



QUAREIA—THE ADEPT

Module VIII—Mediation of Power

Lesson 2: Bridging in Everyday Life

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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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Lesson 2: Bridging in Everyday Life

This lesson is short on text, but heavy on practice. It returns to work you did in your apprentice and initiate training, only now you have a great deal more inner structure and power behind you. It is the outer rim of the spiral for power mediation, and unlike the work you did in the first lesson of this module, it is not magically structured: you affect change and trigger responses by shifting how you do ordinary, everyday things. The mediation is bridged by simply being somewhere, by having a presence, or by touch.

It works by the adept being willing to let power flow through them to affect the patterns within everything. It is not glamorous, has no mantle, and what you do is not seen by anyone. It is not even a magical act; rather it is the true start of 'being' magical, of being a constant, walking catalyst, and not something specific to the flow of magic in which you work. It is also something that flows through magicians, mystics, priests, or priestesses, and sometimes even ordinary people who are not aware of it.

When you have immersed yourself deeply in the inner side of magic, or indeed in the mystical aspects of a religion, then you become an active part of the pattern. At first most of those this happens to are not aware of it, but once you do become aware of it, either through self-realisation or through training, then it fully switches on.

When this happens and you are aware of it, you come to realise that you have the potential to effect change in everything that you do. This

triggers the magician to be constantly aware of the need for self-limitation both in their outer actions and in their minds, emotions, and magical actions: *you* are the filter.

This has always been part of the Mysteries, and once you immerse yourself in it, you will begin to spot veiled references to it in ancient, classical, and religious texts. It also pops up in the mystical writings of religions. What can seem an out-of-date ‘moral’ may really be pointing out the dynamics and references to this act and way of living. Not all mystical writings spring from deep wells; some were added to systems over time as part of a manipulative, dogmatic power grab. You should be able to distinguish between the two.

You began learning about this dynamic through tasks early in your training because the outer bridge must be built first, ready for power to pass over it as an adept. You also learned a great deal about glamour and emotion, as these are the two things that shut the bridge down. When you are in a position to bridge power simply by your presence or a simple, unconditional act, it is easy to slip into messiah or saviour mode, or into fluffy, feel-good, fictional holiness. All of that is bullshit. This is not about you and how good or bad a person you are; it is simply about shifting from using tools to becoming a tool of the gods.

As a tool you have no importance, you are easily expendable, and you are not the one who brings change. Like a bridge that crosses a river, you are useful, but it is what or whom crosses over that bridge that is really important. So bear all that in mind, and watch out for the emotional and ego traps.

What is it?

In this work, whatever is needed to trigger the fulcrum and scales to reset passes through you and into something else. You do not know what, or sometimes *who*, passes through you; nor do you intentionally trigger each act; and you do not know where it is ultimately going, or why.

In the last lesson you had very clear intentions for your mediation, but in this way of working, which is the opposing vehicle to the dynamics in the first lesson of this module, you have no focused intention other than to bridge. You learned about this very early in your training.

And take note of the ‘opposition’ of dynamics. Everything in magic has an opposing power that creates a tension to keep everything spinning.

Unconditional dynamics have conditional ones as their twin. You will feel the difference when you work and when the bridge actually triggers.

How does it work?

You should know the inner dynamics of this by now, so I should not need to go over them again. The outer dynamics are where you as an adept choose to fully awaken the bridge dynamic and become the bridge: it then works away quietly as you go about your everyday life. You keep a subtle awareness that everything you touch, every word you say, and every act you do has the potential for bridging power. It's that simple, and yet it is really hard to do.

You are part of the inner pattern, you are a being that keeps the focus of the fulcrum and scales, and you are an outer manifest being that interacts with the physical world. When you first start working consciously with this, it can be a strain, particularly on the first day; but once you get used to it and let go of wondering what it is doing, the pressure comes off you.

It does not trigger all the time: you are not constantly 'on.' Rather, you are constantly on *standby*, and when you come into the orbit of something or someone consciously or unconsciously seeking some sort of rebalance, you are triggered into active mode and power passes through you to the person, place, or thing.

