



QUAREIA—THE INITIATE
Module I—Core Initiate Skills
Lesson 7: Energy Management

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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



QUAREIA—THE INITIATE

Module I—Core Initiate Skills

Lesson 7: Energy Management

As you become more skilled in magic, and more advanced with your studies, inner and outer energy management starts to become an issue. In the apprentice section, the work you did was very mild, even if it did not sometimes feel that way. But as you step forward into the initiate training, you will need to know how to manage your energetic resources properly.

This issue is rarely talked about in magical education, usually because a lot of magical training these days never gets the student to the level where it becomes an issue. But Quareia's training exposes you to all corners of magic, and because of that you must become a good manager of your inner and outer resources. That management starts now, in your initiate training, and will really come into its own in your adept training.

When you work in vision or contacted ritual, your inner energies are worked hard. It is the equivalent of carrying heavy objects for hours. This is why the course is called Quareia: you are not only quarried and carved like stone, you are also the quarry worker who has to work hard at the face of the stone cliffs to extract raw materials and carve them into something beautiful. Real magic is hard work both on the body and the spirit. But through hard work comes strength and skill: the making of a true adept.

In this lesson we will look at the various ways the inner and outer energies are stretched in magic, what resources you can draw on, and

what resources you need to protect and preserve. That way, when you step into the heavier, hard work of the initiate training, you will be well prepared and able to step up to it.

Inner energies

The term *inner energies* refers to your energetic vital force without which you would not live. It cannot be measured medically, but it is well known to healers, magicians, and people who work as acupuncturists, cranial osteopaths, and homeopaths.

Your inner energies mirror your outer energies. Sensitivity to them helps to preserve them, and noticing a shift in your inner energies can warn you of an impending illness or a change in your body. For example when I became pregnant with my first daughter, I knew I was pregnant before it was possible to test for pregnancy, as all my vital force was suddenly 'busy.'

A complete drain on a healthy person's inner energies can result in their death; on the other hand a dangerous physical disease will often not kill a person if their vital force is strong. They may have a terrible fight on their hands to survive, but they are far less likely to lose that struggle if their internal vital force is strong. These are extreme examples, but for a magician, protecting their vital force is of paramount importance for long-term health and survival.

When you work in the inner worlds, put energy into someone or something else, or create a magical project, it pulls on your inner energetic resources in the same way as muscles pull on your physical energy reserves when you do hard labour or training. When an athlete trains, they also take care to have a good diet. They train hard but rest well, and tend not to expend their energies on unimportant things. Part of their training is body management, and it is just the same for magicians: you are like inner athletes. You have to ensure that you care properly for your inner and outer body.

Part of this management is learning how to pace yourself magically, how to avoid certain things, and knowing your own limits. Another part is learning how to differentiate between a lack of inner energy and a lack of physical energy. It is not always easy to tell which is which. The magician must also be able to ascertain the cause of a lack of energy, and work out how to remedy it.

First we will look at normal, healthy magical situations that can drain the energies, and then we will look at unhealthy situations that drain and deplete the vital force. After this we will look at methods to replenish, protect, and develop inner energies.

Hard work

Real magic is hard work. Anyone who tells you that magic should fill you with energy, happiness, and a healthy bank balance has never done real magic. Doing magic properly is like being an explorer: you go places most humans do not, you scale heights, plumb depths, face all manner of strange beings, and you make changes to fate paths. “Oh, climbing Mount Everest is no strain on the body at all...” said no explorer ever.

Think of the people who explored mountain ranges, the depths of the oceans, the vast lands of Antarctica, and the jungles of South America. Think of the people who built the pyramids, who excavated vast underground tombs: all these ventures took energy, resources, and determination. So it is with magic. Standing in a temple room in a fancy robe as you utter words you don't understand takes hardly any energy at all. Opening gates to different worlds, bridging beings from one world to another, working on patterns of fate, and stretching deep into the inner worlds—now that takes the energy of an explorer.

But this hard work is normal, is part of life, and if managed well then no normal magician should have major issues with it. However, should you choose to commit yourself to a vast, world-changing project when you are an adept, then that is different. When you get to that level, you will know enough to decide if you wish to make that sort of sacrifice. For the regular magician, it is simply a matter of common sense and knowing how to look after yourself.

Most contacted magical work should make you feel tired, as if you have done a hard day's work. This is normal, and you should regenerate after a good night's sleep and a meal. However, certain magical dynamics may have a stronger pull on your energies, both outer and inner: these are things you need to know about and know how to handle. You are likely to experience at least one of these energy dynamics at some point in your initiate training, so forewarned is forearmed! Once we have looked at the various situations which could possibly drain you, we will look at the various ways you can recharge.

Time-drag

This energetic phenomenon can occur in a number of ways, and can also serve as a warning system for magicians. This dynamic is rarely discussed in magic; many magicians are not even aware of it. Essentially, an energetic time-drag is when your inner energies are drawn on by an event or events in the future.

Although our flesh and bone bodies are governed by time, our vital force is not. As you will have already discovered, time and magic interlock in the strangest ways. Some time-drags are healthy and to be expected; others are danger warnings for the magician.

A healthy time-drag happens when the magician instigates a magical act that will affect the future in a powerful but balanced way. Once the magical pattern is set and released into the future, the magician feels a drag in their vital force: it has followed the magic into the future and as the magic reaches its peak, the magician's vital force works hard to initiate that unfolding.

