



QUAREIA—THE ADEPT
Module VII—Adept Exorcism
Lesson 5: Objects and Resonance

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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



QUAREIA—THE ADEPT

Module VII—Adept Exorcism

Lesson 5: Objects and Resonance

One of the most common aspects of the work of a magical exorcist is dealing with objects and resonance. Usually this boils down to taking apart a cursed or magical attack object in containment—see Adept Module V, Lesson 2—or releasing people or places from fate traps, tangles, and resonant bindings intended to attack or destroy them. This work is also relevant when someone has a major problem with a very destructive being, traditionally thought of as a ‘demon.’ In such cases you do not deal with it as a possession, as it is impossible to take the being out of the picture; instead you take the person out of the pattern that has tangled them up with the being.

So this sort of work be as simple as sorting out a troublesome object, or as complex as tackling destructive Underworld beings flowing through a community in order to destroy it. We looked at one way of working on the latter in a previous module, with the example of one of those beings surfacing in the Nevada Desert, remember? In this lesson we will touch on other methods. So let us start with the easy stuff, and work up to the more complex situations.

In some of the past lessons you have learned about natural objects that can cause problems, usually stones from sacred or power sites, and that you have to return them or find them a suitable natural home. You also looked at the containment and binding of objects with ‘issues,’ as well as their basic destruction. But there comes a time when you have to deal

with such objects, and when the usual methods that you know are not sufficient, you have to dig a bit deeper into your magical toolbox.

Problem objects

In this section of the lesson we will look at very different object situations. The skills used, as well as the skills you already have, will deal with probably ninety-nine percent of the many and varied object problems you can encounter. The remaining one percent is the once-in-a-lifetime situation where you will have to figure it out for yourself by drawing on everything you know about magic, and drawing on your inner contacts for help.

Classic Western magical object

This is probably the most common reason people used to get in touch with me for help. Most of the time the object was more or less harmless, but occasionally I came across a real bomb waiting to go off.

The object could be a piece of parchment with sigils or script and blood, or a blade, an arrowhead, or a sharp piece of stone with sigils or script and blood on it. These, when deployed, are usually placed in or around someone's home, or dropped in their pockets or cars. The usual substance that acts as the vessel is parchment/skin, bone, metal, or stone.

The script can be anything, and usually the object has an offering of blood on it. Sometimes entrails are wrapped around the vessel, or bindings of string, thread, or rope.

Even within Western magic there is a dizzying number of methods, scripts, spells, and such, and it is impossible to know them all. But you don't have to know the details of the delivery method; it is more important to know the mechanics of the attack. Most people who do such things are deeply immersed in a particular magical path, and as such will have studied it from a dogmatic perspective. This makes it unlikely that they understand the actual mechanics of what they are doing: they follow recipes for attack, then deploy them. Their intent is one thing, but the way they construct their attack and the materials they use will have prescribed effects, even if the attacker is not aware of them.

So what is going on mechanically with these objects? First is the choice of the substance for the vessel. Skin, parchment, or bone will by sheer resonance affect the victim's body in terms of their health. Stone will more likely affect their inner pattern. Metal will affect both their body and inner pattern.

Why? This is where we get into the pure mechanics of magical substance, regardless of the attack's intent.

Bone and skin resonate with bodies. Regardless of the animal they come from, they hold a certain frequency, even when dead. This frequency becomes the resonant vibration that triggers a reaction from the victim's skin and bones.

The much deeper resonance of magically-worked stone pulls on the person's 'anchor,' and starts the process of restricting their life pattern. The energetic resonance of metal—and each metal is different—may 'pierce' the outer shell of a person's pattern, letting the attack 'get under the victim's skin.'

Think of it this way: skin and bone 'infects,' stone 'traps' and weighs down, metal strikes and pierces. The attacking magician will probably not be aware of this, and they will use the materials either for dramatic effect or because they are following a recipe.

The blood on such an object, regardless of why the attacker put it there, will attract destructive, parasitical beings. Blood is usually placed on such objects for its frightening, dramatic effect, to 'pay' the spirit connected to the attack, or out of a 'blood for blood' mentality. There are many magical reasons for using blood in such circumstances, but again an attacker usually just follows a recipe, or repeats what is traditionally done in their magical path, without truly knowing why. Those details are irrelevant to you: all you need to know is that when blood is present in an attack, destructive or parasitical beings are not far behind.

