



QUAREIA—THE INITIATE

Module III—Power Dynamics of Creation, Part II

Lesson 7: Ritual Dynamics

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WELCOME

Welcome to this lesson of the Quareia curriculum.

The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding—everything is in its place and everything within the course has a good reason to be there.

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So remember—in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.

Yours,

Josephine McCarthy



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Module III—Power Dynamics of Creation, Part II

Lesson 7: Ritual Dynamics

This lesson is all practical ritual work. It brings together what you have learned so far and exteriorises it in ritual form. This will show you how these vast powers work at a ground ritual level. You do not need reams of background information—you have just read your way through all that—so we will get straight to the work.

This lesson works with three different ritual techniques. They approach this subject matter from different angles and will teach you more about in-depth ritual power and action. You may recognise some ritual dynamics from other rituals both in this course and in ancient texts.

Bear in mind that for the last few hundred years ritual methods in the West have been very heavily influenced by Christianity. If you wish to see this lesson's ritual dynamics at work in Western texts, you will have to stretch further back in time. Also, if you look at certain ritual practices in various parts of the world and spot these dynamics, you will know they are working magically with these powers, even if they are clothed in a very different vocabulary.

Task: Weaving

This ritual works with a mixture of ritual movement and visionary work, both eyes open and eyes closed.

Set up your work room, put out the tools (putting water in the vessel), light the lights, and open the gates. Do the Anchor ritual.

When you have finished stand in the centre with the altar before you, facing south. Lay the sword on the left side of the central altar and the vessel on the right side. Have the stone shield on the north altar and put your cord round your right wrist.

Light frankincense and go round the directions refreshing the thresholds with the smoke, passing the smoke to either side and over the top of each altar. Also do the cross-quarters.

Place some frankincense oil on your forehead, on the soles of your feet,¹ on the palms of your hands, over your heart, and at the base of the back of your neck.

Now stand and still yourself. When you are still, remember that this work is not something you will have any control over: you are about to work in service in order to learn a technique, weaving something that needs to come into being and then releasing it. You will most likely not know what it is, and if you do figure it out do not focus on it—just do the work and don't let yourself get in the way.

Go round the directions and bow to the contacts on the thresholds, but do not speak. Do not use your physical voice at all. Stand in the presence of each directional contact. Hold the intention in your mind that you are going to learn the art of magical weaving by doing a simple act of weaving service for the inner worlds.

Pay attention to which types of contacts come forward: inner adepts? Angelic beings? Deities? Something else? Each of you will get different contacts: you will be doing work unique to you and your area, so whoever is needed will turn up. Be in their presence silently so you can begin to resonate at the frequency they work from. You will feel a shift

¹Have bare feet or just socks on—no shoes.

between each contact, as they are likely to be very different contacts in each direction.

When you have gone round them all go back to the east and hold your left hand out, palm up.² As something is passed to you, you will feel its energy in your hand.

Now hold out your right hand while keeping your left hand out. Whatever is needed to counterbalance the energy in your left hand and give it a completion in time will now be placed in your right hand. When both hands are holding power or energy of some sort, turn and go to the central altar carrying the energy in your hands.

Place your left hand on the sword and your right hand on the vessel. Hold them there. Be aware of the power of the Light Bearer behind your left shoulder and the darkness of Restriction behind your right shoulder.

As soon as you gain that awareness you will become aware that you are also standing in the stone temple room in the Inner Library: you are in two places at once. With that awareness the power levels start slowly to rise: keep the inner vision of the stone temple room while you work.

Focus your awareness on the sword. The energy that was placed in your left hand flows into the sword and awakens it. Now focus your awareness on your left foot, and feel the power of the Grindstone beneath it. The left side of your body will become heavy with power, and you will feel the difference between your left and right sides.

Now focus your awareness on the vessel. Be aware of the energy from your right hand flowing into it. Feel the Threshing Floor under your right foot and be aware of its power. Feel the right side of your body filling with power. Feel the light and dark from behind come through your shoulders and into your hands. This has set the foundation for the weave.

Go back round the directions starting in the east. Putting your left hand out, palm up, ask silently, in vision, for a thread of power to weave with. Take the thread and place it in the air above the central flame. Do the same for each other direction until all four directions have a thread running into the air above the central flame.

Place both your hands³ in the air above the flame. Begin to weave the threads together into a pattern. Do not try to influence what the pattern

²“Please give me something” position)

³Left is filled with light and right is filled with dark.

will look like: let your hands work instinctively, picking threads with each hand and moving them about so they become interconnected. Take as long as you need.

