



QUAREIA—THE ADEPT

Module III—Advanced Death, Birth, and
the Underworld

Lesson 5: The Descent and Resurrection
of Osiris

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.

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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 5: The Descent and Resurrection of Osiris

Descend with Nephthys, sink into darkness with the Night-bark.

At the end of the initiate section you went through a visionary sequence that put you through the scales and into the company of the gods. You then went through the passage of the Gates of the Stars. All these sequences are ancient pathways through the inner worlds that bring the magician to the threshold of adept life.

The visionary work of that section of training triggers the death-in-life process. It lights up any weaknesses on the fate pattern that need resolution, strengthening, or bringing to life. This will trigger events which will bring the whole process to fruition in the adept's physical, mental, and inner life.

How those events manifest, and in what time frame, are very individual to the magician; but each adept will find themselves in life situations, and inner situations, that puts this process into action. Whatever needs to happen, and when, is triggered on the fate pattern. That triggering continues until the adept's eventual death.

For some this will mean a series of hard and fast lessons, confrontations, trials, and gifts; for others the process will be less intense or may be very fruitful. My process was beyond hard and fast—it was a continuous stream of events, inner and outer, that challenged every aspect of me.

The idea is to finish off old cycles, to identify and strengthen weaknesses, to strengthen the path ahead, and to place you where you need to be. This can take years, and it will continue to unfold as you walk your magical path.

A lot of magicians misunderstand this: after they have done the main ritual they think they are all important and dandy. Wrong. These visions and rituals are triggers, not the end result; though in a way, they are.

When you trigger the death-in-life, and the judgement, then you have the unfolding of life events. If you stay with those challenges and do not avoid them then on your death you will truly step into the waiting mantle of the Justified. This has an effect on your life: time bends and stretches, and what you complete on death washes back through time to affect you as you walk forwards on your life path.

So when you complete the ritual visionary acts and life-into-death, your time, life, and the events of your life are changed. You become Justified; though you are not until death... a paradox.

Throughout your adept life you will undertake different versions of these key magical steps. You will continue your work and study, but you will also be changed at a deep level. This change, and all the paths that flowed to and from it, become harmonised, tuned, and waiting. Like an unborn child who is an individual yet woven in the mother's pattern, so as an adept you are both working towards completion while also having been completed.

The visions and rituals are major switches that turn on the whole process and put on the lights. They stretch out of time, and they vibrate your fate pattern to a frequency it did not recognise before. With that shift in vibration come changes around you; both within yourself and to the events that happen on your path.

The series of situations you went through at the end of the initiate section sent you on a celestial path. You triggered gates, and your life events up to that point served as a resume for your soul. Since then you have moved on with your studies, and for many of you certain things in your life paths will have changed in various ways. Now that the dust has settled from the process, it is time to do the second half of that process:

the descent deep into the Underworld and the completion of the Osiris process for yourself. One half has been done, now you must do the other half.

The Egyptian ritual with Osiris was the first trigger for this series of magical shifts and changes. The descent through the Underworld Gates brings you full circle to the inner completion of that ritual. You will understand this more once you have done it.

The passage of the initiate placed you in the stars and the inner worlds, and it prepared you for working in the Inner Temple. Now the underbelly of that process must happen.

There is more physicality to the second half of this process, as it is of the physical world and the Underworld. You will do a lot of reciting and you will never remember it all; you will need to work with the printed word, so that you can read it as you recite.

This descent and resurrection has many aspects of the Mysteries woven into it. You will recognise many of them, even though they may be hidden. There are many different versions of this process from different cultural streams, but for continuity with the work you have already done, we will work from a version based on the Egyptian *Book of Going Forth by Day*, and from patterns that were found from actually doing the work with the gates. We are using parts of that text because unlike the Pyramid Texts which are celestial in nature, the *Book of Going Forth By Day*, or the *Book of the Dead*, is focused on the Underworld. You have traversed the stars; now you must traverse the depths of the Underworld.

This layer of the Underworld is behind the various landscapes and interactions the magician usually encounters when they travel in the Underworld. You are not so much traversing the landscape as the layers of spirits and deities whose consciousness fills the vessel of the Underworld and oversees it.

*The descent into the Underworld and the resurrection
of the Osiris*

The first set of gates takes you through the early set of guardians that protect the Deeper Mysteries, including the goddesses of the Underworld. These gates filter out those who should not be treading this path, be they in life or death. These first gates are the Choppers—remember

them from your apprentice training? Their job is to guard, to dismember, to destroy, or to grant safe passage. Never challenge them or refuse their judgement.

You will repeatedly see this in the recitations:

Osiris (your name).

As you walk this path through the Underworld, and by nature of the work in death and in the stars that you have already done, you are known as Osiris Mark, or Osiris Jane: you put Osiris before your first name when you identify yourself to them.

Preparation

Set up your working room. On the central altar place two lumps of bread made from wheat and barley that you have made yourself. It should be made with yeast, and with olive oil and honey instead of sugar. Have two glasses of red port wine on the altar.

This ritual must be done at night, and started after midnight. If possible start it at 3 a.m., the deepest part of the night, unless it is summer and you are in the very north or south of the planet—use your common sense.

Before the ritual take a bath or shower, and cleanse yourself with salt and soap. Brush your teeth with salt and toothpaste and wash your hair. Do not blow dry it, let it dry naturally. Put on plain, simple, clean clothing, and work in bare feet.

If you can, wear a single long shirt, nightdress, or plain robe that has never been worked on magically. You will need to undress halfway through the ritual. Anoint the soles of your feet, your heart, and your forehead with frankincense oil. Take off any jewellery.

