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## QUAREIA—THE ADEPT

Module III—Advanced Death, Birth, and  
the Underworld

Lesson 3: The Adept Power Pattern

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# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

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

*For more information and all course modules please visit*

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

*So remember—in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.*

*Yours,*

*Josephine McCarthy*



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## QUAREIA—THE ADEPT

### Module III—Advanced Death, Birth, and the Underworld

#### Lesson 3: The Adept Power Pattern

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Throughout your training, you have been learning step by step to move away from the glittery glamour of popularised magic, and to slowly learn how the tools and ritual powers flow through you. You are the tool, you are the ritual, and any externalisation is simply an anchor for the inner power.

In this lesson—here being the most pertinent place to drop this lesson for the adept section—I want to take a bit of time out from the death/Underworld work to zoom in on how these powers really work in a practical situation. I also want to point out, if you have not already figured it out, what is doing what, how, and why.

You will be relying more and more on the collection of these powers around and within you as you delve deeper into adept training, and you will start to recognise them more in older magical art and texts. This is also the junction point between a magician who waves wands around and utters badly pronounced Hebrew while wearing a nice frock, and a magician cloaked in their power all the time.

You should have also realised now, from your inner experiences, that you cannot rely on external physical tools in a threatening or dangerous inner or outer situation; you need that power with you all the time. The tools within you and around you also, if you have fully focused them,

spring to life when you work in the depths of the Underworld and Abyss. You have been learning how to carry the powers in increments, but I am hoping that this lesson will switch on a few more lights for you so that you can fully step into the mantle of power waiting for you. You should now be mature enough, and know enough about magic, not to get carried away on a tide of ego and fantasy, but to understand such powers quietly, respect them, and work with them.

The best way to do this is to look at the dynamics and powers you have been working with and developing, and for me to point out exactly going on and why. As I said earlier, some of you will have already got this by yourselves, but if you are a dumbass—like me—sometimes it needs pointing out. Once you get it, you will find that it really switches on for you. I will also go over exercises that you should do regularly that will strengthen and deepen the powers, and if you wish really to consolidate them then do the regular exercises for the rest of your life. I still do, and they still keep deepening their power for me.

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### *The Adept Magician*

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Let us summarise the powers around the adept; then will look deeper.

1. Behind left shoulder is the angelic power of the Light Bearer who holds a lamp.
2. In the left arm of the adept is the power of the sword, the Limiter.
3. In the left hand of the adept is a staff.
4. The left foot of the adept stands on the Grindstone.
5. Behind the right shoulder is the angelic power of Restriction/strength-  
/judgement, who holds a sword.
6. In the right hand of the adept is the power of the lantern.
7. The right foot of the adept stands on the threshing floor.
8. Behind the adept is the Guardian Angel.
9. Before the adept is the Companion, the Noble one, the Sandalphon.
10. Below the adept is the rock.
11. Above the adept are the stars.

12. Within the adept is stillness, the fulcrum.

So let's visualise that. An adept is standing. To their left, their arm is filled with the power of the Limiter. Their arm carries that power, which can be used ritually to limit, block, guard, and shield.

A lantern of angelic power shines over that arm so that the adept can see, from an inner point of view, what they are defending against or seeking to limit. The angelic lantern casts light on what has been magically shaded or hidden, and onto the road ahead into the future, which allows the adept to look with more precision in divination as to what needs to be seen.

The left arm holds the staff, a being that assists in opening that road from obstacles, guards that road's potential, and advises the adept. It also guards the adept when magic has been sent to block the adept's future. It rejects that hostile magic and holds it off or repulses it, so that when sleeping, resting or being 'normal,' the staff guards the magician. This is why often placed to the adept's left by their bedside when they are sleeping—it guards them while they are vulnerable. Remember also that the staff holds within it the power of the cobra or serpent who guards and strikes. It is also the serpent power of prophecy, which assists the magician in seeing into the future, and the path ahead.

The staff is a gift from the tree. The tree draws its deeper power from the goddess that expresses out in the world in various forms, one of the tree, the tree within the garden, and the stick of the spindle of fate: that power resides in the staff, and the being of the staff is the servant of that goddess power. The power of the staff will not protect you from things you can deal with yourself, or from your own stupidity and bad behaviour: like a mother, it allows you to learn from mistakes while intervening when something is deadly. The adept's left foot is anchored on the Grindstone—expressed on the ritual floor with the black and white squares. This ensures a path into the future of constant learning, polishing, strengthening, and evolution. It also anchors the magician, in balance with the Threshing Floor, to the Stone deep in the Underworld, the Foundation Stone that is, the power directly under the adept: "He will set me upon a rock."

