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## QUAREIA—THE INITIATE

Module X—Preparation for Adept hood

Lesson 2: Knocking on the Door

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BY JOSEPHINE MCCARTHY

# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

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

*For more information and all course modules please visit*

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

*Yours,*

*Josephine McCarthy*



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## QUAREIA—THE INITIATE

### Module X—Preparation for Adepthood

#### Lesson 2: Knocking on the Door

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“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

—Matthew 7:7

The magical act of *knocking on the door* is revisited in different ways throughout a magician’s training. In the apprentice section you were brought to the first layer of this dynamic. Now that you are on the cusp of adept training it is time once again to visit this threshold of power.

The inner dynamic of the *door* can manifest itself in anyone’s everyday life, not just a magician’s. There comes a time in one’s life, if you are following a strong fate path, when you are challenged—or you challenge yourself—about your suitability to move forward on your chosen path. For some this manifests as the ‘dark night of the soul’ beyond which a fate door opens.

In an everyday person’s flow of life, this is a point on their fate path where they come to a phase in their life where they begin to see the reality of life around them, and to be faced with their own weaknesses, mistakes, and immaturity. They question themselves, reflect on their own life mistakes, and come to understand that we are truly alone on our life path: there is no mummy or daddy to hold our hands.

Those who rise to this challenge in life move forward and evolve on their fate path. But not everyone rises: some give up and sit in the dark space, and others never even get to the stage of self-reflection. Not everyone can ‘hear that call,’ and of those who do, ‘few are chosen.’ It is the winnowing of the wheat from the chaff, and this dynamic runs through all aspects of life, should we choose to engage with it.

The natural flows of power and energy that form life and fate are engaged with in specific ways in magic: indeed, engaging these flows is what magic is. In the many different layers of magic there are different octaves of the same dynamic: each engaged layer takes us deeper into magic’s power.

The ‘knocking at the door’ is essentially a point in a magicians’ life when they have reached a threshold, and to move beyond that threshold to the different layer of power beyond it they have to consciously ask to move forward. It is not the ritual questions and answers that lets a magician move forward, it is the act itself of asking, of submitting to a power beyond themselves, and recognising that such an evolutionary step forward comes from not only them, but from the power before which they stand.

The act of the magician standing before the door (guardian) creates a polarised tension, and if the balance of that tension is right then the guardian will vanish and the magician can move forward. If the balance is not right then the door rejects the magician. That rejection keeps the magician at their current level of magic and bars them from what lies beyond until they are ready.

Essentially it is about energy and harmonics: if everything in the situation is at the right frequency then the barrier ceases to be a barrier and becomes a path. The conscious act of engaging with that barrier (knocking on the door) triggers the dynamic in action in a magical way.

Some magicians come to this threshold without realising, particularly if the dynamic is not consciously known about, but they are engaging with magic and developing in a way that triggers it. Various stages of magic create varied and complex energetic patterns that in turn trigger the inner and outer world around them. In magical training the idea is to be aware of each of these shifts, to consciously engage with them, and to work with them both in magical and mundane life: the two are inextricably linked and cannot truly be separated.

A magician not consciously aware of the dynamics, but working their way instinctively through the layers, will come to a point where they find

themselves on a threshold and being challenged quite forcefully. The most common way this manifests is through terrifying nightmares: the magician dreams they are walking down a corridor or path and they come to a door. The door fills them with immense fear and sometimes a terrifying being lurches out of the door to try and attack them. In the dream, they either ‘cut and run’, get bitten by the being, or they stand in a faceoff with the being which then vanishes. The magician wakes up in a fevered mess and the nightmare haunts them. From that point, when they look back a year or two later, they see that from around that time their lives and magic changed. That is a threshold that has been triggered and they were presented to the door.

Such a naturally occurring confrontation works just as well as a magically triggered one; it’s just that if you work with the process consciously then you are better able to understand what you are doing, why you are doing it, and how it works. This makes it a less traumatic experience. Sometimes the dream interaction comes even when the magician has undergone the ritual triggering of the threshold, but the visionary ritual that has been done gives the magician’s deeper spirit a ‘map’ or instructions in how to react, how to cope, and what to do.