Once you are clean and ready go into the work space. Place the scales on the west altar—the only tool you will use. Light the central candle, burn frankincense, and sit before the central flame to meditate in stillness.

When you are still and ready to work, get up. Light the four directions. As you light each direction, see the same directional altars in the Inner Temple: be in both places at once.

Once the lights are lit, walk around to the west altar and stand while working in vision. In vision, walk out of the west doors of the Inner Temple into the Desert. Stand in the Desert and say:

I descend.

Say it physically as well as in vision.

See yourself fall down through the sands, down and down until you are falling through rock. At the end of the long fall you will find yourself in the Cave of the Goddess, surrounded by sleeping creatures. You will see the pool of dark water in her cave and you will be overcome with a terrible thirst. Do not drink of the water and do not touch it.

Go down on one knee before the goddess, expose your heart to her by allowing your chest to open, and say:

I surrender to the passage of the Underworld. I seek Osiris that I may heal him. I surrender to the judgements of the gates, I surrender to the power and will of the goddesses I will meet, and I surrender to the will of the Divine.

The goddess will point you to a passageway overgrown with moss and tree roots. Push your way through into the passageway. It is dark and damp, and has strange smells. Walk down it until something stops your feet from moving forward: it may be rushing water, something grabbing you, or your feet sticking to the ground. When this happens, stop walking, open your eyes, and begin to read out loud the following recitation.

As you recite the utterance of each gate, when you have finished and the guardian lets you pass, close your eyes again and resume walking until your feet are stopped again. Then open your eyes and speak the recitation of the next gate. While you are reciting, continue to hold the vision in your mind and see whatever confronts you. You must do this in vision, and hold the vision as you speak the recitations. You may get a clear image or sense of the guardian, or it may be hazy.

Recitation for the Gates of the Underworld

The First Gate

Gate of She of the Reeds, Inverted of face, and your guardian, Eavesdropper: of you both I ask safe passage. I am Osiris (your name), whose word is truth. I am one who holds my own light: here it is in my right hand.

Hold up your right hand with the lantern in it.

Grant me passage into the Underworld so that I may heal the sickness of Osiris.

I have come to walk the path of Osiris, and I have been weighed within life. I have traversed the stars, I have sailed in the boat, I have stood in the presence of the Company of Gods. I say, as an Osiris in truth, that I am Justified, and I ask that I be not driven away, nor cast on the wall of blazing fire.

Let the way be opened to the Underworld, let the pain of the Osiris be relieved. Embrace that which the scales have weighed: let a path be made for me Osiris (your name) in the Great Valley, and my own light will guide me.

Lead on, spirit who guides me.

For the rest of the gates, keep your right hand up, holding the inner lantern to light your way, and so that the gates and guardians can see you and your harvest.

The Second Gate

Gate of She who opens the chest to expose the heart, I Osiris (your name), whose word is truth, have had my heart in life weighed and witnessed by Djehuty. I have walked the path of Ma'at. I have seen its golden light, and my feet continue to walk that path. May the voice of my heart, whose words

were heard by Djehuty as being unto the laws of Ma'at, speak that I may advance; and may I enter on the path to the cave of Osiris, so that I may heal his wounds.

Grant that I may continue to advance.

The Third Gate

Gate of She who eats of the decaying bowel, I Osiris (your name), whose word is truth, am hidden in the great deep. I am the one who parted the Two Companions as they opposed each other. I have come to heal the sickness upon Osiris.

I have firmly laid the temple threshold on which he will stand. I have established things in the Underworld, and I have opened a way through the sacred hidden place. I have balanced the threshold on which he will stand, and I have made a path for him. He will shine brilliantly in the sacred hidden place.

Grant that I may continue to advance.

The Fourth Gate

O you of many voices with a terrifying face, I Osiris (name), whose word is truth, I say that I am of the Bull, a child of the ancestress of Osiris. May He bear witness on my behalf.

I have held the fulcrum within me, giving life to the scales. I have brought unto his nostrils the life everlasting, which I will breathe into him. I am the child of Osiris.

Grant me safe passage in the depths of the Underworld, keeper of the door.

The Fifth Gate

O you who lives on worms, I Osiris (name), whose word is truth, I say that I come to you with my bones complete. I come to you with my spirit complete. As I am complete, so will be Osiris.

I have driven back the power of chaos in the darkness. I have brought salve for the wounds of the god. I have made a path

to the Company of Gods. I am justified among the gods. I have made offerings to Osiris. I have defended him with the word of truth. By my life, I have gathered together his bones, and I have collected all his members.

Grant me safe passage into the depths of the Underworld, keeper of the door.

The Sixth Gate

O taker of bread, terrible of voice, I Osiris (name), whose word is truth, I say that I have come daily into the presence.

I have made myself a way on the plain path. I have advanced over the threshold created by the Guardian of the Underworld. I am justified. I hold the utterance of magic within me. I am the fulcrum. I have defended Ma'at. I have awoken Osiris and I have called him to the threshold. I still walk upon my journey, and I walk with Osiris on the plain path lit with gold.

Grant me safe passage into the depths of the Underworld, keeper of the door.

The Seventh Gate

O One who prevails over knives, I Osiris (name) whose word is truth, I say that I have come unto you, O Osiris, and have been purified.

You who sit in the Company of the Gods, let me walk on the path that turns from night and day into the golden light of the gods, the path that leads to you. Let me step on that golden path that leads to the Company of the Gods. Let me pass through the Underworld to rise with you. May I enter the door and not be turned back or opposed before Osiris.

