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QUAREIA—THE ADEPT  
Module VIII—Mediation of Power  
Lesson 1: Introduction and  
Externalisation

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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 VIII—Mediation of Power

#### Lesson 1: Introduction and Externalisation

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#### *Introduction*

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This is the last module in the training that teaches magical concepts, methods, and techniques. Module nine is about learning to teach magic yourself, and the final module is a series of deep initiatory outer and inner experiences to step you over the last chasm and into the mantle of a full adept.

This module pulls together the many varied threads of magical knowledge to do with power. The techniques and knowledge within this module can be adapted and applied in lots of different ways, profound and mundane. How to adapt them is up to you, but the purpose of this module is to give you a final layer of understanding about the deep mechanics of magical power, and how to bring that power up to the surface. It also has a lot of experimentation and practical application so that you can learn by doing.

The module works in a spiral pattern, taking you from the outside in, then back out again in terms of layers of knowledge and application. You need to know the profound depths, but also the surface applications.

When as a magician you understand the profundity of concept, you must always bring that profound understanding out into the everyday world practically. Equally, it is pointless being able to do the practical aspects of magic if you do not know where they come from and why.

The difference between a mystic and a mystical magician is this: the mystic plumbs the depths of gnosis to evolve and move closer to the universal power; the mystical magician also plumbs the depths and strives to evolve, but then acts and serves everything around them by bringing that power back to a physical level.

Throughout the course you have studied the mystical and abstract concepts that underpin magic, and you will continue to do so in this module. But reading about them and pondering them is not enough: you have to actually experience them. Hopefully by now, the inner and outer work that you have done will have triggered various experiences of your own. You will find that as these concepts deepen for you, triggered experiences will manifest themselves accordingly, at the right times.

This is the hardest thing about teaching adept magic through a course like this. In truth, these deeper experiences are very individual for the magician and tend to happen at specific points of a person's fate path. So though you are placed in magical situations in the course for something to occur, the deepest octave of that experience may surface when you least expect it to. That is when you really 'get it' and fully understand what you were studying.

I still get unexpected experiences surfacing whose magical triggers happened decades ago. I thought at the time that I had truly experienced something, but many years later, deeper and deeper aspects of the same experience continue to surface in the weirdest ways.

So bear that in mind. Just when you think you have gotten something, another layer of it will surface unprompted. This may be especially true of this module's work, as it digs deep and yet also looks at the surface.

Though we will look at pretty deep mechanics, you should draw on all your training to see the many different ways they can be applied in practical magic, both deep and mundane. They are core dynamics, and as such operate at every octave from the most profound aspects of magic to the everyday applications of simple 'needs' magic. So as you go through these lessons, don't just bathe in the depths; think about how what you learn could be used to help with the simple, everyday issues that sometimes call for magical intervention, be that to do with resources, protection, or something else.

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## *Externalisation*

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Throughout the apprentice and initiate sections, I kept mentioning how inner visionary work eventually becomes mostly externalised. The adept uses deep inner work to create new or profound shifts, and externalisation to trigger minor changes or to act as a catalyst for wider change.

In this lesson we will work with externalisation, starting from the outer part of the power spiral by using power to create shifts and changes. If when you finish the module you come back to this first lesson's exercises, you should have a deeper understanding of what you are doing, and why.

Externalisation works in many different ways, and its success depends solely on the strong body of inner work that the magician has already done. Once that foundation of inner work is within a magician's body and consciousness, it creates a pattern that can be drawn on to act in the purely external way. If the pattern is not there then the externalisation does not work. If the pattern has formed naturally through the magician's ritual practices then the externalisation will be unreliable, and sometimes even feral.

When a magician makes inner contact with powers, beings, and places, each experience creates a change within the magician at a deep energetic level. The more the magician works with the beings and interacts with inner places, the more changes occur. It is a bit like a magnet lining up iron filings. The magician becomes 'lined up' with powers, and this creates patterns through which power, energy, and consciousness can flow, like a circuit.