Then we get to the sigils and scripts. When I see these, I usually get eye strain from my eyeballs rolling so much. Using a magical script, more than anything, is nearly always the product of drama. Rarely is it used with full knowledge and skill, simply because magical script is not really necessary.

A skilled magician can tear into someone very easily without using such scripts; so when you see them, it usually indicates that the attacker is an edgy wannabe 'demon magician' who thinks that scripts like Malachim or Enochian are 'really powerful.' They use the scripts due

to the sounds of each letter: so if a magician would want to write 'die' in a magical script, they would use the script letters closest to D, I, and E. However, few of these scripts were developed for English. Most developed out of Arabic, Hebrew, Greek, and Tifinagh. The way the letters, sounds, and meanings work are often different from the attacking magician's modern language. If a magician wanted to write 'die' on a stone, and wanted to use Hebrew because they thought they were a Kabbalist, and used Hebrew letters to represent D, I, and E, then it would not achieve anything. And yet this is how most magicians use such scripts.

However, the occasional magician does work with a magical script in a focused, particular way, often unique to them, and within the script's foundational language. This sort of use can be powerful and effective. So always use caution and common sense. This is what I mean about the occasional bomb.

For every hundred objects I was called in to deal with, ninety nine were duff, empty, impressive-looking things covered in scripts. The remaining one would turn out to be the product of a skilled magician who was a nasty piece of work. So do not assume the object in front of you is a dud. When in doubt, use your inner senses and divination. I tend to not use inner vision unless absolutely necessary, so that I can keep my energetic distance from such objects. Just in case.

The mechanics of such objects are: the substance the vehicle, the blood that draws in spirits, and the script housed within the substance that may, or may not, be an externalisation of an utterance that directs the whole thing.

First strip the substance by using the utterance of exorcism of substance: the first lines of the exorcism of salt you learned as an apprentice. Then deface the script either by scrubbing it off or by using paint to change the images, while in vision you 'blow' the utterance out of the script and into the west for composting. Figure that one out for yourself. Then place the whole thing in consecrated salt to detach any spirits connected to it. Break up the object with a hammer, separate the pieces, cast them into a fire, and then bury what's left.

This method gets down to the basic mechanics of the object's creation and bypasses the need for more elaborate magical methods. If you use more surface magical methods connected to the form of magic used in the creation then you are more likely to make a mistake, and such methods are not really necessary.

However, at times I have had to deal with such objects and have been too tired and too busy to go through all the steps. At such times I have been known to dump the offending object in a bucket, pour bleach over it, smashed it up with a hammer, and told any spirits to fuck off. That worked, too. Often the simple ways work best.

But those ways only work when you are able to be still, not intimidated or threatened by a being, and avoid being tangled up in any constructs. That takes a skilled, stilled adept who has faced destruction.

For the most part, though, these sorts of objects covered in blood and fancy scripts are just window-dressing and idiocy. If there is a fire nearby, I just toss them into it with the focused intent of having the element of fire tear apart the construct. Don't be intimidated by elaborate-looking scripts; you are more likely to come to harm from dealing with tribal attack objects than Western magical ones.

Birthed spirit in a constructed vessel

This is not an attack object, but you may encounter one in certain cultures where it is causing all sorts of problems for someone. Dealing with it needs a gentle, consistent hand. These objects are usually created when some magical experiment has gone wrong, or when a bit of a dabbler with some natural ability has accidentally formed a patterned inner vessel for a spirit to be birthed into, and that inner pattern has then been given an outer vessel.

It can also accidentally happen when a sexually active female magical artist creates a statue and a lot of lines of intention and paths of fate collide.

Say a female sculptor, who is also magical and visionary, is in a passionate relationship with someone. In the throes of sex, she perceives a spirit hovering nearby who then moves into the male and moves *through* him so that the woman is essentially having sex with both the human male and the spirit. The majority of the time, these sorts of spirits are faery/land beings. This is sometimes done intentionally in certain magical traditions.

