



QUAREIA—THE INITIATE

Module X—Preparation for Adept hood

Lesson 4: Weighing of the Heart

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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 4: Weighing of the Heart

Pay good heed to the weighing in the Balance of the heart of the Osiris, the singing-woman of Amen, Anhai, whose word is truth, and place thou her heart in the seat of truth in the presence of the Great God.

—*The Paprys of Nebseni*

I hope by now that you will have come to realise how as you progress in magic, you revisit certain themes and connect with them at ever-deepening levels. The dynamic of Death and the Scales is a major magical dynamic that initiates have had to revisit in a variety of ways for thousands of years. It is one of the corner stones of adepthood.

In your apprenticeship, you worked with the Scales and the Threshing Floor, which is the very earliest stage of this work. Then you worked with the Death Vision, learning to step into death in vision and experience the various processes that happen within death. As you stand on the cusp of adept training, you have presented yourself before a threshold where your heart speaks to the beings that guard the deeper thresholds, allowing the deepest part of you to present itself.

Before you take the major step into adepthood, other various steps that must be taken, one of which is the *Weighing of the Heart*. All the things you have triggered so far, along with the steps that you will soon take,

are all experienced together at bodily death. But what marks an adept out from the mundane is the taking of these steps of death and rebirth while still in life. To the Egyptians, these were the *Mysteries of Osiris*. The same dynamic was also practised within the Greek Mysteries.

First the heart speaks and is questioned, then the heart is weighed to see if it was speaking the truth. This is a failsafe to ensure that only those who should, get to walk deeper into the Mysteries of Life and Death.

Remember when you studied the Pyramid Texts, then the Book of Going Forth By Day? Do you remember the differences, where the older text guided the initiate and/or the king through the process with an honest heart, whereas the newer text was full of spells that forced the heart to lie on the person's behalf? The person who used spells may get past the first threshold, but the weighing of the heart catches those who would use such magic.

In magic we use a visionary ritual to place the initiate before those scales so that the weighing can happen while still in life. Why? Two reasons. The first is that true adepthood takes the person beyond the cycle of life, death, and rebirth: they become *justified*, which gives them deeper access to the Inner Mysteries. The second reason is that those deeper Inner Mysteries can be dangerous at times, and the nearer to balance the person is, the safer they are. Plunging in vision and ritual into the Deep Mysteries without the process of death, weighing, and awakening would leave you highly vulnerable to the potentially destructive forces beyond that threshold.

When you appear to these forces, if you are justified, you are seen as neutral. You are neither a power of creation nor destruction, you just *are*. If you tread those depths without being justified then you carry your baggage with you, and you could become filled with creation or destruction, which will work through you and on you first: you become a beacon and target for everything.

In life as initiates, we work through the various steps towards being justified. This comes into sharp focus at the end of the Initiate phase. As magicians, we take individual steps while going through this process, so that we can pace, reflect, and simply cope with the various effects while still living mundane lives in the outside world. As the last step is completed, all the acts come together as one. From an inner perspective, they all happen at the same time: to the gods a lifetime is a mere second, a fleeting moment where everything comes together. And the magical initiation works through the same dynamic.

Once the heart is weighed in the magical initiation, the next step is the results of that weighing, and the judgement is uttered into the darkness where the initiate waits. On judgement, the initiate is joined with a companion being that has an outer manifestation and who will stay with the magician through their adept years. The companion waits for the initiate to take the final step in the process, and beyond that step is the completion of a cycle that triggers the rebirth of the life, the leaving behind of the mundane, and the stepping onto the path of the justified magician.

That path, as a justified magician, is not like a qualification that can be displayed, or where the magician feels that they are now safe in their status. The path of the justified magician is one of constant self-appraisal and self-questioning—checks and balances are a constant dynamic in an adept's life as they walk deeper and deeper into the Mysteries, and wield or access more power. It is the path of the sword edge, or the narrow path, and the footsteps of the magician are noted by the heart spirit.

When the magician dies, their heart speaks of the path they walked, just as it did in the ritual. However, there is no possibility for the adept's heart to claim that transgressions were done in ignorance: an adept walks in gnosis and makes choices. When the heart is questioned, then weighed, it is not simply the actions that are weighed: the lessons learned on the path are also important. We all screw up, we all falter and do occasional stupid things, but if we learn our lessons and grow because of them, then the heart utters that learning.

So now it is time to take the next step in the series of initiation actions that move you deeper into the Mysteries. This vision, with some ritual action, should be done a few days after the Knocking on the Door; but if you need a bit longer because of life's demands, don't worry too much. It must be done as soon as you can do it, though: do not delay out of choice.

However, the action in the next lesson must be carried out quickly once the heart has been weighed, so read the next lesson before you do the vision ritual in this lesson, so that you can plan to do them around the same time.