The adept's right arm holds the power of the Lantern, connected to the Scales. The light that shines from this lantern is knowledge from past experience, the best form of knowledge that comes from direct, practical actions: your harvest. The longer the adept works and learns, the brighter the lantern becomes. This lantern is the light of wisdom,

and assists the adept in making judgement calls and knowing when to act and when not to act. It also holds the adept's compassion. In some traditions it is known as the Perpetual Light.

When you have been through a very difficult and prolonged experience, and you then come across a troublesome situation that you have also experienced, the lantern shines and reminds you of your own experience, and reminds you to be patient, to be compassionate without being sentimental. Through the light of the lantern, you know whether to hold your power in and not act, letting the situation unfold in its own time, or to act decisively. The decision comes from your own past experiences: you learn to act in necessity of balance rather than to judge.

Over the right shoulder is the angelic power of Restriction which holds the sword. This power is the deep power of the 'Strength of God', the Divine power of Judgement that restricts or releases as appropriate. If you act in necessity and balance, this power guards you, and its sword power will limit unbalanced destructive power from limiting your life path, actions and development.

The light that informs this sword is the light of your own actions, the lantern which you hold. These two dynamics, the light and the sword, trigger your fate path as an adept. If you act unwisely then the sword will limit you immediately: the source of power that acts through magicians' lives is the dynamic we know as the *Sword of Damocles*.

One of the things the adept works hard to achieve is for their harvest of actions to be always balanced and just. The sword acts on you if you ignore or disregard the wisdom revealed to you by the lantern. And it acts on others who would try to interfere in your harvest of actions, or untruthfully condemn you spiritually or magically. This can have far-reaching consequences for the adept:

Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty.

—*Psalm 27, KJV.*

The power of the sword at your shoulder, and the truth that shines from your lantern of actions, triggers the angelic power to intervene and shield you.

The right foot of the adept stands on the Threshing Floor, which holds the harvest of past deeds and work. The heart spirit speaks of this harvest

when you walk through death. The sword also protects this harvest, the lantern is fuelled by the harvest, and the foot on the Threshing Floor, with the other on the Grindstone, creates the magical path of black and white that leads off into the magician's future.

When the adept's path is in harmony with the Divine pattern of creation and destruction it turns golden, the colour of the skin of the gods. When the adept is moving towards the Divine pattern a golden light casts on the black and white floor.

The two feet carry the adept through life and the inner worlds, and the power of the Grindstone and Threshing Floor keep the magician's feet from being interfered with magically. Many different types of magic can attempt to destroy an adept, and the first layer is usually aimed at the feet. The feet also define the magician's evolution: left foot forward walks the adept into the future and life; right foot forward walks the adept into death and the Underworld.

Now let's look a bit deeper at these dynamics.

The adept has the power of two swords guarding them and acting on their behalf: the human sword, the Limiter, in their left arm, and the angelic sword, the *Strength of God*, to the right. The adept has two lanterns to light the past and future, and to reveal what is hidden: the lantern of the angel, the Light Bearer; and the lantern of the adept's own deeds. Two swords, two lanterns. One staff as a companion, and a road of balance before the adept. The stars, fate, and planetary spirits above the adept, and the deep foundation stone in the Underworld beneath them, acting as an anchor. Do you recognise some of the "hidden in plain sight" imagery in the Hermit tarot card?

Your power, dynamics, and tools are mirrored angelically. Together this creates a pattern for magic and power to flow through, and from. This pattern also mirrors the patterns of creation, of forward-momentum power, and of restriction power, with the fulcrum in the centre.

The guardian angel that stands behind you acts as an angelic fulcrum just as you act as a human one: this being witnesses your evolution and actions, and works within your fate pattern as a reference point for advice and guardianship.

Once you come to realise the full extent of this pattern of power, you will start to spot it hidden in all sorts of ancient paintings, images, sculptures, and so on. The Mysteries hide themselves by way of people's ignorance, and reveal themselves by way of magical knowledge and