Later—it could be months later—the woman is inspired to create a statue or vessel with a face, eyes, ears, etc., and she begins to talk to it. She is essentially birthing a new spirit: the product of the sexual union

that included the spirit. The statue springs to life in an inner sense, and the being starts interacting with the members of the household. Now at this point it is pertinent to remember that the statue is not the being, but simply a window which enables it to interact in a more human way with its 'mother.'

The spirit will soon outgrow the statue and need a larger, more mature one. It will also start challenging other members of the household for its mother's attention, and may guard the mother jealously and aggressively. That is usually the point when the exorcist is called.

So what do you do?

This is a delicate situation, one you read about previously in the course, and you have to approach it very carefully. Once you have identified that it is indeed a faery being that has been birthed, you have to approach it with the care you would give a human child. The object of the exercise is to ensure the wellbeing of the spirit as well as the wellbeing of the household.

First the mother has to talk to the spirit to ensure that the spirit knows it is loved and will be cared for, but that it also has to 'fit in' with the family members. The mother needs to explain her relationship with each member of the household, and how that member, or those members, serve a purpose for the mother. This might sound coldblooded, but it speaks to the consciousness of faery beings: everything serves a purpose, and that purpose must be outlined so that the spirit understands it.

A husband or partner is there to do the 'physical heavy-lifting,' something a faery being cannot do, to protect the household physically, and to help provide for the family. That is something a faery being would understand: remember, to the spirit, the mother is the most important thing, and anyone around her must be there to serve her in some way. This can run counter to modern ways of doing things, but you are not dealing with human society here. Socially, faery beings operate more in the mindset of a beehive with its queen.

Usually by the time such a spirit starts problems like attacking the partner and anyone else connected to the mother, they will have reached their 'puberty' the time will have come for them to begin living in nature, close to the family. This is achieved by carefully breaking up the vessel-object and releasing the spirit into the outside world. Again, this must be done by the mother. Your job is to guide her actions and help with divination.

If the mother takes the object outside, breaks it without emotion, and tells the spirit to live in the trees, rocks, and so forth, then she will have to go outside regularly and sit with the spirit while it adjusts to life outdoors. If the mother lives in a heavily built-up city apartment with no garden or wild space directly around the house, then a good-sized stone must be found for the spirit to live in. The vessel that gives the spirit a human face, eyes, and so forth has to be broken, and the spirit must be encouraged to move into the stone.

Don't make the mistake of suggesting a spirit-house, or anything that looks vaguely human. It is important to house and interact with the spirit as much as possible in ways that refer to its roots out in nature. The family will just have to learn to live with the spirit, and the spirit must learn the boundaries of human behaviour.

The spirit will far outlive its mother, so whenever possible it must reside in natural surroundings, not take up long-term residence in a building. The mother will have to understand that the spirit is her responsibility for the long term, and she will need to stay close to it. Normally this means not moving house again, if the spirit has taken up residence outside. It is like having an eternal child that you have to care for and make provision for.

This is why it is really important for magicians not to dabble with magic that includes spirits and sex. If you do not know what you are doing and do not know the potential long-term implications of your actions, then don't go there. If you birth such a being and then walk away from it, you will find that nature and land spirits react to you much as a human community would if you had a baby and left it in the house unattended while you moved on without it, without even making provision for it. You will make long-term, dangerous enemies.

Voodoo dolls and curse statues

This technique is very old magic and has been around for millennia in various different cultures. These days most examples are the result of someone dabbling with magic, but occasionally you will come across a real one, and then you have to move very carefully indeed. Again, you do not deal with these within their the cultural-magical framework, but through mechanics.

In this section we will look at attack dolls. When someone is attacked using one of these dolls or statues, then often the doll or statue stays with

the attacker, who regularly uses it as a link to the victim. You cannot then get your hands on the doll to deal with it. The only thing you can do, where you suspect such use, is to track back from the victim to the doll in vision, and take out its inner pattern, inner connections, and any beings keeping it all going.

However, when many of these dolls and statues are, or were, prepared, they are set going, then buried or hidden close to the victim's house—or sometimes even *in* their house. When one is found and an exorcist called to deal with it, great care must be taken, as the victim will be closely linked in to the doll. But it is easier, and far more effective, to dismantle the whole magical mess by working with the doll than working only in vision.

