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# QUAREIA—THE INITIATE

## Module II—Exorcism I: The Basics

### Lesson 5: Basic Exorcism

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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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## QUAREIA—THE INITIATE

### Module II—Exorcism I: The Basics

#### Lesson 5: Basic Exorcism

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Bear in mind when you read this lesson that it deals only with minor to medium-level issues: anything beyond this is the work of an adept. This lesson covers an exorcist's actions once the basic research into the situation has been done and likely reasons for the disturbances identified.

Before we get into the application of the layers of action, remember that from the moment the exorcist is contacted, the work begins. If the exorcist chooses to take on the work, they must put on hold any other work they are doing other than tuning their workspace and themselves. All project work must cease until their exorcist work has been finished.

The reason for this is that the exorcist's inner spirit starts work the moment the contact is made. Any other work could be interfered with or affected by the pattern the exorcist has just stepped into. It could also pull on the exorcist's vital force and cause their energies to become scattered or stretched too thin, putting their physical health at risk.

So self-maintenance is a major consideration when taking on such work. Some exorcism jobs are minor and of no real energetic consequence, but a wise exorcist treats every job as if it could affect their vital force and inner spirit until they know otherwise. Better safe than sorry. Keeping still, clean, tuned, and focused when preparing and doing exorcism work will ensure nothing untoward can affect the magician's health and energy.

In this lesson we will go through the steps an exorcist would take once they get to the house/person concerned. By this time the magician should already have a good idea of the house's or person's history, a good idea of the area's 'psychic weather,' and know of any major power spots, mining operations, springs, etc. that may be contributing to the situation. The magician should have their notes and maps ready and with them for reference.

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### *The steps of the exorcist*

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When you arrive at the problem house or the house of the person with the problem, take a little time to sit and look at the area round the house before you leave your car. Look at what buildings are close, any trees, rivers, train tracks, roads, rocks: look at the natural surroundings and also look at the types of buildings/businesses/houses nearby.

You are looking for triggers. Is there anything to draw in parasites? (High schools, bars, etc.) Is there anything that would create conflict with land beings? (Recently chopped trees, nearby woods, rivers, and so forth.)

Then get out of the car and look at the surrounding houses/apartments: do any of them seem grubby from an inner perspective? (They will appear dirty even if they are outwardly clean.) Is the location a recent development? Are there many sick or old people living on the street? (Hospitals, care homes.)

Get a general feel for the balance of the people in the area, and also for the balance of nature if the location is close to or in the countryside.

When you go to the front door of the location, look at the door and feel how it feels. A lot of magical information can be picked up simply from the feel of a place, a door, or a building. First impressions can mean a lot: you can pick up a great deal about something/someone the instant before common sense kicks in and overrides the initial impression.

Go into the property with an open mind. Often what appears to be a problem centred on a person is actually a building problem and vice versa. Don't assume anything—and certainly don't assume that it is an inner/spirit/haunting: the majority of problems come from drama,

stress, overactive imaginations, etc. This is why it is always good to go into a situation like this in a neutral state, and to not get sucked into any drama. And be prepared to come and go over a series of days, or even weeks, as you apply layers.

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### *Initial assessment*

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Sit and listen to what the people have to say, and listen carefully. Sometimes beings will talk through a person without the person realising. Other times you will get wild flights of fancy, drama, and emotion.

If the person has a being talking through them,<sup>1</sup> just listen carefully and let them speak. Often when this happens the being is trapped or in distress and is reaching out for help. If the being threatens you through a person, just ignore it and carry on talking to the person. If you are faced with a lot of drama, fancy, and emotion, one of two things could be happening. The first is mental illness, and the second is a land/-faery being affecting the person and tipping them over the edge. So don't always assume drama is about attention-seeking: it is most of the time, but it may also be someone who has been disturbed at a deep level by some impact or being which is pushing them out of balance.

Once you have listened to the people, check out the house and the surrounding land, even if the presentation seems to be about a person and not the place—don't make assumptions. Do this without an audience. Ask them to let you wander around the house and outside on your own, as it is near impossible to pick up subtle signals with people trooping behind you.

Take your time and stand in each room to get an inner sense of it. Then look around for any objects in the room that could be a source of issues. Look for the obvious first: tribal artefacts, bones, and statues; and also rocks, branches, and so forth that could have been brought in from outside.

