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## QUAREIA—THE INITIATE

Module VI—Angels and Demons in  
Depth

Lesson 8: The Holy Guardian Angel

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BY JOSEPHINE MCCARTHY

# 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.*

*For more information and all course modules please visit*

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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 VI—Angels and Demons in Depth

#### Lesson 8: The Holy Guardian Angel

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“If thou shalt perfectly observe these rules, all the following Symbols and an infinitude of others will be granted unto thee by thy Holy Guardian Angel; thou thus living for the Honour and Glory of the True and only God, for thine own good, and that of thy neighbour. Let the Fear of God be ever before the eyes and the heart of him who shall possess this Divine Wisdom and Sacred Magic.”

— The Book of Sacred Magic of Abramelin the Mage

The term *Holy Guardian Angel* is bandied about a lot in magic these days and people’s perception of what this being is and what it does varies wildly according to what magical books they have read. In Crowley’s early writings he refers to this as the *higher self*, which is not correct, but in his later years he wrote in a letter, which was later printed in a book (*Magick Without Tears*) this comment:

He is not, let me say with emphasis, a mere abstraction from yourself; and that is why I have insisted rather heavily that the term “Higher Self” implies “a damnable heresy and a dangerous delusion.”

— Letter on the Holy Guardian Angel

The biggest reason people want to connect with the HGA these days is to have ‘knowledge and conversation’ with it, and to have the power to ‘cross the Abyss’ and become a magus... yawn. As with all things these days there is an element of humanity that just wants things instant and easy, and to have something that will satisfy their curiosity or give them great power or status.

Methods bandied about the internet to use for contact with your HGA range from the eye-wateringly complex and totally impractical to the downright silly. They all fall down on one basic point: control. You cannot control this being. They also make the mistake of trying to contact something when they have no idea of what it actually is.

So let us look closely at this HGA, as understanding and stepping towards a relationship with this being is a phase in magical training akin to puberty... which is a stage you are now either approaching or are stepping into.

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### *What is the HGA?*

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The HGA is an angelic being that is a separate and independent consciousness—and most certainly is not your higher self—yet the HGA is around and within you. The majority of people are not aware of this being, but it is there nevertheless. Not every culture has a concept of a guardian or companion angel: working within a culture which has a sense of balance, like Ma’at in Egypt for instance, voids the need for a conscious awareness of such a being.

The HGA more or less operates on the dynamic of necessity—not only as far as its actions are concerned, but also whether or not its human needs to interact with it: most humans do not. In certain circumstances the monarch, high priest, and suchlike could benefit widely from interacting with their HGA. I am sure they had many different names for this being, and differing ideas of what it actually was.

Magicians, once they get past a certain phase in their development, can benefit from an awareness of this being, and later from communion with it.

It is difficult for modern magicians to get away from the notion that the HGA is their go-to assistant whom they can harass whenever they want. In fact this angel is a key being in a person’s pattern which

works to its own agenda. You cannot begin to understand this profound entity in its depths until you move away from the idea of manipulation, harassment, and asking it stupid questions.

It is important also to understand that a conscious connection with this being does not lead to crossing the Abyss and becoming a magus. In fact it is the other way round: reaching the phase of development that necessitates crossing the Abyss is also the point at which communion with the HGA comes into force. One does not trigger the other; rather they become active in the life of a magician when the time is right and the training/maturity is in place.

One of the major stepping stones for a magician or a priest or priestess is first to *know* that the HGA is a constant companion with you as you walk through life.

The second stepping stone (for a magician) is to learn how to *listen* to the HGA. By learning to listen we learn how to walk our path actively through our magical life with the help—and the limitations—placed on us by the HGA. Forcing conversation with such a being is folly: such a wish comes from an immature and overcontrolling part of us. That immaturity itself is a barrier to communion with this being. We *want* to know, but in reality we rarely understand what we actually *need* to know—and what we do not need to know. Once more we are back to necessity versus want.

