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# QUAREIA—THE ADEPT

Module VII—Adept Exorcism

Lesson 8: Maturing into the Adept

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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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# QUAREIA—THE ADEPT

## Module VII—Adept Exorcism

### Lesson 8: Maturing into the Adept

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The process of maturing into the mantle of the adept is lifelong. For the rest of your life you will continue to mature, deepen your skills, and learn through cause and effect. Reaching the stage of adept is truly the beginning of learning magic: you have the skills and tools, but what makes a true adept is experience. By doing, by working, and by your successes and failures, you will learn what works for you in the time that you live. And each generation of magical adepts changes, or should change, as magic evolves; and not only do we evolve, but the magic itself evolves with us.

Future generations of magicians, then, will be able to look back on this training and see its flaws, its weaknesses, and its strengths, and spot what has become obsolete. If that happens, then this course has done its job: to provide a single stepping stone on a long road of development between humans and the universal power around them.

What has this to do with exorcism? Everything.

Working as an adept magical exorcist is a job you can only do for so long. The work can be harsh, unrelenting, and unforgiving, and if you make mistakes, the stakes are even higher. Even successes in this line of magic take their toll. Because of this, if you specialise in this line of magic for a time, you will come to a point where your mind and body can no longer do it. Then it is time to write up what you have discovered and

pass it on to the next generation of adept exorcists coming up behind you. Always pass on your work so that others can learn from you.

It is important to recognise when you have reached this stage, and not be guilt-tripped into continuing exorcist work by any people or situations who demand it. You only have so much to give before everything starts falling apart. And the root of knowing when that time has come lies in the wisdom of the saying over the temple entrance: *know thyself*.

In a way, the lot of the exorcist is mirrored in the progression of the adept, and so the advice, self-preservation techniques, self-maintenance, and self-development methods taught to an exorcist-in-waiting are the same as those given an adept; hence the title of the lesson.

You have learned many different applications of magic, and you have followed those streams in careful, focused study. Now all those branch roads start to converge again, as the threads of different applications of magic come back together. They weave into the solid cloth that is the adept. When you get to that phase, you start to realise that all the different branches, styles, and applications are heavily interlinked, are harmonious, and support each other. How you hold that weave together defines how you will survive and evolve within adept magic.

In this lesson we will look at this point in adept development, and how to uphold and protect yourself in your future work. This advice is pertinent even if you decide not to specialise in exorcism, as you will most certainly be called at some point to deal with a situation that calls for an exorcist. Some immerse themselves in exorcism for a decade, and others walk a different path, but still serve in that area of magic as and when needed.

Some will veer away from exorcism work, knowing that their body or mind could not uphold themselves under the strain. If this is you, do not beat yourself up about it. There are many different ways to be a magician, and many different ways to serve. Knowing yourself, your limitations, and your strengths is all part of being an adept.

And you may find, as I did, that different phases of your life bring different focuses to your magic. You will find that the area of magic you need to focus on at any given time is very relevant to what is happening in your life at that point. This is a really interesting dynamic, and we will look at it at a bit later in the lesson.

## *Advice for the exorcist*

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First let me give you a brief list of things you must think about and engage with should you step into exorcism—or indeed any other powerful branch of service magic.

### **Do not fall for the glamour.**

Emotion is the doorway for glamour to step through, and it is very easy to get caught up in the glamour of being an exorcist, of being someone of power to whom others will turn in times of need. It creeps in at some point for most exorcists, and you have to spot it and catch it. It always feeds into your emotions: pride, excitement, fear, and a feeling of power and control. This is potential food for the parasites, and exposes a weak spot that a hostile being can use to take advantage of you. So the first golden rule is *no emotion*.

### **Don't be a target.**

The more you work in dangerous areas of magic like exorcism, the more you become a potential target for hostile inner beings. When you step into such work, make sure you have dealt with your baggage, and that you do not have vulnerable dependants like small children. A powerful hostile destructive being, or an intelligent parasite, will quickly identify your weaknesses if you are not careful, and target them.

