



QUAREIA—THE INITIATE
Module VIII—Magical Healing
Lesson 7: Land and Body Ties

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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



QUAREIA—THE INITIATE

Module VIII—Magical Healing

Lesson 7: Land and Body Ties

Different types of magicians get affected by the land in different ways. Some are not affected at all, while others can be upset to the point of mental or physical sickness. The presentations can appear similar to a magical attack, but in fact the empathic magician is responding to the land powers around them.

Sometimes *the beings* of a land can also affect a magicians' health badly, but we will look at that in the next module. In this lesson we will concentrate on the land energies themselves, the connection with the land, and how bodies can respond.

Unempathic magicians are unlikely to develop an energetic problem with the land; however empathic magicians can find this a major problem, particularly those living on a particularly volatile land area. Before we look at the energetic effects on a magician, let's look at why this problem can happen. This is not a matter of ancestors or beings being hostile; it is the sheer energy of a land area which is, for various reasons, incompatible with a human's energy. Sometimes we can get clues about the existence of one of these places from tribal communities who have learned to steer clear of it.

No roots

The modern world has more or less lost its understanding of humanity's energetic relationship with the land. The world's various landmasses have a wide variety of energetic qualities, qualities which can stretch for hundreds or more miles in a continent, or be limited to a specific and defined area.

Creatures, beings, and humans can slowly adapt over time to live and flourish in these energetically difficult or destructive areas. Just as all living beings adapt to their outer environment, they also adapt to the environment's inner energetic powers. We can still see fragments of this adaptation in a population's wisdoms, mythologies, and cultural expressions: having learned to adapt, they pass on their learning not only through their DNA, but also through stories which teach future generations how to live.

Certain areas will be avoided, diet will be adjusted over time to help the population flourish, and by tuning into the land's beings and powers through ritual practice a group of people adapt to survive.

When people move to an area to which they are energetically incompatible, problems will probably arise in the most sensitive people. Why does this happen?

The land, elements,¹ and people are all constantly evolving and changing energetically. This constant shifting is a form of communion: the land and the people adapt around each other. When a magician moves to an area of land that has not had human habitation there for more than a hundred or so years, there has been no time for the land to adapt to human energy, nor for humans to adapt to the land's.

In such cases there is also little, if any, ancestral knowledge about how to live on that area of land safely and in harmony: there is no genetic adaptation or wisdoms to guide the person. This disharmony is generally not noticed by ordinary humans unless they are naturally empathic, but a magician carries a great many energetic signals and links, which makes them energetically more visible and, at times, vulnerable.

This triggers things in both directions: the land energy clashes with the magician's complex energy, and the magician's energy reacts chaotically to the land's. This does not only happen on uninhabited or recently-

¹The weather, rivers, and so forth.

inhabited land, but it is more common there. This has nothing to do with the land being hostile, rather it is more about a simple mismatch of energetic frequencies.

If the magician is meant to be on that land then they and the land will slowly adapt to each other. If the land is a strong feature of the magician's fate then the land's energetic signature will already be present in the magician's energetic sphere—the adaptation will have already begun. On new land this adaptation in the magician's fate energy can be of major help to both magician and land.

Often newly-settled land² presents with a subtle clash of energies that can manifest in all sorts of ways in its denizens, though the clash is best seen in the human population. There will often be a high level of suicides, drug/alcohol problems, chronic illness, and mental illness.

The picture is generally different from that of a population suffering from societal problems: these issues tend to come in waves or rhythms. The land beings will be feral and often hostile, and there will be a whole host of problems with 'hauntings' and so forth. Because in the modern world we as a species no longer tend to talk to the land, we have no deeper connection to enable a two-way adaptation.

This can change when a magician moves onto a new land with problems. If the magician learns to tend their health and adapt to the land powers, then this sets up an energetic pattern that creates a deep, unconscious communion between the land and its people: the magician becomes a catalyst for energetic communion. Through the magician's adaptation, the land adapts and the population's energetic pattern subtly shifts.

So how would new land affect the magicians' health?

The first symptom is usually bad dreams and/or consistently broken sleep that slowly gets worse, with the magician often waking up at three in the morning, when the body's energy is at its most vulnerable. The magician's energy levels start to descend. Some magicians may start to get aching joints³ and generally feeling unwell, but without any physical symptoms specific to any particular illness.

Divination readings will indicate a disturbance or volatile situation, and confusingly, can sometimes indicate a magical attack. But when the situation is looked at more closely, it becomes obvious that there are no

²The last hundred years or less.

³Their immune system reacting.

humans or beings involved: deeper powers will show in the reading.

