

LESSON FIVE: CREATING A UNION OF JOY THROUGH CHANTING WUNJO

WHY CHANTING IS IMPORTANT

Most of you, who may not be familiar with Runes, might think that they are just a Norse version of Tarot Cards (Middle East) or I Ching (China), used for divination. Well, Runes are used for divination, but unlike Tarot Cards and I Ching, they are used for much more than predicting future events. They were specifically given to our European ancestors as tools for them to use to harness and control the Vrilic energy currents that are the "breath of life," and use this source of power to alter and change, not only your physical environment, but your very being.

The Runes were given to our ancestors who lived along the Black Sea coast nine thousand years ago. Odin, the "revealer" of the Runes, and Heimdall, the "educator," taught them how to use the Runes to transform themselves and their environment. They used them to create the highly advanced and legendary lost civilization that is the root of the legend of Atlantis. They tried to teach other races how to use the Runes and this attempt is reflected in such traditions as the Kabbalah among the Hebrews, the wisdom encoded in the pyramids and the *Book of the Dead*, I Ching in China, and the Mayan Temples of Central America. The Runes are twenty-four glyphs that act as a code to activate the Vrilic energy that is at the foundation of all life, the quantum level. We will talk about this shortly.

Chanting is at the root of the word "enchantment." To enchant means to influence the world around you on all levels — physically, mentally, and spiritually — through vocal chanting. Chanting is commonly found everywhere in the world, and is at the heart of music and the magical power that lies within music. When you chant, you are creating a state of "en-chant-ment." In fact, you can reverse the condition of depression through chanting. It has the power to transform yourself on many different levels.

EVERYTHING VIBRATES

In our lesson program, we use chanting to perform magical transformation by changing the vibration of the Vrilic energy in the environment. Vril is everywhere. It is constantly flowing into you, giving you life. Through chanting, you are learning how to change the vibratory rhythms of these currents. This nature of Vrilic energy is reflected in the ancient occult axiom: "Everything vibrates." Interestingly, contemporary quantum physics agrees with this axiom. The barrier between magic and science is getting thinner and thinner. We now know that everything in the universe vibrates and is in a constant of vibration. This is true of matter, energy, magnetism and every natural force throughout the universe at the molecular, atomic and subatomic

levels. This is true not only of the physical world of Midgard, but of all nine worlds that make up the Yggdrasill.



Quantum physics explains that the difference between lead and gold is actually a mere difference of the rate of vibration of its atoms and subatomic particles. All matter is actually mostly Vrillic energy. This is because everything is made up of atoms, and 98 percent of an atom is Vrillic energy. The rest is made up of subatomic particles that vibrate. It is their rate of vibration that creates the nature of the atoms that make up whatever they are a part of. This is true of all forms of energy, as well as all living things. In fact all mental states possess their own distinctive rates of vibration. We can affect other people by projecting a specific emotional transference, or magical contagion, from our minds to those whom we wish to influence, by controlling the mental rhythms of our minds. The ability to do this lies at the root of mental influence, personal magnetism, oratory, and of course the power of chanting and enchantment.

By learning to master the methodology of chanting, we gain command of the powers of the esoteric science of vibrations, which lies at the heart of all magic. This is essentially done through the ability to control and change your mental vibrations at will. Once you have mastered this science, you will

possess the power to transform your environment, yourself, and those whom you come into contact with. You will also learn to become untouchable by those forces around you, as well as by those thought vibrations of those whom you come into contact with.

QUANTUM PHYSICS AND CHANTING

This training program might seem a strange place to get into a discussion of quantum physics, but we will be touching on this subject again and again throughout the training program. The reason is simple: Science is discovering that there is an eternal truth to the wisdom and knowledge possessed by our ancient ancestors that we, today, refer to as "magic," or "magick." New evidence in quantum physics is revealing that the nature of the universe is very much like a holograph. Everything is made up of atoms, and atoms are made up of subatomic particles, which are in a constant state of vibration. But what is most remarkable is that these subatomic particles have natures that are not fixed and permanent, but change depending on whether or not they are measured by a conscious mind. By observing or measuring them, we can actually change their nature from particles to waves and back again. This means that our minds have the power to transform the physical universe. Once again, we will go deeper into this subject in other levels of the Yggdrasil training Program.

