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## QUAREIA—THE INITIATE

Module VII—Going into the Desert

Lesson 4: Entering the Abyss

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# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding—everything is in its place and everything within the course has a good reason to be there.*

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*So remember—in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.*

*Yours,*

*Josephine McCarthy*



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## QUAREIA—THE INITIATE

### Module VII—Going into the Desert

#### Lesson 4: Entering the Abyss

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Before you enter the shallows of the Abyss, it is wise to have a good idea of what it holds—that way you will not be caught off-guard. Once you have entered the Abyss in your training, it is not a place to hang out in or go to just out of curiosity; rather is a place where necessity should be the driving force.

You have already been introduced to the Abyss, but let's expand on this a little bit before you take your first exploratory steps into this place.

The Underworld and the Abyss are connected via tunnels that run from the Underworld into the Abyss. When a tunnel to the Abyss forms in the Underworld, it means that whatever is housed in that area is passing into deeper restriction. These tunnels slowly close up over time and get narrower and narrower until they become completely blocked.

Once whatever is being restricted is blocked off from the Underworld, it can only be accessed through its tunnel in the Abyss. Over time, even this tunnel will become blocked and the 'cave' holding the restricted thing will be completely sealed: it cannot be accessed from the Underworld or the Abyss. This can happen naturally or through magical intervention.

So what is down these tunnels? This question brings us to the complexity of the process of restriction out of life. Everything in the

Abyss once had a living expression on the Earth's surface: living creatures, trees, humans, deities, etc. as well as beings with no physical expression which were still part of the living world. However, not everything that once lived can be found down the Abyss.

Some things go into restriction in the Abyss by way of their nature, some go by choice, others by force, and some by magic. When a sleeper stays in the land, eventually over time—a long span of our time—they will slowly sink into the Abyss. Someone or something ritually bound out of life and time will also eventually end up restricted in the Abyss. Ancient deities, Titan powers, and so forth slowly descend into the Underworld and eventually into the Abyss. And the magical forms and patterns of ancient temples eventually sink down into restriction, beyond our visionary reach.

Sometimes only the shells of once-living things sink down, while their spark, their spirit, releases. The shell still holds everything that happened to them: the memory and recording of everything in them is contained in the shell that slowly sinks, while their spark, their eternal spirit, releases.

Whereas the Inner Library is a container for all knowledge, consciousness, and so forth, the Underworld and Abyss is a container: it holds everything that the once-living being experienced. A good analogy of this would be archaeology: when you dig up a person's skeleton, most often their spirit is no longer there (though sometimes they are), but analysis of the bones and teeth can tell us where they lived, what they ate, and sometimes what happened to them.

In the shallows of the Abyss we can meet humans, creatures, land beings, deities, and so forth, all of whom no longer have a purpose in our world or have been trapped there by their own choice, by their nature, or by being heavily tied to their 'time' in their Desert.

Each time period has its own Desert: think of it as a layer that descends from above into formation, has its timed length of existence, then slowly sinks into the sands. When you come across a layer of the Abyss, you are looking at a period of time in the past. The deeper you go, the further back in our time you go—and think in terms of millions of years. In the Desert's shallows is our wave of modern humanity—the last ten thousand years or so. To visit an earlier form of humanity, say the Neanderthals, you would need to go down to their layer of the Abyss.

So bear all this in mind when you work down the Abyss in vision: you may come across all sorts of different beings, and many of them are not compatible with our humanity. This is very likely where the fear of

the Abyss came from, and the connection with it to the concept of ‘hell.’ Consciousness of diseases, large creatures with big teeth, land beings that facilitated the formation of a landmass which was great in its day but which would wreak havoc in our time—all these things are powers you can encounter down the Abyss.

In the very shallow, near-to-our-surface area of the Abyss, you will find consciousnesses that you can sort of understand and are safer for us to encounter, though deep connection with them is still not a good idea. The deeper you go the more dangerous the Abyss becomes, and an adept would not go into its depths without a very good reason and good protection—which we will discuss in a moment.

Just remember, this is not a place to drop your guard or be glamourous: near the surface are beings that would love to hitch a ride back to the land of the living, and if you are not careful then you can quickly get yourself in a lot of trouble. Some beings that want to bridge back to the land of the living will appear as, or reflect back to you, an appealing image or personality to convince you to open up and let them hook into you and travel back with you.

This is where a magician’s training really comes into its own: you must work without emotion, with total focus, and not allow any distractions.

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### *Working safely in the Abyss*

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The biggest problems that can happen in the Abyss’s shallows are bringing a hitchhiker back with you or accidentally waking up beings that should be in a deep sleep. The way to avoid hitchhikers is to stay focused and not engage with anything: simply observe. And the way to avoid waking something up that shouldn’t be awake is to tread carefully and maintain an inner silence while you work.

