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# QUAREIA—THE INITIATE

## Module I—Core Initiate Skills

### Lesson 2: Initiate level meditation skills

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# WELCOME

*Welcome to this lesson of the Quareia curriculum.*

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

*For more information and all course modules please visit*

[www.quareia.com](http://www.quareia.com)

*So remember—in order for this course to work, it is wise to work with the lessons in sequence. If you don't, it won't work.*

*Yours,*

*Josephine McCarthy*



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## QUAREIA—THE INITIATE

### Module I—Core Initiate Skills

#### Lesson 2: Initiate level meditation skills

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By now you should have some reasonable meditation skills if you have been practising. (And if you have not been practising then you will find the initiate training very tough going, as meditation is an integral part of magic.)

The next stage of magical practice builds not only on the meditations that you have been doing, but also the eyes-open vision work you have been doing in your ritual work. Being able to have the mind in two places at once is a major skill in magic, and like all skills it comes with practice. As an adept, you will be expected to be able to stand in a busy place and converse with people while also having your mind in an inner realm and mediating that realm into the outside world. You must be able to actively form magic while talking to someone or being in a busy place and interacting with people. The ability to do this comes from *open eye meditation*.

There are a series of exercises that the magician can do on a regular basis which will slowly teach the brain this skill. Some you will find fairly easy and others you will find hard work. The ones that are hard work are the ones you do not shy away from; rather you do them more until they become second nature.

The reason such skills are so important is that when you walk a magical path, the work that you do and are called to do does not go on pause until you can find a convenient time and place; it is a day-by-day

experience. You never know what you may be walking into from one day to the next, and often the true inner emergencies that need your attention drop in your lap at the most inopportune moments. I have had sudden inner calls for help while standing in a shopping mall surrounded by screaming kids, or while at work or in the middle of teaching a class. Often these types of calls are very serious and connected to service that I have agreed to. (If you decide not to work in service, you will not have these sudden events, but then you would also not have the great experiences that come with them.)

I have learned and gained so much strength and skill, as a magician and a human, from being 'on call' in situations like this. This is not like being on the end of an email address where people swamp you with their problems that are in fact mundane but seem terrible to them; it is something very different.

Sometimes it is a call for your attention because you need to suddenly divert a stream of energy flowing hard and fast towards someone or a group of people, and it is critical that it is diverted. Or it could be a situation where a key person is about to be in a car accident, or when a sudden disaster has launched a lot of people into death and you are needed. The variables are enormous. Sometimes you get to see what you diverted; other times you have no clue what you have just done. The key is that it is always very important that it is done straight away. You will also find that sometimes there are massive disasters that you are not called to act on. Do not try to be a hero: you work with what is presented to you and no more.

As an adept, sometimes long-term work projects may suddenly trigger and need immediate attention, or you may be unlucky enough to come suddenly under attack. You could walk down a street where a fatal accident is about to happen: when you agree to service, that agreement plays out however it needs to. You truly step into the role of protector and balancer, and it is rarely a convenient one.

The skill allows you to continue what you are doing in your outer life while at the same time casting your consciousness to the call or the magical/inner dynamic that has suddenly surfaced. A skilled adept will be able to keep doing their shopping or teaching a class while a part of them is also in stillness and working. This is also a good skill to have if you have a family. You can keep dealing with your two-year-old who is in a meltdown on the floor and throwing a tantrum while also tuning into an inner contact or crossing over an inner threshold.

The following exercises present different aspects of the skill set and

allow you to practice the dual world skill. Have a close look at the exercises. If you think making adjustments to them would fit them better to who you are and how you work, then do so—so long as they still push you towards developing the skills you need. Everyone is different and people live very different lives. And by now you should have a good idea of your strengths and weaknesses when it comes to magical skills: adjust the exercise to take account of your weaknesses in a way that would not make them easier, but would make them more effective and relevant to you.

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### *Task: Walking meditation*

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*Note: These exercises can be done at the same time as you work on your next lesson.*

This is the easiest of the active meditations, and also the most useful. It is also the one above all others that can become a powerful shield for you when you walk into a place that is energetically unbalanced.

Like all these exercises, it will take a lot of focus at first to achieve only a short amount of successful meditation, but the more you do it, the further you will be able to go, and the longer you will be able to hold it.

Do this exercise two or three times a week for a least a month. After that, when you have to walk somewhere, practice this exercise as you walk. Get used to using any opportunity in your everyday life to practice skills whenever you can.

Go for a walk. It does not have to be a long hike, but it should take you about twenty minutes if possible. Before you start, still yourself and be aware of the central flame burning within you. As you walk, remember your workspace and what it feels like when the directions are open, the candles are going, and the contacts are there. It will have developed a certain 'feel' for you. Recover a sense of that feeling and as you walk, regardless of which direction you are walking, be aware of the south gate before you, the east gate to your left, etc.: be aware of the magical directions around you.

