

---

# QVAREIA - THE APPRENTICE

Module 1 - Core Skills

*Lesson 3: Visionary Magic Basics*

---

BY JOSEPHINE MCCARTHY

QVAREIA

---

# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

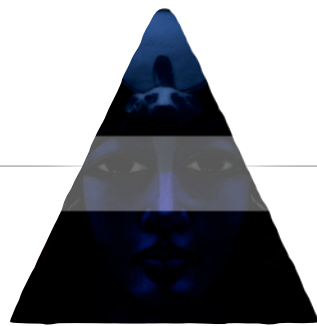
*The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.*

*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*



# QVAREIA - THE APPRENTICE

## Module 1 - Core Skills

### *Lesson 3: Visionary Magic Basics*

*Note: If you have worked with the following exercise before, through the module on 'Choosing a Magical Path,' go down to the bottom of this lesson and check the tasks list to make sure you have done all that is needed.*

Visionary magic uses the imagination as an interface that allows the magician to access inner beings and inner realms. When I say inner, I do not mean inside you, but inside a dimension that is not of the physical realm (some call it the astral realm). This dimension is accessed through the use of the imagination, through the mind's eye, hence the term 'inner.' First you need to learn how to use your imagination in a controlled way. Then you need to learn how to trigger events with spirit beings and inner places by using your imagination.

Psychologists, artists and thinkers all use their imaginations as a tool in order to do their work. A magician also uses the imagination as a tool, but what makes it different for a magician is the use of the imagination as a doorway through which their mind steps in order to reach other places.

In order to use your mind in such a way, you must first be able to meditate—which is why your very first lesson was in meditation techniques. Secondly, you must be able to interact with your mind in a focussed way, to trigger your imagination, and to hold your focus. Learning how to imagine some-

thing, learning how to see the ‘something’ that you have imagined in your mind’s eye, and learning how to build an image using your imagination are all of paramount importance in magic. Skill in this area is achieved through a series of specific exercises which you will learn in this lesson. These exercises must be done and mastered before you go on to attempt visionary magic.

### ***EXERCISE ONE***

This exercise is designed to tap into your memory and use the mechanism that your brain uses in remembering. Working with this exercise not only helps your memory; it also teaches you to use wider areas of your brain when engaging the imagination.

1- Sit quietly after you have meditated for a few minutes to silence yourself. Think of an event that happened five years ago, an event that is easy for you to remember, like a birthday, an accident, or a family celebration. See yourself in that event: observe yourself from a distance, as though you were stood in the corner of the room. Remember the people who were there, what the room looked like, any smells that were apparent. Then see the event from within yourself looking out at the other people, look around the room, watch any details you can remember.

2- Now remember something from 5 days ago. Remember waking up, making a drink, or going to work. Were you driving? Can you remember the road, the cars on the road, what the traffic was like, people you passed by? Or choose an event from that day and focus on it. See it from outside of yourself first, and then see it from inside yourself: you are watching yourself driving or working. Observe your moods, your actions of that day during a particular incident or event.

3- Repeat the whole exercise by remembering something from ten years ago and then ten days ago. Watch the memory from outside yourself and then from inside of yourself.

The object of this exercise is to train the imagination to focus while also engaging the long-term and short-term memory. Engaging the long-term memory first (which is a filing system that is usually fairly efficient and accessible) also triggers the short-term memory files which are often harder

to access and slightly more chaotic. This is why if you wish to try and remember something from a few days ago, first remember something from a few years ago. Opening your long-term memory helps you to remember short-term events.

Linking the memory and the imagination together allows the visionary process to engage wider areas of the brain, which in turn helps the visionary process to become more solid.

### ***EXERCISE TWO—NAVIGATING A SPACE***

This is the next step in training the imagination. Learning how to move around a space using your mind is a good exercise, and it is also the first step in learning how to step through the imagination into actually traveling using your mind. It is also a major training exercise for remote viewing, which is the term for using the imagination to travel about in the physical world and observe happenings.

To prepare for this exercise, do a round of meditation or breathing exercises or both. Once you are nice and still and your mind is calm, begin by imagining yourself stepping out of your body. Turn around and look at yourself sitting on the floor. Look at the room you are in, look at the window and work out what direction it is in relation to your body. Turn and look at the door, and then look around the room, noting the colours and textures of the room's furniture, and if there is a mirror, go and stand before it. Look at your reflection and note how you look in spirit: it is often different from how your body appears.

