



QUAREIA—THE INITIATE

Module X—Preparation for Adept hood

Lesson 8: Crossing the Abyss

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

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 X—Preparation for Adept hood

Lesson 8: Crossing the Abyss

Task: Prepare yourself

Remember: take nothing but water until you have done the Crossing. Rinse your mouth out with salt and water, then place frankincense oil on your soles, on the backs of your hands, on the back of your neck, and on your forehead. Put on clean clothing with no signs, words, or images, and if you have long hair then let your hair down.

Task: Prepare your room

Keep the room in total silence. Burn frankincense to cleanse the space. Set up the altars and candles in the directions and the centre, place your staff by the central altar, your scales on the west altar, and the vessel in front of the scales.

Look at the planets in transit for that day and time at your location, and put the planetary sigils out on the floor in their positions. Once they

are all out, go around each one and recover the feeling and connection with each planetary spirit, to bring their influence into the space.

Task: Stage One: The ritual vision

Light the lights, open the gates, and greet the contacts and bow to them. Place your staff by the central altar and your scales on the west altar, with the vessel before them. Now go around the directions and spend a little time in front of each altar in silence—both inner and outer silence: have a clear and still mind.

When you are ready, stand before the central altar and be aware of the stars above, of the power that flows down from the stars, of the Gathering Place of the Library, and the Hall of the Deities that housed the Scales. Now cast your mind deep down into the Underworld to the Stone at the centre of all things: feel yourself rooted to that stone and all that flows from it.

Be aware of the Light Bearer in the east, the Imprisoner in the west, the Mother Earth in the north, and the Keeper of the Abyss in the south. Let the feeling of those powers build in the room and in your mind.

Now cast your mind to your staff. Pick it up and hold it in your left hand. Be aware of the light and power at your left shoulder, and of the power of the sword at your right shoulder. Be aware of the Limiter in your left arm and the lantern power in your right hand. Build that pattern of awareness around you, and when you feel it is stable and solid walk around the directions in a circling movement. Go around as many times as you feel you need to until you hear a horn sound with your inner senses: the Summons to the Abyss.

On feeling or hearing that call, circle once more and then approach the south altar. Stand with your staff and bow to the south. With your inner vision see the golden path before you going off into the distance and see the Companions waiting on the path.

Hold out the staff to your side in your left hand and hold your right arm to the side. Say:

“I belong to the one who was let loose: I am the one who was let loose. I belong to the one who was seen, I am the one who is seen.”

Sit down, still holding your staff, and close your eyes. See yourself at the foot of the building in the Desert that houses the Inner Library. Spend time allowing the vision to form and become strong. See the child at the foot of the stairs, and see the Companion waiting for you.

The Companion asks you to circle the building of the Great Library with him. Together you walk in a large circle around the vast step pyramid building. The child follows behind you, and as you walk you feel the power in the staff. The Companion places his right hand on the staff and together you hold it as you circle the great building. You may only circle once, or you may circle many times: do whatever is necessary and whatever the Companion indicates for you to do.

As you circle, at some point you hear a loud horn blow once, and you feel a shift in the power and energy of the Desert, as if everything and every being stopped what they were doing. The Companion indicates for you to walk to the edge of the Abyss.

As you walk, be aware of every step that you take: each step creates a reaction in the sand, and memories flow up through your feet and into your mind. Do not get caught up in them, simply observe and continue walking. Mounds may appear for you to climb over, holes may appear in the ground that you have to walk around, and creatures may appear: a snake, a scorpion, a dog, a rabbit: any creatures that appear in your path, stop and bow respectfully to them. Wait until they move out of your path, and then continue towards the Abyss.

When you reach the edge of the Abyss, the Companion indicates for you to hand your staff to him. The child steps back, but stays close enough to witness what you will do. The Companion and the child stand together, both with a hand on the staff, and you turn to look across the Abyss: you see only mist. With your feet on the edge of the Abyss, you look down, and instead of the usual mist, you are able to see that it stretches down so far there seems to be no end to it. You look up and see the stars stretching up forever. Now look across the Abyss once more.

