

---

# QVAREIA - THE APPRENTICE

Module 10 - Understanding Destruction

*Lesson 7: Practical Work I*

---

BY JOSEPHINE MCCARTHY

QVAREIA

---

# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

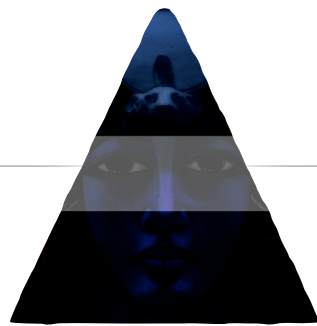
*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.*

*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*



# QVAREIA - THE APPRENTICE

## Module 10 - Understanding Destruction

### *Lesson 7: Practical Work I*

---

*Note: if you are not a Quareia student and have not done all of the lessons of the apprentice section so far, please do not do this work, for your own safety. It is contacted work and you will not have to contacts to achieve this work. You are more likely to put yourself in harms way.*

This lesson is all practical work and you should be ready and prepared for action. In this work you will address a situation where destruction has been suppressed by parasite action. You will be working to remove and disengage parasites, and will work with a team of inner contacts and beings.

You will need a marker pen or some watercolour paint and a thin brush to mark your skin. You will also need frankincense essential oil, and frankincense resin with charcoal. You will also need a CD player in the room with you and your recording of the Tibetan monks that you were introduced to in the early modules. If you do not have that specific recording, work in silence, though it is better to have it playing while you do this work as it breaks up the energies around the space and thus helps protect you. Also have some clean water and place it in your vessel.

Place your scales (which should have your white feather) carefully on the west altar. Make sure the two bowls are equally balanced.

---

## *Preparation*

---

Light the lights, open the gates, put out your magical tools, ensure your cloth shield is on the floor, and place your south cord on the central altar. Light the charcoal and put the frankincense resin on the charcoal. Turn on the Tibetan music and then sit by the central altar. Get your marker pen or paint, and on your left foot paint the sigil of the sword, and on your right foot paint the sigil of the vessel. Figure out for yourself why you are doing this.

Now dab a bit of frankincense oil on your forehead, your chin, your heart, and the soles of your feet. Drop a few drops into the palms of your hands and rub them. Go to the south, pick up your cord, and wrap it round your left arm (working for the future). Go round the directions starting in the east, bow to the contact on the threshold and ask them to guard you as you commence your first major act of service in destruction. Ask them also to guide your hand as you work. In one or more of the directions, the contact may step into the room and place themselves near you as you work.

Do the anchor ritual to tune yourself in properly and to bring the room up to speed ready for work. Ignore the music in the background and do not let it distract you: you must be able to work fully focussed with noise around you.

When you have finished, place the sword to the east side of the central altar and the vessel, filled with water, on the central altar. Place the stone shield on the floor where your feet will be: you are going to sit before the central altar, facing south, either in a chair or on the floor. Make sure the stone is by your feet, touching your feet.

Sit with your eyes open, looking south, and declare that you are ready to work in service to bring balance where there is imbalance, to trigger destruction where it has been withheld, and to remove beings who are interfering with the balance of a situation. Have no preconceived intention or idea as to where you are going: you must let yourself be sent where you are most needed at that instant in time. Lift up the sword from the altar and hold it in

your left hand, point down, in a way that is comfortable (you may be holding it for a long time). Then close your eyes.

See the room around you and see the inner contact/s who are in the room with you. See the flame before you and step into it, still seeing the sword in your left hand (take it with you in vision). Bathe in the flames and step forward to find yourself in the library. The librarian will be waiting to greet you: bow to them. They will already know what you are about to do, so you do not have to ask them or speak at all. Without words they will take you through the library to a great doorway. They will indicate to you to go through the great door and to close it behind you. No words must be spoken by you or the librarian: the breath is silent and withheld until destruction is released.

Step through the great doors. You will find yourself in a large building. You may or may not recognise it; that is irrelevant. Look around you. Look at the people and what they are doing. You will spot the people who hold power in this place and the people who are simply workers. All of them seem to be walking around in mist, as though a heavy mist is flowing through the place. Hold your sword to your body and ‘think’ at the sword, think: *show me*. As you hold the sword, the scene around you starts to shift and the mists clear.

