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# QUAREIA—THE INITIATE

Module II—Exorcism I: The Basics

Lesson 8: Specific Issues with the Elderly

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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 8: Specific Issues with the Elderly

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It is likely at some point that the magician will be called on to help an elderly person; or a situation may crop up within their own family. The elderly have their own set of unique issues, and often the magician's role here is a mix of exorcist and healer. (In fact many 'exorcism' cases need healing skills more than exorcism skills.)

The elderly can present with a variety of problems that a magician can help with, and these problems can be anything from inner vulnerability, inner isolation due to dementia, brain degeneration that leaves them vulnerable to parasites, to the biggest problem which is having parasites that withhold a natural death.

Before we get to the specifics, it is wise to remember that illness and death are natural to the elderly: one must be careful not to get into the mentality of preserving life at any cost. When an elderly person is dying, the magician's job is to make sure that they are comfortable, have inner peace, and are able to transition into death with the least possible trauma.

The whole focus of working with elderly people is to ensure that they are not harassed by beings and are as happy and comfortable as possible. When death comes, the more the magician can work with them, the more peaceful their death will be from an inner perspective.

Fear is a major issue for elderly people. They are often in a world they no longer fully understand. They often feel isolated, frightened, and in

pain. While the family and doctors do their bit, when the magician is on the scene there is a lot they can do to help as well. We will approach this in terms of specific vulnerabilities and how they present.

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### *Lowered immune system*

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As a person ages their immune system (inner and outer) tends to weaken, which makes them more vulnerable to illnesses and inner issues. The older a person gets, especially once they are into their mid-sixties and beyond, the weaker the immune system can get. At an outer level this means more infections; on an inner level it can mean more vulnerability to tides of destructive energy.

Parasites don't tend to be too much of an issue until the person is getting close to death or they have the beginnings of dementia, which is often overlooked in its early phases. But once things start to break down, parasites can become an issue that just make the suffering worse.

The bigger danger for an elderly person is the tides of destruction that pulse across the land at various times and with varied strength. However also bear in mind that these tides of destruction are doing what they are supposed to do: taking out what needs taking out.

This can put the magician in a difficult situation: do you help the person or do you let nature do its job? My usual rule of thumb is that if they are independent and of sound mind, I do what I can to protect them. If they have dementia, are suffering terribly (cancer, for example), or have reached a stage where they no longer have any independence at all, I do not interfere.

Each magician must come to their own place of thinking regarding when to intervene and when not to. But do not fall in the trap of trying to keep alive someone who is 'no longer there' or who is living with terrible suffering.

The way to help during a destructive tide is to place guardians both outside and inside the home, then simply to go and spend an hour a day with them during the worst of the tide.

By sitting and talking with them, the magician brings into the home a level of protection and energy. The old person will likely draw on that energy and feel much better by the end of the hour (and you will feel like shit afterwards).

All you are doing is essentially allowing them to share your vital force (so don't do this if you are sick), which gives them a limited protection. If you feel particularly terrible after visiting an old person and your vital force is lowered for days afterwards, then there is likely to be an unhealthy parasite situation that may need dealing with. We will get to that in a bit.

More invasive magic (internal cleaning) is often not appropriate for an elderly person, particularly if they are very old, except in certain circumstances. The only time such intervention should happen is when beings are preventing the elder from dying, which we will get to in a moment. Intervening too much will affect the balance of their scales, which is not something you should do: always with the elderly, minimal is best.

Once a person gets to their final years they are immune to most inner things in some senses, and more vulnerable in others. It is also a time when they are slowly, even if they do not realise it, preparing for death. You cannot wipe clean someone's lifetime, and you should not do that anyhow, but what you can do is offer energy where really needed, a sympathetic ear, and gentle protection.

If a particularly volatile tide of destructive energy is flowing around and the person is frail and very elderly, there is a good chance it will take them out. If you suspect that could happen, keep them in mind as you go about your regular life so that you are tuned into them. If you feel their death, stop what you are doing and tune into them. Simply hold a still space for them and let them know that all is well and they will be okay.