And that is true for a lot of these key magical events: the visionary ritual action places the pattern in the magician’s mind, and the dream state completes the inner process: the knocking on the door may seem to be over in an hour. But the process itself can resonate for weeks.

Sometimes the dream event comes first and the ritualization brings it to completion, and sometimes the ritual event is all that is needed. It is very individual to the person, the time, and the magical development being pursued.

So what happens after this event? What does it do?

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### *What lies beyond the door*

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If you resonate energetically at the right frequency for the door (the threshold) then you as a magician will be able to access the different frequency of power that lies beyond, and subsequently work with that power. In practical terms you become more visible to the deeper beings beyond that threshold, and can safely and consciously engage magically with the creative and destructive forces that flow from that layer of the inner and outer worlds.

It is like walking into a room whose exit is twenty feet off the ground. If you are standing on the ground then no matter how high you jump it will be a terrible struggle, if not impossible to get through that door. But if you have a ladder then you can climb up, and climb through the door to what is beyond. Magical training is the ladder. If the ladder is properly balanced and has enough rungs that are strong and properly spaced, then you will progress up the ladder to the door, and will be able to climb through it into the room beyond.

If the ladder is weak, badly balanced, or has many missing, rotten, or collapsing rungs, then you may get up the ladder only with a lot of difficulty, or you may find the rungs collapse and you fall, injuring yourself. This is how magical development works.

Some people have a natural ability, coupled with intelligence, foresight, and wisdom: regardless of whether they are trained or not, they will be able to forge a ladder through their actions/reactions and gain access to the room beyond. But those people are few and far between: many use their natural ability but have no wisdom; some have the wisdom but not the natural ability. All the elements must be in place. It is pointless having the wood to build a ladder if you do not have nails, screws, or even rope to fasten the pieces together. And it is pointless having rope, screws, or nails if you do not have wood.

This is why for most magicians their magical training defines how they progress: the training must have the key elements that forge the ladder. Look at magical training as a series of rooms with doors, with each room's door higher than the last. In the first few rooms you can climb, and improvise with any materials or furniture around you. But there comes a point where one door will be just too high to enter without a proper ladder in place. Then the magician gets stuck in that room and can go no further.

You have reached a point in your magical training where you are stuck in a room with a high door. If you have done all your training up to this point then you will have a ladder in place that will grant you access to the next room. If you have not done your training properly, or are just dipping into this lesson out of curiosity and decide to do the visionary ritual work, then you will be able to explore the room, but you will have no ladder to move beyond it. In short, it will not work.

And this is how magic's deeper Mysteries protect themselves. It is like being shown a computer: you can look at it, touch it, shake it, lean on it, but unless you know which button to press to turn it on, and know the password to start it up, then it is useless. If you do not know how to work

the operating system then it is useless. Knowing the words, the vision, or the ritual, and enacting it without gnosis and the skill/contact already buried within you from previous work, will just result in an empty ritual.

Before we get to the practical work of this lesson, I want to you read a section of the Gospel according to Matthew. Do not read it from a religious point of view, the viewpoint of Christianity or of Judaism, and do not read it from a perspective of morality. Read it as an aspiring adept. Within these lines are many wisdoms that flow from the ancient Mysteries and have been dropped into this gospel, and these wisdoms are from the magical and mystical Mysteries.

Many religious texts around the world have fragments of the Mystery teachings embedded within them, and those who have eyes to see will see them. Your understanding of them will deepen over time, which is how the layers of the Mysteries work: when you are ready to see a deeper meaning it will show itself and you will understand it. Later you will gain another level of understanding, and so your magical wisdom deepens.

For those who are averse to religions, it is tempting to reject these writings totally. And while a lot of religious texts are full of dogma, threats, propaganda, and spin, they also sometimes contain elements of the Inner Mysteries. It is an adept's job to spot these fragments and learn from them, or use them as signposts. This fragment has an undercurrent of the rule of balance, or Ma'at, and explains, or points out, some of the dynamics of inner frequency that is then translated into action.

