



QUAREIA—THE INITIATE

Module III—Power Dynamics of Creation, Part II

Lesson 8: The Ritual of the Fulcrum

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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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Lesson 8: The Ritual of the Fulcrum

The ritual you have worked the most is the Anchor. Now it is time to progress beyond that. It can still be used for grounding and tuning if you wish, but what you need now is to step into a ritual that can be used repeatedly to tune yourself to a higher frequency than the Anchor, a ritual that will put you in the *middle layer of power*.

The Anchor ritual is about being human and recognising the powers around you from a human perspective. But the magician has slowly to expand beyond the default, simple human life and spread themselves further and deeper into the Mysteries. The repeated use of the ritual called *the Fulcrum* slowly moves the magician's consciousness beyond everyday humanity and places it within the streams of creation and destruction.

When you work in *vision* you are placed deep into an inner state that can filter slowly down into your body to effect change and maturation. When you work in *ritual* the effects slowly filter from your body and effect change in the spirit.

The repeated use of specific rituals builds up a pattern, slowly, within which the spirit can learn to operate. First the ritual must become second nature to the body. Then, once the mind is no longer needed to navigate it, the spirit can begin to immerse itself in the pattern. It's like learning to

drive. Once you no longer have to think about the pedals and gear stick then you are free to place all your attention on the road ahead.

Read through the following ritual a few times so that you understand what it is and what it is doing. Then learn it by memory so that you do not need to carry papers around with you, though you can keep a prompt sheet in your work room should you need to fall back on it. When you are ready to perform this ritual take a ritual bath first, smudge the work room with frankincense, and make sure you will not be disturbed.

Task: The Ritual of the Fulcrum

Get your cloth shield/temple cloth and look at the pentagram that is you. Behind/below the left arm paint a circle of white, and below/behind the right arm paint a circle of black.¹ You will need a long candle or taper to light the Lights.

Part I

Set up your room, put out the four tools² on the central altar. Spread the cloth on the ground with the altar over the centre of the cloth. Do not light the Lights or open the gates. Place the taper and lighter/matches on the central altar and put out the light.

Sit before the central altar facing south, in silence and darkness, and meditate into stillness. Once you are still, before you move to stand up, utter:

“In the beginning was Darkness. And a voice uttered out from the Void saying, ‘Let there be Light; that it may shine in the Darkness.’”

Stand up and light the taper. Hold the taper in your left hand and light the central candle. Now utter:

¹The Light Bearer and Restriction.

²Sword, cord, vessel, and stone shield.

“And the Light shone in the Darkness, and the Darkness understood it not.”

Stand before the flame and be aware of forces gathering in the cross-quarters. Feel them even though you cannot see them. Now be aware of the lantern in your sphere. With your left hand reach out in the air above you to the right and ‘lift’ the lantern across to your left: hold up your left hand as if holding the lantern and see its light with your inner vision. Once you have a clear sense of it to your left, drop your arm and leave the light hanging there.

Utter:

“The Bearer of Light heard the voice utter from the Void, and stepped forth to take up the burden of the Light.”

Feel the Light build behind you: the power of the Light Bearer. Feel that power fill the left side of your body, filling your foot, your hand, your torso, and your head. Feel the power of the Light Bearer hold up your lantern. Stand in that feeling for a moment.

When you are ready, utter:

“The Light sought solace in the Darkness, and the Darkness responded.”

Feel the power of Restriction build up behind your right shoulder and fill the right side of your body, filling your foot, your hand, your torso, and your head.

Utter:

“I greet you Light Bearer, said the Darkness, and I give you the Restriction of my Darkness, that you may find your way safely.”

Feel the two powers of Light and Dark within you, and the flame in your centre. Hold out your hands before you,, palms up, parallel to your shoulders, with your elbows bent, and utter:

“I, (say your name) greet the Light Bearer and I greet Restriction. I am the fulcrum through which all may pass. Here is my left hand that guides you into being; here is my right hand that gathers you when you withdraw. I am the voice crying in the wilderness; I am the voice that seeks passage through the Desert in search of the Garden. Together we shall walk upon the Path of Hercules.”

Pick up the sword and hold it out in your left hand, point down. Stand with your feet a shoulder width apart. Hold up your right hand, palm in a ‘stop’ position.

Utter:

“With the light of my lantern and the Light of the Light Bearer, the Light flows through the Limiter which shall guard all that is created and shall limit its years. With my foot upon the Grindstone I shall be polished by the Light of the Lantern.”

