

---

# QVAREIA - THE APPRENTICE

Module 3 - The Power Dynamics of Creation

*Lesson 4: The Unraveller*

---

BY JOSEPHINE MCCARTHY

QVAREIA

---

# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

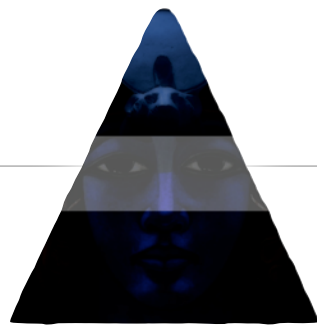
*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.*

*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 3 - The Power Dynamics of Creation

### *Lesson 4: The Unraveller*

---

What I call the Unraveller is the polar opposite of the Grindstone. Where the Grindstone forms, limits, and strengthens, the Unraveller disassembles, loosens, and begins the process of weighing and dispatching energy back into the void via the power of the scales (A.K.A. Justice). At this point, I want to state that in this module and subsequent ones that tackle creation and destruction, I have purposely stayed away from the better known magical and mystical names used in magic and religion for these powers.

This is to move away from the cultural and religious/magical dogmas that have built up around these powers, and subsequently only serve to trap the magician in a series of dogmatic, inaccurate patterns that serve as dead ends for true magical progression. We are at a time in our human evolution where we want to get to the dynamics of things: the growth in science over the last hundred years is staggering, and that comes from a wish to know ‘what is there’ without overlaying supposition—and superstition. We are at a phase of magical evolution where we need to step back and look with new eyes. Hence the movement away from established vocabularies. This in turn allows the aspiring magician to learn, experience, and observe in an objective way without preconceived ideas.

Like the Grindstone, the Unraveller's influence permeates every aspect of creation from the smallest particle to the mind of the human and the lay of the land. For those students who think in a very 'science' way, view the Unraveller as the power that triggers the self-destruct process in a cell. For those who work in a more poetic way, the Unraveller triggers the start of the composting process, or literally, the mental/emotional unravelling process.

In a magical sense, the Unraveller is the power that is worked with for unbinding something, releasing something, or for magical work that is involved in the slow destruction of something large or long-term. Its action is slow, deliberate, and loosens power/energy to a point where it becomes vulnerable to any destructive power. So the Unraveller does not in itself destroy, but it prepares something for destruction.

Its positive action is to loosen something enough for it to be worked with better, to free up energy trapped in something, and to help reshape things. So you can begin to see why it is such a pivotal power in magic. The two opposing powers of Grindstone and Unraveller are powers that form/disassemble just before or on the cusp of physical manifestation, a place where a lot of shorter-term magic is worked with.

As an apprentice, you will first approach the Unraveller from an everyday perspective, from your own physical, mental and emotional experience. From that base understanding, you will then be able to recognise this power in action around you in nature and in magic. From that awareness, you will learn as an initiate, and then as an adept, how to consciously work with, process, and create/destroy in harmony with these opposing powers.

When the Unraveller is properly engaged in your life it can be a very powerful and positive force, particularly in a culture that is obsessed with control. If the Unraveller is plunged into without due thought, its actions will destroy. Like everything, it has good and bad, balance and imbalance.

A good way to look at this process from a training perspective is that before you break the rules, you must first learn them. The Grindstone is the discipline and limitations that train you in a conformed way: this gives you technique, discipline, and strength. It also gives you a major reference point for power, and allows you to see the weakness in yourself that needs reigning in, and in the technique you study. At that point, by engaging the Unraveller, you learn to step away from the conformity, the restrictions and barriers.

ers. You step into your own individual path as a magician, knowing what can be loosened, released and played with, and what cannot or should not.

That wisdom comes from training, so that you learn how to engage the Unraveller in a way that does not unravel you, but which simply loosens whatever needs loosening, freeing up your potential. If the Unraveller is worked with by someone who has not first undergone and understood the power of the Grindstone in one form or another, they will swiftly unravel mentally and physically. Again, the mysteries protect themselves.

