



QUAREIA—THE INITIATE

Module VII—The Realm of the Inner
Desert

Lesson 2: Going into the Desert

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

www.quareia.com

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



QUAREIA—THE INITIATE

Module VII—The Realm of the Inner Desert

Lesson 2: Going into the Desert

You know enough about the Inner Desert by now that there is no need for any general description or preamble, so we can spend the whole lesson on practical work. Most of this work is of course visionary, as that is how you work with the Inner Desert, but we will also look at ritual externalisations in practical magic terms—once you have the inner connection with the Inner Desert, you can use the resonance of that work in your ritual magic.

When you work with externalised magic¹ it needs to draw on an inner resource within and around you if it is to be powerful and focused. That inner resource is developed first through visionary work and inner contact; then it is bridged into externalised patterns. The Inner Desert is one of the key realms that embeds the magician with inner links and flows of power.

As an initiate you will spend a lot of time connecting with such inner places. This is so that as an adept you will have access to power that you can bridge into external work.

An adept works less and less with visionary work and externalises the power more and more. They deepen their inner connections until they get to the point where they rarely do visionary work: the majority

¹Ritual, sigils, divination, images, breath work, etc.

of their magic is external. The initiate section of training is the heaviest in terms of inner contact and visionary work. It is the phase of training that plunges the magician deeper and deeper into inner power. This in turn builds inner strength and knowledge.

Every person's body reacts differently to such work. Learn to listen to your body and pace yourself so that you do not overwork: this is like intense gym training, so use your common sense. For some it is fairly easy, for others it can be a terrible strain; and of all the inner realms, the Inner Desert is the most powerful. So pay attention to yourself and learn to develop a healthy, sustainable magical working schedule.

Task: Vision I

For this first vision you will access the Desert through the Inner Library, and then you will move on to learning how to access this realm via the ritual space. To prepare for this vision set up your working room, light the lights, open the gates, greet the inner contacts, then sit in the centre facing south with the altar before you.

Go into the Inner Library, greet the librarian, and tell them that you are going to explore the Inner Desert. Ask them for any protection you may need: they may offer you a cloak or safety suit to put on, or they may not. It all depends on the current 'weather' in the Desert when you do this vision.

Go to the main doors. Before you go through them, put your hands and forehead against the doors so they can read you. If you need any safety advice, the door will lodge it in your mind.

Then step out the door onto the ledge outside the Inner Library. Look down from the building to the Desert below. Look to the bottom of the stairway: you will see the child there. Walk down the steps of the building until you reach the bottom and greet the child. They will appear in a certain way, and you may recognise the culture that they are projecting: this tells you the powers active in the Desert and also around you.

The Companion appears from behind the child. Greet the Companion, who will walk with you and advise you as you explore. If the Companion tries to stop you going to a certain part of the Desert, heed that warning: it is likely, when this happens, that some power is building that may be

dangerous for you. The flow of power in the Desert shifts and changes all the time, so if you are blocked from a certain aspect of the Desert, make a point of revisiting it later on another day to explore that ‘currently closed to visitors’ area.

The Companion stands facing you and holds out his left arm to his side, pointing to the first area of the Desert for you to visit. Remember your orientation of the directions: the stairs of the Inner Library flow south, and he is pointing north, towards the Abyss. The Companion starts walking and you follow. The Desert is flat, the ground is compressed sand, and in the distance in all directions is a mist that obscures certain areas.

As you walk with the Companion he holds your left hand. At some point he will lift your hand and start drawing on its palm as if marking something. Rather than trying to see what he is writing, feel into yourself as you walk and also listen to your mind: his communication will transfer to you in this way, even though he is drawing letters and sigils on your hand. This sort of communication is not instant; it beds into you and rises into your mind when you need it.

As you walk the mists ahead start to clear and you come to a vast crack in the earth: the Abyss. On the other side of the crack the land is obscured by mist, but around you it has cleared. The Companion takes you right to the edge of the Abyss. He holds your hand tightly and also the back of your clothes, so that you do not tip forward and fall.