With the Quareia Deck and a Tree of Life spread, the positions nine and ten will show problems. A direct question can be asked:

“How am I reacting to this new land?”

...and a second reading:

“How is the land reacting to me and other humans here?”

If the land is causing the issue, then there are only two real options: move or adjust. If it is impossible to move, then the magician will have to approach the problem from both inner and outer aspects. Magic that focuses on balance and harmony, which describes a lot of the Quareia work, will trigger the process of adaptation in the magician. The magician’s energy and the land’s need to come to the same frequency, but the land cannot change its frequency, so the magician has to.

Adapting is better than suppressing aspects of the land power, an approach that has been used by some cultures in the past. For an example of the suppression of land forces, look at the book *King of the Empty Plain*—the life of Tangtong Gyalpo, a Tibetan adept. This biography has within it some of the approaches used to pin and suppress certain land forces and energies. That is one way of doing it, but less hostile methods can be used to simply adapt and coexist rather than force the suppression of land energy and its consciousness.

Adaptation is approached by bringing about shifts in the body’s energy through homeopathic remedies, herbs, inner work on the organ spirits, and so forth; and through working on and with the land itself. The body work details you already know, so we will now look at the land work briefly. It draws on things you already know about, but here we will put it in context.

Essentially you have a conscious land energy operating at one frequency, and a human operating at another. The onus is on the magician to change, not the land. Whereas the land can adapt a little but not fully change its frequency, humans can. This can be done in a series of steps that takes time. The body and mind must be upheld during the shift, which can sometimes take a few years.

Going out into the land’s inner landscape is a first step, and communing with the land’s beings and the land features themselves. Making friends

with, or at least becoming aware of, the land beings lets the human body understand the frequencies of beings who have lived on that land for a very long time. By connecting and communing with them, your energies 'learn' the frequencies and can begin the adaptation process.

When you do this it is important to keep a diary of week-to-week emotions, moods, dreams, and bodily effects. The mind is the interpreter for the energy, and when there is a discord with inner land energy it can express through the magician's moods, dreams, and emotions. When a pattern of mental, emotional, and energetic behaviour in the magician is spotted, the magician must step back and look at that picture.

Rather than trying to suppress the emotive behaviour, analysing it as an energetic language can give insight into the land energy's 'flavour,' which can give clues about how to live on that land as a magical human being.

For example, say a magician moves into a wild area that has had a town there for only fifty years. The magician, Tom, has terrible dreams and bad sleep patterns, and starts to feel adrenal on a regular basis. He is exhausted and drained, and when he does readings it shows a female land power, like a warrior, with conflict a major feature of the reading.

This tells Tom that the land he is living on is not a place adjusted to humans living on it, and that the land's energetic frequency is expressing in human terms as a female power with whom he is clashing energetically. He cannot move house, so he must adapt.

Why was his body responding in such an adrenal way? The answer lies in the complexity of modern culture.

Tom is a man's man from a culture where women are expected to be passive nurturers. His deeper energy and his hormone system are geared towards a frequency of energetic power that directly conflicts with the land's energy. And this is an important point: these different energy frequencies express themselves in humanity through hormones, polarity, and interrelationships: these are the vocabulary of the energies of substance, of which both humans and the land are part. So we can see these energies in presentations like a male or female power, a warrior or nurturing personality, and so forth. But these are just superficial presentations; the deeper power beneath is more abstract. It is these deeper powers to which the magician must adapt. However, we should approach these deeper powers via their surface presentations, as is always the case in magic.

So what about Tom? He has to adapt. If he lets his ‘manliness’ frequency of energy dictate his actions then the land powers will likely affect him very badly, and in a worst case scenario could eventually send him mad. To adapt he must make a connection with the land in a way that does not challenge its power: going in vision into the inner landscape with an attitude of stillness, service, nurturing, and support.

That is then exteriorised by tending the land: this is why magical gardening can be so powerful and important, and why you learned about it early in your training. Activities such as tending the land, talking to it as you tend it, listening to it, and understanding that its beings should be respected and upheld, take away the initial ‘threat’ and clash of energies.

Tending the land also helps the magician’s inner body and energy to adapt to the land in slow simple steps. And how that tending is done is very important. Most modern people, when they get a garden or a patch of land, start regimenting it with lawns, organised flower beds, and chemical weed killers and plant food...the whole modern garden display. This is in fact a terribly hostile thing to do. Equally, letting the land grow totally wild without tending it is also not good, as it is imbalanced. Simply living as a human there and putting boundaries around the land, such as not having predators there and so forth, changes the garden’s balance: it is no longer truly wild, and that has to be compensated for.

