

## LESSON ONE: RIGHT FRAME OF MIND

### THE NATURE OF THE VRIL

To begin the odyssey of learning how to apply Vriloogy to improve our lives we must first understand the nature of the Vril, and how it can be used to transform ourselves both physically and spiritually. We must also learn Galdor Science and Seither Science and how they can be used to harness the power of the Vril. If you have read our two books, *THE BOOK OF BALDER RISING* and *VRILOGY; THE SECRET SCIENCE OF THE ANCIENT ARYANS*, you already understand the natures of Galdor Science, Seither Science, and the Vril. For those who have not, let us begin by explaining that there are **three ways we can use the Vril**.

**First**, we can harness the Vril's power to serve our conscious mind, as a force to help in the healing process of all functions of the body and mind, and as an instrument to assist us to extend our will to control the actions of others.

**Second**, the Vril can also be used to cause action and reaction on the physical plane of existence, creating desirable outcomes in daily and long-term events in our lives and external events, world-wide. This can be done through the training of the one-point concentration of the Will of the initiates, so that they can concentrate their individual or collective Will, focusing it like a laser, with the purpose of bringing about a desired situation. This is done by combining the one-point concentration of the will with visualization. This operation is driven or powered by the heightened emotional state of the initiates.

**Third**, the Vril can be used to exercise and awaken the Bifrost Gland, so that we can reconstruct the Rainbow Bridge by that name, and through it, reestablish the bridge between Midgard and Asgard, and use it to guide us along the path of spiritual enlightenment. In this way, we are constructing lines of communication between ourselves and the Gods.

A regular regimentation of ritual, ceremony, meditation and chanting enables us to construct a circuit of communication with the Gods, permitting us to draw on their power, **their Life Force, which is the Vril**. The symbols of the Runes, and other artifacts used in ritual and ceremony, help prevent the power that is flowing toward us from dissipating. The rituals and ceremonies also are designed to help us to concentrate that power, and then direct it outward toward our intended purpose. Everything used, such as the libations, robes, spears, hammers, fire, and runic symbols, are instruments to help us to visualize what we hope to accomplish. These ceremonies should be performed in a setting designed and decorated for this purpose, which we can refer to as a temple setting.

By constructing a temple setting, you are creating a gateway by which the Gods can enter this world. In ancient times, the temples to the Gods — the

grove, dells, or rings of standing stones — were considered sacred places, where people usually felt the present of the Gods when they entered them. This is also true of Christian churches, especially the huge cathedrals. They were architecturally designed to hold and contain the energy and power of a specific God or Gods that is harnessed through the Holy Mass. The great Temple of Solomon that the Jews built in Biblical Israel was considered the House of God on Earth. The ancient Jews believed that God dwelled within that sacred temple. This was true of the Gothic cathedrals of Europe. The Christians of the Middle Age believed their Gothic cathedrals were places where we could communicate with God. We too must create temples, physical temples, as well as outdoor sites, where we can come together and join in celebration with our Gods, but until you have established such a site, you must improvise. If you don't have the resources to build a physical temple, then you should construct spiritual temples. You can do this by making a habit of performing your ceremonies and rituals at the same location. If you have the resources, it is good to set up a temple room where you and others can meet regularly for your ceremonies and rituals, meditation, and chanting. ***By performing your rituals in the same place, that location will eventually store up the Vrilic power, and eventually become a charged place where you can call on the Gods, and harness their power.***

