



QUAREIA—THE ADEPT

Module II—Magical Construction

Lesson 5: The Light and the Stairs

BY JOSEPHINE MCCARTHY

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



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Lesson 5: The Light and the Stairs

The formal birth of the light in the temple is an octave of the first light of creation—a theme you have worked with on many different levels. In temple construction, once all the anchors, cords, connections, and so forth are in place, bringing forth the light triggers the whole Inner Temple into action: it is the ‘on switch.’ While ever the Inner Temple exists, the light will shine from within it.

The light is the ultimate bridge between Divinity and the Inner Temple. It keeps it finely tuned, and acts as a beacon for those who search in truth for the Inner Temple. Once lit, it becomes a perpetual light that shines out of the darkness. It is mirrored in the keeping of a sanctuary light in temples, churches, and so forth. This ancient aspect of physical temples is also part of the Inner Temples: the inner light and the outer light are part of one another. The inner light can exist without an outer light, but the outer light has no power unless connected to the inner light of the Inner Temple.

To an outsider the light can seem a minor, insignificant aspect of the temple; yet it is the most important part of it. It can also seem like a minor act to light the temple’s light, but because of the vast power behind this aspect of the temple, this simple act is a massive undertaking.

First decide when you will do this visionary work. Then, in the lead-up to the day of the work, withdraw more and more from the usual habit we have of thinking about the future, mulling over the past, and being

distracted by day-to-day events in the world. To draw out and trigger the inner light, you need to be still and within the moment. You cannot have part of your mind worrying about the future or past. Nor can you let your thoughts and emotions get caught up in world events. The light comes out of nothing, out of the Void which has no time, and it is born into a world of time while still maintaining timelessness.

To bring that action through you must be in a state of mind where you are everywhere and yet nowhere; a state of mind as close to your source as you can be. You must be out in the stars with no time, no movement; only silence and stillness. Only then can the light bridge through you and spring to life in the temple. Once the light is lit, the Inner Temple will remain suspended out of time, which will ensure its long-term survival as a complete, balanced temple.

The light also acts as a constant tuning fork, keeping the temple healthy and ensuring that all the temple's different power connections stay in balance with one another. This makes it stable enough for generations of magicians to visit it and work there, and the different qualities of work they bring to the temple over the generations will not knock the temple out of balance. This is important, as in today's world we are surprisingly rigid in how we approach things. The temple needs to bend and flex with the magical systems that will emerge and evolve over time. If the magic brought to the temple is harmonic, then the temple will flex around it.

Once you can get yourself in that balanced headspace, go ahead with the work. If you use social media a lot, or are constantly reading the news, etc. then maybe back off that for at least a few days before the work: pull your world in to what is immediately around you in the here and now.

You have worked with lesser versions of this Mystery quite a few times, which has quietly been preparing you for this point of the work. Though this vision may not seem like much when you do it, I can say that if there was only one thing I was allowed to teach, it would be this. All things, all magic, all the Mysteries, *everything* flows from this act; and everything can be learned from it. And remember, there is only ever one lighting of the sanctuary light: throughout time, every adept that lights the first light is partaking of the original act, out of time, which in turn mirrors the first light of creation.

Lighting the light

Have your workspace in darkness and do not light the central candle. Sit in front of the central altar, facing south, with the unlit candle before you. Do this at night and in darkness.

Meditate in stillness. Remember your meditation work of expansion, of spreading out through everything—trigger that. Feel yourself expand outwards so that you are everywhere and nowhere, in the stillness and silence before creation—your eternal home. When you are very still, focus yourself for work and go to the Inner Temple via the Inner Library. Pass through the Inner Temple's guardian gate and go sit before the central altar, facing south.

You will be alone and in darkness. Even though the temple is dark and still, it will feel settled and tuned within the darkness. To root yourself strongly in the temple, remember all the features you have built. Remember the northwest steps down into the Underworld, the golden brick in the north east, the air hole in the east, and the great bronze doors in the west. Remember the small door in the southeast that leads to the egregore, the water gently flowing around the temple, and the Inner Library gateway in the southwest. Remember the Milky Way that flows across the roof, the four stone altars in the directions, and the cubic altar in the centre. Remember the wall beyond which lies the stairway to the Convocation of Deities.

Focus your mind on the cubic altar. In the deep darkness you will not see it—or you may only see its outline—but just keep your awareness of it. Remember the Mystery of that altar, the black cube and the white cube combined in one. You can feel a sense of waiting in the temple—everything is still and silent. Sit in that stillness and silence, as if you have been sitting there in silence forever, as if this were the whole of your existence throughout all time. Be settled within the stillness.