The HGA is a companion on the Path. As an angel of Malkuth, the physical and human kingdom, this being, like every other being of the Earth, has combinations of qualities and powers. Angels whose roots are deeper in the realm of creation have very specific powers, elements, actions, and roles. But angelic beings rooted in the physical world are like us in that they are combinations of elements, powers, etc. The HGA has elements of the Sandalphon, the Companion. It also has the power of bridging, as well as wielding a dynamic that you have come across in your lessons where it has been described by the term *Sword of Damocles*.

They also have elements of the Light Bearer, the Grindstone, and Restriction, all of which are angelic components of creation. We too have all these power dynamics within us as created physical beings, and in reflection of that, so too does the HGA. They are with us from conception until death, and one of the roles of a magician, if they are ever to tread the paths of the Deep Mysteries, is to know the presence of this being and to be able to listen to it.

## *What is contact with the HGA?*

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In magic in general, contact with the HGA is presented as visionary or ritualised communication via sigils, and sometimes through automatic writing. In all of those cases, which can be used, you run a very real risk of holding ‘conversation’ with something else other than the HGA. Using such methods to true effect takes a very skilled and focused adept who truly knows themselves as well as all the various beings in the inner worlds by way of direct experience. Even then, such methods provide a worse quality contact than the deepest form of connection possible.

True contact with the HGA is always tricky, as there is so much else around us. The journey of such communion takes a lifetime of successes and mistakes—which is in fact part of the individual magician’s development process. When a magician reaches out for contact, even with other beings, the quality of the contact relies on the magician truly knowing themselves, and also truly knowing the variety of independent beings that are always around them in one form or another.

Knowing yourself, when it comes to the issue of contact, means knowing what is your own voice, your own wants and needs, and knowing what is not you. This is truly tough, as you never quite reach the skill of truly knowing yourself completely: it is a lifelong process of evolution and maturity. Even the most skilled adept can fool themselves if the stakes are high enough. But slowly, over time, you do come to realise your various inner voices, your own inner senses and instincts, and also that which is deeper and more profound: the voice of your HGA. The understanding of that deeper, profound voice comes along with the understanding of the HGA’s purpose, not your own purpose.

The other common problem with reaching for connection with this being in communion is the host of other beings constantly swarming round the magician, and recognising their influences, agendas, and so forth. When you use vision for such connection, success depends on the your practical visionary skill and experience: the more beings you have worked with, and the greater variety of beings whose presence you have been in, gives you an understanding of who is who and what is what.

When you call out magically for contact with the HGA, being in a well-tuned magical space will mostly filter out the parasites, but it will still not really focus you in on the HGA. You may connect with the HGA,

but you are more likely to get another type of being that sort of fits the bill for what it is you are seeking.

Why? Because the true nature of the HGA is not to externalise the contact with you, but to internalise it. This is probably why so many magicians consider the HGA to be their higher self: internalised contact is the hardest type of contact to differentiate from your own inner voices. But the more you externalise that contact, the greater is the chance of something else stepping in to converse with you.

Visionary connection is the least externalised form of communication, and sigil/letter communication is the most externalised. But beyond visionary connection is something much deeper and far more natural, which is how the HGA connects with you on its terms rather than yours. The more entranced with glamour we are in magic, the more we wish to externalise contact. But the further into the Mysteries you go, the more the wish for glamour falls away, which in turn allows the quiet connection with the HGA to emerge.

There is a midway point that magicians can work with in order for active communion to develop, a way that is both visionary and ritual, so long as it is understood that you are working towards ultimately internalising that contact, not exteriorised it. Once that quiet connection is recognised and listened to, we can hear that communion in terms of feeling, intuition, and knowing far more clearly. And such communion only comes when it is absolutely necessary.

The quiet communion of the HGA with magicians comes through the power and force of its nature, the weave of the different angelic powers, and the knowledge of humanity. Once you work practically with the various different angelic powers of creation and destruction, you begin to recognise their signature, their 'feeling.' When the HGA is active round you for some reason, you 'feel' its energy or presence. This is why you spent time as an apprentice learning how to feel into things with your inner senses: first every day energies, then deeper ones through visionary work.

