

**THE YGGDRASILL TRAINING
PROGRAM:
LESSONS IN UNDERSTANDING
VRILOLOGY AND ITS APPLICATION
PART ONE: HEL**





TABLE OF CONTENTS

PART ONE: HEL—AWAKENING THE SLEEPING SELF

LESSON ONE: RIGHT FRAME OF MIND

LESSON TWO: BREATHING AND MEDITATION

LESSON THREE: VOWEL MEDITATION

LESSON FOUR: PHOSPENE AND THE FUTHARK

**LESSON FIVE: CREATING A UNION OF JOY THROUGH CHANTING
WUNJO**

LESSON SIX: FORMALIZING YOUR GROUP

LESSON SEVEN: CHANTING THE AETTIR

LESSON EIGHT: CHOOSE A GOD OR GODDESS

LESSON NINE: THE HAMMER RITE

PART ONE: HEL—AWAKENING THE SLEEPING SELF

WHAT IS THE MEANING OF HEL?

This first section is named after Hel. In our religious tradition, Hel should not be confused with the Christian idea of "Hell." Hel is the realm of the dead, where souls undergo a rebirth, and is not a place of punishment ruled over by the devil. It is ruled by the daughter of Loki, who is also named Hel. She is half dead and half alive. This is a very important fact to remember. There is an old saying that this life we lead on Earth is actually "Hell." Well, this is true for the purpose of these lessons, at least in reference to Hel, instead of Hell. As in the Norse Hel, our existence in this world is one in which we are half alive and half dead. We exist, breath, live and go about the motions of being alive physically, but spiritually, we are as dead as those who are rotting in the cemetery. Being the daughter of Loki, Hel is keeping us in a state that is half-awake, half-asleep. It is very difficult to awaken fully from Hel, and it requires a power from outside the realm. Spiritually, we exist in a state of inertia and stillness.

The lessons that you will learn in the first section of your training are designed to awakening your instincts and unconsciousness, and make you aware of the powers that reside within you. You must be made aware that the Gods reside within you and that they sleep, awaiting your call for them to return. Hel is a place of rest. It is your existence up to now. What we must do is stimulate your dead self and awaken the Gods that dwell within you, so that they may rise again, filling you with their Life Force and herald in the new Age of Gimli, as a Microcosm within you.

Hel is guarded by a maiden by the name of Modgudh, who guards the wide and icy bridge leading into Hel. This bridge extends over the turbulent and stormy currents of the river Gjoll. For many who begin this journey, the first steps can be turbulent and stormy because most people are afraid to awaken those powers that lie within us all. It is safer to live in ignorance and just be "one of the herd." Ignorance is bliss! Is it truly better to live the life of sheep, wandering about as a member of the herd? You should remember that every herd is being led to the slaughter house.

Hel is also the home to the great serpent Nidhogg, who is the embodiment of concealed powers of destruction and transformation. This duality of destruction and transformation is significant because before we can be transformed, our old Self must die. If you seriously perform these lessons, you will experience the first steps of transformation on the great trek toward Asgard. Before you have completed all nine steps, you will have passed through a gateway toward a new life. This is the meaning of Hel—life leads to death, and death leads to life—to a rebirth into another level of existence or spiritual evolution. Also remember that Balder exists in Hel, in the golden

realm of Odainsaker, the place of bliss, waiting for the day to rise from the Netherworld and herald in the new, Golden Age of Gimli. The Rune that represents Hel is Hagalaz, which is the Rune of transformation.

HAGALAZ--DESTRUCTION THAT PERMITS RECONSTRUCTION

As with the nature of Hagalaz, you will have to destroy before you can rebuild. Hagalaz is the hail that destroys but then melts, and its life-giving waters nourish new life. The pounding hail will crush the comatose state of mind and permit your true, divine potential to rise to the surface (Balder Rising!). In this way, the lessons in this level of the training program seek to awaken you from the state of "unawareness" that we stumble through in life in Midgard, unaware of our true potential. In this level we can begin the process of working out the perfect pattern necessary to ensure a balance of elements that will make you aware of the ideas, the knowledge suppressed within your subconscious, and manifest them in your conscious mind.

