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# QUAREIA—THE INITIATE

Module II—Exorcism I: The Basics

Lesson 6: Parasites and Clingers:  
Removals I

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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*

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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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## QUAREIA—THE INITIATE

### Module II—Exorcism I: The Basics

#### Lesson 6: Parasites and Clingers: Removals I

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This lesson deals with parasites that have become a major problem for a person and are affecting their ability to function normally. Just as you would not remove all the bacteria from your body (you would die), it is not necessary to jump on every parasite that attaches itself to someone. Usually their own inner and outer immune systems will eventually deal with it; also they will find themselves forced to change their behaviour in order to rebalance.

But sometimes this does not happen, and then these beings can begin seriously to affect someone. As you have already done work around parasites there is no real need to explain everything again. So we will get straight to the methods of removing and dealing with these beings.

When a parasite is suspected in a person, it is within the skill set of an initiate to remove them unless the presentation is very violent or potentially violent—in which case back out and let someone deal with it who knows what they are doing.

The key to dealing with a parasite has two prongs: know what it is feeding on, and know how to starve it out. Both of these will affect how you approach its removal. There are a few different methods of removing a parasite, including visionary work, ritual, and herbal: it all really depends on how big, intelligent, and dug in it is.

It is also worth trying to figure out whether the parasite is attached to an outer parasite, i.e. the inner parasite is using intestinal, skin, or blood parasites as a vehicle. If this is the case, then usually it will suffice just to deal with the outer parasite and then give the victim a ritual bath. Find out if the person has had a recent tick bite, has been bitten by something like a mosquito, or whether they have been having intestinal problems: sometimes it can be that simple.

Later in the lesson we will look at simple herbal applications that can help in parasite situations. It is because of the efficacy of this form of application that the use of garlic features strongly in vampire stories. What is a vampire? It is a parasite. Bram Stoker's novel *Dracula* is fiction, but it draws on much older folklore.

The more intelligent the parasite, the more dug in it is going to be, and the deeper the exorcist will have to dig to get it out. An intelligent and well-established parasite, particularly one that feeds on violence and fear, will be dangerous and should be handled by an adept who knows what they are doing.

Most parasites can be removed by a combination of hands-on work, vision, and ritual. If you are presented with a parasited person, the main thing you have to think about is your ability to clear your mind and work without emotion: parasites will try to hop to you if they think their current tenure is coming to an end. Think of them like very intelligent fleas.

You will be able to gain very useful information about the sort of parasite you are dealing with by identifying its food source. To do this you need to identify what *obsessions* the victim is displaying. All parasites cause fatigue and loss of basic health, both physically and mentally, but there will be a key obsession that feeds the parasite.

The obsession could be based around anything from sexual appetite, to the need to watch violence, to unexplained deep depressions, or the need to trigger emotions in others. Whatever it is will be a central driving force in the person, and it will be based around an energy on which the parasite can feed: fear, excitement, control, obsession, love, depression, pain, greed... the list is pretty long. But by listening and observing the person you will most likely be able to spot it. Medications or drugs can also make a person vulnerable to parasites, so also keep that in mind.

Usually it is a change in the host's behaviour, along with a loss of physical or /and mental condition that brings the exorcist to the door. Of course all medical avenues must have also been explored. Usually by the time the exorcist is called, the being has dug itself in very deeply, so it is likely that it will not be an easy job.

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## *Removal Techniques*

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*Note 1: Do not do this work if you are pregnant, have small children at home, or are sick—even if it is only a minor illness. It can take a lot of vital energy to do this work, and if there is an weak spot in your health or in your immediate family it can create major problems.*

*Note 2: Besides your normal tools and kit, have camphor bricks and an essential oil burner or charcoal to burn them on. Also have spare white candles. To prepare for this work take a ritual bath, and immediately before you start the work wash your hands well with salt, soap, and water.*

Before you do any inner techniques, do a ritual bath for the person. Tell them to put on clean clothes once they have had their bath. While they are cleaning themselves, set out a room to work in. Remove anything from the room with faces; any figurines, artefacts, bones; and anything else that could cause a disturbance.

Then spread out the exorcist's cloth, set up the directions, and have your tools to hand. Do not set up a central altar as the victim will be laid in the centre of the directions.

