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# QVAREIA - THE APPRENTICE

Module 2 - Patterns and Maps in Magic  
*Lesson 8: Natural Patterns of the Land*

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BY JOSEPHINE MCCARTHY

QVAREIA

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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  
[www.quareia.com](http://www.quareia.com)*

*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*

# STUDY GUIDE FOR MODULE TWO

*A lot of the lessons in this module are about learning to execute certain ritual patterns (and you have two easy lessons with not much action). It is important that you learn each ritual in turn, learning the recitations by heart, and learning the coordinated movements.*

*Once you have learned a ritual and are able to do it properly, and have absorbed the lesson, you will have been instructed to repeat that ritual for a certain period of time. As you practice, you are also ready to continue on to the next lesson.*

*So your rhythm of study should be: read the lesson – practice the ritual movements and learn the recitations – do the ritual ‘proper’- set up a timetable to repeat it –start the next lesson.*

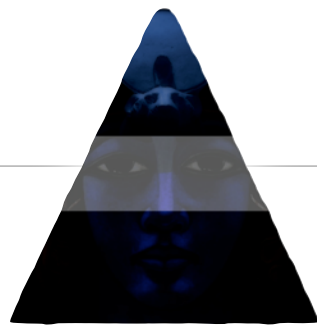


*So by now your magical training schedule should look something like the inverted pyramid on the previous page.*

*Each week you should be doing meditations, tarot reading practice, practicing rituals from previous lessons, learning new ritual/lessons, doing research or writing.*

*If you have a heavy work schedule and cannot commit to that type of a time frame, work at your own pace: the main thing is that there are things you do regularly, and that you are practicing the previous lesson while learning the new one, so that they overlap a little.*

*Above all, make sure that you stay in the sequence of lessons and do not hop forward a few lessons.*



# QVAREIA - THE APPRENTICE

## Module 2 - Patterns and Maps in Magic

### *Lesson 8: Natural Patterns of the Land*

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At this stage of the course you have looked at foundational ritual patterns, the magical elements, the natural local elements, and you have also worked with the foundations of visionary magic. Now it is time to pull these various skills together in order to learn how to work with the landscape, and with those beings within the landscape that are a part of the land upon which you live.

We will start by looking at what major features are on the land which surrounds you. If you live in a large city, you may find that these features are still there on the land, or you may find that you have to reach beyond the city to connect with them. When I say features, I mean rivers, lakes, hills, mountains, forest, plains, desert, caves, burials, etc. Some areas are littered with these features and some are not: some people live in cities surrounded by mile after mile of flat grassland, whereas others are nestled between rivers and mountains. Whatever surrounds you will have power and contact within it, and you need to learn what is there, even if it is hidden, so that you can engage and work with it.

Many magicians, particularly ritual magicians, fail to understand just how important these features are to their magical work: they operate in isolation to everything around them. This isolationist approach eventually limits the magician severely, as these natural features, and the consciousnesses

within them, play a major role in advanced magic. They can also become excellent co-workers in your magical work if your work is compatible with their existence. In return, the magician helps and works with the consciousnesses of these features to maintain a harmonious relationship between the land and the magician—it is always give and take.

To discover what is around you, you can use Google Earth, OS Maps or any similar software. How far do you look beyond your own home? How long is a piece of string! A mountain that is forty or fifty miles away is likely to have an influence on where you are, whereas a river a similar distance away is unlikely to have any effect on your immediate area.

To gauge what has an effect and what does not, draw out a simple map, marking the directions, and mark what is there in each direction: burial grounds, underground cave systems, hills, rivers etc. Go as far as you need to go in order to mark a feature in each direction and in the cross quarters. Once you have that map, then look up any local faery tales, myths, legends and old stories connected with any of those features or that focus on a specific area around you.

If you are lucky, you will find local legends about a cave, a hill, a river etc. and the tale will give you clues as to what is going on in that feature. Just be wary of taking the story literally, as they were often slanted towards a Christian agenda to warn people from connecting with what would have possibly been a Pagan site of focus. That is less common in newer societies like the USA, and more likely in old established societies in (for example) Europe.