So let us look at the steps you would take. Here is a picture of an attack statue, then a picture of the whole ensemble: the attack statue, the jar in which it was sealed, and the lead curse that instructs the spell.



The statue had been pierced by iron nails and placed in the tomb of a dead man to fuel the spell. Though over time methodologies have changed and developed, the basic mechanics are still the same. Note the positions of the pins—in the second image, the ear pins are missing. Top of the head and bottom of both feet, both eyes and both ears, mouth,

heart, vagina, anus, and bound hands.

Before we get to what to do with these statues or dolls, let's first look at some of the mechanics involved in the attack.

The top of the head has been sealed against the downward flow of future power. The feet have been sealed off from their connection with the land, Underworld, and ancestral power. Thus the main axis of creation and destruction has been cut off, which seals the person into themselves and can stop them drawing on power to free themselves, and prevent any other being from freeing them.



Figure 1: Magical Ensemble, Louvre Museum, France.

The ears, eyes, and mouth have been closed off and 'limited'—note that iron nails used this way trigger the dynamic of the Limiter. The woman thus loses the ability to perceive clearly. The heart is also pinned to silence the heart spirit, the vagina is pinned to stop her sexual activity outside the spell, and the anus is pinned to stop her body processing the magic and again to block sexual activity. Note also that the bound hands are pinned: only one pin is used, to stop the hands freeing themselves from the binding.

The statue is 'hogtied' to bind up their ability for freedom and to

imprison them. This statue is not meant to kill the victim, but to totally control them in mind and body. The lead curse scroll holds a spell designed to control the female victim's mind and body, and to compel her to do the attacker's will.

The statue was then surrounded by the lead curse, written in Greek, and the lead sheet was lightly wrapped around the statue to enclose it. Then the whole thing was placed in a jar and sealed. It was then placed in the tomb of a young man, to draw on Underworld energies, to hide it, and to draw on the tomb's protections. It was the perfect place to hide such a thing and to fuel it with Underworld power.

This is something of antiquity, but this sort of thing is still used to this day in various cultures, and the dynamics do not vary much. So what do you do when you find one that is active and with a victim on the other end?

First you have to discern what its intention is. You can do this through divination if no text comes with it to outline its 'instructions.' You would need to ask, "is this meant to kill?" "To disable?" "To control?" That will guide you as to the urgency and care needed. If the statue is meant to kill then you will need to draw on protections and contacts to work with you to protect the victim and keep them alive while you deal with the statue. If its intent is to disable or control, for whatever reason, then you have a bit more elbowroom in which to work.

Throughout your work on the doll/statue, treat it as if it were the victim's own body. Depending on the knowledge and power used to make it, what you do to the statue can transfer to the victim, as they have been aligned through magical resonance.

The first step is to destroy any 'instructions' that wrapped around or attached to the doll. These days people use vellum, skin, parchment, etc. It is very rare to find a modern example with the curse instruction inscribed on metal. The curse instruction must be destroyed by fire and the ashes mixed in a jar with urine, which triggers the composting process. The mixture is then poured into a hole in the ground while you send it into the Underworld using utterance.

If the curse instruction is inscribed on metal, then it must be melted with fire, then urine poured over it. Then it must be placed in consecrated salt until the whole process is finished, after which it must be buried far away from where the victim lives. Whenever you bury something to get rid of it, always use utterance to direct it into the depths of the Underworld and to trigger Underworld beings to accept it and take it

down further.

Now you have to deal with the pins. For something like this you will need a supply of Yarrow tincture, which is good at slowly but successfully healing such wounds. With such statues or dolls, I always treat them as if they had full power, as sometimes they can be full of power but masked to appear benign in divination.

The use of iron nails and utterance on lead pulls on the east Limiter/utterance dynamic, so you engage the same power. As you utter, draw on the east/air/utterance power. Each pin must be taken out in sequence, the wound tended, and utterance used to redirect action. In such a case this is the order in which you would work.