You can also visit them in vision while they sleep and show them the Vista of Death: sitting beside them (in vision) and telling them about death, the beings, the angelic powers, and most importantly that death is not an end, will help them a lot. It will discourage clinging to life at all costs, which is unhealthy.

## *Problem parasites*

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Parasites in the elderly can cause a problem when they are stopping the death process from happening: an intelligent parasite will work hard to keep its food source alive. This can present in a few different ways. The obvious one is where an elderly person seems to be doing okay, but everyone who spends time with them gets badly drained.

This can also be caused by an unseen illness that is draining the old person off—except when it is an illness, the elderly person will also be tired and drained. But when you see an elder who is trucking along just fine but anyone who lives with them or spends time with them is constantly drained, then usually parasites are having a good lunch and keeping the old-timer going.

Just visiting them as a magician will tell you a lot. If you come away feeling like something has eaten the heart out of you, it is because something *has*. In such a case you have to make a careful decision about whether or not to act.

If you do act, and clean them up using vision, it is likely they will sicken and die in the not too distant future. Your decision on whether or not to act must be based on what is balanced, not what your emotions tell you. By cleaning them up you are giving them back their natural process, and what happens after that is in the hands of nature.

The very sad case is where an elderly person is trying to die, and is likely bedridden or in a coma, and the parasites cling to them and keep them alive, which in turn extends the suffering of the person. It may take a very ill person a long time to die if parasites are involved: cleaning them up by sitting beside them and working in vision is a very compassionate thing to do. Often the person, if they are very ill, will die within a couple of days of doing the work.

If you are called to work with such a person, once they have been cleaned up take them silently in vision to the threshold of death and show it to them. Introduce them to the beings that work in death and let them know it is okay to let go, that they will be okay.

Do this by silently going through the vision beside them while holding their hand (a physical bridge) and see the person's spirit coming

with you. In vision, invite them to join you and see them stepping out of their body.

If you are at the person's bedside when they die, then at the point of death hold the vision of the Void, of stillness, and keep that around them as they transition. Simply holding their hand while keeping that stillness will help them a lot.

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## *Dementia*

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Dementia is a terrible condition. When it gets into its final stages the spirit gets trapped in a body that cannot function or communicate, yet they often cannot let go either: the body and brain have their parts to play in death and if the brain is 'gone,' it cannot do its bit. The person slowly fades off.

The most distressing thing for the old person and the family is that there is no longer a sense of connection, which sets up a situation where often the living cannot let the dying go at a deep level. A dementia sufferer is also usually very parasited, and while the body does not seem to suffer too much, the spirit does.

If you are working or are called to a person in the last stages of dementia, then there is something you can do if a family member wishes to reach them to say goodbye and they are not hostile to the work of a magician, which is to bridge a brief connection. This is for the elderly person more than the living relative, but it often triggers faint, brief signs of recognition which help the living, and the magician can briefly facilitate the dying person in saying their goodbyes from an inner perspective.

To do this the magician holds the hand of the elder and the hand of the relative (usually the child or partner—anything further in terms of relations will be too far), and becomes still. In your mind you call their name and see a dark tunnel with you and the relative standing at one side and the elder standing at the other.

Often the elder will appear as a young adult, which is their last remaining memory of themselves, and their relative will appear either as a small child or a young person. This process essentially rolls out a place of connection and captures whatever memory remains.

The dark tunnel has nothing to do with death; rather it is a threshold which just seems most often to appear as a dark tunnel. When you work,

if that will not appear, then go with what does. I have had visuals of open windows or doors that the elder can peer through, for example.

When you are bridging for one of their children, they most often appear as small kids, and this is likely a snatched moment in time that was a powerful point in life for the elder. The same goes for the partner. The image will come from a remaining fragment in the elder's mind, the last bit of recognition that the spirit can still access.

You will have to be interpreter and door-holder: you will feel the strain of holding the space open, but also pay attention to the two people. The elder is essentially using your vital force to energise the memory, and your mind instead of theirs to process the meeting and access their own fragmented memory. Remember what is said, what is shown. The energy of the connection flows through your arms to each person. When you have finished, you will relay this to the relative.