Next, go to the door and out into the next room or hallway. Walk around the room, noting the windows, doors and any fireplaces (entrances and exits), note the furniture, the textures and colours, and any creatures (cats etc.) in that room. If there are people in that room, observe them closely, look at their expressions, actions, and movements. Then look at them again, noting if they emit any particular colour. (Colour is a frequency of energy, a vibration. The colours that people give off can tell you a great deal about their health and state of mind.)

Repeat this action in each room of the house or building you are in, until you find that your imagination is starting to break up and you are losing focus. At that point, start walking back to your body, noting each room you

pass through to get back to your body. Once you get to your body, step in, settle yourself down, and when you are ready, open your eyes.

Don't be tempted to 'jump' from place to place. Make sure you walk the space: it is really important for later magical skill that you learn to walk from place to place and are able to hold the focus necessary to do this. This discipline begins to work your visionary 'muscle,' and it can be quite hard and tiring at first. The more you practice each day, the longer you will be able to sustain the vision and the further you will be able to go without losing focus.

Another important reason for making sure you walk through the exercise is that when you use visionary methods to reach into the inner worlds, taking your time to get there by walking through the various stages in between helps your mind to transition from imagination to actually seeing what is happening in a particular space. It helps to loosen your mind and spirit, and it also works with a magical dynamic of tides and oppositions which you will learn about later in the course. It is a particular feature of visionary magic that the time taken to get to a place helps the gathering of power, helps the body adjust to the changes in power, and also helps your body to cope with the impact. Once you have mastered that technique, it is easy to come back quickly and jump from one space to another, but the going to a location must always be unfolded slowly and never rushed, no matter how experienced you are.

## ***STAGE TWO***

Once you have managed to walk around a few rooms in a house, and can hold the vision so that you can observe the details of a room, then it is time to learn how to leave the building that you are in. Start the exercise in the same way: stillness – breathing – step out of body and observe the room in which you are seated. Pick a nearby building and see yourself stepping out of the house and walking down the street. Note the cars, the people and the animals that you pass.

Enter your chosen building through its door and go to one particular room that you have chosen. Walk into the room, look around, and note the entrances, windows, fireplace etc. Look at any people in the room. Go up to



one of them and, using the breathing exercise of colour that you have practised, see yourself gently blowing white smoke towards the person. Note any reaction and then draw away.

See yourself walking back out of the building, back down the street and into your house. Go back to the room where you first started, sit down into your body, and when you are ready, open your eyes.

---

## *Summary*

---

Work with these various exercises until you can do them with ease, and once you get to that stage, you can begin to tackle the next level of visionary exercises. Don't skip any of the stages, as they are designed to slowly build your inner skill for visionary work, and some people will gain the skill quicker than others. If you build a solid skill for moving about using your imagination, that skill will put you in good stead should you encounter difficulties when navigating the inner worlds. Hence it is important to become familiar with the sensation of using the mind to move about, and to be able to hold the vision if you encounter unexpected beings, powers or events.

Most injuries and shocks sustained while working in vision happen because the magician is not used to holding the vision in the face of the unexpected, so taking the time to build a solid working technique is well worth the effort. Using visionary skills in this realm is also a handy tool to use to check your home when you are away, to ensure there is no one in the building who should not be there, and that the building is safe. This is a form of remote viewing.

---

## *Tasks*

---

Work with this method of visualisation for ten sessions. If after ten sessions you are able to visualise yourself moving about with ease, are able to switch perspectives from looking out from within your body to looking from an outside point of observation, and are able to visualise going out of your

house and going to some building down the street, then you are ready to move on.

If you are still struggling with these exercises, don't rush yourself. Everyone is different; everyone develops at their own pace. Keep working with this phase of the work until you are happy that you have gained the skill. Don't try and skip this phase if you are struggling with it, as it is the core skill that enables visionary magic to work. It does not matter if it takes you a year to learn this skill: all that matters is that you learn how to do it. Keeping working with the exercises and also study the other lessons in the module, but don't attempt any more visionary magic lessons until you have mastered these basics.