Read it, think about it, and revisit this text in the future. And as you read it, remember that a lot of the thinking of the very early sect that eventually became Christianity was formed in Egypt: many of the mystics, thinkers, and Judaic philosophers of that time, and those who were considered renegades, lived or at least spent a lot of time in Egypt.

The *Nag Hammadi Library* was found in Qena, forty miles north of Luxor in Upper Egypt. Luxor was the ancient town of Waset, also known to us by its Greek name, Thebes. Waset was the home of Karnak, and the location of the world's first university: the Temple of Waset. There is a long history right up to, and including, the time of the birth of Christianity, of people from outside Egypt going to Waset for learning. And don't forget that in the New Testament we are told that Jesus was raised in Egypt.

The crossovers in early Christian texts between Judaic and traditional Egyptian thought are numerous. In many of them we are seeing remnants of Ancient Egyptian mystical thought co-opted and passed on

through the gospels and early codices. Keep all this in mind when you read this extract and other early Christian texts.

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*Matthew Chapter 7 from the New Testament of the  
Aramaic Bible*

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You shall not judge, lest you be judged. For with the judgment that you judge, you will be judged, and with the measure that you measure, it will be measured to you. Why do you notice a chip that is in your brother's eye, and you do not observe the plank that is in your own eye? Or how do you say to your brother, 'Let me cast out the chip from your eye,' and behold, a plank is in your eye? Hypocrite! First cast out the plank from your eye, then you will see to cast out the chip from your brother's eye.

Do not give a sacrifice to dogs; neither throw your pearls before wild boars, lest they trample them with their feet, and return to run you through.

Ask and it will be given to you, seek and you will find, knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it is opened. And who is the man among you whose son will ask him for bread and will hand him a stone? And if he will ask him for a fish, will he hand him a snake? If therefore you who are evil know to give good gifts to your children, how much more will your Father who is in Heaven give good things to those who ask him?

Everything whatsoever you desire that people should do for you, do likewise for them, for this is the Law and The Prophets.

Enter the narrow gate, for the gate is wide and the road is spacious which leads to destruction, and many are those who are going in it. How narrow is the gate and strict the way that leads to life, and few are those who find it!

Beware of false Prophets who come to you in lambs' clothing, but from within they are plundering wolves. But by their fruit you will know them. Do they gather grapes from thorns or figs from thistles? So every good tree produces good fruit, but a bad tree produces bad fruit. A good tree is not able to



produce bad fruit, neither a bad tree to produce good fruit. Every tree that does not produce good fruit is cut down and falls in the fire. Therefore by their fruit you will know them.

It is not everyone that says to me, 'My Lord, my Lord,' who enters the Kingdom of Heaven, but whoever does the will of my Father who is in Heaven. Many will say to me in that day, 'My Lord, my Lord, have we not prophesied in your name, and in your name have cast out demons, and have done many mighty works in your name?' then I will confess to them, 'I have never known you, remove yourselves far from me, you workers of evil.'

Everyone therefore who hears these my words, and does them, will be likened to the wise man who built his house on solid rock. And the rain descended and the floods came and the wind blew, and they rushed against the house and it did not fall, for its foundation was laid on solid rock. And everyone who hears these my words, but does not practice them, will be likened to the foolish man who built his house on sand. And the rain descended and the floods came, and the wind blew, and they rushed against that house, and it fell, and its fall was great."

And when Yeshua had finished these words, the crowds were marveling at his teaching. For he was teaching them as one having authority and not as their Scribes and the Pharisees.

Now we come to the practical act of preparation and enactment of the *Knocking on the Door*. Read through these sections, make the preparations, and use divination to decide when to start them and when to do the final act of *Knocking on the Door*.

For the divination, first look at the best time to do The Act. Use a Tree of Life reading to see whether it should be done on the full moon, the dark moon, or a quarter moon. If it indicates a quarter moon, look to see which one. Then track back thirty days on a calendar to find your starting date and confirm it with a reading. If it does not look right then try the day before that date and the day after. Also look at whether it should be done when the sun is still up, or if it must be done once the sun has set.

