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## QUAREIA—THE ADEPT

Module III—Advanced Death, Birth, and  
the Underworld

Lesson 2: Working in the Abyss

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BY JOSEPHINE MCCARTHY

# 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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## QUAREIA—THE ADEPT

### Module III—Advanced Death, Birth, and the Underworld

#### Lesson 2: Working in the Abyss

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In your initiate training you were introduced, in visionary exploration, to the Shallows of the Abyss and to the Keeper of the Abyss. This started an inner process of stretching for you, and a lot of the work in this module builds on that deeper stretching and inner contact.

Working in the Abyss, like the Deep Underworld, is done for magical necessity, not just to experiment—though exploration is good if you are careful and attentive. You can learn a great deal about the future, about creation, and about the life of the planet by delving deeply in these places that hold the past. Also, an adept needs a really good understanding of this place if they intend to do exorcist work. Whereas the Underworld puts everything through the dismantling and recycling process, the Abyss is the long-term storage where a vessel pattern's remains are stored until they finally break down. It is also the place where destructive beings are held out of circulation.

Magically I found the Abyss a strange place, and a place more complex that it first appeared in my early explorations. In my early days of working down there, I would use it as somewhere to dump very troublesome destructive beings. Working with the Keeper of the Abyss, I would haul beings back into the caves at the end of the tunnels and shut the door behind them.

I also came across many beings that appeared to be sleeping, in deep hibernation. Eventually I realised that they were not sleeping, but their vessel and pattern were in stasis. Their consciousness, memory, and so forth were somewhere else. Later, after more exploration, observation, and digging around, I grasped the connection between these ‘shells’ and what was in the Underworld Library.

Even though beings in the Abyss can appear to be whole, living, and just sleeping, a fair number of them are in prolonged stasis. It is like they are in a coma or have severe dementia: their memory and processing power are no longer there.

However, whole and functioning beings are also trapped in the Abyss’s caves and tunnels. I have never spent enough time in vision with them to really study and understand them, but I did begin to understand that they are not beings/consciousness going through recycling. Rather, some of them are held there complete, and others belong there: it is their natural environment. Some of them, particularly but not exclusively near the Shallows, are destructive Underworld beings that occasionally release out into the world as part of their function, usually to bring destruction, disease, etc.

I have also come across some Underworld beings who have been forcibly suppressed by human magic to stop them getting out of the Abyss and releasing into the world. Though such release is part of their natural function, magicians who were unbalanced, or who only considered the short term, had seen a ‘bad’ or ‘destructive’ being in the Abyss and ritually locked it up and sealed it down.

That sort of thing creates a massive imbalance in the flow of creation, which then brings *true* destruction. So an adept has a heavy responsibility to act carefully and thoughtfully. The approach I developed was never to interfere with naturally-released beings, but to return any ones released by magic. It is always about restoration and balance.

Remember, when the Divine breath of creation passes over the Abyss on its way to creative manifestation, it draws power, consciousness, and time from above and below the Abyss. The two sides of the coin are equally important in the creative process, and magically suppressing any element of that complex process will create an unbalanced situation.

Though the Abyss is complex and often contradictory, there are some basic dynamics that we can look at and work with so you can function successfully as an adept in this place. You also should get to know this place so that you can work there as and when needed.

## *The Shallows*

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As you should know by now, all sorts of beings dwell in the Shallows of the Abyss—its ledges, tunnels, and caves—including sleeping humans, faery beings, spirits, and Underworld beings. These can all be interacted with, but just bear in mind that they live or sleep in the Abyssal Shallows for a reason. They do not really belong in the surface world unless they are drawn there naturally to undertake a particular function. But you can learn a lot from them, and you can work with them if you use your common sense.

Often beings here are good to learn from about past dynamics, ancient spirits, the dead, epidemics, tides of destruction behind war, etc. This is often the place from which hapless magicians draw spirits when they invoke ‘demons’ through ritual, and the place to which such beings are returned when an exorcist cleans up some mess.

The two things that trigger any type of being to leave this place for the world of the living are natural tides of destruction, and being invited by magicians (or other people) experimenting with magic.

When dealing with beings in this place, you should be okay and avoid too much trouble so long as you treat them like untrustworthy humans—with caution, care, and a non-judgemental attitude. This is harder than it sounds.

