

QVAREIA - THE APPRENTICE

Module 1 - Core Skills
Lesson 5: Inner Senses

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QVAREIA

WELCOME

Welcome to this lesson of the Quareia curriculum.

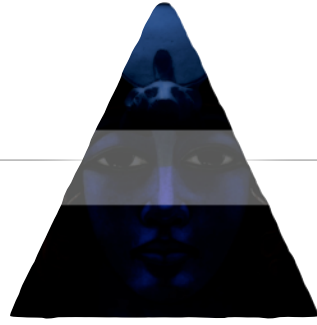
The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.

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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



QVAREIA - THE APPRENTICE

Module 1 - Core Skills

Lesson 5: Inner Senses

Everyone has some sort of inner sense to a greater or lesser degree, but most Western childrearing and education tends to teach a small child how to filter it out, to ignore it and suppress it. This can be a major stumbling block for many budding magicians, and trying to recover lost senses is a slow and sometimes frustrating process. Think of it in terms of everyday senses. If a very young child is taught that eyes do not see anything, if they are actively discouraged from using their eyes, and all interaction cues come from hearing and touch, eventually the quickly developing brain of the child will adapt, rewire, and rely less and less on the sense of sight. So it is with inner senses.

What exactly are *inner senses*? There are a wide variety of inner senses that are hard-wired into the human body and most are suppressed very early on. Some senses can be stronger in some and weaker in others, and most vanish as the child grows up and they are ignored or squished into a dark corner of the brain, only to pop out at inopportune moments.

The full array of inner senses would include things like inner hearing, inner sight, inner touch, inner smell, inner emotive triggers, inner immune triggers, precognition and time jumping. This all sounds very exciting, but in reality it is pretty mundane. Because of the influence of Hollywood, and the human penchant for drama and excitement, any understanding of the sub-

tlety of inner senses gets drowned out in a chorus of over-hyped fantasy. People who have been raised by Hollywood ideals have an unnatural view of inner senses and with that, unnatural expectations.

Inner abilities were most likely a part of our survival mechanism that has been slowly cast aside in modern life, a sort of inner ‘fight or flight’ adrenal mechanism, and just like natural physical mechanisms, inner senses are often tied to actual organs and seem to function through the central nervous system and brain.

Some people tend to keep these senses despite their upbringing, and others manage to retain them because of their upbringing; so social/cultural aspects are only one part of the story. There are some people who appear to have no inner senses whatsoever: these people are like sensory ‘bricks,’ and that can be a curse or a blessing, just as with someone who has highly developed inner senses: either extreme can cause great distress or can be a wonderful gift. It all depends on how the person lives with them.

Whatever your natural level of inner senses, and whatever type of inner senses you have that are dominant over the others, you can develop your natural facility through working with them. What cannot be done is to force the development of an inner sense that you just don’t have. Very few people have all the inner senses; like everything else in life, some get more than others, and everyone has very different combinations.

The first step is to identify which inner senses you are most likely to have, and then work at developing them. It is not something where you do a few exercises and *ping!* you have it. It is a lifetime of development that you start in your early training and the senses grow as you grow, mature and develop.

For some the inner senses can be overwhelming, and upbringing is not quite enough to shut them down. In such instances it is not about developing latent skills, it is about learning how to manage uncontrollable skills and bring them to a level where you can learn to live with them. Too much inner sense is as much of a curse as no inner sense at all.

There are instances where an inner sense can be suddenly switched on, but such forcing of a sense is pointless. For example, when a middle-aged person who has been blind from birth has surgery to give them sight, they do not immediately have wonderful sight that can process everything mean-

ingly: the brain has to learn how to process the signals from the eyes and make sense out of what they are actually seeing. After a person has the surgery they can see the doctor, the nurses, the room, the equipment, the bleeping lights, the cleaner pushing a vacuum past them, etc. But the signals from their eyes to their brain are unfiltered, unsorted, and have no established vocabulary. So the newly seeing person finds it hard to figure out what part of the jumble of images they are seeing are the humans and which parts are the furniture; nor will they be able to process the moving cleaner and his vacuum, as their brain will have no vocabulary for processing visual movement.