When you do this sort of work, always ensure that you are constantly reevaluating yourself, recognising your baggage, and dealing with it. When you step forward to deal with your weaknesses, the inner contacts and beings around you step up to the plate and help.

### **Keep yourself clean.**

Physically, mentally, and spiritually. If you are working knee-deep in a destructive tide or a mess of parasites in a place or person, and if you are not properly clean, then you will find things 'sticking' to you and hopping a ride with you. This is why, right at the beginning of your training, you were encouraged to let things go, to share, not to hoard, and to keep yourself and your living space clean and clear of unnecessary accumulation. This does not mean living like a monk with no

possessions; it means making sure that what you have around you serves a purpose and is not held by greed, a wish to 'collect,' or just laziness.

The clearer and more balanced you are, and the clearer your harvest and lantern is, and the harder it is for you to get in messes. Remember the old magical saying, "as above, so below"? The same is true of "as without, so within," and "as within, so without." Where you put your mind, the spirit follows; where you put your hand, the mind follows. The mind, imagination, spirit, and body all operate as one complete unit; none are separate. What your mind forms will manifest; what your imagination plays out in will manifest through your mind and out in your physical life.

If you don't look after your body and you cast your imagination into violent, unbalanced movies, video games, and so forth, then you have the pattern potential to become part of the problem, not the solution. Your mind, body, and outer life are all heavily interlinked, and if you are constantly immersing yourself in violent entertainment and not looking after your body, then when you present at a situation as an exorcist, or work in any branch of powerful magic, parasites and destructive beings will have a pattern they can step into and begin to operate within to feed or break things down.

Most of the time adepts figure this out for themselves. They find they cannot eat junk food as they used to, and they cannot watch scary or violent movies as it disturbs them and sometimes it draws that energy to their outer lives.

This is not about being pure and spiritual; it is about common sense and realising that everything truly is interconnected and that everything, without exception, that the adept does, has some sort of rebound effect. It is akin to the everyday common sense of modern living: if you don't keep your kitchen clean and throw away rotten food, you might end up with food poisoning. If you have unprotected sex with lots of people in a crowded city then you are likely to get a disease. If you go around punching people then eventually someone bigger than you will hit back. It's that same dynamic. You learn as a young adult how to survive and flourish in the world by using common sense: the same rules apply in the magical world.

### **Recognise when you are being blocked.**

This can be a tough one and sometimes needs divination if paying attention has not worked. An adept can get blocked for lots of reasons,

and an exorcist for more specific ones. If suddenly you feel like your life has stalled, or you cannot get clear divination, or your inner senses feel locked up, then something is happening.

It could be a number of things. If you are working as an exorcist, then the stakes are rather higher. Some blocks are simply a matter of finding yourself hitting a wall of development, or the tide is out energetically for you, or you are being held back for your safety. But particularly in the role of an exorcist, it may be caused by a powerful being or skilled magician pinning your progresses to stop you doing your work. If the block comes on suddenly when you agree to take on a job as an exorcist, then a being may very well be trying to block you, to stop you helping someone.

This is where stillness comes in. Sitting in stillness in the block allows you to feel into the block, and feel if it is hostile, or simply 'waiting.' A tiny whisper of hostility will tell you that you are being blocked from helping someone because a hostile being does not want to be interfered with. Put yourself in the Inner Temple in your mind, and then do a divination to tell you what is really happening. Ask particularly if anything is being hidden from you.

The best way to deal with such blocks is not fancy magical technique, but sheer bloody-mindedness. I have had such blocks put on me magically many times, and once I learned what it was, I became all the more quietly determined to do my job and not be sidetracked, threatened, intimidated, or bullied.

If the job truly needs doing and you decide not to accept the block, but forge forward with your work, then the inner patterns and beings gather around you and work with you. It can be tough, really tough, but the more you do that, the harder it becomes to truly block you. You become immune to it. These days, when it's tried on me, I simply spot it, then ignore it. No matter how hard it becomes, I get bloody-minded and forge my way forward. The early days of writing the course were very much like that. The more someone tries to stop me doing something, the more I will do it.