Take the sword to the east altar and lay it across the altar. Return to the central altar and pick up the cord. Hold it out between your hands.

Utter:

“In my left hand is my birth. In my right hand is my death. Between the two is the measure of my time. I am the Vessel though which the Breath may pass.”

Wrap the cord round your right wrist. Now pick up the vessel in your right hand and hold out your left hand, palm flat, to receive or give.

Utter:

“The Darkness has formed the Vessel which receives the Light. The Vessel is that which holds my Measure and will weigh my Harvest upon my death. May the lantern of my experiences light my way and fill the vessel of my deeds.”

Take the vessel and place it on the west altar. Return back to the centre.

Pick up the stone in both hands and utter:

“The Stone receives the substance of the Vessel. May it collect the Darkness when the Light has flown. Stone, remember me and place my memory among the bones of my ancestors.”

Place the stone on the north altar and return to the centre.

In the air to the left of you, where the lantern hangs, draw the sigil of the sword with your left hand. To the right of you where the lantern normally resides, draw the sigil of the vessel with your right hand. Hold your left hand in the air over the sword sigil and your right hand over the vessel sigil.

Take a deep breath and breathe out slowly. As you breathe out see the Light and Dark behind you flowing through you and following your breath: they breathe through you. At the end of the breath, draw in your hands and cross your arms over your chest.

Utter:

“I will be what I will be
Before me is the path that I must walk
Behind me is the Light to form me and the Darkness to contain
me
Beyond them is the Void from which I was Uttered
Above me are the stars of generations
Below me are the bones of generations
Within me is stillness
Within me is the Garden
I am the Fulcrum through which All may pass.”

Part II

Pick up the taper and light it from the central flame. Walk to the east altar and stand before the candle. Be aware of the Light and Dark within you and the powers all around you.

Light the light on the altar and breathe gently over the top of the flame.³ With your breath, the gates open and a great golden light shines

³Don't blow it out.

out of the east. Its light becomes too bright, so pick up the sword and hold it⁴ up to the Light in your left hand.

Utter:

“I limit you that you may express in this world without destroying.”

Put down the sword, bow, pick up the taper, light it from the east candle, and then go to the south.

Light the candle on the altar and breathe over the top of the flame gently. The south gates open and bright, strong sunlight shines out of the south gate, illuminating the path into the south. The path seems to go on forever. Hold up your right wrist and show your cord.

Utter:

“My length is limited, but I shall walk each step with the strength of the Grindstone.”

Drop your right hand and place it upon your left shoulder.

Utter:

I accept the limitations of the Grindstone and I accept the guidance of the Light Bearer. Path ahead, uphold my feet as I walk upon you.

Bow, pick up the taper, light it from the candle, and go to the west altar.

Light the west candle and breathe over the flame as before. As the gates open, a deep blue light shines out of the west gates. The vessel also begins to take on a blue glow. Pick up the vessel in your right hand and hold it out.

Utter:

⁴Handle up, tip down.

“Vessel, carry the Harvest of my deeds so that they may be measured upon the Threshing Floor. And when my Length comes to an end, carry my Light across your threshold. You are my body; you are my lantern. Walk with me upon the path of Hercules.”

Bow, pick up the taper, light it from the candle, and go to the north.

Light the candle and breathe gently over the flame. The gates open. Beyond them is total darkness. Place your hands upon the stone.

Utter:

“You are my Foundation, the Darkness that the Light shines out of. Guide me through your wisdom, shelter me in the storms ahead, and protect me from destruction that has no purpose with me. And when my Light is released upon the death of my body, collect my bones and hold them in your arms.”

Bow, pick up the taper, and go to the central altar.

Stand before the central altar and close your eyes. Using inner vision, see the pattern of threads you have formed from your actions, words, and breath. See the pattern hanging in the air over the central flame.

Open your eyes but keep a sense of the pattern. See the pattern in your inner vision descend into the central flame. See the road ahead in the south beyond the south gates.

Take a deep breath and breathe out slowly, blowing across the candle flame without blowing it out and blowing the pattern into the south onto the road ahead.

Utter:

“I will be what I will be.”

Sit down and be still. Think about what you have just done and write up any notes in your journal before the thoughts fade from your mind. When you are ready close down the directions and put the tools away.

About the ritual

This ritual can be used in its entirety, or parts I and II can be used as appropriate to tune yourself and/or the directions.

The Anchor was all about you. The Fulcrum moves you a step further into being a part of everything. It establishes the powers that flow through and around you, and it also mirrors the pattern of creation and destruction in harmony. You are the fulcrum in the middle of all of that. The second part of the ritual also tunes the tools and directions in together again at a stronger frequency that you have worked with before.