By working with these two powers through your own life and body, your body and mind learn how to cope with the power. This in turn allows you to work with these powers in the depths of the inner worlds without being unduly or adversely affected by them: you are already used to them in a small way.

So let's look at the Unraveller first in its action in creation, then its action in magic, and finally its actions in our everyday lives.

---

### *The Unraveller in Creation*

---

When we looked at creation via the Grindstone, we thought about how the first breath travels energetically towards manifestation, and how one of its last filters acts to slow down and solidify that energy. It then manifests as substance: a human, a tree, an animal, a rock.

The moment something becomes physically manifest, it starts its march towards destruction and death. The Unraveller energy kicks in and programs the self-destruct mechanism in the physical substance, so everything that manifests already has its destruction 'button' ready. But that self-destruct is also a part of creation: cells are constantly renewing themselves and can only do that if the self-destruct is active: as the cell completes its task, it self-destructs and new ones are created. A failure in that self-destruct process is involved in cancer, for example. The cells just keep reproducing and not destructing.

In science, specifically in biology and genetics, we are starting to realise that when a person is born, their genome already has deviations that dictate a potential for disease and death at around a certain age (excluding acci-

dents, murder, etc.). This is the Unraveller. Our pattern of fate and our genetic pattern are interwoven, and the weave has ‘hotspots’ of Unravelling energy imprinted within it. How these manifest depends on how we engage with this power.

So for example at a human level, say someone was born with a predisposition to heart attacks at an early age. They can adjust that pattern to some extent (but not all) depending on how they live their lives: they either engage the Unraveller and the Grindstone to shift their pattern, or they do not and they are subsequently at the mercy of these powers.

Similarly, in deeper aspects of creation from a magical perspective, the Unraveller is ever-constant wherever there is creation. Wherever you find a powerful being that works on the manifestation of physical being, an angelic being for example, there is always a counterbalance of a destructive being that will break down that creation when the time is ready. This is why it is so important to work across the board with all beings in the inner worlds. Magic that focuses only on creation/good/nice is unbalanced and potentially corrupt. The same is true of magic that focuses only on destruction/bad/evil—there always has to be a balance.

This polarity of creation and destruction, male and female, light and dark, runs through everything in our world and in the inner worlds. Bear that in mind in your future studies.

---

### *The Unraveller and Magic*

---

In magic the Unraveller takes on the role of disassembling. When the Unraveller has disassembled something and completed its work, it then passes on whatever has been unravelled to the next power. That may be a power of rebalancing (such as the power we magically call Justice) or the power of Binding, the power of releasing, or the power of rebuilding. It all depends on the magical act that the power of the Unraveller is being used for.

How this power affects you while you work with it all depends on what magical work you are doing, why you are doing it, and how well you have attended to your own baggage. The following are examples of magical use, out-

come and consequence. You will not work with this level of magic yet, but it is important to understand how it affects you and why—the work that is needed to ensure your successful engagement with this power starts during the apprentice level of training. First you work on yourself so that the power does not need to as it flows through you in future work.

---

### *Unravelling magic—effects*

---

If the Unravelling is done to restore balance, as you work with this power, it will also unbind within you things that need unbinding or unravelling in order to restore balance. The same goes for magic that calls upon the power of Justice.

So for example if you are clinging to a job, a partnership, a way of life, etc. that is ultimately unhealthy for you, the power of the Unraveller, as you work magically with it, will pass through you and begin that unravelling process.

Don't forget that the true power of Justice is to restore balance, not to 'get justice or revenge.' It is more akin to the Egyptian concept of Maat, which you have already looked at. Often we fight against this restoration of balance, as it can be hard for us to see far enough into our own future to see where our true balance lies. As an adept magician you learn to trust this power, to go with the flow, but also to truly understand balance—a process of understanding that begins at the apprentice level.

When you have triggered this unravelling process in your life through magical action, it is best to simply 'go with the flow,' trust the power, and actively let go of things that are unravelling around you.