The more conditional the magic, the stronger the pull on the vital force. And the fewer beings the magician works with on a project, the stronger the pull on their vital force. This is why some adept magicians work unconditionally whenever possible, and with a variety of beings. Teamwork takes a lot of pressure off the magician's vital force: essentially the magician does one aspect of the job and the inner beings do the rest.

Magicians who work only with conditional magic, and more or less without inner contacts, tend to have the worst long-term issues with drained vital force. You can get away with working like that for a short time, but in the long term it can do irreparable damage to your inner and your physical resources. The key is to know what type of magic to use when, and to work with many different beings if you are doing powerful magic that will have a long-term effect.

Most of the magic in the initiate section is unconditional, though some of it bridges between conditional and unconditional magic. You will also work with a variety of inner beings, so the risk to your vital force is at the absolute minimum. By the time you get to adept training, you will do full combinations of different types of magic, but by then you will also know how to manage your resources properly.

Consequently the time-drags you will feel as a result of your training and magical work should be kept to a minimum. I will put you in various magical situations where you will feel it, but not enough for it to be of any concern. It is important that you experience this feeling in order to learn the difference between a healthy drag and an unhealthy one.

After doing magic that affects the future in some way, you will feel tired for a few days, as though your ‘tide is out.’ Indeed, that is exactly what is happening: your energetic tide will roll out with the magic until it properly locks into manifestation. At that point, the drag will stop and your energy will release. The feeling is like night and day. After a few days of feeling cold, tired, and not interested in anything, suddenly your energy releases and you will feel the strength rushing back into you. This dynamic is important to experience as a magician: it teaches you a great deal about how power and magic work, and it does no harm to you. As the tide comes back in, you are filled with energy once more and are fully replenished.

As an aside, when your tide rolls out, any hidden illness or condition burning away quietly in your body will surface. Although this does not sound good, it actually is. It is better to know about something that, left untreated, could potentially harm you. If your tide has gone out after a magical working and your body starts to display symptoms, then it is wise to see a doctor, unless it is a simple infection that you can deal with yourself with herbs and medicines. Sometimes your vital force will keep something penned into a corner of your body; sending the vital force out releases whatever was held back. It is better for your body that any infections are brought to a proper, acute conclusion rather than festering on in a corner somewhere, unseen.

It is because of the time-drag on your vital force that it is not a good idea to do magic while you are pregnant or recovering from a serious illness. During such times, your body and inner vital force are vulnerable: like all precious resources, you must learn how to protect them.

Time-drags can also sap a magician’s vital force when they have taken a turn in a magical direction or are actively doing something magical that is inadvertently dangerous to them or someone else. This happened to me a lot, particularly when I was younger and experimenting. When you start on a balanced path of magical action then any energy lag is kept at a necessary minimum. However, if the magic is dangerously unbalanced and likely to cause unnecessary destruction a few months down the line, then the pull on the magician’s vital force is strong and immediate. Just

setting a magical intention, if it is a dangerous one, will trigger such a pull: your vital force will go off into the future and tangle up in the peak event that the magic will cause.

This is very unlikely to happen to you as a Quareia magician, as the course is designed to steer you away from such dynamics. I learned a lot from my early mistakes and that learning influenced a lot of the training in the initiate section.

Finally, one brief and very efficient way to check for a negative time lag is to do a simple yes/no reading and ask if your sudden lack of energy is caused by you doing something you should not.

Sleep working

Ever woken up with the feeling that you have not slept a wink, and have had to drag yourself to work with no energy whatsoever? When this happens, the first thing you should wonder is whether you are coming down with a virus/illness. When your immune system kicks into gear, you often get a day of feeling great (from the release of adrenaline) followed by a day when you wake up feeling like the Kraken has chewed you up and spat you out. This usually indicates a virus: your body is riding into battle. This is all normal and healthy.

However, if there is no illness and you wake up still feeling chewed up and spat out, particularly if you are a magician, then chances are you were working in your sleep. Sometimes sleep work is about fighting something off, usually a tide of destructive energy in the area where you live. But there is another magical dynamic that can really drain you in your sleep, and that is real magical work. This can be a particular issue for a student who is naturally psychic or has been a magician/priest/-priestess in another life.

Your deeper spirit knows what it is doing: when your consciousness is switched off to give your body 'heal and repair' time, sometimes your spirit is called on to do work, or you work to sort out a magical issue that you may not be aware of in waking life. If it is a powerful job that is directly connected to you, you often wake up with memories of that work.

The variety of work can be enormous: I have found myself doing all sorts in my sleep. If there is a disaster building up or outing while you

are asleep, you may find yourself on the front line, helping people into death or protecting them. You may find yourself going to the bedside of someone gravely ill when fate needs them to live a bit longer: you are dispatched to work on them and plug their vital force back in. Sometimes if you remember your dreams, you can decipher what you were doing. Other times it is better not to know: you wake up with no recollection of anything, but you ache from head to toe and are exhausted. In such cases it is best not to try and remember; just let it be.

You can use divination to check if you were working, but beyond that it is best to just let it be. When such things happened to me and I didn't understand it, I would do a reading to ask: "what was I doing in my sleep last night?" The answer would invariably come back as "working."

This brings me to an important point for student magicians, which is finding the balance between learning and being overcurious. By reading to see what you were doing in your sleep, you are learning to decipher the signals your body gives you, and you are also learning about how energy works. However, if you push to find out exactly what you were doing, then the ego creeps in, which is always a danger. The other issue is that if you have worked all night then your vital force will be tired. Stretching it further by doing a series of readings can be folly and is wasting energy.

Identifying through divination why you woke up so exhausted is useful, in that if it was work that tired you out, you know you simply need to rest. If the divination shows illness, then you know you need to attend to your body. If the reading shows attack, then you know you need to smarten up your defences and keep your space properly tuned.