And do not assume that a natural feature will connect happily with you: the land beings that inhabit these places are sometimes interesting and good to work with and sometimes they are hostile. Some features will have just the natural consciousness of that land and others will have more formed conscious beings whom you can interact with. So for example you may find an old tree that has a wonderful feel to it and that you can connect easily to, but it has no humanesque presentation or form of communication that you can easily interact with. Other times you will find features that have inner beings residing within or around them: land beings and faery beings often inhabit these places, and they will either work happily with you or they will be hostile to you, or a bit of both. Remember; you are treading into uncharted territory, so use your common sense. Even if a contact is mildly hostile, gen-

tle forays into communications can turn that around and you can still make enduring friendships: just be aware that some powerful beings always need to be treated with caution. It is like making friends with a tiger: don't do the Disney realm, use your brains.

Here is an example. When I lived in Tennessee, I lived near an area upon which was the Bell Witch Cave. This is a famous cave that is said to be haunted by a witch who would attack people. There are many famous stories about her. So I decided to go and investigate, introduce myself if it was appropriate, and see for myself what was there.

The first thing that struck me was the idea that the contact was limited to the cave was complete bullcrap. That whole area of land had a very strange feel to it. I went into the cave, went around the surrounding countryside, into the local graveyard, and just pottered about, trying to get a feel of what was there. The first thing I can tell you is that it is no witch that lives there—in fact, it is not human at all. And it was not one person/being. The whole area was inhabited by strange faery beings that were not overly impressed by humans and were mildly hostile.

There was also an overarching consciousness there, female, that had a similar feel to a deity, but it was not a deity: it was a powerful female land consciousness that was highly intelligent and did not particularly like humans, as they were disrespectful to her. This type of consciousness is often the foundational aspect of a local land deity, in that the form of the deity is a human-constructed interface that then allows the being and the humans to interact.

With a being like this, it is possible to open a dialogue, perform a careful exchange of gifts, and establish a mutually respectful and beneficial working relationship, so long as one treads very carefully and is always mindful of being respectful.

Sometimes the contact in a feature is very powerful and destructive towards humanity. Sometimes that is because of the behaviour of the humans in that area, or it can be because they are just not compatible with our species and tend to be either hostile or predatory towards us. Some just ignore us. You need to be aware of these types of consciousness when you work as a magician, so that you do not antagonise or confront them with your magical work. It is better to identify them, tentatively reach out to them in respectful friendship, and tiptoe around them as you work. After all, they have been

here far longer than we have and we are in their backyard, not the other way around.

If you are lucky you can fall across a consciousness within features that is very compatible with humans, is not hostile, and is very willing to work with you magically if you are willing to work magically for them on occasion. This can slowly build into a long-term working relationship that is mutually beneficial: they can provide guardianship, warnings about storms or large dangers, and they can teach you land magic, and they often become very protective towards you. In return you can take gifts (honey always goes down well with everyone), sing to them, move things for them, plant things for them, look after the creatures around them, or work in vision with them in various tasks.

So let's get straight to the practical work. You will work in vision and then you will go out on the land. So plan this lesson's practical work in a schedule that will allow you to visit at least one site within seven days of doing the visionary work. If you only have one feature that is dominant in your land area, work with that. If you have more, visit as many as possible in vision and then physically visit them in turn. You can also use these techniques to make contact with land powers in areas that you are visiting.

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## *Practical work*

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### ***VISITING THE SITE IN VISION***

The first step in this work is to go in vision and connect with the site. Sometimes, it is better to visit physically first, but there are many techniques wrapped into this lesson which would dictate that you work first in vision before you visit the site. You will learn why as you go along.

This is your first real foray into vision work in this course. Learn the steps in the vision like a story until you know all of the steps and points of contact; then do the actual vision itself. Do not second-guess yourself or try to prove anything to yourself, just work in your imagination, which is your tool to interface with beings: through your imagination, you will learn to use your mind as a form of communication and as a form of travel. Don't worry



that it is ‘all in your head’—you will become aware at some point in your vision work, now in this lesson, or in a future lesson, that you have broken through into working outside of your own sphere. Don’t force that, it will come in its own time. Don’t intellectualise over things or try to self-limit—learn to let your imagination take the reins.