As an aside, magical visionary work also slowly triggers your sense of inner hearing, inner touch, and inner vision in everyday life. As you develop these, you slowly learn to differentiate between what is you, what is another being, and eventually what is your HGA. It can come suddenly as a voice in your head issuing a warning, a hand on your shoulder, or a deep sense of knowing that is beyond yourself. This is the HGA doing its job. This type of contact is beyond everyday issues and



serves to keep you in your pattern, particularly at fate hotspots when it is imperative you survive or do something that has importance far beyond yourself.

I have had warning voices that are not myself that have saved my life, but a good example of the deeper communication was involved in the creation of this course.

When creating a course was first suggested to me by various magicians, and then strongly by Frater Acher, I shunned the idea. I did not want to start a school, I did not want acolytes, and I did not want the job of pushing and dragging people into magical knowledge. I had taught for years and slowly learned that in truth a physical lodge or group teaching is unnecessary—and in fact is largely detrimental to the development of real magicians. People would essentially sit waiting for the next mouthful...and then they would want you to digest it for them.

After a conversation with Frater Acher on the phone one day, he asked me yet again to write a course. After I put the phone down, a strong voice around me said “you have to do this.”

My own voice joined in saying “too much work, it would trash my energy as it would need contacted writing, I don’t have the time as I am busy trying to earn a living, and no one would read it and work with it anyhow.”

I sat with this internal argument but in the silence, a deep power built under my feet: the Grindstone. Once I felt into it, a strong, steady, but powerful force rose into my consciousness and the feeling was: *if you do nothing else in this life, you have to do this.*

Even then I fought against it as such an undertaking would mean a lot of isolation, difficulty, and strain. But once again the feeling rose: *you have to do this.* Why? I asked. No answer came back.

So I searched within myself. Was I subconsciously wanting a platform? Was this course to be for others, or for myself? What was it truly for? There are a lot of magical courses out there, and it did not seem to me that I needed to add to them. In fact I felt I could be more useful connecting people with the preexisting courses, and helping them with advice. So I ignored the deeper voice and created a website which I intended to develop to connect people with courses and to give them advice on how to choose which one would be right for them. Every step of the way, that project was blocked.



It did not seem to make sense, and I still really did not want to do a course. Again the voice came, “you have to do this.”

So I sat down once more and felt in to the deepest guide, the HGA.

“Do I have to do this?” I asked.

“Yes,” was the answer.

“Why,” I asked?

And there was no answer.

So I gave in and told Frater Acher that I would do the course, but I would need his help, which he was more than happy to offer. Without him the course would not have been born.

I was still puzzled as to why I had no answer when I asked why the course needed writing, but I knew enough to know that if the HGA did not answer, then the answer was already within me and would rise into my mind as I started the work. And it did.

Such contact is well-recorded with many magicians who have gone on to construct something: they were guided or even frogmarched into doing certain projects, but always that contact came from that quiet, deep communion that only surfaces when necessary.

In a strange way this confirms and yet contradicts Crowley’s idea of communion with the HGA. His approach was to initiate direct contact through ritual magic, in order to know one’s will or purpose. By his own admission he never achieved this, but his understanding of the process matured as he aged.

The HGA guided me towards my purpose without me realising it. And it is this organic and very natural process of communion that allows the deepest form of contact.

Magically I have used various magical methods to connect with the HGA on my own terms, when I wanted to know something that I felt was very important. Invariably what came back was the message that I was an idiot. When I tried divination as a form of communion, the fool was always the central card. I had managed to trigger direct communion, only to be told I was stupid.

Why? Because I was trying to force communion on my own terms, when I *felt* I needed to know something, when in fact when I really *do*

need to know something or be aware of it the deeper voice of the HGA makes itself known loud and clear.

This is a major understanding: letting go of the need to control is so very important and allows true, necessary contact to flourish. Which brings me to the purpose and action of the HGA.

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### *What does it do?*

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The HGA's action in an ordinary person's life and a magician's, priest's, or priestess's life is different; or perhaps I should say it is more developed in the case of magicians, priests, and priestesses. The more you delve into magic and/or the Inner Mysteries, the more the person and the HGA are brought closer together.

When you are clueless or not magical, the HGA seems to take a more passive role unless their human has a strong fate, in which case the HGA tends to intervene more in their lives.

