



QUAREIA—THE ADEPT

Module VI—Advanced Visionary Magic

Lesson 3: Working as an Inner Contact

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WELCOME

Welcome to this lesson of the Quareia curriculum.

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

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

Yours,

Josephine McCarthy



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Module VI—Advanced Visionary Magic

Lesson 3: Working as an Inner Contact

You have done various workings to introduce you to the concept of working as a living inner contact. For an adept this can become an area of specialisation. A lot of your work could end up focused on assisting other adepts, priests, and priestesses, both in your time, and in the past, future, and inner worlds.

The various workings you have already done have ‘stretched’ you into that role as a key assistant in inner work, which has prepared your body for the impact that can sometimes come from such work. As an inner contact you carry a great deal more power than the ‘outer magician’ doing the ritual work. The inner contact that bridges power without physical expression becomes a catalyst in a chain of work between Divine powers, deity and angelic patterns, and the outer expression which is the magician’s ritual.

Working as an inner contact takes you ‘out of time.’ The more you realise this, the more you realise what you can do, and what you cannot do, because of the very real strain it can put on your body. For this reason, inner contact work is not taken lightly. You choose carefully when and where to act, and always in response to necessity rather than curiosity. Before we get on and do some of the work, let us look at the dynamics and implications of working in different times, not only regarding how it can affect you, but also regarding how you affect time, events, power patterns, and the results of those patterns.

Rather than simply learning by doing the visions, it is also important, now that you have some experience of the work, to understand its underlying principles and power dynamics, and how the effects of such work can spread out to bring change. This will also deepen your understanding of the inner contacts you have worked with in the past. Some will have been living contacts in their own time and place.

Working in the present time

Working as an inner contact in your time is easiest and least stressful for an adept's body and mind. This can take various forms, from appearing as an inner contact for other outer magical or sacred acts that you are not generally connected to, to being as an inner contact for your own work—think about that and try to get your head around it!

When working as an inner contact for magical acts happening in your lifetime, you never gatecrash the workings. Rather, you turn up as a result of a request put out for help by a magician or group of magicians. Some areas of modern magic do not have a particularly deep understanding of inner contacts and what they are, what they do, and so forth, but such a group in ritual will often still utter a request for help, usually from an angel.

When angelic power is not actually needed, that request fails to reach that level of being, but the request is heard in the Inner Library. Then an inner contact—non-living—will respond, or, if more appropriate, a living inner contact will be asked to respond.

If the request put out by a group is just silly or heavily unbalanced, it is unlikely to echo through the inner worlds. More likely it will attract parasites or Underworld beings. However, if the group's request comes from naivety, or if they are, in fact, children, then if any call goes out at all, it will likely be for inner contacts to limit and protect the group, rather than help them.

This is where it can get interesting, not only as an inner contact, but in the wider pattern of balance constantly seeking expression. For the most part, when people, particularly kids who know no better, engage in magical acts, usually for curiosity/power, nothing happens. At the most, parasites may turn up—and having to deal with their effects tends to teach the kids not be more careful in future.

But if those kids do silly but potentially unbalanced things that could have a much wider reach than they intended, and in an area or time where patterns of balance are in action and seeking expression, then their magical act will trigger an action. This action is a call for beings or inner contacts to intervene and do damage limitation.

This does not always happen, particularly if the time and place is currently undergoing a tide of destruction, is already heavily involved with a large group of parasites, destructive beings, or an old but complete magical pattern has been triggered.

These situations are not black and white—and this is something you will come up against a lot in adept magic. Every situation is complex, and sometimes an inner contact interaction or intervention can make a bad situation worse. This is why you, as a living inner contact, only answer calls that come through an inner source. You do not go out looking for work to do in general. For training purposes you will be instructed to seek work, but after that you respond only to calls. If an inner contact is really needed, the call goes out. If not, it does not.

This puts you back in the dynamic of not wanting control or power. Often magicians fall into the trap of wanting to save everything, or feel that they know better; or they are glamoured with the power promise of swooping in and saving the day. All these are unhealthy and damaging, not only to those involved, but also to the magician themselves.

So you can see that there are all sorts of situations where a living inner contact may be called in work. If you answer that call with simple acts of necessity and nothing more, then not only do you do what needs doing, but the effects of such work can be far-reaching. If you are working within the correct parameters, many other levels of power and beings can join the chain of work, and much can be achieved from a simple act. Nothing works in isolation: everything has a knock-on effect, and the ripples can keep going for years.