Over time the brain will learn the language of images and will take cues from the senses of hearing and touch which are well-established with the patient. If the patient was deaf and blind from birth and they are given sight and hearing, the chances are that they will never, as an adult, be able to use those senses in any real meaningful way: their brain will have no reference points besides touch and smell.

And so it is with inner senses that are being awoken. If they were used in childhood and then faded off (which is common), there is at least a baseline pattern in the brain that can relearn how to process the incoming information. Over time the skill becomes normalised and becomes a part of everyday life like smell, sight, and so forth.

If someone was shut down from birth or had blocked senses from birth, and the inner senses are forcibly triggered, then they will not be of any use: there will be no processing pattern. Such total shut-down is actually quite rare, and most people have fragments of inner senses that they are just not aware of. They can be so subtle as to be easily missed—and this is where Hollywood has done so much damage: our expectations are unrealistic, so the actual reality gets ignored, as it is too subtle in the face of full-on drama.

So first, let's briefly go through the various inner senses, and see how they can manifest quietly in a life, often unnoticed. This will help you to spot which (if any) of these senses you actually have and didn't realise. Then we will look at exercises to strengthen them and bring them right out over time.

Inner Hearing

This description is longer than the others, simply because it contains many different dynamics that also apply to the other skills. So remember, what applies in this description also applies in the others.

Inner hearing can manifest, like most inner senses, on two different levels, one being much rarer than the other. Inner hearing can either be a literal hearing with the ear, which is very rare, or hearing within the mind. Often the two types of inner hearing are combined, with the former being a rare occurrence and the latter being its more normal everyday manifestation. Inner hearing that manifests by the subject hearing sounds or voices outside of themselves usually only happens in extreme potential danger. It can occasionally be objective (i.e. someone else also hears it), but it is most often subjective.

Before we get into the reality of inner hearing, it is important to discount other hearing anomalies that can manifest and be mistaken for inner hearing, but are in actual fact biological processes. Some of the rarer manifestations of tinnitus can lead someone to believe that they have inner hearing, when in fact their auditory nerve or their brain is playing up.

This often manifests as the subject hearing music or sounds that do not in fact exist. This is known as musical hallucination, and it is a rare form of tinnitus. It can be triggered by brain tumours, epilepsy, migraines, and it is an occasional occurrence with OCD sufferers. The musical hallucination is often marked by the music being something the person remembers from childhood, and it tends not to be music that the subject is unfamiliar with.

The other biological event that can be mistaken for inner hearing is symptoms of paranoid schizophrenia. In such cases there is often a whole array of mental health symptoms that help to rule out inner hearing. As with musical hallucinations, there are often underlying medical conditions that are already known about, and the 'hearing' is just one of a number of symptoms.

When however a subject is mentally stable, healthy, and most important of all, the event in question is a manifestation of an experience that the

subject has always had, then it is likely that the subject does indeed have inner hearing abilities.

Inner hearing with the ear can manifest as the person hearing their name shouted in an empty room, or a sudden warning whispered or shouted into the person's ear. I am in my fifties and it has happened to me three times that I can remember, and each time it was a warning of impending immediate disaster. For example once I heard 'slow down' shouted loudly close to my ear. I was alone in my car, with the music blaring, and the voice was clear and loud enough for me to hear over the music. I immediately slowed right down and narrowly missed being hit head-on by an oncoming truck. Slowing down gave me enough time to safely pull my car over into a lay-by as a truck, coming at me at high speed and overtaking on a corner, was coming straight at me on a single lane highway. If I had been going at my regular speed, I would not have been able to process events fast enough to get out of the way, and most likely I would also have lost control of the car.

Those types of spectacular hearing events are rare in most people, except for a very small selection of people who have very defined auditory inner skills. The most common type of inner sense, and one that most people tune out or discount, is the small inner voice that can talk to you in your mind. The inner hearing happens within your mind's hearing, but it has a subtle difference to your own mind rambling along. Sometimes it is your deeper subconscious self talking to you, and other times it is beings around you talking to you, and you process that communication as a voice within your mind.

As you develop that sense, it will eventually become clear to you what an 'outside' voice is and what your own deeper voice is. Sometimes it is impossible to distinguish between the two, and sometimes it really doesn't matter, so long as you learn to listen and act. One of the things that magicians come to realise, if they are truly immersed in magic, is that everything communicates in one way or another. The skill is to learn what to tune out and what not to tune out—just like normal hearing.