In life a soul steps into a fate pattern and lives within it, and it chooses whether or not to evolve within that pattern. If a person's life is very fateful and will affect a wider group of people, then the HGA will uphold the wider pattern while the people within that pattern make their individual choices. The upholding of a wider pattern to which an individual is key seems one of the major briefs of this being. Within that pattern a person may choose pathways and create actions, and how they get to the root of the pattern in their lives is very much dictated by their own choices.

When a magician, or someone studying the Mysteries, steps over the thresholds (as opposed to simply reading books and dabbling), a different journey begins to unfold. The further a magician moves into the Inner Mysteries, the nearer they come to close communion with the HGA.

With this also comes the dynamic of the *Scales in Life*: your actions start to have immediate effects, be they in the ordinary world or in magic. The HGA is part of that process. While the Inner Mysteries bring you closer to the HGA, such study and practice also starts to wean you from passive protection and plunges you into cause and effect.

It is like when a parent gives a teenager freedom to make their own choices and mistakes: now they have to live with those mistakes.

If, however, those mistakes are dangerous, the HGA triggers and the magician is protected or blocked from action, particularly if the pattern of the magician is one of evolving. This does not work beyond the life length of the magician: the HGA will not interfere when the life length of the magician is at its end. When it's your time, it's your time.

The deeper you step into the Mysteries the narrower the path becomes, and the Sword of Damocles dangles dangerously over you. You are the sum total of your actions, and the HGA will not stop the sword falling on you, though it will warn you if you are coming dangerously close to a strike. How that warning comes depends on how closely you pay attention, and which of your senses are strongest.

Essentially the HGA is there to nudge you along the path of inner evolution and to teach you the boundaries of the Mysteries in direct relation to your own fate. It will protect you to some extent while allowing you to fall down in order to learn. This is outlined in a quote in the Abramelin book:

“Let the Fear of God be ever before the eyes and the heart of him who shall possess this Divine Wisdom and Sacred Magic.”

As you step deeper into the Mysteries, the training wheels come off and you move amongst great and beautiful powers...deadly ones. The 'fear of God' is not about religion and rules, it is about knowing, truly knowing, the Divine forces of creation and destruction, and all the self-responsibility that goes with it. The 'fear' in the fear of God is the knowledge of the power of Restriction (Gevurah). That power gets a lot more immediate in the life of a magician or mystic if they tread deeply enough into the Mysteries.

If you are ignorant and do not know, then your own stupidity is often your saviour. But if you *do* know and still act ignorantly then you will edge closer to the power of Restriction. The HGA will try to warn you, but it will not stop you. Unbalanced actions done in knowledge are *your choice*...and you will bear their consequences.

Actions done in ignorance but from a wish to evolve will trigger the HGA to try to steer you away from them. And this is also where the planetary spirits come in: as their influences wax and wane in our lives, they trigger us to impulse and action. Once we understand that and learn to work with them rather than being ridden by them, the HGA becomes

a bit like the conductor of an orchestra. Slowly, through listening to the quiet voice of the HGA, we begin to understand how to work with the forces around us and to navigate our way through the dross.

I have had different types of contact with this being, and it has evolved into the form of a deep knowing that is beyond me, a hand on my shoulder, a voice in my mind, dreams, visions, and so forth. Though magicians are often guided by numerous beings, and from our own quiet inner voice, the contact of the HGA has its own signature feeling, one that can only be understood by a magician through their own experiences. Each magician is different, and each contact with the HGA is unique to the person.

That being said there are things a magician can do, not to force the contact, but to open the door to it, and we will look at them in the practical work. Once a conscious magical act has been done to open that door of contact, each magician must then learn to listen—not only in magical acts but also in everyday life—if the contact is to strengthen and develop. But remember, for strong and healthy long-term communion with this being, let the being speak to you as and when is necessary. Don't badger it with stupid questions every time you get a bit frazzled or curious in life.

Virtually every magician who manages to make this contact then goes through a period of not knowing if the contact is actually with the HGA or is just their own inner voice or imagination. This is normal, and such a quandary is moved past by treating all warning voices as if they were the HGA. Slowly, through direct experience, you will learn to filter and recognise what is what.