May I take my place among the company of spirits and gods, and may I be one with the ancestors of Osiris, at no place shall any being contend against me.

On finishing the recitation of the seventh gate, step back from the west altar, bow, and take off your clothing. Now you must undergo the trials

of the goddesses who guard the house of Osiris, and the passageways of death through the Underworld.

The Gates of the house of Osiris

Walk to the north altar, bow, and close your eyes. See yourself in total darkness in the Underworld. Reach out in vision into the darkness. Your hand will touch a door. Place the flat of your right hand on it, and let the door read you. Say to it:

I wish safe passage to the House of Osiris. I am Osiris (name),
and I come to heal the wounds of Osiris.

The door will vanish or open. Step into the dark passageway cut through the rock beyond. Walk until your feet are stopped from moving forward. Then as before, open your eyes while maintaining the vision, and recite. As each gate grants you passage, close your eyes and keep walking until your feet are stopped once more.

The first gate

I Osiris (name) whose word is truth, I say:

Lady of tremblings, high-walled, the sovereign lady, the lady of destruction, she who utters the words which drive back the destroyers, who delivers from destruction they that come to you, I know you and honour you.

The second gate

I Osiris (name) whose word is truth, I say:

Lady of heaven, Mistress of the Two Lands, devourer by fire,
Lady of mortals, She who is infinitely greater than any human being, I know you and honour you.

The third gate

I Osiris (name) whose word is truth, I say:

Lady of the Altar, mighty lady to whom offerings are made, greatly beloved of every god sailing upriver to the sacred temple of Osiris, I know you and honour you.

The fourth gate

I Osiris (name) whose word is truth, I say:

She who prevails with knives, Mistress of the Two Lands, destroyer of the enemies of the Still-Heart, who decrees the release of those who suffer through evil, I know you and honour you.

The fifth gate

I Osiris (name) whose word is truth, I say:

Flame, Lady of fire, who absorbs the entreaties made to her, She who repels the rebel, I honour you.

The sixth gate

I Osiris (name) whose word is truth, I say:

Lady of light, She who roars mightily, whose power cannot be comprehended, whose like has not been found since the beginning. The snakes whose number is unknown, which were brought forth before the Still-Heart, I know you and I honour you.

The seventh gate

I Osiris (name) whose word is truth, I say:

She whose cloak envelops the helpless ones as they sleep, She who weeps for and loves those She covers, I know you and honour you.

The eighth gate

I Osiris (name) whose word is truth, I say:

She of blazing unquenchable fire with far-reaching tongues of flame, irresistible slaughterer, which one may not pass through fear of its deadly attack, I know you and honour you.

The ninth gate

I Osiris (name) whose word is truth, I say:

Goddess, lady of strength, She who gives quiet of heart to the offspring of her lord. She who is large, upon whom all green things grow. She who receives the divine form and clothes the helpless one in skin, Devourer, lady of all men, I honour you.

The tenth gate

I Osiris (name) whose word is truth, I say:

Goddess of the loud voice, She who is heard across the land, who makes her suppliants to mourn, the awful one who terrifies, who herself remains unterrified within. I honour you.

The eleventh gate

I Osiris (name) whose word is truth, I say :

I have made my way. I know you, and I know thy name, and I know the name of her who is within you:

She who slays always, consumer of the fiends by fire, mistress of every gate, the lady who is acclaimed on the day of darkness is thy name.

She who is under the supervision of He who veils the helpless one, I honour you.

The twelfth gate

I Osiris (name) whose word is truth, I say:

I have made my way. I know you, your name, and the name of her within you:

Invoker of the Two Lands, destroyer of those who come to you by fire, Bright One, mistress of spirits, She who hears and receives the utterance of the Divine wind: this is your name.

She who is under the supervision of He who veils the helpless one, I honour you.

The thirteenth gate

I Osiris (name) whose word is truth, I say:

I have made my way. I know you, your name, and the name of her within you:

She whom Osiris draws his arms about, and makes the deities who bring life to the land, to emit splendour out of his hidden places, is your name.

She who is under the supervision of He who veils the helpless one, I honour you.

The fourteenth gate

I Osiris (name) whose word is truth, I say:

I have made my way. I know you, and I know your name, and I know the name of her who is within you.

Lady of might, who tramples on the Red Demons and dances in blood, She for whom the Haker festival is celebrated on the day of 'She who hears faults,' is thy name.

She who is under the supervision of He who veils the helpless one, I honour you.

The fifteenth gate

I Osiris (name) whose word is truth, I say:

She who has a soul, terrifying of red of hair and eyes, who appears by night, and who grasps the wrongdoer by the belly. Let her hands be given to the Still-Heart in their hour, let them advance and go forward, is thy name.

She who is under the supervision of He who veils the helpless one, I honour you.

The sixteenth gate

I Osiris (name) whose word is truth, I say:

Terrible one, lady of the rainstorm, destroyer of the souls of men, She who creates terror, devourer of the bodies of men, orderer, producer, and maker of slaughter by pestilence is your name.

She who is under the supervision of He who veils the helpless one, I honour you.

The seventeenth gate

I Osiris (name) whose word is truth, I say:

She who dances in blood, She who dismembers, lady of the long hair of death is thy name.

She who is under the supervision of He who veils the helpless one, I honour you.

The eighteenth gate

I Osiris (name) whose word is truth, I say:

Fire-lover, pure one, lover of slaughter, cutter-off of heads, devoted one, lady of the Great House, slaughterer of rebels at night time is your name.

She who is under the supervision of He who veils the helpless one, I honour you.