If you find an artefact or suspect object, take your time and feel it out. Pick it up and see how it makes you feel when you still yourself. Some

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<sup>1</sup>You will recognise it by what they say, as the being will talk to you in terms and words and make references that you will understand from your magical work.

objects that you would expect to cause problems do not, and others that you think might be inert can be busting with spirits or resonances.

Take notes of everything you suspect, and also how each room feels. Do this even if the family thinks the issue is within a person: sometimes an object can hound a person and make it look like the person themselves has the problem, when all along it is the object.

Inner senses play a major part in the early diagnosis of a situation, which is why you spent so much time as an apprentice developing them. Learn to be still and listen, to feel, and to draw information from the energies around the house.

If you find that the problem has a focal point in an object, then you are lucky: dealing with the object is likely to bring a resolution.

Once you have looked round the house, it is time to look at the people. Sometimes a house disturbance can come from a person triggering the situation. Talk to the household's members individually, away from any other family members. See if there is conflict between the people, or if anyone is taking drugs, drinking heavily, doing a lot of war games, porn, and so forth.

It is important not to be judgemental but to be neutral: people must be able to talk to you in confidence and know that you will not moralise. But also remember that people will often lie to cover things up, so it is hard to work only from what they tell you. You have to learn to spot things without being told them, which means being very observant and reading between the lines a lot.

You are looking for signs to tell you if the person does indeed have a being troubling them, or if the person's actions are triggering a hostile situation with a being. Bear in mind that an actual being invading someone is a lot rarer than people think. Usually it is mental illness or the person's behaviour triggering a being to be hostile.

Unless you have worked in mental health or have a lot of experience in mental health, do not try to assess the person's mental health. That is the work of an adept and a psychologist or psychiatrist. The presentation of mental illness and/or possession can be the same to an untrained eye, and is something that must be approached properly: first is a mental health assessment by a psychiatrist.

Should you come up against someone showing signs of full possession, you must walk away from that situation and advise them to get a mental

health assessment before doing anything else: making a mistake can do the victim a great deal of long-term damage.

Usually the sort of thing that will cross the path of an initiate exorcist is someone being harassed by a being. This can appear as physical attacks on the person, nightmares, and strange things happening to them around the house. When a person is being targeted like this it is usually because some unbalanced behaviour of theirs has triggered the being. Patiently questioning them and talking to them will usually bring to light the root of the problem.

If the problem is not a major one, and after putting in place the first layers of protection on the house/person, you can do some readings to confirm or discount your suspicions when you get home. Do not do this in a house with major problems: wait until you are home and do it in your work space with all the directions going and your stole on. Be very careful: beings can mess with readings and can also connect to you through them.

So let us look at the application of the first layers. Introduce one or two things at a time to the house, then return after a few days. If the problem is still there, or went away and came back, add the next layer.

If the problem went away and came back, it is likely that the power or being at work reacted to the first layer and then got accustomed to it. Of course, the choice of layers depends largely on the issue and its presentation.

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### *Placing the layers*

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Regardless of whether the problem is in the house or with a person, the house must be attended to first, as it is the 'container' for the people.

Any identified artefacts or objects should be removed, destroyed, or sent somewhere where they will be better accommodated.

The first layer of action should be to cleanse the space with the salt water ritual, still it with chant, and use frankincense resin in each room.

I have a collection of small stone oil diffusers that work with tea lights. I place a folded layer of tinfoil on the top as a cup and put the frankincense in there. This makes it easier to dispose of the spent resin once it is finished. I put a diffuser in each room with an eight hour tea light in it to give the rooms a real clean.

The whole household must also be given a ritual bath. If they do not have a bath, prepare the consecrated water and salt in a bucket. Get them first to shower with an unscented soap and a bowl of consecrated salt that they must rub wherever they can reach. Then have them use the bucket of salt water to wash themselves. Every part of them must be cleaned with it.

Sometimes it is just easier for the family to hire a motel room with a bath for twenty-four hours. The exorcist will have to go there and prepare each bath. This can be a major hassle for a family, but the effort is also part of the cure: after such an inconvenience and expense, they are more likely to listen to your advice about how to keep clean in future.

Once the house is clean, light a vigil candle,<sup>2</sup> in a central part of the house where it is will be safe and not knocked. Tune it to the central flame of the directions. Tell the household to leave hall lights on at night, and for the first couple of nights to leave the high frequency chant CD on at a low volume.

