



QUAREIA—THE INITIATE

Module II—Exorcism I: The Basics

Lesson 7: Specific Issues with Children

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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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Module II—Exorcism I: The Basics

Lesson 7: Specific Issues with Children

Note: Even if you are not interested in working with children, just read through this lesson anyway, as there is information in it you may need later on.

The various issues to do with children often get overlooked when discussing magical exorcism and its related subject matter, yet kids are all around us. Children are often involved in situations to which an exorcist can be called out. Also, children within the magician's family often have magically-related issues that may need the magician's help, or at least their watchful eye.

In this lesson we will cover issues to do with children directly related to an exorcism situation, and we will also look at issues to do with children that the magician needs to be aware of both for their own family's well-being and that of the wider magical community.

Young children around magic and beings

Some children have a very strong outer energetic 'skin' and others do not. Some children who have a very permeable energetic skin will likely have problems in a household that works with magic. If the magician uses visionary work, it is likely that a sleeping child will tag along for the

ride. With any magical act that brings energy or beings in, or involves moving one's consciousness to a different realm, there is a chance that it will directly affect a small child.

Energetically children are heavily linked to their primary parent, be that the mother, father, or both; and where their parent's energy/consciousness goes, so too goes theirs.

To what extent this happens depends largely on the individual child, their own natural barriers, and their age. The closer to puberty they are, the safer they are: the upsurge of hormones protects the growing child and helps widen the energetic division between them and their parent (though the same hormones bring a whole new bag of stresses with them!). Usually between the ages of seven and eleven is a stable time for a child energetically, but for empathic children each age milestone brings its own problems.

Some children have very strong natural barriers and some do not: blanket rules cannot apply to such a complex picture, so common sense and erring on the safe side is wisest. If a small child is swept up in a magical tide, they will suffer a great deal as a result.

I have two grown up kids and they were both very different as children. One was at risk from magic and one was not. Therefore there was no magic in the house at all until the elder (who is very empathic) was nearing puberty. This is the simple reality of parenthood around magic: if a child has a bad reaction to something magical happening in the house, then such reactions are likely only to get worse. Unfortunately there are many who do not consider a small child to be at risk from anything magical—then when disaster strikes, the exorcist is called out.

If as a magician you are contacted by another magician who has a child who is in difficulties, the first thing you need to do is find out exactly what magic the parent magician was doing. Often in such cases the empathic child will have taken a magical hit or been grabbed by a being.

I once dealt with a particularly sad case. A couple had been conducting Eastern Tantric rituals while their children were in bed upstairs. The couple did not know what they were doing magically, and were using vision, ritual, calls, sexual power, blood, and god knows what else. The end result was that a previously well-balanced and healthy prepubescent

child suddenly began hearing voices, self-harming, refusing to eat, missing sleep, and getting very ill very quickly.

A sudden collapse in mental and physical health in a prepubescent child should ring a lot of alarm bells for both doctors and exorcists. The doctors stabilised the child but could find no biological reason for the collapse in a previously healthy, well-balanced child. By the time I came on the scene the child was extremely withdrawn and unresponsive.

It did not take long to find the source. Going in vision I was confronted by a large, aggressive, and very destructive being who was hanging onto the child. It had been pulled out of its normal realm by the calls and rituals and had grabbed the nearest shiny thing it could find: the child.

Once the being was dealt with, the child was then ritually cleaned, the house cleaned too, a guardian set up beside the child, and a talisman placed on them. Within twenty-four hours the child was eating normally and sleeping, and within a couple of days they were able to talk about what happened to them.

In such a situation the exorcist has to always think: “doctor first, inner investigation second.” Luckily most children’s inner and outer immune systems are strong enough for them to recover quickly. But it is best not to put children in such a situation in the first place.

If you are called to a house that has a combination of magic and children, *check the children before you look at anything else*, even if the disturbance seems to be in the house and not the people. Use inner vision, check them in detail, cleanse them, and put talismans on them before you do anything else. Then if you stir something up, the kids are already sealed and safe.

In the following subheadings I will outline certain dynamics with children that are often considered problematic, but which can in fact be major indicators for an exorcist called out to attend to a child. If there is a mix of magic or an inner issue with a building *and* one of these child dynamics, the exorcist will need to be on their toes and pay close attention to ensure that the child is not damaged in the cleansing process.

The reverse is also true: what is thought to be a ‘possession’ is often just a disgruntled teen. Often the problem is not with the child, but with a lack of understanding of the inner dynamics of children. The problem usually lies with what the parents think the child *should be*, which in turn

is often a societal thing. Children are expected to conform to an ideal. When they do not—when there is a clash between the diversity of nature and the narrow ideals of modern life—problems arise.