As the mists clear, you will feel people coming through the great doors from the library and standing beside you. Many inner contacts, angelic beings, inner adepts, and other living magicians line up beside you. One of them points to the mists and indicates for you to look closely. You also notice that none of the people who have just come from the library are speaking or using their voice. One of them puts a hand on your left shoulder, another puts their hand on your right shoulder, and one comes up behind you and places a hand over your eyes.

Your vision shifts once more and you can see through the walls of this building. You can see a tide of destructive power pushed up against the building, but something is stopping it from flowing into the building and triggering a breakdown of what needs clearing. The being behind you tightens their hand over your eyes and forces you to look up. Now you can see what is blocking the destructive tide: a very large being, almost as big as the building itself, is over the top of the building and also flowing down its sides, like

a giant tick with a soft, fat, flowing body. It has a large mouth with big pin-cers. Many threads are flowing from the body of this large parasite.

Follow the threads with your eyes. You will see that each thread flows to a smaller parasite who seems to be locked onto the head of one of the people in the building, a bit like a flower shaped hat. Each person in the building seems to have one of these parasites locked on them. As you watch, you see a two-way flow of energy: the parasite is flowing thoughts and power into the person, and at the same time sucking off their thoughts, emotions, and actions. Look at the people closely. Look at their state of life force, look at their faces and what their faces tell you, look at the energy around them. If you listen carefully, you will hear their thoughts. Do not get sucked into their thought patterns; just be aware of them.

The being that is holding your eyes (it is angelic), guides you to look closely at the large parasite. You will see its heart beating through its skin. This is not a physical heart: the angel is showing you the vulnerability of the parasite and showing you its centre of energy that keeps it going. As soon as you see it, the hands release from you. One of the contacts beside you indicates for you to follow them. They engage with one of the parasited people in the building and keep them occupied while indicating for you to climb up the thread leading from that person to the giant parasite. Get to the heart of the parasite and thrust your sword into it as hard as you can. Be careful not to be seen, but you will notice that the large parasite does not have any defences: it has become complacent.

As you thrust your sword into the heart of the parasite, this is the time to use your voice. Shout, "*I limit you,*" and turn the sword in the wound. Get out of the way as the being collapses. The angelic beings who are in the building will deal with the large parasite. As it fades, the smaller ones are pulled off the people. Some will try to cling on and use the life force of the human to whom they are attached to try and survive. Go to each person you see who still has a parasite stuck to them. Hold the sword up to the parasite, handle up, point down. Again, say "*I limit you.*" Give the parasite a chance to disconnect itself. If it does not, turn the sword round so the blade is up, and use the sword to pierce them. If you have to do that, make sure you have no emotion or sense of exhilaration or power: you will become food immediately. You will see that the contacts who came into the building with you are busy working on the people and clearing them of parasites. As they work, walk to

the centre of the building and plunge the sword into the floor in the centre of the space.

Utter the words to the building: *“Limiter, restore balance to this place.”* Sit by the sword and watch as the walls crumble and finally collapse. The built-up tide of destructive energy flows into the building. It will sweep away some of the people and will flow over others, leaving them unharmed.

Once the tide has levelled itself, go around the building and start cleaning. Use a sweeping brush, pressure water hose, and a vacuum cleaner. As soon as you think about those tools, they will appear—you are telling the angelic beings what you are trying to achieve and they will provide the tools you need. Clean as much as you can, and make sure nothing is in the corners.

When you have finished cleaning the space, look to the people who are still standing. Go and look at each one in turn. If there are still things stuck to them, no matter how small, vacuum them off. If you see holes or injuries where the person’s life force is leaking out, ask the angel for superglue and seal the holes up. Take however long it takes to finish the job. The other adepts and inner contacts will also be working alongside you to ensure everything is finished.