You may find through these readings that it may need to be the day before a full moon, or the day after a new moon: spend time looking carefully so that you can pinpoint the exact days. Then run a chart of your transits for the starting and finishing days, and take careful note of what planets are where in your chart. Then run a chart for the land where you

will do the work for the starting and finishing dates and compare those charts with your own transits.

Keep all that information to one side so that you can look back in retrospect in a year's time, and make a note to yourself to look back after a year has passed so that you can get an idea of the powers in action and how things played out for you over the subsequent months.

The magical act of *Knocking on the Door* is unique to the person in how it plays out and the contacts that are made. It is very individual as to when and how it is done, and is not a magical act that can be repeated exactly by another person. It draws on every individual contact you have ever made, everything you have learned, and everything that has happened to you on this learning journey. It draws on all marks placed on you by inner beings, every inner adept who has connected with you, and every deity that has taken an interest in you.

I will outline the steps for you and will first present the vision in a separate form so that you can read through the two aspects of the work that are brought together. Once you have read through them and understood them then you will bring the two together and do the work after the right preparations. The various slow steps that you have gone through in this course have forged a strong and solid ladder within you, so the action of *Knocking on the Door* should be a natural progression for you, not a terrifying confrontation.

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### *Task: The vision*

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The visionary work for this act is the first thing you read in your preparations, as the moment you read it and make the decision to do this work, it will trigger a chain of events that will culminate with actually doing the visionary work. So bear that in mind. Read the vision, then continue on to read the visionary ritual, then the notes at the end of this lesson. Once you have finished reading, move straight on to doing the necessary readings to set a date for the work.

The room preparation for the vision: set up your work room, light the lights, put out the tools, open the gates, and greet the contacts. Do the Fulcrum to balance yourself. When you have finished sit down, meditate briefly to still yourself, then go in vision to the Inner Library.

Go to the Gathering Place and circle the flame with the other people in that place. After you have circled a while there will come a noise or

call that stops everyone circling. All the gathered people turn to face the south gate. They line themselves up on the west and east walls to create a corridor of people running north and south.

One of the people puts out a hand to you and guides you to walk from the threshold of the north gate, around the central flame, to the threshold of the south. They tell you to stand on the threshold, and there they take off your clothing. Your clothes are placed in the central fire and burnt.

Two people from either side of you break away from the others and stand on either side of you. They paint every inch of your skin blue, and paint eyes on your closed eyelids. You are told to keep your eyelids closed until you are commanded to open them. Warm wax is placed across your lips to seal them, and in your ears to seal them. You feel them walk away from you, then you feel through vibration in the floor that all the gathered people are filing out of the space until you are left alone.

Stand in the silence and stillness until you feel a presence step out over the south threshold and stand before you. You must keep your eyes closed until you are commanded to open them—this is really important. They touch your right foot as if feeling for something. Then they touch your left foot: they are reading your Threshing Floor and Grindstone. They withdraw their hands and once again you feel silent and alone. Be still and silent.

You feel a hand placed over your heart and a feeling of fear fills you: something, or someone, is challenging your heart to speak. With your inner senses you can feel your heart responding, but you cannot tell what it is saying: it is answering the Challenge of the Scales. Eventually the hand is removed and once again you are in stillness while you are judged.

At this point one of two things will happen. Either a hand will push you back, or a hand will pull you to step forward. If you are pushed back then open your eyes and come out of vision, as to stay in vision would be dangerous. If this happens then close down your workspace and begin the month's preparations again. See the note at the end of the lesson called *repeating the process*.

If you are pulled forward then take a step forward with your left foot. You will feel fire beneath your feet. Take another step forward with your right foot, then two strides forward until you walk off of the fire.

A hand touches your lips and breaks off the wax: you are commanded to take a breath. Take a big breath and blow it steadily out of your mouth. As you blow, it will feel as though the breath came from beneath your

feet, up through your body and out through your mouth. Do the breath physically as well as in vision.

The hand then breaks the wax from your ears, and a voice tells you to listen: a strange sound echoes all around you and you feel your body vibrate with it. Someone places their hands in your hands and holds them before you, as in greeting. Feel their hands, feel the power in their hands, and feel your heart leap at their touch.

