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# QVAREIA - THE APPRENTICE

Module 10 - Understanding Destruction

*Lesson 4: Dealing with Destruction I*

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QVAREIA

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# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

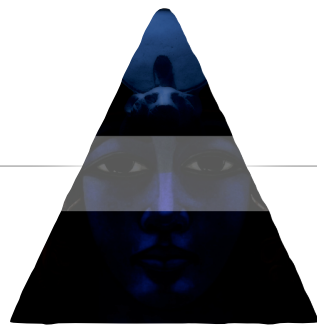
*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.*

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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*



# QVAREIA - THE APPRENTICE

## Module 10 - Understanding Destruction

### *Lesson 4: Dealing with Destruction I*

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You have looked at the idea of destruction, and at deities and angelic beings involved in destruction. We have also touched on the complexity of understanding destruction. Now we have to look at destruction from two opposing viewpoints: the beginning of destruction i.e. its release from Divinity, and how it works for you as an individual magician. This will give you an insight into the very beginning of this power pulse, and how to look at and deal practically with destruction in your life as a magician.

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#### *The Beginning*

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The root of God, or as deep as we can go and still understand while we are alive, is a consciousness that pulses out energy. This energy is then converted, by interacting with different powers in the inner worlds, into life, death, creation, and destruction. When we look at it at the root, destruction is the same energy as creation; it is beautiful and an expression of Divinity manifesting itself.

It is not a man on a throne with long white hair, a white robe, and cool sandals. It is not a power that has emotion or that micromanages our lives. All the forms of power that we experience as good and bad things, life and

death, are powers mediated over the threshold to us by angelic beings, deities, and so forth. In a true mystical sense, we are all God, and everything that happens is God: it is a power, not a person. Think of it as light hitting a prism. On one side is a beam of pure white light hitting the prism, and on the other side is a myriad of refracted colours. Divine consciousness is the pure light, the pure power. The inner structure of the desert (the inner landscape of the manifest word, with all the angelic beings acting as filters) is the prism. And the many colours are the created world.

When as an adept you stand in the inner worlds and watch this pulse of power travel down through the desert, being changed and formed by the angelic beings that filter it, then you will see destruction and creation in all its beautiful, unformed glory. Until you get to this point of direct experience, just understand the basic dynamic: God does not micromanage any more than the electricity flowing in your house decides whether to electrocute you or simply run the fridge. It just 'is.'

So when people cry out at a disaster 'why did God let this happen?' God didn't: deities and angelic beings did. And ninety percent of disasters are a matter of cause and effect, being in the wrong place at the wrong time (earthquake, tornado, etc.), or the results of human error (plane falls out of the sky because the engineer forgot to service something). Magicians can dodge some of these by being forewarned. But please, work hard to get the programming out of your head that there is a supreme being who plays chess with every aspect of everyone's life. Yes there are dynamics that do work like this, but they are not directly connected to Divinity.

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## *The Personal*

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Once you get over the idea that a supreme being is micromanaging your life and smiting you every five minutes, you can start looking at the beings that do involve themselves. We have looked at some of these beings and their actions in the bigger picture of creation and destruction. But like everything, we are back to octaves and layers within layers of fate and magic, action and reaction.

I have said before that when you step into magic, things come right into focus. This is very true. Things speed up, and the deeper you get in the mysteries, the more you come into balance, and the harder the challenges you will face: this is the magical dynamic of the grindstone polishing you.

Your two feet carry you through this world, and as a magician, the grindstone and the threshing floor are the two angelic powers that interact most with you and your life events. If you are aware of this and you work within the dynamics of these two foundational powers in your life, it changes dramatically who, what, where, and how you experience life.

So let us look at this in practical detail so you can understand it and therefore engage with it. This is important (yup, ‘that’ statement yet again): if you wish to progress to adeptship and succeed—and indeed survive—magic, these two feet, these two dynamics, must be fully understood and integrated into your life.

Before we get down to basics, the everyday manifestations of destruction, and how to work with it, here is a mystical aspect of it to connect to your magical ritual work. Feet. The left foot is the grindstone, as I keep telling you. It is the foot that carries you into the future, that walks you along the hard path to brilliance, and the foot that carries you forward on the mystical road of the adept.

The knowledge of this ‘key’ can be seen in ancient Egyptian paintings and statues. Most of the kings and gods have their left foot forward; striding in Ma’at into the future, the grindstone taken willingly as the limiter to the hand of the king. To create a future, to be successful and victorious, the left foot is forward. This tells us the power the person or deity depicted in the sculpture is working with.

In judgement, in death, and working with the scales, the threshing floor becomes the dominant foot position, and the right foot goes forward. It is also the right foot that takes the first step into death. This subtle key is seen in a lot of ancient depictions where the feet and hand positions tell us about the role of the person being depicted. Let’s have a look.

Here is a picture of two deities and a king. Note that they all have their left foot forward, as all concerned are striving for a better future, a powerful future, and one that serves Ma'at. This picture shows Ramses III with Set and Horus upholding the power of the king and blessing his reign. Note they all have their left foot forward.



Also, the pattern they create with their feet and hands is an aspect of a pattern that can be observed when working in the magical construction of a sacred building. The two archangelic beings upon the inner sacred structure appear to stand in a similar position, with their left feet touching each other to create the path and their hands coming together to show the two sides of the scales (limiter/left, unraveller/right).

Now have a look at this one. Djehuty is the main player in this image and notice which foot he has forward. Keep in mind this deity is heavily involved in the inscriptions upon a person's 'Book of Life' and works with the scales of judgement. Anubis also has his right foot forward as he is the one who measures the harvest on the scales.