As you look down again, you realise that if you fail, you could fall down into the endless Abyss until you are nothing. If that happens, you may die and never return. Still yourself. Be aware of the power of Divinity across the Abyss, the source of all creation and destruction, the source of the breath that forms life, the source of the whole universe. Be aware that all lives have led you to this point and there is no going back: you are drawn forward to the source and there is nothing now you can do to stop it.

With that understanding, step out off the edge of the Abyss into the air, holding complete trust in the Divine as you step. All creation brought you to this point, and this is what you must do. No matter how afraid you are, no matter what may happen to you—and anything could happen: it could affect your physical life, it could bring your death, it could annihilate you—you must step out and put your total trust in the power beyond.

When you reach the other side, stand and be still: you are as close to Divinity as you can get and still live. Do not allow useless words or flattery or prayers to surface in your mind: be still and silent before the face of God.

Now turn around and look out over the Abyss to the Desert beyond. See all life, creation, and destruction happening all at once. Observe what happens, how it looks, and how it presents. Just look and absorb it in your mind. Do not try to make sense of what you see; just look until a mist descends and you can no longer see anything. Once the mists descend, stand still facing across the Abyss and once more be still and silent.

A wind blows from behind you. When you feel it you must step out, off the edge of the Abyss once more, with the wind at your back. Cross to the other side. Stand on the edge of the Abyss with your back to it and look out over the Desert: you will see it, and all the activity there, in a different way.

The Companion and child are waiting for you, and you are handed back your staff. Start to walk away from the Abyss, down the Desert. They walk with you. Halfway down the Desert you see a small temple structure open on all four sides and to the sky. As you look through one of the open sides, you see it is an empty courtyard with columns. You are prompted to step into the temple and stand in the centre of the open courtyard.

The Companion and child wait outside, and you stand alone in the silence of this place. You will leave a part of yourself here so that you are connected to this place and can easily return soon: your step from initiate to adept will be completed here, but there needs to be a short time lapse before the last action is taken.

To ensure that a part of you stays in this place, simply open your eyes and come out of vision. Stay before the south altar with your staff and quietly think about what just happened, what you experienced, and what you saw. Have your journal to hand and write down everything you can

remember. When you have finished, place your journal on the altar and get up.

Go around the directions starting in the east, and in silence, stand there. With your inner vision, see the contacts on the thresholds and watch what they do: they may reach out to touch you, blow on you... whatever they do, and it could be a number of things, just stand there until they have finished. Then go to the next direction and repeat everything until you have been around all four directions.

Once you have finished, place your staff in the south and close down the directions.

There needs to be a time gap between Crossing the Abyss and the final stages of bridging between initiate and adept—usually up to three days, but no longer. There needs to be a gap of at least twenty-four hours before you finish the process. During that time, take note of your dreams, how you feel, and what happens around you.

During this waiting period be as simple as possible: do not drink alcohol, and do not put anything into your body other than what it needs. Try to stay away from people as much as possible. Stay away from televisions, screens, and so forth, and if you have to work on computer then just do your work: avoid connecting with people or browsing. You need inner downtime, away from the usual chaos of the world, as much as is possible.

Task: Stage Two: The White Palace of the Great Ones

Do this act either during the day or in the early evening. But be aware that the very last step, which will be in the next lesson, must be done a few hours later, at night after midnight. So time this stage two with the intent to do the final initiatory act later that night.

Go back to your ritual space and repeat all the ritual acts and words as you did in the Crossing of the Abyss up to the point of making your declaration, which you state once more:

“I belong to the one who was let loose: I am the one who was let loose. I belong to the one who was seen, I am the one who is seen.”

Sit down before the south altar, still holding your staff, and close your eyes. Remember the small temple structure in the centre of the Desert with the four sides open to the desert and the top open to the stars. Find yourself standing in the centre of that temple, and spend time building and strengthening the vision. Stand in the silence, and be aware of the Underworld beneath your feet, the stars above your head, the Abyss behind you, and the rest of the Desert before you. Be aware of the Companion and the child waiting outside the temple.

As your awareness of this place deepens, you become aware that it feels similar to the Stone Temple that you have often worked in. You slowly start to realise that the open sides of this place are not actually open; rather you can see through the gates that are there. You become aware of the angelic beings that form the gates, but they cannot be seen, they can only be felt.