The living inner contact that works in their own time brings a particular quality to the work. Because you live at the same time as the work you are engaging with, you act as a constant fulcrum for the ripples of change that spread out from the work. You may only do one visionary act, but the energetic weave from that work forms long-term patterns and continues to draw on you and refer back to you as it constantly seeks balance. You become a reference point for that work. A good reason to not overdo such work!

But because you are working as an inner contact, and not just as an

adept doing vision work who intervenes in an ongoing or current magical working, you do not get drawn into the actual pattern itself. While the pattern may touch base with you periodically for reference, you are not drawn into the outer events expressed as a result of the pattern.

And this is very important. As an adept, over the years you will likely do a lot of different work. Sometimes you will become part of the pattern you are working on. This becomes a burden. The last thing you need is to be drawn into other peoples' patterns as well, just by helping them. Your fate path can become entwined with theirs, if you are not careful. By working as an inner contact, you do not partake of that joining of fate paths.

So what is the difference between the action of a living inner contact, and a visionary magical working where you intervene in a magical act that you are not involved in?

The first difference is the important one, and is a technical one. The method of approach takes you out of the human current fate pattern weaves that all interlock. You become a true outsider who can step in, do a simple act, and step back without connecting to the people and their fates. You do hold some connection to the actions of the forming pattern, as I said earlier: you become a reference point. But this is for the fate patterns themselves, not the people.

So for example, a year or two after the working, you may find a day where your energy slumps, and you are suddenly reminded of the work you did as an inner contact. It comes to the fore of your mind, and you realise that a key event is happening from that flow of work.

When this happens, you keep an internal stillness for that day, not by meditating, but by keeping your day as simple as possible and not thinking back to that work: do not get drawn back to it. When this happens to me, I go about my day, usually being very tired, and I stop every so often and simply visualise the scales and the fulcrum.

The balance of the scales is usually your role as a living inner contact, regardless of anything else you do. Simply remembering the scales and bringing their image into your mind will give the pattern seeking reiteration what it needs. You are the reference point for the scales, and simply visualising them, using the dripping tap method—remember that?—lets the pattern remember that focus.

As soon as the pattern is reminded of balance, the pressure will come off you and your energy will come back up. If what you had been

working on was a magical event that would have repercussions out in the world, then a day or two later you may see the result of the pattern activating and the balance expressing itself. This is most easily seen if the work involved political or social power. The pattern sought a reference point, you gave it, the pattern triggered its next key step, and then an event happens which is specific to the work done. Once it has outed, your life goes back to normal.

If, however, you intervened simply as a visionary magician, then your fate path may become entwined in the expressing pattern. You may find yourself getting drawn into events as a direct player. This also means that your fate path is interwoven with the fate paths of those involved. This can get pretty messy, and it can take years to detach from it. You find yourself meeting in physical life those involved in the pattern in some form, and you become swept up in their events with direct effects on your everyday life. You can imagine the nightmare scenarios that can ensue.

How you approach the work defines how you will interact with the patterns and the magic. So let's look at the approaches. The differences between them are pretty minor, but the effects of such differences can be massive. The same dynamics apply when you work in different times.

Differences in approach

The differences are simple. When you approach work as an inner contact, you first have to detach from your living pattern and step out of time. The easiest way is through a method that you have been practising since your apprentice days: you go to the Inner Library, which takes you out of time.

Then you go to the Gathering Place, and join them as an inner contact out of time. The four gates there give you access to places out in the world, and the time/place you visit is defined by your focused intent. Working in cooperation with that group places you into a group consciousness out of time and away from the physical realm. You have done this before, yet approaching this as an adept with clear understanding and intent deepens the bridge that you will cross to achieve what work you intend to do.

When you go to a place in the physical realm by walking, flying, or going through the Underworld, you are still within the confines of time and physicality. Therefore, when you begin your work, you are working as an adept within the patterns of fate and time.

So you can see that the differences are subtle, but they can have far-reaching consequences. How you get to a job defines how deeply you will be involved in that job in the long term. Sometimes it is necessary to work within the confines of the physical world, the fate patterns, and time; sometimes it is not. You will learn as you work how to choose your approach, and why.

For instance, here is an example very pertinent to the current social and political situations in the West. There has been, as I write this, a sharp rise in fascism, governmental stupidity, and corruption, and Britain has voted to pull away from its union with Europe. The long-term consequences of this action will be far-reaching indeed, and will have both bad and good effects on the population for many generations to come.

There is a long history of magical intervention in the seat of government in Britain. Various groups over time have triggered various magical actions to shift the political climate one way or another to suit their own agenda. This makes for a very messy muddle of magic pulling in various directions, and such a mess feeds a parasitical unbalance that both fuels and encourages political corruption.