A faint breath of wind flows through the air hole in the temple. You breathe it in. The wind's movement reminds you that beyond the stillness lies creation and destruction: life. Breathe out and stand up before the central altar. Before creation can come into being, there must be light to balance the darkness.

Focus all your attention on the stone altar. The stone is dense, still, and silent. To bring it fully to life, to creation, and thus to destruction, the light must shine in the darkness. Just as you are still and silent, so is

the stone. Just as you are in the darkness, so is the stone. To bring light to the stone, you must bring light to yourself. To bring light to yourself, you must bring light to the stone. You and the stone are one and the same thing. And you are all the magicians there have ever been and ever will be.

Feel deep within you, within the stillness. Feel the will to express in life, the Divine impulse of creation deep within you. Feel the Divine within you seek expression. The stillness becomes profound, and in that profound stillness is a sense of wishing to move forward, to step forward into manifestation.

Say:

“Let there be light.”

You feel a shift in the stillness, like something breathing out and coming to life. A small spark of light appears over the altar and begins to take on the form of a flame without a source. Watch the flame as it grows stronger. Keep the sense of timeless stillness within you as the flame gradually strengthens and settles itself to sit on the stone altar. It burns steadily there, with no apparent fuel source, and casts an even light around the temple space. In that gentle light you start to see people’s faces and silhouettes all gathered around the central altar looking at the flame. Faces come and go, and more and more people seem to appear around the central flame, totally unaware that you are there.

These are magicians from all different times who have entered the completed temple, have stood in silence and stillness before the central flame, and have experienced that sense of Divine union with the flame on the threshold of creation. Look up at the ceiling: see the stars glitter in the light. The light of the stars and the light of the flame seem to connect and commune with each other.

The flame will continue to burn throughout time—and out of time—in the Inner Temple. While ever a Divine presence is within the Inner Temple, the flame will be lit. It cannot be put out, and it cannot be harmed: it is the light of creation itself.

Spend some time in the vision circling the central altar, walking around the directions. As you walk, remember the gathering place of inner contacts and adepts, and how they circled a central flame. That is another octave of this flame: the flame of creation appears in different forms of power in different sacred, magical, and profound places.

When you are ready to finish circling, this once do not go back to your workspace via the Inner Library; simply open your eyes. Look at the unlit candle before you, and recover the feeling you had just before you lit the light in the Inner Temple. When you are ready, light the candle of your workspace. As you light it, be aware that you are briefly mediating the eternal light into the physical world. Sit before the lit candle and just be within its presence. Enjoy the peace and the stillness. When you are ready, put out the candle.

Over the next week or so, keep going back in vision to the Inner Temple and standing before the perpetual light. As you bathe in its light, be aware of all the temple's different aspects around you, and slowly become aware of the walls becoming translucent when you focus in on the central flame—they become slightly see-through, so that you can see beyond the walls.

At times you will notice fleeting images of people walking around the outside of the temple in a meditative walk, constantly circling the building from the outside. As you turn your focus away from the central flame you will find that the temple's walls become thick and solid again: it is focusing on the central flame that lets you see beyond the temple's walls.

Observation in the Small Temple

Go to the deities' Small Temple in the Desert. Approach it by going through the Inner Library, out through the main doors, and across the Desert. Do not use the north eastern wall and stairway in the temple: they are not meant to be a direct access route. Go to the deity gathering and find an empty seat behind them as they sit facing each other. Do not speak to them: keep a quiet, low-profile presence. Simply sit, observe, listen, and learn.

Sometimes there are debates; other times a human is presented for Justification or for the Opening of the Mouth. Other times there are ritual processes. Simply be there, observe, and have a human presence there. This is best done by sitting quietly in that space.

Occasionally you may see another adept sitting behind the deities, just being there and being observant. If you spot one and they spot you, simply bow your head politely in recognition, then refocus on the deities.

Go to this place via the Desert a couple of times to normalise the space to your energy. Once you can go there, sit quietly, observe, then leave and move on to the next construction task: the stairway.

The Stairway

Go to the Inner Temple via the Library and circle the central flame a few times. As you circle, other magicians enter and circle the flame as well. As you circle, the east wall to the north of the air gap becomes translucent, and you can see the golden stairs beyond reaching up into the darkness to the Small Temple of the Convocation of Deities. Do not pass through that wall—indeed, never cross that threshold now it has been constructed. When the wall makes itself translucent, the deities are calling for you to go to the Small Temple.

On this occasion the call is requesting that you and the others open a stairway to their gathering place that magicians *can* use. The magicians' staircase is for humans to use to access the deity temple—deities will not use that stairway. Go to the temple's northwest corner where the two walls come together, where you went to establish the Underworld links. Stand before it until the passageway appears, and step through. The other magicians will follow you.