Ritually clean the room, dispense frankincense, light the candles in the directions, open the gates, and call the inner contacts to the thresholds. Put on your stole and leave it on until you have finished. Place the small sword or dagger that you have tuned to the Limiter on the east altar and leave it there until you are ready to work.

Once the person has been ritually cleaned and is wearing their clean clothing, lay them down on the floor on top of the cloth. Light four burners around the person in the directions and place the camphor bricks on them. Camphor is a very unpleasant smell for parasites.<sup>1</sup>

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<sup>1</sup>If you have White Tiger Balm to hand, rub some on the back of their neck and down their spine before they lie down to loosen anything clinging there.

Light a spare candle and hold it over the centre of the person.<sup>2</sup> Tune the candle to the central flame by looking at it and using your inner vision to see the central candle, with the Void within it. Once you have a strong sense of the inner flame, using your inner vision, see the flame lower into the person and blend with their own inner flame. Once you have done this, blow the candle out and put it to one side.

Get your dagger or sword from the east altar and place it behind you. Tell it to guard you as you work.

The ritual bath, the camphor, the cloth, the tuned room, and inner flame will have immediately gotten rid of weak parasites. Whatever is left will be the tough, intelligent ones, so tread carefully.

Place your hands on the person's feet or ankles and close your eyes. The physical contact will ensure the visionary work directly affects their body.

Go in vision into the Void and be still but on alert. From there go into the Inner Library and ask for help and advisors to work with you. Tell them what you are about to do and why. Once an inner contact (or more than one) has agreed to work with you, step back from the Library into the room.

Once you are standing in vision before the infected person, look into their body. Parasites, especially the not-too-bright ones, will appear as beings inside the body, often with tentacles or tendrils. They tend to gravitate to the brain, the spine, the thymus, adrenals, and the genitals: these are all the areas that generate food for them.

If you see them, slowly and carefully detach them and put them in a sack. It will be like peeling leeches off the person. Some may appear like octopuses or insects. They are likely to have a tap root attached to the person, so take them off with great care.

Work with the inner contacts and go through the body starting from the feet and working up. First go through the obvious areas already outlined, and then look in every nook and cranny of the body in vision. Be prepared for some beings trying to hide from you, so look for things like a bit of tendril or a small leg, as though you were searching for hidden insects.

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<sup>2</sup>And don't drip wax on them!

If you find a lot of parasites, and there are some presentations that can look like tons of small insects clustered around something, you will not be able to pick them off individually.

This is when you use mental tools that would work in life—like a vacuum cleaner. Imagine a vacuum cleaner with a long tube, and start working with it. The inner contacts will understand what you are trying to achieve and will work through you accordingly.

As you find stuff, stick it in a sack or in the vacuum's bag. When it is full, look away from the body and down into the earth. See a hole in the ground appearing and drop the bag down the hole, then watch it close up again. That is working with the inner beings to pass the parasites down into the Underworld. You do not need to rush up and down; simply cast your consciousness where the bag needs to go and the inner contacts will open a gate for you.

Some modern shamanic people use an age-old method which includes putting parasites in rocks, passing animals, or trees. I don't like this: it's like dumping your trash in your neighbour's garden, and there is also a very good chance that the being will get out and into some other poor, unsuspecting victim. Try to put these beings somewhere they won't come back from, and where other humans are not going to find them: the Underworld is the best place and the most natural. It has a natural process of breaking things down, so putting the bags into the ground starts the composting process.

Once you have cleared the beings out of the body, go back and look for eggs: parasites seed themselves and tend to drop their eggs in the brain and down the spine. Take them all out and dump them down into the earth.

When the body is clean and clear you will need to tune it. See the inner flame within the person, in their central abdomen. Look at the central flame and recover the feeling of the central flame in the ritual space: bring the two together so that the person's central flame/life force is still and clear.

Now cast your attention to the soles of their feet. Using inner vision, wipe off any marks, signs, or darkness there, and make sure their feet are clean and clear. Mark each foot with a mark that will come to you spontaneously (from the inner contacts).

Now you need to tune their deeper selves. You will need to recite the adjusted Anchor ritual<sup>3</sup> in vision using your inner voice but not your outer voice: otherwise you would externalise something the victim has to come to realize in their own time.

When you have finished the work, go back into the Void and be still. Be aware of what is within you and feel silently around yourself: make sure nothing has latched on to you. If it has you will feel it immediately, either in your emotions or your body (agitation).

