



QUAREIA—THE ADEPT
Module II—Magical Construction
Lesson 1: Preparation

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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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Module II—Magical Construction

Lesson 1: Preparation

This module was originally going to be about mystical magic, but as I got closer to this stage of the course, it became very apparent that there was no need for a module of that subject matter: you will find it yourself by doing the work. However, what did become apparent was the need for an in-depth look at magical construction, a vital skill for an adept. By learning inner construction in detail, you will also learn all the peripheral skills that go with it, skills which can be applied in many different magical areas.

It also brought in focus for me the need for Quareia magicians, across time, to take part in building an inner temple that will grow out of Quareia's work, and which will survive into the future. Most temples in the inner worlds are old and crumbling: new constructions are needed for magicians to find hundreds of years from now.

Unlike most current inner temples, it will need special construction to make it accessible to future magicians in a way not locked down by any specific religions. Our consciousness has moved away from defined cultural expressions as we seek a deeper interface with power, magic, and Divinity. We have truly become global, and there is no constructed temple that I have found or that I know of that expresses that.

Often an inner temple is constructed within a defined time span by a few skilled adepts or priests. But we will construct our temple in the same way as the Inner Library was constructed and came into being. The Inner

Library was formed over time by generations of magical priesthoods, and is still being formed today. This makes it extremely strong and alive when you work with it. It is a living, evolving structure.

We will approach our temple's construction in the same way. This will let successive generations of Quareia magicians contribute to the construct, and will also help you understand how time works in inner construction.

The first few magicians who work on such a project essentially lay down the temple's pattern and trigger the power to flow. Once those first steps are taken, the inner temple begins to resonate out of time, and the future completed and evolving construct starts to echo back to the structure still in formation. You will have the strange experience of working in a complete temple, yet still under construction. This mingling of time is a hallmark of inner construction. Should you come across it in another inner structure, you will recognise it as an active structure still being built.

Cast your mind back to when I talked about homeopathy in the course. Remember when I told you of instances when deep-acting remedies began to work physically once the remedy was *chosen*, before it was actually taken? And how, if the remedy was not then taken, the effects would stop? Inner temple construction works within the same dynamic: you make a decision and trigger a first action, then the construct appears completed in the inner worlds.

However for that complete temple to stay within the inner worlds, the construction must still be done. The first triggers the completion of the last, but first and last depend on what happens *between*.

Who hath wrought and done it? He that called the generations from the beginning. I, the LORD, who am the first, and with the last am the same.

—Isaiah, Chapter 41

Read this chapter, and take note of it for when you get to adept module four.

This dynamic also has mystical applications: "I am the Alpha and the Omega, the First and the Last, the Beginning and the End." Think about that phrase and its various implications.

This dynamic lets magicians work across time. Essentially there is no time in the inner worlds: everything happens at once. As you work on the construction, the magicians who work alongside you in the inner worlds could be from your time, or from generations in the future. (Just as some Inner Library contacts are often alive somewhere in their own time, and could be from the past or future.)

So let's have a look at this temple's function and purpose.

An inner temple for a new age

Now that you have spent quite a lot of time exploring inner temples from different ages, you will have noticed that they are rarely specific to particular deities; rather they are about the priesthoods and how Divinity flows into that construction. The temple's structure, and its inner priest-hoods' work, define what type of Divine power flows through it, and its form.

The very ancient temples were formed by a group of people from within a small area of the planet. They would have had a coherent and consistent idea of the 'the gods,' formed by generations of interactions between them, the land around them, and the consciousness flowing from that land. The people's cultural expressions will have also formed how the power operates and what they do with it.

Once we get to about 1500 B.C., there were many more consistent interactions between people of different lands and cultures, which changed how they approached religion and magic. By that time religious structures were also very defined, and more codified and developed.

