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QUAREIA—THE INITIATE  
Module VIII—Magical Healing  
Lesson 8: Magical Health Check

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BY JOSEPHINE MCCARTHY

# 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.*

*For more information and all course modules please visit*

[www.quareia.com](http://www.quareia.com)

*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 VIII—Magical Healing

#### Lesson 8: Magical Health Check

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As you are now edging towards the end of your initiate training and the beginning of your adept training, you will be starting the process of putting everything in order to prepare for the big step from initiate to adept. One of those steps is putting your physical and energetic house in order. In the last module of the initiate section you will be making defined magical preparations, and those magical acts need a strong physical foundation to stand on.

People studying this course will be of many different age groups. Some will have physical issues or disabilities, and others will have energetic issues. There is no particular health status that one needs for adept work; rather you must ensure that your body, mind, and energy is the best that it can be for you as an individual.

In this lesson you will put into direct practice many of the various methods you have learned to look after your body. You will need to approach this work seriously to ensure that your later adept work does not trigger potentially damaging health issues.

At the end of the initiate section you will be triggering the *Crossing of the Abyss*, which is a defined magical act, not a life event. It can trigger life events, though; particularly where there is any weakness, so it is best to plug those holes before you get to that point. In this lesson we will go over practical and inner ways of doing this, divination, and potentially

needed treatments. You need to do them all to ensure that your body is ready.

Some of this work consists of doing deeper versions of things you did in your apprenticeship, or of applying techniques you have already learned in theory or basic practice. A lot of this work relies on divination to guide you, and your own self discipline.

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### *Task: Divination*

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First you must check that you are upkeeping your body properly and that everything is as it should be. Use the Quareia deck. Below is the health layout: I cannot remember if you have already been taught this, so here it is again. The meanings of each position are at the end of this section of the lesson.

First do an overall health reading, asking:

“How is my overall general health doing?”

You are *not* asking “what does my health look like.” That would simply show you your health on the day of the reading. The former question gives you an overview regardless of any day-to-day, short-term issues.

Then check what inner energies *overall* (bigger picture) are coming into your sphere: use the six card, four-directional reading, then check your inner landscape by using the inner landscape layout, asking:

“Show me the overall health and balance of my inner landscape.”

It is very likely that something will show up in one, or all, of the readings. It is rare for an adult to be totally healthy, balanced, and without issue. Also don't frighten yourself with the results—remember this is an overview, so powerful cards may appear in the reading for more minor things depending on where they fall.

For example, using the Quareia deck in the health reading, if the Parasite shows up in the skin position, that could be telling you that you have a small fungal infection on a nail or skin. In your Landscape it would

