this list as they are either irrelevant for this job or they could get you into a tight corner. You have already worked with some of these deities, so you are already anchored in this system and they will work well with you.

Ma'at (as an overall influence)

Neith

Set

Isis

Nephthys

Osiris

Sekhmet

Hathor

Ptah

Shu

Tefnut

Wadjet (as a protective power)

Ritual pattern structures

From this list, which is given to remind you, these are the most common outer patterns that can be engaged. You would choose the most appropriate outer ritual pattern for the work, based on what you know of the power dynamics of each of these patterns.

Cruciform

Pentagram

Hexagram

Four-armed cross or four directional

Four-directional with cross-quarters

Triangle/s

Flow of Life

Metatron Cube

Lightning flash

Semicircle

Cube

Sigil map of ritual

Power elements

These dynamics of power must be within the ritual to maintain a balance of power and to ensure that the power does not become feral. Ensure that all these dynamics are within the ritual expression, both in action and in the visionary ritual aspects.

Power in

Power upheld

Power released

Anchor

Road ahead

Formation above

Fulcrum

Composting into past

Time

Construction of the work: the layers of action

Inner preparation

Before you do anything, look at your options using divination. Look to see which option is needed and acceptable in your area. You can start by using a Tree of Life layout. Ask, “would it be right for me to do X in this area?” Go by the last card in the reading for your answer. The rest of the layout will give you the details. Even if the rest of the reading looks bad, if the last card is good then it *is* an option that you can do. The bad cards may be showing the upheaval process that will trigger. Don’t read too much around the option if you have been given the go-ahead by a simple reading. To do so may only confuse you. It could also make you visible to any parasitic beings that want the status quo to continue.

The first steps in this work are visionary. Set up the internal power structure that is to flow through the outer ritual. Initially you would visit the Inner Library and go first to the Gathering Place while holding the intent of your work. If others there are interested in working with you behind the scenes then they will make themselves known. Then go to the Stone Temple to meditate. Draw on the powers there to help focus and assist you. You can also go to the small temple in the centre of the Desert that you encountered to talk with the beings and deities there. All this draws contact and power around you, and triggers the inner tides into action.

Mapping

Map out on paper what outer ritual pattern you are going to use, where the deities will be placed, which directions are involved with which aspect of power (in, out, etc.), and what inner place they are aligned to, such as the Stone Anchor in the Underworld, the stars above, the Desert, the Abyss, the Road, etc.

Also think about what tools, if any, would be passively present or actively used, and what direction they would sit in. Think about what sequence you would use to open the directions and gates, and what patterns within the mapped pattern would be used. For example, you might use a four-directional and cross-quarters pattern with the hexagram in the centre to collect and hold the power or as a pattern vessel for the deity in the centre.

Finally think what utterances are needed: who needs calling and to where should they be called (what threshold)? What intent needs stating, what limitations are voiced, etc.? What qualities or powers of the deities need to be voiced and established, so that both you and the deity know what aspect of them you intend to draw on. Think about all the times you have used ritual utterance, why it was there, and what it was doing. Use that knowledge to construct simple, to-the-point declarations. Write them all out. As you work, let the deities and contacts speak through you: do this as contacted writing so that it draws from a well deeper than your own mind.

Visionary aspect

This is the most fluid of all the ingredients. Have a general idea of how you would work in vision while also working the ritual, but allow for small changes to occur while you are in the midst of work: sometimes you can be guided to work in vision that is a bit different to how you planned it. All of the ritual will have visionary elements, so be aware of that, though they will more likely be done just before starting the ritual than throughout it.

You can plan a lot of this ahead of time, but often in the midst of the work things can take a different form, or you will be prompted by the deities to work in a slightly different way. If this happens, take a careful note of it. And just ensure that it is an actual inner prompt, and that you are not letting your own mind 'play out.'

Timing

Timing is everything with this work. But you must also be careful not to lock down the timing. Sometimes these bigger projects take on a life of their own as soon as you decide to do them. Your brain may tell you that a certain moon or planetary alignment would be best, but things get in the way to stop you: once inner contacts get involved they will work through you to align the action to exactly the right time to trigger the action in the most powerful way.

The best way to approach this as an adept is to decide at first on a date for the ritual when you know you have time free to do it. If that is all right then all will feel well. If not then things will start to get in the way to interfere with the timing, or it will not feel right. If that is the case then check the astrological weather and also use divination.

Preparation

Go back to the Egyptian ritual that you did in the Initiate section. Read over it again, read your notes, and look at how it was put together and executed. Draw knowledge from it to see how to bring all your ingredients together so that you are sure in your mind what you will do and how you will approach it.

Launching

There are various ways to launch such work once it is completed, and deliver it. One way is to have a picture of the building, town, or area to which the work will be dispensed. The picture is left on the central altar throughout the work, along with the name of the building, town, or organisation at which the work is aimed. Throughout the ritual you keep your mind on that picture. When the time comes in the visionary ritual to launch the work, transfer the image to the altar in the magical direction you will launch it from.

Another way of launching is to construct a sigil map of the ritual and have it on the altar. Transfer it to the launching direction towards the end of the ritual, then leave it there with all the lights going for it to 'cook.' Once you feel the ritual's completion lock into the map then go back in, put the lights out, and fold up the map as small as you can. Within twenty-four hours, take it and put it somewhere where it will not be disturbed in the building or the centre of the area. It can be buried, placed in a crack out of sight, dropped behind furniture that is not going to be moved, etc.