If the magician is learning and working with various deeper expressions of these powers and places, then they will line up with the stream of consciousness that flows through a specific primal pattern that expresses out in the world through various cultures and times. It taps into the creation/destruction/fulcrum pattern, into the beings that operate through that vast template of manifestation, which, as you know, expresses through various religious, mystical, and magical systems throughout time. The systems change, but the circuitry stays the same. The deeper the magician reaches in their inner work, the deeper the layers that trigger in the pattern, the more change occurs in the magician, and the more power flows through them when they trigger externalisation.

The changes within the magician affect their every layer, from the

physical level to the soul level and everything between. For want of a better word, it is like the epigenetics of magic. The pattern is constantly evolving through interactions with physical consciousness, and the human magician is constantly changing and evolving by interacting with the pattern. This, besides other things, primes the patterns within the magician's physical self: the physical substance of the magician's human body becomes an awakened bridge. There is no need for elaborate visions or rituals when the bridge is already awakened; the adept simply places their focus in a particular direction and uses an externalised, simple act to trigger a flow that is already there and waiting.

If the magician is working on something new and unfamiliar, or something very old that has not been worked with for a very long time, then a new branch of the pattern must be formed to 'prime' both the inner pattern and the magician's physical, energetic, and mental body. That new branch is formed through vision and ritual.

So sometimes the magician is simply the 'light switch' and a single act turns the light on; other times, they are the circuit where a fuse, socket, and light switch must be fashioned for the power to flow to the bulb—the bulb being the end product of the magic.

When you do an act of complete externalisation, you essentially trigger the parts of these patterns and powers that pertain to what you are trying to achieve. If you are plugged into that power grid, the externalisation will work: it pulls on all the circuits to which you are connected, and lets the power flow. If the flow of power is compatible with what you are trying to achieve then it will work seamlessly. If the power you are plugged into is incompatible or only partially so with your exterior action, then it will not work or work only partially.

The other issue to be aware of when considering an externalisation is intent. Again, you have learned a great deal about focus of intent, and when you fully externalise something, this must be far more focused than when working in vision/ritual. So for example, if you were working in vision with an intent for balance, then it would flow a balancing trigger into everything connected with what you were trying to achieve.

But if you are externalising, it needs more focus. Staying with the intent for balance as an example, the target of the balance needs to be more focused: balance for the land? Balance for the people or an individual? Balance for a situation? Don't forget that, for example, balance for the land and balance for the people may be two very different things. Humans are efficient resource predators, so if you ask for balance for the land, that might result in taking out the local human population.

You have to be very focused, like a needle point, when choosing your intent for externalisation. Your externalised action is the last filter. This is very old wisdom, both for life and for magic, and is encapsulated in a saying from the Hávamál, ‘The Words of Odin the High One’ from the Poetic Edda, which points out the importance of knowing what you are asking for. See Maria Kvilhaug’s work on the Hávamál.

One dynamic to do with focused externalisation I found purely by accident. Once I realised what was happening, I tested it in various ways and found it to be pretty consistent. Because I did not then ask other magicians to repeat my work, I do not know if this dynamic is particular to me, as all adepts have some dynamic idiosyncrasies, or whether all humans have it. I call this dynamic “back up.”

When you first externalise a particular power, call a being, or trigger a specific intent, the result can be powerful indeed. The second time it is not so powerful. With each subsequent externalisation in that stream, the power weakens considerably, and eventually almost no power comes through at all. My first thought was that the initial power rush was due to a lot of backed-up power releasing, and the subsequent power reduction was due to the pressure having dropped after that happened. And I think that is sometimes true. However, it is not exclusively true; sometimes it is more a matter of the first act still being at work:

There is a powerful ‘acute’ response with the initial magical action, then it drops down to a more low-level, long-term flow that seeks expression in your pattern, or the pattern on which your intent is focused. The response hibernates when it is not required, then retriggers in a low-level, subtle way when necessary. This took me a while to figure out, but I then saw the same dynamic happening with different exterior acts of mine.