Peering down the Abyss, you notice that on both its sides there seem to be ledges with cave entrances to tunnels that vanish into the cliff-face. The ones nearest the surface have stairways and little paths down the sides of the cliff so that a single person could carefully climb down to those cave entrances. But further down the Abyss the stairs vanish: the cave entrances open straight out of the cliff sides.

The true depth of the Abyss is obscured by mists. The Companion motions for you to pick up a small pebble and drop it in. You do, and though you listen for its landing the sound never comes: the depths of the Abyss are not limitless, but they are beyond our understanding.

Now the Companion motions for you to look up. You crane your neck and see clouds that form ‘sides’ to the Abyss: the cliff sides are also up, but they seem made of mist and cloud rather than rock. There are no tunnels, just steep sides that seem to reach up forever. In amongst the cloud walls you can see stars twinkling. Some of them seem to be

moving. The Companion touches your ear, telling you to listen: you hear faint sounds coming down from above, high frequency sounds that are very beautiful.

The Companion tugs on your hand to make you turn round. You will come back here soon and meet the guardian of this place, but at the moment you are just familiarising your mind, body, and spirit to it.

As you turn round and face away from the Abyss, before you is mist and to your left is the vast step pyramid of the Inner Library. Walk through the Desert with the Companion until you come alongside the Library. To your right is mist. The Companion walks you to the right, opposite the Library and the misty areas. Look at what is there, and pay close attention to everything that you see.

When you have finished viewing that area the Companion motions for you to continue your walk down the Desert. You find yourself walking through mists and the Companion slows down: he puts a finger on your forehead, telling you to feel into the mists.

Walking among the mists you can feel lots of things pushing past you or flowing over you, and you will hear lots of noises, but are unable to see anything. The further into the mists you go, the more intense the sounds and feelings become, and the thicker the mists are: you are pushing through the threshold between the Inner Desert and the outer world.

Finally you break through the mist into bright sunlight. You find yourself walking down a constantly changing street: you recognise some parts of it from your childhood, but as soon as you fix on them they vanish and turn into something else. You are walking through your life lived so far.

The changes on the street slow until you recognise the street on which or near where you live. The moment you recognise it the scene around you changes back to mist: you are now pushing through your own future. The Companion walks with you through the dense mists until they finally clear and you find yourself walking in the flat Desert again. It looks different, somehow, from the earlier part of the Desert.

People walk past you in a hurry, racing ahead in the Desert. As you walk, more and more of them hurry past, some running, others seemingly confused and disorientated. Do not connect with them; just let them get on with whatever they are doing.

More and more people hurry past you and eventually you can see what they are hurrying to: a vast river and beyond the river, the mountains. You recognise this landscape and realise you are walking towards the River of Death. Watch as the people rush to the river to drink. Then this part of the Desert starts to affect you too: you start feeling thirsty, but you know not to drink. Walk with the Companion to the Bridge and hold his hand as he takes you across.

Walk across the Plains towards the Mountain, and pay attention to what happens: you should now be on familiar territory and understand where you are and what is happening around you. Climb the Mountain and when you get to the top, walk to the mists at the top. You have done this once before. Here the Companion vanishes and you walk into the mists alone. You get to the edge of the ledge and step out, trusting that the Inner Library is on the other side of the mists.

You will emerge in the chapel with the priesthood who work on the edge of the Void. Step into the chapel that melts into the Void and commune with the priesthood there. When you have finished, leave through the main doors at the back of the chapel, make your way to the centre of the Library and see the librarian. They will take from you any protective clothing they gave you, and they may do something to your eyes, ears, mouth, and nose, to 'open' them for your future work.

They will check you over, then tell you to go home. Go back to your work room.

Before you open your eyes, take a moment to go back over in your mind everything you saw, no matter how strange and no matter how small the detail. Everything that appears in that place makes itself known for a specific reason.

As soon as you open your eyes, write down in your journal everything you remember. Later, type it up on computer. Close your room down and go have a rest.

About this vision

This vision is not so much for information, but for acclimatising your body to the length of the Desert. A first runthrough stretches you so that you develop the 'muscle' to work in depth in this place when necessary.

There are many aspects to the Desert, and many layers. The layer in which you just worked is the most surface and formed presentation. Once you are used to working in that layer for a while, then as an adept you will explore many deeper and stranger layers. First your body and mind need to become fully fluent in this place.