Working in vision with the land and talking with its beings will teach you what plants are important to the land there, what needs planting, what needs keeping in check, and so forth. You garden for the land’s well-being, not for the satisfaction of having a pretty or cool garden. Keeping a patch of land balanced, healthy, and chemical-free starts the process of retuning your frequency.

Learning about the natural medicinal and poisonous plants indigenous to that area will give you some clues about what herbs to take and what homeopathic remedies should be made from the poisons and consumed, usually at a full moon. Whenever there is a land problem, there is a plant solution nearby: for example if the patch of land is covered in poison ivy, then taking Rhus Tox 30c at a full moon is a potential catalyst for adaptation. Your theory should be checked using divination to ensure that you have the correct poison and the correct potency.

In such a situation, walk the land frequently and look deeply at everything around you. Nature always provides cures where there are problems, and by finding the ‘cure’ you will help your body to adapt energetically to the problem land. Sometimes the solution is a nearby

spring that you should tend and drink from. Just remember the polarity dynamic and adapt to work within that.

I go to a certain part of Germany occasionally that has a very volatile power, even though it has been populated for thousands of years. It always affects my energy and health. The power there presents as a very testosterone-fuelled male power. To sleep peacefully there and not have energy problems, I cloak the 'female warrior' side of my personality and interact with the land in a very passive, feminine way. This works for me when I visit, but I know I would have problems if I had to live there: you can only suppress your nature for so long before it bursts out.

Overall the key is to tune your energy, inner expression, Inner Landscape, emotions, and physical health to the land's frequency, and to allow time for this adaption to happen—which can mean three or four years. If you know you cannot do that, then I seriously suggest you move, no matter how disruptive and problematic that would be. Living with an unresolved hostile energy imbalance between you and the land will cause major long-term health problems, mental health issues, and will generally be miserable. I have had to move a couple of times because of this issue, and though both moves were very difficult and caused hardship, they were worth it.

Weather areas

In my book *Magic of the North Gate* I talk about weather spots, and you have already done bits of work with the wind and storms. For sensitive magicians, living on what I call 'weather spots' can cause physical and sometimes mental problems that will slowly intensify if they are not properly addressed.

A weather spot is a small area of land whose inner energies develop a direct connection with the weather. There are different types of these focal points, one type of which is these 'weather spots.' I don't fully understand why these spots happen, only that they do—and what they do. When a sensitive, empathic magician lives on or near one of these spots, it can directly affect their health, particularly if they did not grow up there.

When you spend many years, particularly in childhood, on a difficult or powerful patch of land, then your body, mind, and spirit often slowly adjust until you tune in energetically with the place. But when an adult

empathic magician moves to such a spot, particularly if the land's energy is very different from where they spent their first twenty years of life, then it can have a direct affect on them. To add to this, sometimes a strongly empathic magician can become a *mirror* of the weather's energy: the storms get mirrored in the magician's body.

From what I have observed in my body and those of other empathic magicians, the focused energy in the land seems to commune with the wind and the sea, and local weather appears to be a conversation between the earth's and weather's energies. My science head tells me that is not possible, but my magical observations tell me that it is.

These weather spots seem to occur near to the sea within thirty miles of a coastline, and they can draw or repel weather fronts, and affect the wind and rain as well as any other sensitive energy around them.

When an empathic magician moves to, or near, one of these places, it would seem that the magician's deeper inner energy and the weather spot's inner energy get in a 'conversation.' I first observed this in my own body's and energy's reactions and the weather's reactions around me. I didn't place too much significance on it until I came across it with other magicians who had asked for help and didn't realise what was happening.

What I observed was this: when the magician did any powerful magic, particularly the first few times, a short and very localised storm would immediately hit. The magician's utterance would become more powerful and immediate, and they would quickly develop a working relationship with the wind. They would utter magically and the wind would immediately blow. Whenever the magician would stand in the weather spot's centre there would be an immediate and strong response from the wind.

What came along with that interaction—and this is where we get to the health bit—is disturbance with the magician's mouth, throat, and lungs. The magician's immune system would react to the energetic interaction and treat it as an invasion: the body would have an inflammatory response.

Slowly the magician's body would begin to mirror the weather. In a drought the magician would be dehydrated no matter how much fluid they drank. If a storm was approaching then the magician's body would become fatigued, and their lungs, throat, and head would behave as though the magician was coming down with a cold. Dangerous storms would be preceded by an adrenal response, and heavy rain that would

bring floods would be preceded by weepiness and depression.