One example of this which I can tell you is when I bridged for a magician to say goodbye to his mother. This will give you an idea of what to expect and what can happen.

The magician's mother was deep in the final stages of dementia and was uncommunicative. I set up the bridging and she appeared in the tunnel as a young woman and saw her son running towards her as a little boy. I took note of what the child wore (every detail is important) and what she called him: she used a pet name for him. She was overjoyed to see him and gathered him up in her arms. Then it all suddenly cut blank and was over.

The elderly mother, who was completely blank physically, suddenly started to cry. The vision had reached her in her depths and she had been able to say goodbye. Her son had not been able to visit her before she got very ill, and they both missed each other deeply. I relayed the image of the boy and the name she called him, and he then started to cry too.

It was a snatched memory from when he was about eight years old, and the clothing and pet name let him know what event she was recalling and when it was. It was her last remaining memory of him, hidden deep in her brain.

She died two days later: after hanging on for such a long time, she could finally just let go. The bridging helped the magician cope with that, knowing that she knew he had been there, and that they'd had a chance to say their goodbyes.



This is a deep service that helps the living and dying, and the dead, let go of each other and move forward with a sense of completion. It is an exhausting and emotional process, but it can stop a great deal of unnecessary suffering on all sides.

On a related note, when someone with dementia dies they often do not appear in the early stages of the death process: it is like they fast-track through death. They have no conscious memories to cling to, so often when someone is dying of dementia they are already halfway through the process. They appear in the death vision while they are still alive, but once they are dead they only appear in the deepest part of the death landscape.

This is not surprising, as the early stages of the death landscape are about shedding memories and connections to the life that was led. When dementia robs a person of these connections and memories in life, the deeper spirit has already begun the disconnect process and is usually ready to move deeply into the death process by the time they die.

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### *Fixed mentality or negative emotions*

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One of the things that can be hardest for people to deal with in relation to elderly people is personality changes. This can start to happen in their seventies— though recently people have started presenting this trait in their sixties, which is a bit worrying.

This can also be connected to different forms of dementia and can be an early warning sign. The elder becomes very negative, sometimes aggressive, and can appear out of character or have the negative side of their personality come to the fore. The elder will seem short-tempered, rude, depressed, angry, and most importantly will lose behaviour control. They will say things that they would normally have suppressed, which can be quite unsettling to those on the receiving end.

Sometimes this can just be getting grouchy with old age and the world changing too quickly around them, but often it is an early warning sign of brain damage/early dementia.

Because of the profound effect on the brain, the personality of a person can change. They can also hallucinate, become violent, dystonic, and have strange obsessions. In a family where they are unlikely to call a

doctor first, they may reach out to an exorcist with the idea that the older person is 'possessed,' which they are not.

This type of condition is becoming far more common and it is likely that you will come across it at some point, more than once, and be asked to help. A magician can help, but it is also important that they take the elder to the doctor as quickly as possible, as some forms of dementia can be treated.

From a magical perspective there are some things you can do to help, depending on how far gone the damage is. Essentially the job of the magician is to clear up the disease's inner pattern to give the body breathing space. It is not a one-off job and it will likely need repeating every three months or so.

The actual method of action is outlined in the practical work, as you will practise it on yourself to familiarise yourself with the technique and so you know what to expect when dealing with such a case—plus it also helps maintain your own brain.

Such work is not an alternative to medical help, and be acutely aware of that: rather it is a complementary inner treatment that can help the situation and also slow down the illness. It is very important to be fully aware of the various types of dementia and how they present. So many people are falling prey to this illness that you will very likely be placed in a position to deal with this issue in service.

This is why it is so vital, when you are called to a home for a potential exorcism, to have a wide range of understanding about how behaviour can present from brain damage or brain illness. What many perceive to be a spirit infestation is most often symptoms of disease, and as such they need a doctor.

If you are called to an elder who is behaving strangely and is perceived by the family to be 'possessed,' your first advice should be for them to get a proper medical examination. Explain to the family how a brain disease can present in a way that they would think it was a possession. Your second action would be to work on the person's brain and heart (some forms of dementia or pre-dementia come from issues with blood flow).