And also on the image below. In this picture, Djehuty (Thoth) is depicted as passing on inner knowledge/utterance to the king, while holding the staffs of the two kingdoms. Notice his right foot is forward. This is judgment in life: he has been judged and found worthy. This wall depiction is found at Abydos, a ritual centre that upholds the Osiris mysteries and as such is the centre for the mystical training of the sacred kingship. Also notice the shepherd's crook, as the king must tend to his flock, a king who will have gone through the initiation of the underworld mysteries. Sound familiar?

The ritual use of foot positions is important to understand. When you are a magician and the shit hits the fan, these keys often turn up to tell you what is actually going on under the presentation of apparent destruction. Keys and symbols will often turn up around you to give you guidance and tell you what is actually happening.



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## *Destruction in the everyday life of a magician and how to handle it*

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In the industrialised world, we do not have to confront horrific destruction on a daily basis—unlike someone living in a Third World country. This frees us up and lets us forge forward in life in a creative way. What we as a species have not yet figured out is that uncontrolled creation can trigger destruction. In our modern world of free market economies and the drive for constant growth, we have not yet understood that such constant growth is heavily unbalanced and will trigger and is triggering destruction: our destruction.

The current media is overwhelmingly full of articles and news reports about climate change, dwindling resources, freaky weather, drug resistant diseases, etc. With this also comes fearful reports that we are destroying the world. No, we are not destroying the world; we are destroying the environment currently conducive to our survival—there is a difference. And we also think in terms of the whole world's population when the reports say 'we' are doomed. No, the industrial world is doomed, and we will take down other communities with us, but as a species we will continue, at least for a while. The planet is very good at shifting and adjusting to destruction: it is the species who live on it that have a problem.

We focus on this large picture while totally ignoring the day-to-day destruction around us; we become paralysed in the fear that there is nothing we can do about it. But there is. How you live your individual life as a magician is deeply important not only in terms of your own development, but also in terms of the magical effects that ripple out to everything around you.

If you learn to keep the balance, by working with creation and destruction in your own life, this magical dynamic effects change at a deep level far beyond the individual human: it is like a homeopathic catalyst which nudges everything. This dynamic is at the root of the dynamics of 'saviours' in various religions and mysteries.

Let's have a look at everyday destruction in the general life of a magician, then look at the deep dynamic triggered by the magician in response to how they tackle that destruction.



No life can be lived in perpetual creation. But religious bribery (pray and do as we tell you and life will be good), Hollywood movies, and collective wishful thinking program us daily to think that if we behave and strive towards certain New Age ideals, our lives will be constantly peaceful, happy, wealthy, and disease-free. It astonishes me that grown, educated adults can still think that way. This attitude has also seeped into magic and has birthed the idea that if you do magic to get what you want, you will be rich, cool, and never suffer anything. This is a Disney fantasy that plays on people's fears and makes money for the unscrupulous. You cannot create a constant 'nice life' in magic any more than you can stop the sun rising. You might be able to do that for a very short time, but it will soon unravel purely due to the power dynamics.

As a mature magician, you will have to realise that the deeper you go in the mysteries, the more focussed the lens of fate, energy, and power dynamics becomes. It's like a trap in a way in that it filters out those who are becoming imbalanced, but it is also a gift because although the 'bad' can get sharper, so can the good, and the 'bad' hones your skills. It's a bit like a computer game: the more proficient you become, the more hurdles you have to jump, and the more the stakes go up for both good and bad.

So what does this mean for you? How you handle the various presentations of both good and bad in your life will decide how you develop as a magician, how you develop as a human being, and how much you affect the world around you. The same dynamic applies to creative and destructive events: how you handle these events, which you choose to go through and which you choose to avoid are all steps in your magical training. And for the most part, you do have that choice: this is one of the things that defines you as a magician: your human gift of choice becomes vastly amplified and brought right into focus.

A lot of the things you have been learning, particularly in the first couple of modules, are deeply connected to the roots of that magical choice. Making a choice to face or dodge a destructive situation or energy might sound simple, but it is not. It is very complex, which is why it is such an important part of magic and the magician. Maybe it would be easier to give examples and anecdotes so that you can see the complexity of the dynamic in action.

When a magician first starts training, they are taught how not to hang on to things and to sort out their own destructive behaviour by looking at themselves and their actions in the cold light of day. You have already started this process. The next step is to learn that destruction is not always bad and can often serve a creative process. This you have also begun to understand. Then the magician has to learn to differentiate between necessary destruction and unnecessary destruction, first out in the world, and then in your own life. That is the stage of training that you are at now: it is easy to look at necessary destruction out in the world, but it is much harder to face it on your own doorstep. The final test of that will come to you as an adept. The preparation for that test begins here, in this lesson.

When you engage with magic, your fate speeds up and comes into sharp focus: you are no longer a victim to fate and events; rather you become an active participant and eventually the conductor of your own 'orchestra' of fate. Like an orchestra, the conductor does not play all the instruments themselves, and they cannot fully control every single musician, but they can act as an overall guide and limiter to the sounds produced. How you react and then engage with each creative and destructive force in your life defines you as a magician. As you become more skilled, so more ingredients are added to your fate. The higher your skill level, the higher the level of energies you have to deal with for good and bad.

For an ordinary person, when destruction visits their life, they respond according to their previous experience, their personality, their culture, and their upbringing. Sometimes this mix is such that they are well prepared for destructive events and more or less take them in their stride. Others are more set in their ways of dealing with problems, and they become rigid but frail stems that are broken in the high winds. As my mother always used to say, 'learn to bend with the storm, and you will not break': as a young person who was frequently visited by storms, it was an excellent bit of advice.