So for example, say you are walking through a city, and your mind is rambling along in its usual way, and suddenly the dialogue changes. Your mind's voice says something like, 'when you walk around that corner you will meet someone who is going to offer you a job, take it.' You walk around the corner and someone you know from years ago crosses your path. You get

talking and they offer you a job. Maybe they are looking for a worker in an area of work you would not normally consider. The fact that the voice gave you a heads-up is a signal that the job is something you need to accept, because it is going to lead to something important.

It does not matter whether the voice is your own subconscious or an outside being; what is important is that you act upon the message, particularly when it presents in such a way that you could not possibly have known what was coming. Accepting and acting upon such communication helps to widen the channel so to speak, so eventually you will learn to distinguish between the feel of the voice that is your deeper self, and the voice of a being communicating with you through your mind.

As with all inner senses, you can immediately see the dangers of confusing inner senses with mental obsessions and illnesses, and as with all things magical, you must approach such things intelligently, carefully and with common sense. If you hear voices telling you to kill people, you have a problem. Clean yourself up magically, and if you are still hearing them, go see a doctor.

But if you are hearing things that tend to come true, or are valid warnings that save your ass, then it is your inner hearing kicking in. I have stones talk to me, trees, beings, houses, deities, hell, everything talks. I also hear snatches of people's thoughts, which can be very distressing, and I have learned over the years to tune a lot of that out, as it is useless, intrusive and stressful. Inner senses are very strong in some of the women in my family, and I was lucky enough to have a mother and older sister who did not seek to shut it down or to dramatise it, as either are destructive.

Sometimes inner hearing is extremely helpful, and other times it is trivial and baffling. For example, 'your sister is about to call you,' and then the phone rings a few seconds later and my sister is on the other end. So what?? Some manifestations can appear trivial to us, but in fact it is guardian beings just doing their job. A voice says, 'there is a man going to knock on the door,' and a couple of minutes later there is a knock at the door and a rather over-worked delivery man is standing there with a package. The guardians are just doing their job of warning you that a potential intruder or unexpected person is coming into your space.

Another manifestation of inner hearing is a call for help. One particularly stunning one that happened to me still makes me smile to this day. I

was walking in the woods near my house, which is an ancient burial area and full of springs, standing stones etc. I was wandering about enjoying the rare spring sun, when I heard a distinct voice in my head saying 'help me!' It was very insistent, and I presumed an animal was in distress, as they are pretty good at sending out signals.

I could not see anything that would be in potential distress, but the voice kept going. As I got to a pile of wood from trees that had been logged and harvested, the voice got stronger. Still I could not see anything. But I did notice a large piece of wood that felt really interesting. I like to work with such bits of wood for art etc., so I picked it up and as I picked it up the voice stopped. Because I am dumb, I did not equate the cessation of the voice with the large lump of wood in my arms. It was a slice of a very large tree, not a branch, but a slice of the trunk. I figured I could strip the bark off of it and use it to carve designs on.

I got the wood home and the moment I walked through the door, all of the spirits that live with me got very excited and started chattering. That should have alerted me, but it didn't: like I said, dumb.

The day after, I started to strip the bark off the wood and a very clear 'thank you' echoed around my head. Now I was really confused. I looked closer at the wood that was now de barked and my heart stopped. In the natural shape of the wood was a young woman, with small breasts, a cloak, and a black face of very fine features. Wow! A tree spirit! I began to oil her to feed the wood, and to massage her body. 'Turn me around' rang through my head. So I turned her around and did one of those cartoon gulps. On the other side of the young woman was a shape made up of wood scar regrowth, and the shape was very clear, very defined and very detailed. In the wood was an old woman, her sagging stomach, her old face, her long thin legs that ended in hooves instead of feet.

I then finally realised what I had brought home. She was a natural image manifestation of the most important ancient goddess of this land. This was the Cailleach, the ancient goddess of the land who shows herself on one side as a strong young woman (Brigh) and on the other side as an old hag. This naturally-formed image would allow that consciousness to interface with me, and I could work with her to help bring balance to this localised area. Since that time she has become very vocal, very protective and is teaching me a great deal.