For the most part, the conscious or unconscious need or wish for balance in the receiving vessel is not an overarching "I need to balance," but an "I need help." And this may be in the forefront of the person's mind, or playing out deep in their subconscious. It doesn't really matter—the call goes out, and the magician is moved into the orbit as a passive bridge. It can be powerful, or it can be a slight nudge that passes through you.

It can come through a handshake, a painting, opening a door, or picking someone or some creature up. It flows through everyday events. It works through pathways that already exist in social patterns, and through energetic pathways already in place. The difference is this: a handshake or a smile to someone feeling cut off can make them feel noticed and will cheer them up. A handshake or smile to someone from an adept who is a bridge can not only make them feel better, but can bridge power to them that then plays out in their fate pattern to bring

about lasting change, change that takes them out of the old pattern that they are stuck in and moves them forward into a new phase of their lives.

It can trigger compassionate death in someone struggling on the threshold of death in pain but unable to release for some reason; it can trigger the downfall of something or someone ready for destruction; it can save a life; it can trigger an inner awakening...essentially the bridging works by flowing power to a hotspot to resolve it one way or another. I call it “the power of the boil-popper and the lid-closer,” mainly because for most of my magical life, when I have been put in a situation and passively bridged something without realising it, it has brought things to a major head.

When two bridges meet and you recognise each other, it can be a rather comical event. You spot each other, shake hands, smile, and know that you each have brought change to the other. No conversation is needed; you each go on your way and a major change is triggered in your lives by your one brief encounter.

Let us now look at the practical application. And remember, this application relies very heavily on the preparation work you did in your earlier training: that is the foundation that allows this to work at its full power.

Practical application

When you first start doing this, you need to be aware of the fulcrum power, and that you are a bridge. Once it is flowing then it will trigger on and off as necessary. When it triggers, you should be aware of it: you will know from your inner senses that something powerful or important is happening, but you will most likely not know what or exactly where it is going.

Over time, depending on your inner senses, you may develop a sensitivity so that you get a flash of insight about what is happening. For me, I sometimes receive a brief insight about what the person will go on to do, or what will happen with the power unfolding for a place, building, person, etc. I do not get this flash every time, just occasionally. However I do feel when it when the bridge triggers, and I know that something has just bridged through me: I get physical reactions, which we will talk about later.

Once you get used to it, you will likely find that sometimes inner contacts will pop into your head and tell you to turn down a street, go somewhere, or do something to line you up as the bridge for a specific crossing of paths. Some of these events seem unimportant, but other instances can be quite dramatic, and you will instantly realise why you had to suddenly turn left down the street instead of going to your intended destination.

So what do you do? You pay attention with intention. To start with, you need to trigger the bridge intentionally, and now we shall do an exercise designed to do just that.

The trigger

Triggering the bridge in the adept comes in two parts, inner and outer. One is done in ritual vision, and the externalisation is achieved by doing a day of conscious bridging. After that, it runs on automatic.

For the inner trigger, which comes before the externalisation trigger, work in your work space, open the gates, greet the contacts, and go around each direction and tell them of your intent to trigger being a bridge in everyday life, to allow whatever is needful to pass through you as you go about your daily life.

Once you have gone around all four directions, stand in the centre, facing south, with the central altar behind you, and have your staff in your left hand. Hold up your right hand for the lantern, and look to the south, the future. Still yourself and place your mind in the Inner Temple. Listen to the water running around the temple, listen to the wind coming through the east, and listen to the footfall the contacts of the Gathering as they circle within and without the temple. You are standing out of time and are in the centre of where all these powers come together: you are the human fulcrum.

As you look south, an angelic being emerges out of the south wall of the Inner Temple and stands before you. The being looks deeply into your eyes. It speaks to your heart spirit, then looks at your lantern. The angel opens their mouth and says: “are you willing to be the bridge?” The noise of the angel’s voice is loud, deep, and resonates like a drum: your whole physical and inner body shakes from the impact of its power.