Don’t take anything in the Abyss at face value, no matter how helpless, harmless, or friendly it may seem. But neither should you go there in hostility, or with a sense of righteousness. Both approaches are unbalanced and unnecessary. Just remember, most beings here are out of circulation for a reason; and the non-permanent inmates are only drawn to the surface when their destruction is needed.

The Abyssal Shallows is also where I used to deposit very difficult, dangerous, or destructive spirits—including violent dead human spirits wreaking havoc in the world of the living. Here they are not fully trapped, but they are out of circulation; and the beings that work here usually ensure that everyone stays where they should be. If the dangerous being is meant to be trapped deeper in the Abyss, the beings here will ensure that it slowly sinks lower in the Abyss, and out of reach of the living world.

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## *Naturally sealed versus magically sealed*

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As you start to push a bit deeper down the Abyss, you will come across sealed up caves. Some are naturally sealed: the stone will have closed around the tunnel in the cave to block it off. Other times you will see barriers, gates, or doors with magical sigils, seals, or patterns to keep in whatever lies behind. Sometimes—rarely, but occasionally—you will see tight membranes across a cave’s mouth with magical symbols on them, and you will be see the being moving around behind the membrane. This can be quite unnerving.

When something is naturally sealed, you cannot unseal it: it is literally a stone wall. When something is magically sealed, it can be undone, but you should never attempt this unless the Keeper takes you to it, shows you the seal, and asks you—specifically—to release it. And even then you have a choice: to refuse or accept. Which you pick can, and most likely will, have long-term consequences for the living world. Anything sealed up like this was sealed for a reason. It might have not been the wisest thing to do, but usually whatever is behind the seal is a *destroyer*.

Something sealed by human magic will automatically block a natural destructive process. The blocked destruction would never be pretty if it was released, and could manifest as a worldwide or culture-wide plague or war; or as destructive weather, really bad earthquakes, or a destructive shift in human thinking.

It is rare indeed to be asked to release such a thing; and if you do, then you will be part of the released destructive process in one way or another. And this will energetically tie you up in that process. Your vital force will be connected to the destruction, and in practical terms this will drag on your energies for decades—I know, I’ve been there, done that, and learned my lesson. Also bear in mind that whatever you release cannot be easily put back—if at all.

Sometimes destruction needs to happen for the longer-term balance of the planet—destruction is part of what keeps the living plant healthy. This could mean however, that modern human life in some area—or even continent—needs to end. The release of some powerful being could bring that ending about. Just keep in mind that these beings do not just work through the human species, but through *everything* until balance is restored. They are part of the planet’s living immune system, as are we all.

These beings can also surface if their cave-prison's back is open to the Underworld. However, the Underworld's natural system of gates and barriers, and the spirits that oversee it, tends to deal with any escapees and keep them in the Underworld. Remember these tunnels that flow from the Underworld to the Abyss? They can be blocked or opened at any stage of the landscape between the Abyss, the Underworld areas, and the surface world.

You will probably come across a lot of different configurations. Some caves are fully sealed both from the Abyss and the Underworld tunnels; others are only sealed from the Abyss. The latter tend to have been magically sealed by some magician who did not know about Underworld access tunnels. Other caves are sealed from the Underworld but open to the Abyss, and their inmates are kept in check by the Abyss Keeper.

Beings for whom the Underworld is closed, but who can still be visited via the Abyss, can be interacted with if you need to learn from them or work with them. The Keeper generally takes you to them and presents you to the ledge with the right tunnel and cave. Just be aware that if these beings should lash out or try to grab you then they can physically injure you. If you must talk to them or work with them, always be neutral, calm, and to the point.

I spent many years working down in the Abyss's tunnels and caves, and exploring its access points to the Underworld. I learned a great deal there, which totally changed how I perceived destruction; and it gave me a great deal of insight about the nature of the Deep Underworld, its destructive beings, and the necessity of their functions for the living planet and all who live on it. Yes, I got injured a few times, and sometimes it all got a bit scary and adrenal, but the experience was necessary.

It important for you, as an adept, to spend time exploring these places and learning about them: they are fifty percent of the magical knowledge of the dynamics of creation and destruction. Without experience here, when you walk into a magical situation involving destructive powers or beings you will not know what is going on or how to deal with it.

This is also why it is so important, as an initiate, to learn how to work on your own body, how to tend to yourself when sick or injured, and how to work without emotion—such skills are mandatory for this aspect of magical work.