Active imaginations

A child with an active imagination can often be perceived as having something wrong with them. Nothing could be further from the truth in most cases. Often a child with a vivid imagination is also empathic, which makes it likely that they will have a mix of a great imagination and the ability to perceive what is around them from an inner perspective. After all, the imagination is one of the magician's most precious tools.

Usually all that is needed here is to explain to both parents and child that this sort of imagination/inner sight is perfectly normal and not an issue, and to help the parents understand how to care for an empathic child.

What can cloud these cases is when the parents have instilled a particular vocabulary in the child and the child then uses this vocabulary to express what they perceive around them—and to express what they think the adults wish to hear.

So for example in a very Christian household you may hear a child talking about seeing angels and demons, and having demons scare them at night. In magical or Pagan households you may hear children talk about seeing elementals, faeries, and parasites.

When you hear such things, put the brake on your response. If you have good inner sight, the best way to check these claims is to look for yourself. Normally when there is a specific vocabulary (“I see demons,” “I see elemental sprites”) there is some parental programming going on.

Many children with very active imaginations are also empathic and are indeed able to perceive many different types of beings in various ways, but they will use their own vocabulary for it. When a child specifies particular types of beings, there can be many different reasons for it.

Seeking attention is one, and one that should not be swept aside. If a child is ‘performing,’ usually with the encouragement of a stupid parent, it may really be a way of calling for help. If a child seeks a wider audience there is usually a reason for it, and it can be a child's way of sending

distress signals. Only very careful and gentle conversation can bring such distress to the fore.

The other reason for such displays can be that the child *is* being disturbed by various beings and has no vocabulary of their own to use, so they use words that are commonly heard in the household (angels, demons, elementals, devils, aliens...).

It can take a while to get to the bottom of what is actually bothering the child, but with patience and careful questions the magical exorcist can usually figure out whether the child is indeed being disturbed, and if so what type of being is causing the problem. Usually it's curious land beings, dead spirits, or something dredged up by inappropriate magic or intensive religious activity in the house.

Some children who are very empathic will have all sorts of beings drawn to them. The empathy is not emotional; rather it is energetic. Just being in the presence of an empathic child will alert an observant magician: you will feel them. And they will feel you and your tools. They will be drawn to touch objects with power in them and ignore shiny, interesting ones without power.

If you cast a collection of stones before an empathic child and one of them has been worked with magically or contains a being or resonant energy, the child will identify it easily.

They are like bright little lights that lost souls can be drawn to, and if the household lives near burial grounds or a place where there was a massacre or similar energetic disturbance, it can directly affect the child.

My eldest child was like this: she was very empathic and had very faint boundaries. One house which we lived in when she was small was on a road that had been built over an old burial site and settlement.

One night she came downstairs, half asleep, and asked to me to "make the people go away." I thought she had just had a nightmare, so I took her back up to bed to tuck her in.

I walked into a bedroom full of people (ghosts) who gathered round her as soon as she entered the room. They could see her: she shone a beautiful light in the darkness and they gathered round her like homeless people round a fire.

I had to evict them all and then put protections around her, without saying anything or alarming her. I simply put her back into bed, lay with

her while telling her she was fine, while in vision I marched all the ghosts out of her room. In the morning I set up protections and got her a cuddly toy that I worked on to protect her.

I did not use any vocabulary with her, and I did not dismiss what she had said, but I did not discuss it with her either. With children like this, when they are very young (she was about five years old), it is best to say simply: “mummy has dealt with it and they will not come back, you are now safe,” and leave it at that. To go into deep discussion or explanations would not only frighten the child, but it would also plant a vocabulary within them that could shackle their inner sight later on.

If you have to deal with a highly empathic child be very cautious in the use of talismans, which could lock them down. They may be necessary in an emergency, but in the longer term such use would weaken the child. They need to build up a natural immunity and also learn how to handle being empathic: they need to learn what to do and what not to do in terms of energy, beings, and so forth, and that comes from gentle guidance and their own learning experiences.

Teach them some of the inner senses experiments and exercises that you did in your apprentice training so they can learn to be aware of inner energy and how to train their own inner sensitivity, inner sight, and so forth.

It can be a nerve-wracking process for the parent, but placing guards and watchers around such a child is far better than using long-term talismans, and the inner senses experiments will teach them without overprotecting them.

Just as a child needs to be aware of safety around cars, strangers, high windows, and so forth, so too an empathic child needs to learn to be safe around beings.