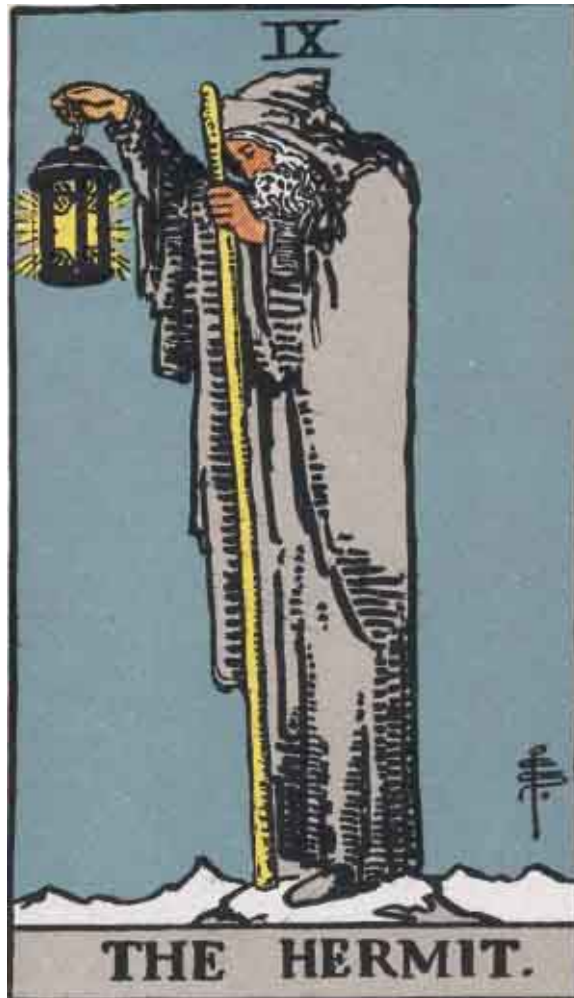


Figure 1: The Hermit

experience. No need for secrets: they guard themselves. These images and hints are left like breadcrumbs on a path that lights up to tell you that you are walking in the right direction, and that you are not alone—you walk in the footsteps of many adepts who walked that path for thousands of years.

This organisation of powers around the adept is an ancient and powerful magical and mystical pattern that the adept operates from within. Now you begin to see why you need no fancy robes, glamorous tools, or verbose ritual speeches: everything is already there around and within you.



## *In practice*

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The pattern of this dynamic should be reiterated regularly, even daily, and worked with on three different levels: mundane, magical work space, and the Inner Temple. Building the pattern this way ingrains it heavily within you, and it moves from your surface, everyday consciousness to your deeper long-term storage/memory: it becomes a form of muscle memory.

When you first started training you were prompted to do daily meditations. Later, other things were added for you to do or be aware of on a daily or regular basis. These are all individual layers brought together to create a pattern of focus, like daily muscle building. At first it may have been a struggle or an inconvenience, but as you applied yourself to the discipline you started to learn the various stages that your mind and body go through when being trained for power and focus.

As an adept there should be a time each morning where, before you get into your daily life, you take a few minutes to focus the pattern. Minutes is all it takes. The focus should revolve around a recitation connected to, or which triggers, the angelic and human power pattern.

This is why I introduced you to Psalm 27 in the initiate training, as a good example of a text that reflects this pattern. We looked at it in initiate module six in its form of a psalm, then in module seven as an adjusted recitation that you used with hand and foot positions. In this lesson we will put the adjusted psalm together with the power pattern, without use of body positions, so that it can be used silently, anywhere, any time.

As you recite the text, visualise and connect with the angelic powers and human/tool powers, and observe text's hidden meanings.

Eventually you will get to know the recitation by heart, and will reach the point where the recitation and visualisation is connecting with the deep memory. But at that point the adept has to be careful.

You might think it would be beneficial to be able to recite the text and visualise the angelic powers while thinking about mundane affairs. But the moment that autopilot mechanism kicks in, you must force your awareness back to the job at hand. And this separates you as an adept from the mundane: you must never recite and visualise power while your mind wanders off to amuse itself. The adept must maintain focus.

This will slowly take them to a deeper state of consciousness over time: as you maintain focus on the recitation and visualisation, deeper and deeper aspects of the pattern, the words, the powers, and the actions will all slowly surface in your consciousness. You will begin to understand the depths and layers of the powers around you, the beings around you, and the power of the words you speak.

Not all recitations, like psalms and suchlike, have such depths: some are very superficial, simple religious prayers. But some have hidden depths, and some are in fact powerful revelations hidden in layers. The longer you recite them over the years, the more such layers will surface.

Also remember that many of these types of recitations were not written as one piece; they were cobbled together. Often any one recitation will have many authors. This does not matter, as the skill of the assembler of the words shines through as you discover deeper and deeper layers of meaning.

First work with the daily recitation while visualising the powers until you can keep focus without your mind wandering: it becomes another form of morning meditation and can at times replace the meditations. Then, whenever you go to work in your workroom, once the gates are open and the directions lit, do the recitation/visualisation before you start work. You will find that the power levels in the room ramp up quite a few notches.

Similarly, you should regularly place your mind in the Inner Temple and maintain a presence before the air gap in the east, facing the wind in your mind as you recite, while seeing the angelic beings around you. Doing that regularly infuses the pattern with a high-frequency power that will continue to resonate like a bell around you.

So let us look at what this power pattern does.

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### *What does it do?*

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Once the pattern has built itself deeply into your subconscious it becomes a default *stance*, for want of a better word. If you are walking in a potentially dangerous situation, magical or mundane, then simply uttering the first line in your mind, or under your breath, brings all the powers around you into full 'on' mode.

