



QUAREIA—THE INITIATE

Module VIII—Magical Healing

Lesson 3: Inner Healing Techniques I

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WELCOME

Welcome to this lesson of the Quareia curriculum.

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

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

Yours,

Josephine McCarthy



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Lesson 3: Inner Healing Techniques I

In my book, *Magical Healing*, I outline some of the inner visionary techniques for healing, but there are limitations and cautions in that book that trained magicians like you can put to one side.¹

In this lesson we will look at some methods not mentioned (or briefly mentioned) in the book and expand beyond its limitations. We will look at each different technique in turn, work with them, and then move on to the next technique.

Weaving

The weave is the most important aspect of inner healing, and there are different ways to approach it depending on the issue at hand. In the book *Magical Healing* I give a couple of different ways to work with the weave; here we will look at, and work with, more powerful variations of these as well as other approaches.

¹In books that can be read and used by anyone I have to limit what I say or add cautions.

The Three Fates and the Sisters

Remember the Three Fates? And also the Sisters at the Back of the North Wind? They are reflections of each other, and both groups are reflections of the Light Bearer, the Fulcrum, and Restriction: *creation* of life, *sustaining* of life, and *ending* of life. All three powers are reflected in a person's weave, which is the first layer of the vessel that contains life. When that becomes badly torn, it cannot hold life.

In most situations you would approach the weave just to check it, and if you find some damage then you would work from the outside in: organs, etc. However, in serious circumstances the weave must be attended to first if it is to contain the person's life. One way of approaching this is to work with the Fates or the Sisters. One is a stellar version; the other is an Underworld one, and you have to decide which to work with. Divination is a good way to discern which would be better.

You would approach these beings if the person needing help is actively in magical service or has a strong fate: the first layer of the vessel, the weave, not only holds a person's spirit and body together but it also holds their fate pattern. When you worked in vision on your own fate web, you were externalising and working on your own weave at the fate level.

Keep this in mind when you work on anyone's weave: is it the layer of the weave holding their life together that has been damaged, or the weave's fate aspect? Sometimes it is hard to tell—then you must work with what presents in vision.

You should also consider whether to access their body directly or through an inner place. If you need a lot of power behind you, go via the Inner Library. Go through the Inner Library while holding your intention of work, and either access the sick person via a platform (ask the librarian) which will plug you into the knowledge you need, or go through the Place of Gathering.

If you go through the Place of Gathering—the Place of the Fellowship—circle until you come to the direction that leads to the body you are going to work on: you will feel the pull when you get to the right direction. Stand before the gate and call for the Fellowship to work with you, then step through the gate to reach the body.

If you are working with the Sisters in vision, gather up the person on

whom you will work in your arms, and take them down to the Realm and Cave of the Sisters. Work on the weave with the Sisters, then carry the person back up. Of course this is very heavy energetic work, so keep that in mind.

In emergency situations, you must simply go into the body and get to work. This immediate way of working relies heavily upon work you have done in vision in the past: if you have already worked with the various different ways of weaving, the contacts worked with in those methods will work through you. Your previous contact with them sets up a pathway of energy, so that eventually you can weave without going through any visionary structures, if that approach is necessary. Working through the visionary constructs not only teaches you and strengthens these links, it is also much easier and takes less inner energy. But if you have to work swiftly and without the visionary constructs, it takes far more energy from the magician. Hence it is important to work with these different forms structures and contacts, so that not only do you adapt to their power, you can draw upon them quickly should you need to.

Remember, once you have established work connections in any inner place or with a group of inner beings, those connects continue to live within you and can be triggered at any time.

Task: Vision I: Reweaving someone

For practice, you are going to be sent to someone in a hospital who needs reweaving. Set up your working room, open the gates, see the people of the Fellowship beyond the gates. Sit down and go into vision. Go through one of the gates that you are drawn to, and walk round the central flame with the intention of going to help someone who needs reweaving. You will hear a call and one of the directions in the Gathering will become active. Go through that gateway and you will find yourself in a hospital corridor. Either you will feel a strong impulse to go to a particular room, or a being will guide you.

You will find a person lying on a bed who is very ill or badly injured. You will see people working on the person—doing surgery, giving them medicine, and so forth. Ignore them and anyone else in the room, even if they are non-human beings, and focus on the person.

