



QUAREIA—THE INITIATE

Module IX—Working with the Spirits of
the Land

Lesson 1: Beings of the Earth

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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 IX—Working with the Spirits of the Land

Lesson 1: Beings of the Earth

Throughout the course so far you have learned how to connect, honour, and commune with various land features and beings, and how to tend the land and its features. Doing this over a span of time has not only introduced you to the land, but also normalised your energies to it, and vice versa.

Connecting with, then working in service for the various aspects of the land puts you in a working relationship with these beings and features which opens the door for you to learn how to operate as a magician with them. The next step is to develop various methods unique to you so that you can operate practically as a magician with these powers and draw on them when needed.

Just remember to treat these features and beings with the utmost respect. You do not command, bully, enslave, or 'use' these powers; you work alongside them when they turn up, and get into a two-way working relationship where you help them and they help you. Always keep at the back of your mind that these forces can be very powerful. Mutual respect and co-working can expand your magical practice massively, but abusing them will put you on a path of destruction.

In this module we will look at the practical working methods a magician can use to draw on these powers when needed, and ways of

giving back in service: it should always be a two way street. You should always be willing to help them if they ask.

Another thing to remember with nature magic is that whatever is needful often happens despite what you are doing—or *not* doing. When you build the relationship through service, and you see a need in nature and fulfil it, nature will respond in the same way. If they see need in you, even if you are not aware and have not asked for it, then they will give. When you become aware of this, always thank them, and keep an eye out for when they may need you, even if they do not ask. This can be as simple as picking up litter, giving a being shelter, magically protecting a land feature, or giving companionship. Always keep the scales balanced, so they do not owe you and you do not owe them; rather you give where it is needed and receive when you have need.

In this lesson we will look at working with rocks, rock beings, and faery beings of the land that are connected with rock and earth. We cannot cover the whole collection of land beings in one module—it would be like covering the whole of humanity. The list of beings and their characters, complexities, and differences are vast. However by looking and working with some of them you will learn a general working approach which you can then apply and experiment with.

Note: for this module it would be very useful for you to have the book *A Dictionary of Fairies*¹ by Katherine Briggs. You will be able to use it for reference and read up on old folk tales which often have gems of advice hidden within them.

Overall approach

When working with faery beings, land beings, and so forth, there are some basic things that are worth keeping in mind that tend to apply to all of them. The first is balance. Land beings without physical bodies, like faery beings and so forth, draw their information about you from your energies. Humans tend to look at faces and bodies to decide whether or not a person is good. We look at physical features, vocal cues, how someone dresses, how they smell, what they do, what they say, how they act, and so forth. Faery beings read your energies.

¹Also available as *An Encyclopedia of Faeries*. Ed.

If you behave badly or in a degenerate way then they will react badly to you. Such actions in a person tend to project through your inner energies. We humans can also pick up on this energy vibration, which translates to us having a bad feeling about someone or a sense of knowing that they are bad. But modern life has taken that out of most humans.

If you are trying hard to mature and evolve then they will also pick up on this—and they are more likely to be forgiving of a ‘trier’ than they are of an asshole. You may get a warning shot from them if you overstep a boundary or have an asshole moment, but if in general you are trying to be the best person you can be then they will be helpful, forgiving, and friendly—to an extent.

The problem with magicians starting to work with faery beings is the difference in their understanding of what is right and wrong. Moving a rock that is a home to a spirit, dropping litter, chopping down the wrong tree, or hacking away at a bush without warning it can be terrible crimes in their eyes. Not paying your electricity bill, walking naked down the street, walking out on a marriage partner, or leaving a job without notice—things many human societies consider bad—faery beings don’t give a shit about.

So you have to learn to think outside of your own human and cultural box. For some magicians this is obvious and easy; for others it can be a startling revelation. When unsure, fall back on the basic rule of thumb: have your actions caused any imbalance of scales—yours, the land’s, or someone else’s? For the land, do not think in New Age or Disney terms. Nature is not cute; it is tough and merciless at times.

Nevertheless pouring engine oil in to water courses or on the land is a terrible crime to nature, as is tossing a plastic bottle out your car window. The consequences of these thoughtless, lazy actions can bring death to creatures, which in turn will ensure that they will not work with you.