The period between 500 B.C. and A.D. 500 saw the rise of highly structured mass religion. Religion became less about a close relationship between a magical priesthood and the deities, and more about a deity who dictated directly to the population. The shift from the close relationship between deities and the priest-magicians—which did not include the masses—to the masses being included by attending a temple for defined worship, marked a change in the inner worlds and how inner temples expressed.

I am generalising a great deal here in terms of dates and religious structures, but you can look up the more detailed histories for yourself.

In the twenty-first century a lot of that structure is in a state of collapse, and magic has more or less detached itself from the world's religions and temples. Innovations like the internet and international travel expose us to far more experiences, and we connect with each other over vast distances. This has changed how we think, how we define ourselves, and how we interact with the world around us. For the most part we are at a stage of cultural evolution where we strive for freedom of expression and personal belief.

This affects how we interact with the inner temples. We no longer gravitate towards a particular orbit of deities to the exclusion of all others. Nor do we gravitate only towards our own culture. Those boundaries are vanishing, and in their place something pretty unique in our history is emerging. Any inner temple construction has to reflect that: a coming-together of people out of time, from all over the world, with a focus away from religion and towards magical and mystical union with everything around us.

To reflect this, it will be an inner temple construct built and operated by many people all over the world, its lines comprising trained magicians, not religious priests. There will be connections to deities that work with magicians, but we know them from their powers, not from their cultural expressions.

In a way this takes us back to the very beginning of inner temple construction, which was more magical than religious. The main difference is that the people who connect and interact through this temple will be from very different cultures. And rather than consecration in a set line being the anchor holding people together, our magical experience, training, and work will. Your training connects you to everyone else trained, now and in the future, through your experiences, inner contacts, and way of working.

This is a different form of bond, and it sidesteps a common problem with magical lines of consecrated priesthoods or magicians. Such lines often become corrupted, and it can take an adept a lifetime to clean up a portion of that corruption for balanced work to happen. That wastes time and skills. Once a magician is consecrated in a line, they stay connected to it beyond death: it cannot be walked away from. However, if magicians come together by nature of their inner contact and experience then a different dynamic emerges: you are all connected to each other by the work's patterns, *but you are not tied to each other*—a subtle but major difference.

A rotten or corrupt magician will be locked out of the inner temple

simply because they no longer fit within the pattern. If your work is balanced then you will maintain a presence in the inner temple, out of time. When you die, an octave of you can stay there as an inner contact; but even then, if that part of you becomes corrupted then it will no longer be able to flow with the pattern, and so will fall away.

It's back to the magical dynamic of plugs and sockets: an older way of doing things that does not permit power grabs, control issues, and the other issues that bring corruption. Instead, the construct flows along the same dynamics as nature and, as such, self-cleans.

So what relevance does a modern inner temple have for us as magicians of the future? Let us have a look. I want you to understand fully what you are doing and why before you dive in.

Modern relevance

The most obvious reason for constructing a new temple is that the ancient ones are edging very close to the Abyss, and there are precious few fully-powered ones left for present and future magicians to work with. By constructing a new temple, not only will magicians of our time have a fully operating inner temple to work with, but it will be available for future magicians to find and engage with.

We will construct this inner temple in a way to keep it open not only to magicians working through the Quareia stream, but also to future (and far-future) magicians with different but harmonic styles, should they stumble across it. It will give them a solid place to learn and work within, should their magic and methods of operating be in harmony with the temple's power. It will be formed through the principles of Ma'at—balance—and any future magician working within that paradigm will be able to find it and work within it.

Not all magic uses inner temples, but adept magic—in the true sense—needs a deep inner anchor, a focus, and an interface to facilitate truly deep and powerful, balanced magic. Such construction is a major service to the future and important to the survival of deep, powerful magic.

Preparation for work

To prepare for the construction work, which can be pretty heavy-going, there is a meditation vision to ready your mind and body. This exercise, though fairly simple, can have a profound effect on you as a magician and a human being. It prepares you by loosening your boundaries and bringing you into awareness of your connection with everything around you.