So the first step is to learn to listen and act. At first you will not be able to distinguish what is going on, but you must learn not to dismiss, but rather to listen, regardless of whether you think it is your mind or an outside being. First just learn to listen; discernment comes later.

Inner sight

Inner sight, like inner hearing, can manifest in a number of ways. The most common manifestation is looking at something solid, like a human, but seeing things that are not apparent to the normal human. So for example, looking at someone who looks beautiful and healthy, but seeing them as ugly or sick: you cannot understand why people think they look great. What is often happening here is that the inner and outer sight are overlaying each other and the brain processes both lots of information as coming from one source (i.e. your optic nerve).

The other way that inner sight can manifest is seeing something supposedly solid that is not there, or is not seen by others. A common example is someone seeing a building in the distance, looking away, looking back, and finding that the building has vanished. Sometimes the person is seeing the ‘inner building’ or ghost of a building that was once there, or they are seeing a building that exists only on the inner planes. This has been described in detail by people around the world. A striking example is a group of people out on a hike in Iceland. They pause at the top of a hill and all point at an unusual looking strange coloured house that seemed to be in the middle of nowhere.

The group began to walk towards it, and as the path took them out of view of the house, and then back in to view from behind trees, the house vanished. The men presumed it was some sort of ‘snow mirage’ until later they found that many people had indeed seen this house over the years, and it was considered locally as a house of the Huddle Folk (faery beings).

Sometimes people with inner sight will look at something and it just doesn’t look ‘right;’ that is usually because there is in fact something wrong with what they are looking at. Deeper skills with inner sight allow people to ‘see’ beyond barriers, blocks, or walls. This is a stranger form of inner sight

and it takes some time to develop. Personally I think it is a form of passive remote viewing as opposed to actual plain inner sight, as though the spirit or consciousness of a person can move ahead of the body and perceive what is behind something. Sometimes it is a deeper skill, less of a 'sight' and more of a 'feeling.' It doesn't mean that someone can stare at a building and see everything inside it (life is not a sci-fi movie!). But it does mean that someone with inner sight who is searching for say, a missing child, will be able to look at a building and ascertain whether that child is in the building or not. They will 'see' the light of the life force of the child in the building.

As the magician works with various experiments and exercises, they will find their own unique expression of the inner sight. Mine seems to work almost exclusively in tandem with my actual eyes, so sometimes I can have great difficulty in separating out what I am seeing with my outer eyes and what I am seeing with my inner sight.

Inner touch and smell

These are the most common inner senses and tend to be something that almost everybody has to some degree. Something will just not feel right when it is touched, or something or some place will smell bad (and there are no drain issues, farting dogs, etc.). This can develop into learning how to recognise certain beings by their signature smell, or to know when something is energetically unhealthy by the horrible feel of it. Sometimes the sense of inner touch doesn't work through the hands, but the hands trigger it.

So for example a person picks up an object that has really bad energy attached to it, maybe a knife used to kill someone (extreme example!). Upon touching the object, the person feels horrible, panicked, dirty, or has flashes of images appearing in their imagination of people being hurt. The touch triggers deeper senses.

These two senses are not only the most common, but are the easiest to train into usable skills for magic.

Dreams

The issue of dreams spans different avenues of magic, and they manifest as different types of dreams. Dreams that come from our inner senses kicking into action tell us what is happening to or threatening our bodies, if something magical is threatening us, or if an inner contact, dead person or being is trying to communicate with us.

Threat dreams are the most common, and the key is in the interpretation. Inner senses working through our dreams are usually the purest form in which our inner senses manifest: when we dream, our conscious minds are in a passive state, so deeper senses can rise to the surface. Bear in mind that our dreams also process everyday things and are involved in brain filing and reorganising, so not every vivid dream is an inner senses dream.

Threats to the body such as infection, physical or psychic intruders, or impending accidents trigger vivid dreams that can often be confounding if one does not know how to read them. If the body is infected with a virus or bacteria that also has a consciousness (not all do, but some do), we can dream of struggling with a person who is being aggressive. These dreams often rise to the surface once we have begun chemical treatment for the illness, or when our immune systems are getting the upper hand.