For a magician, when destruction visits, be it divorce, injury, loss, poverty, violence, bereavement, the first step to take, that defines you as a magician, is to ask: 'is this necessary?' This is a very hard question and it is rare to get a straightforward answer. However, the early training of a magician prepares one for this question.

At the very beginning of your training, you learned meditation and the development of inner senses. These two skills are vital in magic and they are

not gained quickly: they take a long time, often years to properly develop. But once that path is being walked, you gain a companion. That inner companion will silently guide and nudge you, so long as you live up to your side of the responsibility.

Say, for example, you get fired from your job and you live pay check to pay check with a lot of financial responsibility. In such a situation the loss of your job, if you cannot walk straight into another one, is a disaster. The first step for the magician here is to stop and be still. In that stillness, the magician searches within themselves, looks truthfully at themselves, and asks, “did I trigger that through my own actions?” If the answer is yes, then you have a choice. And it is again, not so simple. Sometimes, even though it brings disaster, it is the right choice as a magician. Here is an example from one of the various self-inflicted potential disasters in my life (I always learn the hard way), but in this particular instance the disaster would have been not taking destructive action. By being destructive, I avoided being destroyed.

I have never had a long, straight unbroken career that has earned me a decent living, as magic has moved me around so much and put me where I needed to be at any one time. One particular job I took was a truly shitty job, but there was no choice for me at that time to find anything better. It was a red eye shift in a busy upmarket coffee/café from 5am to 3pm every day, six days a week, and it was one of those cafés where everything you did was timed by a beeper: there were no breaks, it was minimum wage, and the boss was a total nasty misogynist asshole. My life was ruled by a beeping alarm that constantly told me I was not working fast enough.

The manager took great delight in taunting me every day, and the clientèle were the sort of people who treated staff as less than human. As the months rolled on I became more and more depressed. I had no time to do anything except work and sleep. But I could not find another job and I had to provide for my kids. There was no magic in my life, there was nothing, just work, and I was not a young chicken by this time. My body began to rebel against the long hours and the two hours of commuting each day. I was feeling very sorry for myself and I could not understand why every road I tried to take to get out of this hell was blocked to me: I could not run away as there was something I needed to ‘get.’

The more I felt sorry for myself, the more depressed I got and the more subservient I became to the nasty boss and the arrogant clientèle. It made no sense to me and I felt totally abandoned by the inner worlds.

Then one day a customer came in who was the straw that broke the camel's back. It was 7am, there was a long queue out the door, all the beepers were going off, two staff had not turned up for work, and the manager was sneering at me (rather than rolling up his sleeves and helping) and calling me names.

A woman came to the counter, threw coins on it, and said 'latte.' She spoke with her back to me after giving me a very dirty look. So I stood and looked at her. She looked back with a questioning and very disgusted look. I said, "magic word?"

In that moment I drew a line in the sand. I would not serve her unless she said 'please.' I decided then and there that I was no longer willing to be the whipping boy for everyone else's bad day, and that as a living breathing human being I had a right to some semblance of humanity. I was willing to work hard and make sure that everyone had what they wanted, and with a smile, but not at the expense of my humanity. The feeling was overwhelming and although my common sense was asking me what the hell I was thinking, my inner instincts were saying, 'yes!'

The woman started shouting at me. I had been working very hard to always keep my temper down, to be passive (such jobs instil passivity in you if you are not careful) and to smile in the faces of rude dumb asses. But no more. I refused to serve her unless she said 'please,' simply because for the last few months this woman had come in, thrown her money down, and barked an order with no clue that a human was standing in front of her. Of course the manager swooped in and fired me on the spot. I had never felt so relieved to get my coat. On the way of out, a book caught my eye (we had a book and magazine rack in the café). It was *My Left Foot*. As soon as I saw that, I knew I had done exactly what I was supposed to do.

As I got nearer home, it dawned on me that the rent was due in two weeks and I would not be able to pay it. But something deep had lifted within me. Something not only psychological had happened, something magical had happened: I felt a huge inrush of magical energy and suddenly all the inner contacts who had been so silent were chattering again.



Instead of going straight home, an inner contact guided me to drive to a street near our apartment. A local restaurant had a job sign in the window, so I pulled over and went in. I got the job (pew). That job, though it was also very long hours and for very little pay, led me to the next step of my magical path and also the next stepping stone on my fate path.

The magical energy that outed when I quit my job flowed out into the café I had just left. Within two months the place had closed and the manager became unemployed. (I bumped into him serving coffee on a street stand—talk about karma!!) But it also did something much deeper. The situation taught me many lessons that I needed to learn, and that job was the only place I could learn it. I was stuck there until I got it. My lesson was multifaceted: to never ever give up my self-respect, ever; not to accept unnecessary injustice; and above all, to understand that there are many people trapped in jobs that are soul-destroying and which trap them in a continuous cycle of drudgery and poverty. I escaped; many do not. Before that job I knew it intellectually, but now I had some first-hand experience of the hell many people have to live in for decades: it was a major wake-up time for me.

That brought me down a peg or two and also taught me that when I come across people trapped in such situations, a bit of patience, kindness and generosity can change a person's life a little, or at least make it a bit more bearable in that moment. It also showed me where, on a day-to-day basis, I could be of magical help.

Whenever I go to such a place now I look at the staff. Some of them are young people who are using the job as a stop-gap while studying. For them it is a good experience and teaches them about the real world. But when I see someone obviously trapped in that scenario for the long term, I mediate magical energy into the physical money I leave them as a tip so that they will have the fate energy they need given to them to help them towards triggering a more humane and creative life. A smile and a kind word also works wonders, and costs nothing.