Do nothing more than that for the first layer. Go back after a few days and see how they are doing. If all is well, tell them to buy their own copy of the CD and to keep up with lighting the long-burn candles in a safe way.<sup>3</sup>

Also inform them that any seriously unbalanced behaviour may kick the situation off again, and for them to think carefully about what they do. When this first layer works, the cause of the trouble is likely to be either a low destructive pulse, a parasite, or something that is just curious.

If the problem begins to return quickly, or only lessens but does not stop, then dispense traps, salt water cures in each bedroom, and talismans on any children or elderly people. Look for any behaviour that would attract parasites and take another inner look around the house. If

<sup>2</sup>One of those week-long glass safety candles is best.

<sup>3</sup>Standing it in a bowl of water, away from anything that can catch fire if it flares, and where it will not be knocked.



the problem is strong, think about looking in vision around the house, and also in the area's inner landscape.

Think about whether using guards, or using blocking stones (lead, iron) at the door would help. Also think about using icons and/or text. Use as many outer actions as possible in the layers before you move on to more inner, magical methods.

If before long you have to visit for a third time, then you begin magical tuning actions. This can be a lot of hard work, which is why it is best to try the easiest solutions first.

To tune the house you need to tune each room. You will need to know the house's directions—I always carry a compass in such situations. Identify the directions in each room. If the walls don't match the directions (e.g. a wall is northeast), allocate each wall to the nearer direction. Place a candle in the centre of the room, and if possible one in each of the four directions.

Tune the room by opening the directions and seeing the gates, and beyond the gates the landscape. Work as you would in your own work room. Use the sigils of the sword and vessel to balance the east and west, show respect to the ancestors and land powers in the north, and see the south path opening up for the future. Go round the directions as often as you need to until you feel the tuning and stillness.

You will find that once you have tuned one room well, the others are much easier to tune, and you do not have to go round the directions so much.

Once you have done this, don't go back to the house for a week: give it time to bed in to see what has cleared. The tuning will stop anything else getting into the house and will encourage anything that should not be there to go. It will also balance the space, so that if it is a destructive tide causing the trouble, it will not fill the vessel (house) as much. But remember that the house staying tuned depends on the behaviour of its residents.

## *Bridging*

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Should you find a specific being in the house for whom a trap will not work,<sup>4</sup> then you can bridge the being into the Void and back to where it belongs. Only do this for parasites and fire beings: do not do this for land beings or faery beings, as you will get an aggressive reaction.

You can do the bridging with a candle or a fire. A fire is easier on the magician as there is more of the element to work with. If they have an open fire or wood stove, get them to light a good fire and then have them leave the room.

Once you are alone in the room, sit in front of the fire and close your eyes. Tune yourself into stillness, and also tune the fire before you go into the central flame of the directions.

Once you have a feel of the tuning, then it is time to work. Be aware of yourself as the centre of all the directions, the magical south/fire before you, the east to your left and the west to your right. Place your magical sword<sup>5</sup> to the left of you where you can put your hand on it, and put your stole around your neck. Close your eyes.

If you are going to move parasites, cast your mind back to when you stood on a viewing platform in the Inner Library to watch parasites: remember the beings that were around you and call on them to work with you.

Use your mind to search the house. Where you feel a being, presence, or energy, make a mental note of it; then move your mind to the next room until you have a mental picture of the whole house with its hotspots identified.

Pick up your dagger/sword and place it behind you and tell it to guard your back. Hold out your arms. Remember your rootedness in the pentagram, with the hexagram above you and the earth below you.

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<sup>4</sup>Elemental fire beings, troublesome active ghosts who are being aggressive, and parasites.

<sup>5</sup>Or you can create a magical dagger as a copy of the sword using the same sword preparation method. Work it out for yourself. A dagger is easier to carry around.

Cast your mind to the first hotspot or energy/being that you have identified and focus on it. It does not matter how it appears to you: your mind will give it a shape/colour and that is what you focus on. Using your voice say:

“I remove you from this space and I place you in the fire.”

As you say that, use your mind to move the being from wherever it is and see it placed in the fire.

Repeat this with any other beings, energies, etc. in the house. See them in the flames in your inner vision: with your eyes open see the flames with your outer eyes, and see the beings within the flames with your inner vision.

Once you have everything in the fire, focus on the beings in the flames and say:

“You are ejected from this house, and through the fire I cast you into the Void, from where you will return to where you belong.”

