

LESSON THREE: VOWEL MEDITATION

In the previous lesson we explained how you can practice simple breathing exercises that you can perform to help build up the Life-Force or Vril within you. The purpose of the breathing exercises is to increase the absorption of great amounts of Vril into the body. It is like sucking water through a hose. Once you get it started, it begins to flow naturally on its own. The reverse or full breathing exercises will have the same effect. But once you have accomplished this, you then have to pump the water to increase the flow. This is also true of the Vril. Let us tell you of another simple exercise that you can perform to achieve this effect.

THE FIVE VOWELS

There are five very powerful and pure sounds in Nature. One is the "A" (*ah* as the "a" in *father*) sound. Another is the "E" (*ay* as the "a" in *gate*) sound. Another is the "I" (*ee* as the *ee* in *greet*) sound, followed by the "O" (*oh* as the "o" in *go*) sound. Finally there is the "U" (*oo* as the *u* in *rule*) sound. These are the vowel sounds. They are exceptionally powerful for those of us who speak an Indo-European language, and even more powerful for those of us who are of European ancestry. The spirit, *mythos* or *Geist* of a people resides within the language that it gave birth to. Since vowels are the product of the Indo-European race, the use of vowels is a very effective tool to harness the Vril, for people of European ancestry.

We can conduct simple exercises by using these sounds to help generate the power of the Life-Force within us. Once you have made yourself comfortable, and completed the reverse breathing exercises, remain seated and let yourself fall into a very relaxed state once more, as the Vril flows through you. Let all thoughts drain from your mind and make your muscles go limp. Remain seated and straight, but be relaxed. Then, with your eyes still closed, think about the A sound. Open your mouth, take a deep breath and then gently release an A sound, and hold it as long as you can—"aaaaaaaaaaaaahhhhhhhhhhhhhhh. . . "

Don't force yourself to continue making the A sound, and let your voice gently die down. To make the sound properly, your mouth should be half-opened and stretched wide. The tongue will be pressed down in the mouth. Keep your eyes closed and concentrate on how the sound affects you. Let the sound resonate throughout your body and mind. Do this nine times. Later you will do the same with the E, I, O and U sounds, but for now concentrate on the reverse breathing and the A sound. All great journeys are taken one step at a time.

A (aaaaaaaaaaaaahhhhhhhhhhhhhhh).

E (aaaaaaaaaaaaaaaaaaaaaaaaaaaaaa).
 I (eeeeeeeeeeeeeeeeeeeeeeeeeeeeee).
 O (ooooooooooooooooohhhhhhhhhhh).
 U (oooooooooooooooooooooooooooooo).

You may want to begin by chanting A, E and O at first, and later move onto I and U. The A, E and O sounds are feminine and have a soothing effect on the body. The I and U sounds are masculine and can be a bit overpowering. They are deeper sounds and must be mastered, but you might want to wait until after you feel comfortable with the three feminine vowels. You decide. There is no set timetable.

This chanting is very important because it will also help to exercise the development of the region of the human body located midway between the heart and the throat. This is the part of the body that deals with human speech. We communicated through the use of this region, by making noises through the use of the vestigial organ located there. This organ is directly connected to the Etheric or Vrilic properties of the spirit. It can be activated through vibrations. We can consider this region a "Vril-spot," and by activating it through chanting the A, E, I, O, U sounds, we are gently massaging this vital point and thus, increasing our ability to directly tap into the source of the Vril.

The vowels are vital to people of European ancestry. Our ancestors have been speaking languages using vowels for thousands of years. Thus, the chanting of the vowels will have the affect of charging the Vrilic power as it courses through our bodies. Individuals who belong to non-European ancestry and heritages will never have the same effect using the vowels as European descended individuals will because our language is integral to our makeup and evolution. This is not to say that individuals of non-European ancestry will not have success using these exercises, but if you are of European ancestry, this method will feel more natural to you than other methods used by other racial traditions.

Once again, let us repeat that this is more effective when performed in a group, but whether you do this in a group or as an individual, it will take time and patience.

THE VOWEL EXERCISE

Let us once again begin meditating, but this time, we will incorporate the vowel chanting.

1) Sit or lie down depending on the time of day you are meditating. If you are doing it at night before you go to sleep, or when you are waking up in the morning, remain in bed, lying down. During the day, sit in a comfortable position. Sit in a chair or in a lotus position with your legs crossed. Whatever is the most comfortable for you.

2) Close your eyes and slowly roll your eyes slightly upward (about 20 to 45 degree) under your closed eyelids, as if you are looking at the ceiling. This will manifest what we refer to as the Asgard State of Consciousness. We will discuss this in greater detail in future lessons.

3) You must relax your entire body. Begin with your scalp. Concentrate on your scalp, relaxing every muscle in it. Then move down to your face, relaxing every muscle in your face. Next do the same with your neck and shoulders. Then relax your arms and hands. This is followed by relaxing your chest and hips. Continue to work at relaxing your thighs, knees, lower legs and finally your feet. When you are finished, you will be amazed just how tense your body was. You will be able to feel the difference. If you can, you should try and develop a routine of meditating two or three times a day.

4) Once you are relaxed, practice your breathing exercises. Slowly breathe in, filling your chest with air, holding it a few seconds, and then slowly releasing it. Do it several times, or however many times you need to feel totally relaxed. At the same time, feel the Vrilic energy flowing into you in greater and greater amounts. Feel yourself, through your breathing, pumping Vril energy to every part of your body, and imagine that you are charged with its power.

5) Next, begin counting backward from 100 to 1. Wait about one second between each number. You will eventually reduce the count from 50 to 1, 25 to 1, 10 to 1 and finally, 5 to 1, but for now, we will begin by counting backward from 100 to 1.

As you count backward, concentrate on the process. It will discipline your mind and help you to control your thoughts. You can count out loud so that you will hear your voice, if this helps you to concentrate on the process and clear your mind of all other thoughts.

6) You can begin chanting each vowel. Begin with a, and chant it nine times. Then move on to e, i, o and finally u.

A (aaaaaaaaaaaahhhhhhhhhhhhh). (nine times)

E (aaaaaaaaaaaaaaaaaaaaaaaaaaaa). (nine times)

I (eeeeeeeeeeeeeeeeeeeeeeeeeeee). (nine times)

O (ooooooooooooooooohhhhhhhhhhh). (nine times)

U (oooooooooooooooooooooooooooo). (nine times)

7) Now say to yourself that you will count from 1 to 5, and when you reach the number 5, you will open your eyes and feel better.

8) Being counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the changes that you have willed will begin to manifest themselves in your life. Then continue to count and open your eyes after the number 5.

9) Now say, "Day after day, in every way, my life is getting better and better."