When this first started happening to me when I unknowingly moved onto a weather spot, I was curious. When I came across it in other magicians I realised I had to look at this further, as it was disruptive to the lives of those it affected. I quickly realised it was not something that could be ‘cured,’ but over time I came to understand that one could help the body adjust to the power. What became clear very quickly is that intentional, focused engagement with the process moved the body’s reactions away from an immune response; instead it became an early warning system and also an energetic conversation with the weather and the land.

Over a few years, those magicians I worked with who were willing to adapt did so very well: the physical problems lessened and their working connection with the land deepened. Those not willing, who did not move elsewhere, developed major problems. Two such magicians who dug in and took a ‘battle’ approach both fell victim to mental illness within three years. It was as though their energies were constantly buffeted by storms which reflected in emotional and mental ‘storms.’

Should you find yourself in such a situation, or be helping someone else through one, the first thing to look for is connections between weather patterns and their physical and emotional symptoms. Do they get worse just before or during storms? See if there are myths or legends about ‘weather workers’ in that area: distant past tribal people with stories about connections to the weather, or stone alignments, temples, and so forth connected to deities of the sea, wind, and weather.

You will realise pretty quickly if the problem is from a weather spot, as the land and weather’s reactions to magic are strong and immediate when done on, or near, one of these spots. The key to resolving a physical situation like this is for the magician to adapt their work and how they tend their body. You cannot live on one of these spots as a magician and not work in communion with it: it is either cooperate and co-work, or get out.

To co-work with such a spot means keeping in regular communion with the deity and land beings in the area, and to go out in the storms and talk to the wind. It means visiting the watercourses regularly and seeing to their energetic upkeep...remember your apprentice training and your work on the rivers? It also means learning to let your body’s energies adapt to the weather spot’s frequency, and understanding that your body, the land, and the weather all become tuned together. Just that simple shift in approach will let your deeper energy begin to adapt.

Homeopathy, beyond all other types of remedies, is also a powerful help.

The weather will directly affect your health, and *your health will directly affect the weather*. The energies that become massively amplified in these weather spots allow for deep connection and union. This has very powerful implications for us at a time of massive climate change. Though the interaction between the magician and weather in a weather spot is very localised, magically and spiritually it has much deeper resonances and implications. By working to keep the body balanced and healthy, while keeping a constant energetic interaction with the land, the magician's body can normalise to the weather spot's energy frequency, and the weather spot can normalise to the magician's energetic presence. An energetic conversation starts, and by tending the mind and body's balance the magician also tends the land and weather's balance.

This principle works throughout magic: what 'energy effects' you have from something will also affect the source of that energy: energy and power is always a two-way street.

In terms of healing the body from energetic impacts from a weather spot, don't think in terms of curing, but rather making an energetic adjustment. This can take the form of homeopathy, working in vision on the magician's energy flow and weave, talking with the organ spirits, and ensuring that the body areas affected are worked on in vision to calm them. Make sure energy flows freely in the lungs and throat, that the heart is free to talk to the land, and that the vital force maintains its integrity.

One final thing to keep an eye on in such a situation: if a magician intends to stay on that patch of land for the long term, it is wise to ensure that the energetic connection to the power spot does not become too deeply embedded. If the magician does not intend to develop such a connection then this can effectively trap them on that patch of land: the land's and magician's vital forces can become too deeply entwined. To separate one from the other can bring decline and death: it can become impossible to leave that area, even in death, as the two living beings, magician and land, have effectively become one. I suspect this dynamic is at play with tribal sleepers who, after death, remain in the land in active communion.

So that this lesson does not turn into a book, I will bullet point some of the other land/body dynamics, as the text so far has given you an idea of how profoundly the land and the magician's body can affect each other. Between a profound effect and none, there are many varied shades of body and land effects. Once you are aware of the possibilities it will

make this matter much easier to deal with, both for yourself and when helping others. Remember, not everyone is affected this way, and not all land has this effect. It is when an empathic magician meets a power spot on the land that problems occur.

Turbulent fire energies

Living on a volcanically active area can bring problems for a magician working magically there. Volcanic power can, however, be worked with and drawn on if approached correctly in terms of health and energy. The two keys for flourishing in such an environment, if you are energetically sensitive, are water and creativity. An empathic magician's body's inner energetic reaction would be one of *too much fire*: the magician energetically becomes linked to the land's fiery nature, which can trigger too much fire and heat in their body. To counter this, eat and drink foods that are energetically 'water.' Look to the Chinese Traditional Medicine diet advice for too much heat. Have water around the house, bathe often, and drink plenty of weak teas.