Get the map you have drawn of your landscape’s different features. Mark out the directions, and also mark on the map what the localised elements were that you found in your lesson on finding the gender and elemental powers in your local area. Look at this mix of information and see if anything strikes you about the relationships between the features, the gender and the elements.

Ensure that you have time and space to work without being disturbed. As an experienced magician you would either just sit and do the vision, or you would go to the site, sit down and visit in vision while also physically there. But we are going to use a method that is important for you to learn and work in a way that builds magical muscle: this is not just about doing something, it is about learning a specific skill set.

Choose the first place or feature you are going to visit, and know which direction it is in relative to where you live. Have your map with you and place it before you. Work in your ritual space, with the four directional altars (no centre altar for this), and start by lighting the directions and opening the gates. When you have opened the gates, do the pentagram ritual to tune yourself and the space to work.

Now sit down in the centre of the directions. Close your eyes and do a few minutes of stillness meditation until you feel ready to work. You are now going to work in vision, similar to the exercise you did in module one. This is called visionary work: it works through your imagination. Before you start, with your eyes closed, imagine yourself looking at the map. See if anything stands out: is there a bright spot? If you do see anything, just file it away in the back of your mind and when you have finished your vision work, mark down on the map what area lit up.

Now see yourself stand up out of your body and walk to the altar that is in the direction of the feature that you are going to visit. Bow before the altar and then see yourself walk through the altar to the threshold of the gate.

Stand on the threshold of the gate and declare (in vision but also use your physical voice, with your eyes still closed), I am going to visit X (mountain, river, whatever) with the intention of paying my respects and introducing myself. As you look through the gates, see the land outside your house that is in the direction of the gate you are stood in and the direction you intend to explore. Step through the gate and find yourself outside your home. Set off walking in the direction of the feature you are going to visit. If it is a long way away, don't worry about that, just keep focus on the place that you are going to.

As you walk and look at the land, houses, roads, whatever is around you, you notice that they slowly start to fade away as you walk, and nature takes over more and more. You walk and walk, and find yourself walking in a changing landscape, where the footprint of human habitation and farming vanishes, and the land takes on more and more of its primal nature.

You may find that you have to climb over rocks, or push through brambles, dense undergrowth or high grass, or swim through water that is not normally there. Nature seems to make the path hard for you and you struggle to get to where you are going, while keeping a constant focus upon your destination. This period of walking may take some time: look for creatures, birds, animals, insects and anything else lurking in the shadows as you walk, but do not stop, do not be diverted from your path: stay very focussed as to where you are going. Do not rush this part, take your time.

When you finally get close to where you are going, stop for a moment and look around. Take note of what is around the feature, what other land features are there, or any animals; anything that catches your eye. Now look up. Even though it may be daytime, you can also see the stars. One or two particular stars may catch your eye. Look at them for a moment: they are connected to the land feature you are about to connect with. Keep an awareness of those stars as you continue to walk.

Take a few steps closer to the feature and kneel down. Place your hands upon the ground so that they sink into the earth. As the land feels you out, tell the land who you are, where you live, who your family is, and what your intentions are: to learn, to connect, to be respectful and to serve if that is needed or wanted.

Now kneel closer to the land and place your forehead upon the land. Be still. Listen to the land by feeling through your emotions and imagina-

tion. How does the land feel about you being there? Take your time, and just allow your own spirit to feel into the land, and for the land to respond. You may or may not get a response. Now get up. Start walking again towards the feature and sing as you go. Sing a song you remember from childhood while also keeping your mind fixed upon the feature ahead of you.

Something or someone steps out of nowhere onto the path before you. This is the guardian of the site. Do not try to form the image in your mind. It may be very clear or it may just be a feeling. Don't try to force anything, just let the contact be itself. Again, repeat your intention: to make contact, to be respectful, and to be of help if it is needed.

The contact will come right up to you and check you out, or if it is a strong contact, they may ask you questions. Just answer truthfully, always. The contact will then either tell you to leave, or will guide you forward. If they tell you to leave, go straight back the way you came until you see the gate into your room. You will have to try again with another feature.