When you have finished, keeping your eyes open, ‘see’ with your inner vision a weave pattern hanging in the air over the central flame. Leave it hanging there and pick up the sword. Take it to the south and place it in a ‘guard’ position by the altar.⁴ Now take the vessel and place it on the north altar. The sword guards the future passage; the vessel collects and stores the magic in the past when finished.

Position yourself again before the central altar with the south before you. Close your eyes and look at your hands. Look at the light in your left hand and the dark in your right. Put your hands together so that the light is in the darkness and the darkness is within the light: this creates a particular quality of light that shines.

Using your inner vision and physical movement, see this light build until it stretches past your hands. Once it grows, pull your hands apart with the intention of leaving the light in the air. The light will hang in the air between your hands. This is your lantern to light the way of your deeds.

Using your right hand, physically pick up the light like a lantern while still looking at it using inner vision and outer vision. Hold it close to the weave so that it lights the air around it.

As you hold up the light you will notice that it opens the path of the south right up. You will detect this with your inner vision: see the path of the south open brightly and wide, and see beings on the pathway waiting for the weave.

Be still for a moment and be aware of the light/dark in your body, of the lantern, and of the weave. Something will place a hand on each of your shoulders. When you feel this, however faintly, take a deep breath and physically blow into the weave to fill it with your breath. Then take a second one and blow it into the south.

Be aware in your mind of the beings on the path reaching out and taking the weave. With eyes closed, using inner vision, watch them as they take the weave and start to form it into something.

⁴Handle up, point down, leaning against the altar.

When the beings take up the pattern you will become aware of two streams of energy. One will go through your left side from behind you and flow into the south taking light and energy with it, and the other will come back out of the south, run through you, and flow into the north, a stream that is full of darkness. Two streams, going into the future and composting into the past.

Stand in that two-way stream of energy for however long is necessary until it comes to a stop. Once it stops, it means the pattern has gone into the future, has done what it needed to do, and has been composted in the past. The job is complete.

As far as the light hanging to your right is concerned, the light that is also dark, you have two choices as to what you do with it: you can work with it or dismantle it. It is a lantern that lights your way so that you can see your deeds⁵ and also see what you have learned. It illuminates by nature of your acquired wisdom through experience—recognise the imagery of the tarot trump of the Hermit?

If you choose not to dismantle it, it will stay within your sphere. This will help you to not fool yourself and to see your actions, learning, and deeds in a clear light. It will not stay there forever, and how long it stays is very individual.

If you don't wish to have the lantern in your sphere, then physically and in vision place both hands in the light and reabsorb it back into your hands. Once you feel the separation in your hands of the two powers, pull your hands apart.

Before you close down the directions, take the vessel and pour the water from it onto the land outside, or pour it down the sink, to compost it. The vessel must be emptied before you close the directions down. Place the sword and vessel back in their directions,⁶ then go round the directions, thank the contacts, bow, and close the gates.

Documenting your work

On computer write down answers to the following questions:

Why is an equal balance of light and dark the lantern?

Why are there no words in this ritual?

⁵Right/Harvest/Scales.

⁶This resets the default magical pattern of the room.

Once you have answered the questions, read up on the tarot trump of the Hermit. If you then, in reflection, wish to add to your answers, do so. Also write up a summary of your experience of doing this visionary ritual work.

Task: Containing

This exercise is visionary but includes ritual actions while maintaining the vision. It is a key action that triggers the process of understanding containment: before you can truly contain magic and hold it before releasing it, you must understand the actual act of containment in creation—this involves learning about your body as a container for Divine life force. Once this understanding has embedded itself in your subconscious through this action, it will slowly unfold over time in your conscious mind.

We generally think of containment (and binding) in terms of our direct experience in everyday life: putting clothes in a cupboard, food in a dish, and so forth; but it goes much further than that. The true act of containment allows something to exist within defined boundaries, which in turn allows it to express a certain aspect of its true nature. Once this is fully understood you are a step closer to working with the vast powers of creation in magic. The best way to learn this dynamic is through yourself first.

This next piece of work is also the beginning of the road towards the final act of your adept training: standing in the face of destruction. Once the real nature of the vessel is understood, then a vessel can be created, filled or destroyed within causing disharmony in the forces of creation and destruction. And the understanding is not an intellectual or emotional one, it is a deep understanding that is triggered by resonance: it embeds deeply within you and slowly filters its way up into your conscious mind over time.

Set up your work room, light the lights, get out the tools and put them in their directions, put on the cord on your right wrist and then sit down before the central altar facing south.⁷ Still yourself and then go into the

⁷With the altar in front of you—that is the default centre working position.

stone temple of the Inner Library. Go via the long route⁸ in order to build up the power.