The person drops your right hand and opens your left hand. They place something in your left hand: it will feel like a long staff or pole. Accept the staff and hold it upright in your left hand. Say:

“When thou sayest seek ye my face, my heart says unto thee,  
thy face I doth seek.”

Now you are commanded to open your eyes. Before you stands a person who shines like the sun. Their face is like gold and their eyes are like stars, and those eyes look right into you. As you try to explore this face that shines like the sun, it vanishes. Before you is a great door made of bronze.

The staff in your hand feels alive, and it wants you to bang it on the bronze door. Raise the staff and knock on the bronze door three times. The door asks you three questions which you must answer. You cannot think about the answers, you must answer immediately—let your heart speak with and through you. There are no right or wrong answers, but your answers will define the path ahead of you.

The door swings open and beyond is darkness. Step into the darkness and hold the staff out to your left. A hand takes the staff away from you again, and you stand alone in the darkness. Walk in the darkness as far as you can go until something stops you. A voice says: “do you see?” Look into the darkness. Stars slowly start to appear as your sight adjusts, until you see that you are standing out in the stars. Answer the voice:

“Yes, I see.”

The voice speaks again: “do you hear?” Listen. You begin to hear sounds, beautiful sounds that vibrate in the air around you. Answer:

“Yes, I hear.”

The voice speaks once more: “Can you blow with the wind?”

Take a deep breath and blow out in a steady exhalation. The wind will begin to blow around you. Answer:

“Yes, I can blow with the wind.”

The voice speaks: “Then turn around.”

Turn around. You find yourself facing a vast copper mirror. Look at yourself. In your left hand you are holding your sword, and in your right hand you are holding your lantern. Behind you, on the left side, is an angelic being holding a lantern that throws a path of brilliant light ahead of you. To your right is an angel that holds a sword to guard you with. Behind you is a giant cobra’s rearing head. As soon as you see this image, a curtain of mist falls across the mirror and you find yourself once again standing in darkness and silence.

Stay in that silence until you are ready to leave. When you are ready to leave, open your eyes and come out of vision. Stay for a while sitting in silence and meditate on what you have just experienced.

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### *Task: The ritual*

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This ritual movement is done while you are also doing the vision. It brings the vision’s power into the physical realm and anchors it in your physical body, and thus in your fate pattern in this world. Have the staff you found in a previous lesson placed on the south altar: this ritual vision also triggers an aspect of the staff, and is part of its ritual enlivenment. You will complete the staff’s magical awakening later, in another lesson.

You will have done the preparations, set up your work room, done the Fulcrum ritual, and begun the first part of the vision. You bring the vision into the physical world at the point of the vision where you are in the Gathering. Stand up, while maintaining the vision. Circle the central altar, seeing in your mind the people of the Gathering circling with you.

When the people of the Gathering line up to the east and west, walk around to the north, then walk from north to south while maintaining the vision. Stand before the south altar and go through the vision (including closing your eyes when told to) up to the point of being handed the staff.

Stand in a position where you can make the two forward steps towards the south altar until your body is so close to the altar that it is touching you.

When in vision you are handed the staff, pick it up and hit the air over the altar three times to hit the door, then replace it. Stand before the altar while doing the rest of the vision. When it comes to looking in the mirror, turn around so that you are facing north for that part of the vision. As the vision casts you into darkness, stand in silence and stillness with your mind empty and your eyes closed: just be aware of your own presence and nothing more.

When ready, walk to the north by going to the west of the central altar, and kneel on your left knee before the north altar. Place your right hand on the altar and thank your ancestors for bringing you to this point: their lives enabled you to live. Now thank your mother and father for giving you life that in turn brought you to this point. Regardless of what issues you have with your parents, you would not be in this ritual if it were not for their act of creation.

Now place your forehead on your stone shield. This is the heart of the Mother, the foundation of life, and the anchor of the world. As you place your head on the rock, be aware that you are also touching your forehead to the Stone at the centre of the Underworld. Thank her for all the protection she has givenf you, for the body she formed for you, and for the beautiful world that you live in.