Understanding that connectedness intellectually is one thing; truly experiencing it at a deep level is quite another. It is not a one-off vision, but works similarly to self-hypnosis, which allows your conscious mind to move aside and your deeper subconscious to surface. Doing this exercise a few times will trigger an opening of your awareness that will let you plug into the deeper powers necessary for our construction work.

On a very practical note, when working with the following vision in this lesson, do not just read it through then try to remember it as you do it. Rather, record it in your own voice and play it back as you do the vision—let it *lead* you. If you don't like the sound of your own voice then suck it up: learn to accept yourself, who you are and how you sound, rather than measuring yourself against something else.

The reason for doing this—it is more of a beginner method—is that this vision can take you very deep, to a point where your conscious mind switches off. If you are not following a voice then you will find it very hard to reach the depth of consciousness necessary for this method to work.

Treat the recording as someone holding up a lantern for you on a dark road. It is used repeatedly, and the words themselves are constantly repeated: it works along the same lines as self-hypnosis.

Recording a guide for your vision is useful for any very deep and involved vision that really needs your deeper self to surface and take over.

Work with this vision repeatedly for a few weeks. At first you may find yourself blacking out for some of the time. That's okay: that's how it works for many people. Eventually, after using the recording a few times, you will find that you can work with the vision without the recording and without blacking out: your mind will remember many of the repeated phrases and that will guide you.

When you make this recording, do not add to it at all, and do not take anything away. It works in a very particular way. If you exclude something or add something then you will change the pattern.

If you wish, you can continue to use this recording as a centring meditation. When things in life get a bit much for you to handle, lie down and follow the vision. It will centre you and shift your frequency so that you can cope with whatever you have to deal with.

Do this vision three or four times a week for at least a fortnight—preferably a month. Once you have done it two or three times, you can start the work in the following lessons, but keep doing this vision at least twice a week and revisit it fairly regularly over the coming months. It is like a stretching exercise, and I still do it to this day to keep myself inwardly pliable.

Like self-hypnosis, working with this vision regularly will embed it deeply within you. It is not a vision where you interact consciously with beings and have to remember what was said or given you; rather it goes deep into your very being. As you resurface it shifts and changes you to facilitate adept work.

If you do this vision lying down and fall asleep, do not worry. The recording will guide your deeper self: it will keep working. You can let go and let the vision guide you, just don't daydream your way into another scenario. Either stay conscious with the vision or drift in semi-consciousness with it. Record it exactly as written, and speak slowly, do not rush through it. If possible, record it on a handheld recorder so that you can take it outside with you if you want to try it outside in nature.

The Star—the awakening

Close your eyes and relax. Feel down through your body from your head, down through your neck, through your arms and torso, down through your hips, into your legs and into the soles of your feet. Feel beyond your feet: feel your energy stretching beyond your feet and be aware of it extending away from you until it comes to a stop. Now be aware of that energy rising back into the soles of your feet, up through your legs, into your torso, up your neck and arms, into your head, and extend beyond your head. Feel your energy extend beyond your head, feel your energy extend beyond your arms, feel your energy extend beyond

your feet: you are more than your physical body, you are a being who shines beyond your vessel.

Cast your mind to your centre, to the centre of your torso. Feel a stillness there, a silence deep in the middle of your body. No matter what is going on around you, feel the stillness in your centre. Feel the stillness spread out to your legs—feel your legs fill with stillness. Feel the stillness spread out to your arms—feel your arms fill with stillness. Feel the stillness spread out through your head and in your mind—feel your head fill with stillness and silence. Now relax. Relax as you fill with silence and stillness. Relax deeply in the stillness, and breathe out. There is no time, no movement. Your mind becomes still and silent, and you drift in the stillness.

As you drift you go deeper into the stillness, you are silent, relaxed, and very still. Now go very deep, sink into the silence and stillness—there is no time, no movement, you drift in the deep, calm stillness. Feel yourself spreading out in the stillness. Spread beyond your body, spread out in the deep calm stillness—drift out of time, in a deep silence that is your home. The stillness is where you belong, where you have always been, and where you will always be. This is the real you, deep in the silence, at home in the stillness, where there is no time, no movement.