### **Don't take your work home with you.**

This is a really important one that I have talked about before on the course. When dealing with difficult situations, there is always a chance of taking your work home with you, i.e. a being, 'dirt,' difficult energies, or threads attaching to you, coming back with you, and contaminating your home. Even worse, you can end up 'infecting' other household members

or yourself.

After doing exorcist-style work, take a ritual bath, change your clothing, and burn frankincense in your home to keep the air clear. Have a candle burning while you sleep for a few nights, and ensure any tools that you used are fumigated with Galbanum resin, or frankincense, or wiped with the oils.

If in the course of your work you have to deal with a problem object and take it away from the affected person or building, do not take it into your house. Either dispose of it before you go home, or leave it in the trunk of your car. If you cannot do that, bind it and put it in a container that has been magically worked on.

Use your common sense and always be aware of taking contamination home with you, or being vulnerable to it yourself. And keep a constant awareness of yourself for changes of thoughts, moods, or actions, as they can often be indicators that something intelligent has come home with you and is hiding from you.

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### *Mirror resonance*

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One of the magical dynamics that really comes to the fore in exorcist work is mirror resonance. This is where some of the difficult situations you face as an exorcist—or indeed in other areas of adept magic—become mirrored in your everyday life. Here it is not that your everyday life has been ‘infected,’ but rather a deeper reflection dynamic has triggered. It is also a point where the deeper streams of magical understanding come together to serve a deeper purpose.

These reflections happen when something in your life has remained hidden from you or you have not noticed it and dealt with it, and the powers and energy flows you work with magically in an exorcism situation also trigger things hidden within you to emerge. You end up having to deal with an outer personal octave of the magical situation you are tackling. This can be simple, or it can be complex.

For example, suppose that a magician is dealing with a parasited building. She works with the contacts to take apart the inner situation, and subsequently finds that she has intestinal worms. It is not that the magical work gave her worms; rather the magical work triggered her immune system to react, which exposed them. Or she may dream about having worms, only to find that she is indeed infected.



This sort of mirroring happens only when something within the magician needs attention, and this could be magical, physical, emotional, or mental; or it could be a prophetic warning. Essentially the energy raised in working magically within the specific pattern affects everything, and works to resolve anything in various octaves. Working magically to restore the scales of Ma'at in a political or social situation will also trigger the scales within yourself. Working with a tide of destruction will also expose anything that could be dangerous or destructive in your life, so that you can address it and deal with it.

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*The shells and the nucleus: between body and soul*

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When working as an exorcist and living as an adept, your whole life will become touched by magic in one way or another, and every experience you have will draw you in an ever more complex orbit between body and soul, between the shell and the nucleus, where you become more and more conscious of the interacting dynamics that flow between the two.

Just as working as an exorcist can trigger mirror events in your life to bring them to the forefront of your mind, being in deeper and deeper contact with your still, eternal self will begin to make you more and more aware of the imbalanced, beautiful, and finite pattern of your life: the shell that dresses your nucleus and allows your eternal self to externalise and express. Just being aware of this dynamic and engaging consciously with it can bring quite substantial shifts to your life, and enable you to draw the most benefit from the gift of life.

The physical expression is not just your body, but your life, your work, the world around you, the people you interact with, your home, everything. All this is your shell, which contains both creation and destruction in its input and output. The nucleus of eternal, conscious stillness is surrounded by the shell which constantly seeks both creative and destructive impulse.

Everything that happens in life stems from these impulses as the nucleus seeks to express itself through these limited, finite patterns in a search for the fulcrum, or balance. When balance is found, true balance, the nucleus has no further need for shell expressions: the shell is the vehicle for that search for expression.

This is one of the main reasons the apprentice starts their lifelong quest for stillness and balance. Both are impossible to achieve fully

in life, but working towards them slowly quietens down the shell, and strengthens the nucleus.