If they lead you forward, walk with them and answer any questions that rise up in your mind. When you reach the feature, and the guardian stands to one side, you will find yourself before the feature, and out of the feature will come either a human or animal type shape, or you will simply get a sense of a conscious energy. Tell them about who you are, and use images in your mind to show them that you are trying to learn how to live and work on the land as a responsible magician.

When you have done that, wait for an answer, which may come as a conversation or as thoughts/feelings/senses. When the exchange is over, do not go into the feature, even if you are invited. Politely decline, and thank them. Tell them you will return in your body soon and that you will bring gifts. Bow, turn, and go back the way that you came. Retrace your path until you see the gate before you that you stepped through.

Step through the gate and through the altar. Stop and look back; you may see that either the guardian or another being has followed you. Bow to them, then go back to your body and sit into yourself. When you are ready, open your eyes. Write down everything that you saw, using a computer, and what impressions and interactions you had of what happened. Once you have done that, go back to your ritual space and go around the directions, closing them all down except for the direction that you visited. Blow out the

candle in that direction, but see the gate stay open. Within a week of doing this work, as soon as you can, go and visit the site physically.

### ***VISITING THE SITE PHYSICALLY***

When you are ready, it is time to go and visit the site. Take with you gifts of honey, chopped up fruit (like grapes or apple chopped into small bits) and take a pin to prick your finger. Leave your phone in the car or turn it off—work without distraction.

When you get to the site, take your time walking about it to get a feel of it and also to allow the land to adjust to your being there. Find a spot where you can sit and not be disturbed. Still yourself and sit quietly. Just listen and observe nature around you: watch the birds, insects, spiders etc. all doing their work.

Once you are nice and quiet, remember the guardian and retrieve the image or feel of the guardian: focus on the guardian and on no other thoughts. Ask permission in your mind, and also using your voice, to make contact with the spirit of the site/feature. Observe any changes around you, any birds, insects or animals that appear around you, and be respectful to them (like don't squish a spider that appears at your feet for instance), as they are all children of the site.

Close your eyes, and retrieve the sense you had in vision of being before the spirit of the land there. Once you have a sense of that being, or can imagine a shape or image for that being, then once more introduce yourself. Take the pin and prick your finger. Squeeze the blood onto the ground and once more tell them about who you are, and who your family is. They may or may not appear to you in vision; don't worry if they don't, but if they do and you get a sense of their power, and what they are, ask if they would be willing to let you learn how to work with the land as a magician.

If you do not get a visionary connection, don't worry, sometimes the first connect works in other ways, particularly if you are not yet skilled in vision work. Sometimes it is just a feeling, sometimes it presents through the birds and creatures, or the wind.

Get up and find a safe place to scatter the fruit bits and to pour the honey. The fruit is for the birds and creatures, and the honey is for the being/land. Speak out loud, saying that you wish to learn how to work with

that land and that you are willing to help the land/spirits in any way that you can.

Move away from where you put the gift and have a wander around. Watch the ground for an interesting stone or a curious stick: if there is something there for you to take away and work with, it will stand out for you. At this stage, various different things can happen (and take your time in this place, don't rush around, often the contact needs time to unfold). You may find an interesting stone, stick, bone, or feather, or you may come across an injured creature/bird which is presented to you for help. Or you may have an encounter with a bird, insect or creature: these are all different subtle ways that the land can reach out to you.

I have had times when virtually nothing happened, and other times where astonishing things happened. It all depends on the power of that land, the willingness of the contacts to communicate with you, and whether there is a need within the land spirits to connect with a human magician. As you wander around, pick up any trash that you find. This is a really powerful thing and is something very few magicians think about.

Trash can sometimes be annoying but harmless; other times it can devastate an area in terms of damage to wildlife, and physical objects are not things that spirits can pick up, but humans can. The simple act of taking a bag out with you and picking up trash whenever you find it is a major service. This simple act tells the local spirits that you care and are willing to maintain an area.

Visiting a site regularly and picking up trash, and leaving food for the birds, are all simple, undramatic actions that you can take which make a big difference and are a form of magical service to a land. Later you will learn ways of working magically to help an area be properly maintained energetically, and this in turn will lead to friendships with local beings who will work magically with you.