If the unravelling magic is done without a goal of balance, without the need for rebalance, then it starts a new process of events. To work with the Unraveller in a magical act where there is no real unbalance draws the magician into a new cycle that will trigger uncontrolled imbalance both in the magical situation and also in the magician themselves. If the magician does not understand the process, their attempts to restore their own balance would likely make the situation worse.

Everything you do magically passes through you before it then goes off to do its job. That is the pay-off for working with deep inner powers. Ultimately, if the magician works in an intelligent way, it gives the magician access to huge reserves of power to work with. It also serves to strengthen, mature and enlighten the magician as they allow the deep inner powers to flow through them. This is where the tradition of magical training making you a better person comes from. It doesn't come from ritual affirmations or initiations; it comes from directly engaging with the powers of Divinity as they flow through our world.

If those deep inner powers are worked with in ignorance, it can trigger all sorts of problems that eventually destroy the magician. So you can see why it is important to know how these powers work, and also to know yourself (the first requirement of the mysteries).

There are ways of doing magic that do not engage these powers, but it is magic that is very limited in its power resources and therefore limited in its action. That type of magic is not what this course is about.

So let's look at a practical example of the Unraveller in magical action, which will then help you to see how it could affect you magically. That in turn will help you spot where you need to look to your own life and body so that you can work powerfully and effectively with this dynamic.

---

### *The Unraveller in action*

---

A magician is contacted by someone who has been powerfully magically bound and is dying. The magician first looks, using divination, at the wider picture, and sees a number of things. The first is that the binding is quite vicious and is done by an unbalanced adept. The second is that the binding is interfering with the fate expression of the victim. The third thing the magician sees is that the binding has been done from a place of vengeance: the victim had left a magical lodge and, being an adept themselves, had decided to set up their own lodge. Some of the old lodge members had left with the victim, which had enraged the lodge leader, who is a skilled but unbalanced person.



The magician then looks at the health of the victim and sees that the binding has triggered a cancerous predisposition in the victim: by binding the life expression of the victim, that binding magic had found a way to express through the physical substance of the victim. The self-destruct mechanism in the cells of the victim was already predisposed to stop working. The binding magic was enough to nudge that action into full imbalance: the self-destruct was inhibited, and the cells started to proliferate. The victim became cancerous and was very ill.

The next step the magician takes is to self-examine where they themselves are in life: is there something in their own life that needs unbinding and unravelling? The magician realises that their own 'day job' is becoming unhealthy for them, but they enjoy the good wage and work stability that it gives them. Before he begins the magical process of helping the victim, he opens all the gates, talks with the inner contacts, and agrees to work consciously with anything within himself that could need unbinding. He also agrees to be willing to lose his day job if that is what needed to restore balance: he puts the option on the table and asks the inner contacts to work with him.

Then the magician gets to work. He works in ritual and vision with the victim, and engages the power of the Unraveller in conjunction with the power of Justice. He creates a pattern and magical construct, pulls the power of the Unraveller and Justice into the pattern, and then places the victim within the pattern so that the power will flow through them. The Unraveller power begins to unbind the binding magic and the power of Justice gets to work on rebalancing.

It is a long process that takes a couple of weeks, but slowly, the Unraveller starts to engage in the life of the victim and a number of things happen. On a physical level, the victim begins to respond to the medical cancer treatment—in fact they respond very well, and their prognosis is changed from okay to good. The new lodge group feel a shift from feeling uncomfortable about starting a new lodge to feeling very good about it, and they all get an inrush of energy and enthusiasm for the new project.

The lodge leader who did the binding starts to Unravel. The power works on everyone involved just by the nature of how it works. The lodge leader was not directly targeted magically, but as a main player in this chess game they are a part of the pattern, so the magic will also flow through them

and affect them. They begin to become more neurotic, to display unbalanced emotions, to overeat or engage in behaviour that is self-destructive. As a result, the remaining lodge members pull away, and the lodge collapses.

