

QVAREIA - THE APPRENTICE

Module 7 - Elements as Tools

Lesson 4: Water

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QVAREIA

WELCOME

Welcome to this lesson of the Quareia curriculum.

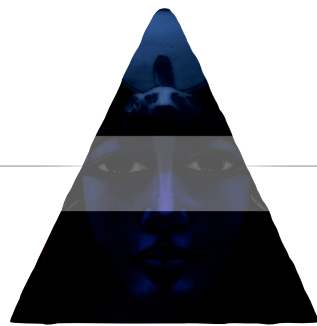
The Quareia takes a magical apprentice from the beginning of magic to the level of adeptship and beyond. The course has no superfluous text; there is no dressing, no padding – everything is in its place and everything within the course has a good reason to be there.

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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



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Lesson 4: Water

Overview

Water is a very interesting and hugely underestimated force of nature that can be utilised in magic in a variety of ways. Water has an amazing ability to find its own path, regardless of obstruction. It gives life to everything it touches, and from a magical perspective, it can record and also carry energetic information and vibration over vast distances.

Water is a major part of our make-up, and the ocean is the water from which all life sprang. Yet many magicians persist in using only the vessel in their magical work, and little, if any, of the element itself.

In this lesson, we will experiment with just a few of the many applications of water within magic. You have already had some foundation in this area of magic with the work you have done on succussion, rivers, etc. This lesson takes you a step further. You will learn specific techniques for working with water as a tool in your magical work and life.

Throughout these workings, remember that the element of water has its own consciousness, and that each area or body of water has its own persona. Of all the elements, water is closest to us in terms of consciousness. Treat every body of water as an individual being, both out in nature and in vision.

As in the rest of the lessons in this module, this lesson will be mostly hands-on practical work, as the best way to learn about a tool is to use it.

Water as container and recorder

By now, through your work with succussion, you will have learned that water holds energetic signatures, and can be worked with to record energy and magic, then dispense it through the elements. In your work with water and rivers, you transferred energy into water, then put it back into its element. Now you will learn the next step, which is to record formed magic in water, which will then be dispensed to effect change.

This ritual work will dispense balance where imbalance exists. The magic will nudge any imbalance in whatever it is dispensed into in order to act as a catalyst for change. By using the intent to trigger balance where imbalance exists, you will not interfere with the natural order. Instead, where humans have created imbalance, a human will offer a catalyst for the process of rebalancing to occur, however long or short a time that may take.

If the receiving consciousness wishes to use that catalyst, it will. If it does not, it will not. The key is to allow it an element of choice, and not force the magical act on anything or anyone.

To prepare for this work, you will need:

- a bottle of water (one pint) a two-pint jar or container (preferably glass, metal or stoneware if you can find it) to store the water in. a bowl that can hold two pints of water. If your vessel is large enough to hold two pints, then use it.
- a flat stone or a small upturned glass or something similar, so that a tea light can be put in the centre of your bowl without being drowned in the water.
- a marker pen a small square of white cloth big enough to cover the lid of the jar. some string or white ribbon to affix the cloth to the top of the jar.

The first part of the ritual is to be done on the night before the full moon—the near cusp of the power. The second part will be done at the following dark moon. The last part of the ritual will be completed at the subsequent full moon.

In this ritual, you will work in vision, sometimes with your eyes closed and sometimes with them open. It is important that you develop the ability to work in vision with your eyes open, so that you can see the physical realm and the inner realm at the same time. Your eyes see the physical world, and your imagination sees the inner worlds.

RITUAL, PART ONE

Prepare your work space. Put out the tools, light the lights, and open the gates. Do the anchor ritual. When you have finished, put your vessel or bowl on the central altar, and fill it with a pint of water. Put the central candle in the centre of the vessel/bowl on its small stand. If the vessel is too small, pour the water into the vessel, wait a moment, then pour it into the bowl. Keep the vessel next to the bowl (for resonance).

Go around the directions, starting in the east, and approach the altar with the intention of connecting to the contact that has come forward in each direction. Bow to the contact, and declare that you wish to create a catalyst to trigger balance where imbalance exists. Pause at the altar and be still for a moment. Hold the intent to create a catalyst to trigger restoration of balance. Go round all the directions and make the declaration of intent to each contact on the thresholds. Pause at each direction to be still and focus upon your intent.

When you have finished in the north, go back to the east. Stand there, hold your hands out over the altar, and close your eyes. See the contact on the threshold. If the contact asks you how much balance you wish to trigger, answer, “whatever is necessary for the good of all beings.” (**Important:** balance for just one aspect of creation can mean destruction for others.)