Before you start work, stand in stillness and feel the Light Bearer and Restriction build on either side behind you. Feel your centre, feel the

stillness, and feel the two opposing powers build behind you. As those powers build you will become aware of three female presences, one either side of you and one directly behind you: the Three Fates.

The power will build until you feel like the women are merging with you and working through you. Then look into the person and examine the damage to their weave. Let the room round you vanish, and then the person's body, as you look deeper and deeper into the pattern itself. Look for damaged parts and pick up the broken threads. You will become aware of other arms working with you (the Fates), and as you reconnect and reweave the pattern it will spring to life, either with bright light or bright darkness.

Keep weaving until the whole pattern is a balance of light and dark, and all the threads are connected. As you connect more threads you will feel a pressure building behind you and passing into you. As your arms work, a power of stillness flows through you into the weave: the power of the Fulcrum. Everything starts to organise itself round this power: all threads end or start in the centre, which is filled with stillness and glows equally with light and dark.

Once the weave is finished the pressure builds in you again and a sound comes out of you. Lean into the weave and vibrate the sound into the pattern to set it vibrating at the same frequency as your call.

Step back and look at the weave. You will notice the intermixing of light and dark, and also certain thread-junctions that glow like little balls: these are the hotspots. Make sure the threads running to and from these hotspots are strong, and light and dark in equal measure.

Your call will have brought an angelic being to the room. Ask them for a thread of vital force. The angel will reach up, grasp a thread, and pull it down. Take the thread and plug it into the centre of the weave. The weave will fill with vital force and spring to life: it will begin moving, shifting, and vibrating. When it is full, unplug the thread, seal up the plughole in the weave, and hand it back to the angel, who will vanish.

You have done your bit of the work, so now you must leave. Wait until you feel the fates withdraw from you. Then the Light Bearer and Restriction will withdraw, and finally the Fulcrum power will still itself. When you are ready, retrace your steps back to the Gathering Place.

Go back to the corridor and see the gate, pass through it, and spend some time circling the flame until you feel ready to leave: staying there for a little while will help to rebalance you. Leave when you are ready

and go back to your work room. Write your notes in your journal, then type them up.

Task: Vision II: Reweaving yourself

Another good way to learn this technique is to do it on yourself. Though you are most likely healthy, most adults have weak spots or small breaks in their weave. This is normal.

Working on your weave will also teach you how much your weave shifts and changes through your life—we will look at that after the vision.

Set up your work room and go in vision to the Inner Library using the same method as in the previous vision. Then step back into your work room and work in the same way on your own weave. When you have finished, return via the Library to your work room and body. Think about why you need to do this for a learning vision, and what you will gain by looping through the Inner Library back to your body.

After the working do a reading to look at how your work affected your health and life/fate pattern. If the outcome does not look good, it means that by fixing a small break you have changed your future in a way that did not need changing, in which case you should go back in vision and rebreak or restore what you worked on to return it to its previous state. Wait three days, then do another reading to see if your pattern has been properly restored.

This work will not only teach you the technique, but it will also teach you about how small breaks can cause necessary illnesses or incidents that you need to go through, either for your own development or to shift your fate in the right direction.

Task: Vision III: Neith and weaving

Another way to work on the weave is to work with Neith. In this method you work blind, and Neith works through your arms—though sometimes you are allowed to see what you are doing. If that is the case, then often a hotspot is active in the body of the person you are working

on. Your arms work instinctively, and it is a powerful method if you do not struggle against the lack of control.

You can use this method wherever you are (like a hospital room, etc). Tune into the arms of Neith² and feel them above you. When you feel this, let her arms pass down into yours; then get to work on the person's weave.

Active hotspots in the weave will be brighter, red, and active. Smooth out the red so that it distributes along the weave and is not so concentrated in one spot. This spreads the hotspot's impact and takes the 'fire' out of it a bit. This can mean the difference between death and survival. The person may still suffer long-lasting remnants of the hotspot or disabilities from the illness/impact, but it will nudge away a potential death so long as the hotspot does not spell the end of their measure.

One of the problems with hotspots is when they mingle with hotspots in the land or in the wider family pattern: two hotspots can add up to a serious disaster. By spreading the energy out of the person's hotspot, you give them a better chance of survival.