Do a second consecrated salt bath for the victim and then have one yourself.

The victim will be vulnerable for a while, so they will need a talisman for a few weeks until they get their strength up. Don't let them try to lean on such protection, though: they must get to grips with how the parasite got in and what their inner immune weakness is.

The talisman is provided to give them a couple of months to recover. During that time they need to fully address whatever attracted the parasites in the first place. You can help by explaining how certain things can draw in parasites. After that it is up to them to make the necessary changes. Sometimes these can be as simple as changing the music they listen to, the games they play, the medicines or drugs they take, or the places they go: carefully talking someone through their routines can shed a lot of light on possible reasons for infection. It is also worth pointing out that some people are more vulnerable to parasite infection than others: they cannot judge their own vulnerability based on others'.

If someone keeps getting reinfected, there is a good chance they are not adjusting the behaviour that draws parasites to them. If this happens it is not your responsibility to clean them up again. They must deal with it by adjusting their behaviour and how they live their lives.

It is really important for the magician not to fall into the role of taking responsibility for someone else's lifestyle choices: people have to learn their own lessons. The magician's role is to do an initial clean up and educate the victim. After that the person has to make their own decisions and live with the consequences of their actions.

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<sup>3</sup>You will prepare this in your practical work for this lesson.



## *Herbs*

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There are some herbs that can help with the clean up of a person who has just been worked upon. You already know about various resins and their smells, and camphor should now be added to your list.<sup>4</sup>

Giant Teasel tincture is a good one to take a few drops of a couple of times a day for a week or two after being cleaned up. Look up teasel as a herbal tincture so that you are familiar with how it works for illnesses, and also any precautions/warnings around its use.

St John's Wort tincture can also be used, particularly if you suspect that the person's emotions have been messed with by the parasite.

Garlic should also be added to the person's diet for a while, as it is excellent at keeping low-level parasites at bay. Taking it as a capsule is not so effective: fresh garlic cooked in food is a lot better.

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## *Clingers*

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Clingers can create a presentation that looks similar to parasite infestation, but the effect on the body's vital energy will be far more pronounced.

If a newly-dead person is clinging to the life force of a living human, it tells you that the living human is an empath, whether they are aware of it or not. The more permeable a person's outer energetic layer, the more likely they are to be visible to the newly dead and the more likely that a newly dead person will grab for them.

Clingers are far more dangerous than parasites. Parasites, unless they are young and stupid, will try to keep their host alive so that they have a stable feeding station. A clinger will, if not dealt with, potentially drag the living person into death with them. This is not done intentionally; rather it is the sheer force of their drag on the living person that can tip them into death.

A person with a clinger will present with unexplained but deadly symptoms that affect their heart, lungs, and nervous system. Often they

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<sup>4</sup>As an aside, camphor can also be rubbed on a person—White Tiger Balm is best for this—when they have intestinal upsets. Rubbing it on the belly and flanks will help things along.

collapse or even go into a coma. A magician is unlikely to be called to such a situation straight away: it is usually not until they are in a coma, and the doctors can find no reason for it, that the magician is called. However, you may come across this phenomenon in your work through your family and friends. In all cases, should you come across the victim of a clinger, you must act quickly.

You will likely have no time to prepare, no work space, and no chance of using any tools, as the work will most likely need doing in an emergency room or intensive care room. You will need all the focus and concentration you can muster. You will have to work with a lot of noise around you. You must be able to be disturbed or interrupted without losing the vision while you talk to someone, and be able to work without drawing attention to yourself. The exercises and practice in your apprentice training should have prepared you for this eventuality. The inner skills that you will need here rely on daily meditation practice and the practising of your early skill exercises from your apprentice training. Now you will start to see how those basic, repetitive exercises in your early training prepared you for a wide range of intensive work.

### **Detaching a Clinger**

Sit at the person's side and lay a hand on them if possible (to bridge the strong connection). Still yourself. See in vision the directions and altars of your work space around you. Centre yourself by connecting to the deep stone in the Underworld, the stars above, and the stillness within your centre.

Keeping your eyes closed<sup>5</sup> and using inner vision, look at the victim's body. Look either for someone holding onto them or for an umbilical cord linking the victim to something or someone.