As you walk, keep that pattern constant in your mind: stars/father above, earth/mother below, the four directions around you, and the central flame within. You are essentially taking that magical pattern with

you as you walk. If people stop and talk to you, or there is noise and bustle around you, do not try to shut it out, rather just keep focus of the magical directions all round you. You are learning to blend that pattern to the world around you and have it as the foremost power in your mind.

Every so often stop a moment, as if to look in a store window or to wait for traffic, and deepen the pattern of the directional energy all round you; merge it in your mind with your surroundings.

If there is a church nearby that is open to the public, go in and stand close to the centre of the transepts, or close to the altar, and face south. Do not interfere with the energy and pattern of the church, and keep respect for the power there, but stand facing south and be aware of what is to the east and west in the church. It will give you a lot of insight into the power and pattern of a church if you meditate on the directional powers you work with. It will also help subtly to tune the church so long as you simply strengthen the pattern within and around you without any agenda towards the church.

You can also practice this in other buildings. It does not interfere with any space, but it is a good tuning device, not only for yourself but for everything around you, as it is a deep, ancient and natural pattern of power.

Once you can hold this pattern in your mind as you walk down a street, then it is time to practise it sitting in a busy place. You can choose a café, a mall, or a supermarket: somewhere full of people relaxing or shopping. Sit down somewhere and simply meditate, with eyes open, the directional power pattern all around you.

Once this is firmly established and you can hold it easily while looking around, you may notice that animals or small children are drawn to you. They instinctively feel the power balance and are drawn to it. If this happens, simply keep holding that power space and let them come near and enjoy it.

When you can hold this pattern in a busy but neutral place, then try it in a place where there are likely to be parasites or unhealthy beings. It is really important to learn how to do this, as it will save your ass one day.

Sit in a place that you know is unhealthy, but where you are relatively safe. Do the meditation, but instead of being willing to let people into this space as you did with the kids and creatures, hold the directions around you as firm boundaries.

Feel the power within you, above you, and below you; and feel the four directional gates around you. See the sigil of the sword<sup>1</sup> to the left of you and the sigil of the vessel to your right. Beyond the sigils are the gates, and at the gates are the contacts. The whole thing is like an energetic construct with a membrane that stretches all round the outside of the pattern. The tension of the power thresholds in the directions acts like a barrier.

Once you have successfully established this, you will find that people move away from you or move the long way around you. They will not feel comfortable in your space. You will also feel beings trying to hook in to you but unable to cross the thresholds surrounding you. You can then practise this less welcoming version of the meditation as you walk down the street. It is also good for parting the masses when walking through a crowd.

Besides the skill of holding this meditation with your eyes open and walking, you are also learning to create a safe space for those who need it around you, or creating a no-go area around yourself. This is the first step towards projecting a protective barrier around yourself when needed. Play around with the techniques and the settings. The main result that you need is the ability to hold the stillness and directions around you as you walk, and also to turn it from being a welcoming space to a space that bars others from coming into it.

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### *Task: Talking meditation*

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This exercise is pretty tough, but it gives you great skills once you have mastered it. There are two sides to it: you talking, and you listening to the voice of someone else. And this is one you can do at home. Using the same directional pattern as the previous exercise, you will practice holding that pattern in a meditative state.

Still yourself with a basic meditation and then pick up a book. Hold the book and in the stillness, see the directional pattern around you and the flame within. Once you have the pattern and can simply 'be' within it, open the book at any page and start reading. Just read one page while holding the directional meditation. Don't try to absorb or understand

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<sup>1</sup>See now why you learn to work with it in your mind?

what it is you are reading, just read the words while focusing on the directional pattern.

You are training your mind to do a communication task while not focusing your consciousness on the words: your mind should be immersed in the directional pattern, not the information the words present. This is tougher than it sounds.

Once you have mastered holding the pattern in your mind while reading a page of text, expand it to two pages. The key is not to immerse your mind fully in the pattern or the text, but simply to have the feel and pattern round you as you read, and to not focus on the words either: if you do this properly, you will recover the feeling that your work space gives off when it is tuned in, and you will have recited a page of text without being able to recall any details from it.

This is preparation for a specific magical technique where you draw in power and hold it while doing a magical utterance. Your brain is trained to do two very different things at once, and your consciousness is free of both so that it can get on with the magic itself. You are engaging a similar brain dynamic to driving and holding a conversation. Often by the end of the conversation you cannot remember the stretch of road you have just driven down, but you have arrived safely. If there was any minor danger on the road, your brain would have warned you and you will have compensated your driving to avoid it, all the while keeping up your conversation.

It is this mechanism which you are tapping into, with an added twist. The brain reads and recites (two separate functions), while also holding an inner pattern. Once this skill is achieved, a further function will be added, whereby your consciousness directs power with full focus. This takes time to achieve, but this exercise starts the process.