The magician prepares to lose their job by starting the job hunting process, as they figure that is where the Unraveller will work through them. However that does not happen. Instead, they get a promotion and are moved to a new area that is healthier for them. Also, something that the magician was eating that was mildly irritating their system suddenly becomes a major problem, and the magician has to stop eating it. It is one of those minor intolerances that if left unchecked can do longer-term damage to the system.

By going with the flow and allowing those changes to happen without resistance, the magician engages both the power of the Grindstone and the power of Justice in their lives to restore balance. The Grindstone is engaged through self-discipline with the food issue, and the power of Justice puts the magician where they are supposed to be.

So you can see how these powers affect everyone involved, and how through the skill of the magician, many birds can be ‘killed with one stone.’ A lesser type of magic would not have engaged with the deep power of the Unraveller, but would have involved different individual magical acts: unbinding the victim and attacking the lodge leader, which takes a lot more energy and is less effective. It would also not have triggered the renewal in the life of the magician.

---

### *The personal Unraveller*

---

So before you get to work magically with this power, you need to learn how to spot your own need for, or vulnerability to, the Unraveller, and be able to engage it consciously. This is not glamorous or exciting magical work, but it is very necessary work that you will be glad you did when you reach adepthood.

For some of you this will all be very obvious; for others of you it will not. But no matter how obvious this work may be, take the time to do it and do it properly. Because of the very personal nature of this work, do two dif-

ferent records of this work, one on computer for the mentor if you want to be mentored in the future (just put in and overview), and the other more personal handwritten in your personal journal. Don't skip the record keeping of this work: it is important to log it and keep it so that you can refer back to it in the future.

---

## *Practical work*

---

Often what we think needs releasing or unravelling in our lives can be different from what actually needs unravelling or letting go of, or loosening up. Because of this, you will approach this work in two different ways. This is not something that can be done in a month and then moved on from: the process starts now if you have not already engaged with this process in your life, but it will be a continuous process throughout your magical life.

### ***LOOKING IN THE MIRROR***

Do this work immediately, and then plan to revisit this process every year. A version of this can be seen in Judaism which is known as Yom Kippur or the Day of Atonement, something you were introduced to in lesson two. It actually spans a couple of weeks each year where the person reflects on their actions over the past year and atones for their 'sins.'

Looking in the mirror is not the same process: it is a similar but more profound action (a deeper octave). Pick a time each year where you plan to think about what aspects of your life you are clinging onto, or what aspects of your life or personality need loosening and freeing up. Spend that time in reflection and meditation, and think of practical ways that you can positively engage this power in your life.

During this time also think about where the Grindstone may need engaging or disengaging in your life, and where the power of Ma'at needs to flow better through your mind and actions.

None of this is about 'atonement', rather it is about learning to 'know yourself' and to know the powers active around you and how you have responded to them. Your reflections are not about other people, but about

yourself: what powers were active in your past, how you responded to those powers and how your response potentially created weakness or unbalance within you. Also look at how any unbalanced, immature or unwise actions created chaos or unbalance around you (the affects upon others and upon the land). Spot them, learn the mistake, understand what when wrong, why, and why you must not go back into that pattern of behaviour again.

Again, this is not about societal or religious morals, but about self maturing through wisdom in hindsight, responsibility and learning to engage your own Grindstone or Unraveller where necessary in your future actions.

For a period of two weeks, after you have done your meditation, work on the process of 'Looking in the Mirror'.. Choose an aspect each day and think about your personality, your everyday actions, your relationships and responsibilities, your job, your magical studies and interests, memories and past events, and any other aspect of your life that comes to mind. Think about things that may need freeing up, where you are too controlling, or clinging onto things, or where things are starting to break down and need conscious engagement to bring change. Think about past imbalanced actions or behaviour and use the power of hindsight to think about your past mistakes.

The most important aspect of looking in the mirror is to not only spot present and past imbalance and mistakes, but to actually do something about it and not repeat the same mistakes in your life. Evolution is not making the same mistakes, but learning from past ones and making new mistakes that you will learn from. Eventually the process leads you to spot mistakes before you make them, engage the right polarity dynamic, and side step them.