1. **Head.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, I free up your future, may the power of the stars flow down to you."
2. **Feet.** Remove both pins, drop yarrow in the wound, place your left index finger over each wound, and say: "I release your limitation, I free up your passage through life on your path, may the power of the ancestors rise to support you."
3. **Heart.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, I free the voice of the heart spirit, I unbind the heart that it may speak the truth."
4. **Anus.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, may you release what is rancid within you, may you expel all that is poison to your body and spirit."
5. **Mouth.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, I open your mouth, may your words be free and the breath of life flow through you."
6. **Ears.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, now you can hear the truth, now your companion spirits can enter and leave unhindered."
7. **Eyes.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, now you can see truly before you."

8. **Vagina.** Remove the pin, drop yarrow in the wound, place your left index finger over the wound, and say: "I release your limitation, may your fruits blossom and may you birth new powers in the world."
9. **Hands.** Remove the pin, cut the bindings, drop yarrow in the wrists that were bound and rub them, place your left index finger over the wound, and say: "I release your limitation, now you may once again hold the powers of your destiny. May no one bind you once more against your will."

The doll is then exorcised using the exorcism of earth, wrapped carefully in cloth infused with frankincense oil, and placed in a wooden box which is then tied up with threads. Add nothing to the doll, and put nothing in the box with it.

The use of wood is important, as wood has an interesting resonance, and will also protect the doll from being crushed. Metal is too harsh and will cut off all contact between the victim and the doll. When skilled magic is used to link a doll to a human, you cannot destroy it in case the destruction washes back to the individual.

If a protected, but tentative, link continues between the doll and the victim, then it can be put to use as a decoy. The doll is safely wrapped and shielded in the wooden box, then placed in an attic or at the back of a cupboard where it will not be damaged or messed with. The box is bound up to stop anyone opening it, and if you bind it up while pulling on the Weaver power then it will develop a protective web around the doll. If the knots of the binding are then sealed with wax, then again it deepens the bindings; but it will also then alert the victim if someone tries to access it.

Once the doll is dealt with then the victim needs attending to. You will need to work in vision on the victim, as such an attack will leave an inner trail or resonance that needs removing. Pay attention in vision to the points of the body that had been pinned on the doll, seal up any inner wounds, remove any inner bindings or blockages, ensure the heart spirit is free to speak and is energised, and pay particular attention to the top of the head and the soles of the feet. Check down the throat to ensure that nothing appears to have been placed there, and check every other orifice that had been attacked.

When you have finished, give the victim a ritual bath and put a talisman on them. Ensure they keep it on at all times, even in the shower or when they are sleeping, and that they wear it for a few months. Then,

if the attacker decides to try and attack them again from a distance, most of the attack will probably flow to the doll and not the victim.

Breaking resonant connections

Another common thing that the magical exorcist has to deal with a lot is the bad effects of resonant connections, either naturally formed or magically applied. This can be on a person, place, or thing, and is where something or someone ‘vibrates’ or resonates at the same frequency as something else, and that resonance is exploited to attack someone.

Sometimes the issue is more about a resonance persisting and causing problems after its outer manifestation or vessel has gone. The most common situation is where a building has been torn down but its inner pattern or inner construction is still there and continues to affect the environment around it. In such cases the inner pattern or structure has to be taken apart.

The use of resonance in folk magic is very old indeed, and was used in many different ways to attack, control, or kill someone. It is also connected to the magical use of cursed objects where the doll, like the one we just looked at, is used to mirror the victim. The methods of dealing with resonance can be used in such circumstances where an attack object/doll is suspected, but is probably being kept and worked on by the attacker. So let us look at resonant magic and what it can do.

Mirroring resonance

This is an attack method used in folk and tribal magic where the attacker mirrors something about the victim to build a resonance. It might be walking behind them repeatedly and copying their gait and physical habits/actions. This is built up over time until the attacker has ‘gotten into’ the resonant pattern of the victim. Then one day the attacker suddenly breaks the pattern, which leads the victim to stumble onto the road into the path of a car, or fall down a hole, etc.

If the attacker knows the victim well, or lives in the same household as them, then they can do mirroring by repeating a certain habitual daily

routine or act until the attacker feels the connection build enough for them to get into the victim's head. Then the attacker can plant ideas in the victim's head, ideas like suicide, leaving home, etc.