When you have worked all night, if at all possible, go back to bed and sleep. If you have a gruelling daytime job that takes every ounce of your energy, it is unlikely that the inner worlds will pull on you to work in your sleep unless it is absolutely vital. The cure for sleep work is a daytime nap with a candle burning to tune the space.

Vampires

This can be a particularly bad problem if you are empathic, but for magicians in general it is something to be aware of. As you now know, a magician is often more visible than the average human when it comes

to inner world beings, particularly ones out looking for a meal, parasites for example. However, the magical patterns and contacts that you work with tend to steer those types of inner beings away from you—unless you hang out in very unhealthy places by choice, in which case the inner contacts will let you get on with it and will not protect you. If you do not use your common sense, they will let you make your own mistakes.

Human vampires, however, are another matter. These are people who suck the vital force from anyone in their immediate vicinity. Some do it purposely; many do not. Some are just very unhealthy and their deeper spirit grabs for anything nearby that will energise them, which is often done unconsciously.

There are some people who are vampiric by nature, and they can be spotted by their outward behaviour. They are often very selfish, narcissistic, and self-centred, and will take what they want regardless of the effect on others. Such a person will also be an energetic vampire, and being around them will drain a magician. If you have a choice, stay away from such people: simply do not put yourself in that position. If however you have no choice (you work with them, for example) then there are things you can do to stop them sucking off of your energies. We will look at these in the initiate module that deals with basic exorcism, which is the next module. There is also a simple action that you can do which is outlined in the practical work section.

Surprisingly, or maybe not, there are also magical groups who train their members how to vampirise energy from others. Such people are often weak and have no sense of power, but desperately want it. They are often mentally unstable, immature, and the training in vampiric techniques amplifies their inherent weakness. I find this very sad, and have come across one or two of these people in my magical groups. I stupidly gave them the benefit of the doubt and opened a space for them to mature, but sadly they did not take advantage of the chance to grow; rather they kept grasping for what was not theirs to take. Suffice to say they were ejected.

A contacted magician will have a lot of protection around them just by virtue of what they do and how they do it; but if you purposely put yourself in a difficult situation for no good reason, then inner contacts will not waste their time protecting you from your own stupidity. So think carefully and make careful choices about where you go and who you hang out with.

In my young days, my upbringing dictated heavily who I connected

with and where I went. I was taught to be polite at all costs and not make anyone ever feel uncomfortable. This was a very unbalanced way of being, and it meant I was often in situations with very unhealthy, degenerate people where I would let them suck on my energies and treat me badly because I did not wish to be impolite. Magic soon knocked some sense into me and I began to create boundaries, both magical and social, and I learned how to say no.

At the time I was a young mother and I had a friend who would come to my house, sit and talk about herself incessantly, and insult me continuously. When she left I not only felt emotionally battered, but I was completely drained of every drop of energy I had. It would take me a couple of days to recover.

One day I went to see my first teacher (who was also called Josephine) after being drained from that 'friend's' visit the day before. Essentially she lost her temper with me and told me to smarten up and stop being such a passive, stupid idiot. She also pointed out that my 'manners' were essentially enabling such a vampire to carry on their behaviour unchecked.

Josephine told me what to do, and the next time this 'friend' dropped by for another feed, I did as I was told. I was amazed: not only did I not get sucked dry, but this 'friend' suddenly became hostile with me (I was preventing her from feeding): she left the house in a temper and never came back.

All I had done was to imagine myself wearing a mask with big teeth (a mask of Yeshe Walmo, though I didn't know what deity it was at that time) and while this friend was talking, I was listening, but in my mind I was simply saying 'no,' and pushing back tentacles I could feel coming from her. I did nothing different outwardly, but those simple actions stopped the vampire in her tracks.

It was so simple and yet so effective. And seeing the outward reaction to such a subtle and simple inner action was a major revelation to me. I was in my early twenties and it was a good lesson to learn while I was still a young adult. Magicians stand out more energetically, so it is important to be aware that such people may gravitate towards you. You may not pick up on such a dynamic during your first experience of this, but you certainly will after they have gone. Once you have identified a vampiric person around you, learn to use your mind to create barriers and also to scare them off.

Once I learned this simple technique, I experimented with it by

walking through town while imagining the terrifying mask on my face. I was astonished at the number of people who made of a point of getting out of my way or backing away from me.

And is always the case in magical learning, this one simple thing led me to experiment and find all sorts of different methods for creating boundaries around myself and to scare people off. The teacher gives you one thing, and it is up to you to go away and experiment, learn, discover, and find a great deal more from that one lesson.

Of course such a simple technique would not work if you had a seriously dangerous being coming at you, but in everyday life where people are just trying to abuse your good nature, such techniques come in very handy.

Managing your resources

Sometimes energy drains are unavoidable, but to balance this you will also have huge inrushes of power linked to some of your magical workings: when you need more than you have, and the work or learning is important, energy will come to you to support you.

The rest of the time, it is up to you to manage your inner resources wisely. People spend a lot of time and effort looking after their body through diet, exercise, medicines, etc., but as a magician you have to take this further and protect your vital force/inner energy as well. To do this means understanding what your vital force does above and beyond keeping your body on its feet.

The complexity of the vital force is still largely misunderstood by health workers who work with it: it is seen as something that simply works within the body to uphold the life. In fact it does far more, especially when you are a magician, as your vital force does more than it would in the average person: you work it harder. But if you learn to understand the signals your vital force gives off, along with understanding what it is doing, you will be able to protect and nurture it far better.