In magical terms, the actions needed are to clean the seat of power and install the scales there, to bring into balance whatever needs balancing without interfering in the political choices. That is important: it is not the job of the adept to magically force one political structure over another. Rather, we must ensure that political decisions flow from, and are affected by, silence, balance, and a clean energetic space. Otherwise you become part of the problem. We have looked at this before.

If you lived in Britain and wanted to help restore balance, then you would stay within the physical fate patterns of the country and work from within that structure. You would not work as an inner contact. This means that any magical work done would affect you energetically and would affect your fate pattern. This is how it should be: you are part of the land and the society, so you should trigger rebalance from within that structure. You also become a recipient of the results of that work: what flows through your bloodline is deeply embedded within the land, if you live there, and all this comes together in its various forms, even if your parents or grandparents were not from that land. Remember: you are a *future ancestor* of that land, and whatever you do magically to that land and society is also magic *done on you*.

If, on the other hand, you were a Briton called or pulled to work on a similar situation, but in another land that you do not live on, then you would work as an inner contact. In this instance you would enact the

same work, and would most likely find yourself assisting and guiding others in the cleanup work from that land. Your work is in service to the society of that land as an inner contact: you do not become part of the pattern, as it is not your land. In such cases it is even more important that you do not try to force a magical pattern with a political agenda. Such manipulation, particularly when you will not be there in the long-term to carry your part of the burden of such forced change, is magically criminal. You become nothing better than a dictator.

Hopefully by now, as an adept, you will have learned that the best way to trigger change is not to decide what that change should bring in formed terms, but to clean, balance, and open the gates. Whatever is the next phase for the nation's fate will come through in the most balanced way possible, as you have prepared a clean and balanced vessel for that fate to fill. Hopefully by now you fully understand what that means.

Working in different times

Working in different times can be very weird, and still a lot I cannot grasp about the twists and turns of fate patterns over time, but what I have learned is interesting to me. What I did find is that if you go back in the past to work magically, for whatever reason, if you go in to that work as an inner contact, you do not trigger shifts and changes in your family lines, and you do not trigger shifts and changes within yourself.

To the people whom your work affects, or whom you will work on, you will be perceived as a spirit, an angel, a deity—whatever is within their cultural pattern of understanding that marks out something 'other.' You are 'something' that turns up in a moment of dire need and assists or holds a space, then withdraws again. They cannot draw you back or try to contact you: such work as an inner contact is anonymous, and for good reason.

If you go back in the past through imagery of the surface world or the Underworld, you are also going backwards through the complex patterns of fate and existence that run through your bloodline, your nation and so forth, even if the work is not directly connected to your family or country. You are not working as an inner contact when you do that, rather you are working as a future ancestor or magician wading back through the rivers of time to uphold something, trigger something, and so forth.

Just be aware that when you work that way, the changes triggered also bring changes to you and everyone you are connected to on an

energetic level. You have dipped in this sort of work in your training, as an important aspect of magic, and over the years to come, you will slowly come to realise what work had a long-term effect and what type of work did not.

The same dynamics apply in working in the future: working as inner contact works out of the pattern, working as a magician in vision in the physical realm keeps you within the pattern. Sometimes you need to stay in the pattern. For instance if you are reaching far back in time to retrieve and bring forward ancient work or knowledge, approaching it as a magician standing in the flow of time and substance helps you absorb that work deeply and carry it forward. Staying within the pattern of life/fate enables a stronger bridging of such knowledge, and will embed itself within you and within your body.

Whereas if you approach such work as an inner contact, your connection to the physical world regarding bridging that work is not so strong: the work embeds more within your spirit than within your body. If you intend to externalise that knowledge, work with it, evolve it, and move it forward, such action would be much harder if you worked as an inner contact. Having it within the substance of your body makes it easier to unfold.

However if your intent is to carry that work forward within your spirit for lifetimes, then working as an inner contact might make that an easier burden to carry. The key is to think carefully, and think around all the parameters of the work you are doing before you decide which approach to use.

As an apprentice and initiate you did both, often without realising it. This enabled you to experience both methods of working, and to also look back and see what approaches affected you in what ways. Having direct experience of both methods, before you even realised what they were, gives your body and spirit experience to draw on for when you start to make decisions as an adept.

Why do such work?

Working as an inner contact is not something that every adept does, not even visionary adepts. But it can be great service work to do, and it provides many different opportunities for learning. Each situation is unique and has something to teach you as you help others. Just be careful

not to tip into ‘saviour work,’ as that degenerates the work down to being all about your ego, and not actually about the work.