On a simple day, visiting the Desert can be easy and straightforward: the weather is good and the power is low. But there will be times when you will need to go into the Desert for magical work and it will be very different. Like all Deserts it can be a powerful and hostile place for a living human, just by nature of its power, so never ever get blasé about your work there. It can catch you off-guard with its power, and parts of the Desert are the most dangerous of all the inner realms: the pure power of destruction can barrel through this place on its way to physical manifestation, and if you get in the way it will hit you physically and mentally, not just magically.

In this vision you walked from the Abyss, over the threshold of the physical world, through your life path, and onto the Plains of Death. A lot was obscured from you, which is how it should be for this exercise. The simple action of walking from one end to the other stretches you gently and builds up your immunity, strength, and fluency in this place. Do this vision a few times before you move on to the next vision in this lesson: these exercises help you focus and develop, which will make it much easier for you when you go to very specific areas of the Desert and commune with the powers and beings there.

Repeat this vision until you find it easy to do and you do not feel trashed a few hours after doing it. Once you have done this three or four times you should be stretched enough to do the next vision, which will stretch you a bit further.

Task: Vision II: Going through the directional gate

This vision serves three purposes: to teach you how to access the Desert powers directly through the directions of your work space, to loosen your understanding of the powers that flow through the directions in your workspace, and to show you how, once you step into the Desert, directions in magical reality cease to exist.

Working in vision straight from your workspace is often not as powerful as if you went through the Inner Library. This brings to

your attention a strong magical dynamic we have looked at in the past, and which will now really start to make itself known: the dynamic of *stretching out* or not.

When you go into an inner magical realm, the time it takes you to get there and the way-stations you pass through² deepen your contact with your destination and stretch you out. Stretching out means that part of your consciousness is in your body, and another part is far beyond, in another place or realm. The longer it takes you to go somewhere, the more this stretch happens and the more of you goes to the inner space, which becomes a stronger reality for you. This mirrors the death process, where the longer a spirit is on 'our side' of death,³ the more that place becomes their reality, and the more the physical world becomes a dream or visionary space.

If you move quickly from one place to another, i.e. you pass over a temple room's threshold straight into a place, then there is less stretch. This can make for less strength of reality in the vision. However when a magician works frequently in vision in different places and has through the stretching process in each realm, a skill develops whereby they can pass swiftly from one realm to another without losing the level of power. This skill is vital for adepts, who sometimes need to move their consciousness into another realm unexpectedly and quickly. The development of this skill comes first with stretching when you explore a realm new to you, then from learning to access that realm in ways quick and slow, and finally by bridging between the two places at once.

The other thing that is vital to understand at this phase of your training is the fluidity of the directions, and how we can use that compass in realms that really have no directions. If a realm has not yet externalised in the physical world, then it will not have a directional reference, magical or otherwise. The Inner Desert is such a realm.

An adept magician needs fluidity in their understanding of directions, powers, beings, and so forth: the ability to understand that echoes, layers, and reflections can flip things, bend them, or do away with them altogether. You have already begun this process with your past work on the fluidity of time, and to some extent the directions.

This next vision is a step towards that instinctive access to the Inner Desert. Because the Inner Desert is a place where creation and destruction happen as a precursor to physical manifestation, each part of the Desert

²Like the Inner Library.

³The Plains.

has *no* directions and *all* directions within it. It is a place where you have numerous reflections and octaves, and is like a ball: if you walk in a straight line then you will end up where you started.

The Tree of Life, which is the Judaic map of the Inner Desert, was meant as a reference point for this powerful place; but it has turned into a dogmatic, two-dimensional view of the Desert that in recent magical circles has become the destination instead of the map. The implications of this for a student's magical development are massive.

So to loosen you up we will do this visionary exercise. It will demonstrate to you, through direct experience, how to understand that all directions are in each direction, and how the magical directions express in terms of real power in a particular space.

In this exercise you will visit certain aspects of the Inner Desert by passing over the thresholds of your magical space into the Desert. On each threshold, pause in stillness, then see a Desert pathway that takes you into the part of the Desert you are intending to visit. With the Library, remember that when you approach it from the Desert you are approaching it from outside, from the step pyramid with the stairway. The threshold you are working with should take you to part of the Desert where the step pyramid is before you.