In a magical situation, any beings involved will immediately back off: you bring with you the angelic powers that uphold balance and creation, and you are fully centred in a way that is hard to knock off balance. This stance also brings its composite powers into the situation and spreads them outwards around you.

I use it, in dangerous magical situations and also in mundane situations, not only for protection but also to bring balance and justice to a situation or place. I have used it standing behind someone in a courtroom where I know for a fact that they have been unjustly accused: bringing in the power of the Light Bearer and Restriction/Strength/Judgement, while lighting the way ahead, ensures that the influence of balance has a presence in such a situation. You cannot use your own powers (Limiter, staff, lantern) to affect the future of others, but the presence of an adept in a pattern of balance and power will deflect any inner presence, parasitical or otherwise, that may try to influence the outcome of a judgment in an unjust way, for whatever reason. In mundane life, this happens more often than you might think.

The stance will not work if the accused is indeed guilty: the power flows and affects where the fulcrum finds its balance for itself. But the presence of an adept standing in such a pattern will indirectly affect everything around them; and where there is great imbalance in a situation or place, it acts like a catalyst to remind the fulcrum where it belongs.

I have also used it mundanely by standing in the centre of an official building riddled with corruption. By standing in the triggered and conscious pattern, the balance of the powers triggers the movement towards balance of everything around you.

If you visit such a place regularly and sit quietly while doing this recitation and visualisation in your head, then like a dripping tap it will begin to refocus the inner power that flows through it. Similarly you can make regular visits to a church or temple and do the same thing: sitting quietly while going through the recitation and visualisation will begin to retune the church or temple back into the Divine creative stream.

Because the recitation is not used in a religious way, but is of the Divine, it will trigger any place tuned towards Divinity, whatever its form. Going regularly for many months to such a place and doing the recitation quietly while seeing the powers around you can really bring an abandoned or unbalanced sacred place back online.

To do such work is a service for the religious community of that

church or place; and in turn, if the sacred place is tuned, it will affect the areas and town around it. But the recitation must always be in harmony with the religion of the building, so choose carefully what text to use and how to use it, and ensure that it is purely about Divinity, in whatever way that Divinity chooses to express itself. Never ever inflict a directly religious recitation that calls on specific deities (Jesus, Shiva, etc.) on a place of faith not of that religion.

The more you work with this, the more you will discover what can be done and where. For example you can trigger the powers by focusing on the pattern, then put a hand on someone's shoulder so that the power flows through them. You can fill a room with power by standing in the centre and expanding the power outwards. You can take a sick child in your arms while going through the pattern in your head, which holds the child in a Divine, creative, and protective pattern.

The pattern is indispensable in both magic and life. Daily use will bring you much closer into the orbit of Divine powers, powers which flow through you and your life. Living the life of an adept is a life of service, just by nature of who you are and what you do daily.

Now let us look at the psalm and the pattern together. You should already have worked enough with the psalm, and derivative recitations, to be familiar with some of its dynamics. Once you fully understand the various dynamics then you may work with another recitation from different sacred writings or write your own. So long as it has the various keys, it will work if repeated daily: you will create a new outlet for the pattern and then work it.

This recitation is always done facing *physical east* while maintaining a presence before the east altar in the Inner Temple: you face the wind. If you have an east-facing window that you can stand before as you recite then you will find it helpful to see the world of nature outside.

The LORD is my light and my salvation; whom shall I fear?

Visualise the angel at your left shoulder holding the lantern and casting a light down the left side of your body and onto your path: the Light Bearer.

This first dynamic triggers the angelic action of keeping your future path lit and strong. In the beginning an infinite, uncompounded light filled all Creation: "let there be light." The angel with the lantern at your left shoulder, lighting your future, is a resonance of the angelic pattern

that comes into force in the early stages of the creative pattern—it does not get any more powerful than that for a human.

The LORD is the strength of my life; of whom shall I be afraid?

Visualise the angel with the sword at your right shoulder: the power of Restriction and Divine Judgement. This strength is the Divine power of Restriction that limits the light, so that the light can create in a finite way. It governs the expression of the path lit by the light, protects it, shields it, and limits it in a state of balance. It is the counterbalance of the Light Bearer.

The angel holds the sword in their right hand, and the position of the sword will change according to what is around you.

**Note:** If one day the sword position changes in your visualisation, and you had not intended it, then it may signal that danger is approaching. The position of the sword tells you if it is guarding, shielding, judging, warning, or actively protecting—in which case it is held out ready to strike.

When the wicked, even my enemies and my foes came upon to eat on my flesh, they stumbled and fell.