Remember your web of fate? Your vital energy is constantly working back and forth between your past and your future, and it works in all areas of your life. It took me years to understand this. As I experimented, I learned more and was shocked at how much of our seemingly everyday life our vital force is involved in.

One way to view this is to understand that your vast and complex web of fate *is you*: it is all of you, and as such is filled with your vital force which is constantly flowing back and forth between fate paths, incidents, and seemingly irrelevant things. You constantly stretch out through time and across worlds; you are just not aware of it most of the time.

Your vital force flows through various aspects of your life, like outer resources, relationships, work, spiritual connections, the land, magic, your health...everything.

When I was struggling to get my head round this, as I knew it was really important to me not just as a magician, but as a spiritual being, I finally had a breakthrough when I managed to make a powerful contact in Egypt. I felt a bit of an idiot, as this contact looked exasperated with me (“who is this idiot??”) and could not believe that someone magical did not understand this. The contacts in Egypt are used to the humans who can contact them being fully clued in: sadly we have devolved a lot. Thankfully they were willing to talk slowly to me.

The contact showed the dynamic to me as a series of ‘rooms’ in my ‘house of life,’ while at the same time calling them Pots of Resources. Each room was filled with earthenware pots and the contact showed me the angelic being who oversaw them: my guardian angel.

Each room was an aspect of my life: substance resources like house, money, food, and clothing. One was body health, one was magical power, and so forth. The contact showed me how vital force flowed into these ‘structures’ and at certain times one structure would need more vital force than the others. I was also shown that the balance of vital force between these structures was rarely balanced, and that some would have more in them at one time, and less at others.

I was also shown that if you squander resources in one area by your bad choices, it could cause a drain on the other resources as they tried to supplement each other. I began experimenting and had immediate results: moving vital force from one structure to another caused an immediate (next day) effect. And it was not a good effect: lesson learned.

What I learned was that trying to micromanage my resources like this was the job of the angelic being, not mine. The angelic being essentially is constantly aware of the web of fate and its needs, and keeps the energy moving around as needed. We might think, “oh, my health is lacking, I will move resources from one structure to the health structure and I will be well again.” But the deficit in the health area could be because the energy is needed somewhere else on the web to do something else, or to

avoid something far more dangerous to us.

When I realised how complex it actually is, I began to meditate on what would be a useful way to work with this dynamic that does not interfere with the work of the angelic being. I worked with the angelic being and also spent time in the Inner Library learning how best to work with this dynamic. What I found was this: be aware that your vital energy is constantly working to dismantle your past and build your future. To do this, sometimes it needs to almost empty one resource in order to build up something.

This can manifest as a period of low energy/minor illness, or a lack of money/resources that is uncomfortable but not dangerous, not being able to plug magic in, or just feeling generally in a ‘tide is out’ mode. When such a time happens, it is tempting to use magic to bring back in the tide, to bring in resources, money, health; but such conditional magic will simply force the energy back where you *want* it to be, and not where it actually *needs* to be.

Here is an example. Say that in the fate web of a magician there is an intersection with a major disaster that could potentially kill them—one of their hotspots. But their wider fate needs them to survive, as they have work to do. The fate pattern building up to that disaster is not fully set, so there are still many different possibilities that could play out. But if the magician carries on the way they are going, they are likely to intersect at that disaster and become entangled in it.

So the guardian angel diverts vital force from the strong health pot and sends it along the web in order to create diversions and paths round the disaster. The magician starts to feel like shit. There is nothing particularly wrong with them, no terrible disease, but they feel very tired, as though they have lead boots on: the vital force for their body’s upkeep has been diverted.

So the dumb magician does ritual work to bring them back their health and energy, as they do not like feeling so weak. That ritual work diverts the health energy back to the health pot. The guardian tries to warn the magician, but they are not listening. Six months later they have a terrible car accident.

Moral of the story? Let the beings working for your benefit just get on with their jobs, and you get on with yours.

As a magical student, this translates to you staying your hand with

magic, and being careful and attentive. If you feel a sudden drop in energy or have a sudden drop in resources/money, don't immediately reach out for something magical to fix it. Take the time to look and see what is happening using divination.

If you are still struggling with interpreting cards, here is a simple way to do it. Using a Tree of Life spread, simply ask:

“Is something bad happening to me, or is my energy busy doing something?”

If the reading ends in a card that is the Tower, Death, The Devil, or lots of swords, you know that whatever your deficit is, it is from something that you need to attend to and deal with. However, if the end card is The Hanged Man (service, self-sacrifice), or a card of working, or a generally okay card, then you know it is just your energy off doing something important. In such a case, simply wait. It will change, and the energy will rush back in when it is ready.

Three months before I started writing the Quareia course, my tide went out. I was exhausted for two months, and could barely keep up with my everyday life. I slept a lot, ate a lot, and could not think or focus. I did a reading to see if I was getting very sick, and the reading just said: “no, you are getting ready to start something.” So I just went with the flow and let my body rest as much as it needed to.

Two weeks before the decision to write the course was made, the energy came rushing back in with a vengeance. The decision was made between Frater Acher and myself, and suddenly all this power was around me. Astrologically it was a powerful time and everything timed in to ensure the maximum power was available.

This can seem very complicated, but it is just life from an inner perspective. If you look at outer life from an older child's perspective, it can seem very complicated and overwhelming. The inner complications are only overwhelming because you have not as yet found your feet and learned how to navigate your way through the complexity.