Rather than guide you through the visions, here is a simple list of directions and destinations. Set up your work space and work it out for yourself. Work each direction in the three lists with their listed destinations: go through the direction in vision with the intention of walking into the specified area of the Desert. Work out which tool goes on which directional altar as you work. You can do all the visions in one session or break them up, it is up to you.

Directions

North Abyss
 East Library
 South Mists of the Future
 West Restriction

East Abyss
 West Mists of the Future
 North Restriction

East Abyss
 South Plains of Death
 West Inner Library

Destinations

The Abyss Step into the Desert some distance from the Abyss with it before you. Go there, spend some time in stillness at the edge of the Abyss, then return. See your return threshold in the Desert where you first landed. When you go to the Abyss via the north, you will step into the layer of the place that holds the past—restricted beings and so forth. When you approach from the east you will go to the layer where the breath of Divinity crosses the Abyss and starts its journey into life.

The Library See yourself appear in the Desert a small distance from the steps. Climb the steps, converse with any being who appears there, and tell them what you are doing. Return the same way as you did for the Abyss.

Mists of the Future See yourself emerge in the centre of the Desert with the Abyss behind you. Walk into the mists and down the Path of Life until you find yourself back before your home/work space.

Restriction Emerge in the centre of the Desert and see before you beings trapped in the sands and angelic beings tending to them. Converse with the beings and leave when you are ready. You may or may not see lights that are vaguely human in shape, lights that walk towards the area of Restriction and then sink either partially or fully into the sand.

The Plains of Death See yourself emerge in the Desert Plains with the River of Death before you and the Mountains in the distance.

Approaching these places via different directions will not only give you views of the different layers, but it should also start to ring bells regarding ritual patterns, seals, and magical signs such as the hexagram. Remember: the Inner Library is exclusive to humans and humanlike consciousness, but the rest of the Desert's areas operate for all of life.

Also, looking at the different directional access points to places and their powers should teach you about power flows and how they manifest in relation to what aspect of them you are working with. The Abyss is an area beyond which is Divine consciousness, and as such the first breath of creation flows across that place; but it is also the place to which everything comes back. In the same vein, the future takes you to death and restriction.

Once you have worked through these vision exercises and have had your own experiences, write down your notes immediately after each vision, draw out the directional patterns that you worked with, and think about them in terms of what layer you visited.⁴ Look at the various directional shapes and think about them in terms of what you know magical sigils, seals and so forth. Then, when you have finished the whole exercise, write up your notes, thoughts, and conclusions in a computer file. Take time to think about the different dynamics, patterns, and relationships between powers, about the different layers, and what this tells you about power/energy flows.

Task: Ritual externalisation

This exercise adds another layer into your magical work space. In case you hadn't already realised it, your magical work space, and also yourself, have been building through your work a variety of magical layers that knit together and create multiple orbits of energy that you can then draw from.

The layers are: the land and inner landscape, your own inherent layer,⁵ a deity layer, an angelic layer, an Inner Library /inner contact layer,

⁴Death, new life, and balance.

⁵Laid down through your pentagram work.

a Divine layer, and so forth. This lets you work in your space at different frequencies as needed. Your focus of intent and the way you work determines which layer will spring to life. If you focus on the inner landscape, then the directions will tune to that and draw them to the thresholds. If your focus of intent is angelic, then that level of power and contact will be drawn to the space in the same way.

This exercise adds the layer of the Inner Desert to your mental patterns and also to the workspace. The previous exercises tuned you from your workspace into a direct connection with the Inner Desert.

The work you have done previously in your training has prepared you so that you are not constantly being confronted by the guardians of that place: they already know you and your resonance. Instead you will by now be able to work freely in that place so long as you use your common sense. That visionary layer embeds the pattern within you, and the externalisation now brings that pattern into your work space and establishes an anchor, and also gates, between the work space and the Inner Desert.

For this exercise we will draw heavily on the Quareia Magician's Deck, or your own version of it. So have it to hand. The deck cards will give you visual cues and will help you to establish a series of mental links and connections that will in turn embed the gateways to those powers in your work room.