Usually such a child will have beings around them protecting them anyhow. Before taking any action on an empathic child, always do carefully considered readings to look at the long-term consequences of any magical action on or around them. It might be that a short-term fix can cause a long-term deficit in their natural protection. So tread very carefully.

High energy

I have been called out to more children than I can count, and one of the prevailing presentations thought by the parents to be a ‘possession’ is when the child is simply bursting with energy (and often high intelligence). While this problem does not need an exorcist or magician, there is some good advice you can give the parents and child which will help the immediate situation: after that it is up to the family to deal with the issue.

Often the child will present as wilful. They will not sleep or eat properly; they can be violent and destructive, and can appear as a raging tornado. The closer they are to puberty, the more ‘tornado’ power they present. They often have short attention spans, do badly in school, and have little social skills. Religious or magical parents may believe them to be possessed or bothered by ‘bad energy,’ and psychologists may consider them to have ADHD, which is a more specific issue.

What is actually happening with such kids is a combination of too much energy and a brain that works too quickly: as a result they cannot settle, relax, or focus on anything. By the time a magician is called to the door the child is usually in full meltdown and may have smashed up a room or some property.

The first thing to remember is that most children tend to be naturally off the radar of any beings until they hit puberty, and only highly empathic children will present with a real magical situation. Once children hit puberty you are dealing with a whole new bag of issues: hormones are big attractors of beings.

Instead of trying to slow the child down, it is better that their life is brought up to speed: they need a great deal of physical exercise and a lot of mental stimulation that will make them work hard to achieve something in small bites. They do eventually even out when they get to adulthood (and they are often very successful in adult life), but unless a way of living is put in place before puberty, their teen years will likely be hellish.

Often they also suffer from body symptoms of horrible growing pains and a sense of deep restlessness in their limbs. Mentally they often present as angry, sullen, and very frustrated—and that is because they

are. Essentially they are an energetic dynamo that is too highly powered and not synced with the rest of humanity around them.

These children are not at all easy to raise, but one gift the magician can give to the parents of such a child is to let them understand that their child is not possessed: they are just running on *fast mode* and will be until their adulthood slows them down. In the meantime wearing them out physically on a daily basis and challenging their minds with quick but difficult tasks will help.

So will talking to them as though they were adults. A child like this will rebel against any adult who talks to them as though they were an idiot, which is how many adults talk to children.

Also the more control they can be given over their lives, the better. Having to make decisions that have power will help such a child blossom. For such a child it is like being a genius born into a family of idiots: it is tough on them and they will feel alienated from everything around them.

One magical trick you can teach such children is how to generate energy between their hands and then stick it in a tree, a rock, or a lamppost. This will help drain off some of their excess inner energy that can build up. It is simple, it is fun, and they will be able to feel it, which will pique their interest.

As an exorcist, a general guess is that if you are called out to a child under the age of eleven, you can automatically assume that there is no inner issue and that rather the childrearing methods need adaptation. Kids with inner issues, i.e. empathic kids, are rare, and not all empathic kids have issues which need magical intervention.

Past life memories

Another reason a magician may be called out to see a child is when they are vocalising memories from another life. Sometimes these are just flights of fancy; other times they are real memories from other lives. The key is to educate both the child and the family that regardless of what is remembered from the past, the here and now and the future are what should be focused on. Too often the parents get wrapped up in dramas

around a child remembering another life, as it is something different and unknown to them (and TV/film has made it into a freak show).

It is not that unusual for some residual memory to lap over from one life to another, and it is as normal as the fragmented memories you have from when you were five or six years old.

It is very important to normalise these memories if a child is to draw the most from them without becoming obsessed or trying to identify with a past personality to the detriment of their present one.

If you remembered life at five years old would you suddenly start identifying with being five? No, of course not. It is just a memory. If it was a bad memory then it is slowly 'put to bed' in the past—and this is really important for the mental health of the child.

There is too much emphasis on remembering and digging up old situations or opening old wounds. This only makes the wound a chronically weeping sore. It needs to scab over and heal. It may leave a scar, but that is normal.

There are many varied reasons why some children carry over past life memories. It can be anything from them being a soul who was an adept, mystic, or priest who knew how to cross death without losing all sense of their old life; to the trauma of a sudden death triggering their spirit to jump quickly back into life.

Whatever the reason, snatches of memory are retained. In the twentieth century there was a major fashion for *past life regression* which led to wholesale drama and countless 'memories' of being burned as a witch, or of being a queen or a pharaoh.¹ Such memories are invariably flights of fancy and drama that have their roots in unhappy present lives. It is easy to spot the difference between a flight of fancy and a real memory.