That story is not one of total disaster, but it could have potentially been such (we were very close to living on the streets at that time). But it is a common scenario, all too common, and it shows that you will be held in an unpleasant situation until you get the lessons, and that you also are sometimes responsible for taking the risk to break out of the pattern. If I had walked away from that job simply because it was poor pay and long hours, it

would not have had such a good ending. But taking a stand against a small bit of injustice caused an energetic shift that enabled a cascade of threshing floor power to flow into the situation. That power worked efficiently to balance a few different scales all at the same time. And now that I have that experience behind me, when I walk into a situation where I can see a similar thing happening, I mediate the power of the threshing floor into that situation on behalf of those who cannot do it for themselves. It has become an aspect of my magical service. Without that experience I would not have discovered that I could do such a service.

I went on to do other waitressing-type jobs and in each one I was able to practice keeping my boundaries, which served me well. But the more important thing is, and pay attention to this: by learning your boundaries and such skills/lessons in everyday life when you are under pressure, your magical boundary-keeping skill also strengthens a thousand fold. Every skill you learn in your everyday life is mirrored in your magical existence, and vice versa. I had not realised that before.

Up to that point I had always separated magical learning from daily learning and not realised they directly fed each other in a powerful way. After that firing incident, I had a year of living in a tough city working in the slum cafés (practice for my boundary skill). Once I had gotten the lesson properly, I was released from the city and was guided, through quite powerful magical intervention from the inner worlds, to go and live in a beautiful and powerful place. Before I could go there, I had to learn the boundary lesson. It is easy to establish personal boundaries when life is okay. It is much harder to do so when you are in a very powerless situation. By going through the experience and then getting to practice it, I was able to move into a landscape teeming with powerful inner life.

If I had not learned that lesson, I would not have survived that landscape. Nor would I have been able to draw from that land all the learning that I did. So I was placed in a position where it would be shoved in my face until I got it. I would not be able to move forward in my magical development or my everyday life until I got it. If I had not gotten it, that would have been the end of my magical path of development, simply because it would have been too dangerous to take any further steps forward.

But I did learn. It did take me another year to realise that it had also matured my inner magical boundaries and given me the skills to deal with

bigger, nastier, more destructive beings. Instead of reading/studying magical methods, which is a part of magical training, that year I learned that a large percentage of your real magical skills are taught through life events, not magical events. That understanding was a major turning point for my everyday life and my magical life. I learned to embrace the destructive and difficult scenarios and walk into them head on, as I knew from direct experience that they were there to train me in something magical. That in turn changed how I approached my everyday life and the challenges I faced, and it also profoundly changed my magical practice.

That event was thirteen years ago. Since then I have learned more magically than in all the 20 years before it, simply because I figured out the connection between life events and magical development. I had learned the lesson of the limiter at a deep level, and I had also learned how by breaking away I unravelled an overall unhealthy and bad situation: by breaking free, I mediated destruction to the business that was unbalanced.

And this takes us to a dynamic that is crucial in magic: if the magician learns to manage their own small bouts of destruction, the bigger beasties have the fire taken out of them.

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### *Minor destruction as a pressure valve*

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If you learn to spot power dynamics in action in your own life, and take focussed action with the minor disasters and destructions, you do not get a build-up of major destruction hitting your life. It also teaches you, as a magician, how to create and work with ‘flak’ that diverts destruction when needed.

A magician uses good and bad situations in their lives to hone their skills and to grow stronger. If you do not deal with the small destructions they get bigger, as the destruction itself is an unmanifest energy. If you deal with it directly each time it flows, and you use it to achieve something, you end up converting that disaster into a stepping stone and educator. If you do not deal with it, each time a destructive pulse releases into your life pattern, it builds and builds until it forces a release. That release manifests as a major destructive incident in your life.

Once you learn to spot the build-up and engage with it, it releases with minimal damage, and each engagement teaches you something about power, about magic, and about yourself. Once I learned this lesson, I then learned to stop being a victim to the various disasters that washed up on the shore of my life and learned to engage each one as it appeared, work with it, and draw as much skill as I could from it. The more I learned this lesson and the deeper I plunged into the inner worlds, the more skilled I became in my magic.

On a practical level, it translates as follows: pay attention to your life and the things happening around you, even the small things. When a situation becomes unbalanced, deal with it straight away, regardless of what it is and no matter how hard it seems. This takes the fire out of any build-up. Think of it like car tires. When they get worn, you replace them. If you don't and they get completely bald, and then you have to drive in very bad weather, odds are you are going to have an accident. If you attend to things when they first appear, this scenario does not happen. The same dynamic applies to health, relationships, work—everything that affects your life in any way. Learn to manage your everyday events, and this will in turn teach you on a deep level how to manage the day-to-day inner power tides.

And if total disaster still hits, you will know it is not a build-up and is therefore likely to be a storm you have to weather for a reason. In which case you approach it the same way: it is a door leading you to a better, stronger landscape.

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### *Deciding what to ride and what to avoid*

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By taking action or moving into (rather than running away from) destructive dynamics, you acquire magical skills as well as life skills: they are truly entwined. The key, as I said before, is to know what destruction is necessary, and what unnecessary destruction can be side-stepped.

There are a few skills that come into play when looking at a situation in order to assess whether you have to ride it or dodge it. The magical skills were in your very first lessons: inner senses and tarot. The life skills are truthful self-reflection and trust.



If a sudden unexpected disaster happens that is very destructive, like a major car accident or a partner dying, there is obviously nothing you can do to dodge it as you didn't see it coming. And there is an inner world dynamic that if a disaster has to happen in your life in order to progress your fate in a direction, then no matter how psychic or adept you are, you are unlikely to see it coming.