When you work on the sick organs, you are not curing the organs: you are taking away the inner pattern of the disease so that the outer organ can draw on vital force to help regenerate. Every disease has an inner pattern, and the outer symptoms and inner pattern are often heavily

interwoven. By changing the inner condition you give the body a fighting chance.

However if the illness has progressed beyond a certain point the physical damage will be too far gone for the inner work to have any effect. You will know soon enough if the damage is not great: once a brain and heart have been worked on, the difference in the person should be noticeable within a few days or a week at the longest. If there is no difference at all then they are too far gone and there is nothing you can do.

This sort of situation is a classic example of an exorcist being called to a job that needs a healer. And it is because of this that you learn all the different skills so that you can apply them when needed.

If the person improves and then reverts within a couple of weeks, they may need more intensive work done on a monthly basis for a while until their body starts to be able to hold the work for longer. This can be particularly draining for the magician as it is hard work.

It also brings to light the truth around real magical healing: it can be very effective, but it is a major pull on the magician's reserves. There is far too much New Age 'love and light' fantasy about flowing healing and light into all and sundry, and the healer having no effect from it. This is untrue and is the product of commercialism and wishful thinking.

There are some natural healers who do not get wiped out by such work, but they are rare and are like a focused point: they are good at what they do, but that is *all* they can do. Their natural ability is all pulled into one skill set—and even so they have to learn how to operate carefully and with thought.

It is one thing to work magically with a small population and occasionally be called on to heal/exorcise/help someone within your own limited surroundings. But the idea of doing such work out in a world of thousands of people is folly. You either have to fake it or be destroyed by it.

What this means in practical terms for you is that you have to be careful not to take on more than you can handle. The best way to manage this is to work with what is placed in your path and not go looking for the work. As I say many times, *it will come to you*.

In Module VIII of the initiate training we will look in detail at healing methods, working inside the body in vision, and the various issues around healing and self-management.

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### *Task: Clean up your brain*

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This practical exercise will not only teach you about the method of work, it will also teach you about the health of your own brain.

Our brains are deeply affected by what we put in our bodies (food, drinks, drugs) and also by the chemicals with which we surround our bodies (perfumes, deodorants, hair colours, shampoos, air fresheners). It is advisable, if you are working with magic, specifically to clean your brain once a year—twice a year once you get past your mid-forties.

This work is all done in vision. The first time you do this, work in your magical space with the directions lit and the gates open. After that you can do the visionary work anywhere.

Close your eyes and still yourself. Step out of yourself and give yourself a good look over: you should be familiar with this by now. You will be working with cleaning tools, so ‘see’ them appear beside your body: a vacuum cleaner, trash bags, scrapers, and a water hose.

Once you have dropped all sense of having a shape (we often take on our physical appearance while doing vision work, but in fact you have no shape), flow into your body at the umbilicus area and flow to the back of the body, to the spine and spinal cord. Look at the spinal cord first, as this can tell you a lot about the health of the brain and nervous system.

Vacuum away any crusts that seem to have built up, any little parasites that may be attached (you should know this one by now) and cut away any tangles that appear. Where you cut, rub over the area that has been cut to seal it up.

Now travel up the cord until you come to what will appear as a small trapdoor above you: this is the access into the brain. Work methodically through the brain starting with the skull’s interior, scraping and vacuuming away any build-ups, eggs, slime, or anything else that appears.

Then turn your attention to the brain. Working from the outside in, vacuum, hose down, scrape off, and generally clean up everything until you find yourself in the brain's depths in little caverns (the ventricles). Look to the pituitary gland, the pineal gland, and the hypothalamus (which is like a little roof area): ensure they are clean and bright.

Now work your way back slowly through the brain and look in more detail. Once you set the intention to look in more detail, it should start to appear as vast amounts of delicate wiring. Look at the connections, junctions, and branches: make sure there are no plaque build-ups around these junctions. Look at the endings of wires where they spread out: ensure there are no plaque build-ups here either, no disconnected wires, no clogging, and no dark, slimy areas. Reconnect up breaks, clean the connections, scrape off build-ups, and hose them down.