Task: Vision

Note: Do this ritual vision any time between the hours of midnight and 3 a.m. Ensure you will not be disturbed for any reason.

Prepare the room by burning frankincense, but have the room in total silence as you prepare. Have no music playing, and do not say a word or make a sound: the room must be in silence. Take a ritual bath to prepare yourself and place frankincense oil over your heart and on the soles of your feet.

Set up your workroom with the directional altars and place your scales on the central altar. Ensure it has the feather tucked into the right side of the scales, usually at the top of the chain that holds the right bowl in place. Before the scales have the central flame. Place your vessel on the west altar and prop the staff on the left side of the south altar. Light no candles in the directions: you will work only with the central light. Have the room in darkness and silence: make no noise, say nothing.

Go around the directions, open the gates, and greet and bow to the contacts there. Use only your inner voice and inner sight: no candles, no sound. Then sit in meditation before the central altar, facing south, to still yourself. When you are still, get up and go sit in the northwest corner of the room.

You are going to step back into the latter part of the Knocking on the Door vision. Meditate in stillness until you are surrounded by darkness: there is no light, no movement, no sound. Once surrounded by the darkness, get up in vision and start walking to the south: you are going to return to your last vision and continue it.

Walk into 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 exhale. 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 your left, 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. Behind you is the rearing head of a giant cobra.

A voice says: "Do you see?"

Look at yourself in the copper mirror, holding the sword and the lantern. Look at your left arm, watch as your left arm begins to glow with the power of the Limiter, and the light in your arm shines brighter than the light within the sword.

Answer:

"Yes, I see."

Drop the sword. The angel behind you picks it up. The angel then places the light of the lantern up close behind your shoulder. Your left arm glows with the light of the Limiter, and the lantern of the angel shines from over your left shoulder.

A voice says again: “Do you see?”

Look at your right hand holding the lantern. Your right hand begins to glow with a light brighter than the lantern.

Answer:

“Yes, I see.”

Put the lantern on the floor. The angel picks it up. The angel stands behind you on the right, holding the sword up in a guard position, with its handle touching your right shoulder. The light of this sword shines out from your right side, and your left arm resonates with its power. Your right hand which holds the power of your lantern, the hand that holds your scales, pulses with energy and resonates with the lantern behind your left shoulder that lights your way.

Look at yourself in the mirror. Your left arm holds the power of the Limiter and the lantern light shines over your left shoulder, casting a path of light before you. Your right hand glows with the power of the lantern and the power of the sword shines over your right shoulder.

Once more the voice asks: “Do you see?”

Look at your reflection, look at the powers balancing around you and answer:

“Yes, I see and I understand.”

The voice says: “Then walk forward into the darkness.”

Open your eyes while still maintaining the vision. Get up and circle the room around the directions. Return to the northwest corner, then walk slowly and carefully to the central altar. Stand before it and the scales, facing south.

Close your eyes and resume the vision. Walk forward in the darkness, following the narrow shaft of light ahead of you cast from the lantern. As you walk, you come to a great door. Touch the door with your right hand, the hand that holds the light of the lantern, the hand that holds your scales. The door swings open and you are confronted by a powerful and strange looking being with the head of a jackal and the body of a man. His face and body is black, and his eyes burn with a powerful fire: the Opener of the Way.

He motions for you to enter into the dark hall and puts out his hand to you. Step forward into the darkness and take his hand. Before you in the distance you see a faint light. Walk towards that faint light, and as you walk you become aware of two jackals walking alongside you.

As you near the faint light, you see that it emanates from a huge set of scales before you. The two jackals leave your side to go and sit on either side of the scales. The Opener drops your hand and walks ahead of you, positioning himself before the scales. He holds up his left hand in a stop position and you stop before him.

The Opener makes a strange sound. His call causes the faint light of the scales to grow stronger so that you can see better what is around you.

In this place, many gods and goddesses sit in rows on either side of the scales, and behind the scales sits a strange creature that appears to be made up of many different creatures. Her teeth are long and sharp, her jaws powerful, and her eyes bore into you. The Opener motions for you to look away from the terrifying being and to look at the light that shines from the top of the scales: the power of Ma'at.

A voice booms out and echoes around the hall: "What do you seek?"

You answer:

"The weighing of my heart whilst in life."

The voice says: "Gathered ones of greatness, gathered ones of eternity, and the assembly of the Justified, do you consent to the weighing of this initiate?"

After a moments silence a chorus of voices say "yes." If they say no then you must bow to them and leave by opening your eyes and coming out of vision. See below for what to do if this happens.

If they say yes then hold out your arms to the side and say: "

"Here is my heart which I offer to you."