When we are not doing well in the infection battle, the consciousness of the infection stays hidden from us and we just feel very sick. But once the infection is weakened, its 'cloaking mechanism' fails and we start to 'see' it: this often appears in dreams as battling with a person or an animal or even a strange being (viruses often appear as bizarre looking beings). It is important to take note of what you see, as it can give you clues as to how to speed up the recovery and prevent reinfection. Using magic to take the inner power out of an outer infection is a skill you will learn later in the course.

If you are under threat from an intruder, particularly if you have spirit guardians working with you, you will be alerted in your dreams by being shown the intruder, and often you will find that you are awoken suddenly in order to deal with the threat. If this happens repeatedly, you need to ascertain if it is a physical intruder stalking around the outside of your home, or if it is a magical or spirit intruder that has been sent magically. To differentiate, you can use tarot to pinpoint what type of intruder it is, and also what their intentions are. Again, these are skills you will learn later in the course, once you have acquired the necessary interpretation skills

Precognition

Most of us are already familiar with the idea of precognition, so there is no need to go into depth, and this lesson is already long enough. Precognition can range from full flashes of dangerous future events which are either processed by inner sight (you see a scene unfolding), or in dreams (the same thing basically, just triggering in sleep), to a strong but indefinable sense that something will happen. Sometimes it is combinations of these, if the risk is great.

One weird aspect of precognition is that not only do precogs get warnings of dangers, they also get warnings of completely trivial events. The precognition itself can be quite strong and spectacular, but the event that is predicted is often as silly as ‘a green car will drive past at exactly 10.31am with an old woman driving. Really?? Sure enough, at 10:31am precisely, a green car driven by an old lady lumbers past. What the hell is that all about!!

Okay, that is enough background information for you on all the different types of inner senses; now it is time to roll your sleeves up and get to work.

Practical Exercises and Tasks

EXERCISE ONE: INNER TOUCH

Do this during a daytime when you are not tired and have time to be able to not rush this exercise. You are going to go to different stores that sell used goods. Different types of stores will give you different experiences. Before you go out of the door, wash your hands really well with liquid soap (use one that is not heavily perfumed and that is not antibacterial, or use a plain unperfumed soap bar) and a spoonful of salt. When your hands are dry, how do they feel? Do they feel very clean and smooth?

When you go out, take with you a bag of salt, a small bottle of liquid soap, a small clean towel, a coursework notebook (keep a set of notebooks for your course notes) and pen, and a large bottle of water with you.

Plan to visit a charity/thrift store, and then an antique store, the more upmarket the better. Before you go into each store, pour some liquid soap, some salt and then water into your hands and wash them so that they are clean.

Go to the thrift/charity store first. If you can, pick one in a poor area. Walk around the whole store; look at the various shelves, racks etc. and see if anything really jumps out at you. If it does, pick it up and handle it. As you handle it, still yourself and then feel into your emotions: how do your feelings change, if at all? If they do change, it may be very subtle, so learn to listen carefully.

Then put the object down. Move away, and feel your hands, how do they feel? Pick up random objects (not clothing, that is coming) and do the same thing again. How do your emotions feel? How do your hands feel when you have put them down? Do they feel sticky, or rough, or wrong in any way?

Now it is time to go through the clothing. Feel through the clothing, hold the clothing out, what do you feel? How do your hands feel? How does your body feel? Does anything give you a headache or make you slightly nauseous? Test different selections of clothing of different sizes, and feel the difference between 'young/teen clothing' and clothing that is obviously for elderly people.

Remember the various feelings and when you leave the store, clean your hands again with the soap, salt and water, and then notice the difference. Now write down your findings. What were the differences between objects and clothing? What were the differences between various age groups of clothing? If you got nothing at all, then simply write that down in your notebook.

If anything gave you a headache or made you feel strange, a cup of coffee with some sugar will usually stop it.

Now it is time to go to an antique store. Go to a nice one that is not cluttered and is more on the pricey side. Do exactly the same exercise: pick up things, see how they make you feel physically and emotionally, and see how

they make your hands feel. See if there is a difference between non-personal items and things that people would have kept close to them. Write down your findings after cleaning your hands.

The third part of the exercise is to go to a decent clothing store that sells new clothing. Run your hands through the clothing and see if they make your hands feel different, or if they remain the same. Remember how new clothing feels.

Finally, go back to the thrift/charity store or go to a different one and run your hands through the clothing again and handle various types of clothing. Remember how it makes your hands feel. Wash your hands and then write down your findings.