When all is done, you need to trigger the regeneration pattern so that it can rise out of the destruction. Go to your sword that is still in the ground. Stand in the pentagram stance with the sword before you. Now it is time to really use your voice. Take in a deep breath and say:

*“Humans created this degeneracy; a human must destroy this degeneracy. I call upon the Limiter of the East to flow through this building. I call upon the Companions, the Noble Ones, to flow into this building. I call upon the power of the scales to flow into this building, and I call upon the ancestors to flow into this building. The Father of the stars above, shine the future of regeneration into this building. Mother of the earth below, open your mouth to receive the remnants of destruction so that space is created for a balanced future to flow.”*

Don’t worry if you do not remember the exact words, so long as you call in the proper powers of the directions in that space, and also acknowledge that the mess was caused by humans and that humans are taking the responsibility to clean it up.

Pull the sword out of the ground and hold it, point down, in your left hand. Hold your right hand over your left hand. In your mind see the power of the limiter, the power of the grindstone, flow into the building from your left hand side. See the scales appear in the building to your right hand side. See a road open up before you in the south, and feel the land and creatures behind you. Before you, in the centre, see a flame appear that grows into a fire. The fire is balanced and is the power that is at the centre of all things. See it burn peacefully. As it burns, see how it affects the whole building and the people within it. It triggers the central flame within everything and everyone: the Divine fire that burns in balance and harmony.

The angel who worked behind you places a hand upon your shoulder and indicates it is time to leave. Go back to the great doors and before you step back into the library, look back. You will see the flame burning gently in the centre of the building, mediating stillness. Even though there is so much destroyed, it feels still, peaceful, and silent.

Step back through the great doors and into the library. You will feel all the other contacts, adepts, and angelic beings stepping into the library with you. Together you walk to the centre of the library where a group of library workers are waiting with goblets held in their hands. Once comes up to you and hands you a goblet. Drink the contents, thank the holder, and give them back the goblet. Make your way back to your work space, sit down, and when you are ready, open your eyes.

Place the sword back against the central altar, the cord on the altar, and immediately take the vessel of water and pour it either outside on the land or down the toilet. While the candles are still going, go and take another ritual bath and put on clean clothes. Don't linger in the bath; just take as long as necessary to get clean. If you don't have a bath, consecrate salt and water and pour it over yourself. Rub yourself with the salt and get yourself clean.

Go back to the ritual space, thank the contacts, bow, close the gates, and put the tools away. Burn more frankincense and take the burner round the directions to cleanse the air around the gates.



---

## *Afterwards*

---

You may find that you are buzzing and full of energy after the work. Do not act on this. Contain the energy and go sit somewhere quiet or do something ordinary. Eat something to ground yourself, and get a good night's sleep. You may feel like a train wreck the following day, but don't panic, that is normal. If you have any St. Johns Wort in the house, take some. Take it easy: it may take you a couple of days to recover, as it was very heavy work that you just did.

Write down your experiences in note form in your journal and then write it up fully on computer. Once twenty-four hours have passed, do a landscape reading asking "*Show me the short-term outcome and the long-term outcome of what I just worked on.*" Bear in mind you are asking about the results for the building and whatever organisation it is, not for the results upon yourself. Note down the answers.

You may or may not have realised what it was you worked on. It doesn't really matter, but if you did recognise the building/organisation, keep an eye on the events around that building over the next few months.

---

## *Summary*

---

That working was about levelling the playing field by taking out the parasitical element. You worked it as a one-off working, but you can if you wish go back periodically and clean it. Do not become evangelistic about this work and run around cleaning everything; you will regret it as it will become too much for your body to cope with.

What you were led to was a building that was a key element in an organisation, government, or such like that was/is having a major impact on a community or nation. Your actions will act as a catalyst and allow natural breakdown and destruction to occur by removing parasitical elements that were stopping the breakdown of an unhealthy situation.