You will learn as you go along; just keep an awareness of your actions and how they affect nature around you. If you have an overgrown patch of land that for its health needs cutting back then tell the bushes and the land what you are going to do and why. Give the bushes time to warn others and to withdraw their consciousness down into their roots. By cutting them back you are servicing the land: if there are no deer or other animals to eat them and no wolves to keep the deer in check then you have to step in and restore balance.

But if instead of pruning those bushes, which are serving a purpose, you hack them back and totally destroy them, just because you want a

neat garden, then you are more likely to get a negative response. This nature work will slowly change how you view the world around you, and that will open up a whole vista of magic to you.

Faerie beings that interact with humans

Each country and culture has its names for these beings, but the basic descriptions are more or less the same. Where you live (city or countryside) and how long it has had human interaction will determine whether or not you come across these beings. You are less likely to find them in a modern city, but you still need to learn about them as you may very well bump into them in your magical work at some point.

In the British Isles these types of beings, which are many and varied, appear in folk tales, local legends, and also current rural communities. They have names like Boggles, Piskies, Hobgoblins, Elves, and so forth. Their main common feature is that they interact with humans when the two species cross paths. They will help or hinder a human depending on the type of person the human is and the faery being's agenda.

They are not cute little fantasy figures; they are real and sometimes dangerous beings that can cause all sorts of problems, or be very helpful to the magician. These are often the beings that cause the phenomena known as poltergeist activity. The trick is never to ask them for help, and to never 'pay' them for any help when they give it. Their reasoning can be far away from our own, so always tread carefully. If you live in the countryside then you are more likely to come across them. The energy generated by magical acts and by the magician makes you very visible and interesting to them.

So how does a magician work with these wee folks? This is the simplest of all the working practices we will cover in this module, as they are not generally beings to do direct magic with, but they can be useful to have around and may occasionally step into your magical acts. The interrelations outlined here are for those beings that have lived close to humanity for a long while. If you live in wild land and they turn up in your house then you may have to take an approach of 'try and see what happens': experiment and learn as you go.

What they do.

These beings can stop fires from getting out of control, can help you find things, can repel parasites from a house, can guard things, anchor things, and generally watch over everything. They can warn you if danger is coming,² if an animal in your house is getting sick, or if any magic you are doing is causing problems for the land. If they are reacting to any unbalance in you or your work, or wish to get your attention, then they will hide things from you like keys, jewellery, purses, and money. They will wind up your cats by scaring them, make candles or fires flare, knock over things, throw things, break things, and dart about energetically so that you will pick up on them, such as by seeing them moving around out of the corner of your eye. Think in terms of the actions of poltergeists and magpies.

How to be around them.

If they do move in then do not ask them to do anything and do not purposely give them anything. Rather leave out a cookie on the table top for them to 'find'—and make sure it has no animal products in it. It is also best to make it yourself so that it is not laden with chemicals. Be careful with sugar: when I once left out sugar cubes it seemed that their inner energies reacted to it as the body of a child would: they got hyper and naughty.

If they have moved in with you and are being helpful then sometimes leaving out a little house for them seems to amuse them and becomes a playground for them. We have some that have moved in, and when my partner made a series of little houses for his own amusement they promptly moved into them—which means we now cannot move those houses. But they keep an eye on the candles for us, keep gribbles out of the house, and help me find things. They watch over the magical objects in the house and warn me in dreams if something is trying to get in. I ignore them for the most part, but occasionally leave out food in the kitchen or sparkly things on the mantelpiece for them to find and play with.

I have found them a very useful addition to the magical household and where I live now is literally crawling with them. But I have lived in places where they were just not there, or did not appear to be. They were in the areas where I grew up as a child, and I would leave things out for them; but in some cities where I have lived they were nowhere to be found.

²They will trigger a warning sense in your mind.

Where I now live has a long tradition of these beings helping local miners. There have been working copper mines here for over two thousand years, and there are old stories about them warning miners before cave-ins, and helping the miners find good seams to work. These were known locally as *Knockers* and would use knocking noises to tell the miners where the best ore was. They are beings that operate through noise and vibration, and though the mines are no longer worked they are still around...