Once you have said the words, blow into the fire with a long sustained blow. As you blow, focus on the power of the winds flowing through you and see the beings pushed through the fire and beyond into the Void.

It is not the power of the words that moves the beings; it is the power of your conscious, focused mind and the magical use of breath. The words, however, when uttered by a magician with total focus, lock the action into motion. If the fire has a door (like a stove), close the door after you have done the breath.

You can do the same technique with a candle flame if there is no place for a fire in the house. If you use a candle, keep absolute focus and put everything into the flame. Hold it in the flame, instruct the beings back to the Void, then blow the candle out using mediated magical breath, seeing the gates beyond the fire close once the beings have gone.

Once you have done this, go to the most troublesome part of the house, set up candles in the directions, place your dagger in the east, and put your stole on.

Do the anchor ritual in the room to tune the room deeply. When you have finished and you blow the candles out, only blow out the outer flames: see the inner flames still burning in the directions. This will keep the ritual tuning in the room, which will then flow out to the rest of the house.

Have the householders go outside while you do the ritual so you are not disturbed, and also so that their energies do not make it harder on you.

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### *Land/Faery beings*

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If you have identified the cause of the problem as land beings or faery beings, simply work with the elemental traps. Dispense the stone, patterns, sticks, or water in the area with most problems.

Then sit quietly and go in vision. See the being and show it the elemental vessel. Tell the being that if it goes into the vessel you will release it back into the wilds. Wait until the being flows into the vessel and then take it outside. Place it far away from the house.

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### *Female water spirits*

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If the problem is coming out of a well or spring under or close to the house, you are not going to be able to force the being to move. Because they are in the water, there is no way to get rid of them; and besides it is their territory, and not that of the people living there. The most you can do is to talk with them and ask them if they are willing to share the space with the humans, if the humans respect them.

Then talk to all members of the household. It is important that the men and older boys of the house<sup>6</sup> learn to be respectful of the power of these female spirits and not challenge them in any way, otherwise they will get a hostile, aggressive response.

The same is true of how they treat the women of the house: if a man acts aggressively towards a woman in the house, the female spirits will

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<sup>6</sup>Remember: to spirits, once a male hits puberty, he is a man.

start attacking everyone. They will attack the males to punish them and attack the women for being passive.

When one of these types of spirits attacks a man, they will attack his mind to send him mad. When they attack women, it is physical.

To live in a place where these types of beings are active means honouring the warrior power of women. Anything less will provoke a response, and you cannot get rid of them.

The women of the house can be taught to talk to the spirits and tell them who their chosen partner is and why, and that they do not wish for the men of the house to be driven away.

This phenomenon is known worldwide and always comes out of springs or streams of water. If the female power is properly honoured in such a space they can become great guardians, but if slighted they can be terrible to live with.

Often if the household is respectful of them they will fade off and go to sleep. They are woken by violence towards women or by tides of destruction. So the household needs to be aware of that. They will never leave, but they may become dormant after a while.

This sort of phenomenon happens when the spirit world and human culture clash head on: very few cultures honour women in such a way, and in many cultures women willingly take a back seat role in the household or are passive. This is not about sexism or misogyny; it is just a simple dynamic of the expression of a female power that flows out of nature.

In many modern cultures there are few roles for women that still mediate this warrior power, and when this dynamic hits those female spirits, head on collisions usually happen. Just as some land areas mediate a very male power, others mediate a female power, and most modern people expect that female power to be motherly, protective, and gentle.<sup>7</sup> But this particular stream of female power is not gentle; rather it is powerful and aggressive, and when a group of humans go to live on top of such power there will be a major clash.

If a household is disturbed by such power and they are not able or willing to adjust how they live, the best you can do is advise them to move.

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<sup>7</sup>And some female powers are.

## *Ghosts*

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A violent ghost who attacks humans in their minds or bodies is the work of an adept, so do not try to deal with one. If the ghost is frightening people but not actually doing any harm, then they are best left alone and will fade in their own good time.

If the problem is noises, dropping things, lights going on and off, etc., then it is time to talk to the ghost and see what the problem is. If they are just frightened or frustrated, often tuning the space will allow them to flow away. Opening the west gate can also help them move on.

If they are just hanging out and not willing to move, then tuning rooms and ritual cleansings, along with the use of icons and/or texts will limit their action around the house, as will the use of a tuned candle.