Once you are in the stone temple, be aware of the light/lantern in your sphere to the right of you. Reach out to it and draw it into your body, into your heart area. See your heart shine with the light of your experiences.

As it shines the Companion steps out of the south and stands before you. Regardless of what clothing your body is wearing, in vision see yourself part your clothing like opening a coat or robe to show the angel the light in your heart. The angel will stand and 'read' the light that is held in your heart. This will show them what your life has been like, what your deeds, learning, and experiences have been up to this point in your life. Stand like this until the angel turns away and starts walking back to the south altar.

Once the angel turns away, physically stand up and open your eyes while maintaining the vision of the stone temple. Walk round the directions from the east in a circle and stop at the north altar. Touch the stone shield on your altar to acknowledge that this is where your body comes from. Now turn and look at the south altar while also holding the vision of the Companion standing in the south. Walk from north to south round the central altar and stand before the south altar.

The road ahead is covered in darkness and all you can see is the Companion. Reach back into your heart and pull out the light of the lantern. Hold it up in your right hand. Also do the action physically, as if collecting something from your heart; and hold up your right arm to hold the lantern. As you do this, in your inner vision, be aware that the light shines into the darkness and lights the way.

Before you is a track through a flat, sandy landscape. Beyond, in the distance, is a mountain with a path leading up into its heights. You may see some movement at the foot of the mountain, but it is obscured. Close your eyes⁹ and focus on the lantern. What is held within that light that is knowledge you have acquired, that will allow you to focus. Don't think with your mind; think with your feelings and instincts.

The light begins to shine brighter and the scene before you becomes clearer. Physically and in vision hold the lamp higher in order to see. Take a deep breath, breathe out, and speak: *I wish to see*. As the light

⁸Don't just see yourself there, go through the Library.

⁹Go into full inner vision.

brightens the Companion points to someone walking up the side of the mountain on the path.

At first they have the shape of a human, but the higher they climb the less human-shaped they appear: their boundaries seem to fall away leaving a bright, shining light travelling up the mountain.

The Companion now points to the ground on the road before you. There lies a body, devoid of life: a shell. As you look more closely, you see that it is your body. The shell has been cast off and the brightness that is you is slowly climbing higher and higher to the top of the mountain. As you look back at your body you see that it is dark, lifeless, and already crumbling back into the earth. The light has released from the darkness of life and is returning whence it came.

The Companion motions for you to put the lantern light back into your heart. As you do so, you notice that your body is filled with a very pure light: the lantern's light is a different, duller light than the light of your spirit. The Companion reaches over the threshold and touches you on the forehead, then pushes you back, away from the path. He turns and vanishes into the south. The vista before you vanishes. Open your eyes.

Take a step back and walk round the directions to the east. Stand before the east gate and be still.

Feel the light of your spirit shining, but hidden in the vessel that is your body; and see the duller light of the lantern in your heart. Also see sparks of brightness round your body: the lights of the organ spirits within you. They are contained within your organs, and together they make a vessel that your spirit can be contained in. The lantern's light is the record of your life so far.

Breathe in, drawing air from the east gate. Breath out and say:

“The breath of life triggers this vessel into life. Thank you for this breath that I breathe.”

Bow, and in your mind be truly thankful for the air that you breathe.

Now go to the south and stand before the altar. Look at the flame on the altar and feel the flame within you. Feel the warmth of your body and say to the flame:

“The fire of life that connects me to this body, thank you for your warmth and energy.”

Bow and be thankful for the vital force that flows through you to give your body life.

Step back and go to the west altar. Stand in stillness. Feel the moisture in your mouth and the water that flows in your body. Look to the west gate and say:

“You have given me water from the well of life, freely, and I thank you for it.”

Bow and be aware that without water you would die very quickly.

Step back and go to the north. Place your hands on the stone shield. Be aware of the ancestors at the north gate. Be still. Be aware that the rock in your hands is an aspect of the planet that is your container and that gives you flesh, a home, food, and shelter. This is your mother: keep that awareness and say:

“Mother, thank you for giving my spirit a home that I may experience this life. Thank you for birthing me, for nurturing me, and for weaving me my life path.”

Bow, kneel, and place your forehead to the stone. The stone is the ultimate resting place of the vessel, and your body is your vessel: one day it will be as stone and you, as the bright being you are, will walk away from your vessel, from your body. Stay with this thought for a moment.

When you pull away from the stone you feel as if you have pulled away from a great darkness, a heavy burden that bound your light into substance.