They do not like certain noises or types of music. If you live near very old mines or caves and your house has a bad reaction to certain music being played or certain sounds then you likely have one of these beings around. If so be careful what music you play and what noises you make, and keep a neutral attitude towards them. Then observe how they act in your home, and if they like you then they will help you. Later in this module we will look at the beings found in caves and mountains in more depth, and the powerful magical aspects of work with them.

Rocks and rock beings

Stone, rock, and rock beings can be worked with magically in lots of ways. In your training so far you have learned how to sink down into stone and sleep there, and how to pass through rock as you descend into the Underworld. This slowly got you used to passing into dense substance and also into the slow, deep consciousness of the beings that sometimes reside in rocks. You also worked a lot with stones: putting things in them, talking to them, and so forth. Now it is time to take this a step further. Let us look at some of the practical applications of working magically with rock, then in the exercises you will figure out for yourself, through experimentation, the many different ways you can apply this work.

Prisons, hideaways, and houses

Large rocks can act as repositories for many different types of beings. If you have removed, or need to remove, a troublesome being and put it somewhere, then if it is a land being you can deposit it in a large stone outcrop. This will essentially trap it there until you can figure out what

to do with it; or you can leave it there if that is where it actually belongs. For instance, if a destructive being surfaces from the Underworld—which usually happens because some stupid magician somewhere has released them—then putting them into a large stone outcrop will hold them indefinitely. They will eventually sink back down into the Underworld and release into the Abyss.

If they are from the land or Underworld then taking them into the Desert will be very hard, as it is not their natural territory. Likewise a being from an inner place such as the Desert is better sunk in the desert's sands than externalised in physical rock, where there is always the chance of something going wrong and them being released into the physical world.

I have had to put powerful destructive beings in rocks, cliffs, and gorges. When you try to put them in the right place, often other beings will turn up to help. Just a word or warning, though: if it is an active destructive being then do not put it in rock connected to an active fault line or volcano. Such action can trigger the land feature—as I once found out...

Dragon, reptilian, snake, and serpent beings/power can be safely put in rock, and it is more their natural home than running energetically around in the physical world creating havoc. We will do practical work with dragon power in the adept section. Using rock as a prison appears in some European legends, including some versions of the Story of Nimue and Merlin, where Nimue traps Merlin in rock.

Rock's ability to hold energetic life also makes it a great hiding place for a magician. If for some reason you need briefly to vanish energetically from sight then you can step into an outcrop of rock. If you wish to cloak yourself then work with a fist-sized stone, to which you have magically connected the Foundation Stone or your stone shield, and withdraw into it: this will make you vanish energetically. And if you wish to invisibly observe your magical space from a distance then passing in vision into your stone shield will let you look out, unseen, into your magical space or temple. This is a very old technique and one I have used many times for all sorts of reasons.

You can also use the same method to pass into stones in a stone circle or alignment to feel into the circle's power or to commune with any remaining spirits. Not all stone circles are magical; some were circles of social gathering. But some are weather circles, some are places of sex and death, and others operate to protect an area or to mark out a power spot. By passing into the stone you can determine what the circle was

used for and whether it is still operating and can be worked with.

Tasks: Rock skills

Here are some technique exercises that you can do so that you can practice and gain the skill:

Sinking into rock

If you live near large rocks, cliffs, and so forth then you can work with them. If you do not then sink into the ground until you hit rock, then move into it. Cast your mind to the rock and still yourself. Move in vision into the rock and sink deeply into it. Wait and rest in the rock until your breathing and heart rate start to lower. Feel into the rock for consciousness: rock consciousness is not like a being; it is very slow and dense, but you will know when you find it. Do not try to talk to it, as rocks do not communicate that way, but you will feel it if the rock becomes aware of you. Often our visits are too brief for the rock to pick up on you, as they operate at a very different speed and vibration to us. Just remember, rock is the ultimate vessel and so it is a container.

Practise this a few times until you can quickly sink into the ground or move into a rock and stay there silently for as long as you can. Should ever a massive and fast power sweep across the land or a dangerous being come after you, then moving into rock is one action you can take to vanish. If you move into your stone shield then you will instantly become invisible. The other option, under such circumstances, is to scatter in all directions at once, which is a way to become 'Void.' These are things that you need to practise to put the instinct for immediate reaction there within you. If you only know these tricks intellectually then they will fail.