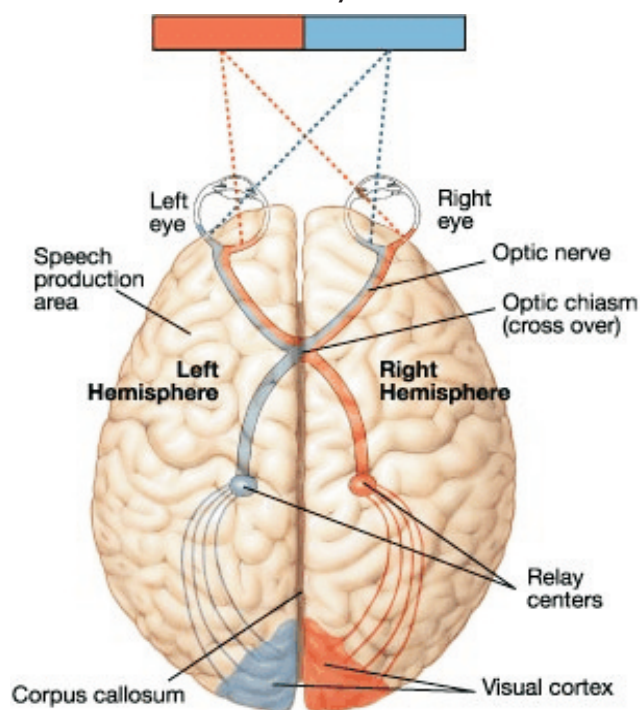
You must remember that the universe is filled with this living energy—the Vril, the Life Force of the Gods. It is alive, and we, as living entities, share this Life Force with the Gods. This is why we have the capacity to tap into it on a personal level. In this way, we can speak of the universe as a living organism. We and the Gods, who created us, are part of this entity, because of our shared DNA. Thus, ***what we are trying to accomplish is the interaction between us mortals and the Gods by drawing on their power, and thus extending our own influence over the world around us through the power of our Will.*** But to do this, we must first search within ourselves. ***We must discover the Gods that dwell within us, and make contact with and awaken them, thus enabling them to radiate their power from within us.*** The methodology of Vrilology helps us to open the gates of Asgard, and permits the Gods within to transform us with their life energies. This is accomplished by a consistent regimentation of ritual, meditating, chanting, and visualization.

## **THE HUMAN BRAIN**

We must first understand something of the nature of our brain, for it is within the brain that we can visualize and comprehend what we are doing and trying to accomplish. First of all, the human brain is designed differently in men and women. The brain is divided into two hemispheres—the right and the left sides. It is within the left side that we draw on our logical, analytical, mathematical, technical, problem solving, conservative, and administrative abilities, and

organizational skills. These characteristics are all part of the conscious mind. It is this side of the brain that controls our day-to-day actions and makes us feel guilty, and suspicious of things that we cannot explain within a materialistic context. The right side of the brain houses our intuitive powers of imagination, inspiration, artistic creativity, and spirituality, and psychic, artistic, holistic, conceptualizing, interpersonal, musical, and speaking abilities, and the ability to visualize new concepts. It is here that the unconscious mind resides. It is the spark of thought and idea. It is powered by emotions, but without the left side to balance it, it would cause us to act on whatever inspired us, for good or bad. But most importantly, it is the seat of our ability to make contact with the Gods, and draw on the endless reserve of the Vril's power.

The facts are that the two halves of the brain speak different languages and that there is very little communication between the two halves. **We must**



**create a means by which the two halves can speak the same language.** We know that Midgard, the realm of man, and Asgard, the realm of the Gods, are connected by Bifrost, the rainbow bridge. Thus the two halves of the brain, the left side being Midgard and the right side representing Asgard, are connected by this bridge. The new language that we will create from symbols and ritual will act as a bridge between the two halves of the brain (Midgard and Asgard). We must build this bridge and cross over it, and in this way we will create a balance between these two sides of the brain.

## The two sides of the human brain

This is especially necessary for men, because their brains are structured differently than a woman's brain. In the female brain, the two halves are the same size, but in the male brain, the left side is larger

than the right side. This means that the left side dominates the male brain. This is also the reason that throughout time, women have always possessed greater psychic powers (Seither Science) than men. Men have a greater capacity to master Galdor Science, which deals with the geometrical symbols of the Runes. This is why Galdor Science is the property of Odin and Seither the property of Freyja. By themselves they are incomplete, but once Odin and

Freyja worked together, as male and female, they were able to maintain order in the universe. In ancient times, the Romans looked to women sorceresses, known as the Sybils, who could forecast events and give advice. The Greeks sought out their Oracle in Delphi, who was usually a woman, and the Germans and Norse considered women to be in possession of the power to see into the future, which was a special gift of Freyja to their women. It is also the reason why we use the expression, "a woman's intuition." The reason is simple—the female brain is in balance and is more dependent on the right side of the brain than is the male brain.