Manage your energy by keeping a close eye on it, and remember that the outer manifestation of the inner energy and the inner source pot of that energy may not be the same. For example, if a magician is dumb enough to expend all their energy healing people beyond the magician's own energetic capacity (you do mediate energy from other sources, but

it also uses your energy a bit), it can make them ill (health resource drained), financially broke, suddenly very lonely, or even have a marriage breakup: the energy will draw from whatever pot it needs to in order to keep you on your feet. It is all about balance.

Use your energies wisely. Use your body wisely and do not push it too far; use your money wisely and do not throw it around on useless things. This is where the rule of Ma'at comes in again: if you live your life in as balanced a way as you know how, you are sure to make mistakes, but in general you will let your guardian angel distribute your energies properly, and you will not waste them. *They are not limitless.*

For instance, writing this course is a massive undertaking, not just because of the vast amount of writing, but also because contacted writing takes a lot of energy. So while I am writing this course, I am not doing anything else. This means I am more or less broke financially, have little energy to spare after writing, and can't really go anywhere or do anything. But that is fine: it is a choice I was prepared to make. While I work, my guardian channels my resources to the writing, and to protecting me as I write.

It is about choosing well and knowing that you cannot have it all, all the time. As a magician this is important to understand. If you plan on doing powerful magic for a major project, also plan to simplify your life during that time, and know that you will be generally low on resources while you are working. However what you need (not want) will be navigated to you to ensure you are upheld while doing that work.

If the work is with inner contacts and is service work, they will ensure that you have what you need. Help will be directed to you and other people will pick up on the fact that you need support while doing something, and they will help. The key is not to squander your energies and resources, but to balance them.

Refuelling

While it is unwise to use magic to move your resources around, there are things you can do to help maintain your inner energies and to add to them in general.

There are two obvious methods: the stillness meditation which gives your vital force focus and replenishes it slightly, and looking after your

body properly so that it does not have to pull too much on your vital force to stay healthy. Look after your diet, get fresh air and exercise, and remember that your emotions can have a heavy pull on your vital force. This is one of the many reasons that Buddhists work on stillness and avoiding any extremes of emotion, whether that is happiness or anger.

There is a mistaken idea that one has to be perpetually in bliss to be spiritual and healthy. In fact, the exact opposite is true. Emotional extremes of any sort drain the vital force, whereas keeping a healthy balance better preserves the inner energies. Sometimes you are going to feel down, sometimes you are going to feel full of happiness. Those swings are very much dependent on hormones, vital force, brain activity, and so forth. Working not to suppress emotions, but to not hold on to them either is very helpful for the body and soul. Stillness meditation can help enormously with this.

The land and the sun can both help replenish and recharge a sagging vital force. Lying out on the land in the sunshine, taking a nap on the grass, or having a gentle walk out in nature can really help the vital force a lot. Also the dynamic you learned right at the beginning of the course, of giving and taking, helps keep vital force flowing and not let it stagnate.

Nap when you are tired, eat when you are hungry, and don't do magic when you are sick. Learn to say no to unnecessary things, and when people try to pull on your resources too much. Often people will want you to do things for them that they could do for themselves if they bothered to apply themselves: don't fall into that trap. It is a control trap and also a victim trap. Have strong boundaries, and do not be afraid of seeming not to be 'nice.' We are conditioned to feel guilt, and this can give people all manner of ways to manipulate you and suck on your energies.

So, enough of the lengthy lectures...let us get to some practical core skills for you to apply in your quest to maintain and protect your vital force.

Task: Tarot

A major technique in managing your resources in magic is tracking your distribution of vital force to find out which areas have deficits, so you can avoid putting pressure on them until they regenerate. We can do this tracking through tarot.

When you feel a major slump in your vital forces, then it is time to do a reading to see what area of your vital force is causing a drag on your energies. Don't be tempted to obsess over this as some magicians do: constantly checking your energies through divination will itself drain you—and also reveals an imbalance in how you think and feel.

But when you feel that drag on your energy, looking at your 'pots of resources' will enable you to pinpoint where your energy is being focused and respond appropriately. For example, if you did a reading and saw that most pots were doing okay, but your health pot was struggling, then you would likely be harbouring an illness or deficiency. In such a case that information would tell you to go easy on your body, to rest as much as possible, and probably to do a health reading to see what the problem is (this technique will come up in the next module).

Whatever area of your vital force is low, be it outer resources, health, magic, etc., that is the area that needs care and attention. It will also help to take the pressure off that area if you back off any related work or energy load that you are carrying. For example, if your wealth pot (money, housing) is low, but you think you are doing okay financially, then it indicates that in reality there is little vital force behind your resources, which in turn puts them at risk. That should tell the magician to lower their spending to the absolute minimum and act as if they were in financial trouble, even if they are not.

When a deficit appears in a pot, it does not mean that the deficit is already manifest: it can be warning of shortages to come soon. Or it can indicate that the resources from your wealth pot have been diverted to your health or magic pot for a specific reason. In that case, by cutting right down on your spending and being very thrifty, you let that energy flow where it needs to be without putting undue pressure on your wealth pot. If the energy has diverted to another pot in sore need, and the magician keeps spending because they feel they are doing okay financially, the low-energy wealth pot will empty. This can manifest as a future financial crisis in which the magician loses everything.

Other interesting dynamics can play out with these pots of resources that will teach you a great deal about how energy works and moves around. For example, if the magician needs a great deal of energy to conduct a long-term magical project that is an important act of service, energy will be diverted first from those pots that can be counterbalanced in everyday life. For instance, the emotional energy pot very much governs, from an inner energy perspective, how our moods and emotions influence our lives. The vital force in this pot is the inner fuel source for

the neurotransmitters and endocrine glands that govern our emotions. If the vital force from this pot is needed elsewhere, it can be diverted by the guardian as there are medicines in the physical world to compensate for a lack of emotional vital force.