EXERCISE TWO: INNER SENSE - FEELING POWER PATTERNS

We are often confronted by inner power patterns that are magically or psychologically constructed on purpose to achieve an aim. It is important to be able to spot these patterns using your inner senses. Most people would be shocked to know the amount of large companies and corporations that use psychology, chemistry or even magic to manipulate the customer. (More than you would think... I know, I have worked for a few in my more stupid past.)

Again this is an exercise of shopping. Have a day set aside when you can do this without having to rush around. Choose a small independent café, a corporate food chain, McDonalds' is the easiest for this, a large chain clothing store that has a niche market like Abercromby&Fitch, a small indie clothing store, a high end health food supermarket, and then an ordinary supermarket.

What you are looking for is a lot more subtle than your thrift store experience, so pay attention. Take with you a note book and pen. First go to a small independent café and have a drink and a snack so that you have something in your stomach (this bit is important). Sit very calmly with no screen in front of you, just your notebook and watch people come and go. What is the base atmosphere of the café? Do you feel any particular urge to eat more? Do you feel any stress reactions? Or do you feel calm, relaxed, and

happy with what you have. As you watch the people come and go, what is your first impression of them emotively? Write down your findings.

When you are ready to leave, go straight to a McD's, buy only a drink and go sit down. Still yourself and place your notebook before you. How do you feel? Do you feel the urge to get something to eat even though you have just eaten something? Or are you fine? Do you feel relaxed or do you feel alert and watchful? Is there any shift in your emotions? Look at the people (without looking like a crazy person), and then look down at your notebook but 'feel into' the person. How do they feel? Do they feel stressed or relaxed, do they feel strange? Do they look strange? Write down your findings and anything else you observe that catches your interest. The key is to be still: recover that stillness feeling from your meditations, remember what it feels like so that you become still: the inner senses work much better in stillness.

Now it is time to go around the shops. Feel the subtle differences between the high energy corporate niche stores, and the small independent stores. How do the high end places make you feel? Do you want to spend money even though you do not need something? Is there a difference in those feelings when you visit a small store? How does your subtle energy react to the big stores as opposed to the little ones? Do the mega health stores make you want to buy lots of things, whereas a small one does not have the same effect? Write down your findings.

Remember, there is no right or wrong answers, and there is nothing to prove. This is about learning how places make you feel in a subtle way that you might not have noticed in the past. You are training yourself to pay attention, and to spot the feel of different patterns used in marketing and sales. Some major companies use psychology and chemistry (smells) to entice people to buy or to want. Such use often opens up patterns that inner power can flow into, which in turn makes it stronger. Sometimes this is accidental, and sometimes this is intentional.

Some mega health stores use a small group who meditate and project a pattern onto a store to encourage people to want to stay longer and buy more. It is a subtle form of magical manipulation. I have come across some major companies that use all out magic to influence their customers. Naughty.

Through these exercises, you will learn to feel that subtle manipulation, be it magical or psychological, or even working by triggering your brain

chemistry (smells). Being aware is usually enough to obviate its effects upon you, or at least allow you to override the effects and ignore them.

EXERCISE THREE: INNER AND OUTER BOUNDARIES

Learning how to recognise and establish inner and outer boundaries are very important for a magician's overall safety. Just as in life we have our own personal space and house space, so too does the spirit. Learning to work with your own boundaries is a sideways method for triggering inner senses that relate to 'early warning systems.' Such warnings can work through a variety of the inner senses, and through this work you will learn to distinguish communications with the land and inner beings around you, along with learning how to recognise your own inner radar system.

Go out of your house, take your journal or notebook with you, and a compass. Walk around the boundary of the property where you live, and then go stand before your front door. If you live in an apartment building, walk around the building and then stand before your own front door. If you live in the country and a patch of land is part of your property, walk first around the boundary of the property, and then around the house itself.

As you walk around the boundary, look closely at what is naturally occurring around the boundary: look at what trees are there, how old they are, what plants are growing naturally (nettles, wild garlic, etc.), any rock outcrops, wells, springs, watercourses like rivers or ponds, and if there are any hills or mountains nearby. Also look at what man-made things are around your boundary like electrical transformers or substations, churches, temples, factories, schools, etc. Write all of them down in your journal. Also look to see if any of the buildings have carved faces or images, gargoyles (they appear in the weirdest places) and statues.