***Odin is known to have two ravens—Huginn and Muninn.*** They are the voices that speak to him, revealing to him knowledge of the universe and all that takes place each day. Each day they fly off and later return. Sitting on his shoulders, they whisper to him all they know. ***Huginn represents the left side of the brain, for he is the power of intellectual thought, while the right side of the brain is represented by Muninn, who is the power of reflective memory.*** The memory that Muninn represents is the sum total of past events, as well as future events. In the poetic Edda,



Odin says, "Huginn and Muninn fly every day, over the whole wide world; I dread that Huginn will not come back, but I fear even more for Muninn."

***Thus, we have to reprogram our brains, to eliminate all doubts and feelings of failure, dissatisfaction and lack of belief generated by the left side of the brain.*** It is the use of Runes (Galdor Science), which is the special gift from Odin that utilizes the left side of the brain, that can help to create this balance between the two halves. This is also why men need to master the Runes. They are in greater need to balance the two halves of their brains. ***These doubts, generated by the left side of the brain, form a barrier within our subconscious that creates hesitation, and thus, causes us to fail.*** We are heavily influenced by our childhood beliefs, especially those that reflect the religious tradition that we were brought up within. They are constantly causing us to doubt new ways. We can also be influenced by other people who will constantly ridicule us and accuse us of "wandering from the true path," or who readily share with us their fears that we are somehow embarking on a path of "black magic and devil worshiping."

If this were true, then thousands of our ancestors, who are spiritually and genetically linked to us, were all evil. This is why it is important that we be careful of whom we choose as our friends and associate with. We don't need people to constantly dump their baggage on us.

Let's get back to our discussion of the brain. ***Chanting has the effect of lulling the left side of the brain into a false sense of control.*** This can be very effective when we chant in a group during our ritual ceremonies. The tools that we use will also help us to accomplish this. These tangible instruments assist in convincing the left side of the brain that everything that is being done is logical, thus shutting down its ability to cut off the right side of the brain's creativity, inspiring our ability to visualize. The instruments then become tools in assisting the right side of the brain in directing the power that is being tapped, and channeling it in whatever direction we wish.

***Emotions are vital if you want to be successful in performing any type of Vril Science, whether it's ritual, ceremonial, meditating, or chanting, but the left side of the brain hates emotions.*** This is why it is imperative that we master the left side of the brain. By doing this, we unleash the emotional power within the right side of the brain, and this can be done through the use of instruments. This will permit us access to the unconscious nature of the mind that has the power to see into the future and back into the past, and see events unfolding in the present. There is great power within the unconscious, and by mastering the left side of the brain, we can learn to tap into that power and use it to transform our lives. This process enables us to call on the power of the left side of the brain to direct the power generated by the right side of the brain.