Write down on a piece of paper the most personal and revealing aspects of this exercise and clip the paper into your journal (so it can be taken out if you have to submit Module Three journal to a mentor). This is private to you and you alone. Then type up an overview of the experience in a way that it is ok to submit to a mentor should they ask for it.

## ***READINGS***

Using the same method and layout that you used in the previous lesson, look at the aspects of your life, and also of your body, to see what areas

are already in the process of unravelling. They will appear in the reading as 'going away' types of cards or of separation or loss.

With the results you got from your previous readings from lesson three and the results you got from this set of readings, put the two notes together and see if they match up with what came to light during your meditations. Write down the similarities and differences.

### ***ASTROLOGY CHART***

Look at your chart and your current transits. See where Pluto is in transit in your chart. Take note of the house it is transiting, and also what astrological sign it is transiting. If you are using Astro.com, look to see if there is a current major Pluto transit listed in your chart. If there is, read up on it. Look at your pentagram pattern/seal and see where in the pattern Pluto lies. Because Pluto is slow moving, it will most likely be in the same place. See what magical tools, powers etc. that it is near.

Compare everything you have found to the conclusions you came to from your meditations and readings. You should now be getting a good idea of where your weak spots and strengths are, and a good idea of what needs working on and what doesn't in your life. Once you have identified areas of your life that you feel need proper engagement with the Unraveller, write them down and set yourself tasks and goals that will allow the Unravelling and/or Grindstone power to flow through you in a practical conscious way. Keep notes on your progress.

### ***RITUAL***

In the previous lesson, you designed your own ritual to connect with and invite the powers of the Grindstone into your life. Take another look at that ritual and expand upon it. Write into the ritual a second part that calls in the power of the Unraveller. Aspects to be included in the ritual: work with the magical direction of west, work with the gates and the inner contacts at the gates. Work at the west altar and allow whatever needs letting go of to flow energetically into the west. Also work with a mirror in the north to look at yourself and to be brutally honest with yourself in a ritual setting (and think about why the mirror belongs in the north). Everything you do and say will be witnessed by the inner contacts, and you will be held to it.

Make no promises, make no vows (that is very important). State your reflection, understanding and what you intent to do about it.

Once you have reworked the ritual to be balanced, and have practised it from memory, then it is time to do it. Do it at a new moon and take a ritual bath beforehand: a fresh start. Write down your notes afterwards. These notes will be private to you and will never be looked at, but it is important to write them down so that you can refer to them in the future, as you will need to .

Once you have completed that task, rewrite the ritual so that it is not specific to you: ensure that it can be used by any magician regardless of age, gender, culture etc. Remember, this is not a psychological act, but a ritual magical act. So don't get into flowery language or showy psychological actions. Keep it sharp, to the point, and magically relevant.

Some may feel that it is early days to be writing your own magical ritual, but doing so will make you think about how ritual is constructed. No matter how much you study ritual construction, it is only by actually having to do it that you start to see all the subtle implications. Do this on computer and copy it somewhere safely; it is likely that it will be used by other magicians in the future when you finally come to teach or work with other magicians in some form or another.

### ***STUDY***

Look into the history of the Peasants' Revolt of England in 1381. It is a classic example of the interplay between the Grindstone and the Unraveller, and how complex that interplay can be. From that time of events, a slow but subtle long-term change happened within the people, the Monarchy, and the land.

Looking at the powers flowing through an event in a way that has nothing to do with magic allows you to look at the complexity of these powers without falling into the trap of stereotypical magical or ethical thinking. You will see the weave of how good and bad intertwined to produce massive change in a society.