Practise this method by going to the Library and asking the librarian to guide you to a hospital, accident, or serious illness situation where you can be of service and learn. Go where you are guided and work with Neith flowing through your arms. When you have finished, return to your work space. Take a salt bath (consecrated salt and water, but no exorcism utterance) to break the connections.

There is also an outer technique that you can use in conjunction with Neith. You can use this if there is an emergency but you cannot use inner vision for some reason. This only works if you know the person or have had physical contact with them, as a direct link is needed. You can practice it on yourself. You will need paper, a pencil, and pens. Before you start, still yourself and remember the arms of Neith in the Ritual of the Four Winds: remembering and tuning into something like that puts you back in the ritual's sphere of power.

Draw a faint outline of a human shape in a pentagram, using pencil, over a good-sized piece of paper. As you draw, keep the intention of this drawing being you. Put the hexagram at the top and the earth sign at the bottom. Write your name in the centre and spend a few minutes focused on the figure and knowing that it is you.

Put down the pencil and pick up a pen. Still yourself for a few

²The ones you experienced in the Egyptian ritual of the four winds.

minutes, then turn your mind to the arms of Neith coming down and flowing through your arms. Starting in the centre, draw the pattern of the Flower of Life or the Metatron cube, whichever is foremost in your mind, over the pencil figure. As you draw, keep your mind focused on Neith's arms flowing through you. Draw out the pattern and let Neith take over. You may find your hand drawing hotspots as large dots at certain junctions, or making breaks. If your hand starts occasionally to jerk without your intention, let it: this is Neith working through you. It may create odd lines or breaks, but don't worry; you are seeing your own pattern emerge.

When you have finished look at the weave and locate any breaks or strange lines. Still yourself and hold your hand over that part of the pattern: if it feels okay then it is meant to be that way. If it feels strange or makes you feel strange then it may need fixing. If that is the case then without thinking about it logically, let your hand 'fix' the break however it needs to be fixed, be it drawing a stronger line over it, adding in new lines, or something else—just work by instinct. When you have finished put it in your journal and keep it safe.

The purpose of this exercise is not to fix yourself, but to get used to the technique and practise it a few times if you need to. Keep all the copies for future reference. When this method is used to work on someone, you would work with all the directions open and running, and you would focus strongly on the body shape being the person you are working on. Before you start, briefly go to the Library in vision, and possibly visit the Gathering place as well if you are prompted to, so that others can work through you and with you. If for some reason you cannot use vision at this point then just remember the feeling of those places and you will begin to resonate at their frequencies. Having worked in these places many times before, it should be fairly easy for you to tune into them and recover the feeling of being there.

When you draw out the weave for another person, stay in total inner stillness as you work so that you do not interfere with Neith as she works through you. Once the pattern is finished and any fixing done, put the paper on the central altar, bring the four directional candles to the central altar, and put them round the paper in their directions. This brings the gates right up to the paper to intensify the energy.

If you are doing this for another person then you would then give them their paper to put under their bed, directly beneath them: it becomes an inner map that can guide and remind their weave how it should be.

You can also use this technique with the Sisters at the Back of the North Wind, or the Three Fates. Use divination to decide whom to work with, as this will depend on what the person actually needs for their healing.

If a lot of healing is needed and the situation is desperate then do the Egyptian ritual of the Four Winds with Osiris in the centre before you start work on the pattern. Then once the ritual is finished see Neith's arms remain in the centre and start the drawing work. Doing the ritual will tune the space to a strong regenerative power: it will put Osiris's regenerative power right in the pattern. Before you do this, always check through divination if this is appropriate, as it can be strong and maybe not quite what the person needs.

This technique can also be used when the person is very ill, their vital force is weak, and divination indicates that working directly on them would be too much of a strain for them. It is weaker than working directly on a person, but is a fallback that can be used in certain circumstances. It can at least give them a better fighting chance for survival.

Inner Landscape

You have come across the Inner Landscape before and you should already know that it is to be worked on only when absolutely necessary: when there has been an invasion of some sort, either by violation or infection, and the situation is seriously life-threatening or they are not recovering as expected from a serious incident.