The noise shakes up your awareness and the vibration of the sound brings your subconscious and conscious mind into clear union, which

allows you to see the enormity of what you might be about to agree to. You have to be willing to be a bridge for the rest of your life. Once you switch this on, nothing can turn it off.

If you decide to decline, you will be no less of an adept, and no contact or being will think any less of you. It will change your life path in many ways, and you must be willing to accept that. If you feel in your depths that you are not able or willing to agree to this, then say no to the angel: above all this being seeks truth from you. If you are willing, say yes. Whether you say yes or no, also say it physically with your voice: the utterance from you must be externalised.

If you say no, then bow to the presences in the Inner Temple, withdraw, and close the room down. If you say yes, then stretch out your left hand to the angel. The angel will grasp your hand and pull you forward while saying, "I birth you, bridge of creation and destruction."

As the angel pulls on your hand, step forward with your left foot, both in vision and physically. Take a step forward with your left foot.

The angel vanishes, and before you in the south the wall of the Inner Temple falls away. You see a complex path of weaves, with hotspots dotted around it. Step forward into the weave and stand for a moment just to feel its power. The threads of the weave connect into your feet and you can feel the whole pattern all around you.

When you are ready, open your eyes, and be aware of that pattern all around you, in your work space, and flowing beyond the work space out into the world.

Bow to the south and go around the directions, closing them down, then withdraw quietly from the room. The inner trigger has been set, and your first day of action, which will be the following day, will bring the trigger into completion and set the whole thing into action.

The first day

The first day after you have done the ritual vision, from the moment you get up and start interacting with your surroundings—people, buildings, communities, strangers on the bus or train, places you drive through on your way to work—keep in your mind the fulcrum, that you are the fulcrum, and that you are also the bridge. Whatever power passes

through the bridge also passes through the fulcrum. Do not have any specific intent for that power; just be aware of it and be willing to let it pass through you as and when necessary. But remember, you do not choose what that power goes into or what it does, only that you are a bridge through which it passes.

That whole day, every interaction you have with people—talking to them, or handing them papers, money, or cups of coffee, or giving money to someone living on the streets—and indeed everything you interact with—a person, an animal, a building, a computer, even paperwork—will be an opportunity for the bridge to trigger.

It is exhausting for the first day. To externalise the trigger set in the vision, the first day must be one where you hold the consciousness of the bridge. Once you have done that for a day, the power starts flowing and you do not need such a constant focus: it will then happen naturally, as and when needed.

You will feel it when it does trigger. It does not trigger for every interaction, but when it does, you will know. Every magician reacts differently when the bridge triggers, and every magician who bridges learns how their body and mind reacts to the bridge when it activates.

For me, when a creative power is flowing through me as the bridge, I feel suddenly energised and ‘bright,’ as though someone has switched on a bright light inside my head. When destructive power is flowing, I get a sudden strong headache, a dip in my vital force, and old injuries will grumble. Usually this passes within a short time, overnight at the worst. When a fulcrum power flows through me, something that is going to stabilise something, then I suddenly feel very still and silent, and I just want to withdraw into the background and sit observing what is going on around me. When I cannot withdraw, when I have to keep doing whatever I am doing, then I feel apart from the situation or person, as if I am observing and not interacting.

I have talked to other adepts who also operate as bridges, and they get very different reactions; but they are reactions that they have come to understand and recognise. Most of the time you never get to see what happens to the power and how it manifests, but occasionally you do, particularly when it is aimed at a building, creature, or person that you see often or know.

Just remember that if what came through you was destructive and you subsequently see it play out in their lives, you cannot get emotionally connected or react emotionally: this is the hardest part of the role. If

destruction is necessary then it is serving a real purpose, and your emotional entanglement will muddy the waters.

If it is someone close to you, and you see destruction unfolding, you cannot interfere with the process nor do anything to stop it, but you can support them: be the fulcrum for them. When they come out the other side of it, you will then realise why they had to go through a period of destruction; that it was truly necessary and put them on a better path.

The opposite is true of creative power: you cannot interfere or get emotionally entangled, nor pat yourself on the back: remain neutral.