See a circle around you that none can penetrate. Be aware of the Limiter in your arm, and the staff that opens the way ahead. Be aware of your own lantern that shines with your deeds. The power of the angelic lantern and sword, and the power of the human inner sword and lantern, create a pattern difficult for human magic or inner interference to breach.

Though a host should encamp against me, my heart shall not fear; though war should rise up against me, in this I will be confident.

See the circle strengthen and see the two angelic powers at your shoulder grow very tall. The angelic lamp is held up to illuminate everything around you: you see or sense any problematic presence. The sword of the angel grows very big and is held out sideways, on guard.

One thing I have desired of God, that I seek after, is that I may dwell in the house of the Divine all the days of my life, to

behold the beauty of the Divine, and to enquire within their temple.

Be aware of the balance and focus that you hold, be aware of the living world outside, of nature, and its beauty. Be aware that you live within that beauty, within the house of the Divine—the living world—and that you are allowed to step in the Inner Temple/inner worlds to commune with the Divine.

For in times of trouble they will hide me in their pavilion,  
within the secret of the tabernacle they will shield me, He will  
set me upon a rock.

Be aware of how you are shielded by the power of the Inner Temple, and the pattern of the Inner Temple all around you. Be aware of how you stand on the earth with your feet on the Grindstone and Threshing Floor, and that you are connected to the Stone in the Underworld: you stand on that rock. The Divine outputting power (male) places you on the earth; the receiving power of the Divine (female) accepts you.

And now shall my head be lifted up above mine enemies  
round about me; and I will offer in His tabernacle sacrifices of  
joy; I sing, praise unto God. Hear, O God, when I cry with my  
voice, have mercy on me, and answer me. When thou sayest  
seek ye my face, my heart says: Thy face, God, I doth seek.

Be aware of your heart spirit and how it speaks to the Divine and the deities on your behalf. Be aware of how the Divine shines through everything: the face of God is the trees, the mountains, the rivers, and creatures. Be aware of the deep heart spirit within you that utters your truth to the Divine, and of the constant wish of the soul to commune with everything.

Hide not Thy face from me; put not Thy servant away in anger;  
Thou hast been my help; leave me not, nor forsake me, O God.

As you say this, see yourself standing before the air gap in the Inner Temple. Surrender yourself to the power of the wind.

When my father and my mother leave me, then the Divine  
will take me in.

You are declaring that you are moving from your earthly family into the Divine family as one Justified. See yourself in the assembly of deities in the Small Temple.

Lead me in a plain path because of my enemies. Deliver me not unto the will of mine enemies; for false witnesses are risen up against me, and such as breathe out cruelty.

See yourself on the black and white path lit with golden light: the path of the Justified. It takes you out of the pattern of good and bad and instead places you in the power of the fulcrum. While ever you walk a path of the Grindstone and Threshing Floor, and work to keep your scales as clear and balanced as possible, you stay out of the frequency of the degenerate, unbalanced, and destructive influences that flow through humanity at its lower common denominators. The *plain path* is the black and white path, cause and effect, and the Grindstone and Threshing Floor, in action: the path of necessity.

I had fainted if I had not believed to see the beauty of God in the land of the living.

Be aware of the power of Divinity flowing through everything that lives, and how it shines through everything: see paradise in the mundane.

Wait on the Divine, be of good courage, and they will strengthen your heart, wait I say, on the Divine.

Be aware of your heart spirit protected by the Divine powers. As a Justified one, whose heart spirit is protected by the female Divine, no one can intrude on your heart spirit: it is strong. Be aware and trustful of that Divine power and the true voice of your heart while walking the plain path.

There is a lot more within this old psalm, including fragments of Egyptian mystical power. Inner knowledge flows from culture to culture over time. It will surface for you as and when appropriate and necessary.

The key elements within this recitation are: the Light Bearer, Restriction, the Fulcrum, the Grindstone and Threshing Floor, the anchor, the plain path, the heart spirit which speaks to the Divine, and the stepping from earthly parents into the inner family.

As an aside, the dynamic of the inner or Divine family has become badly misunderstood because of the Christian/Abrahamic reliance on a benevolent father god who fixes everything. That is not what this mystical dynamic is talking about. It is far more complex than that.

Energetically, while your parents live, you are to an extent under their wing; and when you have children and they grow up, regardless of your contact with them, part of your energy will go to protect them. This natural inner dynamic flows through humanity as well as other creatures who invest a lot in childrearing, such as elephants.

When your parents die, that energetic connection is weakened, then broken. Then you are literally on your own from an energetic perspective. For a magician's fate path, this time often coincides with your 'inner family' drawing nearer: the deities, inner contacts, and so forth. It is the magical equivalent of reaching adulthood.