The nineteenth gate

I Osiris (name) whose word is truth, I say:

Light-giver for life, blazing all the day, lady of strength of the writings of the god Djehuty himself" is thy name.

She who is under the supervision of the veiled ones of the treasury, I honour you.

The twentieth gate

I Osiris (name) whose word is truth, I say:

Dweller in the cavern of her lord, She whose name is hidden, mysterious of shape, hider of her creations, swallower of hearts is thy name.

She who is under the supervision of the veiled ones of the treasury. I honour you.

The twenty-first gate

I Osiris (name) whose word is truth, I say:

"Knife which cuts when Her name is uttered, slayer of those who approach her flame" is thy name.

She who is unknowable, and is governed by the unknowable, I honour you.

As you pass through the twenty-first gate you find yourself on the threshold of a deep and vast cave. In the centre is a large white crystalline stone which you recognise. Draped over the stone is the body of a man, who is seemingly dead.

Stay on that threshold, recognise the cave and the powers that flow through it, and bow to the presence within the cave.

Say:

I Osiris (name), step into the presence of Osiris. I bring salve for his wounds and breathe for his nostrils. Grant me safe passage into the tomb of Osiris.

Step forward with your right foot, while holding up your right hand so the lantern can light the space.

Go to the body of Osiris and look at it. You will see a pale, lifeless corpse with numerous wounds. Seeing the suffering on his face, you become filled with the pain he felt, physically and emotionally, as he died.

The emotion fills you and you begin to weep. Your tears form a puddle on the cave floor. Scoop up some of the tears and wash his wounds. If you have long hair then use it, dipped in tears, to wash his body and massage it gently, letting the emotion of sorrow flow through your hands.

As you wash his wounds with your tears, you notice that they slowly seal up and vanish. As you stroke and massage his body it takes on a healthier colour. A wind starts to gently blow around you and around the cave. Remember, this is the Cave of the Four Winds.

Take in a deep lungful of the winds, and slowly blow it out. The wind blows a little more strongly. Take another lungful of the winds, and breathe it into the nostrils of Osiris. Do this three times.

Then place your hand over his heart. You feel your own heart react, and beat stronger. As your own heart beats stronger, you feel a flutter from the heart of Osiris as it listens to your heart and begins to beat in harmony with it.

The skin colour of Osiris continues to look better. You can see his heart beating slowly and his chest beginning to rise and fall with the breath that you breathed into him. But he is still weak. You must bear his weight for him to return to life. Take him off the stone and onto your back. He is a heavy weight, and you will have to struggle to walk each step.

Walk to the corner of the cave where you see a faint golden glow. When you get there, you will see some familiar golden steps. Stand at the bottom of them and look up as they ascend into darkness.

Say:

I, Osiris (name), will be the bark of Osiris. I will carry you on my back. I will be the night bark that carries you up to the day.

You must now ascend the steps one at a time. Each step has its own recitation. As before, hold the vision in your mind as you open your eyes

to read and recite.

Each step is very large and difficult, and you must climb them without letting Osiris fall off your back. Climb onto each step, open your eyes, recite, then close your eyes and climb up to the next step.

The steps up

The first step

“I am as the god who is without beginning or end, I am as the first in rising. I am the Only One. I came into existence from the void. I am light who rose in the beginning of creation, before the pillars of the great wind were created”.

The second step

“I am the light, the creator of the names of His limbs, which came into being in the form of the gods who walk the path lit by the Light Bearer. I am he/she who cannot be replused among the gods”.

The third step

“I am the light that dawns, I am Yesterday, I know To-day, and I will know tomorrow”.

The forth step

“Yesterday is Osiris, and Today the light is born, when he shall destroy the enemies of time, and when he shall establish the sons and daughters as gods.”

The steps turn from golden to black and white. You also may begin to see what appear to be bright wheels turning and churning in the rock, rising up to the surface with you as you climb. The higher you climb, the stronger and more visible they become.

The fifth step

I carry Osiris, I am the boat which brings the light to the day, and the green to the fields. I am the keeper of the volume of the Book of Destiny, in which is written of the things which have been made, and of the things which shall be made.

The sixth step

I am as the god who casts seeds in to growth, I seed the bed of rich soil of Osiris that I carry upon me, so that he may grow and become green. May Isis and Nephthys prepare the door to receive us.

The seventh step

“I am Osiris (name) and I carry Osiris upon me. My heart has been heard and weighed. I am Justified. My mouth was opened in the Company of the Gods. I am Osiris (name) and on my back I carry Osiris. We are as one.”

The eighth step

My cord has been cut, and I was found faultless, as my cord is cut, so too is cut the cord of Osiris. I am Osiris (name) and on my back I carry Osiris, we are as one.

Close your eyes. Before you, one step above, see a great gate open. The wheels of bright fire and light in the rock seem to keep climbing above and beyond the gate.

On the left side of the gate stands the goddess Isis, and on the right side stands the goddess Nephthys. They face each other with their arms

outstretched above them and arching together with their hands joined—they make an archway. You cannot see through the gate.

Take the next step. As you do, the wheels release and vanish upwards out of sight.

The ninth step

Recite:

We Osiris are purified on the day of our birth. His ancestors are my ancestors, my ancestors are his ancestors. We are one, and we stand on the threshold, between the pillars of Isis and Nephthys.

May I, the Osiris (name), whose word is true, have my portion with Osiris who is on the top of the Steps. According to the desire of my heart I have come forth from the cave, and I have extinguished the fire.

As you step up level with the gate and stand on its threshold, standing between the two goddesses, you look before you and see into your work space. There is great power in the work space, and goddesses and gods are in various positions around the room.