The Opener places his hand in your chest and takes out your heart. He places it carefully on the scales, which causes them to tilt. He makes another sound like a call, and from the light on top of the scales, a small white feather slowly drifts down towards the cup on the scales opposite the one holding your heart.

All the assembled company lean forward to see what will happen to the cup when the feather reaches it. The feather hits the empty cup of the scales and the scales begin to move. While this is happening, be still and silent, and be willing to accept whatever judgement comes from the scales.

The scales move up and down as if searching for balance. Eventually they come to a stop, and two scribes walk up from behind you. The each look at the position of the cups in relation to each other and seem to take down volumes of notes. Once they have finished, they swap their notes and compare them. You try to see for yourself what positions the cups are in, but a mist obscures your view. You must wait.

The scribes each turn to the line of the assembled company and recount their findings, and the assembled company looks at you as they listen. Some of the company stand up and come to stand before you. The Opener also stands before you and in his left hand he holds a staff that shines brightly, the staff of life: the Ankh.

Each one of the company that stands before you comes up to you and touches you on a shoulder, on your eyes, on your lips, and on other parts of the body. One of the company, a goddess, comes to you and places a heart where your heart should be.

She says: "this spirit will keep your heart beating until your own heart is returned to you. Tend it well, for it is my beloved heart. Now leave us."

Bow to her and the assembled company and turn away. Suddenly you are plunged once more into darkness and cannot find a way out. That is because a part of you must remain here in spirit until the process is completed. Open your eyes and blow out the candle before you, so that you are standing in darkness, then close your eyes again. Simply stand in the darkness, feel the heart of the goddess in your chest, and when you are ready, open your eyes again. Circle the directions in darkness, bowing to each direction, and either lie down and sleep in that space until morning, or back out of the room and leave.

If you can leave the scales out on the central altar until you do the next part of the ritual in the next lesson then do so, but only if you can bar anyone from entering that room. If it is not safe to do that then store them away safely where they cannot be seen or touched.

You must move on immediately to the next lesson which completes this action of Weighing of the Heart. This action is in two parts for a reason, a reason which you must gain understanding of in your own time.

What to do if refused the weighing

If you are refused the weighing by the assembled company then it is either not the right timing, or you need to attend to something before you undertake this act. If an ordinary person did this visionary act then it would likely have no effect, as they are essentially invisible to the beings involved.

But as an initiate who has worked in the inner worlds, you will fully trigger these powers, and if they refuse you then it will be for a good reason. The dead who go through this process are often refused: if they have managed to trick their way to the Hall of the Scales then the company will often refuse them if their weighing would mean the annihilation of their soul (the second death).

If they persist and their heart is weighed, and is found wanting, then they will be devoured by the strange-looking being that stands beyond the scales. That devouring is the second death. Those who are refused the weighing in death go back into life again. For a living initiate who is refused, it means you need to clear whatever in your heart triggered the refusal. If you have undergone all the processes that were advised to you in the run up to this act, all the rebalancing, clearing, settling of emotive and substance debts that you can, and have searched your memory and heart, then you should be ready.

However, if you skipped some of those acts, or missed something, then you will be refused. In such an instance, search again in your life, your emotions, and your heart, for something that has been left undone, unsaid, or unbalanced. Have you let go of everything you clung to, both good and bad? Have you realised your mistakes and learned from them? Do you still harbour grudges? Do you have things that belong to another that you should not have? Do you cling to excess instead of necessity?

Cast your mind back to your apprentice training where you learned to let go of unnecessary substance, and to let go of past emotional experiences, past relationships, guilt, wants, and dramas. Put yourself back through that process—and do not just do it intellectually, act on what you know in order to rebalance. Talk to your heart spirit in vision and see what insights come out of it, or what pops up in your dreams: remember, self-honesty is of paramount importance. *Know yourself.*

Remember: the understanding of stepping away from past patterns, rebalancing loss and gain, of learning from experience, and evolving

forward is the aim: not punishment and guilt. Do not allow yourself to be seduced by the unbalanced modern path of sacrifice, guilt, and shame.

When you feel you are ready, do this vision ritual again.

Advice

In the period of time from finishing this ritual vision and going on to complete the process in the next lesson, remember that your heart is still on the scales. This is a period of time where action/reaction in terms of balance and Ma'at are powerful and instant. You hold the heart of the goddess within you, and you must guard it well against your own acts and the acts of others.

In both your outer and inner life, start nothing new, finish nothing: you are in a holding pattern. Be truthful, be balanced, and do nothing to knock that balance. It is a lot harder than it sounds, particularly when you have a busy job and home life. It will give you an insight into the narrow path. It is a time when you need to neither add nor take away anything from the balance of the heart spirit: you are in stasis, so remember that.

Move straight on to the next lesson, which you should have already read and be prepared for.

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