From an outer perspective, before modern medicine, after an adult had reared their own family and their parents had died, then was the time for them to immerse themselves fully in the practice of the mystical magical path.

Including this dynamic in the recitation, regardless of whether your parents are still living, acknowledges it and paves the way for you to accept and walk on the path of the Divine inner family.

Like all families, this comes with responsibilities. When you went through the process of becoming justified and were accepted within the orbit of the deities, it lined you up ready for transition into this family on the death of your parents.

Magicians aware of this dynamic experience this transition in different ways. In my case, once my last parent had died, within a year I felt a massive shift in my relationship with the inner worlds, the deities, and my outer magical work. It really was growing up time for me, and that prepared me for writing and developing this course.

When you use this recitation daily, or a similar one, it both engraves (remember that word?) the pattern deep into you and begins to resonate it with your future. Like a harp string, it creates a vibration/tone that resonates forward in your future and affects everything there as well as in the present.

As the power of the recitation builds over months and years of use, your future path shifts to accommodate the higher frequency of energy that you are triggering by working with the recitation. This ensures that



the fate paths on your fate pattern are strengthened, and the path of the highest possibilities is well lit.

Remember your work on the fate web pattern? You saw many junctions where fate could take you in a variety of different directions. Though they all stay within the overall pattern, your choices and actions define which strand on the fate web you follow.

Building this recitation with stillness, visionary patterns, and power vibrates those fate lines with the highest possible potentials and lights them up like runways: it opens your true potential for the future.

Besides the obvious implications of this, this also strengthens you within the pattern overall, which makes you much harder to knock off your feet. Through this anchoring, strengthening, and power you become a self-contained being; hard to attack, destroy, or feed from. This is why true adepts do not need tons of accessories, as they are all built in.

However, your own daily actions are still your responsibility. Many magicians fail when they get to this level: they feel solidly protected and provided for, and become arrogant in their actions.

Look on this work as a foundation that you stand on, that holds you upright. The smaller events that come along you deal with in layers. So long as the foundation stance is there, what could be major disasters become mere inconveniences that must be magically, or mundanely, dealt with.

You should now understand why this magical pattern/dynamic is so important for an adept delving into the Deep Underworld, facing destructive beings, or shaking up the status quo of corruption within magic, society, etc. Facing such dangers is pointless if you are not properly protected, equipped, and powered up.

When you delve deep into the Abyss, there is a shift in how you use this pattern of ritual powers. This pattern draws its strength from the deep dynamics of creation—fine for ninety percent of magic, but down the Abyss, a place solely about destruction, those dynamics do not belong. Like matter and antimatter, the two should not mix.

If you have to work deeply in the Abyss, first use the ritual pattern of power in the Inner Temple to tune and strengthen yourself. Then become silent and still, clothed in darkness or stone, before descending down into the depths. *You shield the light in restriction.* The powers are still there within and around you, but they are cloaked and work in a silent subtle way, hidden from sight, and not thought about as you work. Think about

that and how you would go about it.

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### *The body as a tool*

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Once this pattern is firmly engrammed in the adept's body and mind, the magician's body and mind also become tools for them. The powers held within the mind and body can be worked with to repel, bind, open, illuminate, block, or expand. These skills can be used to protect oneself, to open the path ahead, to lock and seal something, to repel an attack, and so forth.

As the adept learns more and more through practical experience, they also come to understand that these powers, overseen and guarded by constant angelic presences, can be used only in necessity. This strange dynamic runs against our modern way of thinking that asks for experimentation to prove a power's existence, as when such a power is not needed, it will not work. But when it is needed, the full force of inner power comes up behind the use of the body as a tool, and flows through the magician.

In my earlier days of experimentation, once I had learned about this pattern of power and worked with it, I tried to experiment in situations where such power was unnecessary, and I was disappointed when this did not work. Nevertheless, when they were really needed, I was bowled over by the sheer amount of power that flowed through them, and how they flowed almost by their own choice, not mine.

This also brings to light another dynamic that brings the angelic powers to the fore. The guardian angel and the dynamics of Light Bearer and Restriction will act when necessary, and also trigger your own body tools when needed, even if you are not aware of the necessity. By observing when they do trigger on their own, you will come to realise and understand the various tides of destruction that flow through the world, and learn how magical attacks can fly under the radar.

And with such attacks this power pattern's daily use really comes into its own. A skilled, focused, and powerful magical attack can often be missed in its first instance by an adept, and by the time you notice it and react, some damage may already have been done.

But if you are operating within this pattern of power, the pattern itself responds regardless of whether you are aware of the danger: it runs on

automatic. It deflects and processes the initial pulse of power, while alerting you so that you can deal with any suitable parts. The power pattern deals with the rest.