You also see yourself as a magician working in the room: it is the Egyptian ritual you did where Osiris is called up from the depths. As you look at yourself, the image of you crumbles into dust, then is scattered by a breeze that flows through into the work space from behind you.

The tenth step

Stand between the two goddesses and recite:

We, Osiris, stand on the northern gate of the Underworld. Behind us is the cave, the tomb of Osiris. Before us in the south stand the pillars of Hathor and Sekhmet, in the centre stands the Island of Ma'at.

There is the east horizon, and there is the west horizon. In my left arm I carry the power of Horus, the sword. My words of truth shall heal the sacred eye. Beyond the pillars I see Set, bound by the threshold. My arm of Horus shall limit Set, and Djehuty shall heal the sacred eye.

I shall calm the storm that rages. Gods and Goddesses in the presence of Osiris, give me your arms; for I am the god who shall come into being among you.

Close your eyes and see the gods and goddesses put out their arms to welcome you into the space. The power of their arms gives you strength to carry Osiris over the threshold.

Step over the threshold into the work space and stand before the central altar, facing south. Physically turn to face the central altar, with the north to your back and the south before you. Make your last two steps small ones, towards the central altar.

The eleventh step

I am the Divine Soul which dwells in the Divine Twin-gods. We are Osiris, our parents are Shu and Tefnut, the two pillars that uphold us. On this day we have union with the earth. The seeds of Osiris do sprout, look, he is alive. I take possession of my two feet and I step into the sacred place before the altar of Ma'at. Arms of the gods, embrace us for millions of years.

The twelfth step

Horus purifies Set and Set strengthens, and Set purifies Horus and Horus strengthens, and the mansion of Ma'at shall rule between them.

Company of the gods, I give you Osiris, we who are reborn, live, and will flourish. I lay his green body on your altar. Look, he is alive!

In vision, Lay the body of Osiris onto the altar. Stand and watch him in vision, and see his skin turn green and begin to sprout seedlings.

Blow across the seedlings to give them air, and drop a few tears on them to nourish them. Open your eyes, then recover your clothing and put it on. Go back and stand by the central altar, facing south. Recite:

Homage to you, Justified ones, and Divine Ones who live for the endless and infinite aeons of time which make up eternity.

I have opened a way for myself to you. I have become a spirit in my forms. I have gained mastery over my words of magical power, and I am adjudged a spirit in life. Grant to me my mouth that I may speak; for I know you, and I know your names, and I know also the name of the mighty god before whose face you set your celestial food.

Hold out your left arm:

I will rise upon the eastern horizon of heaven and earth; Osiris will rise upon the eastern horizon of heaven and earth.

Lower your left arm and place your left hand on the bread and your right hand on the wine. Recite:

I lay my hands on the wheat and barley, the body of Osiris, that it may give abundant measure and feed the gods. I lay my hand on the fruit of the vine, the blood of Osiris, that it may give abundant measure and soothe the gods.

Step back, bow to Osiris in the centre, then step forward again to the main altar. With your left hand hold up a portion of the bread. Recite:

Here are the fruits of the body of Osiris. Here is the flesh of Osiris, he that rose up from the Underworld, he that sprouted grain in the light, he that gives food to all that lives.

I, Osiris (name), eat of this bread that I may live, and that I may stand in the Company of the Gods all the days of my life; and on my death I shall rise again and sit with the Company of the Gods for the length of a million years.

Eat a portion of the bread and leave the second portion on the altar. Lift up the wine in your right hand and say:

Here is the blood of Osiris that flows from his fruits that matured in the sunlight. He gives drink to all who live. I, Osiris (name), drink of this blood that I may live, and stand in the Company of the Gods all the days of my life; and on my death I shall rise again and sit with the Company of the Gods for the length of a million years.

Drink the wine from one goblet and leave the second goblet on the altar. Recite:

I am regenerated by the body and blood of Osiris. I shall live by the will of the Gods, and I shall serve by the will of the Gods. I am twice born, I am Justified, and I walk under the rule of the sword, upon the path of Ma'at.

Place the remaining bread and wine together, the bread to the left of the central candle and the wine to the right. Recite:

O Osiris, here is your body which will nourish the gods and goddesses. O Osiris, here is your blood which will nourish the gods and goddesses. Osiris you are risen and you bring life to the worlds once more. Hail Osiris and welcome.

Step back from the central altar. In vision, with your eyes open, see all the assembled gods and goddesses turn to look at you in expectation.

Go to the east and close your eyes. In vision see the god Djehuty standing on the threshold. Bow. Then open your eyes and recite:

I, Osiris (name), listen to the wind and hear the wisdom of Djehuty. I will learn.

Go to the central altar and pick up the bread. Walk to the southeast cross-quarter. Close your eyes and see Hathor standing in the cross-quarter. Bow to her, open your eyes, and hold out the bread. Recite:

I, Osiris (name), reside in the Mansion of Hathor, with the power of Horus in my left arm, which I serve and protect. I honour the Lady of the Reeds, She who is the temple and She who is the mother. I offer you, my mother, the bread of Osiris, the fruit of his body, that it may nourish you.

Place the bread on the ground, step back, and bow.

Go to the south. Close your eyes and see Set standing behind the threshold, with a veil—a seal—trapping him behind the threshold. He can see through and communicate, but he cannot step into the room. Bow to him and recite:

I, Osiris (name), see the power of the storm, the strength of Set, He who balances the power of Horus. I am the fulcrum between the two brothers. I separate the combatants and bring equal measure to both. I honour you and I will learn.