There is also a technique that can come in handy in the shallows—and it becomes absolutely necessary in the deeper parts of the Abyss. It is disguising yourself as a rock. Humans are natural bridges, and when a being spots you in the Abyss then if you look human you are, in its eye, a way back to the surface.

For the longest time I had assumed that everything in the Abyss sleeps, but that is not so, and I do not understand the mechanism of that. But I quickly learned to pay attention and be careful.

In my thirties I was working at the edge of the Abyss and was asked by beings in the Desert to seal up a passageway deep in the Abyss. I agreed and was given clothing to put on, like a protective suit. I put the suit on and off I went. I managed to seal up the tunnel as asked, but as I was climbing back out my suit's leg slipped and a being spotted me: it grabbed my leg hard and I had to fight to get it off. I completed the vision and opened my eyes: I was dripping with sweat, my heart was racing...and my leg hurt like hell.

When I came out of vision and checked my leg, it was starting to bruise and had scratches on it. I put arnica cream on it and thought it would be fine. It did heal over a few days, but it left a deeper injury. At that point in time, it did not really occur to me to think about doing inner repair: though my leg was physically injured, the injury had come from an inner impact, so it should have been properly treated magically.

Years later, that part of my leg started to cause me problems. The bone would ache, causing deep pain, and the nerves were constantly misfiring in the muscles. Then the tendon tore, and it took a lot of care and work to rebalance that injury. The deeper you go in magic, the more likely inner injuries are to manifest as outer ones: the power levels in deeper magic are enough to affect the body directly, so remember that. If you ever get an inner injury, deal with it properly straightaway, and also tend to the physical side of it. The next module will address such things.

After that experience I learned that 'suiting up' is often not enough for such a powerful place, so I went in the Library to learn, and also discussed the subject with the Companion. The Companion taught me how to use the Desert's sand to cover myself, so that my energy signature and appearance would be one of sand and rock. I also learned, after that experience, to keep a constant internal silence when I worked in the Abyss.

The Abyss is a vast place with a lot in it that we do not know about. As an initiate, rather than getting curious and seeing how deep you can go, it would be better to be smart about it: use the shallows in your initiate training to familiarise yourself with the place and to practise silence as you work. I truly wish I had access to this sort of information when I was learning to work in that place: though I learned a lot from exploration, I also acquired major hits to my body that have stayed with me for life.

Once you have spent a while working in the shallows in your initiate and early adept training, you will build up knowledge, skill and also immunity to certain aspects of this place. Be kind to your body: let it

learn and adjust over time. And there is plenty in the shallows for you to explore and learn about, which in hindsight is what I should have done, had I known.

Once you have a good understanding of the shallows and how the beings are stored there, then you can reach further down the tunnels to be found there and commune with beings that still have some connection to the Underworld; and after that you can start to reach a bit further down.

When you do work deeper in the Abyss, you will come across situations where humans have magically awoken and released something from this deep place which is causing havoc in the physical realm. And when a human releases something, a human has to seal it up again. If a human has magically trapped a being in the Abyss that should not be there, then a human must release it. If human magic is not involved in a problematic situation in the Abyss, then just stay out the way: there will be a deeper dynamic happening and it is unwise to get in the path of such a thing, as you will get tangled up in it.

Before we get to the visionary work, one other word of advice: do not externalise the visionary magic you do down the Abyss. The power of the Abyss does not belong in the physical world: only work with this place and power in vision—never in ritual.

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### *Task: Vision I*

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Set up your room and work with the directions and gates, then sit in the centre and meditate to get yourself nice and still.

When you are ready, go to the Library and out into the Desert. Go to the edge of the Abyss and call on the Keeper of the Abyss. Tell him you are learning to work safely in the shallows of the Abyss so that you learn the necessary skills. The Keeper will stay with you in the Abyss, keeping an eye on you as you work. Look for the steps and climb down: the first three layers of the Abyss are the shallows, and for this visit you will work with the first layer. Climb down until you come to a ledge. The ledge will run straight along in the distance, and find one of the tunnels that draws you on that ledge.

Before you enter the tunnel, still yourself and clear your mind. When you are ready, go in. Take note of any wall paintings, marks, depictions of faces, etc.: these will tell you who—or what—is down that tunnel. When

you get to the end of the tunnel, you will pass through an entrance to a cave.

Go quietly and carefully into the cave, and step round any sleeping people, creatures, or beings—and look at them as you walk by. If anyone wakes up, simply look away so that they do not connect with you, which will help them to go back to sleep. Step round them, and take note of any weapons or objects beside them. Also note how they are sleeping: are they laid out as if dead? Are they lying as if they were just asleep? Are any of them turning to stone?

When you get to the far end of the cave you will see a narrow crack in the rock, or a doorway. Go through it to the tunnel beyond, and follow the path until it opens up somewhere in the Underworld. It could lead to a temple, a tomb, a cave area, or the Underworld forest. Wherever you end up, look around and see what is there. The place's presentation will tell you what era of time this place is from, and what its purpose is/was.