This works with an adept not obsessed with control. If you wish to control everything all the time then this pattern cannot work independently of your own consciousness. But if you have been trained to work in cooperation with other powers and unconditionally, then you do not get in the way of the power this pattern can carry. You do your job and the pattern does its.

But remember, it is a layer, a foundation layer; and its success relies on you doing what is necessary to deal with the lower-level issues, even though you can let the pattern deal with the bigger ones.

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### *Working with the Quareia deck*

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To give you a chance to look at this pattern from another angle, and to see the various subdynamics that operate around it, we will do some work with the Quareia Magician's deck.

This exercise gives you a visual map of the powers around you in this power pattern, and helps you understand the inner contacts and angelic powers drawn around the adept who holds this pattern within them.

Get your deck and spread out a large cloth on the floor. In the centre put Foundation, the Stone at the centre of all things. Over the top of it put Perfect Balance: your anchor and fulcrum.

First we will build the centre line. Put Star Father at the top and the Path of Hercules at the bottom.

You will do this as if you were looking at yourself: right of Foundation/Perfect Balance is your left arm; left of the two centre cards is your right arm. For example, if you laid on top of the cards, your left arm would be the right side of the cloth from the perspective of someone looking down at you. The bottom of the cloth is south as you are facing your own pattern: you are looking at your own pattern from the southern gate.

Right of the two centre cards place the Limiter; left of them, place Regeneration.

Behind the Limiter place the Light Bearer, and behind Regeneration place the Keeper of Justice. To the right side of the Star Father place the Keeper of Time, and to the left of the Star Father place the Holder of Light.

To the right and on the Limiter place the Staff of the Gods. Below the Limiter place the Grindstone, and below Regeneration place the Unraveller.

Directly below the two central cards place Threshold Guardian. Below that card place Fate Holder.

To the right of Fate Holder, directly beneath the Grindstone, place Fate Giver. Underneath the Unraveller, place Fate Taker.

Before we add more cards, let's just quickly look at the rationale for these positions. Some are obvious and do not need stating, but others may confuse you a little.

The Keeper of Justice is in the position behind your right shoulder as the aspect of the power of Restriction that guards you with the sword. Note: *Keeper of Justice*, not just *Justice*: the power of Justice is a blind dynamic, but the Keeper is an angelic consciousness that actively directs that power.

Regeneration is placed in the position of the adept's lantern: this card is the vessel which holds the harvest, and the past experience which lights the way forward for the future. The Unraveller is the root power of which the Threshing Floor is a subdivision. We have talked about this before, so you should understand it by now.

The Threshold Guardian, directly below the two centre cards, is the power that bridges magic that leaves the magician or leaves the central flame on its way into the future. The central flame and the magician are the same thing.

Directly below the Fate Holder, place the Inner Companion. This is the Sandalphon, the Noble One who walks alongside the adept as a Companion on the path, or sometimes ahead, keeping the path open for them. Below the Companion is the Path of Hercules, the path ahead.

Now we will fill in the right side of the layout. To the right and slightly below the Light Bearer, place the Inner Librarian. This is the inner contact for the Inner Library that converts the wind that blows from the east into knowledge for you.

Below her, place the Utterer, who governs your power of magical-

mystical utterance for future knowledge: the ritual utterance that triggers magic to flow into the future. The inner librarian speaks to you, then you speak to the world.

So now you should have your bearings as to the directions. The Librarian and Utterer are the two pillars of the east gate.

To the left of the Unraveller place Fellowship. This card is from the physical realm, diametrically opposed to the Inner Librarian. The Fellowship is the power of a collective of inner humans supportive of you or in communion with you. It is also the inner contacts of the Gathering Place: people who once lived, are still living, or who will live in the physical world, that uphold the magical and mystical patterns. When you circle the flame in the Inner Temple, you join this Fellowship.

Their position places them in the southwest, the threshold of life being lived or life that has been lived, life that has gained knowledge, wisdom, and experience. In its wider expression, it is the collective consciousness. It is also one pillar of the west gate.

Above it, and to the left of the Keeper of Justice, place Imprisoner. This is the pure power of Restriction, the deeper power behind justice, and the Divine Judgement of God, or Strength. We have talked about this power before, the power that holds a spirit in stasis while being measured by the scales and takes things out of circulation. When the sword of Damocles falls, the power of Restriction, or the Imprisoner, triggers. It is the other pillar of the west gate.

Above the Imprisoner is the Protector of Souls, she who holds in her cloak all who have been taken out of the cycle of life. She has two sides: one is the Abyss, the other is the stars. She is both ends of the spectrum, and through her power consciousness is put to sleep in the right place.