Another method, which again shifts the victim's thought processes, is mimicking the victim's appearance, dress codes, and eating patterns. Once connected, they can then shift how the victim thinks and what they do. This takes a lot of skill and patience, and cannot be mimicked by a casual magician, but such mirroring can be devastating for the victim if the adept attacker is successful.

By the time the adept exorcist is on the scene, the victim's mind has usually already been breached or an incident has already happened—such as the victim stepping in front of a truck, but surviving the incident. When this sort of thing happens, the telltale signs are that the victim does not know why they did a certain thing, does not even remember doing it, or felt a powerful compulsion that they could not overcome.

If they do not remember doing the act, then first they must be checked by a doctor to ensure they are not having blackouts or *petit mal* seizures: there can be medical reasons for that sort of forgetfulness.

Resonant mirroring will show up in the victim's readings if you look carefully. If absolutely nothing at all shows in the readings, and they look fabulous despite the goings-on around the victim, then the victim's readings may well be glamoured. A skilled adept can cast a glamour over a person so that their readings do not show the truth. When you suspect this, there is a simple way around it: ask the cards if the readings are actually true. Then do a reading and ask: "What is really happening? Show me what has been veiled or hidden." Usually then you will get the real story.

The way to break mirroring lies with the victim, not with fancy magic. First step in anything like this is to give them a ritual bath and put a talisman on them to break the first layer of connections. Then they need to be clearly talked to, so that they understand that their strange compulsions, suicidal thoughts, destructive thoughts, and potential actions are not coming from their own mind, but from outside of them. This revelation can drastically shift how the victim deals with the situation.

If the victim learns to deal with it themselves then they will become impervious to the attacks and grow in strength. Teach them to stop every time something out-of-character and destructive comes into their heads, and to dismiss it as not theirs, and then reject it. This technique also builds up a person's immunity to parasites interfering with their mind—

in fact it has many applications.

Also teach them to continually change things about themselves: what they wear and how they wear it, how they walk, what hands they use for what actions, and to deviate from set routines. Teach them to think about being impulsive and unpredictable, even if they have a routine they have to stick to, like picking up kids or going to work. Teach them to choose different routes and to use them randomly, to walk on different sides of the street, to move differently: often small, subtle changes will stop patterns forming that could be tapped into.

Besides all this, you as the exorcist must find out why it is happening, and see if the reasons can be sidestepped. If the victim is connected to the attacker then have them break all connections by severing contact, getting rid of any connected belongings, etc.

If they are being attacked by someone being paid for the service, then they need a guardian. That gets you into a whole new ballgame, as inner guardians will only help if the person is truly a victim and leads a balanced life.

Using a *construct* guardian, like a thought form, can easily go badly wrong, as can bribing a spirit to watch over them. It all gets messy pretty quickly. So if you consider using a guardian for someone, think very carefully about it, and look at it from all angles, including the victim's life and actions.

If you find yourself having to deal with an issue like mirroring then you will find many different ways to help, and different layers you can deploy. Just bear in mind that attacker-versus-victim situations are often complex when you dig under the surface, and they are never short jobs. The more you can teach the victim to help themselves, the less likely you are to be constantly at their beck and call every time something goes wrong.

Inner house pattern

When a house is demolished that was very old, or that underwent long-term, significant religious or magical use, then it can leave an inner shadow of itself in the inner landscape. This is not the same as an inner temple or inner structure; it is an echo of the building's energy structure that remains imprinted on the inner landscape.

For the most part this does not cause a problem: the echo slowly and naturally decays, and eventually vanishes. However, if the religious activity in the building was not conducive to the land then it can continue to cause an issue with land beings. If the building was a place like a mental institution or prison, or was the site of a massacre, then the imprint can be strong and hold a pattern of suffering, cruelty, etc. Old mental asylums were very cruel indeed, and they often leave a heavy imprint on the inner landscape which then affects the inner flow of everything around them.

If a new building is placed on the site without the inner landscape being cleaned then the old building's collected energy and echo, as well as any parasites gathered around it, can infect the new building. And it is with new buildings that this problem usually comes to light, or where a new nature garden or area has a 'bad feel' to it and attracts both inner and outer trouble. A little bit of research will often reveal the underlying problem, and inner vision investigation will show the building as well as any effect on the inner landscape. Such echoes cause hostile reactions from land beings around the area, which create situations needing an exorcist.