The contact will start to build something up energetically in their hands, or they may reach behind them to grab something. You will not be able to tell what it is, but it will be handed to you like a thread. Take hold of the thread with your left hand. Bow to the contact and open your eyes. Using your inner vision but with your eyes open, maintain the vision of the thread

in your hand and turn around (to the right) to face the central altar. Step up to the central altar and place your end of the thread into the central flame that is over/in the water.

Now repeat the same action in the south, west and north. You should end up with four threads of energy coming out of the four directions and connecting together in the central flame.

Stand before the central altar facing south. Hold your arms up to the sky. Do the same declaration of intent to the powers above, and ask for help in the same way you did in the directions.

In your inner vision see a hand reach down to you, holding a thin, bright thread. As you touch the thread, you feel the difference in this thread from the others you have been given. It is vibrating at a fast rate and is shining: it is the element of the future. Take the thread and connect it into central flame. Bow and say thank you.

Hold your arms out, your hands pointing towards the floor. Do the same declaration of intent towards the land beneath you, and ask for help in the same way you did in the other directions. See with your inner vision a hand reach up through the floor with a dark but bright (the light within darkness) thread that seems to have a heartbeat vibrating within it. Take the thread and connect it into the central flame.

Stand back, bow to the powers of above and below, and thank them. Now close your eyes. Using your inner vision, see the threads flowing from the four directions, above, and below, all meeting in the central flame.

Still yourself. Stand and meditate briefly, building up the sense of stillness and silence within you. Reach inside yourself with your right hand, and let a fragment of your inner flame sit in your hand. Reach out in vision and place that fragment of your inner flame into the central flame.

Open your eyes and stand before the altar, facing south. Hold out your left arm before you. In your mind, see the lines of energy flowing from the directions and coming together in the central flame. Starting to the east of you, trace an upright triangle: see your hand start in line with the east thread. Trace the triangle east, above, west, and then across to the east to complete it. As you trace, recite:

“In the name of the great father, may balance be triggered where there is imbalance, for the good of all beings.”

Drop your arm and open your eyes. Walk around the directions clockwise until you are in the west. Turn to face the central altar and repeat the same action: trace a triangle with your left hand, starting in the north, above, south, and across to the north to complete it. Do the same recitation as you trace in the air. Now walk a full circle around the directions and finish in the north, facing the altar and the south gate beyond it. In your inner vision, see the two upright triangles hanging in the air above the central altar, interlinked with each other. They form a pyramid, and the base sides of the pyramid are aligned with the cross quarters.

Using your inner vision, see the pyramid solidify, and slowly sink down into the central flame. Hold your hand over the flame (without burning yourself or your sleeves) and recite:

“Pattern for rebalance, I send you into the water.”

Using your inner vision, see all the threads and the pyramid descend from the flame into the water. Now blow out the candle and take it out of the water. Stand before the water with your eyes closed. See the threads of energy and the pyramid in the water. Open your eyes, and hold the water up level with your mouth. Utter over the water:

“Within you is the pattern of future rebalance. At the dark of the moon you will be joined by the pattern of past balance, the memory of what was. For now, may you rest, strengthen, and be prepared.”

Pour the water into the jar that you have prepared. Put the lid on it. Get your piece of cloth, marker pen, and string. Draw an upright triangle on the cloth. Put the cloth over the lid and tie it with the string, and leave the jar on the central altar. Take a step back and close your eyes. In your mind, see the powers of the directions, and of above and below, and see them all meeting in the centre, in the water. Bow, and say thank you to all of the powers for coming together.

Now go round the directions, starting in the east. Bow and thank the contacts, see the gates close, and blow out the candle. Repeat in all directions. Put the jar of water in the west, and don't disturb it if you can avoid it: it must sit there until the new moon.

RITUAL PART TWO

To be done at the new moon. Using a pint of water, repeat the whole first part of the ritual, pulling in the threads, declaring the same intent. But this time, when you form the two triangles, they must point downwards, and for the forming of each triangle you will recite:

“In the name of the great mother, may balance be triggered where imbalance occurs, for the good of all beings.”

Use the same visionary method to lower the downward pyramid into the flame and then into the water. See the downward-pointing pyramid descend to join with the upright pyramid.

When you come to utter over the water at the end of the ritual, say the following:

“Within you is the pattern of past balance; the memory of what was. At this dark of the moon you have joined the pattern of future balance. Power of what was and power of what will be, join in union to restore balance; be at one with each other. For now, may you rest, strengthen, and be prepared: at the next full moon you will be released.”