You will see that this brings you full circle back to the unconditional work you did in your early training. Indeed, that work prepared you for this. As an adept, your work will comprise unconditional work, conditional work, neutral work, and sometimes a mixture of the three, regardless of the situations and types of magic. The trick is keeping a balance. If you try to keep that balance by limiting one type of work over another then you will get tangled up. As a triggered bridge, you become a tool of the gods, and the best way to navigate the balance is simply to work with what is put in front of you. You have the knowledge and skill now to make decisions based on the direct necessity of the situation, and when you look back over a work, you will see that the various types of work and dynamics balanced each other out over time.

Creative bridging

This is again something you started as an apprentice so that you would slowly learn the techniques necessary for it to work at adept level. Not all adepts do this, but ones in a creative field do this quite a lot, whether they are artists, writers, singers, composers, dancers, actors, musicians, etc. Some adepts who are not involved in the arts also find, from time to time, that they are urged to do this creative bridging.

Sometimes you get the feeling that you have to create something connected to the bridging dynamic, and it will feel different from your usual creative impulses. Often you will find that you cannot follow your usual creative methods, and have to 'fly blind'—that is to say, you have to work with inner senses and contacted creativity to let what wants to come through you to do so.

When you have finished, you may need to destroy your work, store it away, give it to someone, or place it or perform it somewhere. You need

to find where it needs to go and what needs to happen to it. If you are still not sure, you can use divination. Sometimes these creative works need to wait for the right 'owner' to come along and take them, but they must still be bridged at a particular point in time, as they have to line up with a fate pattern.

My husband finds this happening a lot. He is an artist, and sometimes he is driven to paint something that was not planned. He does not know why he is painting it, just that it has to be painted. Usually he discovers halfway through painting the artwork who needs it. Power bridges into the painting, and it is then given to the person to whom it needs to go. Once the art connects to the right person, the final stage of the bridged power opens out to do its job.

Remember, anything created this way can rarely be sold: it is a magical act that must be given freely. Trying to sell it creates a barrier and a filter that often blocks the work from going to the right person. Occasionally the reverse is true, and that by putting it up for sale, the right person finds it. When unsure, use divination.

This sort of bridge triggering, if you do not try to interfere with it or control it, will settle into its own rhythm, and it will trigger when needed, but not in a way that would be a severe detriment to your vital force: your body, the vessel of the bridge, will regulate itself as necessary. Sometimes if the bridge triggers heavily then you may feel exhausted for a day or two, but this will not happen too frequently. You will also find that when your vital force is depleted for some reason, like illness, or because you need your energy for something in your life, then the bridge will not trigger.

You may find, if you are a natural mediator as some magicians are, that you have to adjust your life somewhat around this bridging. If this is truly necessary then your fate will adjust to accommodate it: you may be moved to live in a less populated place, or move into a job with less public interaction. As an adept, you are given what you need in order to do what you do. If it is important, for the wider picture of your life, that you stay put, then the bridging will withdraw a lot, and only trigger on rare occasions.

For me it is like a tide that comes in and goes out. Sometimes in my life I had to be in heavily populated areas and dealing with lots of people or creatures. At those times I didn't trigger at all. Other times I found myself triggering a lot, and it became really hard to keep on my feet. When that happened, the trigger would eventually withdraw, or I would be moved, or my life would be changed so that there was less strain on me. I was given the resources I needed to do what was necessary. Other times in

my life I have also gotten a long rest from such work: I found that just learning to trust helped everything find its right place in the right way.

As a task, write down your experiences from the ritual vision, and from the day of your conscious bridge-triggering. After that, when the triggering happens, note down the time, date, and place, and what happened. If you later discover the results of that triggering, also keep note of that. By tracking these things you will learn a lot about them, and how this bridging works individually for you.

If you are curious then you can also use divination with the Magician's Deck, or any other deck that works well and clearly for you, to see what you were bridging and what will happen to that person, place, or thing as a result of the bridging. This can really teach you a lot and give you insights about how this all works, why it works, and why you are in the middle of it.

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