Just as you would for a newborn baby, clamp the cord on both sides and cut it in the middle. Immediately grab the end of the cord that is attached to the clinger and follow the cord to the spirit on the other end. Or if the situation presents as a person holding onto the victim, take them by the hand and tell them to follow you.

You will have to move fast in vision. See a hole open in the ground and, holding onto the spirit, jump into the hole with the focused intention of going to the Underworld Forest. Because you have gone down to the

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<sup>5</sup>If you tell people around you that you are praying then they will leave you alone.

Underworld forest a few times in your training, the rapid descent will not harm you: it is a path your own spirit knows well by now.

When you land in the Underworld Forest, immediately walk through the water and trees to the vista that opens out onto the Plains of Death.

Stand on the threshold and tell the spirit to cross the threshold into the Desert. If they are frightened and confused, tell them that angelic beings will be there to help them and that they will be okay. Often clingers do not know they have died.

Explain to them that they have died and can no longer stay in the land of the living, but that death is not an end but a beautiful new beginning, and that they will be okay. Stand there and do not move until they cross over the threshold. You can call to the angels of death to come and collect the spirit and help you. Once they cross the threshold you can ascend back to the surface. It is likely that an angelic being will propel you back to the surface quickly.

Once you are back at the victim's side, tuck the other end of the umbilical cord back into their body so that it will reabsorb.

Now reach up with the intent of calling for future energy for the victim from the stars above. I always see this as a gasoline pump dispenser; you may see it in a different way. However you see it, it is a line from above/future that carries vital life force. Plug it into the person at their umbilicus region and watch as the life force flows into them which will replenish them. Once they are full, detach the line. It will vanish back up into the stars.

Then, seal the umbilicus area. To do this in vision, place your hand over their umbilicus and recall the power of the stone shield. Let the substance/power of the stone shield flow into them and create a barrier to protect them.

Reiterate the directions around them (their left hand is east) and allow the sense of stillness to flow around them. Finally talk in vision to the spirit of the victim. Tell them that they are now safe and their assault is over, then place your lips near their lips and breathe into their mouth, saying:

“Life, truth, balance.”

Open your eyes and keep your hand touching them until you feel the

transfer of energy stop.

Some people recover immediately; others usually come round and stabilise within a few hours. If they do not, something else is wrong with their body and the clinger was just the last straw. It is not within an initiate's ability to then fix their body, but you can return,<sup>6</sup> sit by them, hold their hand, and go in vision to talk to their organ spirits and see if everything is okay with them.

If they need something you can do, then do it. If not, do not try to do a total inner healing and reassembly of the body: it can kill you if you do not know exactly what you are doing.

I do not say this lightly. An hour of unskilled attempts to save someone from a deadly situation using inner vision is very likely to end with the magician becoming seriously ill (heart attack, sudden cancer, stroke) or dying in their sleep. You pay for their life with your own. If there is something else wrong with their body, then they will be attended to by doctors: let them get on with their job.

You will learn how to do deeper healing on a struggling body later in the course, but first you need to learn other things that will prepare you for such work so that you will stay safe. Inner work on a body can be very powerful, but it can also come at a high price.

When you have finished working on the victim, go home, take a ritual cleaning bath or shower, eat food that will ground you, and have a sleep. It may take you a day or two to recover if the spirit was difficult to deal with.

If you get sick shortly after, it will be caused by the deficit in your vital force as a result of the work, so give yourself plenty of time to recover.

It really depends on the state of your own vital force. When I was young and strong, I would suffer no real effects from such work. But as I got older it took me longer and longer to recover from such work.

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<sup>6</sup>Don't do this all in one session.

*Task: Rewriting the anchor ritual to use on another person*

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Rewrite the anchor ritual so that it can be said over another person. Think about the tuning and how the ritual works, and rewrite it so that it teaches the victim's spirit how balance works, rather than imposing balance upon them.

Write it with the understanding that the adjusted Anchor would be spoken by the magician over the body of a victim in order to change the frequency around them, to resonate the power of the Anchor into them, and to impress it upon their deeper spirit to be used as a guide back to balance.

Ensure that you know your version of the adjusted Anchor by heart so that you can recite it over a person either verbally or in vision in an emergency: often the situations that need the Anchor are not ones where you can pause to read something. Until you get to the point of knowing it by heart, type it up, print it out, and get it laminated so that it will last and act as a portable, non-electronic reference.

QUAREIA

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