Ordinarily, such a diversion of energy would plunge the person into deep depression or at least disorder their emotions badly enough to affect them, but the guardian knows that if that pot is in temporary deficit, the human can get medicines to tide it over in the form of antidepressants. Once the energy no longer needs diverting, the pot fills back up and the medicine is no longer needed.

It is a fascinating dynamic and one I have observed again and again in myself and other magicians. By tracking the flow of energy from one pot to another, we come to learn so much about how pliable inner energy is.

So this practical exercise is about learning the layout and working with it. The layout outlines the key ‘resource pots,’ along with a position for the guardian angel and a final position where the guardian can communicate with you to give you a message about whether you are managing yourself well or badly.

The layout is shaped in a semicircle starting from the left, arching up to a pinnacle and down to the right. The first three pots are on the left hand side, the vital force itself is at the top of the arch, and the last three pots are on the right. The position of the guardian angel is in the centre of the space of the arch, and crossing the guardian angel is the communication position.

This is a flow that shows the outer energy actions on the left and the inner energy actions on the right. The angel sits in the centre of the space, in the position of dead centre if it was a full circle, and the communication card sits over the top of the angel. This positioning shows the progression from solid outer manifestation to deeper inner manifestations of human energy output.

If you wish, you can design your own layout, but ensure that the same dynamics are expressed: outer, denser energy expressions at one end of a spectrum, and deeper inner energy expressions at the other end. The guardian must be in a position to ‘see’ all pots equally.

Now we get to a breakdown of more detailed information for each position.

Position meanings

Wealth/outer resources This position shows money, housing, work, possessions: all the outer things we work to get in order to have the life we would like to lead, or at least to survive.

Health This position shows the physical and mental health energy resources.

Emotions This shows the emotive energy, expressions of happiness, sadness, anger, peacefulness, etc.

Vital force This shows the overall vital force and its general health levels. It can also show the health of the fate web in general.

Inner senses This shows energy for visionary work, psychic ability, dreams, intuitions, and overall inner senses.

Creative force This position is where the artistic, intellectual, or physical creative force comes from. It includes things like dance, sculpture, writing, singing—anything that is creative where you ‘create’ something.

Magic This is all ritual magic, magical acts, and the energy that goes into maintaining a magical pattern.

Guardian angel The guardian sits in the centre and oversees all the pots. The card in this position tells of your relationship with the guardian and whether the guardian is free to get on with their job, or if your actions are making the job of the guardian harder. If you are constantly acting in an immature way, or an irresponsible or unbalanced way, the work of the guardian is much harder, and that imbalance will show in this position.

Communication The communication position allows the guardian to send you a message. If all is well between you, the card will be benign. If the guardian is trying to tell you to change something, it will appear as a difficult card. If the guardian is trying to warn you of danger from your own stupidity, that warning will appear in this position as a destructive card. If it is necessary for you to go through a disaster, the guardian will not mention it and it will not show in this reading. But if you are causing a potential disastrous build-up through your own actions, a warning will appear here. If such a warning does appear, pay close attention to the card, as it will give you a clue by its element, its nature, and if it is a trump, which trump it is. You can then use a landscape reading or a Tree of

Life yes/no reading to try and pinpoint what area of your life you are being a potential dumbass in. The health of your individual pots will also give you an indication.

If you find that one or more of your pots looks unwell or rather troubled, but the guardian card and the communication card are fine, then regardless of how that deficit affects you, it is all good and is a part of your fate path.

Task: Public figure readings

Get used to the layout first. Lay out random cards in the positions so your mind gets used to it, or draw it out on a cloth or paper with the names of each position.

Once you have the layout in your head, start by doing a reading to look at your own pots of resources. Write down the results. If they do not look brilliant, remember that these pots vary according to how your life is at the time you read for: it is not a 'forever' picture; rather it is a weather report on how you are doing now. If the angel has an important message for you to smarten up, do other readings to look at where you need to put your focus in your life and what potential changes you need to make.

Once you have done this, choose three public figures and do resource readings for each of them. Write down the results in a computer file. Compare what comes out in the readings to how they appear in real life. The key to accuracy with any reading work is lots of practice, and public figures are great subjects to practice on. You can also look at public figures who are now dead. Ask to see the state of their pots of resources on the week they died. This will teach you a great deal about how various deficits affect the life force.

Then look at older, but healthy vital public figures and take note of where their resources are strongest. Look at rich people, poor people, sick people: choose public figures where you know about their lives, and look at how their inner resources match up.

As you will now be aware, it is fairly easy to look at anyone using tarot: you do not need them to be there. Once you discover this, you

have a responsibility towards respecting the privacy of people and not letting your curiosity lead you to invading their private space. So don't start doing readings about your friends and family unless you have a real concern for their welfare *and you are willing to act on the results of the readings in order to assist them in any way they need.*

Public figures are different in that they have chosen, by nature of their profession, to present themselves to the public, and they are likely to have all the support they need. But this type of reading, like health readings, should only really be done if you are then willing to help them should they ask for it.

With close family members, if you are concerned, and you do readings that show they need help, be then willing to help them. If you are looking at your children, understand that vital force works differently for children, and such a reading as a resource reading will be meaningless.