Once you have got the basic technique, you can experiment with adding in other elements one at a time, so that you can do physical movement tasks, reading, watching, and holding a magical pattern at the same time.

This is a long-term exercise, so take as long as you need to achieve it. Once you have the skill, practise it during your working day. It is a foundation stone skill, so it will need maintaining with regular practice throughout your magical life. I practise it as I cook and listen to music, and if the phone rings, I keep the action going and also hold a conversation while still being immersed in the magical pattern.



All the exercises in this lesson are ones that you should find a way to drop into your everyday life for long-term practice, as they are skills that keep building and building once you have the basics. I do it for a few minutes here and there through a regular day as I get the chance. They do not need vast amounts of time or a special room; they are things you can do through your working day once you have got a feel for how they work.

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### *Task: Organ meditation*

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Talking to your organ spirits is one thing, and organ meditation is another technique that not only trains your mind, it also trains you to be mindful of your organs. This might sound odd, yet the organs of the body are living beings in their own right who work with you as magician. By working with this meditation, you will learn how to direct your energy and consciousness to a specific organ not only to uphold it, but to commune with it.

Certain organs can act as early warning alarms for you when magical energy is out of balance or the body needs particular attention. It can also be used to heal and strengthen the organs. Again you will use the directional pattern of focus.

Sit quietly and still yourself. Once you are still, build up the directional pattern and the feel of it. Once you have that pattern strongly, bring your attention to your heart. Just be aware of it, where it is, and its energy signature (each organ 'feels' different). In the directional pattern, focus it so that the heart is at the centre of the directional pattern. Be aware of your central flame and as you cast your mind to the power of the central flame within you, see the energy around the heart grow brighter. Sit with these images and feel the heart grow strong and the light within it brighten.

Once you have mastered this, cast your mind to your liver.<sup>2</sup> Repeat the same technique of seeing the inner flame grow strong, and direct that strength to your liver. If at first your liver seems dull or dark<sup>3</sup> hold the sense of the inner flame feeding the liver until it grows brighter. It will have its own colour: take note of this colour.

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<sup>2</sup>If you do not know where your organs are, find out!

<sup>3</sup>In such a case it may need attention; if so, change your diet.

When the image of the light in your liver is nice and strong, then add your heart so that your heart, your central flame and your liver all shine. All the while upholding the directional pattern.

The next organs for attention are the kidneys. Repeat the inner flame focus and cast your attention to your kidneys. Hold your attention on the kidneys until they glow brightly; again they will have their own colour. When they are nice and strong, add in the heart and liver.

Repeat the same technique with your brain. Strengthen the inner flame and direct it to your brain. As it begins to brighten, see any build-up of 'crust' break off and crumble away so that the brain is bright and its light flows out around you.

Add in the other organs of heart, liver, and kidneys until you can hold all these organs, your inner flame, and the directional pattern together.

Practice this for a few minutes each day until you can cast our mind to this exercise and immediately 'see' all your organs glowing brightly, your inner flame burning strongly, and the directions around you. This is a great health routine as well as a magical one.

With the ability to cast your mind to an organ and energise it, you will also start to get a daily 'feel' for the health and wellbeing of your organs. They are deeply connected in with the spirit, and any shift in their colour, shape, or brightness will tell you if you need to pay attention to them. If they need attention, you can talk to their spirits and find out what they need or what they are trying to tell you.

As an aside, if this exercise has not overwhelmed you and you have managed it well, add in the soles of your feet and the palms of your hands. The feet and their brightness/colour will tell you about your energetic hygiene, and the hands will tell you about the health of your work. We often have to go to places that are energetically dirty, and some of that energetic dirt can stick to the soles of your feet. Keeping the feet energetically clean is important if you go into the inner worlds, and they are also the barrier between you and death waves.

You can keep them clean by using the light technique of the inner flame that feeds them and strengthens their energy, but also by rubbing salt with soap on your feet when you take a shower or bath. The same is true for the hands. Most magical exorcists keep bowls of salt by sinks

in their homes for this reason, so that they can keep their hands energetically clean.

As you will see, these meditations not only train your mind and spirit, they are also techniques for staying strong and clean. Use them often and integrate them into your everyday life, like brushing your teeth. Eventually, you will find that you can switch your mind to a specific pattern in an instant while still maintaining an outward image of normality. When you come to work as an adept in a specialist area, these simple techniques will become a mainstay of your health and safety.

Once you are clear about what you are doing and how to do it, move on to the next lesson—but integrate these exercises into your daily meditations or use them when going to work, or while you are at work. The longer you do these exercises, the stronger your inner focus will become. I still do these exercises, but they have become so integrated into my everyday life they no longer seem like exercises or meditations. When I am writing, after a few pages I will pause for a few seconds and tune into the directional pattern, ‘see my organs,’ then continue writing. Find a way to integrate them into your life, and maybe use the organ meditation before or after your ritual/magical work.

QUAREIA

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