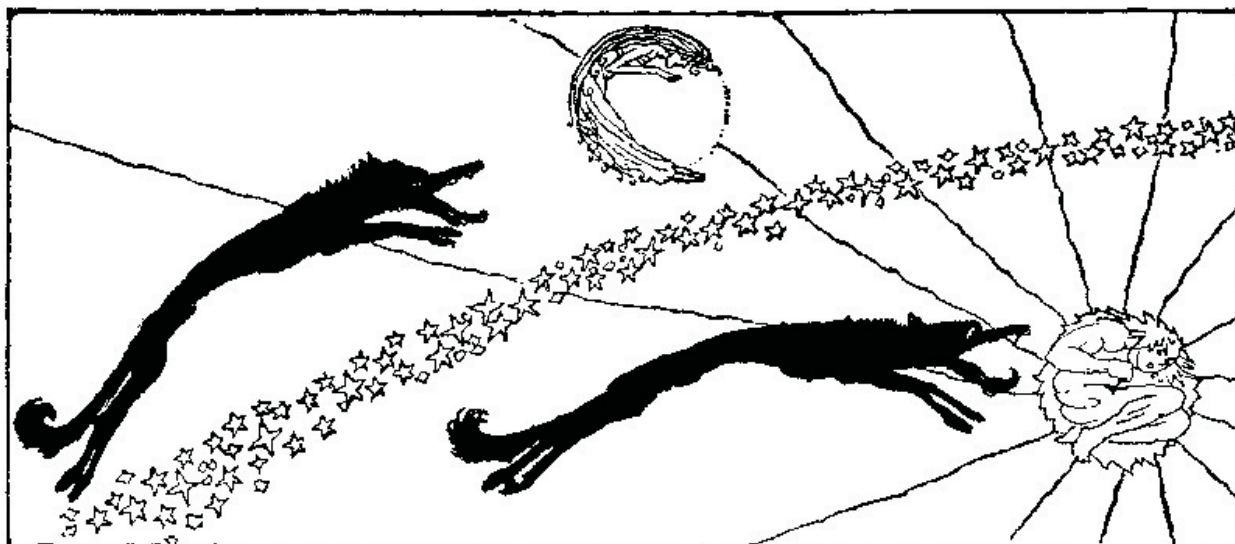
Belief in what we are doing is also imperative in performing Vril Science. If you do not believe you have the power, your mind will create a block that will prevent the flow of the Vril energy within you. Ingo Swann, in his excellent book, *Your Nostradamus Factor*, explains that the mind creates Mind-Set Barriers created by the rational, logical, left-side part of the brain, preventing your brain from processing what he refers to as Quantum Consciousness. These Mind-Set Barriers are what Swann calls Value Norm Anchor-Points. Throughout our lives, we are conditioned to ignore the powers that we possess because they cannot be explained in the world view of our rationalistic society that we presently live within. We have the power within us, and we can increase that power beyond our realization. But we must be in the proper state of mind. We have to break through these mental barriers. This requires that we reprogram our subconscious mind into believing it has the ability to harness the power of the Vril, and use it to generate manifestations.

### **CONDITIONS NECESSARY TO PERFORM RITUALS**

There are several things we need to understand about drawing down the power

of the Vril through ritual and ceremony. When performing either, it is always good to keep several conditions in mind. First, we must take into account the position of the sun in the yearly cycle and the proper phase of the Moon.

We need to quickly examine the nature of the Sun and the Moon and how the Gods placed them in the heavenly sky. The Gods noticed two beautiful children of the Giant Mundilfari, who was very proud of his offspring. His son was named **Mani (the moon)** and his daughter was **Sol (the sun)**. After due counsel by the Gods, they were transferred to the sky. The sun was held in place by the gravitational force, the steed known as Arvakr, the early walker, and the moon was held in orbit by the gravitational force, known as the steed Alsvin, the rapid goer. They were harnessed to chariots in which the Sun and the Moon were carried across the heavenly expanse. The chariot that held the Sun in orbit had a shield. It was known as Svalin the cooler and protected the Earth from its burning rays. We know this shield as the Earth's magnetic shield (made from Ymir's eyebrows?). The moon-car was similarly provided for and called Alsvider, the all-swift, but no shield was required for this cart. For the Earth needed no protection from the moon's rays for they were a mere reflection of the sun's light.



The Gods then summon the **Giantess by the name of Nott (the night or eternal darkness of space)**, who was black and dark and the daughter of Norvi. She rode through the universal darkness that we think of as nighttime in a chariot pulled by the horse named Hrim-faxi (frost mane—which is interesting because the darkness of the universal space is freezing cold). The goddess of night thrice married. Her first husband was a Giant named Naglfari and they had a son named Aud (strange because in Iceland, Aud is a girl's name). By her second husband, the Giant Annar, she had a daughter named

Jord (Earth–Thor’s mother). But by her third husband, the God Dellinger, she had a son by the name of Dag or Day. He too was given a chariot and rode through the sky, following his mother.

But as chaos always waits for order to let down its guard, close upon the footsteps of Order, **two wolves by the name of Skoll (repulsion) and Hati (hatred)**, symbolizing the chaotic forces, pursue the Sun and the Moon, and their sole aim is to try and overtake and swallow the Sun and the Moon.

Here we can see that the Sun and Moon are instruments by which the Gods regulate the Earth’s movement through the heavens. We do not take literally that the Sun rotates around the Earth, only that its progression through the sky helps us to tap into the Vrilic flow of energy that regulates the Earth’s passage through the universe. The entire matrix of the Sun and Moon in relation to the seasonal cycle helps us in our working of Magick to incorporate our ritual and ceremony into the order that the Gods set up to hold the universe together against the chaotic forces of the Giants. By integrating our rituals and ceremonies with the cycles of the Sun and Moon, we can align ourselves with the work of the Gods.