Stand up, take the stone, and place it in the room's northwest corner. Stand before the stone and say:

“Thank you for my birth, for tending me as a magical child through my climb on the Ladder: now I stand as a magical adult before you. I will always honour you as my mother, but now I must make my own way further up the Ladder. Now it is my turn to protect you, my mother, and I will tend to you in your old age.”

Bow to the stone, understanding that you are bowing to the Divine Feminine, the vessel of all life.

From the northwest circle the central altar, then stand before the east altar. Pick up the Limiter and hold it before you. Say:

“Limiter, thank you for guarding me, for teaching me, and

for being constantly at my side. As an aging soldier I honour you, and now is the time for you to have a rest. Watch over my home and family, but now I must limit and defend myself. You have watched me grow into a magical adult: I hope I have done well and learned your lessons. Thank you.”

Circle the room with the sword and place the sword in the northeast corner of the room. Bow to the sword and circle the room once more. Go back to the south altar and stand before it. Hold your arms out to your sides and close your eyes. Take a deep breath and as you speak, feel the breath for the words come from deep below you, up through your body, and out from your mouth. Say:

“I am alone. Behind me is my Mother and my teacher, before me is my Companion, within me is stillness. I await the Companion as I stand on the threshold that divides me from my mundane and my magical.”

Take three steps back, bow, and leave the room with the candles still going. Go somewhere quiet to sit and be silent, where you will not be disturbed. Think about your life from your childhood up to now. Think about the situations in your life that caused you pain and suffering; and no matter how cruel or harsh they were, no matter how much you felt you had no control or blame, let it go. Understand that everything in your life has been your rock and Limiter working you towards this point in your life.

Every hardship, suffering, and pain, every rejection, every loss, was giving you experiences that you could draw on for strength, determination, and maturing. Hold no blame—*judge ye not*: just let it go. It no longer serves you, it no longer has relevance. It is past, and it is time for you to move forward. Analyze your thoughts and feelings towards your past: what do you cling to? What do you absolve yourself of responsibility for? Watch your mind try to find reasons, try to find victimhood, and try to engage again with past traumas. Your mind may wish to continue its excavation of your past, but doing so no longer serves your future.

In your mind see the Light Bearer behind you with the lantern. See it shine a path over your left shoulder and off into the south, into the future. That is the path forward, the path of the adept; and the adept can only walk that path if the past is released back to where it belongs: in the past. You started this process in your apprentice training; now you finish it.

When you are ready, get up and return to your room. Go around the directions, bow, and thank the contacts and put out the lights. Find a home for the stone somewhere in your house: the stone will decide, just carry it around until you get the feel of where it wishes to be. When you find its home, leave it there. It will be like your ageing mother: in the background, but always keeping an eye on you. Occasionally you will bring her out to work with you as a companion or advisor, but not as a tool.

Do the same with the sword. Place it point down somewhere in the house, in an area where it can stay and become part of the makeup of the house. Like a past teacher it will also keep an eye on you, but not interfere. Again, you may occasionally work with the Limiter, but only as an advisor or companion, and never as a tool.

Over the next few days, as you go about your daily life, stop every so often and look around you outside: see the beauty of the Divine in the land of the living: in the sky, in the birds, in a tree, in a grass shoot, in a person's face, in the rain and the wind. Never forget that you are constantly surrounded by the magical dynamics of creation and destruction, through which the Divine flows.

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### *Task: The preparation*

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To prepare for the act of Knocking on the Door there are a few things that you need to do and also think about. The preparation is for the month leading up to the visionary ritual, so once you set a date, then the preparations begin. These preparations are done to get the spirit, mind, and body ready for the act. The act itself is a catalyst, and everything has to be in place for that catalyst to be effective. Let us look at the various steps of preparation.

#### **Clearing the decks**

Just as in your apprentice work, you need to ensure that you are acting within the dynamic of the Scales in your outer life. Clear out your cupboards again, and anything unused that could benefit another, give it away. If you owe people money and can pay them back, then do so. If you can help others, then do so. It is about ensuring that resources flow to you and from you as is necessary and fair. It is not about guilt tripping and charity; rather it is about ensuring that you give help where



the opportunity presents itself and it is needed, and that you accept help when it is offered and needed.