There is also another dynamic that plays out in such a situation, and that is one of drive. If you are stepping into, or are immersed in a very destructive situation, but it is really important that you go through it, you will feel a powerful drive to continue on that destructive path no matter what. No one will be able to divert you or reason with you.

This is not the same as a mentally ill person on a self-destruct highway, nor is it the same as a parasited destructive urge. Knowing the difference is a magic skill which involves knowing yourself and using your inner senses. If you still yourself and look at yourself clearly, you can see if you are being driven by your wants, ego, or something unhealthy. If you are on the right path no matter how destructive, a strong sense of it being 'right' will flow through you. The other thing that often happens in extreme circumstances, particularly with magicians, is that inner contacts will come close to you, and often signs will appear around you to show you that no matter how tough or dangerous it is, you are on the right path and that you are not alone. Taking that step forward will release a lot of build-up and an inrush of creative energy will come in to uphold you.

But there are many destructive situations that we need not deal with, or which if we vent them will prevent a build-up. Side-stepping disaster relies on inner senses, divination, and common sense. The more you work with inner contacts, the more you will find that you are given a clue about what is coming over the horizon. When something bad is barrelling towards you and it is not necessary or helpful to your overall picture to go through it, then you are often forewarned. The warning can come in the form of a dream or just a sudden sense of unease and danger.

In such a case, the first thing to do is a reading and ask: 'is there a disaster coming my way?' From there you can use the tarot to identify which area of your life it is likely to hit. If you manage to identify where it will play out in your life, your next step would be to look at what options would step you away from that destruction.

Sometimes it can be as simple as not going somewhere you had planned to go to. Sometimes the answer lies in your own attitude and behaviour. Sometimes the destruction is not actually yours, but is building up for someone else and you are simply in its path. In that case again you use divination to side-step it.

There have been times in my life where the build-up was subtle and I was not getting it. It would build and build to a point that it was obvious something was coming hard and fast at me. At that point I would use divination to see what it was and how it would play out, which in turn gave me clues about how to dodge it. Usually the answer is something simple and requires nothing more than a sudden change in your pattern, location, routine, etc.

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### *When you cannot dodge the bullet*

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Facing destruction in your everyday life is the skill that teaches you and gives you the inner strength to work with destruction magically. Before fate puts you in the path of magical destruction, which is unavoidable if you are to work fully as an adept, first you are given the opportunity to learn the skills of destruction in your everyday life. By learning how to survive and grow through destruction, you learn how to work magically with destruction and not only survive that work, but to grow in magical power through it.

The first step of learning the skill of facing destruction is not to ignore it or run away from it, and to understand that it is part of your training in the mysteries. If you really need to learn something or gain a skill, you will be plunged into situations that will trigger such learning. This is a part of magic that a lot of magicians do not understand, and they go to great magical lengths to avoid anything unpleasant happening in their lives. They will summon spirits, do rituals, and try all sorts of things to avoid something unpleasant and to gain lots of nice worldly goodies. Such an approach always leaves a magician weak, defenceless, and immature magically and mystically.

When you are in the midst of, or on the threshold of, a disaster or destructive event that could strip you of everything or damage you, and it is

something you have been unable to avoid, then it is time to step up to it. The longer the cycle of destruction, the bigger the lesson and skill-set that will come out of it for you if you match up to it.

In the midst of one particularly long, dangerous, and horrible bout of destruction, an inner contact appeared to me in a dream-vision and said ‘be still, stop bothering, be true to yourself, be honourable in the face of dishonour, and trust.’ At the time this meant nothing, as I felt my life was being torn apart yet again. But it turned out to be the wisest advice I had ever been given, and it was spot on. My life was being torn apart in order to reassemble it in a more powerful, clearer, creative way. I was struggling against the destruction and had begun to react to everything around me. Eventually I acted on the advice and became still. I stopped panicking, I stopped being fearful, and I started to trust.

The disaster did not go away, but I shifted into a different head-space and therefore a different magical space. What I needed came to me, I was allowed to stumble but not fall, and I learned to face the disaster square in the face without fear. I put one foot in front of the other and worked my way through the situation. Yes I came out with scars, but also with skills and triumph. And the skills I learned through that disaster were immediately put to work magically.

Herein lies a deep magical wisdom: the deeper into the mysteries you go, the more powerful the creation and destruction is around you. A flat life is a life with no events and no learning. A magical life is full of creation and destruction, and with that dynamic comes strength, wisdom, power, and skill. With those qualities you are ready to step deep into the inner worlds and work magic of real power. And the dynamic of creation and destruction never ends; it just changes.

To sum up this dynamic, here is advice for you. When faced with or immersed in destruction in your life, first step back and take a long, hard look at yourself. What are you not doing, or making worse? What is it that is really happening, what is trying to rebalance itself? This takes care of the layer of the disaster that is self-inflicted. Often these destructive tides are not self-generated, but how we react to them and how we handle ourselves can make a major difference.

A lot of my life’s disasters, particularly when I was young, were not self-inflicted but were made far worse than they needed to be by my own stu-

pidity, arrogance, ignorance, selfishness, and inability to take responsibility for my own shit. As my fate pattern had a strong path of magic within it, those lessons came hard and fast until I learned to mature, to see my own cause and effect triggers, and to recognise my failings so I could work on them to become a better person. The more magic is in your life, the stronger the lessons will be until you smarten up.