Hagalaz is the ninth Rune in the Elder Futhark. Odin hung for nine days and nights on the Yggdrasil (World Tree) to acquire enlightenment and the secret of the Runes. Nine is a number that appears over and over in the Norse cosmology, so it is significant that the ninth Rune is the Rune of the first level, that of Hel, the realm of inertia, from which you will wake up. Our life in this world is one of blind ignorance, a state we suffer because of Hoder's murder of his beloved twin brother, Balder. We have lost the knowledge of our true heritage. It is from this state of darkness that we will wake up in this first level of the Yggdrasil Training Program. We will throw off the Curse of Hoder, and call forth the enlightening powers of Balder, who dwells in Hel, waiting to rise again and herald in the Golden Age of Gimli. That new age will not be a physical manifestation as promised in the Christian or Jewish Bibles, but a state of rebirth that will exist within you. So the power of Hagalaz will work within you. Its crushing force of falling hail will begin its work of destruction of your old *Self*, and then melt, to permit its life-giving energy a chance to fertilize your soul and give it the opportunity to grow and evolve into something new and better.

Here, you will experience a major shift of the flow of Vril energy currents that you will learn to control and use to cause transformations within yourself. Whenever you desire to move forward, you are going to trigger conflict with the existing patterns that were built upon your past experience, which we in the Church of Balder Rising refer to as Orlog (layering patterns). These past experiences direct the flow of your Wyrð, your Fate. But in the Norse tradition of Vrilology, your destiny is not written in stone. You have the power within you to control your destiny. But you must learn how to consciously control the flow of Vril energies, and to transform them. The first step to achieve this end is to awaken from the comatose state of Hel.

DEVOLUTION BEFORE EVOLUTION

Hagalaz has the power to purify your soul and mind. It will crush all obstacles that restrict you from evolving into a new state of Godman or Godwoman. It will break the barriers that prevent you from accessing the powers that lie within your subconscious mind. It possesses the power of devolution before evolution, but we must warn you that you might feel some discomfort. You will begin to question long-held and comforting *illusions* that have been nurtured within you all your life. Your perception of the reality around you will heighten, and that means you will no longer be blinded by the political correctness of your existence up to now. *Truth hurts!* Hagalaz has the power within it to generate discomfort as a precondition to changing and evolving into a more perfect state of existence. This means that all false and wasteful thoughts, feelings, attitudes, and beliefs that have guided you up to now will be challenged as your perception of the universe is expanded. The mists of ignorance will be dissipated, permitting you to see more clearly the truth of the universe. But we are often shocked with the reality that the beliefs, attitudes and percepts that we have never challenged, nor ***dared to challenge***, are all false.

While this might be a painful process to endure, it is the only way to evolve and achieve a permanent realization of your new growth of your spiritual self. You will also quickly discover, after the shock wears off, that you have been liberated from the blindness of Hoder, and the new-found knowledge of the true state of the universe will fill you with a sense of superiority that will help you to evolve into a new type of being—a ***Vril Being!***

By the time you have completed the nine lessons of this level, you ***will*** experience, for yourself, the power that lies dormant within you—and ***it will excite you!*** The lessons in this level of the training program are designed to begin the process of devolving from a state of comatose existence — the state that we all experience throughout our lives until we begin to re-forge those bonds that once linked us to the Gods that created us but were broken long ago. Once you have completed this level of training, the process of devolution will have begun and you can then move onto the next level, which will begin laying the ground work for your evolution to a higher state of existence. That level is Jotunheim, the realm of the Giants. In that level your old self will be broken down so that you will begin the process of refashioning it within the third level, Svartalfheim. But we are getting ahead of ourselves. First you must wake up from the sleep-like state of existence that we refer to as Hel.