



QUAREIA—THE INITIATE

Module X—Preparation for Adept hood

Lesson 5: The Darkness

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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.

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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Lesson 5: The Darkness

“Come,” says Djehuty, “why have you come?”

“I have come and I press forward so that I may be announced.”

“What now is your condition?”

“I am purified from evil things, I am protected from the evil deeds of those who live in their days: I am not among them.”

“Now I will announce you. But who is he whose heaven is fire, whose walls are cobras, and whose floor is a stream of water? Who is he, I say?”

“He is Osiris.”

“Come forward, then, you will be announced to him. Your cakes will come from the Eye of Ra, your beer from the Eye, your meals of the dead from the Eye. This has been decreed for the Osiris the overseer of the house of the overseer of the seal, Nu, triumphant.”

—*The Book of the Dead, Chapter 125*

The action in this lesson finishes the act of the Weighing of the Heart and places a clear line in your fate pattern between what has gone before and what will come after: it changes your fate pattern for the rest of your life.

This act is done in darkness and alone. It places you in the depths of death from which you must emerge into your new life. It is both an outer act and an inner act that brings many strands together that have formed over the time of your training until now. Once this is done, you will be ready to Cross the Abyss, which brings your new fate into life and into being.

Task: Going into the darkness

This act, which is an outer act, exteriorises certain dynamics that you have been working with, and there are various ways to approach it. Which way you choose to approach it very much depends on your life circumstance, where you live, what resources you have, and so forth. Do not pick the easiest way to do this; pick the one you are capable of doing.

I will outline various ways of triggering this dynamic: read through them and plan to do one of them, the one that you know you can do, even if you don't like the idea of it. Once you have chosen one, read what you must do and then start the planning process: you need to do this as quickly as you can after the Weighing of the Heart: within twenty-four hours, if you can.

Outside

One way of doing the 'Darkness' is outside one night. This all depends on where you live, what the climate and the land is like, and what time of the year it is: it is not safe for example, to do this work out in a forest in spring or autumn if there are bears, wolves, or mountain lions around. So use your common sense.

If you are used to camping out in such a place then ensure you have no food whatsoever with you, not even gum: it attracts bears. I have done this up on the high moorlands in the UK, and it can be a stunning experience.

Have no tent, no light, no food, a little water; and if you take a phone, make sure it is silenced and placed so that you will not be disturbed by vibration mode: it is only there for real emergencies (not just being fearful), and you must not look at it or use it unless your life is in real and immediate danger. You will need warm clothes and a form of alarm clock set to go off an hour before dawn. You must be able to wake up immediately and get straight into vision.

It does not matter where you are, only that you are isolated away from people and lights, and where you will not be disturbed. You cannot light a fire, or have a lantern or torch: you must be in darkness. A cave is the best option if you know a safe one where you will not be disturbed and with no sudden drops or pitches that you could fall down in the dark.

Inside

If it is not possible to do this outside then choose an inside place. You need to be alone in the building/house: no family or friends asleep in the next room; and it must be somewhere that is not your regular house. You need to be where you would not normally be, a place you are not used to, like a friend's place (if they are not there), a motel, a cabin, and so forth.

The place must be in total darkness with no heating on, no phones on, and all gadgets like televisions, computers, etc., unplugged. If you can hear people next door then it is not an ideal place: you need to be away from people.

Coffin

This is an option for those who need to work indoors in your own home, and was something I had not thought of. A fellow adept recounted for me how it was used in his training, so I spent a little time in it, and it is perfect. Essentially make a long box from wood like an old-fashioned coffin with air holes, a box big enough for you to get into and close the lid.

Have it somewhere in the house like an attic or basement, or in a spare room where you will not be disturbed for any reason whatsoever. Or you could use it outside in a garden if you have privacy.

However you decide to do this, have nothing with you except something that will wake you before dawn should you fall asleep.

What you do in the darkness

You should be in place just before midnight, and your job is to lie down or sit, and be still and silent. Listen to everything around you, and let fears come and go, but do not engage with them. Let visions come and go, but do not allow your brain to entertain itself with songs, games, memories, and so forth. You are there to be still, to reflect, to confront fear, and to

have visions and dreams: let nothing mundane or profane push into your mind.