Take some time to look at these cards in their positions, and to orientate them in accordance with the magical directions, with yourself as the centre. Look at the dynamics of what powers orbit each other closely, and which ones stand in opposition across the centre line. Look at the two gates and the south and north thresholds; look at the tools and what powers orbit around them; and look at which area in the layout around the adept has no direct inner contact.

You can also learn a lot by putting some of the other cards around the pattern where you think they belong. Choose them yourself. Any you add, note where you put them and why.

As you look at the pattern, think about it in terms of the magical work

space, of you as an adept working in the power pattern, and in terms of the Inner Temple structure. You will come to realise all sorts of things.

If you can, leave these cards out somewhere safely for a few days and keep going back to them, meditating and looking at their patterns. More and more will surface as this awakens things you have learned so far in your training.

You can also do the same for the physical realm. Start from the line of Fellowship, Unraveller, Threshold Guardian, Grindstone, Utterer, and the four cards below. From there, start to add in cards from the physical realm. Keep the same directional pattern going: right side of the layout is your left side, the east, and coming into being.

This will make you think in different ways, and will start to bring to light some interesting dynamics within humanity, and show you how power flows through the physical realm. Keep notes, photograph or draw the layouts you make, and watch for the orbits that form, paths, thresholds, and gates.

Keep notes on everything you learn, anything that comes to light, and any dreams this work triggers. If you are working with a mentor then the mentor will ask you about this work and your conclusions.

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### *A new layout*

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From the work you have just done, and using the powers as card positions, design a layout to tell you what powers are operating in a magical working or event.

Each position in the layout should be the power of a card. For example, the inputting power coming to the magician from the north-east/shoulder position would be the position of the Light Bearer. Start with a centre card that represents the magician launching the magic, or the being triggering a power situation, and work out from there.

Some of the positions will be the cards/positions that you have just worked with, as that pattern is a basic template. But you can add things in various positions to see what power is going out, coming in, what is in a power's orbit, what is its weak/unravelling power, and so forth. Think about it, play around with it. If you want to start from scratch and not use the pattern we have just looked at, then do so.

Think about the questions you would need to ask in such a situation. If you had a situation where suspected powerful magic has been used to influence a group of people, an organisation, or a magical project, then think about what you would need to know to tackle such a problem. This will indicate what sort of questions you would need to pose, and from those questions you can design layout positions to give you the pertinent information to answer them.

If you design the layout in harmony with the directional powers, flow of time, and so forth, then it will trigger a deeper energy to flow through the layout which will give you more accurate readings. The layout should be a harmonic of a magical inner or outer pattern.

And remember, this is about looking at a magical pattern itself, not its results. You need to know the mechanics of the magic used, not what it ultimately does. You solve such problems by dealing with the inner mechanisms of the magic and dismantling/deflecting it, not by mopping up its messy results.

You should make the layout flexible enough to be used for looking at the inner powers operating around your own magical ritual and inner work. If you think back to the Mystical Map layout, the two positions of Inner Temple and Magical Temple, then this new layout should be zoomed in and looking in detail at the powers at play and in action at those two basic Mystical Map positions.

Map it out, test it, write it down, and draw it out like a map. Use it a few times to look at ritual situations from the past—either your past, or from history in general. Test it to see what the layout's weaknesses are, and to see if you need to make changes to make it more focused and to the point. Keep all notes and images.

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### *Daily focus*

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Shift your daily meditation/recitation focus to the power pattern/recitation covered in this lesson. Carry on with the lessons, do the daily rite, and observe any changes to yourself and to how nearby people, creatures, and so forth react to you. The longer you work the pattern, the more the subtle shifts will happen.

Also keep records of how it slowly begins to shift how you think and feel, how you react to things, and how you modify your everyday life and

behaviour to bring it more into line with the pattern. Do you find yourself modifying your reactions to events? Do you feel the powers and contacts triggering unexpectedly in certain situations? Does the surrounding land react differently to you, and does it change how you view the land? Keep notes on any thoughts, observations, and events.

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## *Ritual*

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Revisit your early apprentice training, and as an experiment in your work space do the pentagram ritual. Then on another day do the full hexagram ritual. Do this while your mind is in the Inner Temple and your body is in your magical work space, with all the directions and gates open. All the time, keep an awareness of the adept power pattern of tools and angelic powers around and within you. Prepare for these simple rituals by meditating in silence and stillness, then by meditating briefly in the Inner Temple before you start.

Bring the early rituals and the adept power pattern together and see how it feels. What does it do, and what, if any, new understandings does it bring to those early rituals?

Once you have done this, if it is appropriate and feels right, work out how to combine the pentagram pattern, the hexagram pattern, and the adept power pattern together as one ritual act that would be used for grounding, inspiration, self-tuning, and to open things out ready for work.

Type out the ritual and any notes, and keep them in a file, along with any observations of how it works for you.



QUAREIA

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