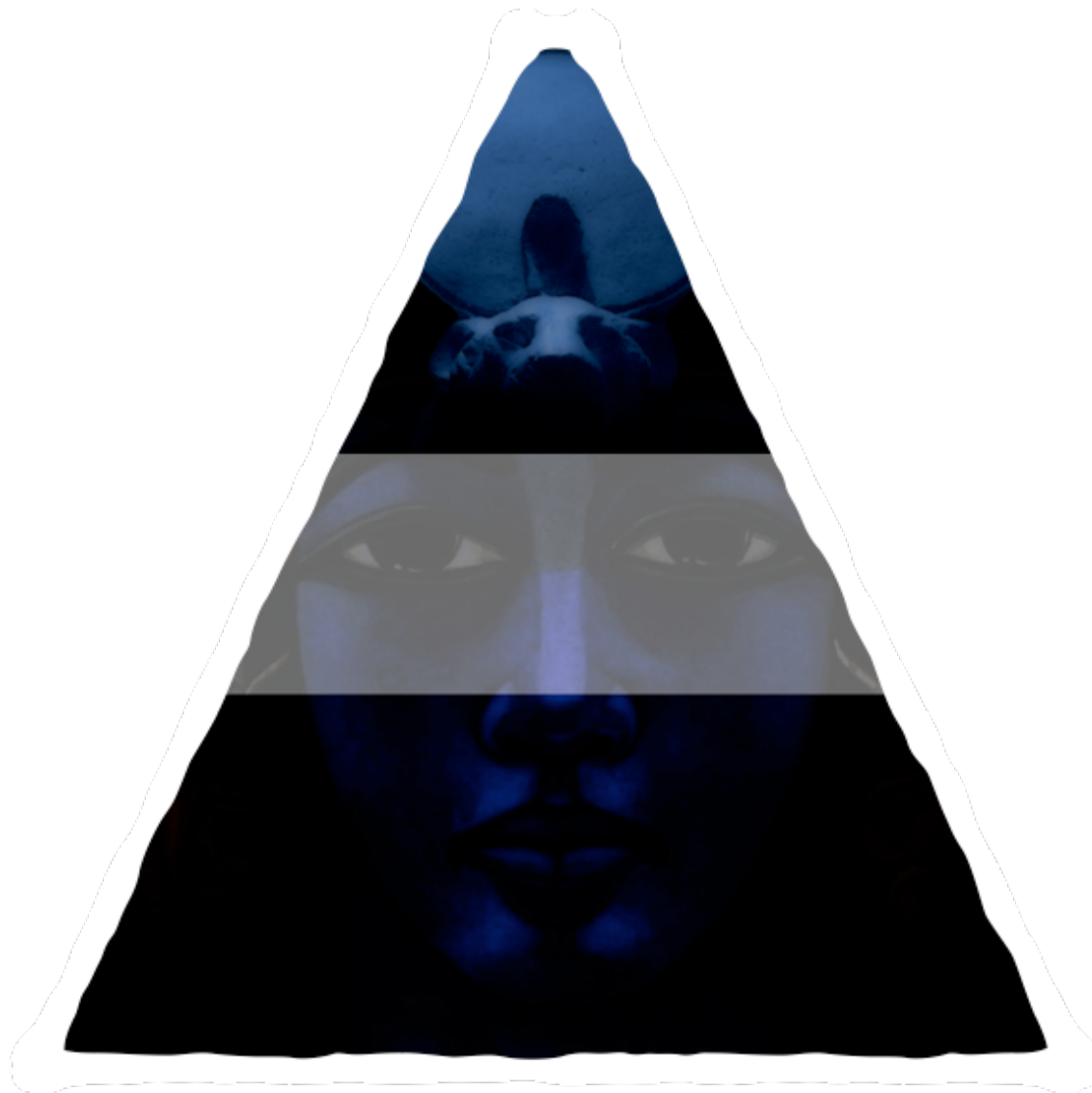
In terms of remote viewing skills, working with these exercises every so often throughout your magical life will help to develop deeper ability in remote viewing techniques. These skills can be very helpful if you need to check on a family member from a distance, or check out the safety of a space before you go there.



QVAREIA

---

# COPYRIGHT



© Josephine McCarthy 1993-2014

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.