So you only do the working once, then let it trigger on and off as it needs to. I did find, in the process of experimentation and observation, that if you repeat the initial act for the same thing, even months later, it seems to negatively affect the original act. Sometimes it cancels the first act out, other times it triggers an unravelling process both in the event you are trying to trigger and in yourself. I got myself in a few sticky situations that way, but the learning curve was interesting.

Experimentation is always the real way to learn magic, particularly at an adept level where you have enough knowledge and experience to actually know what you are experimenting on, and what to do when it goes wrong. So for the rest of this lesson, you will be set different practical externalisation experiments to do, so that you can learn firsthand what

works, what doesn't, what can be repeated, and what cannot. The most important lesson to learn, when something fails, is *why* it fails. By looking at why something fails, you start to learn the mechanisms behind it, or what was missing.

I will set you a series of different experiments. You choose which ones you do and which ones you do not. Just ensure that you do some of them, and at least one from each section, so you have practical working knowledge around these dynamics and issues. Before you choose from the list, here is a set of basic dos and don'ts to prevent you blowing yourself up—or someone else.

- Use yourself as a test subject so that you can observe results properly, without harming anyone or anything else.
- Do not choose something that involves bargaining with beings, unless you are truly willing to take that risk to understand the mechanics in action of a particular magical system. If you have children or vulnerable adults at home, do not choose a working with beings, demons, named angels, etc. who will give you what you want. They may come back and ask for the life of your child as payment after they have given you what you want. When you refuse, they will take it anyway. And this is not theoretical knowledge: tragically this has actually happened to some magicians I know.
- Keep very detailed notes, and add to them in the later weeks and months when the externalised trigger manifests its result. Don't forget, sometimes you get an almost immediate result, and other times it arrives a few weeks later, usually because a fate pattern had to finish forming for the result to manifest.
- Don't get glamoured. When you test results magic and externalisation and it works, it can be quite a heady power trip. Just remember, there are no free rides: everything has a price.
- When you finish an experiment and do not intend to continue working in that system or line of magic, then ensure you cut all the connections, and get rid of anything that connects you to that system. Don't leave things lying about that could trigger or continue to unfold a pattern.
- Use your common sense. Old grimoires have a very different approach and attitude to magic, as you will discover when you read them. Remember what you have learned, and don't let your common sense fly out the window.



- Beyond the experiments, when you need to externalise for a result or a resource, do not overuse what turns up: take what you need and no more. And be aware that most of the time, if you trigger resources yourself, then inner streams of resources will often dry up—you are doing it, so they don't need to. Unfortunately with this approach, inner flows of resources aimed at you are often more efficient than what you might replace them with. That is not a hard and fast rule, but one you must be aware of, and you might want to use divination to decide which way to go.
- Don't use the same intent for more than one externalisation. Do not, for example, externalise something to bring you a specific resource, then do a grimoire working to bring in the same resource. That muddies the water and obviates the experimental aspect of the work. Each exterior act you do should be for a different reason/result.

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### *Externalising inner forces*

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The externalisation of inner forces brings through a particular power and focuses it with single intent in the externalisation. Because you are working with deep inner powers, this limits what you can successfully externalise, as such powers work through the rule of necessity. They do not force a result that goes against any wider working patterns currently in action. So if you come up against a big failure in this section, use divination to find out why—what was already happening behind the scenes that obviated your action?

Choosing what to do can be difficult, as in all externalisations, you have to be physically in contact with whatever you are working on. You need to be on that land, or connected to a place that you can physically visit to launch the action. So bear that in mind. You cannot project anything in vision; it has to be completely external through voice/utterance, writing, touch, leaving an object, a drop of blood, spit, etc. Also bear in mind that you have to be completely focused when you externalise: tune your lens to sharp focus.