Once more you hear a horn sound, and its vibration changes the temple around you. You start to see deities and people appear, seated on either side of you, and you realise these are the Great Ones who were in the Hall with the Scales. More and more of them appear, and you recognise some of them: they are here to witness the completion of your trials in the Desert.

A voice says: "Look out over the Desert, you who will be reborn."

You look before you and see the Desert stretching off into the distance. You begin to see the golden path opening up and stretching beyond into the mists of time. A figure emerges out of the mists and walks towards you. His step is very measured, and he neither hurries nor slows: each step is the exact same length and speed.

The golden path glimmers like water, and it appears as if the figure is walking on water, slowly and carefully, as he approaches you. Behind him the sun starts to rise and spreads light across the Desert. It appears as if he walks out of the sun to you, and the closer he gets, the bigger he gets. He is holding something in his hand, something metal that shines in the sun: it is a strange shape and looks like a small staff or large chisel with a slight curve on the end.

The man, who is a god, stops on the threshold to the small temple, bows lightly to his brothers and sisters gathered there, and takes a step over the threshold. He walks up to you and stands before you.

He speaks. "You who are Justified, you who have crossed the darkness to witness the light, you who have walked with the wind at

your back, you who stand in the presence of the Great Ones, I recognise you. I know you.”

The deity then raises the tool in his hand and taps each of your eyes with it, and says:

“I open your eyes so that you can see.”

He taps your nose and says: “I open your nose so that you can smell.”

He taps your ears and says: “I open your ears so that you can hear.”

He taps your lips and says: “I open your mouth so that you can speak.”

Look around you. See all the gathered deities, kings and queens in all their power. See all the spirits and beings of the Desert gathered around the thresholds watching. Hear the sound of the wind as it flows constantly across the Abyss and down the Desert, and listen as the sound changes from a breath to a harmony of different tones becoming more and more complex. Breathe in and smell the scent of flowers, resins, and oils.

The deity takes a step back and says: “Awaken and be alert, living one. The gods are around you and will remain so as you walk the path of the adept. Awaken and speak.”

You open your mouth and the voice of your heart speaks through you. You may or may not understand what it says, but your deep spirit talks to the assembled gods and goddesses who bear witness to your awakening. When you have finished speaking, the deity holds out an arm and points through the side gate of the temple to the Library beyond. He tells you to leave and go to the Library.

Leave through the gate to your left side and walk across the Desert to the steps of the Great Library, carrying your staff. Climb the steps to the top and when you get to the great doors, knock on them three times with your staff: an echo of the Knocking on the Door. The great doors open and two people stand waiting for you. They are shaven and clothed in white: they bow to you, and formally ask you to enter.

As you step into the Great Library, all the assembled people gather and bow to you and you bow back. You are shown to the door of a chamber you had never noticed before. Before you enter you are blindfolded and someone leads you through the doors of the chamber and into the space. You are told to stand there, blindfolded in the darkness, and

to wait.

As before, there must be a time lapse before you move on to the last step which births you as an adept. Open your eyes and come out of vision. You will come back to this vision later in the night, after midnight. Between now and then, meditate, rest, read, go out for a walk, but keep things simple.

Task: Writing

During this waiting time, do some writing, allowing the voice at the edge of the Abyss to speak through you. Remember your work in your training where you learned to allow powers to speak through you without your own words creeping in?

Sit down and recover the feeling of the wind at your back as you crossed the Abyss. Once you have recovered that feeling, start to write. Do not think about what you are writing, just write until it is completed. When it is finished, read it, then store it away somewhere. Do not look at it again until at least three months have passed.

This is an exercise to begin the process of learning how to allow the breath, the wind, to speak through you. It is hard to do, as often our own voices take over, but if you focus and just let your hand work, and let the voice of the wind speak, then you will learn how to first listen to that wind, notate what it is saying, and then eventually converse with that power.

I am the voice that utters out of the darkness

The breath of life and death.

Listen and I will tell you

Call and I will answer.

Transcribe the wind

And become as one with the gods.

QUAREIA

COPYRIGHT

© Josephine McCarthy 2016

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.