Now it is time to go and look at your front door. Stand in front of it and look closely. Are any spiders living around your door? Do you have a face on a door knocker? Do any animals like dogs or cats regularly sleep by your front door? Write down everything you observe. If your front door is not inside a building, turn around and look at what is directly opposite your front door. Is it someone else's front door? Is it a building, a tree, a fast-moving river or a gentle stream?

Write everything down and then draw a map of the boundary. Mark down the directions, which direction your front door faces, where spiders, trees, water, rocks, key buildings are, etc. Now walk the boundary again with the map and stop at every key natural feature. Stand before them and quieten yourself. What does that feature 'feel' like? Listen to your own inner senses, emotions and thoughts. Do any of the natural features cause a subtle shift in how you feel? Write down on your map a key word that would describe that shift. Take your time with this. It may take a few times of walking the boundary and visiting these natural features before you begin to sense them.

Once you have visited the natural features, go around again and talk to each one in turn. Talk in your mind and also with your voice (unless there is a real risk of being dragged off for being a nutter), say hello, introduce yourself, ask if they need anything, tell them where you live. Treat everything as if it had a consciousness, even the rocks, the rivers, the spiders: talk to everything.

Do the same for any outstanding man-made structures like churches, carvings, statues, fences: talk to everything. What you are doing is opening lines of communication to the beings that live around you, alerting them to the fact that you are willing to acknowledge them, listen to them and work with them. If you find rocks that appear to have faces in them, ask one if you can place it by your front door as a guardian.

Everything has the potential to talk back to you, but opening those lines of communications in a human that has been shut down can take practice. For others it triggers quickly and easily. For example stones themselves do not talk, but beings that live within or around them do. By talking to the stone, you are opening a doorway for communication. And the act of talking to everything and anything begins to loosen your ability to hear inner sounds: you learn to blur your own boundaries so that other consciousnesses can communicate with you. Spend five minutes each night sitting quietly or lying in bed, and in your mind, go around the boundary, check each feature that you have been talking to, any door spiders (they are wonderful early warning systems for magicians), rocks, trees. In your mind, go to each one and say goodnight and ask them to alert you if an intruder crosses into your territory. If you live in an apartment block, focus the boundary checks on two levels: the first being the outer boundary of the building. Just ask

them to alert you to any human or being with violent intent. And talk to any features on your front door and ask to be alerted if anyone approaches it. Having a door knocker with a face, creature or lion on it makes it easier. You can talk to the face and ask it to watch over the door.

When you talk to man-made images like that, you are creating a subtle link with the image and your own consciousness: it is the first stage of creating a thought form. You slowly learn how to use the face as an extension of your own consciousness.

Walk the boundaries and say hello to all the features at least three times a week. The rest of the week, use your mind to check in with the features at night before you go to sleep. This slowly builds up a pattern of consciousness so that when something is coming that is a potential threat, the features will communicate back to you. This can come in the form of a sudden 'feeling' that something is not right, or a voice in your mind saying, 'intruder,' or you will get a sudden flash out of the blue in your mind of a specific feature. You may suddenly see the tree you talk to at the back of your house: it may appear in your mind suddenly for no apparent reason. What is happening is that the tree is communicating with you to tell that something is coming that is a potential threat. It may be an intruder, but trees also warn about earthquakes, dangerous storms or magical attacks.

If your communication is from an old tree, and the warning is about an impending earthquake, just remember that their measure of time is very different from ours. 'Immediate' to them could mean in the next couple of weeks. If you get such a warning about an impending natural disaster, just make sure your house is ready for an earthquake and that you have a supply box ready, or make sure you have an emergency water/food/flash-light supply ready and up-to-date.