Here are some examples to give you an idea of what you might try:

## **Truth and consequence with banking and money transactions.**

Every time you pay money into your bank, or when you use your card—remember, physical contact—at a particular bank cash machine or business, before you insert or hand over the card/money, utter over it quietly “You will trigger the truth, and the consequence of truth, in this bank/business.” Do this only at one bank or business so that you can then keep an eye on it. The bigger and messier the organisation, the more time the results will take to unfold. Sometimes it can take a few months; sometimes you get an immediate reaction. It all depends on how ‘ripe’ the boil is. But you will see the results plainly when things kick into action.

## **Limitation of action in a violent area.**

Planting the power of the Limiter in the area. If you live near a particularly unbalanced and violent area, go there, walk for a little while to bring your intent into sharp focus, then place your left hand on the ground. Utter: “I plant the power of the Limiter in this neighbourhood; may it flow through everything violent. May all violence be limited by the deep power of the Limiter.”

## **The use of sacred letters to trigger resources/money.**

The Kabbalistic use of Hebrew letters to externalise has become very fashionable in magic, though it is heavily misused. You do not visualise the letters nor utter them; you carefully draw them and place them in your home. You will learn a lot, good and bad, from doing this. Hopefully what unfurls will teach you both its power and why the technique should not be misused.

The three letters to draw—and remember, they are drawn right to left—are: Samech, Aleph, Lamed. Look them up so that you get the exact shape of each of the three letters. Remember, they are externalisations of the sounds of the Divine Power, and treat them with respect. Once drawn, utter the three letters over the drawing then place it on the wall.

Once it triggers, gets to work, and the results start happening, then take it down. You do not want it constantly triggering! If it does not work then do readings to find out why: this will teach you a lot about inner power dynamics.

## **Drawing the sigil of a planet or power on a specific part of our body and verbally calling that power into your life.**

Do not redraw it, just let it fade naturally. Choose your planet or power wisely, and if you get a sharp, immediate reaction then wash it off. Use divination to see what happened, and let the power fade naturally.

As with all the experiments in this lesson, keep detailed notes, and really pay attention to what happens around you and around what you are working on. If over time the power keeps retriggering, then again, take notes, observations, and write down any divination you use.

Some of these experiments will work, some will not, and some will work in ways you did not want or expect—and those experiences can be great teachers. Track everything with divination, and if you work with any planetary power then also check your astrological transits to see what house they are currently in and what aspects are current. See if that has any bearing on the events around you, or even on any failures.

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### *Results magic*

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Look into different types of results magic, where you do an externalised act or ritual to gain or achieve something. There are lots of different types of results magic out in the world for you to choose from: every culture and magical system has a version. Choose one, and work with it. A lot of them have beings involved, and you should know by now how some of these can go wrong, particularly as you have inner contact: the inner work around and within you will ramp up the connection considerably. So if a being is involved then ensure you really know what is behind that presentation: use divination if you are not sure.

If you are unsure of the potential fallout from an experiment, use divination: not to see if it would work, but to see if such an experiment would have far-reaching or long-term unhealthy consequences for you. If any issues that appear are more short-term then go ahead with the experiment with the intention of learning, as any short term blow-back will teach you a great deal if you pay attention. Some types of results magic are problematic and some are not, and a lot of that depends on you as an individual and your fate patterns: you will only find out by experimenting.

Results magic, when it works, can be very alluring. Be careful as an adept not to get sucked up in it, rather learn as an adept to use it only when absolutely necessary so that you do not weaken yourself.

With results magic it is best to keep the focus on something pretty mundane and exclusively about you. Such magic works best at a mundane level—money, job, etc. And do not tie someone to you energetically by involving others. Keep tight notes and records of your successes and failures, and any unexpected effects. If you are being mentored then your mentor will discuss your experiments with you.

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### *Energy movement*

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In your apprentice training you touched briefly on learning to move energy by using movement with your body—a type of movement similar to Tai Chi. Now that you have learned to touch into power and energy deeply using your mind, it is time to revisit the concept of moving energy and force with your body and breath.