Once you have taken your ‘contribution’ out of the scenario, you can take a clearer look at the actual dynamic of destruction in the situation. Rather than bulk up against the destruction, flow with it, move into it: take that step of action willingly rather than having it forced on you. I think I once outlined in one of the lessons the situation in my life that led to me leaving the USA. When everything I tried to do proactively both magically and outwardly to avoid the situation was blocked, I took action myself and made the decision to leave the country. This decision immediately took the pressure off and let the creative aspect of power flow back in to help me.

The destruction was there to move me from one place to another, to put me where I needed to be. By stepping into the destruction and letting go of everything I had, it released the pressure and let the new path begin to form. If I had hung in there, determined to stay, more and more destruction would have been piled on me until it became more and more of a disaster. I know it sounds like my life has been a bit like Lemony Snicket’s Series of Unfortunate Events...it has. But I asked for it, very clearly. In my teens and early twenties I called out to the inner worlds for deep learning. I wanted to really ‘know.’ And I understood that each disaster taught me something. And to balance this, for every disaster in my life there have been wondrously creative situations, powerful, beautiful things, and much joy. It is balanced. And that is how it should be. The magician’s life is not easy, but it certainly is a powerful and beautiful one.

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### *How it translates to magical skills*

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All the above is important to the magical training as powerful life events, for both good and bad, teach your body, mind, and spirit how to handle power. You do not learn how to stand in front of a destroying powerful angel and deflect it simply by learning spells and rituals. If only life were



that simple! You ask for magical learning, and the inner worlds respond by aiming power at you in your life.

First the physical body has to learn how to handle destruction and creation. How your physical body responds to events is crucial in magic, as magic flows through your body and inner power impacts your body. It does not matter how learned you are at magic if your body is not prepared for the impact: the magic will barrel over you and tear your body and mind to bits.

When you plough your way through a life disaster it taxes your mind, your emotions, and your body. You either become a victim to it, or you use it to get your mind, emotions, and body fitter and ready for inner impact. You may feel you are strong and fit if you go to the gym regularly or are an active, physical person. But when you come home one night to find your partner has left, stripped all your accounts, and taken everything of value—and then your boss calls to tell you that you have been fired, then what? When your home is repossessed and you find yourself unemployed and living out of your car and you cannot afford to feed yourself properly, how fit and proactive do you feel then? Does your body go into freefall from the stress? That is the test of a strong body and a strong mind. It is the ability to remain standing, in control, and proactive in the face of such destruction that gives you the power to reach deep into the inner worlds and stand before the Divine Guardians, and live to tell the tale: your body, mind, and emotions have already been immunised to such destructive power.

So keep that in mind when your world goes belly up: treat it like a holistic fitness boot camp for mind, body, and spirit. And remember, you never really get anything thrown at you that you are not truly capable of handling. The ability will be in there somewhere, your job is to bring it out and put it to work.

Through that, you will be able to access deep layers of the inner worlds: the guardians will let you pass as they will see that you have the ability to cope with power and will work with it wisely. And when you are confronted in the inner worlds with destructive power, you will know from experience that you have within you the ability not only to cope with that power but to transform it.

All this is crucial to the path to adeptship. It is not a road littered with cosy, feel-good rituals and psychological grandstanding. It is a road marked with challenges, great wonders, highlights, obstructions, signposts, massive

gaping holes, and useful bridges. These all play out in your inner work, and also in your everyday life. The two are entwined so tightly there is no separating them.

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## *Fear*

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Fear is another ingredient in destruction that is crucial in magic: how you handle it affects how you operate in magic. We can rationalise with ourselves until the cows come home, but how you react at a deep level to fear has a deep impact on how you operate in magic. My father used to say, ‘if you fear something, walk towards it.’ Another bit of wonderful parental advice, and he was right. It does not instantly switch off fear, but slowly it trains you in a way that eventually negates that fear to a level where it is useful and healthy, not destructive and limiting.

The process for training the inner reaction to magical fear in a powerful situation starts with how you react to everyday fear. If something frightens you, do not turn away from it. The more you practice this with the small stuff, the more you become programmed to use fear as a skill and not as a disabling emotion. I started practising this as a kid. I was painfully shy and quiet to the point of being constantly paralysed by life. Inner stuff as a kid did not scare me; people did. So my dad gave me a lecture and then marched me to a shop. I was twelve years old and so frightened of people, of my own voice, and of making a mistake, that I found it almost impossible simply to ask for what I wanted to buy in a shop. If I could not pick it off a shelf myself, I would go without.

So he forced me into situations where I had to ask, I had to talk to people, and I had to stand my ground. It was one of the greatest gifts he ever gave me. Later, as a young woman with babies in a violent marriage, my father once again stepped in. Instead of him dealing with the situation, he made me deal with it: see a lawyer, change the locks on the door, call the police. Slowly but surely I realised that standing my own ground and using my own voice let me conquer my fears. It was at this point that the inner call I had put out for learning came back and opened the doors for me. First I had to learn to step forward into fear, and after taking that first step the inner worlds answered.

It opened the floodgates for me as I realised that walking into your fear gradually dissolved it and let strength surface in its place. Within ten years, much to the shock of some people, I turned into a stubborn bull who would not back down no matter what the threat.

The refusal to have my life dictated by fear enabled me to grow strong in the face of adversity, which in turn allowed my magical work to blossom. And fear is a constant thing that will be tested throughout your magical life. Instead of being an all-encompassing and paralysing emotion, it becomes your inner alarm system. It does not rule you and does not affect your decision-making; rather it simply gives you a heads-up that something is wrong.

Magically, as an adept, you come face to face with vast destroying powers. Instead of being fearful or suppressing that fear, you stand in stillness and silence before that power. You have no emotion either way and look upon that power dispassionately in order to see exactly what it is, and why it is. Within this stillness and silence, you merge with everything around you; you stand within the whole being of creation in balance to the destruction, which in turn keeps it in check. This is the true initiation of the adept, and it changes you at a very deep level forever.