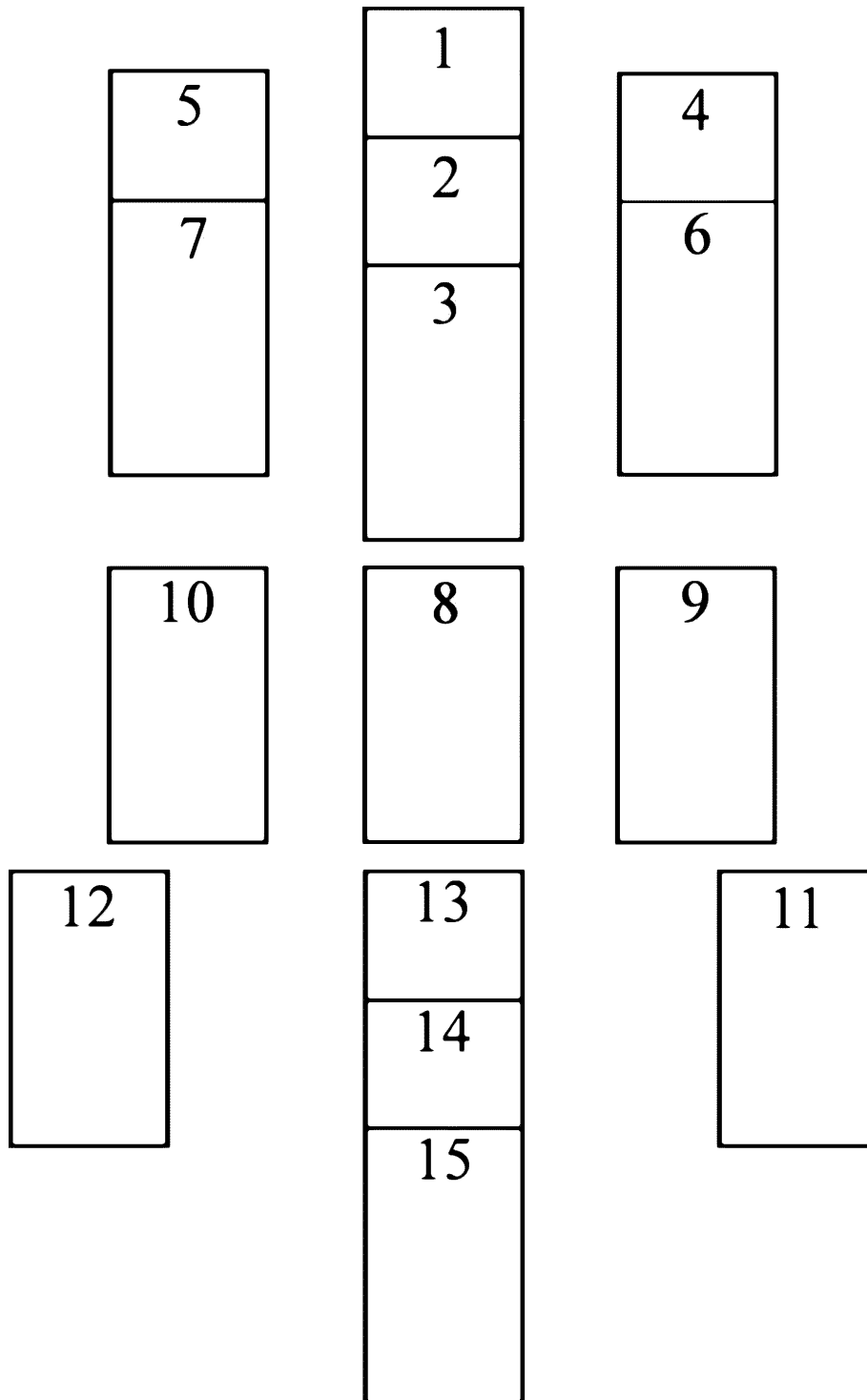


Figure 1: Health layout

be a bit more serious, and would indicate a magical or energetic parasite. For that you only need take a ritual bath, identify through divination what it is feeding off of, and cut off that emotive/energetic food source. Just use your common sense.

Do the various layouts, note down your findings, and ponder on

them. Take any necessary actions (change of diet, for example) and note them down.

## Health reading positions

**The first position** shows magic, power, and energetic influence coming from the inner worlds to manifest in your body. This is where any magic that can affect the body will show. It is also the position where still-forming future dynamics can be seen.

**The second position** shows inner influence that has already penetrated a person's sphere and is now in their Inner Landscape. Something here in a person's energy is already having an influence on how their body is operating. Here we see the consciousnesses of viruses, bacteria etc., as well as beings, magical attacks, impacts, etc. In this position they are already affecting the person's energetic body and if left unchecked will descend into their physical body to cause symptoms. Learning how to discern actions in this area of the layout will really help you understand what type of magical impact or injury you are suffering from.

**The third position** tells us what is physically going on in the head. This includes the brain, sinuses, lymph glands, endocrine glands, ears, nose, eyes, throat... basically everything from the neck up. If the affected area is not obvious from the rest of the readings and from the physical symptoms, then narrow things down with a simple layout. Remember, the health reading gives you an overview. From there you need to focus in on specifics.

**The fourth position** shows us solid energy going into the body. This position is food, drink, drugs... basically everything you put in your body. Anything you are eating, drinking, smoking, or otherwise taking in will show here. If it is affecting you badly then it will show via the type of card that falls in this position.

**The fifth position** is the emotional state/how the person feels. Often the emotions can be very good indicators of what is going on from a deeper point of view within the body. The emotions can drive the immune system, so when looking for a treatment ensure that it brings about favourable emotional energies.

**The sixth position** is the short-term or primary immune system. This position shows what the immune system is currently doing. If it is fighting something or in overdrive then it will show here. What we put into our bodies directly affects the immune system's front line,

hence this card sits directly under the ‘solid energy’ position. Look at the relations between the two cards: often if a substance (food, drugs, etc.) is contributing to, aggravating, or causing the illness, then both positions five and six will show aggravating or aggressive cards.

**The seventh position** shows the deeper immune system and is connected to the thymus’ function (an endocrine gland). This part of the immune system prepares and teaches cells for a front line attack (rather than conducting the attack itself) that is deeply affected by emotional wellbeing (hence it sits under the fifth position). It is also the position that shows the secondary immune system which wraps up, locks up, or breaks down vanquished threats. So when the person is on the winning side of an illness, the aggressive cards will move from position six (primary immune response) to position seven. This is where disease threats are processed and put in sleep mode. How well this process works is interdependent on emotional wellbeing: if a person has had terrible grief then this area of their immune system can become compromised. It is also a position that tells us how our immune system is functioning: it indicates how well-balanced the immune responses and productions of T and B cells are, and whether they are operating as they should or are attacking the body itself (inflammatory diseases).