For now, let's point out that the electrons, which make up some of the subatomic particles in atoms, have no dimension. This might be hard for us to comprehend, because we are used to experiencing the world around us through our five senses, and they are geared to observing the world in three dimensions. So it might be hard to grasp something existing without dimensions. But the fact remains that scientists have discovered that subatomic particles possess a chameleon-like ability to change themselves, their form, from wave to particle and back. What is also interesting is that these subatomic particles (commonly referred to today as quanta) have behaviors that are part of an organized whole, which means that they are not independent "things" but belong to an invisible order system. This means that subatomic particles or quanta in one end of the universe are connected to, and can affect, quanta at the other end of the universe. This is affirmation of the Gods' role in giving and maintaining order in the universe.

The protégé of Einstein, David Bohm, one of the most respected quantum physicists from England, claimed that "the tangible reality of our everyday life is really a type of illusion, like a holographic image." He believed that our conscious minds gave form and dimension to the reality of the physical world around us. He wrote that everything, animate and inanimate matter, is inseparably interconnected: "Even a rock is in some ways alive, for life and intelligence are present not only in all of matter, but in energy, space, time -

the fabric of the entire universe.” Wow! Is this paganism or what? We can see reflected in his words that principle that the universe is alive, made from Vril, an eternal Life Force, and that the Gods gave order to the universe (the legend of Odin, Vili, and Ve slaughtering Ymir) and work constantly to maintain this order (physical laws).

THEORY OF RUNIC FORCES

Reality was born when the opposing forces of fire and ice gave birth to chaos—Ymir. The Gods (Odin, Vili, and Ve) slaughtered Ymir and from his parts fashioned the universe. Odin discovered the mystical powers of the Runes by hanging himself for nine days and nights on the Yggdrasill (the Life Force of the universe). The secret of how to use them was revealed to him. He used their powers to control the latent energy (Vril) of the universe to defeat Ymir and then transform him (Chaos) into the ordered universe that we conceive. Within the Runes is the power to harness Vril energy, and the most effective way is to chant them. By doing so, we unlock their secrets, releasing their Vrilic energy. Then, through meditation and visualization, we can use this energy to transform reality itself.

Runes define patterns of existence and states of consciousness. When we enter the proper state of mind (alpha and theta), we can unlock their powers. By working with the Runes, you are directing the Vrilic energy, creating pathways that send blueprints to the Gods, who are constantly giving and maintaining order in the universe. They incorporate these blueprints in their grand design. Thus, by using Runes you are contributing to the Gods’ ordering of the universe. You are influencing the unfolding of time and space, thus giving conscious direction to the way the physical world is shaped and formed.



We will eventually learn more about how to use the Runes to affect change. But we should begin in this first level of your training to cause the proper mental condition for your further evolution through the Yggdrasill. We will begin by chanting the Rune Wunjo.

CHANTING WUNJO

One of the Runes we use in our runic mediation is Wunjo. Wunjo is the Rune of Pleasure, Happiness, Harmony, Joy, and the fulfillment of wishes, and it has

the power to bind together people into an organic whole. It will help your group to work together harmoniously, while integrating your group into the joyous environment in which you have been conducting your gatherings. Remember—you should try to use the same site for your meditations. By using the same site, you are building up the Runic power of the site.

Your group should slowly chant the Wunjo Rune by stretching out the name like so—wuuuuunnnnnnnjjjjjjjoooooooooooo. Let the word flow from deep within your throat in a musical release of the sound. Do this at least nine times. When you do it as a group, you will feel the energy building up and uniting your group into an organic whole. At this point you should be holding hands. You will feel the energy flow through you from one person to another. This is the Vrilic power or the Life Force. As you continue to chant, the Vril energy flowing through you will increase. You have tapped into the Vril, and are drawing it into your small group.

You can also chant other Runes along with Wunjo to increase its power. This type of chanting should be a rhyme chant by combining Wunjo with other Runes. We will discuss in greater detail the combination of Runes in later lessons, but for now you can repeat this chant—*Wunjo, Uruz, Wunjo, Gebo, Wunjo, Ehwaz, Wunjo, Othala*. (Uruz is the Rune of vital force and will increase the strength of other Runes. Gebo is the Rune of exchanged powers and union. Ehwaz is cooperation and spiritual journey. And Othala is the organic or genetic union of individuals).