Also engage with the energy so that it is put to work. This will make it less likely to stack up in your body. This can be done by engaging the creative fire by painting, composing, writing, dancing, etc. Tap in to your natural creative flow and keep it working. If you focus on healing then the fire can be converted to healing energy that you then engage with in healing people. Draw on what you know of magic to keep the flow of fire moving *through* you rather than building up in you.

Underworld energies / Serpent power

This appears in areas where the Underworld comes close to the land's surface, such as cave entrances, earthquake zones, and hills traditionally known to be entrances to the Underworld. These can be very difficult places to work and live on, but working in the Underworld, working in the death realms, and talking and connecting with the land and its spirits will all help keep that power flowing through you and not building up in you. Working in the death realm in service, working as an exorcist, and working with dying people will all engage the energy and put it to good use. This will help your body maintain and adjust itself. In terms

of health maintenance, look at Underworld homeopathic remedies like Sulphur and Phosphorus, eat local meats, and keep your immune system strong to defend against infections, as they tend to happen more in such areas. Also work with the stars and ‘up’ powers to balance the Underworld power in you. It is always about adjusting and tuning, balancing and counterbalancing, not fighting or suppressing.

Stagnant areas

Narrow valleys can collect stagnant energy which can mirror in the magician’s body. Balancing such stagnation through diet that encourages your digestive system to keep moving, and keeping your body moving is important to keep energy flowing through you so that it does not stagnate like the land.

If you move to a narrow valley and find that you become constipated, put on weight, become cold and tired, and do not want to do anything, then your body is mirroring the valley’s energy. Keeping a rhythmic pattern of magical work around the directions, walking daily, and eating simply will help your body and inner energy keep moving.

Also keep an eye on the thyroid, as that can start to slow down in such a place. If readings show the thyroid slowing down or struggling, and yet it is subclinical,⁴ then taking kelp for a couple of weeks each month may also help. In terms of magic, use the energy that collects in the valley: draw on it in your magical work and put it to work. Also work in vision in the valley to establish flows of energy, like a river, that carries it out of the valley. This will also teach your body to keep it all moving.

You are at a phase in your magical training where it is important to become aware that you are deeply linked to the land. For some this will not be apparent, but in others this can cause bodily reactions. Draw on what you know, experiment, and find different ways to live in harmony with land energies rather than finding yourself under siege from them.

⁴Does not show in tests.

Task: Observing an active landscape

This is an exploration task to help you learn these issues' inner aspects. Choose some areas around the world, or places where you live which have major spots like active fault lines, volcanoes, mythic mountains, tornado or hurricane areas, faery hills, Underworld areas, and so forth. Go in vision to these areas via the Inner Library.⁵ Be polite to any beings you come across, but keep your focus on the power that flows out of the land itself. Observe the power flowing from the area, and observe any interaction between the weather and the land.

Once you have observed the land, look for any concentrated power areas that are much brighter or darker than the surrounding energy: look for a hotspot. If you find one then cast your attention to the people living in the area. Look at their bodily energies, any beings around them, and any collections of energy around them. Look at the people's collective energy and feel gently into it to see how it affects the people.

At this stage of your training you may or may not be prompted by beings to work on a land patch to tune it, filter it, or commune deeply with it. Don't let your ego drive your work; be still and see if the land itself needs any work. It will be made obvious to you if there is a job to do. Don't work on any of the people: they have not asked you, and helping individuals will not help the overall picture. If you instead work as a small catalyst for the land then you will help everybody in the area, not just one person.

If the area is connected to where you live then consider working regularly on the land hotspot, usually once a month. The land or its beings will tell you when to stop, or you will find that you cannot quite get yourself organised to do the work anymore, which is usually when there is resistance and it is a signal to stop.

You are at a phase of training now where you are becoming a working magician, so in many of your explorations you may find jobs waiting for you. Incorporate them into your regular life in your own way. If you are not offered jobs then your living circumstances or health are probably not yet in tune to take the heavy weight of service.

Keep written records of your explorations and any work you do, and anything that you learn as a result of your work. Type them up and keep

⁵Figure out for yourself how to get there.

them in a file.

Task: Researching the outstanding

This is a research task. Look up personalities and places, like temples, in ancient history. Find people or places that stood out in terms of their achievements, and look at what land features they were living on, or were born, or were raised around/built on.

Look up the events near powerful land hotspots and how those events changed the world around them. Look up areas of oracles like Delphi, temples that held power for a long time, and cities that were, or still are, unusually violent. Sometimes it is the people/war/leaders who dictate how a population behaves, but other times it can be power seeping out of the land.

Look at how people born on these power spots behaved. Some grew to be great legends, mass killers, powerful rulers, and so forth. See if you can spot where the combination of a person and a land power came together to affect history. Note down your findings.

QUAREIA

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