If you are confronted by a person or being, stay still and calm, and tell them that you are training to be of service and are learning the Mysteries. If beings know what you are doing, they will not see you as a potential threat and will leave you alone. If you are lucky, they may tell or show you things, but always be on your guard and do not get sidetracked. Some beings in the Underworld may try to manipulate you for their own agenda.

Look around the space for stone steps or a climbing area that grants access to the living world above: every Underworld space has one in some form or other: this keeps a connection between the living world and also to the Underworld areas that lead to the shallows of the Abyss. Once you find it, climb up. It may pass through the cave with the Underworld goddess in it, in which case stop by and pay your respects to her. Always do this whenever you are in her area.

Continue your climb, and focus on your workspace. Your focus will lead you up through the central flame and back into your room. Climb out and settle yourself back down in your body. When you are ready, open your eyes. Immediately write in your journal everything you can remember, and later type it up on computer.



## *Task: Vision II*

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Now you will reverse the process. Set up your working room and open the gates. Do the Fulcrum ritual to centre yourself, then go round each direction and feel through the gates while holding the intention of finding an Underworld place that leads to the shallows. One gate will feel strong and ready for you, and the rest will feel like they are pushing you away.

Go to the strong direction and sit before the altar. In vision, go through the altar, over the threshold, and out onto the inner landscape of the land. Walk until you find a cave entrance or an opening in the ground, and go in. Follow the tunnel/cave/pothole as it takes you down to the Underworld. Pay close attention to what you pass through: it could be tunnels and caves, deep potholes that you have to climb down, steep stone steps, or a rock face that you have to climb down.

You may pass through natural caves, old temples, tombs...go with whatever appears to you, and keep the intention of going down in search of a way to the shallows. When you can go no further, explore the space for a narrow tunnel. Follow that tunnel: it will lead you to a cave with beings sleeping in it. This will be one of the caves in the shallows.

Do as you did in the last vision: tread carefully and quietly, take note of everything you see, and look for the tunnel that will take you to the Abyss. Once you appear on the ledge, climb up to the Desert and stand before the Abyss. Look back down and take note of what you see.

Make your way to the Inner Library, spend some time there looking for information or communing with the librarian about what you have seen. You may find information on the beings you saw or the places you visited. Let the information go into you: it will unfold as needed.

When you are ready make your way back to the work room. When you have finished take notes in your journal, draw any images you remember, and later type them up on computer.

### *About these visions*

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These two visions serve to prepare and stretch you for working in the Abyss's shallows. Going in a loop both ways, from surface to Underworld to Abyss, then back the other way, helps your vital force and spirit acclimatise to the energy of that place. It also teaches you the various ways to approach and get out of the Abyss. In the last lesson you did this via the cave of a female deity, this time you did it without her protection: an important step.

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### *Task: Experiment*

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Remember in a previous module that looked at Welsh mythology you came across sleeping knights or warriors? Using what you now know of access to the Abyss's shallows, and what you know of these sleepers, go to the cave that houses those knights via the Abyss. Your focused intention will take you to that layer of consciousness, and you will emerge in a cave that holds warriors from an earlier phase of our culture.

Figure out the methods and approach, and go with the intention of learning about the tunnels, cave, Underworld area, and land access to that place or a place like it. You may end up in a cave full of Welsh warriors, or something in a similar vein. You can approach it directly from the Abyss, or go through the Underworld. Whichever way you choose to go, ensure that you make a full circle: you must either start or finish in the Abyss.

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### *Task: Research*

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The very shallow area of the Abyss and the Underworld often houses what we would call old land beings or spirits. Others would call them demons, and still others would call them faeries. In the past you have been prompted to read *The Secret Commonwealth of Elves, Fauns and Fairies* by the Reverend Robert Kirk. You were also introduced to the *Pseudomonarchia Daemonum* by Joann Weyer.

Go back over these texts again, and also read up on the fate of the Reverend Robert Kirk. Think about what you find out in terms of the Abyss's shallows. You can either simply read again and think about the relationship between these beings and the Abyss's shallows, or you can read and then go explore the shallows in relation to these beings.

If you explore, remember to be silent and still, to be non-emotional, and also not to take anything or give anything to any beings you approach in the Abyss—no matter what they tell you. Exchanges with beings in the Underworld are one thing: beings completely in the Underworld with no access to the Abyss are compatible with our time. But once a tunnel opens from an Underworld place to the Abyss, then the closer the beings draw towards the Abyss, the more problems can occur with them. If the being is a deity then you are generally safer, but with beings in general there, be careful. You are going to observe and learn, not bargain your life away—which can happen without you realising it if you are not careful.

This is good experience for an initiate: not only will it educate and stretch you, but it will also prepare you for work as an adept. Just use your common sense and instincts. You will cover a little more of this work in Module IX.

QUAREIA

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