You will see the golden steps reaching down into the darkness and mists of the Underworld. Now look up. You will see the faint outline of steep, large stone steps reaching upwards, an ascending stairway you had not noticed before. Like the descending stairway, it hugs the temple's side as it climbs upwards.

Look at the first step. It is faint, as if it were slowly vanishing. Set your foot on the step and stand on it with all your weight—trust, and step onto it. The step solidifies as you stand on it. Remember the eternal light in the temple—tune in it and feel its strength. The light's resonance fills the step until it becomes strong, light, and solid. Now step up to the next one, and do the same thing. Hold the resonance of the temple's light within you and let it flow beyond you as you step up the stairway, one step at a time.

The other magicians do the same behind you, stepping one step at a time and letting the temple light's power flow through them. Step by step you climb, slowly and carefully, solidifying each step as you go. Each step gets bigger, so that eventually you really have to clamber up. Once you

have climbed twelve steps, you notice that the temple's wall has vanished. Instead you see a wall of eyes, ears, noses, wings, and wheels of fire. The wall is fluid, and it moves and shifts as you climb, as if watching you.

Above you is mist. You continue to climb each giant step one by one, and each time you step onto one it solidifies and lights up. Eventually you come to a great door with two winged angels, their many wings folded around them and their heads bowed as if sleeping. But they have one eye open, watching you. Stand before them and again remember the eternal light in the temple. Remember how it feels when you stand before it. As you remember, the guardians vanish and the door opens slightly. Place your hand on the door, wait while it reads you, then gently push it open.

You find yourself in a stone passageway that leads off to the right. Step into the passageway and follow it. Hold up your right hand for lantern light, so that you can see your way. You notice the walls are covered with paintings that depict the deeds of the deities: it tells their stories. The passageway, tall but narrow, runs along the outside of a square building. You turn the corners and know that you are walking a passageway that lines the outside of a square construct. Just when you think you will end up back where you started, you see a partly hidden doorway, bright light shining through the cracks.

Put your hand on the door and push it open. Step through. You find yourself in the Small Temple of the Deities, emerging in an area behind the rows of seated deities. Look around you. The temple's sides are open to the Desert, yet you have just walked around the thick, dark stone corridor that surrounds this place. This is one of the Mysteries of inner construction.

Walk around the temple, going behind the seated deities. Be careful not to distract or disturb them. As you walk you notice that some seats in the back rows are empty: those are for adept magicians, priests, and priestesses to use when they come here to observe, listen, and learn. Sometimes a human must witness some event happening here. If you are needed, you will be called via the Inner Temple to come here, take a seat, and act as a silent witness to the events which unfold.

If you meet other humans here who indicate that they wish to return to the Inner Temple with your help, refuse them. Any adept connected to the Inner Temple, either through the system of Quareia or by nature of their own work, can use the stairway by themselves. If someone needs your help to step onto it then they have no place in the Inner Temple and are likely to be trying to intrude on it.

Every person must cross the thresholds to the Inner Temple on their own merits, not with the assistance or presence of others. Such a request to you is likely coming from someone—or something—who wishes to access the temple for their own agenda. They could be cross-dressing as human to get you to take them there. The best way to avoid such dangerous situations is not to connect with anyone or anything in the Deity Temple: simply go, observe, and come out alone.

Now you have forged the stairway to the Deity Temple, it is time to reverse the flow of construction power by going back down the stairway. Go back to the door that you passed through to enter the temple, and back along the dark stone passageway to the door at the top of the steps. Remember that each of these doors are guardians. Be respectful to them, and always put your hand on them so that they can recognise you.

Climb back down the steps one at a time. You may find other magicians passing you as they climb up to the deity temple. Simply nod and continue on your way. Every couple of steps, stop and turn to look up the stairway. At first you will see the door at the top of the steps. But by about halfway down the door will have vanished: the steps will seem to climb beyond the Deity Temple and continue up into the stars. Later, you can think about why that should be.

When you get to where the stairs meet the downward stairs to the Underworld, pass through into the Inner Temple and circle the central flame a few times. Once you are ready, leave the Inner Temple and go back to your workspace. When you are ready, open your eyes.

Documenting your work

Write down any observations, things you noticed, and what you think was happening with the vanishing doorway at the top of the stairs. Remember, the stairs are also the same power as the Ladder.

Now you are moving into the latter part of the construction, make notes on how the work has been affecting your energy and any effect it has had on your daily life. It affects people in different ways, so documenting how you have been affected will teach you a lot about how you process this type of work. This will also allow you to plan better for large projects in the future.

QUAREIA

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