Pour the water into the jar to join the other water. On the cloth cover for the jar, draw a downward triangle over the upright one to make a hexagram. Put it back in the west, where it will stay until the next full moon.

RITUAL PART THREE

This part can be done at any time during the three-day full moon period, but the day before the full moon is strongest.

Parts one and two of the rituals were quite controlled and constructed, so to balance them, the third part must have freedom in the structure in order for inner beings to be able to contribute. This part of the three-part ritual is the part which dispenses the water/pattern into nature. First, put the magically prepared water in to a container that is easy to transport, like a large water bottle in a backpack.

Because this work was done for all beings, not just the land or a river, its distribution point is a like an acupuncture point—you need to find the right spot in your area to dispense it. You can find this spot by driving in a

car, or taking a bus or a train. But you have to allow the randomness to work.

If you are in a car, simply drive from your house. Before you start driving, sit in the car and still yourself. And then start driving. Let your inner senses guide you through inspired turns. A street name or number may jump out of you—follow that impulse. The more you allow inspiration to surface, the stronger it will become. Drive around until you feel the need to stop, or you get an “it’s here” feeling, however subtle it may be: allow the inner contacts to guide you.

If you are travelling on public transport, leave your home and go to the nearest bus stop or train station. Get on the next bus or train that arrives, regardless of where it is going. Sit while you are travelling and be still. When you get a sense of “it’s nearly here,” get off at the next stop and walk in whatever direction inspires you. When you feel the need to stop and dispense, then stop.

To find the exact spot, look around and again allow instinct to guide you. The water may want to be poured down a drain, or onto grass, into water, over tree roots...even if you are deep in the midst of a city, there will be something that you can pour the water into that will sink it into the ground, or down a drain, or into a waterway. As you pour, keep in your mind the directive: rebalance for all beings. Take a note of the date, time, and location that you dispensed the water.

Task 1: Run an astrology chart for the location, date, and time of the dispensing. Look at the planets in the houses. See where Neptune and Pluto are. Also see what is in the first house, the fourth house, and the sixth house. Look at the pattern the planet alignments make on the chart. When you read the chart, remember you are reading for the land in that area.

This is to see what planets were exerting which influence at the time of the pouring. Read the houses in respect of the land: so the first house is the land’s personality, the fourth house is the nature, ancestors, etc. (home), and the sixth house is service and health (an important house for this job). Also look at the eighth house: death and regeneration.

If there are no planets in a house, for example the fourth house, then there is no undue influence that will affect the dispensing. If, for example,

Neptune is in the fourth house, it might bring the influence of floods, or the direct rebalancing of the waterways in the city. If Saturn is in the sixth house, it could indicate that the dispensing will have long-term effects in service to the land in order to heal it. The magic is in the water, but the planets can influence how that magic unfolds (which is why you look at the chart).

Task 2: Do three readings to see what effect the dispensing will have on the land and all beings in the area. Use the landscape layout, and look at the influence of the dispensing on the land over twelve months, five years, and twenty years. Write the readings down.

Don't panic if they show destruction: sometimes things have to be torn apart before they can be put back together properly. And don't worry if the readings make no sense to you. Simply write them down and occasionally go back and look at them. Also keep an eye on events in that area, and when something happens, look back at the readings to see if the event, or type of event, shows in the readings.

Water as a doorway

This exercise teaches you how to use water as a doorway, and also as a tool for putting outworn energies to rest. You will need a bottle of clean water, and a bowl. Wash your vessel, as you will be drinking out of it.

Set up your work room as usual, but instead of having a candle on the central altar, have a bowl. Pour the water into the bowl. Put out your tools, light the directions, and open the gates. Do the anchor ritual. When you have finished, pick up your vessel and, holding it, sit down, facing the central altar with your back to the west altar. Close your eyes and still yourself.

Once you are still, see yourself in vision stand up, still holding your vessel, and look at the bowl of water. As you look into the bowl, see that it is bottomless and that the bowl grows bigger. Dive into the bowl and swim down,

with the intention of emerging in the underworld forest and the waters that flow through that place.

Swim down and down through the darkness, until you see a faint light before you. Swim towards that light. You will find yourself emerging into the waters of the underworld forest that flows around the trees.

Stand up and look around. Touch the water you are standing in, and thank it for bringing you safely to this place. Tell the water that you wish to learn, and ask it if you could commune with a being of this place, someone who will help you learn.