Most of you will find this out for yourselves as you go through a magical life, and you will see it express in many ways that give you your unique understanding of it. You may perceive it differently from me, as we all find our own way to 'see' this dynamic and understand it. But once you do slowly come to find it, you will also find that the ups and downs of life are not as emotionally charged or urgent for you. You edge closer and closer to the nucleus, and your life in the shell becomes less of a driver of your consciousness, and more of a passenger.

This is not to say that you reject life and all that comes with it; rather you learn not to be *driven by* life, and find it to be a way that your core, your eternal nucleus, can express through the shell without being totally driven by the shell's impulses.

This is a slow process, not an overnight revelation. It is a gentle awakening that works in stages throughout your life, and when you think you have a handle on it, a deeper, more profound version of it will come to the surface. It is where you switch from walking the Path of Hercules to understanding and Knowing the Path. Eventually you *become* the Path.

When you are involved in exorcist work, a basic understanding of the dynamic of the shells and nucleus is important, as it casts a more profound light on your work, the beings you deal with, the people you help, yourself, and your life events. It helps you to avoid being dragged into magical and life dramas, but to observe them for what they are. As you work in magic, the hidden dramas are revealed to you, and the more you work in service, the more the 'noise' in your shell becomes apparent. It can also show you when you should dive into those dramas, as they can serve a purpose, but then you should dive in with gnosis, not attachment.

It also helps you, particularly in the most dangerous magical and exorcist work, to keep a detached distance from your impulses, so that you draw what you need from them without being driven by them. And the stronger your nucleus, the stronger your anchor and foundation, and the less chance any destructive inner being has to destroy you.

This is where the act of facing destruction comes in. When your consciousness is aware of the nucleus, of its eternal expression, and of the finite nature of the shells of humanity, then you do not cling unnecessarily to life. Rather you trust that your measure of life is what it needs to be: no more, no less.

When you get a handle on this—and that understanding comes from direct experiences and inner work—it helps you get a deep understanding of the nature of inner beings, deities, and so forth, the vast pattern of creation and destruction, and the eternal nucleus of the universe that is still and immortal. The dynamics are the same: a still, silent nucleus that is eternal, and an outer physical manifestation that is finite, inherently unbalanced, and in a constant dance between creation and destruction.

There is an interesting dynamic you can experiment with, one that can highlight the ‘noise’ of your ‘shell’ for you. It will teach you a great deal about your mind, and your deeper eternal self. This experiment is sensory deprivation. In truth, you cannot really do total sensory deprivation, as your skin always conducts information to your brain. But being blindfolded in a soundproofed room, or in a sensory deprivation tank, is the closest you can get to it. When your sight and hearing is shut off, and you have no way of moving around a space, then you are thrown back on your mind. This is why sensory deprivation tanks can be a bad experience for some people: you have to face yourself.

When the mind cannot externalise input and output into its sensory shell, it turns in on itself for entertainment. Then the physical shell becomes a mental one. The impulses of the shell, creative and destructive, express through thoughts, daydreams, imagined scenarios, memories, and so forth. Most people immerse themselves in this mental chatter, and for many it can become uncomfortable.

When your senses are blocked off, you see the mental chatter as an inward expression of the shell orbiting the still nucleus. Slowly the adept withdraws from the mental shell’s expression, the constant action of the mind, and seeks the silence. You dive into the silence and become still within it.

This experience can stay with someone for a lifetime, and for a magician or mystic it can trigger a recognition and remembrance of their nucleus as ‘home.’ They do not fear it or pull away from it; rather they bathe in it, drink from it as nourishment, and rest within it.

When triggered, this experience stays with the magician and informs them. You begin to look at life in a different way, and recognise the ‘shell’ of your life and the home of your nucleus. You realise you are still conscious within the nucleus. Your conscious expression never fades; rather it is a refuge, and a deep taproot to draw on in times of need.

This is particularly important in exorcism and other difficult magical

service, as it is a defined refuge, a point where you can rest your consciousness and tune yourself. It is the stillness that you stand in when faced with danger and destruction: the nucleus power comes to the fore, and the fragile imbalance of the shell recedes.