Never delve into this area of magical visionary work for kicks or excitement. You will spend a lifetime regretting it. It is not a video game; these powers are real and will impact you heavily if you are not careful.

Not many magicians have written much about this place, so it is also important that adepts do spend time exploring, learning, interacting, and working there (for good reasons), to develop this field of magical knowledge. I am hopeful that the next generation of magicians will learn far more than I have, and that learning can come only from direct experience. The Abyss is not something you can theorise about: it is far removed from the logic of the surface world. You have to go there, work, learn, digest, ponder, and develop.

And the more we learn about destruction and all the dynamics involved, the more we will learn as a species not to be so destructive, but to be more balanced. Remember, what you truly learn spreads out into the communal consciousness of our societies, where it can bring balanced change and evolution to people's minds and actions.

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### *The Deep Abyss: compression and blocking*

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Once you get down into the deep parts of the Abyss, the dynamic begins to shift away from sealing, binding, and locking in, and starts to favour compression and subsequent distortion. Though the Abyss is an inner dynamic, its workings mirror outer expression; and just as things buried very deep in the land start to become distorted and crushed, so too do things in the Abyss.

The further down you go, the fewer 'conscious' beings you find; but the ones you do come across, those not sealed in caves, are beings whose consciousness and pattern is becoming badly distorted.

When you do your explorations in the Abyss and in unblocked, unoccupied caves and tunnels, you will find that the deeper you go, the more distorted, pushed together, or closed the rock faces and cave walls become. You will also, confusingly, still come across some undistorted areas, tunnels, and caves in this deep place which hold beautiful outcrops of crystalline structures, some of which still have life patterns held within them.

But for the most part, the further down you go, the more everything starts to get crushed and distorted. Any consciousness down at those depths is so far removed from human consciousness, and so distorted, that it is very dangerous for us indeed. I only explored down at such depths a few times in my thirties, as the physical impact got to be too



much for me. Beings working with you there will often insist on you ‘putting on a protective suit,’ and even then you are still liable to injury.

I also used to cover myself in sand from the Inner Desert and project a mental image of being made of stone as I worked down the deeper part of the Abyss. This made me very uninteresting to any being that spotted me. A good skill to practice, disguise.

After my deep explorations, I came to the conclusion that it was not worth the effort. Everything at those depths was too distorted to work with, and there was little I could learn—the benefit did not outweigh the effort and potential injury. You may find something different and have a different opinion after your own work; and if you do any exploration work then keep tight notes and observe your body for a week or two afterwards. If you experience major bodily impact then you can pass your learning on to the next generation of magicians, so that they can adjust their approach.

For the most part I found the Abyss’s shallows and mid areas, up to the threshold of the deep areas, to be the places to work. There you can commune with beings, explore, deposit beings, seal up places, make connections through tunnels, etc. Once you get very deep it just becomes a jumbled mess.

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### *The other side of the Abyss*

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The other side of the Abyss, and the tunnels and caves on the other side of the Abyss cliff face is an interesting place, because it stores beings that never manifested physically in the living world. Rather than tell you about my findings and inadvertently prime your mind, go and explore it for yourself if it interests you. This area will interest a magician involved in some sort of magical construction, or exploring the spirit aspect of the physical world’s distant past—faery beings, land beings, etc. The same dynamics and rules of engagement apply in terms of safety, contact, and so forth.

Now you have a better overview of the Abyss, we can move on. For this lesson we will set you a series of visionary tasks—observations only. But by observing first, then doing further explorations, you will understand how to apply these techniques better, and when and how to apply them. Just remember that when dealing with the Underworld, death, destruction, and all the beings and powers wrapped up in

those dynamics, *the tide of power works in opposition to the creative powers*. Whereas a ritual normally externalises, then releases power in creative aspects of magic built in vision, with magic dealing with anything Underworldly or destructive, *the ritual triggers and the vision dispenses*.

Hence the problems that can occur when magicians play and experiment with demonic, Underworld, or destructive powers who work purely by ritual, sigils, or voice. They trigger power, but provide no direction and completion for it. This is why so many magicians with natural ability but little knowledge get themselves in messes by aping ‘dark’ rituals to summon ‘demons of hell.’ A magician’s purely natural ability can trigger a process, but it cannot follow it up in terms of power and vision—thankfully. Usually, all that happens is that the magician damages their own minds and the problem is contained within their own vessel.