The Moon phase is very important in performing ritual. Certain rituals should be performed during the New Moon, or the Full Moon, or the Waning or Waxing Moon. Each of these Moons has a seven-day period. We do not have to have the proper Moon to perform the ritual, but if you can perform it within the best Moon phase, do so. The best time to perform a ceremony or ritual is during the height of each Moon, but you can still tap into the Moon’s power during the three days before and after. The Moon affects everything on the Earth, including our attempts to draw on the power of the Vril. We all have heard about how people go crazy during the Full Moon.

THE NEW MOON is a good time to rid ourselves of barriers that stand in our way.

THE WAXING MOON is excellent to increase our power, good fortune, success, and wealth.

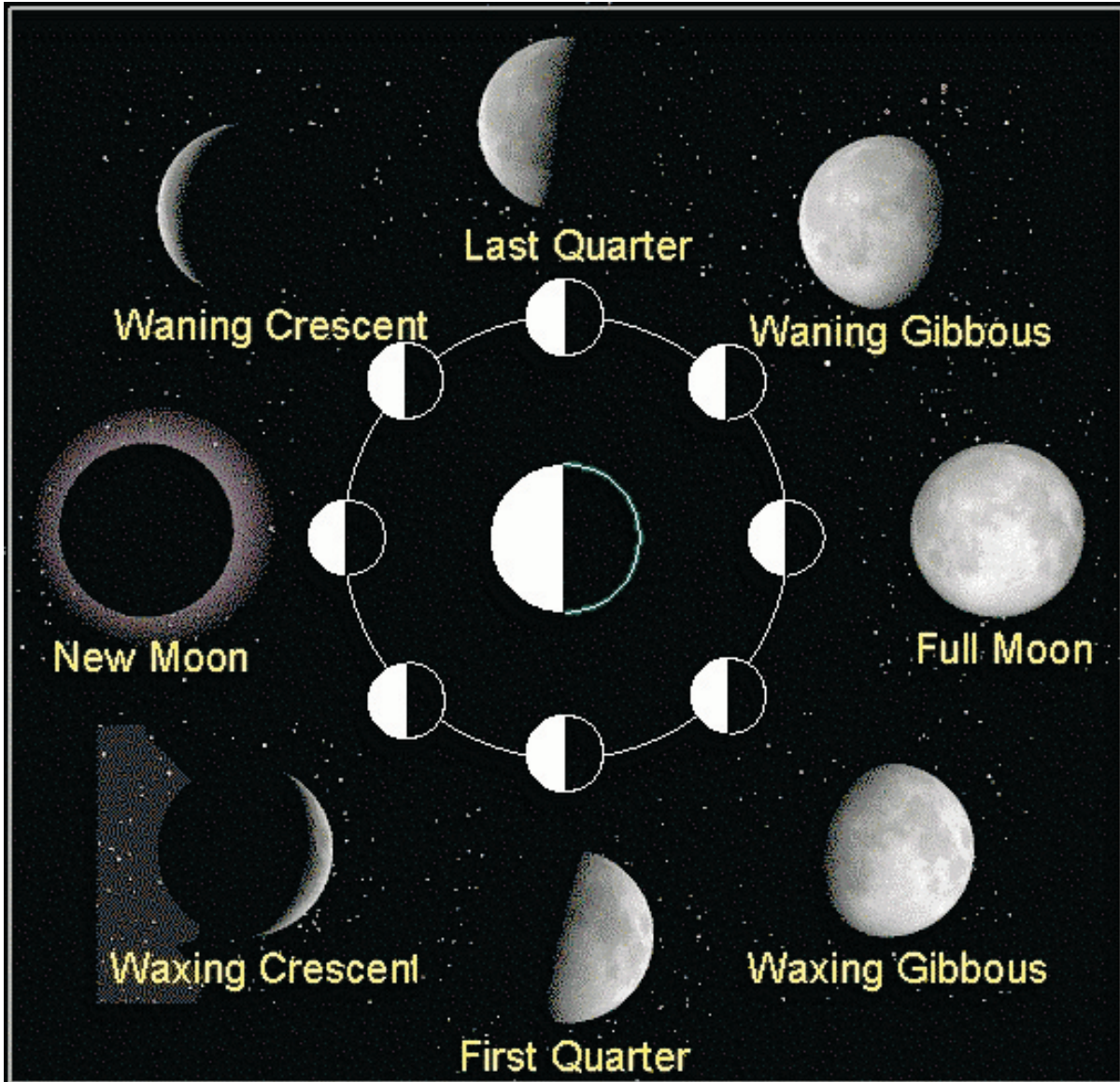
THE FULL MOON is the best time to perform the most important rituals, because the Moon’s power is at its greatest. When this Moon falls on a special Holy Day, like the Yule, or Midsummer Day, its power is exceptionally great.