If your children are adults, then as a parent it is your prerogative to look and check on them to ensure they are okay. But again, if you see deficits, be willing to help them as a result of that reading. If they need money, food, a hug, an emotional presence or bits of advice—regardless of your relationship with them, help them.

Doing these readings out of pure curiosity about people around you who you know is just invasive. Bear this in mind.

Protection

This is a very old-fashioned, simple, but highly effective method for keeping away vampiric people from hooking into you when you are out and about in public. This simple method can be technically enhanced to give it more bite, which you will need as a magician. The method is as follows:

Have paper and a pen, and go into your temple work space. Open up the directions, call the contacts to the thresholds, and do the Anchor ritual to ground and tune yourself and the room.

Then sit in front of the central altar facing south with the paper and pen in front of you. Still yourself and call inwardly for the contacts to guide your hand. Tell them that you are working on a mask image for protection.

Start to draw a mask face with big eyes and very big, fierce-looking teeth. Don't make it too detailed, because you have to visualise it and remember it. As you draw, keep focussing on the mental projection of "back off, dangerous, will attack."

When you have finished, sit and look at it. Look at every detail and feel the energy of it, the warning of it, and the danger in the face.

When you have a good sense of it, visualise it over your face. Feel the eyes and your eyes looking out of them, feel the teeth, the fierceness, and the warning to others. Feel the growl that comes from the face, and keep practising until you have a really good sense of it.

Once you have finished, close the room down and destroy the drawing—unless you have made it into an artistic piece or an actual mask, in which case you may place it over a door to a room that needs extra protection.

When you go out and are among people, practice wearing the mask in your mind. Visualise it constantly until it feels like second nature, and take note of the reactions of the people round you. It will take a week or so to really build the power of the mask, but lots of practice will strengthen it.

When you are in a situation where someone is trying to vampirise your energies, or is trying subtly to undermine or threaten you in some way—maybe a disgruntled co-worker, a boss, a neighbour, anyone doing this in a subtle or underhanded fashion—see your mask in your mind and let the mask growl at them. You have to be focused enough to keep your outer face normal while the mask threatens.

This is very useful if you are sitting on public transport and there is someone who is an energy parasite, someone who is disturbed and a potential threat, or someone who is thinking about harassing you. Wear the mask, let it growl, and make sure the teeth are big and sharp. This will put off ninety percent of parasites, harassers, and also any inner parasites who were considering chomping on your energy.

I have found this very useful on trains and buses... which is something I need as I am very empathic. People's inner instincts react even though their conscious mind makes no sense of it. Parasitical people in particular are effectively warned off by such a mask, and will go elsewhere for a meal.

Vision for regeneration

If you have been heavily drained of vital force either from magical service or from helping/healing someone, or from having to deal with too many things for too long, then here is a vision you can use to help regenerate.

Again, don't overuse this: treat it with respect and never, ever use it if you are drained because of your own bad choices. If you party or squander your resources in a meaningless way, the contacts in this vision will not help you—in fact they will slap you for being stupid.

However if, for example, you have been magically working to help the land or heal a person, or have been working in vision in service or in heavy study and find yourself badly drained, then use this vision. If the drain happens after magical work, first give yourself a couple of days to recover naturally: it is always better to let your vital force renew itself naturally, if at all possible. But when you have been seriously drained off from hard work, and a week later you are still in the same state, then you need help.

To prepare for the work, open the directions in your work room, call the contacts to the thresholds, and then sit down on the floor. Make sure you are sitting in a way that you can lie down halfway through the vision. Have a blanket over you. If the room is large enough or the right shape, sit facing south in front of the central altar, and when you lie down, have your feet in the south and your head pointing north. If you cannot do this, do not worry: your inner pattern will do it. Just make sure you have room to lie down.

Go in vision into the Inner Library and go to the stone temple room that you were introduced to towards the end of Module X in the apprentice section. See the flames on the altars and feel the stillness and silence of the room. Bow to each of the directions in turn, and ask the sacred and angelic presence of the room to help you regenerate your vital force. See yourself lie down in the centre of the directions with your feet pointing south and your head north. Place both your arms out to your sides so they point east and west.

Now physically lie down. In your mind be aware of the work room you are lying in and at the same time be aware of being in the stone temple room. Bring the two locations together in your mind. Then shift your

mind to stillness and silence. Allow yourself to drift into sleep while you are magically in both these rooms. Stay there for as long as you need to.

When you have finished, you may feel that you need to go to bed and sleep, even though you may have just slept for a while. If you do need to sleep, put the candles out without closing down the room and go have a sleep. And let yourself sleep for as long as you need to: the magic will continue to work and repair you as you sleep.

For a few days after this, don't take on any tough physical or mental work if you can avoid it, and do not do any magic for a few days. Just rest and recharge. Eat well, and eat food that will ground you.

You will hear some clueless New Agers or armchair magicians telling you that magic should never make you tired or drain you. This is because they have never actually done any powerful magic. Often when you do powerful service magic, you are filled with a power that is not yours, and it does not really deplete your own resources. However, the actual act of bridging that power is draining, as it is hard work on the inner muscles. There is no such thing as 'easy' in magic, so ignore such stupidity and remember you are akin to an athlete.

Acupressure points and tapping

Making use of acupressure points, with either an acupuncture pen (a pen-like device that takes batteries and runs a low current through the nib) or just tapping with your fingertips (or both) can be a really helpful part of your energy maintenance toolbox. Usually energy maintenance and repair requires a mixture of different approaches (which I will list in the summary). The use of power points on the body is a really good one.