Now walk around until you see a being standing in the water. Bow to the being. Tell them who you are, where you come from, and that you are learning to use water as a doorway, and also how to use water to put things to rest. The being walks up to you and places a hand upon you, and seems to read you from a sense of touch.

The being asks to see your vessel. See your magical vessel in your hands. Hold it up so the being can see what type of magic you are working with. The being then motions for you to follow them. You weave your way together through the trees and the water until you come to a clearing. In the centre of the clearing is a place where streams of water come together before flowing through the forest to eventually join the river that spills out into the plains of death.

Walk through the water until you are at the point where the streams merge, and scoop up some of the water into your vessel. Hand the vessel of water to the being, who in turn holds it out and sings over it. As the being sings, you remember times in your life when you were very angry, or felt helpless, or emotionally bereft. You can feel these emotions stored in your body like blocks, blocks that your vital force has to adjust to, blocks it has to go round in order to continue flowing.

The being holds out the vessel to give it back to you, and points in the distance to the stone stairway carved into the rock, a stairway you have walked before. You look at the stairs. When you look back, the being has vanished.

It is time for you to leave. Being careful not to spill the water, go to the stone stairway and climb to the very top of it. As you get near to the top you

realise there is water all around you—on the steps, running down the walls. You seem to be climbing up into water.

You can see the light of the surface world above you. It is glimmering through water. You climb up the stairs through a wall of water, and find yourself emerging from the bowl of water on your altar. Step out, turn back, and pour the inner water in your inner vessel into the physical water in the bowl. As you pour, you can see the brilliant light of the inner water from the underworld mixing with the physical water. The brightness spreads out until the whole bowl is glowing.

Turn and look at your body. You will see some areas that look duller than others: these are emotional energies you are holding in your body without realising.

Step into your body and when you are ready, open your eyes. Immediately, get up and pour some of the water from the bowl into your vessel. Close your eyes for a moment, and see the brightness of the water in the vessel. The energies of the vessel and the energies of the water merge together to make a combination of brilliant, bright colours.

Hold the vessel to your lips and utter:

“Water of the underworld, tears of the great goddess, through your power lay to rest whatever is within me that no longer serves a purpose.”

Now drink the water. Do not try to think about what the water is going to do; just let it do its job, which will unfold in its own time.

Go round the directions, close down the gates, and put out the lights. The water remaining in the bowl needs to go to a living being. Give it to a house plant, or take it outside and pour it into the roots of a plant or tree.

We worked on two different water tasks here. In one, you learned how to use water as a doorway. Remember, every element is a doorway in one form or other. Water is a good doorway to use to access the underworld, and can also be used to travel in vision to distant lakes, rivers, etc. The inner consciousness of the water can bridge you to inner or outer bodies of water depending upon your focus and intent: you inform the water of your intentional destination, and the inner power of the water guides you as you swim.

It is also a good bridge for the power of the underworld and the surface world.

The waters of the underworld draw energies that no longer serve a purpose and need to be composted: the underworld water in particular has this quality of 'drawing out' emotional, ancestral, or cellular imbalance that is no longer of any use. The underworld water in your body triggers a release mechanism: it gathers all the energies that need composting and expels them through water. From a physical perspective, this can manifest as a lot of sweating, urinating, or crying.

How this will work for you depends on you as an individual, and also on your ancestral lines. If there is an energetic or emotional block or trauma within you that is still serving some purpose, then the waters of the underworld will have no effect on it. However, if you are carrying the energy of an ancestral trauma, or are carrying around emotional energy that should have been let go, the water will act as a catalyst and start the composting process.

This can manifest as anything from a lot of crying, to a lot of urinating or sweating, to heavy menstrual bleeding (not in men, obviously!) or vivid dreams. And this will start and stop as is necessary for the individual. If nothing happens straight away, keep an eye on the full moons for the triggers. If you do go through some type of shedding process, note it down in your diary. Note how the shedding manifests, and at what phase of the moon.

But do not focus on what has or is being shed. Learn to let it go; do not try to analyse or hypothesise about what is being released. Just let it be and learn to go with the flow, without needing to know the details.

If you have a strong reaction and you feel it is overwhelming, then reel in the drama, grit your teeth, and get on with it. Your body will not process anything beyond its capability, and how you react to the shedding will decide how successful it will be. If you get emotional and decide to wallow, then you have already failed in the process. Just let whatever happens happen, but treat it as a necessary and positive process.