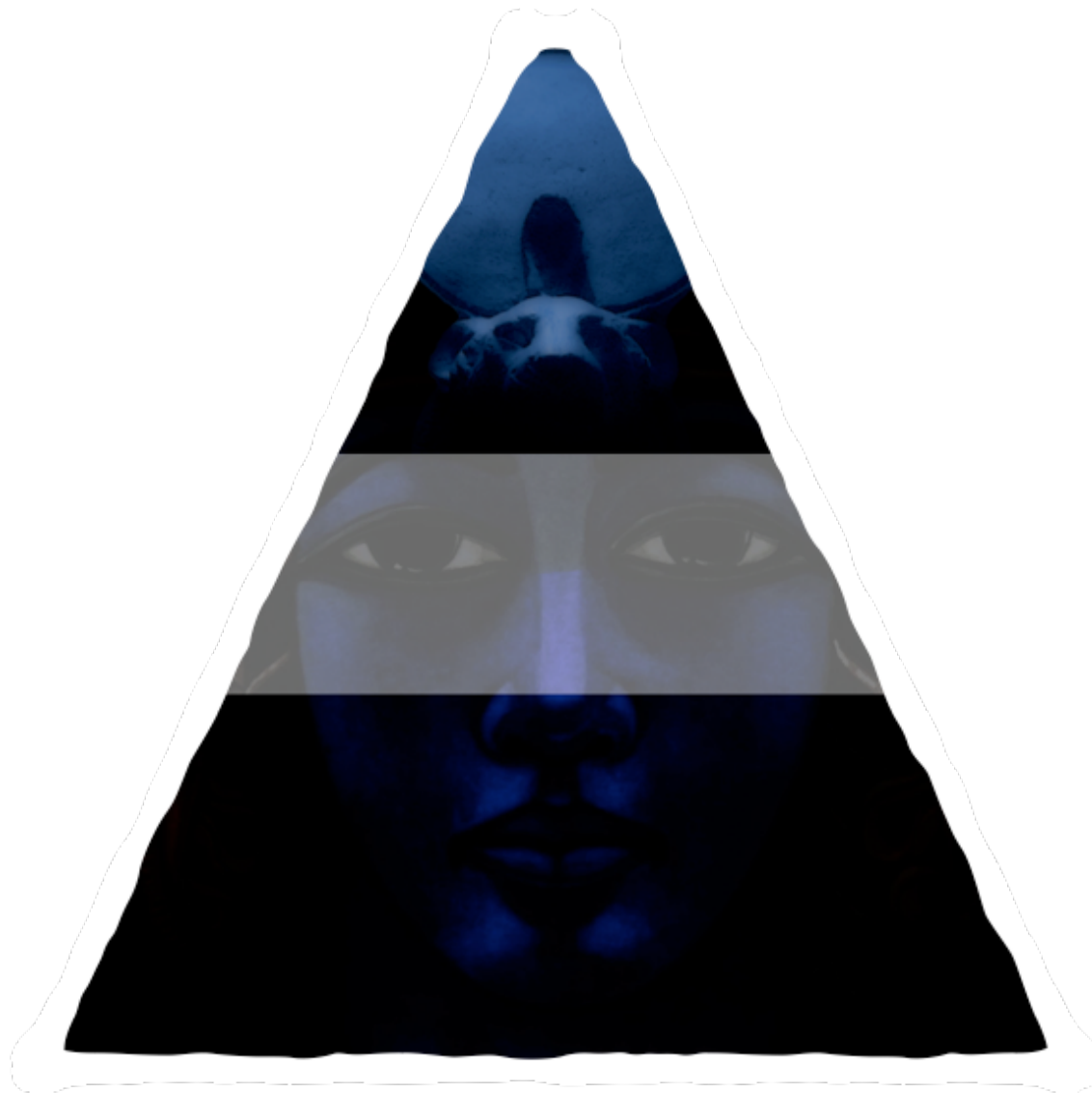
In the next lesson we will be approaching a very different aspect of this work. Energetically, the next job may be heavier, so leave at least seven days before you do the next lesson. Again, have a quiet day before and an early night.

While you do this type of work, keep a journal of any vivid dreams and any observations of events out in the world that may be connected with the work you did.

QVAREIA

---

# COPYRIGHT



© Josephine McCarthy 1993-2014

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the Author. Permission granted to reproduce for personal use only.