While in the deep, still silence, be aware of your body, the vessel that contains you in life. Stretch out beyond your body: you are no longer contained in your body. Feel the stillness all around you, and feel yourself expand beyond your body, spreading out in the stillness all around you. Feel yourself spread out and pass through the walls, beyond the building, spreading out through whatever is around you, spreading out in stillness and silence. Pass through buildings, trees, people, whatever is around you, feel them as you pass through them, feel the noise within them, and feel your stillness and silence pass through them. Spread out in the air, flow with the air, passing through everything and around everything, while staying still and silent.

As you flow with the air, the stillness within you deepens. You go very deep into the silence, and you are everywhere, spreading out in all directions while being still and silent.

(Leave a few seconds of silence here in the recording.)

Spread beyond the land, spread beyond the hills and the water, spread beyond the wind. You are everywhere, flowing in stillness and silence. You spread beyond the planet, spreading out into the stars, spreading out in space where there is no movement, no time, only stillness. Feel

yourself everywhere. Feel the stars around you, feel your stillness and silence flow around and through the stars. You are everywhere, flowing through everywhere, flowing through space.

Be still in that place where you are everywhere. Be silent in that place where you are everywhere. This is your home, this is where you came from. There is no past and no future, no body, no life, only stillness and silence among the stars.

(Leave a few seconds of silence here on the recording.)

Drift in the stars, flowing through them and around them, and feel them all around you, feel their pulse. Feel a vibration as you draw close to a star, and feel your own stillness. Be silent in this place, be silent and listen in the stillness.

You hear a sound, like a tone, a beautiful tone that spreads out in the silence of the stars. Listen to the tone, feel its vibration, and yet you are still and silent. Focus on the tone that flows from a star, that star's voice. Listen to its beautiful voice that reaches out of the stillness and silence within you and all around you. Listen and enjoy its beauty. You hear a second tone that joins with the first, then another, and another. Listen as the tones come together in harmony. Listen to the stars' beautiful sounds, listen from your place of stillness and silence. Feel the sound's vibration all around you. Your silence and stillness is not affected by the sound, you listen in silence, and in stillness. The harmony of tones becomes strong, and they start to fill you with their beautiful sound, you drift in the sound, filled with its beauty, filled with the vibrations of the stars.

From deep within you, from deep within the stillness and silence within you, the depths within your soul respond with a tone of your own. Your own silence becomes a beautiful, single tone that rises in harmony with the song of the stars. You are filled with the harmony of the stars and the tone from your soul, from deep within you, from that deep silent and still place. You join the harmony of the stars. You flow in the harmony of the stars and you become one with the harmony: you are the harmony of the stars. This is your home, this is where you came from, and this is where you will return to.

The harmony grows stronger, and you are filled with the music of the stars. You are flowing everywhere, passing through everything, and you become aware that you are flowing through the air, filled with the harmony of the stars. You drift across the Earth's face, in all directions and none, flowing with the wind, the harmony of the stars flowing from you and through you: you are a song upon the wind.

Become aware of the trees, of the birds, of the creatures; become aware of buildings and people. You flow through them all, the harmony of the stars flowing from you and through you as you flow and drift through everything around you. As you flow through something, be aware of the noise within it. Flow through a tree and hear its sound. Let the harmony of the stars flow through you to the tree. Hear the tree's sound change to join your harmony. Everything you flow through changes to join the harmony. Everything around you is sound, everything around you is harmony; and feel the deep peace within you flow with the song of the stars, and touch everything around you. Your touch brings peace to everything. The song of the stars within you brings harmony to everything.