The purpose of chanting the Runes is to fashion the Vril's power into whatever you seek to achieve. The Runes have different qualities and magical properties. When you use them in combination, they can fashion the Vril to perform different tasks and achieve different objectives. This is why it is important to achieve a certain mastery of Galdor Science—understanding the properties and use of the Runes.

You can use Wunjo to help eliminate stress and anxiety from your life. Whenever you feel that life's problems are piling up on you and you fear collapsing under their weight, you should find a place where you can be alone. You should then perform the meditation exercise that you learned in lessons two and three, but modified to concentrate on Wunjo and its relaxing properties. Here is what you do.



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. Slowly roll your eyes slightly upward (about 45 degrees) under your closed eyelids, as if you are looking at the ceiling. This



will manifest what I refer to as the Asgard State of Consciousness. We will discuss this in greater detail in future lessons.

3) 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 to 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, hold it a few seconds, and then slowly release it. Do it several times, or as many times as 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. By now, you should not have to count backward from 100 to 1. You should have progressed to counting backward from 5 to 1, or 10 to 1. Wait about one second between each number.

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) Visualize the Rune Wunjo in your mind. Keep the image in your mind. See it materialize on the insides of your eyelids. Hold the image and chant wuuuunnnnnjjjjjooooooooo. Do this over and over as much as you want.

You will feel its relaxing effects. As you do this, feel the Vril energy flowing through you, relaxing every muscle in your body and clearing your mind. Think only of Wunjo and the joy, happiness, and love that is associated with it.

7) After you have done this for as long as you feel you need to do it, say to yourself: "Day after day, I am getting better and better in every way. I have the power to handle all of life's little problems. Nothing can harm me."

8) 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.

9) Begin counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the power of Wunjo will fill you every day with joy and happiness no matter what problems you have to face. 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."

THE ANCIENT MYSTICAL ESSENCE OF WUNJO

Wunjo is the Rune that fulfills wishes. The name of this Rune is related to the German word *wunsch*, and the English word *wish*, and the Dutch word *wens*. They all mean the same, *to wish*. The essence of Wunjo originates from one of Odin's ancient names—*Oski*, which means, **fulfiller of wishes**. The Vrilic energies that are manifested in Wunjo can be used to will your desires into reality. It can be used to help you realize your most inner desire to evolve into a more perfect state of being. In its ancient Anglo-Saxon form, *wynn*, it means, *to win*. Thus, you can harness this Rune's power to achieve success in fulfilling your desires. In the Old English Rune Poem, Wunjo is depicted as giving joy by "knowing little of woe." This means that you can win and achieve your heart's desires by maintaining a positive attitude in whatever you undertake. If you are hampered by sorrow and doubts, they will manifest failure, but if you refuse to surrender to them, you will find your life filled with *bright fruits and bliss and buildings enough*, as the old poem describes.

HARMONY OF FORCES

Another important aspect of Wunjo which is important for you to harness, especially if you are conducting these lessons within a group, is its power to manifest harmony. Harmony is manifested through love. It is as a cosmic force that Love can transform everything you do. Wunjo generates and transforms people with its elemental power. This transformation goes beyond a mere fellowship, but can create a real unity among individuals by harmonizing their life energies into a single whole. It is the true meaning of *E Pluribus Unum*, from many we make one. It is not just the collecting of many into one group, but the assimilation of many into a new, single entity. But this transformation can only be performed through the cosmic force of Love.