Step back and bow to Set.

Go to the central altar, pick up the wine, and go stand before the southwest cross-quarter. Close your eyes and see Sekhmet standing in the cross-quarter. Bow to her and recite:

I, Osiris (name), bow to She Before Whom Evil Trembles, Sekhmet, She Who Wields the Aegis that scrapes from our skin the putrid magic of wrongdoers. I offer her a bowl of the blood of Osiris that she be pacified.

Place the wineglass on the floor of the cross-quarter, step back, and bow to Sekhmet.

Go to the west, close your eyes, and see Seshat standing on the threshold. Bow to her and recite:

I, Osiris (name), give honour to She Who Writes and Records, Seshat, She Who Writes the Book of Destiny and records within it the path of all who live, She Who Presides over the Book of the Inner Temple, She Who Measures:

I offer you my eyes, my ears, my mouth, and my hands in service, that I may be as you. May I learn in your shadow, and hear your voice on the morning wind.

Step back and bow.

Go to the northwest, close your eyes, and see Nephthys standing in the cross-quarter. Bow to her and recite:

I, Osiris (name), thank you, She of the Fiery Breath that guards the Underworld, for giving me safe passage.

I have healed your brother Osiris. I have carried him from the Underworld on my back. I have brought him to the threshold. I have carried him to the altar of Ma'at. I have watched his grain sprout and I have rejoiced in his renewal.

She who permits my harvest to light my way, I know you, I honour you, and I bow before you.

Step back and bow.

Go to the north, close your eyes, and see a multitude standing beyond the threshold. Bow to them and recite:

I, Osiris (name), bow before the ancestors of Osiris and before the ancestors of Osiris (name). We are one. The ancestors of Osiris are my ancestors, and I will be an ancestor of Osiris. We are risen; grant us a seat in the sacred land.

Step back and bow.

Go the northeast, close your eyes, and see Isis standing on the northeast cross-quarter. Recite:

I, Osiris (name), bow before Great Isis. May your sacred cloak descend on my shoulders. I am the heir of the sky, the companion of He Who Created His Own Light. May your cloak be beneficial to me, may it be allotted to me for ever and ever, and may you protect me from evil. I know you, I honour you, and I bow before you.

Stand before Isis with your eyes closed, and in vision, see a heavy cloak descend on your shoulders—you recognise this.

She places her hands one on each of your shoulders, and she blows into your eyes, your nose, your ears, and your mouth. Then she rests her forehead on your forehead, like a mother might do to a much-loved child.

When she has finished, step back and bow to her.

Go and stand by the central altar, facing south, to address Osiris. Recite:

I have come to you Osiris, Ruler of Eternity. I stand in the enclosure of Djehuty, and I am joyful for all that he has done. He brings sweet air to your nose and life and dominion to your face. Fair is the north wind that flows from the house of Atum to your nostrils, O lord of the sacred land. He causes the sun

to shine on your breast, he illuminates the dark way for you, and he removes the evil on your body by means of the power that is upon his mouth.

Your right eye is the night bark, your left eye is the day bark; your beauty is eternal and shines with the light of life. May you live in blossom, and may you stand in greatness in the Company of the Gods.

Osiris has risen.

Step back and bow. Cross your hands across your chest. Recite:

I am Osiris (name). Let me not be judged according to the mouths of the multitude. I stand in the enclosure of Djehuty and I am joyful for all he has done. He brings sweet air to my nose and dominion to my face. Fair is the north wind that blows from the House of Atum to my nostrils. He causes the sun to shine at my breast, he illuminates the dark way before me, and he removes evil from my body by means of the power that is upon his mouth.

My right eye is the night bark, my left eye is the day bark; my beauty is eternal and shines with the light of life. May I live in blossom, and may I stand in the Company of the Gods in life and when risen from death.

Osiris (name) has risen.

Step back and bow to the assembled gods and goddesses. Sit down and close your eyes.

Go in vision into the inner temple. Sit in its stillness and silence. Within that stillness you feel the Gathering circling the flame around you. As they circle, you feel the Company of the Gods and their power, the power of their temple above you; and you feel its power descend into the Inner Temple. The two briefly fuse together, and you are seated in the Company of the Gods while also being seated in the Inner Temple.

When you feel the separation, you also begin to feel the strength of the work space around you. The Inner Temple fades, and you are left sitting in your work space in silence.

When you are ready, get up, bow to the space, and go around the directions and put the lights out.

If you can, leave the central flame burning, and lie in the work space to sleep until dawn. Otherwise put the remaining bread and wine somewhere safe until the morning, put the light out, and go to bed.

In the morning put out the remaining portion of bread for the birds, and pour the wine onto the ground outside.

Journaling

Write down any 'ah-ha's that came to mind while you were doing the ritual, what the ritual felt like, and how it affected you directly afterwards. Write down what you can remember seeing and hearing, as it may inform you in later years.

The Mystical Map

Lay out the Quareia Magician's Deck in its Mystical Map layout, with the position cards in their own places. Refer to the chart at the end of this lesson. The row of cards in a horizontal line are aspects of the physical realm. The ones that arc above it are the inner worlds; and the ones that arc below it are the Underworld.

Two 'action' cards of the magician bridge these realms: the Grindstone and the Unraveller.

The Grindstone is a bridge between the human in the physical world and the threshold of the inner worlds. Its power is of both places, is of the future, and its influences of inner contact flow into the magician's life to move them forward. It forms the path ahead.

The Unraveller bridges the Underworld and the physical realm, is moving in the past, and its influences of Underworld contact move things into the past. It is about letting go: the harvest.