I have used these techniques when major destructive or aggressive beings have, for various reasons, come after for me. Scattering or vanishing in rock has saved me many times. Try the technique at a dark moon so that you totally vanish, then try it in daytime to feel the difference.

Putting beings in rocks

Another technique to practise is putting beings in rocks. Obviously you cannot go around randomly imprisoning beings, but when you do find a parasite, either attached to a family member or within yourself or your home, then find a good-sized rock and put the being in it. Take it into the rock in vision, then step back out again leaving it there. Then bury the rock. Do not leave it in sunlight or put it in water, as it will escape. Drop the stone down a hole—or dig one yourself and fill it in when you're done.

Looking out of your stone

The other technique to practise is going into your stone shield and observing from within it. When you are away from home and have some time to meditate without being disturbed, go in vision to your house. Go to your stone and pass into it. Sit in your stone until your body starts to slow to the rock's vibration, then push your face against the inside of the rock as if pushing against a membrane. Don't push out of the rock, just lean into its 'skin'. Look through the skin into the room. You will not see the furniture etc., but you will see beings, people, and animals that could be there.

Practise this a few times and put your stone in different directions before you go out so that you learn to feel the difference in the room when observed from different directions and gate positions.

Travelling in vision to stones

The last stone technique is to go in vision to a large outcrop of rock or to a stone circle or alignment. In vision place your hands on the stone and feel into it to see if there is a being already within the stone. If you do not get a hostile response then pass into the stone and commune with the being there. This will teach you about the many and varied types of beings that take up residence in stone. Always be cautious with these beings and never commit to anything with them. The wide variety of beings that live in stones can be faery beings, dragon or serpent beings, ancestor spirits, and so forth. Tread carefully, be respectful, and learn as much as you can.

What you find will tell you a lot about the power in the land in that area, and will introduce to you many different beings.

My first encounter with dragon power came when I moved into a

massive rock face. I just wanted to introduce myself to the area and was not expecting to find such a being: it was vast, powerful, and it frightened the shit out of me—and I think I stunned the dragon being, too. But once I got over the shock I went back and visited a few times, and I learned to work with that power in different ways.

Some of the beings you find sleeping or resting in rock will be willing to work with you if there is a massive threat to the land, and they will often ask for service from you. Do not engage in that way until you have got used to them and used to being in rock: give your body a chance to adjust by practising a few times. I have worked with serpent and dragon power in rocks when there has been nuclear contamination in the land, or to slowly release pent-up power in a fault line that had gotten to dangerous levels.

Dwarves and giants

One of the simple dynamics you will slowly come to understand is that the climate can dictate what types of beings one finds in the land and the rocks. In deserts you tend to find long, thin, fast beings that move quickly through the sand. In more temperate and colder climates you will more likely come across dwarves and giants. Where I live in Southwest Britain the land is littered with them.

These beings seem to appear together, with the short beings being connected to the seas and weather and the giants connected to the rock outcrops, land vortexes, cliffs, and so forth. They appear to us in vision as small people and big people, as that imagery is telling us about their power and energy. Sometimes the imagery can also be connected to far distant ancestors.

Many different countries and tribal cultures have legends of small people and giants, and the consciousness of these people/beings can still be accessed in the land, particularly in rock features. Other times what you are seeing are land beings that present in these ways, and the only way I have found to tell the difference is by working with them in vision and out on the land.

If you try to move into a large outcrop and it rejects you then you are probably trying to move into a giant who is living in it. I do not fully understand the difference between an outcrop that is a vessel and an outcrop that is an outer manifestation of a large rock being or giant.

Some stones are just stone, some stones are vessels, and others seem to be beings, but my instincts tell me that the outcrop is the *home* of the large being, not the being itself. It would seem to me that the ones that appear in vision as large beings are really rock vessels filled with very big beings that over time have taken on the rock's identity. Always remember, *rock is a vessel that holds*. I have found goddesses, ancestors, faery beings, fire beings, serpents, giants, etc. in rock. Sometimes they appear as themselves and other times they appear to be beings of rock. Think of rocks like houses: some are empty, some house many different people, and sometimes they house a person, animals, and so forth.