The slow, considered bodily movements of a contacted adept will trigger the energies in the environment around them. The vital force of the land and theirs will start to tune in together and move as one. This is a form of conversation with the land and elements, and once you have made that connection and are vibrating at the same frequency of everything around you then you will become a natural bridge for power and consciousness to flow and externalise.

The movement of your arms and hands creates ripples in the energy, your breath becomes a bridge for the inner wind to join with the outer wind, and your eyes become gateways through which different types of consciousness can flow. If you have not done much of this, or have not carried on the work to which you were introduced in the apprentice section, then spend some time watching experienced Tai Chi practitioners so that the concept of movement becomes familiar to you.

When doing this work as an externalisation on the land, it is done slowly and with continuous movement. The body is constantly seeking the fulcrum as it moves about, the arms connect with the flow, and the hands—right to the ends of the fingers—direct the flow outwards, upwards, or downwards.

The eyes move and rest ahead of the movement. The eyes arrive first, then the body, then the arms, and finally the hands. The feet are the

anchor and transport the body, the body transports the arms, and the arms transport the hands. It is like a gentle flow of water that dances with the wind.

If you use slow, pushing movements outwards with the hands, breathe out either to join the wind or to be the wind. Don't allow yourself to become 'locked' into your body and mind: this is not an action of turning it, but an action of expressing outwards. You are externalising force by allowing your body to be a bridge, and what comes over that bridge is an inner response to the needs of the land and elements. The wind flows with you and through you, and your mind is still and silent.

This is the polar opposite of results magic, which is why you experiment with both in the same lesson to experience the differences between them. With results magic you are looking for a defined, controlled outcome. With energy movement you become a servant of the physical world, allowing whatever is needful to flow through you and out into nature.

When working this way, do not let your mind connect with anything inner. Be still and silent within yourself so that you become a perfect bridge for power to manifest through. Remember, it does not come from you; it merely passes through you.

Do this outside in nature. If there is a storm or any kind, wind, rain, or snow, then do this work outside in the storm. Also to feel the difference, do it in mild weather. And breathe the wind—something you should understand by now.

Do not control your movements. Let something take over and move through you and direct you. Let it blow through you, let it make sounds through you, and feel the energy in the land move and shift according to your movements.

It is also interesting to do this on fault lines. I used to go out early in the morning when prompted, and work like this when I lived right on top of the San Andreas fault line. I learned through this work to feel the vast fault lines and the tiny subtle movements of the line. This sensitised me to tiny earthquakes, and now when a small one happens underneath me, while others do not feel it, I do.

You become a conscious part of the land and elements, and a byproduct of this work is that you start to feel natural events just before they happen: your body, the land, and the elements become entwined in consciousness.

When you have done this, take notes on whether you were prompted to use your breath, to stamp with a foot, to move energy in a particular direction, to pull down, or to raise up: everything triggers something. Watch for minor or major events in that area in the following hours and for a couple of days after: incoming storms, unexpected weather changes, small earthquakes, and so forth. Anything that externalises, note down.

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### *Externalised ritual*

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Throughout your ritual training you have learned to use your mind as well as your body in ritual, so that the two fuse as one. Now it is time to experiment with withdrawing the mind completely from the act, so that all that happens is purely externalised ritual.

What ritual you do and to what end is completely up to you. You can choose something from the many visionary rituals you have worked on, but do not do any inner visionary work at all. Or you can design your own ritual. Or you can dip into a ritual from other magical systems. The choice is yours. The key is that the ritual you choose must have no inner contact or content to it.

Throughout the working, keep your mind silent. Do not allow inner contact, even if they turn up. Light candles without thought, open gates without thought. . . your every action should be performed with the mind in stillness and silence. Do not even focus except on the intent. Keep it as external as possible, and do the ritual with a particular focus for action, so that you can observe the results.