**The eighth position** is the body’s central core which houses the vital organs. Problems with the vital organs will show here. If a major aggressive card falls here then the reader needs to do further readings to see which specific organ has been affected.

**The ninth position** is the male sexual organs and testosterone. Testosterone is also present in females, so if the reading is for a woman and a difficult card turns up here then it will probably be necessary to look more in depth at her endocrine system and hormone balances. For example, if a woman magician is out of balance and a reading shows an aggressive card in the ninth position, then it could either be a testosterone imbalance or a nearby male disrupting her health simply by being there. (And the same for males affected by females). This usually happens unconsciously and is the result of pheromones and a bad reaction to them. Depending on where a woman is on her cycle, she can be attracted by male pheromones; but she can also be made aggressive by their presence. In female magicians this is far more pronounced than it is in the general population, depending on what streams of inner power and contact they work with.

**The tenth position** is the female sexual organs. Again, males also have estrogen operating in their bodies, so if the reading is for a male and a difficult card turns up here then check their hormone system. The issue of polarity/hormone dysfunction can indicate the presence of a hormonally disruptive member of the opposite sex. So be aware of these possible dynamics when reading these positions: they are the dynamos that run our moods and emotions, and as such have a powerful influence over everything we do.

**The eleventh position** is the colon/small intestine/bowel and shows how the system is processing everything that came in via position four (food etc.). Also a lot of magic can be processed through the digestive system, particularly when we are given an energy to take in. This area of the body, in terms of reading, can also be read in conjunction with position five/emotions. The gut uses serotonin to modulate those muscles which contract and relax to move food through the digestive system. It is also used by the body for moods/emotions. The neurotransmitter serotonin can also be directly affected by magic, usually in magical injuries or impacts. Such an impact would directly affect the brain, CNS, and the body's muscles. Serotonin is a major player in all these body areas, so if you are trying to ascertain what is causing a cascade of symptoms that heavily involves serotonin, then look to position two/Landscape first. If this position has a balanced card in it, then the problem's source is less likely magical. The next step would be to look to position eleven to see what is happening in the lower digestive system: often the digestive processing of magic can directly affect the intestinal flora, which in turn affect the availability of serotonin.

**Position twelve** tells us what is happening in our sleep. Many magicians put too much emphasis on controlling their dreams to have 'lucid dreams' or magical dreams. This is a mistake and can interfere with the real magical events that can happen in sleep. It also interferes with the body's own repair system that swings into action when we sleep. Any magical intrusions of any real power will surface naturally in dreams, a time when protective beings can warn us. It is also a time when our deeper spirit can partake of deep magical service, which is why we should not tinker with the natural flow of our deeper selves. The dreams/sleep position is in a line in the layout with the emotions and the deeper immune system, as they are all inexorably linked, and these cards can be read together to get a deeper understanding of what is happening in our subconscious. This position is also linked to positions one and two. If disturbances show in positions one and two and there is a volatile or difficult card in position twelve, then you are most likely looking



at a magical attack—or at least a disturbance. A magician's quality of sleep is very important to both their health and strength, so pay good attention to what is going on in this position.

**Position thirteen** looks at the body's structure and movement system, which is bone, muscle, and nerves. Any inflammatory reaction, CNS disturbance, or impact will show here. If there is a difficult card in this position and a problem card in position three (head/brain) then you are more likely to be looking at a problem with nerve issues.

**Position fourteen** is the skin. The skin is the most externalised organ and the biggest organ of our body. Through it the body can safely deposit toxins and dead matter, and process irritants. This mechanism keeps those problems away from the vital organs, and gives you a very obvious heads-up when there is a problem. Issues with food sensitivity or allergy, recovery from viruses/infections, and reactions to magical power will all show on the skin: the state of our skin is a very good weathercock for how our bodies are coping, and what they are coping with. If the magician is badly attacked and is ill, then one of the healing objectives would be to bring that imbalance to the surface and present itself on the skin. As soon as the rashes start to show, you know the healing process is working. Because of this mechanism, never be tempted to suppress rashes that appear; rather keep an eye on them and let them be.

**Position fifteen** tells us the immediate future of where the health process is going. If a damaging card turns up here then there is still work to do to help to body come into balance. Work with this card in relation to the time limit you put on the reading. If the reading was to cover a time limit of three weeks and the card in position fifteen is a difficult one, then redo the reading to look over a span of six weeks to see if the body just needs a bit more time to heal. If at six weeks the card in position fifteen is still difficult then you need to reassess what action you are taking.

### *Task: Organ spirits*

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Check through your organ spirits, give your brain a good clean, and most importantly make sure your heart spirit is clean, happy, and strong. Check the soles of your feet and the back of your neck, and keep checking them until you come to the end of the initiate section. Make sure your inner energy is flowing well and strongly, and that everything in the inner body it as it should be.