When you have finished your visit to the site, (stay a while, sing to the land, hang out, lay down and sleep, or just wander about) keep a dream diary over the coming days and weeks to see if the spirits of the site reach out to you in your sleep. Sometimes you get very clear communication dreams; other times it can trigger strange dreams that make no sense. Don't worry about that, just write them down and keep a record that you can go back to in the future.

Learning to connect with the nature around you is a very powerful and ancient magical working method, but because most humans have been cut off from nature for so long, it will take time to re-establish lines of communications. Take it slow and steady. Adopt a site, go and visit regularly, hang out, watch the birds, let things talk to you, and slowly build a relationship with it.

When the time is right, which could be straight away or may take time, the land spirits will slowly start to connect with you and show up in visions, magical workings and dreams. Birds will come and visit your home, and things will start to change around you. Sometimes if the site is very powerful you may get quite immediate communications and a shift in your early magical work. Whichever way it goes, just go with the flow and use your common sense.

If you come home with a feather, stone, stick, bone, whatever, place it on the altar of the direction that the site is in. Don't place them according to the pattern of magical tools (stick/south, feather/east), because they are not magical tools; rather they are gateways to contact.

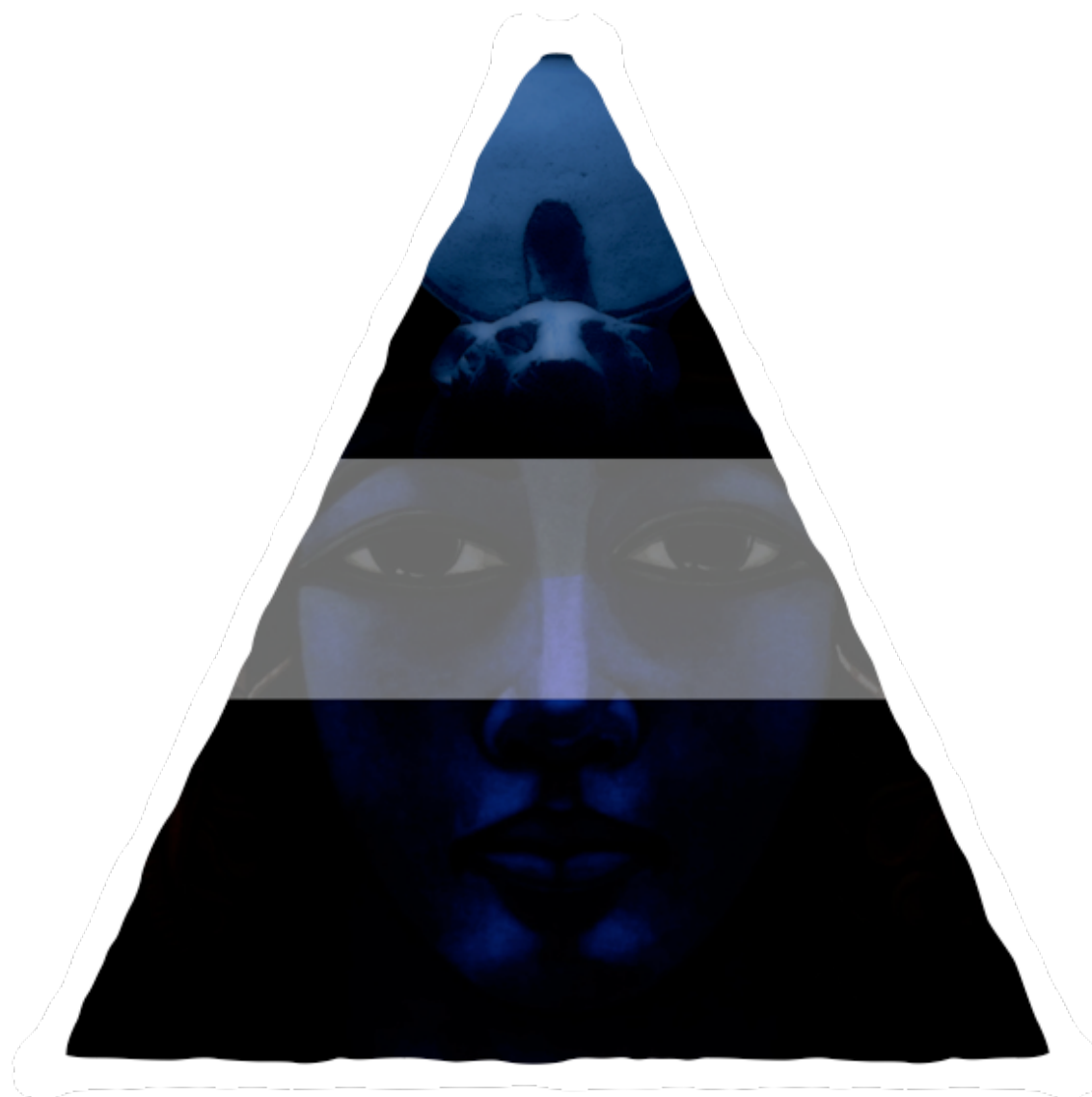
Through the object, you can maintain a thin line of connection to the site, and by having it on the altar when you work, it will alert the land beings at the site that you are working magically, which in turn will let them know that you may be someone worth working with. You can use the object as a way to strengthen the contact if you sit with it in your hand during a meditation. You can also use it as a focus to continue visiting the site in vision.