Make no sound. Do not eat or drink anything, do not be tempted to put on a light, and do not, under any circumstance except real danger or life-threatening injury, touch a phone. Simply have an alarm clock (one that does not tick) nearby but not too close, so that you can hear it when it goes off. Stay awake as long as you can until you are pulled into sleep. If you can stay awake all night then that is best, but take nothing to keep you awake.

When the alarm goes off, turn it off and sit up so that you will not fall asleep. If you think there is a risk of you drifting off then do this vision standing. You should be in total darkness, an hour before dawn.

Vision

Close your eyes and find yourself back in the Hall of the Scales. Part of you was left there, so you are simply tuning back into that part, as opposed to going there in vision. Give yourself time to build up the vision: see the Opener, see the scales beyond him, see the gathered deities and Justified Ones sitting on either side of the hall. Be aware of the heart of the goddess within you.

Once that vision has built, be aware of the scribes coming to stand on either side of you.

You become aware of someone behind you uttering something you cannot hear. The scribes write down the words as they are spoken, and the gathered assembly of beings listen intently. When they have finished, the two scribes put their documents together and hand them to a being that emerges out of the scales. The being, a deity, reads the documents, then looks at you. He then looks at your heart on the scales and asks the feather if the heart is justified. When the feather replies, the deity picks up your heart in his left hand.

He can either place it back within you, or he can toss it to the waiting destroyer. He pauses for a moment as if to think, and then approaches you.

He asks you: "Do you feel you are justified to take the next step? "

You answer:

"I do."

He asks you: “Are you justified?”

The heart in his hand says: “I am.”

He asks you: “Do you wish to be whole in sight of the gods?”

You answer:

“I do.”

The deity nods his approval and holds the heart before him. He speaks to the heart, but all you can hear is: “Go forth into your vessel, be witness to this adept, and let none interfere with your voice, for if they do, the Destroyer will tear them to pieces. Your voice is the true heart of an adept. Adept, walk the narrow path, have care of the gods, and behold the beauty and power of the Divine all around you.”

The deity places his right hand into your chest, takes out the heart of the goddess, and hands it back to her. He then places your heart into your chest using his left hand. He places his hand over your heart and listens to it beat. He then speaks to your heart, but you cannot hear what he says.

The deity steps back. Bow to him. All the assembled company come up to you one by one to place a hand on you, to welcome you, and to congratulate you. The more that come to touch you, the more the hall lights up, until you see it is a higher octave of the gathering place. Where the scales stood is now a flame of pure power and brightness. Around the flame all the deities, sacred kings and queens, and Justified Ones circle the flame in a movement that keeps the inner worlds flowing.

Join them, walk around the flame, and as you walk, notice that the four thresholds do not have doors; rather they are gateways to the stars.

Now you must take your leave of this place. Bow to the assembled company, step back, and turn away. Open your eyes and come out of vision while part of you stays in that sacred place. Sit, stay awake, and wait for the dawn. If you are indoors then now is the time to go outdoors. Walk the streets, walk in a park, and go to a place where you can turn to the east to watch the sunrise without too much disturbance, somewhere you can be alone.

As the sun rises, greet the sun, then both with your inner and outer voices say:

“The light of life illuminates my way.”

Be aware of the light of the lantern at your left shoulder.

Say:

“The strength of life guards my way.”

Be aware of the sword at your right shoulder.

Say:

“Behind me is the cobra who protects.”

Be aware of the cobra behind you.

Say:

“Before me is the plain and narrow path which I walk.”

See the path open out before you. Touch the ground and thank the mother for giving you your life. Look up and breathe to the wind, thanking the father for the breath that sustains your life. Look around you and see the power of life in everything around you.

Now walk away to go home. As you walk, you will be aware of a presence walking beside you. You cannot tell what, or who, it is; just that it is there. Keep an awareness of this presence, as you will work with them soon.

Over the next few days, give yourself time to decompress if you can. Do not rush headlong back into life if you can avoid it; do the minimum you must for your life responsibilities, but each morning, as you leave the house to go to work or when you get up, spend a moment to look at the sky and the horizon, and inwardly utter the morning words to the power of Divinity that is all around you:

“The light of life illuminates my way,
The strength of life guards my way,
Behind me is the cobra who protects,
Before me is the plain and narrow path which I walk.
Thank you for everything that is around me.”

Task: Record-keeping

Write up your experiences in your journal, but not on a computer file. Keep it on paper, and keep it to yourself. Try to remember every detail, and should you remember something later then write it in the journal also. You will find the details very handy in the future.

QUAREIA

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