In general, though, ghosts tend to fade in their own good time. In the meantime it is important for the people of the house not to be scared (fear will attract parasites) and to establish firm boundaries.

Those boundaries are imposed by working with the various tools that keep the space tuned and still and that protect any children in the house. The use of the magical cloth can be very helpful. It can be placed over the bed of a child as they sleep, or used as a central tuning tool by laying it on the floor with the central candle in the middle and tuning in the directions/gates.

If the ghost was a problem, an adept would escort them into death and close the gates behind them. But as an initiate too many things can go wrong that would simply make the situation worse. So it is better to focus on cleaning the space, tuning it, and forcing the spirit into a set area of the house with the use of sacred objects, smells, sounds, and tuned candles.

Galbanum burned in a house can make it very uncomfortable for a ghost. If the ghost is troublesome, the key is to ensure that the house is not a pleasant place for it to stay.

The other thing that can be done is for the exorcist to do readings to 'talk' to the ghost and find out why it is there and why it is causing problems. Sometimes the solution is simple, and once it is attended to

the dead spirit usually moves on. Also check that nothing is trapping the ghost there, and that there is no object to which the ghost is attached.

Sometimes dead spirits will cling to an object—or they may have been ritually tied to it—and when a member of the household brings the object home, they also bring home the ghost. If this is identified as the source of the problem, the object should be ritually cleansed, and if that does not work, burned.

If the ghost is parasited, work to remove the parasite in the same way you would work to extract one from a body and place it in the Void. You can also bless the spirit by tuning them: doing an adjusted anchor ritual projected at and for the ghost can sometimes work wonders in moving them on. The method for adjusting the ritual is in the next lesson in the practical work section.

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### *Diagnosis reading*

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There are a couple of ways you can use tarot to identify problems, but it is best to use tarot in the house only when absolutely necessary so as not to attract the spirit's attention. A yes/no series of questions using the Tree of Life can give you a great deal of information, as can a desert/landscape reading for the house.

Once you have done a house reading, write it down and study it carefully. Don't do more than one reading, as that will attract too much interest and will only confuse the issue. Pose your question carefully:

“Is there a spirit or being that is causing problems in this house?”

Look at what is in the house/family position, what is in the inner worlds, what is fading away into the Underworld, and also what is crossing the first card. The second card will tell you what the major interaction is with the house.

## *Task: Practice*

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Obviously I cannot drop you into a situation where you can practice your skills, but you can prepare for such events, and also practice on your own house by experimenting with the various tools should your home become disturbed. But for the most part it is about preparation.

Get a notebook and write down bullet point notes about what to do, what to look for, and what to use when. If you get called out to a problem or find yourself in the midst of a problem, particularly on your first few times, you are likely to forget a lot of things until you become used to the routine. Having a notebook with a checklist will help you not miss anything.

Do not leave your checklist on a computer, iPad or anything electronic: it must be handwritten or a typed and printed out booklet. The reason for this is that during disturbances the first things to go haywire are usually the electrics, electronics, and anything with a chip. A book cannot freeze and crash on you, nor will it run out of power. So create your own handbook and keep it with your exorcism tools. Have enough spare pages that you can list your own discoveries as you work.

The more situations you are called to or come across, the more you will learn. You will also slowly develop your own way of working that will be different from your magical training: it is a very personal and evolving way of working. The guidance in this course will get you started, but if you find yourself working a lot in these situations you will grow beyond the basics and will learn on the hoof from your good and bad experiences.

When you discover other ways of doing things that work well, write them down so that others in the future can learn from your development. Magic is a constantly evolving dynamic: it does not stand still. It evolves as we evolve.



## *Summary*

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The variables involved with what can happen, what beings are involved, and how to deal with them are enormous. I have not even scratched the surface in this lesson, as it would have been impossible: there are far too many things, too many different types of beings, for you to get a full understanding. Plus this sort of work is about doing rather than reading. The lessons in this module will give you background and ideas for getting started, but, like a lot of magic, your skill will develop through action, exploration, and learning from direct experience.

Don't rush around looking for situations to engage with: they will find you when it is time and it is useful. Like a lot of magical training, you learn the theory, get some tools ready, and as soon as your fate pattern is conducive to your learning practically, you will start to cross paths with people who need help.

I wish there was some way that I could place you in a practical situation so you could learn, but with this subject matter that is not possible. So you will have to make do with reading and preparing your tools so you are ready to go when the time comes.

QUAREIA

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