Do not choose a ritual with a diffuse purpose; choose one that works for a specific end result. That way you can tell if it works or not, and if it does, how different is its outcome, feel, and mechanics compared to when you work with your mind in vision.

Once you have done that and a day or two at least have passed, choose another totally exterior ritual with no inner content, but this time, instead of keeping the mind silent, throw up a wall of noise. (This technique is also useful when you are under certain types of attack.) Throughout the ritual recite a nursery rhyme in your head, or constantly sing a particular song in your mind. The wall of noise will stop you from connecting in vision or passive vision to the action. You as the magician become invisible behind the wall of noise, so that the working is confined entirely to your outer actions and to the ritual itself.

This can be a good compare-and-contrast exercise, so as always take notes and record your results and reflections.

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## *Summary*

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Doing these experiments as an adept will teach you about mundane magic in a much deeper way than if you had approached them as an apprentice or initiate, and you are better placed now to observe the mechanics at work in your failures and successes. This teaches you about the actions of layers of magic, what affects what, and why. It will help you discover methods unique to you for power mediation, and you will also learn how the different methods of mediation define how the power will manifest.

Something done purely in vision has one effect; something done in vision and ritual has another; and something purely externalised has a different effect again. These experiments should teach you how to match your magical technique to the task at hand. Sometimes you need a deep inner reaction to surface at the threshold; sometimes you need an inner response from something in physical manifestation; other times you need a physical response in something physical. These different layers are all expressing the same power, just through different circuits, and the circuits define just how that power will manifest, and what it will do.

By doing these experiments, you will also gain a deeper insight into different magical methods. You will start to understand what lies behind a particular system, or why it is structured in a certain way. You will spot its strengths and weaknesses, and begin to notice where a magical method has become corrupted through constant changes and additions as various generations have added things or taken them away. You will also come to realise, through experimentation, when a method is just made up and holds no magical construction or power at all.

This brings the adept to a place where you can browse through the mountain of magical texts and working methods, spot the useful working ones, and discount the duds. And when you are not sure about one, putting it to the test practically will help you understand what it actually is.

This is an important stage to go through: as an adept, you really need to know the width and breadth of the magic active in the world if you are to be successful in power mediation. You need to cast your mind

and working methods to many different areas around the world, which means working in many different systems, or working with aspects of different systems to achieve something.

As an apprentice and initiate you were kept pretty confined in a specific path of training to strengthen your base and develop your inner muscle. Now that you are an adept with a strong base and knowledge of mechanics, you should be able to go anywhere in the world, tap into the magic and magical systems there, and work with them as and when necessary. You literally become a magician of all borders and none.

When you have finished all your experiments, make sure you have coherent and detailed notes that someone else—like your mentor—can read, preferably in a computer file. And make sure, if you created any messes, took hits, or just got grubby, that you clean yourself up.

At the end of these experiments, you should have more of an understanding about whether you are a psychic ‘brick’ or a ‘see-through’ person. Your ease or difficulty in externalising magic will tell you a lot about how your mind and physical body processes, filters, and bridges magic.

If these experiments have exposed that you are a ‘see-through’ person, i.e. very open to magical power, and you had not realised this before, then it is time to think about how you filter externalised magic for yourself. Such a person can externalise a great deal of power without realising it until they actually do it. When you use inner work, bridges and thresholds, these all filter power down automatically to a level that you can cope with. Externalising power does not come with the same checks and balances, and you can suddenly realise that if you are not careful. You can really pack a punch when externalising, as your body has little if any filter system.

If you are a brick then you will externalise only ‘squeaks’ of power. Your body is a dense filter for power. When you work in inner work, it is usually harder for a brick, but again the thresholds, bridges, etc. will put through enough power for you to work with. The amount of power that comes through a brick would likely kill a more ‘see-through’ person, and yet it manifests lightly. So think about this, and why it should be that vision is most often used with ritual to keep the flow of power going, filtered, and properly governed.



QUAREIA

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