You should know by now how to get into a person's Inner Landscape. Similar dynamics to the Desert apply in the Inner Landscape, just on a shorter timescale: up is future, down is past. When you visit the Inner Landscape you must check for trespassers—beings or people who should not be there—and for any areas of devastation or serious overgrowth: you also garden the space in terms of seriously threatening appearances.

Working with the powers of the Light Bearer and Restriction, and the Fulcrum power of balance running through you, any intruder must be first restricted (using your right arm and the power of Restriction) then instructed to leave the way they got in. Follow them to find out how they got in, and if you find an opening then brick it up once the intruder has gone.

If there is a heavy overgrowth of brambles or similar plant choking up the land then cut it back: your job in the Inner Landscape—which is an echo of the Garden for that person—is to *garden*: make sure it is how it should be without imposing how you *think* a garden should be. A person's Inner Landscape can appear as a barren landscape, a snowscape, mountains, meadows, a garden, a plush landscape with trees and rivers. . . work with how it presents and remove or cut back anything which threatens that landscape.

How an Inner Landscape appears will tell you a lot about the person and what is going in their life path and development. It will change as the person develops, so you must be careful not to overwork the landscape or interfere too much: you are trying to save the person's life, not forcibly evolve them.

Task: Your own Inner Landscape

Visit your own landscape and see if it needs tending, so that you get used to working there. You should have already tried this once before, but as you progress in your training you should check your landscape a couple of times a year: you will start to learn how this place evolves as well as keeping an eye on your own energetic and physical health.

Organs and organ spirits

From your studies you should have an idea of the organ spirits, what they do, and what function they have. When you work on someone very ill, particularly from massive impact or a dangerous infection, you should as a matter of course check their organ spirits and work on them if they need it.

The main ones to check are the heart, kidneys (each separately), and liver. However if other organs are dangerously involved then look at those too, using the methods you have learned. Do not limit yourself to those organ spirits recognised by any particular system, for example Chinese medicine—find out yourself, by exploration, which organs have a unique consciousness of their own and which do not.

To enter a body in vision, go through the umbilicus into the body. Go to the organ with the focused intention of reaching the organ's spirit. You will pass into a chamber where the organ 'lives'. Make sure the chamber is uncluttered, clean, has light, and is not too cold or too hot. If there are problems then fix them. Use your imagination and magical knowledge to rectify any imbalances. Remember: the Fulcrum is the way everything finds its balance. If it is too hot, do not flood the chamber with cold; hold the power of the Fulcrum in you and let it flow through the chamber to remind the organ of its balance point. Then it can draw on its own set point to rebalance itself rather than have rebalance forced on it—which can cause yet more imbalance.

Then turn your attention to the spirit itself. Does it need washing, energising, or feeding? When you need energy or tools for something in a body you are working on, always reach up with the intention of reaching for vital force, tools, and energy. When you need to get rid of trash or something unhealthy, use your mind to open a hole in the ground down in the Underworld and drop it down there to compost. Use your imagination to gain tools for cleaning by reaching up for a vacuum cleaner and so forth. This triggers the beings round you to work with you.

Work methodically through the main organs and check them. The heart spirit should always be checked, regardless of whether or not the physical heart is involved: the heart spirit is the soul's voice and must be kept clear and healthy.

Task: Regularly checking your heart spirit

As an aside, you should check and maintain your own heart spirit a couple of times a year: he is heavily involved in your magical work and needs to be kept happy and healthy.

Energies

The next job in a healing process is to check the body's energy flow—to ensure the inner body has the energy it needs to drive the outer body. This needs you to have hands-on contact with the sick person, and is something you can, if you are careful, practise on other people in your family, and pets.

You need to have both hands on the person's head or feet, whichever you can get access to. The energy flows in a body have different layers, some of which are more complex than others. The most superficial layer is a complex pattern and network of energies that flow through the body. This is often worked with by acupuncturists: they work with the flow of qi through the body's meridians.

Magically, you work with a couple of deeper layers that underpin the more superficial and complex flow of qi. The deepest flow appears in vision as a circuit of energy that flows in the body from above the head down to the feet. From there it returns back up to the head. It flows in a figure of eight pattern in the body, crossing at the umbilicus, and is in constant motion.