But answering a call of need plays directly into the very first magical dynamics you learned as an apprentice: you must give before you can receive. If you work in service without any agenda or expectations of return, then what starts to happen is that when you are in great need and you put out a call for help, an inner contact will step up to the plate and help you out. This is not a matter of, “oh, well, if I work then I get credit for my time of need.” It is rather simpler and less self-centred than that. Once you take that step and work as an inner contact in service, then you step into a pattern of interconnectedness between magicians, priests, priestesses, angelic beings, and so forth. You become *visible*. You become part of an inner collective which will respond when you have real need.

To be helped you need to be visible; to be visible, first you must step forward to join that collective by giving assistance as an inner contact when needed. You join the collective by your actions. It is a simple dynamic. This is why I introduced you to many different types of service work early in your training: it put you into the pattern so that your back was covered in times of danger.

In turn, you can work as an inner contact for magical students when they have great need, and such work would be anonymous: they would not know you are a living adept somewhere.

Working as an inner contact can range from joining a massive, long-term project that you step in briefly to assist before withdrawing from it, or it can be as simple as going and sitting silently beside someone in a time of terrible suffering and holding a space for them. It can be cleaning up power centres, holding a gate for a trainee magician, filtering out imbalanced consecration lines as they are passed from bishop to bishop, warning a group of people in imminent danger who are not aware of it, guiding someone lost in the desert, acting as a ritual stand-in for a group, carrying power over thresholds for a ritual group... the jobs are endless in their size and action.

Practical exercise

The best way to learn is by doing. You have done inner contact work before, but now it is important to experience it as an adept who has a better understanding of the parameters so that you can not only work, but observe all the dynamics as you work.

Learning through practical application is one thing. Learning through practical application while knowing more about the dynamics is quite another: it puts you into a deeper layer of learning. You become not only a worker, but an observer and an analyst of the underlying mechanics of what is happening and why.

And that is the route to true knowledge: being able to analyse an action or dynamic, and come to conclusions based on your observations of how the work shifts with your intervention, will teach you a great deal more than working passively.

To do this, go to the Inner Library and ask to be assigned some inner contact work in order to learn. This request is different from answering a call of need. By asking actively for direct experience to learn from, you will be bridged into a place and time to work. You will have to draw on everything you have learned to decide what work needs doing, what purpose you serve, and when to leave the work, even if the overall ritual, situation, or event is still ongoing.

Another important point: do your bit, then leave. Do not be tempted to stay until the end to see what happens. That can step you into the pattern and away from being an inner contact: you can get drawn into the fate patterns out of curiosity, or from wish to control things. The end result of the work is not your business; you are simply a cog in a wheel.

When you ask to be sent to work, ask to go somewhere in your time first. Once you have done that, write up your notes. Then on another day, ask to go to work in a time in the past. In another session, ask to go to a time in the future. Do not do all these on the same day, as you will regret it: the physical impact can be too much. If the work you are sent to is very important then you will be filled with power to do your job. Immediately afterwards, you will still be filled with that power, and it can be tempting to continue. Don't. Conserve your energy, and work another day.

This rise and fall of energy levels gets far more pronounced when you work with a group of magicians: remember that. The levels become high for the work and the residue can hang around for a couple of hours afterwards before you finally crash. Hence regular and repeated group work on powerful projects is not such a bright idea: you will burn out pretty quick.

Learn to pace yourself with such work, and learn how you yourself deal with the rise and fall of power when working. It is slightly different for everyone, but in general, with inner visionary work, always spread it

out.

Write up your notes from the three training sessions, and think about why the events needed an inner contact. What necessary thing did you bring to the table? Why was there a deficit? What other beings were there that could not do what you could do, and why?

Whenever you do such work, don't just do the task and write the notes. Always think about why, how, when, who, and so forth. Questioning the dynamics of a working teaches you to be curious. This lets you learn far more than if you simply did as you were told. And this goes for all magic: it needs a curious mind.

Optional task

If you find that this style of work agrees with you and you are interested in it, then you can expand the work by asking to go and assist in major construction work in temples, both inner and outer. You can work with the scribes in the tombs of various cultures that used magic to enliven their space, or in major ritual workings that were, are, or will be, key catalysts.

Don't just choose an event and gatecrash it. Always go through the Library and ask if it is appropriate. If you get blocked from some work, then not only is it not right for you to do it, but your presence in vision as an inner contact could be detrimental to those involved. So tread lightly, and in a mature way.

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