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## QUAREIA—THE ADEPT

Module VI—Advanced Visionary Magic

Lesson 8: Visionary Technique IV

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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 VI—Advanced Visionary Magic

#### Lesson 8: Visionary Technique IV

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This lesson is short on text but heavy in practice for you. This lesson is about how to externalise a visionary process should you need to. Sometimes it is not a good idea to go in vision, and the reasons for this can be many and varied. Other times you simply need to externalise the work, yet without ritual—taking it to that in-between place.

In these instances and others, there is a method that can trigger magical patterns and powers without going fully in vision and without ritual externalisation. You started the development process towards this skill when you were an apprentice, and by now you should be ready to take the next step. It may have already happened for you, as much magical development and discovery can happen by chance once you are training.

In your apprentice work you started with contacted writing, and in the initiate section, you started writing your own rituals. Both of these will have started to open doors that can lead on to other techniques, one of which is visionary writing. With the practice you have with contacted writing, and the large body of visionary work and contact you have behind you, you should by now be able to trigger visionary writing. But what is it?

Essentially, visionary writing is where you work in a vision, but you are writing it, not seeing it. It is not writing from the imagination or subconscious; it is a focused and specific technique for working in

magical vision. The difference is that you work in the vision through text/word/magical utterance through the imagination, as opposed to using your inner sight and thought process to construct the interface.

The imagination is still the filter and the threshold beyond which you pass, but instead of seeing it in your mind, you write it out in words as it is happening. As it is a different pathway from the one you are used to using, it may take some time to get used to it, and to write without it coming purely from your imagination. It may feel like going back to apprentice-level work for a while. It may also be a bit of a struggle for some of you to stop yourself going into full vision while writing: remember, it is an in-between state.

Just as you had to learn slowly as an apprentice how to discern between your imagination and a true visionary contact, again you may go through that phase of not knowing until something comes through your written words that clearly was not from you: you are 'seeing' something there and you are converting it into words instead of images.

This work can be done by handwriting or typing, it is up to you. Each method has its differences as to how the power interacts with you, and it can be interesting, though it is not totally necessary, to try both a few times to find how they differ for you. Often by the time you get to adept-level work, your experiments will have already become very individual.

On the surface of magic, which the apprentice touches, things are very predictable, which makes it much easier to guess how something will interact with you, and vice versa. But once you get to adept magic and beyond, you start to form more as an individual magician with your unique responses to power. So whenever you get the chance to experiment and learn, do so: it is very interesting what you can stumble across.

Once you get used to the technique, you can use it for explorations into unknown territory. It steps down the power you get from a full visionary working, so you can get the information without the energy hit that can sometimes come from regular visionary work.

However, remember that it is not a substitute for visionary work: lots happens energetically in full vision that cannot be reached using this method. It is a 'second best' option. Externalising it through writing creates a strong filter for the energy and power, so you only receive up to a quarter of the power interaction you would get if you were doing the work in the normal visionary way.

## *The method*

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To first develop your technique, start with a foundation vision to plug you into the stream of magical information. Write a vision of going into the Inner Library. Do this in your magical space with the directions open. Sit in the centre, east, or west—whichever direction draws you—and find a comfortable spot on the floor or in a chair where you can write without physical hindrance.

Write out the visionary steps as a complete vision, as if you were writing it for someone else to follow. Have as an intention before you start writing, *to make contact with a particular being or to visit a specific area of the Library*. Write without thought. Write without preplanned ideas of what you will write, and vaguely ‘see’ the place and interactions in your mind as you write.

Don’t plan what is to happen, just let it happen as it flows through you. And don’t try to filter yourself. Just write. It may take a few times of doing these different visionary exercises before you can do this without letting your imagination completely take over, or letting your subconscious voice take control. You will know when you have made a breakthrough.

After you have done the Inner Library, in another session, write about going into the Inner Temple. For a third one, write about going down into the cave with the ancient goddess at the threshold of the Underworld and connecting with her. And for a fourth one, go to the Underworld Forest and out into the Plains of Death by the River.

We all write at different speeds, and this is much harder for some than for others. You can choose how you want to do this: you can focus solely on completing these four visions before moving on to the next module, or, if you find writing hard, you can break them up so that you do one every week or fortnight while moving on to the next module. It is totally up to you how to handle it.

Doing them all, and sometimes needing to do one a few times to get the true engagement, will solidify the technique within you and strengthen it. But if it turns into a battle, then it is counterproductive. Just use your common sense.

Keep notes about how it worked or did not work, and things that surprised you, contacts you made unexpectedly, or ones that would just

not work. These notes will come in very useful in the future, so keep them together with your transcripts of the visions. Do the four as a minimum, and if you want to do more or experiment further, then do so, and again keep notes. If you are being mentored then your mentor will work through the transcripts with you.

The next module tackles exorcism and related skills—the adept level of such work. Many of the skills and techniques you have learned in this module, as well as the information, will come in very handy in the various areas of exorcism work, so make sure you have gained the skills and understood them. I will not go over them again. I will expect you to spot for yourself where they can be used to good effect, and to cross-reference them in your notes.

QUAREIA

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