Visit the site in vision once a month, usually near a full moon, using the same pathway that you used in the above vision. Go, say hello, ask if there is anything they need, observe, listen, communicate, and then come back. Don't go and dump on the site by telling them your problems, or asking them stupid questions (can you tell me about god, or how to get power). And physically go to the site once a month or more, clean it up, hang out, take gifts, and just chill out.

Eventually you will learn to step into the inner magical realm of these land beings and commune with them directly in a powerful way. You will also learn to work with the creatures of a site, learn how to look through their eyes, to read the weather from the way the land and creatures act, and that in turn will teach you how to work with the raw elements of nature as magical tools and co-workers.

I wrote a book specifically about nature magic called 'Magic of the North Gate.' This might be a good time to get that book and read it. It goes into depth about various ways of working with nature, and I will not be repeating those methods in this course (as there is no need to, it is already in the book). Instead the course will look at nature magic from another angle, so that, along with what is in the book, you will get a whole tool kit of nature magic techniques.

Keep good records of your interactions and experiences with nature, and these notes can be on computer, it is not necessary for these to be handwritten.



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## *Module Two Summary*

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By now you have learned the base foundation skills of ritual, tarot, vision and patterning, and you should be practising these skills regularly. You have also begun the process, through writing a journal, of learning how to use your hand to transfer power into a sigil or a word. These baseline skills are a rock that you stand on in magic.

Magical training is not about learning an endless ream of rituals and incantations, nor is it about owning tons of grimoires: that is the sign of not knowing how magic works. In reality, the magician has an understanding of base structures and techniques which is often not a large base, but an important one. From there, the magician learns about all the different powers, beings, realms and actions which inform them about which base techniques to use when, where and why.

This module that you have just finished taught you about basic patterns and how they work. From that understanding, you will slowly learn how to construct your own unique working patterns that are individual to you, but most importantly, because you are learning the actual nuts and bolts of patterning, any pattern you do create in the future will work and will work well.

The next module is about deep inner powers. It might seem an early point in training to introduce these powers to you (don't worry, you will not be dipping your toe into the magical depths yet) but without an understanding of these power dynamics you will not fully understand some of the magical techniques that you will learn in modules four and five.

You will be introduced to these powers of creation through reading the texts, and then by applying various methods of engagement that work from the baseline of the physical world of your own life before you later go on to learn how to engage with them directly in the depths of the inner worlds: that is the work of an adept.

Make sure that you have by now established a rhythm of work, in which you are practising the rituals and techniques that you have already learned and that you need regular practice with, while also studying a new lesson.