Some adults can retrieve other life memories under hypnosis, but if this becomes the focus of their future then it can cause problems. Often just knowing where the random memories come from is enough to settle a person down.

Also remember that *blood remembers*: sometimes it is not the soul's past life but the memory of ancestors imprinted in the blood of subsequent generations. So do not always assume it is a past life memory.

¹Never memories of being a cleaner or a ditch digger...

A real remembrance for a child will be either a specific event replaying or remembering areas or people. The memories are usually snatches rather than detailed personal descriptions. This tends to start when they begin to talk and fades off by the time they get to six or seven. Sometimes skills are remembered too, and if appropriate they can be built on. But be very wary of a child who has been primed to ‘remember,’ as you can do more harm than good by playing into what can essentially be a family drama.

What should concern the exorcist is whether the memories are causing distress and harm. If they are not, they should be treated like all other memories: as something that makes up the past of the child. Any memories that cause the child intense distress should be treated as a trauma that has now passed: the child has to process the memory in order to move forward. Simply telling them that it is now in the past, that their soul has chosen to move on into this new life, and that their focus should be to enjoy the life they now have, will help to settle them.

Revisiting old lives or clinging to past identities can be damaging for a child; the only reason to do this is adult curiosity, which is essentially abusive. It is one thing for an adult to choose to peer into their own past, but a child is not equipped emotionally to deal with such a thing. So tread wisely in such a situation.

Teens

Most teens go off the rails at some point: it is the nature of growing up and attempting to forge independence. However they are a particularly vulnerable group in terms of inner energies and issues with beings, power, and disturbance.

The trick is to distinguish between what is simply a teen and a family at odds with their lives and themselves, what is hormonal and brain changes, and what is a true inner disturbance.

Teens are particularly vulnerable to parasites, and this is actually normal for the most part. Most teens will pick up a parasite that will happily chomp on their emotive and energetic output, but usually the teen’s mind, body, and energetic force then learns how to eject them, which in turn helps them develop a natural inner immune system.

This is akin to catching colds, chickenpox, and other minor childhood diseases: the inner force of the teen becomes infected, they display symptoms, then mostly they develop the ability to repel the parasite naturally. This is an important process as it primes their system for wider immunity in adult life.

So do not be too ready to jump in with a teen: take a step back. Are their lives at risk? If so, then you help; if not, you employ watchful waiting. However if something is adversely affecting their mental health and parasites are behind it, clean them up and use the methods you know for cleaning out parasites.

Electronic worlds/imagination/brain rewiring

“Neurons that fire together, wire together.”

In some areas of the world, teens are now exposed to things that have never existed before in human history. They can interact electronically with scenarios that encourage extensive bloodlust without seeing bloodlust’s real consequences (the brain’s emotive centres are suppressed). They can wield control and power that has no outer manifestation or basis in reality. And they can watch hard-core porn that desensitises them to actual humanity.

I am not talking about the average teen who enjoys a video game and a quick peek at soft-core porn; I am talking about a teen who spends many hours a day playing very violent games and watching hard-core porn. All this exposure works in the deep imagination, which affects their inner energetic health as well as causing direct changes to their brain.

Putting teens in war situations is as old as life itself, but in a real-life scenario they are confronted with a complex array of real sensory and emotive situations that change them for better or worse. They would be confronted at some point by their actions, at which point they both mature and develop, or on occasion choose to stay within that scenario. The difference is the ability to choose how they wish to be *from direct, physical experience*.

A good example of this was World War I. Many young men were sent off to war, some as young as fifteen. They went with a strong sense of

righteousness, a sense of tribalism, and with a wish to be a hero. That was quickly squashed when the horrors of real war confronted them. They often found themselves surrounded by friends whose bodies had been torn to pieces, and often suffered terribly themselves.

The conflict was horrific, face-to-face destruction, with the reality of all the terrible things so close up and personal that they could not escape it. Many suffered not only at the hands of the enemies but also at the hands of their superiors, who held the young troops in total disdain. Many young teens died slowly and in terrible conditions, or survived with horrific physical and mental damage. It was the dawning of reality.

This led to changes in how people thought. The fantasy of righteousness, of 'God's war,' of religion, was blown out of the water—and what was left was a young generation scarred beyond recognition. This in turn led to a major change in Western society, where compassion, compromise, and an understanding of suffering triggered social revolution. It also changed individual people, and the men who survived spent a lifetime trying to make sense of their experiences.

For example my father, who was a young man in WWII, was at the Normandy landing. He suffered shell shock (PTSD) which in the short term caused him to be violent and unsettled, but in the long term urged him to spend the rest of his life helping others. It is through real trauma that people make or break, mature, or implode.