It took me a long time to figure this out myself, but eventually I learned. And this is also the key to deep magical learning: through direct experience you learn to discern what is you, what is of no consequence, and what is an important event or contact. If you try to filter or identify a communion too early, or constantly question everything, you can end up locking down the contact.

The important thing to remember is that the HGA is a *bridge* between you and the Divine: it oversees the Divine spark within you and is charged with overseeing the development of that Divine spark that is also your true self. It is not there to make sure you have enough money to go on holiday, to get you laid, or to give you an instant download of True Knowledge™ and catapult you to the status of Magus.

## *Resources*

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One of the things I discovered—I have not found any other references to anywhere, but it is very strong—is that one of the things the HGA seems to do is oversee your pots of resources. I have talked about these before.

When I discovered them, I wanted to experiment. . . and I learned very swiftly that trying to manipulate the resources available to you ends badly. What I also discovered was that the angel that personally oversees you as you walk through life is also the one who manages your necessary resources.

Though it is not a good idea to play around with your various resource pots, you can check on them, which will tell you where your weaknesses are at that point in your life. This can help you make a serious decision about how to manage your resources at that time. When one resource, say creative force, is low, and you are an artist who is also working magically, then backing away from creative acts while working magic will stop your force being totally drained off. These are human decisions for everyday issues.

If you are in serious danger because of a low resource, then the HGA will steer you away from certain actions in order to preserve your vital force and not let you drain yourself to the point of death or serious danger.

When I was experimenting with this I found that my limited perspective and lack of true knowledge of what each resource held, and how they operated, put me in danger. I switched resources from one pot to another, and immediately put myself in danger: the effects of the magical work were strong and immediate, and manifested physically within a couple of days. I was not expecting such a strong outer reaction, and I realised I was playing with fire.

I talked to the HGA. It said “back off and let me do my job, stupid human.”

And we are back to not trying to control too much and just letting beings and people do their jobs. If you focus on what you are supposed to be doing, the HGA will do its job and ensure you have what you need to do yours. The more important the job at hand, the less you should try to interfere with the process.

On more day-to-day terms, if you check your resources at a critical point in your life and see that something like health, or visionary/-magical resources are low, then you can make a decision to back away from a line of action, or go into seclusion for a while so that you can regenerate. But usually the HGA will manoeuvre you in life for that anyway. We think we are being smart when we intervene like that, but often we are still clueless. When it comes to powerful points in a magician's life, often you have no control over what is happening—and then it is time to trust. Do your human stuff and let the HGA do their stuff.

With the resources, because our ability to view the path ahead is often limited, we can often misunderstand what is needed and what is not: we do not get the bigger picture. If the bigger picture is very important, we will also be blocked from viewing it using divination: the reading becomes nonsense and almost impossible to read. This is the HGA blocking your view, as it is likely you would not fully understand the wider process that is happening: it saves you from your own stupidity. When the event finally happens and you are on the other side of it, when you look back, you will see the action of the HGA, and see where your resources were protected for what was necessary for you; and you will also see how you were protected and guided, even if at the time you felt bereft and alone.

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*Task: Part I: Vision to connect with the HGA*

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This simple vision puts you into a connection of awareness of your HGA. From there, listening and communing will develop as and when is necessary. As with all magic, once you have opened an inner door and acknowledged a being, a conscious connection is made from which relationships can build naturally: you step from a passive, silent relationship to one where lines of contact can be forged.

That contact and its quality is up to you and how you decide to develop it. As an initiate you are no longer led by the hand; rather you are shown the door and how to open it. And remember: the HGA is not your personal assistant, and your everyday problems are of no concern to it: its focus is on keeping you on the path you have chosen to walk and keeping you in one piece while you walk it. If that path is dangerous, the HGA will let you know or divert you, but you also have to pull your weight in your life and work.

Set up your work room, light the lights, open the gates, and do the Fulcrum ritual to tune the frequency. When you are tuned and ready, go in vision to the Inner Library. Go to the Stone Temple with the intention of forging a conscious connection with your HGA. As always for initiates, the best place to connect first with a powerful angelic being is the Stone Temple.