THE WANING MOON is a good time to perform rituals intended to strike down your enemies and all things that seek to harm you. It is also a good time to ask for protection against your enemies and all things that will harm you. The two should be done together.

If you can perform a ritual dealing with the above-mentioned objectives during the proper phase of the Moon, do it, but it is not required. Aligning the proper phase of the Moon with the correct ritual is helpful, but not mandatory.

Secondly, every ritual requires certain artifacts to help you draw on the power of the Vril.

We will touch on the cycle of the Sun through the year in later lessons when you have reached a higher level of your training.



You must cultivate an understanding of symbolism, color, the power of the individual Runes, and the use of statues and symbols that represent the different Gods and Goddesses in your rituals. Other objects as daggers, spears, hammers, fire or drink of some kind, are useful. Let me give you an example. If you want to perform a ritual for or against someone, you could draw a picture, or use a photograph, or even write the person's name on a piece of paper, or use an object that belongs to the person, in the ritual. The personalization of the object helps to create a link that will direct the power that



you are drawing to you, toward the person you seek to influence.

Thirdly, you must be in the right state of mind. This simply means that you must concentrate your willpower, as well as your emotional state, toward the goal you are seeking to influence. If the object of your ritual is to foster joy and happiness, then you must be happy and filled with good feelings when you are partaking in the ritual. The same is true if you seek protection against your enemies. You must draw on your hatred for the object of the ritual. You must concentrate your willpower and mind on the object of the ritual, and *you must believe in what you are doing*. The actual ritual should be designed to generate the needed emotional state to achieve your desired goal. This is referred to as the single-point concentration of the Will.

Fourthly, we must take into account the Will of the Gods. We must be patient and willing to sacrifice in order to achieve what we desire. It is good to make some form of sacrifice in the name of the Gods. In ancient times, this meant killing an animal and serving up its meat and blood. But today, we can make a sacrifice through doing deeds that will advance the cause which you are endeavoring to accomplish. This means making a personal sacrifice in the name of the Gods. The deed does not have to be great, only meaningful. A retired man, on a small fixed income, who donates a few dollars is actually making a greater sacrifice than a billionaire who donates millions of dollars to a cause. The billionaire can afford it, but the retired man may need every dollar to pay for his bills, food, medicine, and rent.

You also have to be patient. You can wait weeks, even months and nothing happens, and then, when you have all but forgotten about it, one day, WHAM! — it happens when you least expect it.

Fifth, like anything you do, practice makes perfect. The more you study and experiment, the greater will be the results of your ritual. In any field, experts perform better than amateurs. The more you practice, the more energy you store up within you soul. By performing ritual and these exercises often, you are transforming your bodies into conductors of magical energy, and will be able to draw on the Vril with greater force. You should do the chanting and meditation on your own, as well as with your group, as often as possible. Every time you do, you are storing up the Vril's power like a battery. You will become charged with the Vril's power, and thus, you will be able to direct its energy and use it to assist you throughout your life.

Sixth, you must truly believe in what you are doing and in the Gods. If you don't, how can you expect it to work? How can you expect the Gods to believe in you? You must have faith and be patient. Many people are from Missouri and want someone to prove that it works before they will believe in it. But it doesn't work that way. For it to work, YOU MUST BELIEVE!!! This is not a game. The Gods are real and their power—the Vril—is real!