If the work room you use is also a living space in your house for your family, don't worry: these layers which are carefully woven together are building a pattern known as the *Garden*. The Garden is a complete, balanced pattern of physical manifestation, and the different layers you work with are tuned to that pattern. It will serve not only as a good solid working pattern, but it will also affect your home and everything around it like a tuning fork. It creates frequencies and octaves that trigger the path towards balance, which in turn acts as a catalyst not only for your home and work space, but also for the land and the people nearby.

Preparation

Set up the altars, put out the tools, and put small altars⁶ in the cross-quarters. You are now starting to learn to use the cross-quarters a lot more in your pattern-making.

Get your Magician's Deck and put the following cards in these direc-

⁶Or book piles with a cloth on top.

tions:

North altar The Star Father in the centre, the Creator of Time to the right/east and the Holder of Light to the left/west. South of/below the Star Father place the Abyss.

In front of the north altar Hidden Knowledge

Northeast cross-quarter Weaver of Creation

East altar The Light Bearer

The centre altar Perfect balance/the Fulcrum

Southeast cross-quarter Grindstone

South altar the Garden in the centre, left/southeast Threshold Guardian, right/southwest Inner Companion

In front of south altar Keeper of Justice

Southwest cross-quarter The Unraveller

West altar Imprisoner (Restriction)

Northwest cross-quarter Protector of Souls

Walk round and look at the cards in the different directions. The first thing you will notice is that the north has four cards on the altar, the south has three, and all the rest have one card in each position. The pattern you are embedding is that the north is the source of the Divine pattern, the outputting power, and the south is the receiving vessel: the threshold of physical realm. The north/south line in the flow of Divine power into manifestation, and the powers in the east/west and cross-quarters, define how that manifestation will form itself.

There are a lot of numerical mystical patterns just within that, which will keep you scratching your head for a while as you think about them. So let us go through the pattern first by looking and thinking, and then we will move on to its ritualization.

The flow of Power

In the north, which you have, up to now, been working with as a direction of the ancestors and the past, you will now add a layer of the *pre-creation* of the physical realm. The Star Father is the first Divine Breath that breathes

out, a breath which will eventually be formed into sound via a deity. The Creator of Time adds the element of time, and therefore physical existence, into the pattern, and the Holder of Light contains the Divine Sparks that were once a living being that has returned to source. Below the Star Father is the Abyss, which holds the shells/cracked vessels that once held life, and which is also the first highway of time as it reaches from above/future, slices through the Desert, separates the Divine from the rest of creation/destruction in the present, and finally reaches down into the past.

Before the altar on the floor is Hidden Knowledge, which is the angelic blueprint of all creation/destruction, and this is where we have the formation of the Metatron Cube. This pattern of cards is the beginning of the constantly flowing act of creation, bisected by time and form,⁷ and then the angelic blueprint which is the first pattern the Divine Breath hits. This is the orbit of formation.

In the northeast we have the Weaver of Creation. Branching out from the middle line to start the formation of an east/west axis is the trigger for the blueprint to begin taking on form in preparation for physical manifestation. The Weaver of Creation is an angelic power that can also express to us as a deity, and that power begins the process of weaving a form that will eventually become a person, a tree, and so forth.

In the east we have the Light Bearer, an angelic power that creates a pathway for the energy form and begins to slow it down so that it can manifest. This power works in opposition and polarity with the Prisoner/Restriction, to create a general tension through which the form must pass, which in turn prepares it for internal polarity. This is the inner dawning of life.

In the centre we have Perfect Balance which acts as a Fulcrum for the whole pattern.

In the southeast we have the Grindstone that acts as a bridge for the energy form. Its power slows the energy further, gives it orbits of power and dynamics, and is really the first step of internal polarity within the form itself.

In the south we have the Garden, which is the physical realm, the Threshold Guardian who filters and mediates the inner form into an outer vessel, and the Inner Companion, which is the only individual angelic power in this pattern to which humans can directly relate, or with which they can build a one-to-one relationship. On the floor before the

⁷The Abyss.

south altar is the Keeper of Justice, which is a power reflected from Perfect Balance, and which keeps that pattern of balance during the formation process which is on the cusp of physical manifestation. This pattern is the orbit of manifestation.