Once in the Stone Temple, go round the directional altars there and greet the powers in the directions, then stand in the centre facing south.

Be aware of the Divine powers above and below you, and of the power of the Light Bearer and Restriction behind your shoulders. Bring that power through your arms and put your hands together before you (and do this physically too), palms together. Feel the two powers in your arms come together in your hands.

Keeping this position, call to the Companion in the south and ask them to be with you. See the Companion come through the south altar, the black and white path coming with him into the temple. The Companion will place his hands on your shoulders, look in to your eyes, and then talk to your heart. Wait until that communion has finished, then look into the face of the Companion. While looking in his eyes, tell him that you wish to forge a more conscious connection with your guardian angel.

The Companion will blow into your face and into your forehead, and then will touch, push, tap, or strike your forehead. Let the Companion do what it needs to. If it hurts, ignore the pain and keep a steady gaze on the Companion, who will replace his hands back on your shoulders.

As you gaze into the Companion's eyes you begin to feel a buildup of power behind you, above and beyond the powers of the Light Bearer and Restriction. You will slowly begin to feel a buildup of pressure behind you, and whatever is causing that pressure seems to merge with the powers of the Light Bearer and Restriction, as if spreading out within and through those powers. You will feel heavy hands upon your shoulders, and those heavy hands join with the hands of the Companion. You may feel power begin to flow back and forth between the presence behind you the Companion before you.

The Companion begins to talk to you. He is translating for the HGA behind you. Listen. Even if you do not understand what is being said, just



listen—and do not be tempted to ask anything. Just let the power speak to you, and keep your mind centred so that the translation can reach you.

The Companion may raise their arms and do something to you. If they do, you will feel the power of the HGA also flowing through the Companion: the touch of the Companion is also the touch of the HGA.

When you have finished with that communion, stay silent in that deep place and learn the feeling of the HGA behind you. This feeling is the signature for you of your HGA. You may need to work here a few times to learn the feeling and to let it also be felt in your everyday life.

When the Companion withdraws, bow to him and feel the pressure lift from you. Wait until the Companion has completely withdrawn from the space before you leave too, going back into the Library. Take note of what happens around you in the Library, and what contacts come forward to connect with you.

When you are ready, come back to your working space and sit in silence for a short while. When you are ready, open your eyes and stand up: you will immediately go into ritual.

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### *Task: Part II: Ritual*

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Get up and go round the directions starting in the east. Just stand before each altar in silence and commune with the energy there. Once you have been round all the directions, go and stand before the central altar facing south.

Be aware of the powers above you and the powers below, the powers of the directions, and the bridges in the cross-quarters. Build up the pattern in your mind and feel the energies around the room.

Now cast your mind to the powers of the Light Bearer and Restriction behind you, and the path of the Companion before you. Once these powers are clear in your mind, feel the feeling of the HGA build behind you as it did in the vision.

When you have a clear sense of that power, let it flow through you and beyond you into the south: its power comes from behind you, passes in

and around you, then flows out into the path before you. The HGA power anchors your past, fills your Fulcrum, and opens the way forward into the future.

Call out to your HGA, but do not ask anything. Simply voice that you are aware of the being and welcome him into your conscious life. Thank him for what he does and tell him that you wish to learn how to listen and hear him better.

Once you have said this, be still and silent. Let your heart speak to you, as the HGA and the spirit of your heart are very closely linked. It will be hard to filter out your conscious mind and the voice of your heart, but use what you know about yourself to filter the words and thoughts.

When you are ready, hold your arms out to your sides. Moving your left arm across and placing your left hand on your right shoulder, say:

“Left hand of my actions and work, I place you on the hand of the guardian angel on my right shoulder, the shoulder the bears the weight of my deeds already done. May my actions and work be guided by the steady hand of the guardian, and may I feel the weight of his hand on my right shoulder when my Harvest is unbalanced.”

Leaving your left hand on your right shoulder, now take your right arm and place your right hand on your left shoulder and say:

“Right hand of my Scales, I place you on the hand of the guardian angel on my left shoulder, the shoulder that forges forward into the future in work and deeds to be done. May my past mistakes and misdeeds inform my future actions so that I evolve and serve, and may I feel the weight of his hand on my left shoulder when there is much to be done.”