If you are holding the person's head, put both your hands on either side of their face with your fingers together. If you are holding their feet, hold them by the ankles with your hands underneath each ankle to support their feet. See in your mind the flow of the figure of eight in the body and note if it slows down or becomes weak, stagnant, or missing somewhere. If there is a problem with this flow then build up the Light Bearer and Restriction behind you and through your arms, then release that power into the pattern while using your mind to reestablish the proper flow. This triggers the energetic body to respond and take up that power to correct itself. Once that figure of eight is flowing properly, turn your attention to the second deep flow.

The second flow should look like a highway of energy that flows from above down through their arms, torso, and legs, with a downward then return circulation. Whereas the deepest flow is a figure of eight that encompasses the whole body, the second layer echoes that flow in each limb and in the torso: each arm and leg has its own flow, and each flow is connected in a bigger circuit: these can look a bit like arterial circuits. If you are lightly holding their head, with your hands on either side of their face, then spread out your fingers with each fingertip lightly placed: spread them across the person's chin, cheekbones, and forehead. Your fingertips should have only a very light contact with their skin.

As the energy flows in from above their heads, close your eyes and see the flow down the torso and in each limb: it spreads out like thick channels, goes right down to the person's fingertips and toes, and then returns. Make sure the flow is constant and reaches their extremities: feel down in the person using your mind, and make sure you can feel each arm and leg, and the meeting-point in the person's centre.

Pay particular attention to the flow in their legs. If you cannot feel

into their right leg then there may be a major problem: that is the leg that stands on the Threshing Floor and can indicate that they are starting their walk into death. If the left leg is the only one limited then their future path is being limited, but death is not yet an issue. Sometimes you can shift that limitation by flowing the Light Bearer down through their left leg until it appears solid in your mind.

If your hand³ starts jerking of its own accord then you have made a breakthrough in the technique: your deeper self is responding to the deeper self of the person you are working on. Similarly if you are holding their head and your fingers suddenly jerk or want to follow a subtle movement of the fingertips you are tuned right into the person. This should never be done on purpose; it must always be a natural response.

What is happening with the movement and jerks, is that the body you are working on is asking for a catalyst of movement to release and shift something. You most likely will not know or see what it is: it tends to be a blind movement. Your fingers or hands respond to that request from the body, and small movements are enough to trigger a shift in the body's energy.

When you work at this energetic level you must never force anything, be it movement or energy: you may invite the body to shift, but you must never force it. Healing works in stages: the body has to be ready to use something, and it will resist energy or movement until it is able to process the work. If you force something then you can cause further disruption in the body and stall its healing process.

Remember this when you are working on energy flows: if the flow refuses to correct then back off for a while and try again in a few days. It means that the body needs to attend to something else first, and to force healing would stall the overall regeneration process.

Task: Practising energy flow work on a friend or family member

Don't practise this on small children: their energy flows are very delicate and finely balanced. Ask an adult in your circle of friends or family, and tread gently. If you find something odd or broken, do not terrify them by telling them, particularly if they seem healthy. However, if you see a

³If you are holding the ankles.

persistent block or break then take note of the organs in the area, and ask them to keep an eye on their health. The energy flow can slow down or act oddly when a simple cold is on the horizon; it does not necessarily mean there is something very wrong. If the situation could be serious then you will feel it: if that happens, simply suggest that they get a health checkup from their doctor and keep a long-term eye on that part of their body. Sometimes apparent issues in a normally healthy person's weave can signal future trouble that has not manifested itself yet in the body. Sometimes issues in the weave do not manifest physically for a few years when spotted in a seemingly healthy person.

I have come across disordered flows when a person had a simple virus, and the energetic body was using the infection to clear itself and reset. Sometimes the body uses minor illnesses to spring-clean, and the weave can appear disordered but not feel bad. But other times I have worked on someone for a minor issue and a hidden major issue has come to light—such as cancer. Here the energy flow vanishes or does not flow through an area at all. It can appear backed up, depleted, or chaotic when there may be a serious illness on the horizon. Such illnesses often show eventually in a person's Inner Landscape and inner energy flow a while before it shows in their body. Just be careful how you approach this with the person. I have terrified people unnecessarily by misreading what I was seeing.