And just as an aside note, here is something I found in my exorcist work and in my own everyday life. Sometimes you are drawn into a destructive or dangerous part of your ‘noise’ and you know that it is not good, but a deep urge pushes you forward. It is like you cannot choose, you *have* to do it. When that feeling comes, and it is not being driven by parasites, then it is likely that no matter how hard, dangerous, difficult, or stupid the impulse is, it will be a major turning point in your fate. It is not a matter of whether or not you immerse yourself—you have to. But how you deal with it will define the strengthening or weakening of a fate path or thread.

Many times in my life I have been driven to do things or make life decisions that I knew were dumb, but I really had to do them. Those decisions ended up being major junction points in my life, and the dumb choices I felt driven to make ended up being major gifts, major learning curves, or moved me from A to B in the most remarkable ways. Working through the impulses is not about being spiritual or mature, it’s about getting it right at that point in time, and trusting the powers around you.

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### *Experiencing the noise*

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Choose a time and place where it is very likely to be quiet, where you will not be disturbed, where there are no phones, no knocks on the door, no children, no partners, and so forth. Find somewhere you can lie down, be warm and safe, and have a blindfold and good earmuffs to block out all sound. If you can lie in a soundproofed room like a recording studio, that is best. Otherwise lie in a dark, silent place.

Lie still and listen to the silence. Then observe your mind chattering. You have pulled yourself away from everyone like this before, earlier in the course. Just observe the noise that starts in your head: the thoughts, memories, scenarios; and observe how the imagination likes to entertain itself. Do not try to block it; observe it, then cast your mind deeper into the silence.

Enjoy the silence and when the noise starts up again, do not try to block it; simply observe. Learn to watch your mind, to observe its antics.

And when something deep comes up to the surface of your mind, do not put energy, attention, or emotion into it. Any time you feel yourself focusing on a memory or thought, or an emotion rising up, detach, observe, then seek the silence briefly again. It is like diving in and out of water. You should find that the longer you are there, the more you seek the silence and just want to 'be' in it. But do not feel like a failure if your mind then tries to entertain you out of the silence: go with the flow and just observe.

Take notes afterwards, and if you find the exercise helpful, do it again when you feel the need.

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### *Externalising the shell*

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This can be an interesting magical experiment. Get a large sheet of paper and work in your work space with the gates open, your staff by your side, and the scales on the west altar. Still yourself, then go and visit the Inner Library. Ask the Librarian to work with you to 'see' the key impulses current in your life, which can manifest as people, places, actions, etc. Open your eyes while keeping your consciousness in the Library, and work using contacted writing and drawing.

In the centre, draw something that comes through as your central core, your nucleus. Then draw an orbit around the nucleus of things, places, people, or actions, with the intent to externalise what currently has power in your life, destructive and creative; things that your deeper self is manifesting through as expressions in order to trigger change within you.

Often we do not realise what we are interacting with around us that are catalysts for our fate lessons and paths. If you let your hand express those images and words without thinking about it, while allowing the hand of the Librarian to guide you, then many interesting things can appear, things that you did not realise were often quiet presences in your life which are there to present opportunities for change.

Here is an image drawn by British artist and occultist Austin Osman Spare (1886–1956) titled *Self Portrait*. Spare used contacted writing and drawing quite a lot, and was a talented artist who was certainly ahead of the curve. I do not know if he had the intent of externalising when he made this work of art, but it is certainly a good illustration of the concept in action.

If you look at it carefully, or find a large version on the internet and blow it up, then you are sure to recognise some of the things he drew and what he was hinting at.