Stand in silence with your arms crossed across your chest and turn your awareness to your heart spirit. Say:

“Spirit of my heart, you witness my deeds and work, and you witness my Harvest. Speak freely to me of your wisdom, and may the voice of the guardian flow through you.”

Feel the hands of the guardian upon your shoulders and say to him:

“Guardian, should you light the way, I will follow. Should you block me from a path, I will submit and trust you. Should you stay my hand, I will stop and listen.”

Open your arms out to the sides and bow in acknowledgement of the power of the guardian.

Go round the directions, starting in the east, and commune with the contacts in each direction. Listen, observe, and take note of any contact/communion that happens. When you have finished, close down the room and put out the lights.

### **About this ritual**

This ritual externalises the vision in the Stone Temple. It also voices your relationship with the guardian—and as you know by now, the physical voice uttered in a magical space can be powerful, and whatever is uttered should be kept to.

You have also defined the first pathway that the guardian can use to connect consciously with you: through feeling the powers on your shoulders and through communion with your heart spirit. This can translate to feelings in both the shoulders and the heart. If you find yourself in a very difficult situation and really do not know which way to turn, be still and feel into your shoulders. Which one feels the heavy weight of the guardian? The left shoulder is the power of forging forward, the right shoulder is restriction and would be telling you to hold back.

If you get a sudden feeling in your heart that seems to come out of nowhere,<sup>1</sup> then your heart spirit is trying to translate something to you from the guardian. If it is a wonderful feeling, the guardian is lighting your way. If it is a bad or fearful feeling, the guardian is trying to warn you about something.

This is a first step towards a stronger communion with the HGA. This being can talk to you through vision work or *through your body*. It will take time for your body to adjust to this and learn to decipher the signals,

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<sup>1</sup>And you are not having a heart attack or indigestion, and are not in the midst of an emotional meltdown.

but over time you will build a unique method of communion from this foundation.

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*Task: Research*

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Figure 1: A Fravashi

For a different perspective, here is an extract of text from Persian Zoroastrianism on the same subject. It is taken from the text of *History of Zoroastrianism* written in 1938 by M.N. Dhalla.

You can look it up if you wish to read further into this different perspective. In Farsi, a guardian angel is known as a *Fravashi*.

During the lifetime of the individual, his Fravashi accompanies him to this earth. Read this and think about it.

When a child is born its Fravashi that has existed from all eternity now comes down to this earth as the higher double of the child's soul. The soul is the ego proper, the real I-ness. Every individual soul is accompanied by its Fravashi.

This Fravashi acts as a guardian spirit, a true friend, and an unerring guide of the soul. Here is the divine voice of an infallible monitor who now advises and now admonishes the soul, now applauds its action, and now raises a voice of warning at a threatening spiritual danger. This divine agent in man, we may infer, sits enthroned by the side of the soul as an ideal ever attracting the soul towards herself. This ideal goal is the one towards which the soul should

strive. Though living in the tabernacle of clay on earth with the soul, and in the midst of the storms of passion and vice, the Fravashi remains unaffected and untouched, ever pure and ever sinless. From the time the soul embarks on its unknown voyage to this world, as we can judge from Zoroastrian teachings, its Fravashi leads it, day and night, to the path of safety, and warns it of the rocks and shoals, storms and cyclones. If it is off the track, the Fravashi hoists the danger signal. The bark moves smoothly so long as the soul follows the wise counsels of its guide. But as soon as it revolts from the heavenly pilot, it exposes the bark to danger at every turn. The vessel now drifts along on the unmapped ocean without any one at the helm to direct it to the right course, is tossed on the roaring waves, is left to the mercy of the changing wind, and is in danger of being wrecked.

The soul alone is responsible for the good or evil deeds done in this world, and it receives reward or retribution in the next world according to its desert. At the death of the individual when the soul thus advances to meet its fate, its guardian Fravashi returns to the celestial realm, but lives now an individualized life as the Fravashi of a certain person who has lived his short span of life on earth.

QUAREIA

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