Sudden and dramatic changes in the mental health of people, their dreams, their physical health, and so forth can spring from moving onto a patch of land with an echo on it. It can make the situation complicated if land beings start attacking the householders, and this can make it hard for the exorcist to discern the root of the problem. Always suspect an echo when the affected house is brand new and the people have just moved in.

From an inner being point of view, the old echo and the new building merge into one, and beings cannot distinguish between the two. So the beings react to the degeneration in the echo's energy, but their reaction affects the new building and the people living and/or working in it.

If you use inner vision then you will often see the old building still in the inner landscape—and it will look very different to the new building.

When you confirm that a problem is indeed being caused by an old building echo, then you need to deconstruct the echo and get the natural elements flowing back into the space once more, particularly wind and water. Once the echo has gone and there is no 'black hole' where it used to be—and that process can take a couple of weeks or a few months depending on how bad it was—then you need to 'construct' the new building in the inner landscape.

You have looked at this before in your training. It can be simply done,

as it is not a sacred or magical construction, so there is no need for powers, beings, and so forth to play a part. Simply stand in the inner landscape and visualise the new building. Build up the images over a series of sessions, and do it from both inside and outside the building.

Once the new building starts to appear as soon as you enter the inner landscape, the resonance process has begun. The inner image you have built energetically begins to resonate at the same frequency of the building. This plants it in the inner landscape, so that inner beings can see it and not trample through it. If the building poses no threat to them, they will learn to go around it.

Fate pattern resonance

By now you should know quite a bit about fate pattern resonance and how to deal with the basic problems that can come up. But there is an aspect of this branch of work that an exorcist may need in extreme circumstances, when a destructive 'demonic' being or collection of them are flowing into a society or community, and someone has been caught up in it. This puts them on the road to destruction as part of the wider pattern of breakdown and destruction.

If you do not know the individual well or at all, then there is often little you can do practically. When these powerful beings flow in and fill a community's interconnecting patterns, then anything or anyone badly out of balance can become fair game for their 'infection.' If you do not know the person then you do not know what their true self is like, what their lifestyle is like, or how they conduct themselves. And most people will lie when you ask them important questions that would highlight areas of their lives that are drawing such beings in.

In such cases, trying to detach them from the pattern and make them invisible will most likely fail: their habitual way of living is the problem which links them in the destruction. Most people can pull their shit together for a short while, but not for any prolonged time, and usually the destructive patterns with such beings flowing through them operate over a years, not months or weeks.

However, if you know the person well, or you *are* the person, then there are some things you can do. What attracts these beings is unresolved baggage that is carried and ignored—which is why you worked so hard on that as an apprentice. The most important attractors are the present

and future ways in which the person lives their life. This is not about moral grandstanding, as often the behaviour that can link someone into such a pattern is behaviour that their society may consider ‘good,’ not ‘bad.’ It is about moving towards balance, not moving away from it.

Say for example you have a friend who is a ‘gentle soul,’ who loves everything, squeals at cute kittens, and would not hurt a fly. You might think they would be okay if they were caught up in such a pattern. But if that friend lives in a house far too big for them, spends huge sums of money on unnecessary things, eats far too much, and does magic to ‘heal the world,’ then you are looking at a very unbalanced situation.

And they have a huge garden which is clipped and landscaped in a way quite contrary to the local climate, and stuffed with invasive ornamental plants which serve no purpose in the local ecosystem. And they are constantly spraying the land with chemicals that kill native plants and insects... you get the overall picture. This is someone completely out of touch with how their living destructively impacts their neighbourhood, which puts them very much on the radar should a destructive pulse flow through the area.

Sadly in such cases, no matter what you say, the person will very likely resist any suggestion that they change, and will likely be totally oblivious to the damage they are doing. They will also rigorously defend their right to do as they wish, and because things have been ‘fine,’ they will wonder what you are fussing about. But these pulses do not flow through regularly, not at the level that carries these massive, powerful, destructive beings.