I use tapping and the pen device when I get drained or am coming down with something that will drain me off. As I am older and now deep in menopause, and also having autoimmune diseases, I use the pen and tapping method on a regular basis, along with an ointment I put on the points afterwards.

The pen device is applied directly to an acupuncture point and a mild current is passed into the point. You should be able to feel it, and it may be uncomfortable if that point is blocked up or under strain. If this happens, adjust the pen to a level that you can bear, but don't overdo it. A minute

or two on each point of an evening is usually enough. Use it for a few evenings in a row if you are badly drained.

After I have worked on the points with the pen, depending on the type of fatigue I have, I will rub either white Tiger Balm on the points (if I am cold and tired), or Hypericum ointment that has a 5% medicated homeopathic dose (if I feel the CNS is tired or impacted). With the Hypericum ointment, if I work on the various points of the feet¹ and the soles of the feet, I will afterwards rub plenty of the ointment into the soles of my feet. The lovely feeling that seeps into the body afterwards is wonderful.

This is not an ‘official’ method, and some acupuncturists I am sure would look on in horror at this technique, but I have found it does work well for me, so it is worth experimenting with it yourself. A list of key acupuncture points for Qi (vital force) weaknesses is given below.

Another method you can use is one you can do anywhere, which is tapping. It has become quite the rage in alternative medicine circles lately, but I adjusted it to work for me in a way that I know works, and it is really good at what it does.

The tapping works on certain acupuncture points (the official method uses very specific points) combined with positive affirmation.

Positive affirmations are the sort of thing that give me an immediate New Age nausea reaction, but I have found that adjusting them to my own style works very well. In my mind, while I am tapping, I think:

“I might feel like shit, but I am doing just fine.”

When tapping first started it concentrated on a small number of points, but now if you research it² people have added many others... ah, the joys of having to be one step ahead commercially! For myself, I use the traditional upper body tapping positions, and I also add in some of the Qi points (below) on the knee area. These points can be tapped, or you can use the acupuncture pen.

If you have time and money, then seeing an acupuncturist regularly is a really good thing for magicians to do, particularly if you have been

¹Curiously, magicians often need to pay particular attention to their feet energetically and health-wise.

²Search for “tapping” or “EFT.”

doing a lot of powerful work. Maintaining your inner and outer energies is an absolute necessity for magicians. I cannot afford to go for such treatments, so if, like me, you have to live on a shoestring, use the pen and the tapping.

Some acupuncture pens are better than others, so do some research before buying one. They are not expensive (or they should not be). Mine cost me about twenty pounds sterling. It has worked for me faithfully for years now.

Acupuncture points to use

These points can be identified on an acupuncture point map. You can find these online: the website listed below has body maps (see navigation at the top—points).

I tend to work from the premise of top down: I start at the top and work my way down the body. Once you get used to working with these points, you will feel it when they need work: they will tell you by aching, or feeling sensitive or even painful.

Another dynamic you may find once your body has gotten used to you working on the points, is that when you work on one point, another point somewhere on your body will start to hurt: it wants your attention next.

The points are a complex weave across your body: seemingly random areas are deeply connected to each other. Working with them this way is intuitive and magical, and you will slowly develop your own way of working with them.

Of course this is a poor substitute for going to see a good, skilled acupuncturist, but for those of us without that recourse, this method works well and you can use it in your own home or at work.

The other interesting thing I discovered as I worked with these points is that some of them can be magically linked. The points on the soles of the feet can be worked with for protection to keep your inner footfall clean and connected to the land, and the points on the top of the head can be worked with to clear and connect with the star powers above you.

You have already worked in the first module with tapping your ‘third eye,’ which is just above and between your eyes, above the bridge of the nose. You can also work with the points in the palms of the hands in conjunction with the Limiter and the Unraveller. The whys and wherefores are for you to figure out yourself.

Points for Qi deficiency

So here are the points. Find a good points map on line or use the link below to identify the location of these specific points.

SP 6
ST 36
CV 6
LU 9
HT 5
GV 20
UB 20
UB 21

(reference from *Ying Yang House* website³)

Summary

Maintaining and protecting your vital forces is a mixture of technique, common sense, and self-limitation (refraining from pointless activity that will drain you). Fresh air, sunshine, food (and the quality of it), and exercise is the basic key. After that, the next step is learning to avoid or repel energy vampires, and learning to self-limit in terms of not overdoing something which is not necessary that you know will cause an energy drain.

Working in vision, using pressure points and also herbs, and getting plenty of sleep are all things that help maintain the vital force in the long term. Sleep is of major importance to magicians, as is the timing of that

³https://theory.yinyanghouse.com/acupuncturepoints/locations_theory_and_clinical_applications

sleep. You should be in a deep state of sleep by 1:00 a.m. if your job allows it, as major repair happens between 2:30 a.m. and 4:30 a.m., and to get the most from that repair you need to be in a deep state of sleep by that time.

Also a hint: if you find that when you nap you immediately start dreaming, then you are not getting enough sleep. Even if you have a regular seven hours a night, as a magician, if you are plunging straight into dreams as soon as you fall asleep, then you are sleep deprived. Magicians often work in their sleep, so they need long sleep times: they need to get their rest and repair sleep as well as their working sleep time. During bouts of heavy and powerful magical projects, I would often have to sleep for twelve hours a night until the work (or my part of it) was finished.

Don't gauge yourself by other people or general public health advice: you are a magician, so your body will have different needs. The same goes for diet. There is no strict rule in magic for diet, but what is important is that you eat what is right for you at the time. You may find your diet changes as your magic changes. Listen to your body and let it tell you its wants and needs regardless of the advice in health articles.

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