In the southwest corner is the Unraveller, who begins the process of breaking down the form and preparing it for Restriction.

In the west we have the Imprisoner, a power you know as Restriction. This is an angelic power that gathers up the unravelled form and restricts it out of physical manifestation.

And in the northwest corner we have the Protector of Souls. She takes the Divine Sparks that have released from the shells (death) and she holds them in sleep. They will either release from her and go back into the cycle of life by completing the journey through these powers again, starting with the Light Bearer, or they will cross the Abyss and merge with the Holder of Light.

So these are the dynamic powers that operate in the Desert, above and beyond the other beings and areas of the Inner Desert of which you are aware. Before we move on, just take a while to walk round the directions, look at the pictures, and note how the directional tools relate to the images and powers.

Now you are going to add more images, placing another layer on this pattern which will help you understand the relationship between these deep powers of creation and destruction, and the outer and inner manifestations of structure, form, and being that is living or has once lived. Add these cards to the listed places:

The Utterer and the Inner Temple add to the east altar

The Inner Librarian joins the Grindstone

The Wheel of Fate joins the Threshold Guardian

The Path of Hercules is placed behind the Garden

The Chariot joins the Inner Companion

The Magical Temple is placed between the altar and the Unraveller

The temple of Ancestors joins the Imprisoner

The Bridge of Death is placed between the west altar and the Protector of Souls

The Inner Sanctum is placed on the centre altar with Perfect Balance

The four cards of the magical tools Limiter in the east on or under your sword, Staff of the Gods in the south with your cord, Regenerator under your vessel, and Foundation under your stone Shield.

Now spend time again walking round the directions and looking at the clusters in various directions. Notice that more of the cards are clustered in certain areas of the room than in others. Write down in your journal any reasons you feel why this should be so, and also any other things that spring to mind.

When you have finished looking, go and stand before the east altar. Commune with the contacts in the direction and take note of who or what appears. Repeat in the other directions. Again, write down your observations.

Gather the cards in each direction and cross-quarter areas into little packs and put them all, in little piles, on the directional altars. The cards on the floor before the north and south altars put in the pack on those altars. With the ones in cross-quarters, decide which directional altar they should go on. Mix up the cards in each pack and draw, unseen, one card from each pack and put it on the top, image facing up. This is the power you will work with in each direction.

You are going to design your own ritual, working with the directional gates, the images in the four directions and the centre, and your tools. The purpose of the ritual is to establish the pattern, key contacts, and flows of power in the room in connection with the Inner Desert: how and where the power comes from, how it is interacted with and matured, and how it is composted. This establishes the deep pattern of power flow of the Desert in your work space as a layer. Once it has been established it can be worked with or tapped into when you do specific magical work that may need the resonance of the Divine creative/destructive powers.

Before you begin forming the ritual, look at the five key cards you picked in relation to the directions, tools, and what you already know of the Desert.

The key contacts of the cards will be your anchors in each direction. Look at the connections between the cards and directions, and from those observations, write or build a ritual that brings the Divine Breath from the north and releases it into the south, then gathers from the south and takes it back to the north. Include in the ritual a visionary connection and

communion with the being or power that is represented in each card in the directions.

Do all this while the gates are still open and all the tools and cards are out. Make it a simple ritual, but one that establishes within you access points to key powers in each direction. Use the act of receiving, weaving, and releasing threads; and use the tools as anchors and receivers.

Once you have worked it out, do the ritual straightaway. While you are doing the ritual, see in your inner vision the Desert and its aspects so that you are working in vision in the Desert and physically in your workspace at the same time.

When you have finished, close the room down and put everything away. If you have to repeat the ritual (if you felt the power was dissipated in the first action of the ritual) then do so a couple of days or so later.

Write up all of your notes, the ritual itself, and any observations or moments of inspiration in a computer file. Pay close attention to the powers depicted in the cards and how they link with the other cards, the tools, and the directions. Think about the power dynamic of the ritual, what was created with all the different elements, and how this relates directly to you and your work.

QUAREIA

COPYRIGHT

© Josephine McCarthy 2016

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.