To get to that level, you must start by facing your fear. Anything that frightens you, do it, with common sense and caution. Any irrational fear, step towards it. Do not psychologise about it, do not try to understand what gives you that irrational fear, just move towards it instead of running away from it. Once you make that first step, you will start to feel the inner contacts reacting: it starts a process of change in how you interact with the inner worlds.

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### *Get what you give*

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Another dynamic within this subject matter that is a key for magicians, is how you react to others who are within true destruction. First learn to differentiate between someone's personal self-inflicted drama, and true disaster. Step away from personal dramas that are usually self-generated, but step towards someone who is in real disaster. Instead of offering emotional

support, which other people will likely be doing, offer the concrete help that you are able to give.

And rather than simply running up and offering what you think you would want in such a situation, step back, be still, and be thoughtful. Learn to look at the disasters that hit people from an outside perspective. Look at what they are going through and where their needs are not being met. Advice is usually useless to someone in the midst of a disaster: they are often not in the right head-space to take advice on board. Plus there is nothing more frustrating than well-meaning people offering what is potentially useless advice. Instead, identify the need and if you can meet that need, do so—even if it only helps a fraction. And when you give, pause briefly, and be aware of all the magical powers and contacts around you—i.e. tune yourself and then give, be it physical help, babysitting, resources, food, money, or just companionship.

Never ever judge someone in the midst of disaster, as it will trigger that judgement upon you as well. Just help them. This triggers inner action towards helping the person with what they need to move forward a step in their evolution. They may not pick up on it, they may not take it up: that is not your issue. What is important is that you triggered it; what they then do with it is up to them.

Acting this way triggers a deep and powerful magical network of power, of cause and effect, of give and receive: something you worked with at a baby stage in your early training. You become an active player on the circuit of magical power in the sense of being connected to everything, and the more you act like this in your everyday life, the more you become a magical mediator in everything you do, in both your outer and inner life. It takes you a step towards becoming the Bridge. And it also works in reverse: by working within this dynamic in service, you receive as well as give when it is needed.

It also takes you a step towards being an active magical part of the holism of creation and destruction, which is what being an adept is a part of. What is needed by others flows from you, what is needed by you flows to you, and by magically tuning yourself as you give or receive, you move that energy dynamic to a whole different octave. Not only do you become a connected magician within the pattern of life, *you also take a major step towards becoming an inner contact while still in life.* As an adept you will



work across time, and within your own timeframe, as an inner contact for other magicians around the world, and also for yourself at different times of your life. Sit with that one for a moment.

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## *Magical flak*

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Another dynamic of destruction for magicians to work with is one of ‘flak,’ which is something that diverts a destructive force: it moves towards ‘it’ rather than you. At this stage of your training, you will simply read about it, but as you step deeper into the initiate training you will learn how to actively place and trigger ‘flak’ as part of your own regular protection.

A spectacular version in Biblical history is found in Exodus. The angel of death and destruction was aimed magically at a city. Those who wished to avoid it painted lambs’ blood around the door and threshold (Passover). The painting of the blood did not repel the angel; the smell of the blood told the angel that death had already visited that household, so it would pass over such doorways: destruction had already visited.

Most people who read this story think it was a ‘one off’ event and think no further. As a magician, when you read something as spectacular as that, you need to look deeper: often many things are going on that are not immediately apparent. When you look at such tales, do not think of them as an account of an event, look upon them as patterns that tell you something magically.

As magicians, we know there are tides of magical death and destruction that flow across the land at certain times. And we know that sometimes major build-ups seem to repeat from time to time. In such cases, there is often, for magicians, a series of ‘signs’ that tell us when something major is coming. In such instances, particularly when the destruction is not personal but sweeping over a land or nation, there will be stories that tell us, in hidden ways, how to deal with such tides.

If you look beyond the Biblical story and start to research a bit deeper, you will find some very interesting echoes that tell the magician that this story has many things hidden within it. As an adept you will learn a great deal more about this particular instance of flak, and you will work practi-

cally in general; but for now, if it piques your interest, you can do your own research around the Passover story elements. Look at sanctuary and tomb doors in Egypt: you will find that in some dynasties, a red line was painted round the door for protection. Look up the murder or sacrifice of the first born in Middle and Near East ancient cultures, look up the repeated theme in the New Testament stories, and look up references to lambs' blood, sacrifice, and the blooding of thresholds in different ancient cultures.

By approaching such stories this way, not only do you discover the magical aspect of what you are looking at, but you also learn a great deal more in general through the accompanying writings. This is why I often do not bullet point things for you or make it too easy for you by extracting what is pertinent to the subject: I just point the way. Through your journey of research, if you pay attention, you will find many more magical keys besides the one that has been pointed out to you. The trick is to pay attention, to take your time, and to listen to your inner senses.

Magical flak can take many forms and usually consists of something that takes the impact rather than you. For example, many cultures wear particular stones, like turquoise, as it acts as flak for destructive magical energy. The stone shatters or cracks on impact, and the destructive energy is absorbed and diverted. Some magical methods use dolls to divert destruction from a person: the variables are massive and you will eventually learn about most of them.

However a lot of magicians do not realise that when you work with inner contacts, they will also help to place flak around you if it is needed. For example, say a death tide is flowing over a village and looking for a weak spot to flow through: magicians are very visible in many ways, and such a situation could get dangerous. But suddenly the magician's cat decides to kill a load of rodents and pile them up by the front door (one of my cats is excellent at this). As death is already at the door, the pulse of destruction passes over that doorway and goes elsewhere as it searches for a place to manifest itself. Essentially, the cat provided the same dynamic as the lamb's blood in the Passover story.