These two influences run through the lives of all humans. Once you expand out into the reading—the next layer of Magical Temple, etc—you get to the influences that trigger when a mundane human becomes magical or mystical and steps into the inner and Underworld realms. The outer influences are the depths of the inner world and Underworld. Can

you see the infinity pattern that comes together in the centre? Can you see the Ouroboros circling the whole thing?

Now look at the cross shape, the Quarry mark. The vertical line down the middle is the magician. The powers and dynamics on the right side of the picture are the dynamics on the left side of the magician. The lowest card at the bottom is the power that upholds the Grindstone under the magician's foot, the Path of Hercules is the magician's left arm, and the Inner Temple card is the angelic light that shines over the magician's shoulder. That light flows from the Inner Temple and its light is of the Company of Gods and the Gathering.

The top left-hand card, the Ancestral Temple, is the angelic sword that guards you. It is the powers of the past, powers restricted out of life, the consciousness of those gone before who have been measured, the wisdom of the ancestral collective which protects and guides those of their line into the future. That consciousness is harnessed by the angelic being, along with the power of restriction, and is used to guard you.

Look at the layout and think about the various tools, powers, and so forth around you as you work. You will begin to see that the Quarry mark is also the stance of the adept's pattern of power. This allows you to use this layout for readings, when necessary, to inform you about this power pattern and the wider patterns and the issues that surround it. A lot has been hidden in the layout. Its card positions link directly with adept work, the adept power pattern, the ascent and descent, and how to bring all those layers together as one working structure.

Spend some time looking over the layout, seeing more and more connections, and see how the power dynamics settle themselves around the pattern. Look at the powers that flow from the positions, and think about their relationship with the tools, deities, angelic beings, and so forth within this pattern.

Write up your observations, discoveries, and so forth.

A reading

Twenty-four hours after you have done the ritual with Osiris, once the power has settled, do a reading using the mystical map layout to look at its effect on your life path and also your soul path, as an adept, now that you have done that work. Compare it to the earlier life reading you did and see what has changed.

Summary

As you will have begun to realise, everything on the road of the magician, from apprentice to adept, is a piece of a puzzle, and each step prepares the way for what is coming next. You prepared for this work as an apprentice when you laid foundations that you can now stand on as an adept.

You may also have recognised some of the beings and goddesses of the gates from their descriptions. You will have come across many of them in your reading, your visions, and your own experiences. It may also have occurred to you that the passage 'up' and 'down' is done many times in different ways as you walk the path of the magician. Layer upon layer of action and experiences, in descent and ascent, create a pathway for the deeper spirit to walk.

This movement up into the stars and down into the Underworld through the gates of death is approached many times in different ways, through actions, rituals, and visions. Each layer adds to the previous one, so that as an adept you have strong feet to carry you through the gates and hold you upright when the tides of creation or destruction sweep around your ankles.

This constant deepening of the actions of ascent and descent is mirrored in the infinity symbol—and one of the great secrets of the adepts is to look on this symbol and understand it fully.

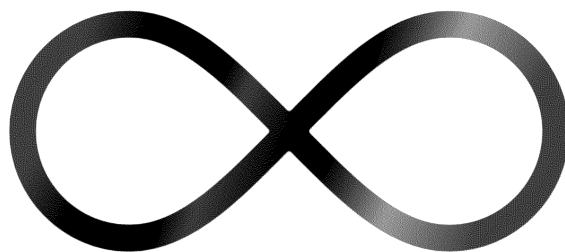


Figure 1: Infinity symbol

On a mundane level it can show the passage of the soul through life and death as a continuous cycle of life, death, and rebirth. But an adept must step out of that cycle and transcend it, which is done through the death-in-life. Ascent and descent is inherently tied into our nature as humans, but the adept moves that inherent movement from the cycle of life and death to the cycle of ascent and descent *while still in life*.

Only those who have been out in the stars can truly tread the depths of the Underworld and survive; and only those who have trodden the paths of Deep Underworld can traverse the stars to step in the Company of Gods. One relies on the other. And to go from the stars to the Underworld one must tread on the earth, the point where the two curves of above and below come together: the point of the fulcrum in life.

The *ouroboros* is the two paths that are one, the continuous cycle of power and consciousness that are the arteries of the Divine vessel, sometimes shown as two dragons, two snakes, and so forth. This angelic pattern creates and upholds the paths that form in the life and death of all things, and like all inner patterns it is mirrored in ever-deeper versions that take us closer to the powers of creation and destruction as they manifest within, and of, each other.

We humans walk on that ever-cyclical path, stopping to pause in life before setting off again to ascend or descend on our path—the shape of the infinity symbol. If you put the infinity symbol within the ouroboros then you have the map of human manifestation, which turns the circle into three layers: the overworld or stellar realm, the physical world or fulcrum, and the Underworld. To go down you must go up, and to go up you must go down: they are both of each other.

The point of the fulcrum in the centre, that we flow in and out of, is life. This is mirrored in the lesser Mysteries as the *home and hearth*. This is the time out for the magician when he or she consolidates what they have learned, anchors themselves back in the mundane world, and heals any damage.

When, and if, the magician decides to leave that safe and comfortable place, they step back on the path of Hercules and ascend or descend—whichever is necessary to carry them forward on the next step of the path. They plumb the depths of the Underworld and converse with the deep goddesses of destruction, or they rise and commune with the Company of the Gods. One cannot happen without the other.

The cycle continues in different forms, different layers and different levels of power and consciousness as the adept matures.