Stand up and turn. Go back to your position before the central altar. Stand in the awareness of your body, of all the beings that make up your body, that house you and give you life in the manifest world.

Cross your arms over your chest, put your head down, and say thank you to your body for carrying you through this life. It is only through

your body that you can fully experience the wonder of physical manifestation, and it is only through your physical body that you experience the greatness of the whole of creation around you.

Sit down and close your eyes. Meditate for a short while and think about how you treat your body and how you treat everything around you on a daily basis. Life is short and is full of beauty no matter how hard it is, and through being contained in your vessel, your body, your spirit works under the pressure of the Grindstone in order to be polished.

When you are ready close the directions down and put things away. Spend some time thinking about how precious life is and yet how hard it is to be contained, and what this containment means in terms of learning versus freedom. Every time you create a vessel magically, every time you limit and contain something, no matter what it is, it experiences at some level that same feeling of restriction and also expression. Remember that.

Task: The Child of Light

The ritual of the Child of Light works with a dynamic that has become very badly misunderstood in some strands of modern magic. The Child of Light is an inner power that appears as a child with a brightness of light that flows from them:¹⁰ does that sound familiar?¹¹ It is a power that is a part of the creation process of humanity and is a power both of itself, and also is a part of every human being. Like DNA, this Child of Light is within all of us, and yet still exists apart from and beyond us. It is not 'your inner child' and has nothing to do with you in personal terms, rather is a component of human creation: it is one of the ingredients of the pattern.

The Child of Light carries the power of human potential, and also human history: it is our origins, our past, our present and our future. It is the template of human potential for pro creation. It is not really a shiny child, but that vast power appears to us in that form so that we can begin to understand it. Don't forget, a lot of what you see in vision is *visual vocabulary* that allows us and other beings to interact and understand each other.

¹⁰Hence the name.

¹¹Remember the child in the Desert.

When we connect with this being in various ways, we connect with the source of humanity and also its future: through connection we also plug ourselves back into the consciousness of the stream of humanity *in its greatest potential*. And that is one of the keys to the imagery that this being presents. The power of creation, from the creation of worlds down to gnats, one of the main impulses is novelty, which is to say something new that triggers a response.

Finding something new, a new taste, a new job, a new species, triggers focused interest, releases energy, and also triggers curiosity, experimentation and the absorption of experience. This is the lowest octave of the creative principle: ‘new’ equals attention plus an energy release. The novelty value of this being triggers and attracts interest from the powers within the creation process which in turn leads to energetic output and release. That dynamic of energy release with something new is a vital part of the deep process of creation and the Child of Light is a pattern for human creation that triggers such energy interest and release.

Every species has a core ‘child’ or new pattern of potential that triggers an energy release in the creative process. In a sense it holds that new potential as a deep well that the patterns can draw upon as they pass into creation. But what does that mean for us as magicians?

The Child of Light is all of human potential, all of past human evolution and the present fulcrum for human balance: it is the still point within us, the child we were in the womb just before birth. When there is disorder in mind or body, we connect back in with that pattern of potential.

Sadly some magical streams of work have not understood this and have gone in the direction of seeing the Child of Light as a thought form to be created and manipulated: a sorry state of degeneracy indeed. So to work: this is a ritual that must not be overused.¹² It is something done rarely in one’s life when a reset button is sorely needed and everything else has been done first, without success.

The ritual of the Child of Light

Set up your work room, light the lights, put out the tools, filling the vessel with water, open the gates, then do the Anchor to tune yourself and the room. Then go and sit in the central position and meditate for a short while.

¹²Remember the energy of newness?

Once you are still and ready, stand and go to the east altar. Pick up the sword and hold it, point down, in your left hand, with your arms outstretched to the sides. See the contacts on the thresholds and bow your head.

Recite:

“The Whirlwind of the Divine, the Breath of Life, I am your vessel, I am your worker, with the Limiter to teach me, I breathe out and give you back the breath just as I accept the breath.”

Inhale and exhale slowly. As you exhale see the flow of your breath passing over the east threshold. As you inhale, see the breath of life come from beyond the gates, pass over the threshold, and into the air around you.

Nothing else in the world exists, only this passage of breath from the Divine to you and back to the Divine. As you accept, you must give back in order to receive.

Step back, place the sword on the altar, bow, and go to the south. Pick up your cord and hold it between your hands. Bow your head to the contacts at the threshold and recite:

“The Fire of Life that gives vital force to everything, the fire that burns within me, as all fires peak and then die, so shall my own inner fire. This cord is the measure of my vital force that burns within me and keeps me warm. I hold this fire of vital force within me and I protect it in every step I take.”