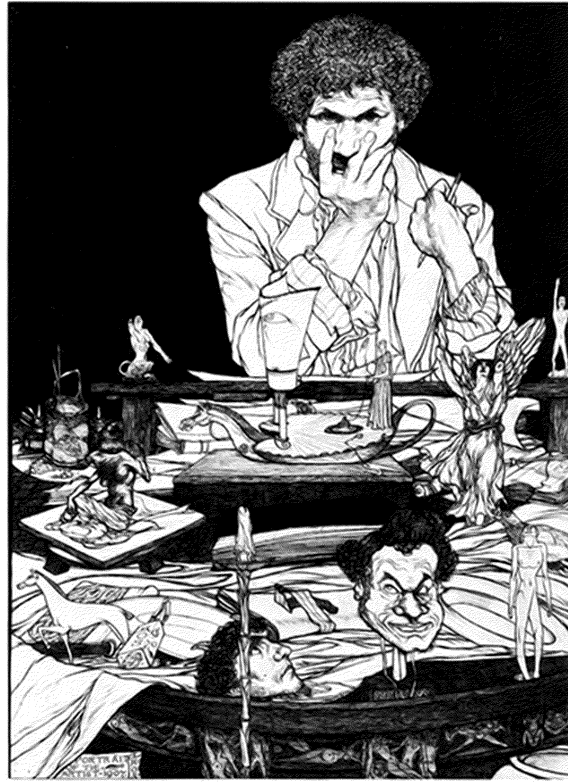


Figure 1: Self portrait by Austin Osman Spare —picture owned by Jimmy Page.

Once you have finished your image then close the room down and spend some times studying what you have produced. Come back to the image a few times, as your understanding of what you have drawn will probably change and deepen over time. If you recognise some of the images you have produced, and know what they are or what they hint at, then you can decide how much energy you wish to put into those aspects of your life, or you can look at where they may be taking you.

Take notes when you have finished, and add to the notes whenever you come back to the picture.

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### *Divining and deciding*

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If an image or word came up in the drawing that disturbs or confuses you, then do readings with your Magician's Deck to see how your

landscape/future pattern will look if you simply continue to act and live without interfering in the processes around you. Then look at what it would look like in the longer term if you focused on an aspect of the image, explored it magically, and, assuming you know what it is, decided to magically and consciously engage with it.

This process will teach you a lot about what parts of the impulses and fate paths need to be left just to do their work, and which ones are best engaged with directly to trigger change, resolution, or whatever you seek.

In turn, this will make it easier for you, through direct experience, to help and advise others as an exorcist, and it will help you develop a good sense of what must be left to unfold for people, and what must be dealt with by direct intervention by the magician.

Understanding the orbit of the shell and the impulses within it, and how they operate, can deepen your understanding of how to help others, and how to help others help themselves. It gives you a more profound layer of knowledge and understanding. To get to that, first you tackle it within your orbit.

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### *Mediating the orbit of other shells*

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This is a bit harder, but worth a shot. I have found it useful at times, when helping people as an exorcist or healer. Essentially you do the same kind of contacted drawing, but for someone else. You can do it away from them, working in your magical space while holding your consciousness in the Library, or you can do it in their space with them sitting near you. When you are working with them near you, still yourself, light a candle, tune to the Librarian, then also to the person, and let them work through you.

Once you have a central image and an orbit of images around them, then shuffle your Magician's Deck while focusing on the orbit images. Ask for a card for each image, working clockwise around the circle, and starting on the left side/east, to indicate the underlying power principle flowing through it. Once you have looked at those, reshuffle the deck and ask for a card for each drawn image that tells you how that underlying power manifests in the person's life events.

Then read the drawn images. The two cards along with their image are all one impulse: the presence/drawing, the underlying principle/-first card, and the manifestation/second card.

If you want to take it a step further, run their natal chart with its current transits and look at what transiting planet is in what house. Look at the orbit of drawings in relation to the astrological houses, the two cards for each image, and the planet in current transit, as well as any natal planet in that same house. Read the whole thing together. It should tell you the hidden deep dynamics, what beings are in play, and how the combinations are having a hidden effect on the person.

You can also do this by having the person draw the central figure and orbit themselves. Just bear in mind that if they do their own drawings, they are more likely simply to draw on their subconscious mind, so you have to read the images in that context. The cards and astrological planets will give you indications of anything deeper or outside the person in their fate pattern that is playing out for them.

As always with all the tasks, keep notes, reflections, inspirations, etc., and write them down. If you are being mentored then your mentor may discuss them with you.



QUAREIA

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