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### *Task: Body upkeep and management*

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Drawing from the readings, and also from what you know of yourself and your life, now is the time to make any adjustments that may be necessary to get yourself in as clear a path as possible.

If you are taking substances that you know may be badly affecting you, then now is the time to stop. Having said that, the rules of clear living for magicians are often different from ordinary people. What can be poison for an ordinary person can be helpful for a magician. The key is not to fool yourself (*know thyself*) and to be brutally honest with yourself. You can determine what really needs to change by using divination as well as common sense. If you take something into your body that your common sense says is bad, but your body says is good, then do a Tree of Life reading asking “how is this substance affecting me overall?”

Sometimes the results can be unexpected and interesting. If the reading shows it really is not good, then you need to stop it no matter how much you like it or depend on it. This is growing-up time and stepping-up-to-magical-adulthood time. If you get a card like Glamour then you are probably still fooling yourself. If it shows good, supportive, or protective cards then, regardless of common opinion, that substance is helpful for you at present.

And remember, the body does not operate to strict rules and conventions; it is constantly changing. What can be good one year may not be good in a year’s time. As magical power shifts and changes around you, so too does your body and how it responds to things. So do not be rigid with your self-maintenance; learn to be mutable, to flex and bend around

the shifts in your needs. An adept follows a unique path through life, and does not bow to social or cultural conventions.

You will also find, if you have not already done so, that as you delve deeper into magic your boundaries become more sensitive, as does your energy. You may find that certain people or groups of people drain you or grate against you. Again this is very individual to the magician, but if you find that certain people or groups have a negative effect on your energy levels, then it is time to step back from them and not expose yourself to a constant drain.

Like everything else for a magical person, this will wax and wane, and when you are about to embark on a major magical working or project you will find yourself needing isolation. At other times it will not bother you at all.

Never be fixed or narrow in how you manage your life, always be ready and able to shift and change according to the ‘magical weather.’ As I write this course I have had to withdraw from a lot of my friends, social outings, and even going out into town to preserve and protect my energies. It will not always be like this, but for now I am the magical hermit.

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### *Task: Magical compatibility*

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This is the point in your training where anything counterproductive for you, once you make the transition to adept, will really start to affect you energetically. This is particularly true of magical practice. While some of you following the course will only be doing Quareia magic, some others may also be studying or practising other styles of magic. It is not always an issue, but it can be.

If other magical or spiritual practice is compatible with your own unique journey then it will not be an issue. However, if certain magical practices are holding you back, interfering with your development, or are parasited, then the energetic conflict will come to a head in your adept training. There are no hard and fast rules to this, as each individual magician’s path is unique to them. But if you are practising other forms of magic or spiritual practice then use divination to check and see if they are truly working for you as they should, and that they do not interfere in your magical development and health. If it shows that there is a problem then you need to make serious choices, and what you decide is up to you.

However, if problems do show, don't ignore them and hope they will go away because you don't want to change anything: again, it is magical growing-up time. If you continue with your Quareia training while also doing other degenerate, parasited, or badly unbalanced magical practices, then it will create an inner conflict that will have a direct effect on you. The adept work in Quareia is deep and heavily involved, and such work will amplify any serious imbalance in your life so that you can deal with it. If you ignore that then you will find yourself walking into a messy and potentially dangerous path.

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*Task: Life balance and scales*

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Another preparation for adepthood is settling energetic debts and tending to your scales. This is a higher octave of your apprentice work on the issue, and you have already done a more powerful version in ritual/vision terms. Now is the time to take any outer action that may be needed.

Spend some time meditating on your current life situation. Any outer balancing, clearing of clutter, cutting, and rebalancing of energetic debts need to be addressed at this time. Doing this now prepares you for the magical work of the last module of the initiate training. You need to put your house in order before you reach that module. You will revisit this again, just to be sure, when you step into the actions of initiation in to adepthood at the end of the Initiate section.

This is a time of letting things go, sorting things, organising, clearing, and stepping up to your inner and outer responsibilities, whatever they may be. Do not fool yourself; know yourself. Know what you need to do, if anything, and do it without delaying or dodging around it.

The next module will not take long, so you have from now until the end of the next module to make sure everything is as it should be. If you do not then the work towards the end of the last module will hit you like a wall and will create chaos in your life. If you sort everything out that needs sorting then the work in the last module will switch you on at a very deep level, ready for the act of Crossing the Abyss and stepping into adepthood.

Take as long as you need to attend to all the things in this lesson, and draw on everything you have learned to do them. Write down all the readings you do for this work, all your interpretations; write down notes of actions, observations, and realisations, and keep them in your journal.



QUAREIA

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