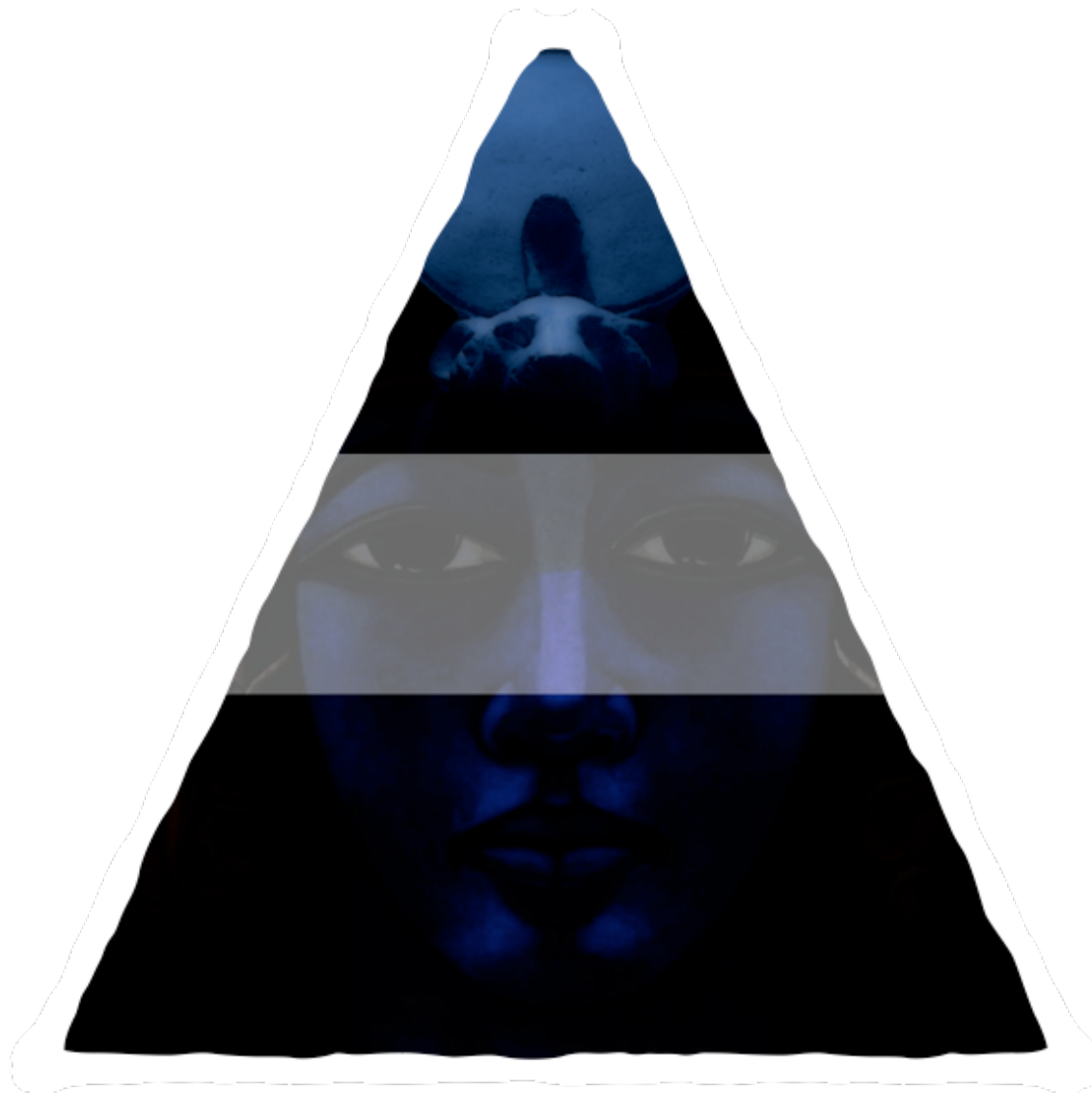
If you are getting to a stage where questions are arising for you in your training, do not seek to find answers from me or anyone else. Simply write down those questions and think about them. Come to your own solution and conclusion for now, as you really do have to learn to make steps, decisions and discoveries (and mistakes) on your own.

Well done for getting to here and not giving up. Practice your rituals until they are second nature: you will need that skill in the work that is to come. You are making major leaps, probably without realising it, and while you are learning those base techniques you are also learning how to mature as a spiritual being. Well done!

QVAREIA

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