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### *The World Wars*

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I would like you to do some specific, focused observation work, and to write up your findings for your mentor if you have one. If you are not working with a mentor then still do the notes, as they will prove valuable in the future. Do this for all the following tasks.

When you wish to go to a specific area of the Abyss or are looking for a specific type of being or place to observe, ask the Keeper to guide you or place you there. This is a good ‘gate’ mechanism to work with, as the keeper will refuse to take you anywhere too dangerous for you. It also cuts down on how long you would have to wander around searching. The Abyss is no place for a leisurely stroll.

Ask to be taken to the cave or ledge of the beings who, released, fed into the two World War situations from the late nineteenth century to the mid-twentieth century. Though they are two different wars, the destructive power began to release twenty years before the first, and the tide has not yet finished. Observe the area, any wall paintings, any open door, any signs on the door, and any beings there—but do not commune with them. Also see if the tunnel between the Underworld and the Abyssal cave is open or sealed.

From your observations, do you think the beings of this place released naturally or were magically released? And why did you come to that conclusion, and any others? Are there beings there now, or are they all

still out and about in the physical world? You can try also asking the Keeper, as sometimes—not always—they will tell or show you things. If it does, or takes you somewhere else to view something, then take very careful note of what you see.

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### *Early humans and the deities*

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Go down the Abyss with the intention of reaching the deity powers that flowed through the species of early humans, those we know about from archaeology. They may be in Underworld temples, but access them through the Abyss and its tunnels. Take note of everything you see, hear, and smell. As usual, ask the Keeper to guide you to an appropriate ledge so that you can learn.

You are looking for the telltale signs of how humanity, at that time, interacted with deities and spirits. You can work this out by observing wall paintings in the tunnels and caves, beings sleeping or bound up there, any magical patterns in stasis, and the presentation of the deities. Do not commune with the deities or interact with them. Just bow, look, bow again, and leave. Again, take detailed notes.

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### *Early deities and the Library*

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Go back down to the Abyssal access place of the deity power you visited in the last task. From there, find your way to the Underworld Library. Then stop and explore the Library while focusing on the deity you observed. Finally return to the surface world directly from the Library, not back through the Abyss.

Observe at every point in the vision, but do not interact with beings other than the Keeper. Once you have plenty of observation under your belt, you will be better able to commune with beings while maintaining the right boundaries.

Looping through the Desert, Abyss, Underworld Library, Underworld Shallows, and the surface is a good exercise that will strengthen you. Remember all the stages of rising from the Deep Underworld, and similarly, all the stages of passing into the Desert to the Abyss.

After each task always rebalance yourself in the Inner Temple and clean yourself up if you need to. Sometimes you will be fine; other times you will come back feeling filthy.

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### *Exercising hindsight*

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Think and look back over your notes and journals at the different visionary work you have done where you observed, or came across, a being that no longer belongs in the surface world, had to return to the Underworld, or as a parasite had grown too vast to be healthy for the living world. Look over your visionary notes and think about at what point in that work it would have been right to take that being down into the Underworld or deposit it in the Abyss.

Identify one situation from your past work and observations, and write up how you might approach that situation differently now. How you would go about placing that being in the Abyss or Underworld? Would you use ritual first, or not? Would it have been necessary? What beings would you call on to help you in vision, and why? How would you approach such visionary work—what would you do? With that particular situation, would the Abyss or the Underworld be the better place to deposit them?

Write up your answers as an essay and keep it in a Word document if you are being mentored. If not, do it anyway, as when you look back in a year or two it will be a good measure for you of your progress.

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### *Reading The Magus*

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Now would be a good point in your magical training to read the book *The Magus* by Francis Barrett, if you have not already done so. This book, from the early nineteenth century, was drawn on heavily by various nineteenth-century occultists, particularly those in the Golden Dawn.

Read it in the context of its era. By now you will have enough magical knowledge to spot, and understand, the many subtle magical gems Barrett dropped in the text. If you have read it before you started training, you probably have missed a great deal.

You will not agree with everything he says and your eyes may sometimes roll. This is fine: we are more than two hundred years on from that time, and what he wrote was older than him. Of course we have moved on and learned, but within that text are also timeless gems of wisdom, knowledge and understanding. You will also come across 'glitter magic' that was used to make the book interesting, or which may have been stuff that the author believed was true. Although he was a magician, he was not of great skill. In such circumstances old glitter is often passed on as real magic, and you will have to learn to spot what is glitter, and what is real.

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