When the adept no longer has necessity to stay on the turning wheel of life and death then they step onto the path of the Ouroboros. This takes them out of the cycle of life and death. They instead flow round the complete circle of angelic power, the wheels of fire, where they are of all worlds, and where all worlds flow into one consciousness.

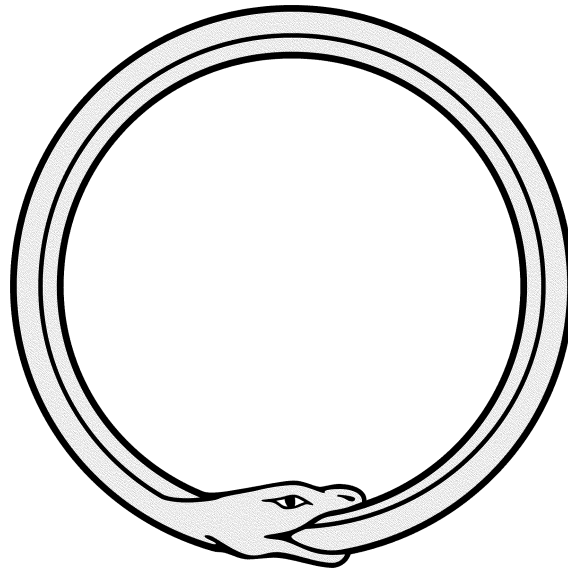


Figure 2: Ouroboros

The ritual you have just done triggers the next layer of deepening. It also lays the pathway for the rest of the adept life. Whereas the ritual is coherent and organised, its manifestations in life are not, and they can happen at random...

Ascend Osiris, ascend with Isis, rise with the Day-bark.

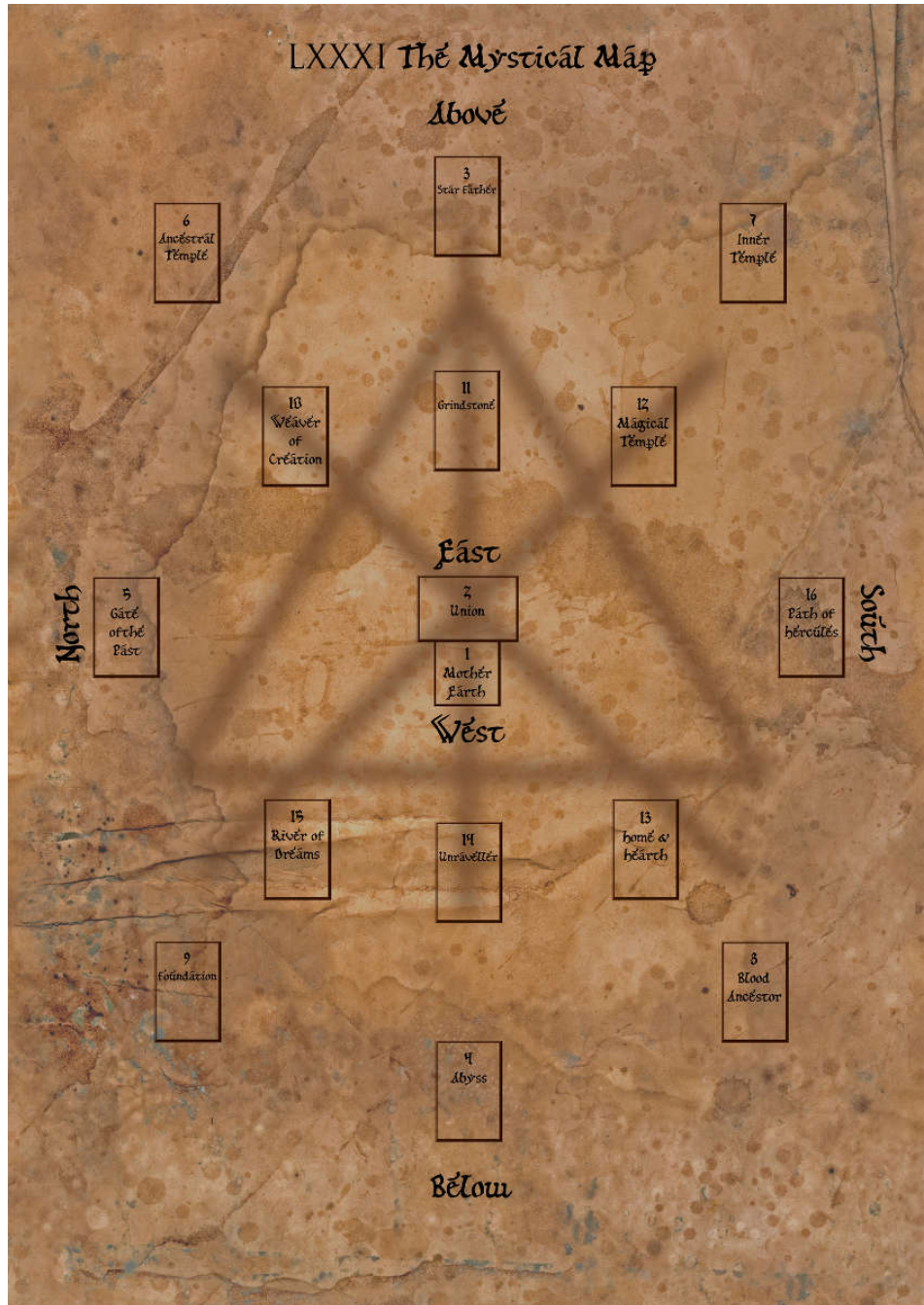


Figure 3: The Mystical Map

QUAREIA

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