Clear trash out of your house, clean it, and organise it so that when the power comes in it does not amplify any chaos around you. Ensure birds around your home are fed where needed, and that you keep your own space in the most balanced way you can.

## **Clearing the body**

This act can have an impact on the body, so the body needs to be prepared for it. There is no set rule for this, as each body is different in its needs and upkeep, so you have to use your common sense. But there are some general rules that will help ensure that your body is resonating in a way that can make full use of the catalyst without being hit or damaged. If you eat meat, then in the month of preparation only eat meat from birds such as chicken, duck, or turkey: no goose, and nothing from the sea (the magical reasons for which you can figure out yourself). Meat from mammals triggers a certain resonance in the body, which frequency will be at odds with the catalyst. Afterwards you can decide whether you wish to resume eating mammal, and also gain insight from divination as to whether changes, if any, need to be made. What you put in your body as an adept is important, but it is also specific to you and the phases of your life.

Stay away from alcohol for that month: alcohol blocks a lot of inner power and it also takes time for its influence to leave your body, so stay away from it completely during that time. Use what you know, and also your common sense, to decide whether there are other things you need to do or not do in terms of your body, energy, and how you use your body, things that may interfere with the process. You know your body best, and the way to prepare is to ensure that your body gets the nutrition it needs and the energy interaction it needs, but nothing more. You are putting your body into a time of cleaning, stillness, silence, and balance.

Once you have done the act, don't go out and binge, give your body some time to adjust.

## **Alchemical preparation**

There is an alchemical preparation that needs to be done for the inner/energetic body preparation, and that is the taking in of liquid methylene blue. This is an alchemical process that prepares the body for the energetic frequency needed for the ritual. In magic it is used in very

dilute doses that are harmless to the majority of people. The method of taking it is one drop (and no more) to four ounces of water, or half a cup or regular-size glass. As you drink it, visualise your energy field turning blue (the visualisation triggers the body's inner energies to take up the colour frequency). Take the one drop in water each morning for the whole month of the preparation. Before you start to take it, do a Tree of Life reading to ensure it is safe for you to take. While the one drop in water is not toxic, for a small number of people it can interfere with their health if they have 6PD deficiency (you will know who you are), but that is rare. With the reading, look at the last card as your answer, and your question should be:

“Is it safe for me to take this blue in the one drop dose for a month?”

Methylene Blue can be bought at pet stores that sell exotic fish, as it is used in the water for fish health. Buy it as a liquid with a dropper, not as crystals, so that dosing is correct. This process will also teach you about using such substances to cause minute changes in your body that directly affect your energy field. If you are curious as to why you are to use this, research 'blue' and deities.

### **Magical preparation**

The only magic that should be done during this time of preparation is stillness meditation, and balancing Fulcrum ritual. No acts of magic, no reading of magic, and no experiments should be done during this time: you are attempting to bring stillness, silence, and balance to your body and your life, nothing more.

### **Psychological preparation**

Don't get into complex psychological self-analysis; rather it is better to go out for walks, watch sunsets, observe people, and let yourself settle. Don't spend hours playing war games or watching horror movies, or anything else that will trigger a defensive or aggressive mindset in you—this is a time to withdraw from the harsh reality of humanity around you and be still, observant, and neutral. You need to step out of the collective mindset and be apart as a neutral observer.

## Ritual preparation

Ensure that you are very familiar with the steps of the vision and the ritual, and if really necessary write out a simple list of prompts in case you forget something. Leave that on the south altar. It is best to have it there and not need it. Make sure you are very familiar with the steps, words and actions.

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### *Task: The full enactment*

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Before you start the visionary ritual, take a ritual bath and take off any jewelry, talismans, or anything else like that before you begin. Spend some time in meditation to still yourself and ensure that you are not going to be disturbed in any way.

While you are taking a ritual bath or a ritual clean up, have high frequency music playing in the space: remember what you learned as an apprentice in regards to music, frequency, and space. Have frankincense burning in the room to clear it, and when you get out of your bath or finish your cleansing, place frankincense oil on your soles, on your palms, on your heart, on the back of your neck, across your eyebrows, a small dab in the space between your nose and lips (unless it will cause a skin reaction—test this a few days before), and on your earlobes.