Some of you may not react at all. In such cases, there is no need to shed anything: even if you feel you have a lot going on deep down in emotional or energetic terms, it is still doing a job and serving a purpose.

But the main aim of this exercise is not the clearing of your personal shit; that is a side issue. The main aim is to learn that you can dive into any body of water in vision and use it with focussed intent to emerge in another realm through water, or emerge in another body of water in the physical world.

Water as a boundary

In your ritual space, you are used to using fire as a boundary marker and elemental focal point through the use of directional candles. Now it is time to work with a different element. Choose a ritual from the course work you have already learned, and perform the ritual in the work space but using bowls of water in the directions instead of candle flames. Instead of using the sword and vessel, use their sigils in the air.

Learn to open the gates using water as an element instead of fire. Learn to focus on stillness and the void without the flame, instead using the water. Learn to pass into inner spaces like the library using water instead of a flame. I will not spell out for you the differences: experiment and find out for yourself what it is like, what difference it makes, and how you can utilise that difference in your own practice.

Write down in a computer log what experiences you had with this change of element in the ritual and vision work. Think about how you can use the difference for specific workings.

The alchemy of emotion

This last technique is not one you can really practice, as it must only be done when really needed. As you know, water carries information, emotion carries energy, and succussion of water creates an energetic signature of whatever was originally in the water.

This technique can be used as a catalyst for rebalancing and healing severe grief or intense suffering that is not resolving on its own. It is not an in-

stant cure or a suppressant of symptoms like a drug; rather it flows into a body and triggers a series of responses that gently ease the person back onto the path of recovery.

It is not to be used to ameliorate an ordinary emotional crisis, emotional pain, or natural grief. In today's world we are far too ready to short circuit what is normally a natural process, and long-term damage can result from that intervention. Times of emotional despair and crisis are all part of what matures and strengthens us as humans and magicians. But there are times when natural grief or an emotionally painful situation does not resolve and can spiral out of control. That is when this technique can be used.

Do not use this technique on others: it is important first to learn everything you can about every technique you are taught, and *you* are your first test subject. You and the land are deeply entwined whether you realise it or not, so you and the land are the sandbox where you learn to apply various magical methods. This way you do not inadvertently damage someone, short circuit an important process, or find yourself energetically linked to the fate of another person.

If you should find yourself in a terrible emotional state, either through pain, loss, or fear, first give yourself a few days for it to settle on its own. If that settling does not happen, and you have tried everything you can to keep your chin above water, then it is time to consider using this method. But I must stress very strongly, this is used as *a last resort*, not because it is too strong a method, but because being pushed to our limits emotionally is all part and parcel of magical development. Through these extreme circumstances we learn our own hidden fortitude; we learn how to hang on and tread water. And through that tough test, we develop an inner strength, compassion, and focus that in turn helps us evolve as mature magicians.

However, there are times when we are pushed to our limits emotionally and we start to break instead of bending. That is when this technique is used. It does not stop the suffering, but it unlocks our hidden strengths and gives us access to their energy in order to keep us going. It also triggers a process of healing, rebalancing, and emotional immunity that not only gives us that extra helping hand, but helps us to overcome such a mountain and conquer it so that we do not have to deal with it again.

This is a fairly simple technique, but it involves focus and repetitive action—which is a good thing when you are in total meltdown. An ordinary per-

son would say they cannot focus to do magical work while in such deep grief or pain, but you are not an ordinary person; you are a magician. You need to learn to focus and do a simple task, no matter how you feel.

For this technique, you will need a glass bottle to store the succussed water, and a bottle to do the actual succussion. You have already worked with the technique of dilution and succussion, so if you have forgotten, go back over your notes. What you need is some of your tears. Catch them on a spoon. Pour clean water into your vessel (having first cleaned it) and lower the spoon into the water so that your tears mingle with it in the vessel. Stir the water well. Now begin the succussion process.

Do this for the same amount of time, and for the same number of succussions, as you did in your previous exercise. When you have the finished potency water, take a few drops under your tongue and let them sit there. Store the bottle in the fridge, and take a few drops morning and night for three days. If it is a full moon within the next seven days, take the first dose as soon as you have finished the succussion, then wait for the day before the full moon. Take the few drops the day before the full moon, the day of the full moon, and the day after the full moon.