Use your imagination to see what is going on, how it translates to you in vision, and use imagination to solve any issue you come across. Once everything is clean, dump the trash and vacuum at the side of your body and reach up with the intention of pulling on the power of the stars above. Pull down a power hose and plug the brain in until it fills with life force.

Once it is full, hand back the power hose, step out of the body, dig a hole in the ground, and drop the trash and the vacuum into the Underworld. Close up the hole and then stand before your body.

Be still. Allow stillness to deepen all around you and anything that might have jumped from the body to your spirit will fall away. Stand in vision in the Void meditation before your body until you are very still, and feel around yourself to make sure you are clear and clean.

When you are ready, step back into yourself and open your eyes. Close down the directions and go take a ritual bath.

Do not do this too often: more is not better. If you are generally healthy, do this once or twice a year. If you are older and have had previous brain infections, chronic fatigue, or have an autoimmune illness that can attack the brain/CNS, do this every three months.

Of course good maintenance also includes what you do to do your body, what you put into your body, and what you surround yourself with. Your brain's state will tell you a lot about your diet and how chemicals around you can affect you.

This is not about being paranoid or obsessed with being super-clean; rather it is about understanding that we live in a world where a lot of available food is not actually food (fast food), and where we habitually douse ourselves with chemicals without thinking about it. Use your common sense and judgement about what adjustments, if any, you need to make based on what you saw in vision.

Also bear in mind that an adult brain will never appear pristine in vision: probably it has already taken a battering in many ways, so you can help it by limiting whatever you know to be damaging to you. Self-maintenance is a major part of magic: if you are clear and strong you can achieve a great deal more.

This inner work triggers the outer immune system to start cleaning itself up. If the inner pattern is clear, the body will deal with things far better.

Write up your own notes for your reference so you can refer back to them in the future. Also do an outline of how it felt to work with this technique, what you came across, any difficulties you had, and how you felt for a few days afterwards. Type these up into a computer file for your mentor.

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### *Task: Research*

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Find a good website or book (up to date) that outlines what happens in dementia, how it presents, and what causes it. Look at the different types of dementia and the different causes, as this will have a bearing on how you work on someone.

For example, it is pointless simply cleaning up a brain if the disease is caused by a vascular problem. In such a case you also need to work on the heart and the arteries to clean them up.

There are many different forms of dementia, and not all of them are related to age: some can be caused by infection, for example, and can strike before old age. It is a medical issue that is becoming more and more prevalent in first world countries, and this is not, as is often assumed, just because we are living longer. It is about toxicity in many different forms, and as such you will likely have to deal with it many times in people over

the span of your magical career. Because of this, take your time to learn about it and see how close some of the presentation can be to an assumed 'possession.'

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## *Module Summary*

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A lot of this module was about learning, reading, thinking, and preparing. There was not much action. Though you are inching towards the part of the initiate's training that is far more practical, there is still a lot of groundwork and knowledge that needs to be attained through study and reflection.

You will have noticed by now that there is little reading to be done around magic itself: the reading is more around peripherally related matters. Reading about magic without an understanding of the various inner dynamics of the world around you will only result in you learning magical 'facts,' so to speak.

By looking at all these side issues, dynamics, histories, and scenarios, you are beginning to learn the fruits that grew from generations of practical working magicians and mystics. This gives you something solid to stand on: it moves you away from abstract thinking and closer towards understanding the practical aspects of all the vessels that magic can flow into in its varied forms.

Use your notebook for this module as a reference book that you can go back to as you come across practical situations that you may be called to work on. Your exorcism notebook will expand greatly in the adept section, but before you get there you will very likely already have been put to work a few times by the end of the initiate section.

Life works like that, and so does magic: you learn a few steps and then you are put in a position of practising those steps. Once you become strong on your feet you are given more steps, and more practice. This way you grow into a strong and able adept who can deal with whatever the worlds may throw at you.

By the time you come to the advanced exorcist work in the adept module you will be ready for that work and will have some practical experience to draw from. I am hoping that by then you will have no

illusions about what you are doing, and will have a grounded approach full of knowledge of what dynamics you are dealing with.



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