Using inner vision, see the flame within you, and see the flame beyond the threshold: the two resonate together and one keeps the other strong. Your flame is the light within the darkness, the Divine within flesh. Nothing exists except the flame within and the flame of the Divine. As you hold the inner flame within, so the Divine flame on the threshold upholds you.

Step back, place the cord on the altar, bow, and go to the west. Pick up the vessel in your right hand, bow your head to the contacts, and recite:

“As the water from the Well of Life refreshes the soul, flowing from the river of Divine being, so too will the water of my tears nourish the earth; so too am I water that nourishes everything around me. My body shall be your vessel, my deeds your water.”

Hold out the vessel and see a river flowing over the threshold from beyond the gates. The river fills the vessel. Lift the vessel to your lips and take a sip.

Place the vessel on the altar and stand silently. Be aware that by living, the world changes by nature of your presence: everything you experience and all your actions flow into the river that fills the Well of Life. Just as the land gives you clean water, so you give the river the richness of your experiences.

Bow to the contacts on the threshold, step back, and go to the north altar.

Pick up the stone shield, hold it to your heart, and recite:

“The Stone which is the anchor of all things, the collector of the discarded shells of all life, the vessel that accepts and releases the light out of the darkness, my Mother, I thank you for my body, for my vessel of life. Just as you gave me form, so shall I use this form in your honour. You are the Garden I will tend, just as you tend to me.”

Look beyond the gates using your inner vision and see the Garden that is nature. See all those of your blood who have gone before you, and see the rock at the centre of the Underworld, shining its light in the darkness. Understand that this is all you and yet is apart from you: Divine creation is within and all around you.

Place the stone back on the altar, bow, step back, and turn to the central altar. Stand for a moment in silence and be aware of all the vital elements around you and how they make up the pattern that allows you to live and breathe in your body, and to express as a timeless being within the vessel of the manifest world.

Now turn your focus to the central flame. Close your eyes and see all the threads of creation, of the elements, and of the directions flowing

together over the central flame to form a pattern. As you watch, the pattern becomes more and more complex and filled with the light of life and vital force.

The pattern starts to take on a human form, a child, whose light shines more brightly than any of the individual threads of the pattern. The child, who has its back to you, steps out of the pattern and stands on the other side of the central altar, still with their back to you. They stand facing south with the central flame of the Void behind them.

Open your eyes and walk round the altar to stand in the same position as the Child of Light. Physically stand within that inner pattern of the Child of Light and close your eyes.

Be aware of your body: its skeleton, its organs, its nerves; and the water, earth, fire, and air that flows through your body. Be aware of your breathing and remember the power of the Divine Breath flowing into you and your breath returning to that Divine source.

Slowly become aware of the Child of Light forming within you and all around you: you are standing within the Child of Light and the Child of Light is standing within you. Feel your body reacting and adjusting to that power: the conscious presence of that power is resetting all your body's systems, gently reminding each cell of its potential, its power, and its centre of balance.

As your body adjusts, be aware of the path of the south opening up beyond the gates. The path stretches off into the distance as it flows through gardens, fields, trees, and mountains. As you stand in balance and harmony, so too the path reacts and opens itself.

Feel the Child of Light within you and feel the balance within you. Keeping your eyes closed, take one step forward with your left leg. As you move forward, the Child of Light moves forward with you. When you take a second step with your right leg the Child of Light will stay behind. Stepping into, moving forward with, then leaving behind this power enables you to walk your path alone, which is as it should be; yet your body and spirit have been reminded of their true source. As you take a third step with your left leg¹³ utter:

“I will be that which I will be.”

¹³If you are in a small space, take very small steps, but ensure that you do take them.

Feel the pattern of the Child of Light behind you, feel the road into the future before you, the Breath of Life to your left, and the Water of Life to your right. Feel the anchor of the stone behind you, and beyond the Child of Light. Feel the Underworld and the Stone deep below your feet, and the stars and air above you. Be aware of the light, the spark, the flame burning within you, and feel its light fill your body and beyond so that you shine as a light in the darkness.

Sit down and meditate in that state and space for as long or short a time as you need to, until you feel the ritual's power start to fade and settle down.

When you are ready get up and go round the directions, closing the gates, thanking the contacts, and putting the lights out. Put the tools away and go outside, even if you live in a busy city: these powers of creation and life are in everything, so go out and be among the powers of creation in action for a short while.

Afterwards write down any notes that you wish to, as you will forget, then go and rest.

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