Ethics

As with all work of this nature, there are ethical considerations. This lesson is intended to teach you working patterns for deities while doing something active. You are now at a stage where most, if not all, of your learning work has to be hands-on so that you get direct experience. With that comes responsibility for your actions.

Because of this, you will be set work that flows within a collective fate path without imposing anything specific. Most of this training work is for balance. This of course cannot be achieved in its entirety, but work for balance can nudge a situation away from stasis and unnecessary degeneration. Such a nudge brings power back in line with the flows of creation, destruction, and the fulcrum, any of which powers can take hold in a place or group with this sort of work. Once you have direct experience of a balance working under your belt then you can start to edge towards work that is slightly more conditional, as you will understand the parameters better.

Essentially this ritual should trigger whatever is necessary for the move towards balance, which should be a constant in anything in creation. That nudge towards balance can bring destruction; if that is what happens, then that is what was necessary for the move towards balance to be achieved.

A rotten and corrupt company or organisation will implode, as the work will clear out any parasitical element keeping it going. The main key to this work, particularly with deities, is that you work to achieve whatever is necessary to restore the balancing of scales, or to make the whole thing work better.

And that is why as an initiate, you had to first go through the process of the scales for yourself, in various ways: you cannot safely bring through a move towards balance if you have not first gone through that process yourself. To do so would have invited disaster for you—disaster that could have come quickly, or that could have slowly unravelled you.

That is why you do not attack a corrupt organisation; rather you work to bring balance. To attack it would put you within its pattern of corruption and likely take you down with it. But if you work to restore equilibrium then anything that stops the rebalancing process will be destroyed or dispensed with without pulling you down with it.

A note

Should none of the readings look right for the work then think of another action of rebalance that may be necessary around you, something that would warrant the need for deities to be involved. Go through the same process of checking through divination. Do not think about working in far-flung places or on things unconnected to you. That doesn't mean you can never do that; it just means that at this stage it is better to work on something you are connected to.

In the past you have done very simple work to clean up a place and trigger rebalance in your neighbourhood. This work builds on that: the beings around you now know what you do and why, and so they will keep an eye on you through this work. Keep within your own area, state, town, whatever it may be; just ensure you have a connection to it and that you are in some way affected by the degeneration or destruction happening.

Action

Do the work. Take detailed notes, maps, and so forth of what you do. Take note of any other deities or beings that turn up and make themselves known, but do not connect with them; and do not let them interfere with what you are doing. Often, if beings are feeding off a degenerate situation then they may try to stop you. Because of the deity pattern they will not be able to attack you directly in any way, but they may try to tease you out of the pattern or get you to change what you are doing by dressing up. They may try to get you to change what you are doing or persuade you to include them in the pattern so they can undermine it.

This is why it is important to be focused in such work, to map it carefully, and to work within the pattern without being distracted or fooled. Because of this risk, ensure that you include the power of Ma'at, which should be worked with as a power principle as opposed to a deity. Also work with Wadjet, the cobra, which you should know well by now. Those two will limit severely any outside interference.

Once you have done the work, keep an eye on the situation and take notes of changes that you see. This will help you learn timelines for action, and what effects the work can trigger and how they play out. If something is ripe for change and the clearer path is already lined up waiting then your work should see results within a couple of months.

If the situation is bigger, more embedded, and the future strands of the fate pattern are not quite in place when you do the work then it can take longer.

There is no set rule as to how fast or slow this work manifests, but after doing it a few times you will get a feel for it and will be able to guess roughly how long the turnaround will take. The bigger the job, the longer it can take.

When I first came to live where I am now, it was out of balance and very stuck: it had been that way for a long time, and it had a bit of a reputation as a backward village. I started triggering work on the land and within a few months I started to see big changes in the people and the wildlife. It took about eighteen months for a real good clear-out: lots of people moved out, new people moved in, and rare birds started appearing. Rare plants started popping up all over the place, and the village started to feel more balanced. Five years later, the work is still in action.

Follow-up work

You can work with this method as a one-off event, or you can keep the momentum up with regular cleans. The key is not to repeat the initial action: a one-off catalyst should not be repeated; you should let it unfold in its own time. But you can help things along once every two or three months by doing some of the work you did in earlier lessons, like cleaning a building or area up, or by doing the initial Egyptian ritual you learned for regeneration. Do it with the intent that it is for the land, or whatever you were focusing on.

Documenting your work

Type up a summary of your notes and observations. Keep them in a file, particularly if you are working with a mentor. Copy the mapping or scan it, and write a brief justifying why you chose which deities, how you balanced them across from each other, why you engaged those polarities, and how they actually worked together in practice.

If you are being mentored then the mentor will go over that with you. If not then it is still a good exercise to do: you can look back on this work as you near the end of the adept training and see whether you still agree with your methodology. If you make mistakes or have problems then write them up too, as you learn just as much from your mistakes as you do from your successes.

Summary

Using patterns this way with deities lets you work as part of a team. This is always the best approach when working magical patterns with deities. Often deities have many sides that we are unaware of, and they are far more complex in terms of consciousness than any other type of being. Because of this, the magical patterning needs to be harmonic, clear, and not overcontrolled: this gives them elbow room within the magical structure to work unhindered by our limitations.

Working with patterns that have been used for centuries, particularly when working with deities, ensures that the pattern vessel is strong: such patterns are tried and tested methods that have withstood the test of time. The deities will know them, and you understand them, so everyone can just get on and work.

As we go through this module, and apply patterns in different ways with different powers, you will start to see and understand which powers work best to fill which patterns and for which specific purposes.

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