If you live near a lot of boulders or large rocks, as opposed to a cliff face or outcrop, then sometimes you may be lucky enough to find rock beings or giants within them. If you need an area guarding then you can ask them to guard it.³ Sometimes they will ask you to do something in return. I have worked with large boulders that have rock beings/giants within them, and asked them to guard things. They will position themselves in spirit around an area and will patrol until you ask them to stop. I suspect this sort of mechanism was sometimes employed in the early stone circles in Europe.

In return they have often asked me to move stones from one place to another: as humans we have the ability to pick up something and move it, something stones cannot do for themselves. If a being within a stone wishes to travel from A to B then they will ask a human or an animal to move them. Sometimes, though, the reverse happens and a human will pick up a stone and take it away, which will enrage the beings within it. There are countless tales of visitors to Hawaii who have taken rocks home, only to be hounded by nightmares and bad luck until they post them back home to Hawaii. The goddess Pele in Hawaii does not take kindly to having her rocks removed. And I too have fallen foul of picking up rocks only to be shouted at to put them back.

On the other side of the scale I have been asked before to bring home huge rocks and place them in the garden. They immediately became home to various faery beings who oversee the land there, and I tend them as faery habitations in my garden. In return the beings that moved into the rock have taught me a great deal about the land here and how to look after everything around me. So if you have large rocks near where you live then go and explore them, and talk to any beings you find.

Through working with some of the information and exercises in this lesson, you will come to realise a great deal more about rocks, how to

³Asking something of these large beings seems safer than asking faery beings for something.

incorporate them in your magical life and work, and how to be of help to them. Always have a two-way relationship with rock beings, and if you ask them for help then always be ready to be of service to them in return. You can also acquire much knowledge in this area of work that will teach you a great deal more about your stone shield and the different ways it can be worked with magically.

Sleeping armies

In your studies you have come across sleeping armies, for example in the Welsh mythology you looked at. Besides the sleeping spirits of human armies I have also come across what I term as faery armies: a collective of beings asleep in the land, usually in hills, and that will awaken—or can be awoken—in times of dire need.

In places like Britain they can appear to us as humanoid, which is their shared vocabulary with humans. In more wild places they can appear as a collective of very strange and hostile-looking beings gathered together and sleeping in a hill. If you come across these armies in your visionary work out on the land, do not awaken them or interfere with them.

The only time to wake them is if the land and everything living on it is in dire need. They will not get involved in the petty politics of human societies, but if there is an invasion on the land that will devastate everything, be it a human invasion or a major attack from inner beings, then they will rise and fight. They can be called to rise but, again, that should be done only when everything is at real risk.

The reason for this is that when they awaken and fight, they will destroy everything unbalanced in their path. Their appearance maybe faery, but their power is that of the deep Underworld, what we would call a demonic power, and anything that needs destroying will be destroyed. Legends of these armies are scattered around Europe in areas where the locals were aware of these beings. Having come across them in vision a couple of times, I have learned to tiptoe very quietly around them. Should you come across them, do the same. Observe, then leave quietly.

Black dogs

Seeing black dogs in vision, in dreams, or out of the corner of your eye out in the countryside, is a potential sighting of a *faery dog*. These faery beings appear to us as black dogs, sometimes accompanied by a featureless ghost-type human apparition. Very occasionally they can appear as a solid human and dog who suddenly vanish.

These are common in Europe but I have also seen them in Montana, so they may be all over the place. These 'dogs' are guardians, and usually guard stone circles, sacred groves, power spots, healing springs,⁴ and the houses of old people who tend to the faery beings on the land.

They can be benign or truly dangerous depending on what you are doing and why. If you are lost out in the countryside, particularly in a wild area, then an old man and a black dog, or just the dog, may appear out of nowhere and will seem solid and normal. They will give you directions, then vanish.

When I was a child we lived on the edge of the moorland, and when the heavy mists came down it was not that unusual for a stranger to get lost and then turn up in the village with a tale that a black dog had guided them off the moor.