The power of the Knocking on the Door ritual expresses itself in different ways for different people: some people feel a massive build up beforehand, but an energetic silence during the ritual as if nothing is happening, then they really feel the slam of power afterwards. Some people feel nothing in the buildup, but feel the level of power in the ritual. Others feel nothing until after the day after the ritual is finished. It is so individual that you really cannot predict how a person will react energetically, so just in case, and if it is possible, have some time off work the following day. If that is not possible then try not to plan a heavy workload for that day. If you really have no choice at all then you will just have to survive the day after as best you can. Though I have often found with very powerful catalyst rituals that if I have to work a long day afterwards, I tend to get the hit before the ritual, or something happens where I am given the day off unexpectedly.

After you have finished the ritual, write down everything you can remember in your journal. But do not put it on computer: keep it between you and the paper. When you place something on computer, remember

that it is energetically linked to everything around the world via the internet. For the most part this is not important, but it is best to keep key visionary rituals like this under the radar energetically, away from the network of consciousness and people who are linked around the world.

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### *About the tools*

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You will notice in the visionary ritual that you let go of directly and regularly using the stone and the sword. This is about stepping from initiate to adept: the adept does not rely heavily on tools, but on their own skills and power. As one set of tools starts to take a back seat, another set moves to the fore and are worked with as companions, not as tools.

Sadly many Western magicians, regardless of their titles, have never actually stepped beyond initiate level in practical magic terms and still rely almost exclusively on their tools and trappings. As a true adept you need to be able to act anywhere, at any time, in full magical power, which means acting without a sword or shield. And yet those tools are still in the background of an adept's life: rather than wield them, the adept learns to *draw* on their power as an energetic resonance when necessary. They would only vary rarely actually put these tools in their hand.

It is akin to taking the training wheels right off so the magician falls back on their skills, not their props. The stone lives with the magician and becomes an exteriorization of the foundation stone in their lives: it shields the magician as a passive presence and keeps them anchored in their power. Similarly, the sword becomes a background household member, guarding the house and the family, and warning the magician when needed. But the adept rarely picks up the sword magically, and most adepts would never use it in ritual, as it is not necessary. Though there are exceptions to the rule, as is always the case in a constantly changing world, in general, for the adept to use the sword in ritual would be a failure of power.

Rather it is placed strategically around the house, outside the magical space: it guards the most vulnerable aspects of the magician's ordinary life so they can get on with their work. We will cover this in more detail as we move further on in the lessons.

## *Repeating the process*

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If you are rejected at the threshold then do not despair or beat yourself up, as there are a lot of reasons why this can happen. The most obvious reason why this can happen is if the magician has not adequately prepared themselves, and are not properly focused enough to take the step forward.

But it can also happen if you are about to get sick and not realise it: the inner power rejects you to protect you, as this catalyst act can bring a lot of power around a magician that would place a strain on their health. It can also happen for reasons not personal to you: if a major event is about to happen somewhere in the world which carries a lot of destructive inner force and consciousness, then to step over the threshold at that time could link you to that destruction. For the brief moment you step over the threshold, you become very visible and are vulnerable. Most of the time this is okay and you will quickly vanish again. But if there is a major tide of destruction releasing, and it has the Underworld beings flowing through it, then that brief moment would be enough for them to lock on and destroy you.

The inner act of sealing your ears and mouth, and closing your eyes, renders you helpless from an inner point of view—you are stripped naked of all your vital senses and protections as you step from one life to another: it is a birth, and like all births it carries risks. So if you are rejected don't collapse in an emotional heap of rejection, simply step back and start the whole process again. Ensure you check your dates properly so that everything comes together at the right time, and do it all again. Also use that time to reassess yourself and ensure you are doing everything you need to do to move forward towards balance.

Completing the Knocking on the Door is one of the major steps towards adepthood. It does not make you an adept; it presents you at the *door* of adepthood and alerts the inner worlds that you are ready to move on to the next step. The transition from initiate to adept is a series of actions, events, and processes, each of which is a rung on the ladder that gives you access to the path of the adept.

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