Did you notice that there are no beings or contacts in the directions? In this ritual you work purely with the powers that flow through you,⁵ and you establish the deep workings of the tools above and beyond ordinary magic.

The Anchor is magic of the land, the body, and the human in relation to everything else. The Fulcrum is magic of the inner flows of creation and destruction, with the tools to balance and assist. This is your tuning ritual for the initiate section. It is also the fulcrum between the Anchor ritual and the ritual that you will learn in the adept section.

This ritual is your deeper balancing, and will also establish the flows of creative and destruction power through you in small increments. You will learn how to adapt and incorporate the powers within this pattern in your general magical work as we go along. This process started at the end of your apprentice training and will continue to spiral deeper and deeper through the initiate section.

Task: Learning to feel out your pattern

When you get the chance, go out into nature early in the morning somewhere you will not be disturbed.

Stand and be still. Feel the Light behind you to the left, the Dark behind you to the right, and feel them in your hands. Feel the rock beneath you and the power of the stone shield behind you. Feel the stars

⁵And therefore through creation.

above you and the path ahead of you, and feel the stillness of the flame within you.

Close your eyes and cast your mind round this pattern. Is anything blocking any powers? Is any power weaker or stronger than the other? They should all be equal. Is there any sense of blockage on the path before you? If there is, feel into it: what direction does its power *come from*? (Not “what direction it is in?”) If you feel into it, feel if it is air/words, fire/disease, water/emotions, earth/holding on to something.

Learn how to feel around your own pattern without tools, tarot, or anything else. Learn to feel the web of fate, and to feel weaknesses, blockages, interference,⁶ and the powers of Restriction or the Light Bearer being out of balance. Learn to feel the power of connection to the stars and the earth, to your past and your future, just by feeling into the pattern.

Once you have a sense of this in a clear place you will be able to tap into it and do it wherever you are.

And learn to read the signs of the pattern. If there is heaviness, a fire, or fast movement to your left, then there is hard work and learning on the horizon or a job to be done. Ensure its speed, weight, and power is balanced according to all the other powers around you.

If something is lurking to your right, then something is weighing down your vessel. It may be an unfinished job or unresolved issues or events that need bringing to a conclusion.

If the weight is directly behind you, then land, substance, resources, or family are pulling you back and you need to clear things. If it is directly before you, something is blocking your path that should not.

Obstacles which slow your path usually come from your right or left if they are caused by your actions: too much or too little engagement of the Light Bearer or Restriction will disturb your path ahead, as will not keeping your substance⁷ in check. These are problems for you to figure out and deal with. Forward impulse with limitation and learning from experience are things which open your path up.

But an obstacle directly before you with no imbalance to your right, left, or rear is usually a block that does not come from you. In such a case

⁶Magic from others.

⁷Body, family, home, sustenance, health.

you have to figure out who has put it there. Deities can put obstacles in your path, usually to limit and protect you. Or it may be that the Fates have set you a new experience, one that does not come from your own previous actions, to challenge you. Or a magician may have put the obstacle there to bind you, attack you, or block you, if you have crossed an immature magician somewhere.

You will also have to work out what the obstacle *is* before you try to deal with it. And only you can deal with it: at this stage you have the skill and knowledge to deal with such a block—you just have to draw from what you already know and have learned. By dealing with it yourself you will learn a great deal and also build the skills necessary to stop it happening again. Magic teaches you about life, and life teaches you magic.

Learning to close your eyes and feel into the dynamics and powers around you embeds the powers of the tools and beings within you. You do not need readings, rituals, visions, or anything else to check the status of your body and spirit as you walk on your path. The Fulcrum ritual wakes this process up. Each time you do it, it will strengthen the pattern around you. Then you use your inner senses to feel into that pattern wherever you are: it becomes your own health check and radar.

If you have picked anything up in your task exercise, write it down and draw out a small map of where you felt the disturbance in relation to your body. Use the mapping method featured on the cloth shield: south is up, north is down, left is Limiter/Light Bearer, right is Vessel/Restriction, and the centre is your fulcrum point. You can refer back to this in the future and when you do feel such a thing, map it out and track its progress.

Task: Bedding in the Fulcrum ritual

Practice this ritual until you are clear and comfortable with it. Then do it every new moon for a while until you feel it is time to stop. Also use parts of it, or all of it, to prepare for magical work in your work space.

QUAREIA

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