Once I was working on a woman and the energy round her left breast was completely chaotic: it was not engaging with the flow at all. So I looked deeper. I saw what I can only describe as a red mist round that area affecting her whole body. I assumed it was breast cancer and told her to go get checked. This terrified her and stressed her out. It was not breast cancer; it was the effect that her hormone replacement therapy was having on her breast. In the long term it could have directly affected her breast and turned it cancerous, but at that point no cancer was there. So be cautious and thoughtful. I used to be a real bull in a china shop with such situations until I learned to read the various signals the body puts out in a more careful way.

Remember: in a healthy person, a future issue shows first in their weave, then in their Inner Landscape, then in their energetic flow, and finally in their body. Something in their weave that is not showing in their Landscape or energetic flow can be stopped before it gets to their body. If it has reached their Inner Landscape but not their energetic flow then it can still be mitigated with work to take the power out of it. Reweave it, then take the pattern of illness away from their body. If it shows in all three levels, including the energy flow, but not in the body itself, then

the pattern of the disease is already embedded, but working on all three levels can stop it from killing its host.

Sometimes a magician who has taken a major hit will appear in vision as injured, and their inner patterns will all reflect that injury. We will look at working on magical injuries later in the module.

If you try this technique on pets then you will get interesting reactions. If they need that work then they will lie there for hours and let you work on them. If they do not then they may be deeply asleep when you put your hands on them, but they will wake with a start as soon as you tap into their energy flow. This is their energetic defence mechanism going off, and is a sign that you should take your hands off.

In the next lesson we will look at other layers of inner healing, but first here are some exercises for you to practise, so that you gain in skill as well as knowledge.

Task: Further Exercises

Walk and commune with your heart spirit

Go for a walk while you work on and commune with your heart spirit. Go in and out of shops, speak to people if you have to, but all the time, be working in the chamber of your heart, cleaning it, making sure the fluids are circulating properly in their channels, and making sure that the king is awake, talking to you, and that his clothing is clean and dust-free. Make sure nothing is blocking the channels and that light flows in the chamber from a skylight above. Learn how to enter a shop and buy something while you work on your heart spirit.

Check a plant's energy flow

Go to a noisy, busy public place which has a tree or a bush. Feel into the plant for its energy flow, and work with it to make sure it is healthy and strong. Learn to work with distractions, noise, and interruptions.

Working with distractions

If you can find a willing victim, hold a conversation with them, while also having a TV going or music playing, and go into them in vision, with your eyes open, to check their organ spirits and energy flow. Do their organs first, then their energy flow, while keeping up a basic conversation.

Preventing energy drain

Sit in a mall and work on your weave, using whatever method you prefer. Someone will probably pick up on the energy of what you are doing and will want to sit beside you and talk to you. Such people subconsciously want energy from you. You will have to learn how to hold off these potentially-parasitical people while you work on your weave. Engage all the power flows you know about and hold your Fulcrum strongly so that you cannot be interfered with too much.

Building your work space in a public place

Sit somewhere public, like an outdoor table at a café or a bench, and establish the pattern of the magical directions round you. (South before you, etc.) ‘See’ the pattern of your magical space round you, including above and below. See the gates round you, the central flame before you, and build it up so you are in the centre of the magical pattern. When you have finished, fold up the directions in a package and put it in your centre. When you get home, release it into your work space. Do all this with your eyes open, and watch how people and any animals react.

All these exercises train you to develop the skill of working in vision while dealing with outer life. You have done similar things before, but the energy needed for this work is stronger and the work is therefore harder. The more you can practise your techniques, the better you will become at doing them: you need to be able to do any type of magic in any circumstance.

Do these exercises a few times until you can do them without any distractions bothering you. Not only will this help you function at a crash site on a wet and windy night, but it will also train you to operate magically under such circumstances. This will come in very handy for all different types of magic under different circumstances.

Magic is not just something you do in a quiet, tuned space; it is something to be applied practically in all sorts of life situations. Once

you become skilled at working under such conditions you will be well on the road to being able to influence someone's mind in a dangerous situation. I jokingly call this the 'Jedi effect.' It should never be misused, but it can come in very handy in a potentially threatening situation, or where, you find yourself surrounded by very hostile people who want to hurt you, or a sudden massive storm is approaching at high speed.

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