At this point in time—2016—and over the last few years, the USA is experiencing a pretty large and powerful destructive tide flowing through it as a response to the effect that the human species is having on the environment, the creatures around them, and each other. The scales have tipped far enough to trigger a Deep Underworld response. This manifests not only in changes in nature, but in how beings interact with each other and with themselves.

So you can see how complicated it can get; and no matter how adept your skills are, there is often little you can do. But if you want to safeguard your own life should you be caught up in such a tide, or that of someone close to you whom you know would shift how they operated if you made some suggestions, then there are some things you can do.

The first step is identifying what within a lifestyle or the health of a body needs shifting. Then you must act on that knowledge with the firm

intent of making the shift permanent.

That first step forward—personal action—starts to trigger a different set of patterns around the actor. It does not mean they must become a monk: things in life need to be looked at in terms of necessity as much as is possible for a person, and that cuts differently for everyone. There is no overarching list of dos and don'ts: what will be okay for one person will be very bad for another; it is about personal capability.

Once the person has made their first step forward, then you can look at working on their fate pattern in vision. Strengthening the pattern, working on balancing it, working with the Weaver powers and the beings that flow around a fate pattern, can all help strengthen weakened futures and smooth out 'tangles' that will attract destructive beings.

You can also work with the person's birth and transit charts to identify powerful planets that have sprung into action, then work with the planetary spirits in vision and ritual to ask for their help navigating through the destructive tide in the healthiest way.

Divination can also help identify areas in their present life that are making them too visible to destructive beings. Essentially you draw on all your skills with one goal in mind—to shift the path of the individual in a small way to make them invisible, or at least less visible, to the beings chewing through their society.

And here we come to the hierarchy of beings. The destructive 'demonic' powers that flow through a long-term destructive tide are huge, often too big for them to perceive an individual human. Their 'infection' spreads out to each human, and sometimes the animals, and an individual's state, inner and outer, will define how that infection affects their minds, bodies, and actions. But these huge beings do not target individuals. However, smaller beings within the hive can perceive an individual and will indeed hone in on something, or someone, particularly ripe for taking out.

If the individual has already started to make changes and is working towards balance but does not protect themselves, then they will not be totally unravelled, but they may get glancing blows. To avoid this, the magician 'bloods the doorstep,' uses the salt at the door, keeps creature guardians and companions, and deploys magical tools at thresholds, etc. These things will rebuff destructive beings, or, in the case of blooding the doorposts or threshold, will indicate that destruction has already visited the house and so their presence is not needed.

So you can see why there can be no one effective recipe of actions for this situation. Instead, when it is presented to you, or when you find yourself in the midst of such a tide, you have to draw on various layers of magic and knowledge. Remember, half the work is magical actions; the other half is changing bad or destructive habits, lifestyles, and actions so that you do not resonate with the same frequency as the pattern of destruction. It is not about judgement, but about whether you resonate or not; and resonance comes from who you are and what you do.

You cannot be perfect, you will never achieve that. Life is always a struggle, a process of development that does not stop until you die. And often it is not what you assume it to be. I have found some of the most clear, balanced people in squats, shanty towns, drug dens, and prisons, and some of the most unbalanced people in churches, eco-communities, and spiritual communities. So be very careful that you never tip into being a pedestal-stander or 'higher being' looking down on the great unwashed: that will more likely get you swept up in a destructive tide. Each human spirit is unique, and while we all have some things in common that we need to work on, most of our imbalances are unique to us.

Hopefully now you will see why I did not cover these destructive demonic beings in the possession lesson, as not only can you not really work that way, but also putting it here, in this lesson, hides it from skimmers looking for gems and quick answers.

The other thing to think about on this subject is the old myth—which does actually work, and I have seen it work—that if a small number of people in a community or society work hard to become balanced and live in a better way alongside all nature as best they can, then that small group can sit in opposition on the scales to the hoards of destructive people pulling in the Underworld tide. Even in the face of massive potential long-term destruction, the outcome of that destruction can be mitigated by a few who work tirelessly to make a difference in their own way. It is always down to the individual first, regardless of whatever anyone else is doing. It always comes back to *sort yourself out, and tend the garden.*

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