As you flow within the harmony across the land, listen. Everything has a sound, but there is one sound above all others that brings completion to the harmony. Listen to that sound. Move towards that sound, bring yourself from all the directions around you, bring yourself together as you listen to that sound. It draws you, it calls to you, and its call reaches deep within you, pulling you towards it. Move towards that sound. Feel yourself drawing in and taking form. Your form is still, yet full of the harmony of the stars. The sound gets louder as you draw nearer, a beacon for you that move towards. You move into that sound and bathe within it. The harmony of the stars and the sound join together: you join with the sound and fill it with the harmony of the stars. You are full of beautiful sound, you are full of stillness, you are the sound, you are the harmony, and you are the stillness.

Bathe in the sounds, and feel around you: you feel contained within the sound. The sound fills you and you fill the sound. Feel down in the sound and you feel legs. Feel up in the sound and you feel a head. These are your legs, this is your head, this is your vessel, and you fill that vessel with the harmony of the stars and the sound. Feel your body, feel your feet, and feel the harmony fill your feet, your legs, your torso, your arms, your neck, and your head. Feel into the blood that flows around your body. Feel the harmony of the stars flow in your blood. Feel your heart beating. Feel the harmony of the stars fill your heart. Feel the organs within your body. Feel them fill with the harmony of the stars. Take a deep breath. The air you breathe in is filled with the harmony of the stars. Breathe out and feel the sound of your body join with the harmony of the stars and flow out on your breath. Your breath is the harmony of sounds.

Be still. Be silent within the midst of sound. Feel your body fill with peace, feel your body fill with beauty, feel your body filled with stars. You are at the centre of all things, you are the centre of the stars, you are

the centre of sound, you are the sound, you are the harmony, you are the fulcrum of all creation. Be still. Be silent within the midst of sound. You have always been and you will always be; you are within everything and everything is within you. You have always known this, but now your ears are open and you can hear the harmony. You have always known this, but now your eyes are opened to it.

Breathe in, and as you breathe in, all the sounds of all creation are drawn in you with your breath. Breathe out, and as you breathe out, all the sounds of creation flow from you. Your breath is the first and the last. Your breath speaks to the stars, and your sound connects you to the stars. You are of the stars and the stars are of you. Be still and silent within the midst of sound, the stillness before creation.

Take another deep breath, open your eyes, and breathe out. This is your first breath of life. Be at peace within you. Be at peace with everything around you. Everything is within you and you are within everything. Open your eyes and see the world around you. Be at peace.

Spend some time being still, and just be peaceful. Lie or sit in silence, and just be aware of everything around you.

The marks

Before you start the construction work, go back over your notes and look up the marks you have been given or have been placed on you, like the Mark of Future Knowledge, and ensure you remember them. They are keys that will unlock certain doors for you and will let the beings working in the construction recognise you, and therefore they will not confront you.

Without at least one of them, you will not be given access to powers and places, and you also will run a real risk of being attacked by guardians. This also protects the work from curious eyes. Now we are getting into adept magic, some people will randomly read these lessons, and without the training may try some of the work. To do so would be folly, as not only is the foundation not there for the work, but they will also not be recognised, and will be attacked as unknown intruders.

If you are reading this and considering doing the construction work, then remember you have not done the training. If you do end up injured from dabbling or trying to interfere with the work, keep in mind that

neither I nor any other Quareia adept will help you. If you choose to put yourself at real risk through being stupid then you will have to deal with the fallout yourself, as that is the only way you will learn to respect boundaries and use your common sense.

Once you have done the meditation vision a few times and you can feel it beginning to work, move on to the next lesson. But continue using the meditation, as it will deepen, which will help you with the work.

Note: Some visions in this module are detailed, long, and occasionally complicated. If you are not good at remembering all the visions' keys then record them and play them back to yourself to guide you. I try to discourage this in the initiate work, but once you get to adept levels of work, and particularly with construction or potentially dangerous visions, it can be a useful way to work. Some people don't need to do this; some do. If you do it is not a failure, so don't worry too much about it.

QUAREIA

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