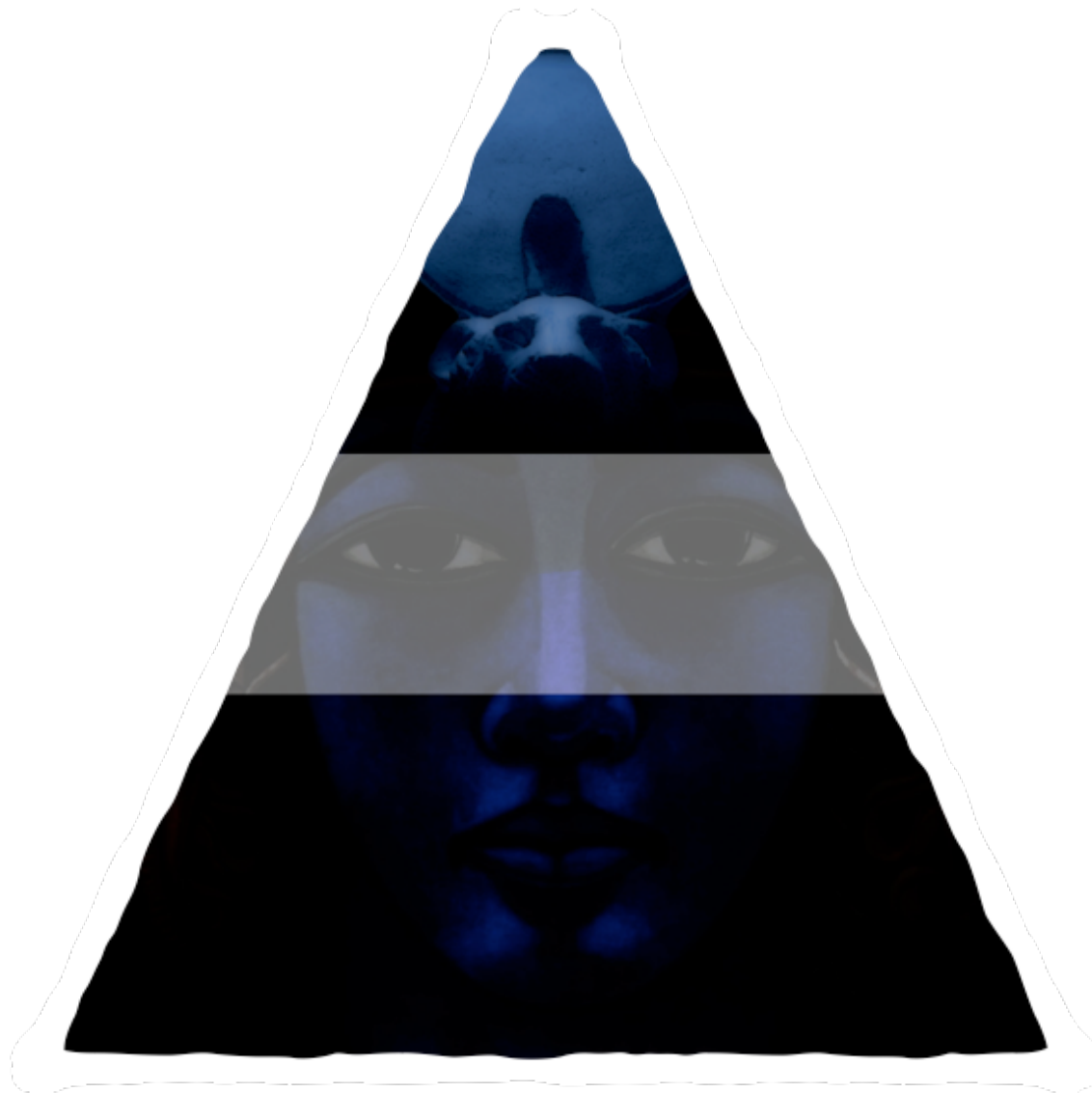
It also begins the process of understanding of how important it is to look at things beyond magic to see the forces of Divinity in action. Some of the greatest magical wisdom can be gained from history, art, music, poetry,

science, etc. that have no direct magical links. This is why many adepts read widely on subjects such as history, philosophy, geography, medicine, music, sciences, etc.

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.