However if a person disrespects one of the sacred spots then the dog will attack them and physically injure them, and they will also be plagued by nightmares for weeks afterwards. When I lived for a while on top of a sacred mound, we and our house guests regularly saw a man walking a black dog through our garden, which was the remnant of an old apple orchard. There was nowhere for the man to come from and nowhere for them to go, but he and the dog would appear regularly and then vanish: he was patrolling the hill as was his job throughout time.

If you come across a black dog when working in vision out on the land then be respectful and be aware that you have drawn near a very sacred or special place. Back away quietly if the dog is standing guarding something. If the dog wants you to follow then tread carefully and bear in mind that the spirit does not have your welfare in mind; he is more concerned with the land's welfare and the beings he guards.

If you come across a black dog in mythology or faery stories then probably whatever the story is about has a sacred element to it. Often

⁴Along with spirit boars.

old faery stories were Christianised and the older characters changed to make them more suitable, so you have to read carefully to tease out the pertinent information.

Tasks

Do the visionary work outlined in the lesson and the experiments with moving into stone and working with stones.

Set up your work room, then go out into the inner landscape, as you have done before, but this time step forward with the intention of stepping into the timeless landscape as it is now. What this means is seeing the landscape before humans took up habitation, but within the timeframe of human existence. Go in each direction through the gates and note the beings you see, or any evidence of their presence. If you see situations where beings have been trapped, usually because of human buildings or constructs, then release them and help them. Take note of where it is and the surroundings, and when you come out of vision go visit that area and see what there is causing problems.

If you live in the countryside or you have a garden then create a habitation for any faery beings who may want to move in or who need shelter. This does not mean making a gaudy New Age 'house'; rather it can be a large stone or collection of large stones, or a miniature house made of stones and natural substances. Do not dress it up, and do not draw attention to it: keep it simple, tuck it away in a corner somewhere, and leave it alone. Occasionally leave a bit of bread or a cookie or fruits nearby for them to find and for the animals to eat. Often nothing moves in, but occasionally you will find that land/faery beings has taken up residence—you will know as soon as they do, as everything will change energetically. If they do then make sure you use no pesticides or such like in the garden, and be careful of what you uproot, plant, or cut down. You will need to pay far more attention to the garden/land, but also be careful not to enrage them by cutting or damaging a special plant, or letting a hostile plant run wild. You will know if you have made a mistake as they may strike you or threaten you. I once started to cut back an old bush that had become leggy, and I didn't warn the bush. I was immediately struck with terrible arm pain. I apologised to the bush, explained what I was doing, then tried again. It was fine after that.

When they ask you to do something—and that request will usually come in a dream or show up in a reading—then do it. Build a slow and

steady relationship with them, but never ever underestimate them. These days people think of things like faery beings as being cute: they are not. They can be very troublesome and, at times, dangerous. Tread carefully and learn to work with them and live alongside them, as they are part of magic.

When you work in your magical space, particularly if the work is about the land, balance, or working with goddesses, then be aware of these beings around you and acknowledge them. If you are working with the element of earth then cast your mind out to the rock outcrops and rock beings in your area, and ask them if they are willing to work with you in whatever you are doing.

If you live in the countryside or have a private garden—if not, go out to a country area near where you live—work the directions. Use no tools, no altars, and no flames. Simply define the directions in your mind, ‘see’ the gates in the directions, and go around the directions as you would in your workspace. As you work around the directions and silently do the Fulcrum with no tools or dressings, you will find that certain beings draw close to observe what you are doing. Acknowledge them and continue with your work.

Doing ritual and/or vision work to establish balance or contact will draw them close; then they can see who you are and what you are doing. Once you have finished, sit down and mediate. As they draw close, if any of them try to communicate with you then answer their questions. Let them be curious and tell them that you are a magician willing to be of service. Your intention is to forge alliances, friendships, and working relationships. If you do this a few times then you will find that whereas in your magical space you draw in angelic, deity, or inner contact beings, doing this out in nature draws ancestral spirits and land/faery beings. Build the same working relationship and help when asked, but do not in general ask them for help: rather do what you need to do and if you do need their help then they will step in and work with you.

There is no formal or ritual way to work with these beings; rather they will build a friendship with you and when they see real need then they will step in—so long as you are willing to do the same for them. Each relationship is different, each situation is unique, so you have to draw on everything you know, along with your instinct and inner senses, to develop a strong, long-lasting connection with them.

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