Modern, comfortable teens who spend hours every day playing at massacre, rape, and pillage in computer games go through major and long-lasting changes. They have no exterior reference point to balance their emotive and energetic development, and while some kids will grow beyond such games and normalise into maturity, many do not.

Physically such chronic exposure changes how the brain functions, and such changes during a vital time of development are often permanent. The emotive action in the brain becomes suppressed: they become desensitised. The same change also happens on an inner and energetic level, which is where the magician often comes onto the scene.

The emotive and energetic output that is generated by such activity is a major feeding station for parasites; but it also attracts much bigger, more dangerous beings of destruction. These kids become ready vessels for the power of destruction to flow into, and if the teen meets with a major tide of destruction the result is usually not pretty. This is an extreme scenario, but I have to mention it as it does happen, and it is becoming

more common that it was twenty years ago.

Because the number of teens engaging with these games in an obsessive way is huge, it will likely change their societies as they become adults: their societies will become more violent and the people more desensitised to the suffering of others.

On a more day-to-day level, such activity will likely result in a teen who is heavily parasited, is going through brain changes, is depressed, and is generally in a mess.

As an exorcist the only thing you can do is clean the teen up (if they are willing) and cold turkey them from such computer activities (also only if they are willing). If they are not willing there is nothing you can do. Free choice is important, and though we may see a fifteen year old as a child, in fact in all senses they are an adult and they have to make their own choices, be they good or bad.

But if a teen reaches out for help then there are things you can do. And the methods are the same regardless of whether the teen mess comes from interactive war games, porn, drugs, dabbling in magic too early, depression, sexual experiments, and so forth. The teen years are about experimentation, so it is important to cast no judgement but simply help when it is asked for—and never ever force it.

The key steps for cleaning up and putting back together a teen in distress are as follows: ritual cleaning, taking out parasites, and putting a talisman on them and leaving it there for a couple of months to give them breathing space.

You will also need to get to the root of the issue and detach them from whatever behaviour messed them up in the first place. They need to be active players who are in control of this process: the magician is just the advisor and cleaner.

If they learn that what they were doing was causing the problem and you have discussed why, how it happened, and what is going on from an inner perspective, then the teen will have a clear view upon which they can make informed choices about their own lives. Do not get into this discussion until you have cleaned them up and given everything a couple of days to settle down (so that parasites cannot intrude on the decision-making).

If you get into a discussion with the teen about the root of the problem, whatever it is, be completely truthful with them: don't make the bad side

seem bigger and nastier than it is, and don't overdress the good side. They need clear honesty so they can make a choice that is true to them.

If they decide that the drug/action/activity they are taking is something they wish to continue with, even though they know all the real inner and outer risks, then their choice must be respected. Just remember they are more likely to move towards regeneration if they are able to make choices without parasites or other beings trying to push them into making a bad decision. Hence the clean-up.

But do not fall into the trap of cleaning them up every few months: once is enough. After that it is up to them. If you are constantly cleaning them up, they are not going to learn to self-limit.

If the teen has come from a particularly abusive background they are likely to have deeply embedded parasites along with a lot of mental and emotional health issues. Do not try to tackle that one: that needs mental health professionals for the outer aspect, and an adept for the inner aspect. Such a case would need long-term, committed care, and also expert attention.

The majority of teens do just fine apart from the odd hiccup in life, and too much magical intervention is as bad as too little. So tread lightly if you are drawn into such a situation. In most cases teens adjust under their own steam just fine. And your deeper magical instincts/senses will tell you when they have an issue that does need help, if that help is asked for.

A note on the practical work

This practical work is just research to do if you are interested in working with children in this area of magical expertise. It is background information that will prove useful should you find yourself having to work with a distressed child. If you are not interested in working with children, move on to the next lesson.

Task: The stages of a child's development

Learn the different stages of development of a child: learn about the rise and fall of hormones in puberty, and the brain development (and the neurotransmitters) between the ages of three and seven, and again between eleven and seventeen. Those two areas will give you a lot of background that will help you distinguish between something that appears to be a magical/inner issue and what is simply the rocky road of development.

Task: Pornography, violence, and brain changes

Look up up-to-date academic research on the brain changes that can occur in developing brains from the chronic use of violent video games and extreme pornography. Look for research papers that are very recent, in the last two years, and have been cited in other academic papers. Do not look at lay sites, news reports, or any type of non-academic site (they can be full of suppositions): you are looking for research in the realms of neuropsychiatry, neurobiology, or psychiatry, with the use of functional MRI research. A lot of this research tracks the changes in the brain via the MRI scanning of a young person's brain while they are engaging in excessively violent video games.

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