If you do not pay attention to what is happening around you, you will not spot these subtleties, and therefore you will not learn. But if you do pay attention, as a magician, you will start to see where the inner contacts are beginning to take an active part in your life, quietly, in the background. When

you see that in action, just recognise it, say thank you, and get on with your work.

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## *Bees*

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As you are coming to the end of your apprentice training, and you are about to do some magical work with destruction, it is time that you learned from the bees. Bees are a major component in magic, and are creatures from which we can learn a great deal.

Bees are magically connected with the ancient Egyptian Pharaoh, and are also part of the inner contacts and insignias for many magicians. My magical motto is: *Si Sapis Sis Apis* – for wisdom, be as a bee. How they organise themselves, how they work, what they do, how they construct, all these things have major relevance for magicians. This aspect of magic is not something I am going to explain to you, you have to get it for yourself. So I will set you a task before you move on to the next lesson and then to work in the last two lessons.

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## *Task*

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First, research bees. Learn how they organise their society, how they work, what they do, how they build, what patterns they use in their construction, how they communicate, what they produce, and what it does.

When you have done this, research through ancient history and then through magical history to see where bees are involved and why. Look for legends, myths, and also carvings, insignias, jewels—anything that depicts a bee in the ancient world. Identify the figures who aligned themselves with bees in some form, either through religion, mysticism, or magic. Look closely at their lives and see what they achieved.

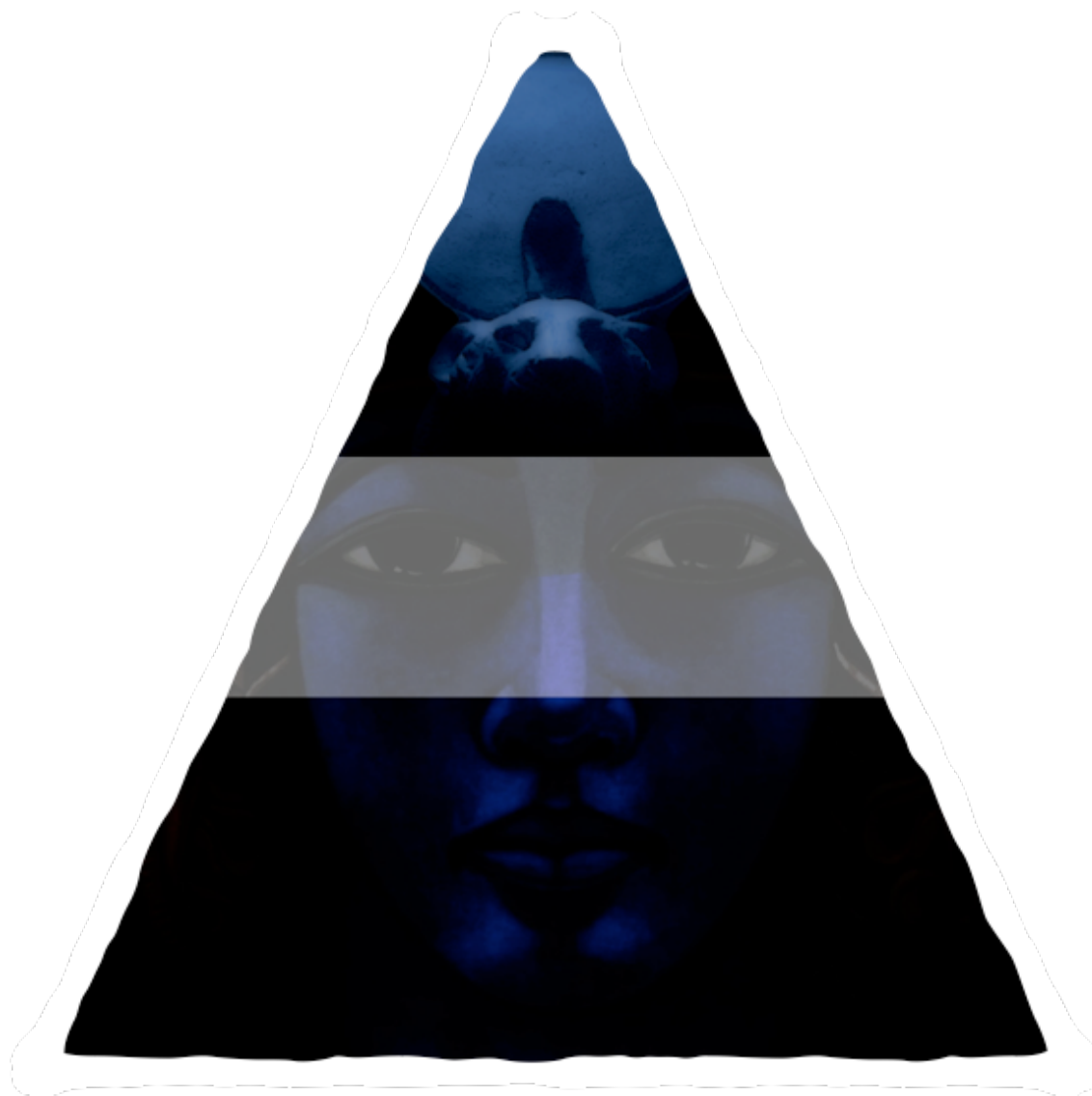
When you have finished your research, I want you to write an essay (on computer) about why you think bees are so important magically, and

why it is important for you to learn about them, particularly in light of destruction and creation. What do they tell you?

QVAREIA

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