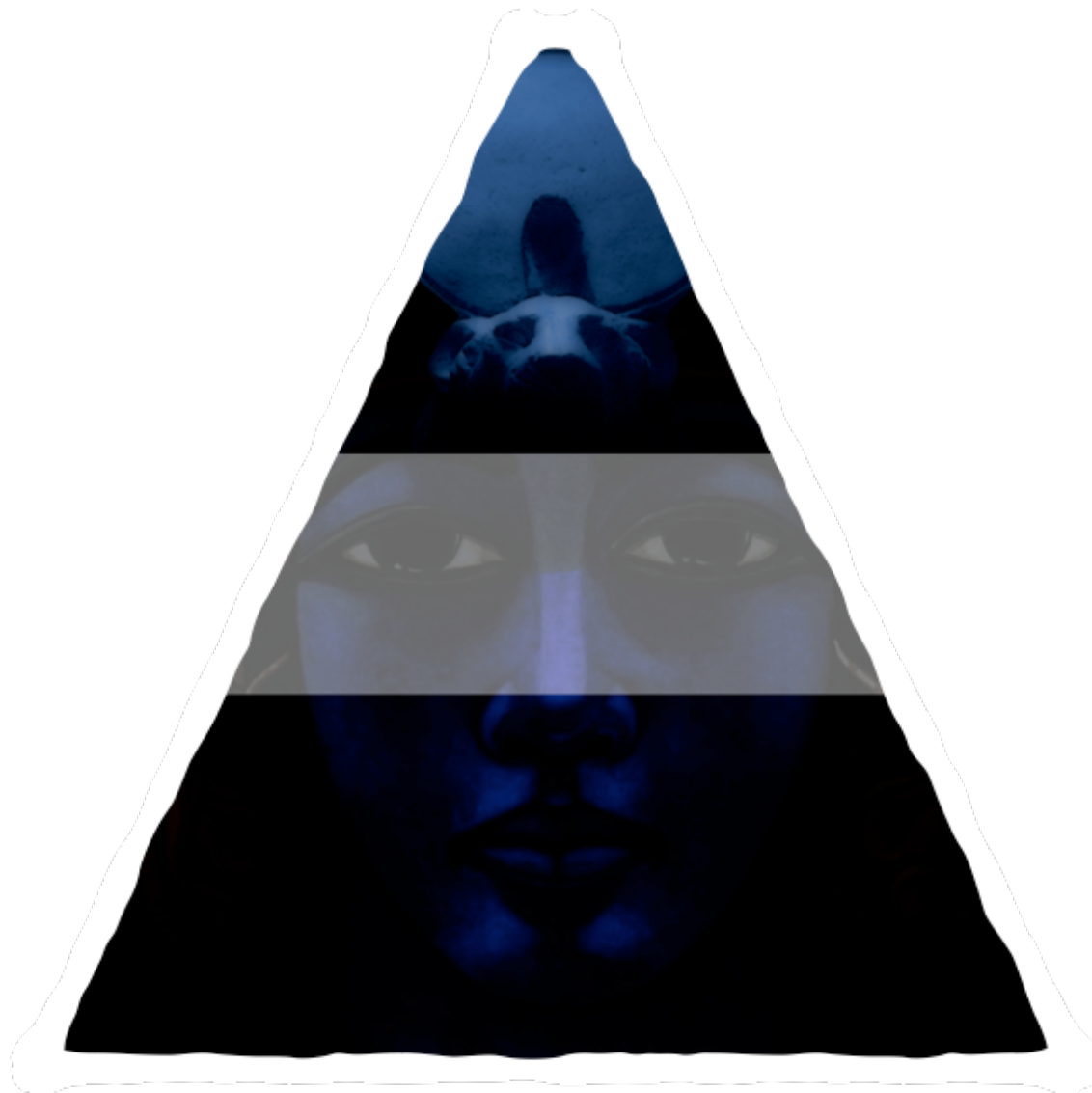
If you get an intruder warning out of the blue and it is night time, switch all of the lights on immediately and make sure you have a phone to hand: that is often enough to deter someone or something intending to intrude.

The other extension of this boundary-keeping which triggers your inner senses is to have a night-time routine that you do (regardless of what anyone else in the household does) of checking locked doors and windows. As you check them, have an image in your mind of you sealing that window or door with a line of dark blue light. Again, this builds up an inner bound-

ary and wards off physical or spirit intruders. Ensure that the natural features you work with have what they need. If it is a tree, hang a bird feeder in it (trees and birds have a wonderful symbiotic relationship). Water a plant or bush or weed, touch a stone: learn to tend them as well as talk to them. So if they need something in return, they will let you know. Learn to listen and see with your mind as well as your ears and eyes. Write down occurrences, events and feelings that trigger into your journal

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