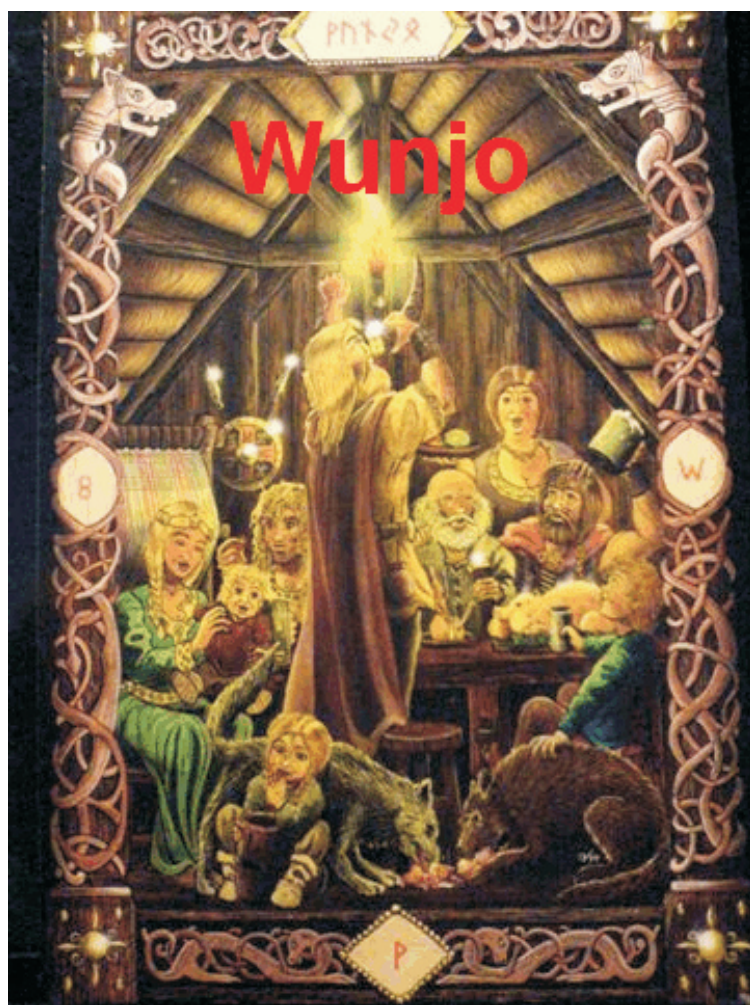
This transformation of many into a new, single entity is the result of the elimination of alienation. Today most people, especially within Western Civilization, feel alienated from their government, from their society, country, and even their neighbors and family. This sense of being alone and alienation results from feeling spiritually abandoned, as brought about by the present-day multi-cultural, internationalist, technological society we live within. The ruling elite of Western Civilization has consciously sought the destruction of those spiritual principles that Western Civilization and its culture were built upon. We

are being transformed into consumers, and worship the new religion of **"Consumerism."**

Today, nothing is held sacred. We are constantly bombarded with new ideas, which can be described as fads. Fads are temporary things that we must be fascinated with so that we can purchase those products produced that are associated with the current fad. Fads are constantly changing so that we must constantly adjust our mental psyches, like Pavlov's dogs. We are constantly running out to buy the new products associated with the newly manifested fads in a neurotic desire to be part of the "latest fad."

This mass psychosis by the ringing of the bell (advertising) to cause salivation (the desire to be part of the latest fad) has caused a

mass alienation to spread across the land. It is this alienation that causes mistrust to spread. It is this growing alienation that has made people callous and resentful. It is for this reason that we place so much emphasis on the use of Wunjo in these lessons. This is especially true when you reach level three-Svartalfheim. At this level, you will be re-forging yourself (yourselves) into a new spiritual entity. By using Wunjo, you are drawing on its Runic



energy to transform Vril into a force of harmony and love so that you can reduce alienation within your group, and within the greater Folk Community that you and your group will soon become a part of. When you invoke the power of Wunjo, you are broadcasting Love into the chaotic human energy (Vril) that makes up the Church of Balder Rising. You achieve this state by consciously focusing the magical will of your collective group for specific results—the manifestation of harmonious beings, working toward a common goal—the creation of a new human being and a new society of these superior beings.

WUNJO AND ITS RELATIONSHIP TO OTHER RUNES

Later in these lessons we will explore the meaning of the Rune Mannaz. This is the Rune of the evolved, superior human being. Interestingly enough, Mannaz is actually two Wunjos facing each other. It is the union of man and woman in the act of creating new life, superior life.

Wunjo is also the evolved state of the Rune, Thurisaz. Within Wunjo, the midpoint triangle of Thurisaz has risen to the top of the vertical axis. This means that Wunjo can be used to put you in touch with Thurisaz's powerful energy, which runs under the surface, within your subconscious, and manifest them within your conscious mind. The powers to break down resistance and to create are manifested in Wunjo for the purpose of causing the evolution of the individual into a superior human being.