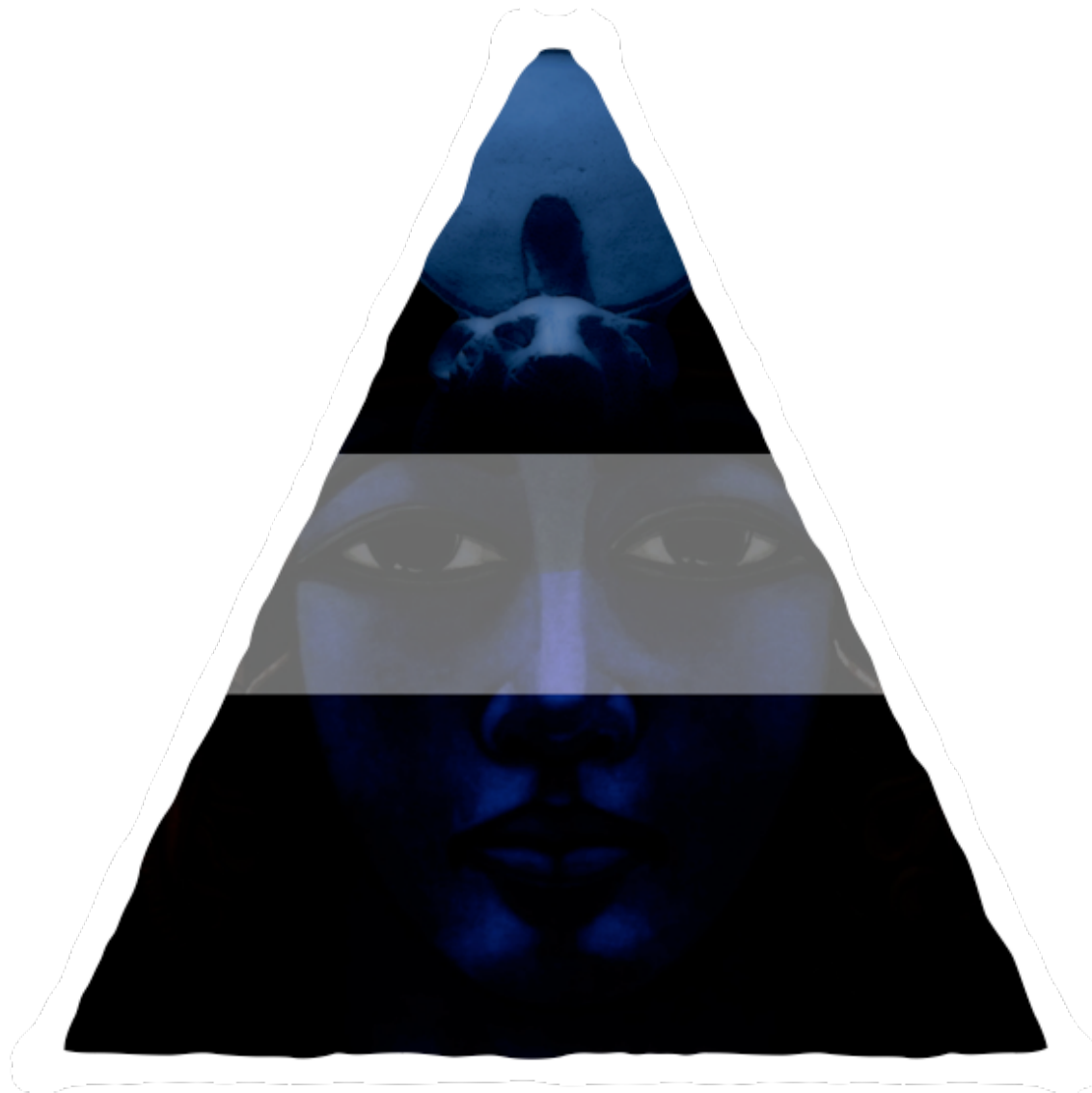
Keep a day-to-day diary of how you are feeling and what happens to you on those days. This will only ever be seen by yourself, so you can write whatever you like or need to in it. After a couple of weeks, see how you are feeling and if a process of change is occurring. If you are still having severe problems, use water as a doorway and go down to the underworld forest and bathe in the water there. When you have finished the vision, sleep for as long as you can.

This technique is like major emotional surgery. It is not something to do lightly, as it can carry on working for many months. Because of this, if you do not really need it, it can short circuit your own learning path. But it is good to recognise that there are times in our lives when we need help, and this technique can trigger that help. It not only works on the mental and emotional realm of the body, but it can also trigger inner angelic help if you are truly at the end of your ability to cope.

Don't ever use this technique for someone else if you have not already gone through it yourself. Your own experiences will guide your knowledge and wisdom when it comes to helping others.

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