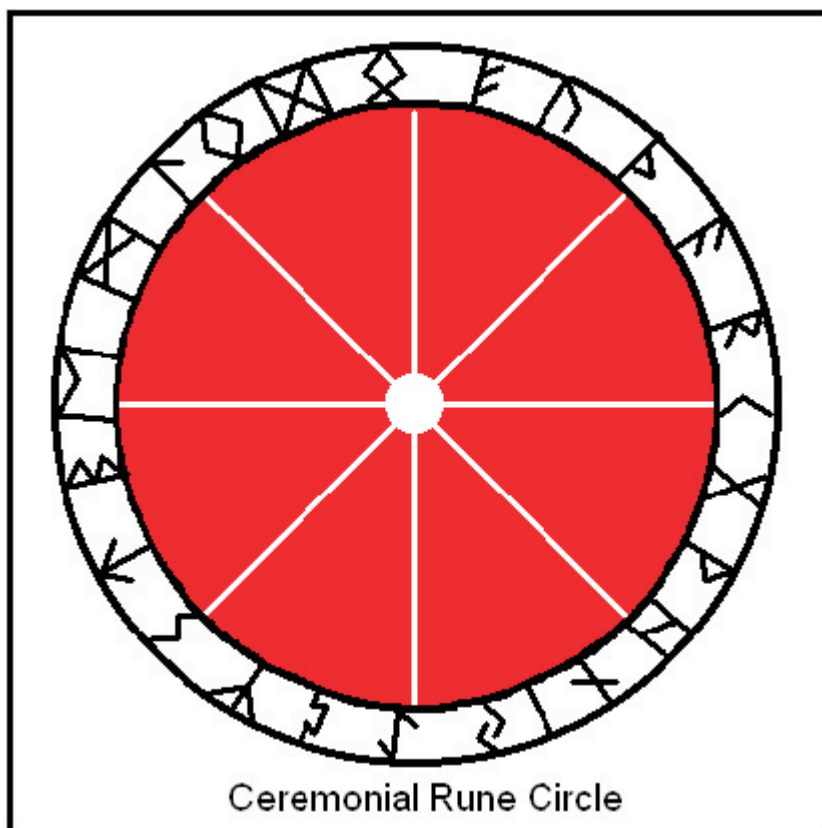


LESSON SIX: FORMALIZING YOUR GROUP

WORKING WITH A GROUP

At this point in your training, you should seriously think about formalizing the structure of your group, that is, if you are working with a group. There are several things that can be done to help you continue on the path of opening your Bifrost Gland and drawing more effectively on the power of the Vril. First of all, your group might want to wear robes. Simple black robes with hoods are appropriate. Black is the proper color for a novice. It represents the lost knowledge that you are seeking to discover. It is also the color used by the Catholic priesthood to protect themselves from evil. The purpose of the robe is to cover the "former you." The color black symbolizes the darkness of the womb. When you begin your journey through these lessons, think of yourself as an unborn child still in the womb, waiting to be reborn. The color black symbolizes the darkness within the womb. On this level, you are awakening a side of you that has been asleep for ages. The Gods sleep within you and you are seeking to awaken them within you. You can make the robes yourself or have a professional seamstress make them for you. Just remember, make the robes loose fitting and comfortable.



Next, you will want to take a board and draw a circular Futhark on it. The board should be twenty inches or so square. Place the board on a small table situated within the circle your group forms. You should be sitting in a circle with hands held, around the drawing of the Futhark. Next, take a small bowl and pour some alcohol in it and set it on fire so that you will have a nice flame burning. You can use another burning substance instead of alcohol, but alcohol will burn without producing an odor or smoke. Or if you want, burn a large candle in place of the bowl. Next you might want to burn some incense. Pine is the best, but any incense with an outdoor aroma is fine. You should shut off all the lights and make sure the only illumination is from the small flame burning within your circle. You will find this set-up every effective in creating the proper atmosphere for your group. Also, make sure there are no disturbances. Shut off all cell phones and other telephones, lock all doors, and make sure there are no pets around that will bark or disturb you once you begin. It is important to maintain control over your group and your exercise so that you are not interrupted. Even if there are minor disturbances, you should ignore them and continue. You will discover that Loki can find many different ways to cause disruptions and try to stop your march over the rainbow bridge toward Asgard.

If you are practicing these exercises on your own, you can still use the robe, the Futhark and the flame. The symbolism of the devices works whether you are performing the lessons within a group or by yourself.

THE MAGICK FUTHARK CIRCLE

This simple device is very useful to help you concentrate your mental powers on your exercises, but it can be used in another way for protection. In other traditions, the pentagram is used for protection against evil or negative influences. Despite the propaganda by traditional religious groups, the pentagram is not a device representing the devil or evil, but a device to protect you from such negative forces. The practitioner will stand inside the pentagram and not "break the circle" by leaving it.

In Vriloogy, we don't use the pentagram, but a Magick Futhark Circle. It is arranged just like the circular Futhark design above. What you will do is to buy some construction paper. It should be red and standard 8½" by 11" in size. Take 24 sheets of paper, and with a black ink marker, draw a large Rune on each sheet of paper. Do this with all twenty-four Runes. The Rune should be about 9 inches tall. Then lay out the entire Futhark in a circle around your entire group. In this way, you should be sitting within the circle. The circle can be as large as you want it to be.

If you tend to perform your lessons in the same room, you can place the Runes on the walls. If you do this, make sure they form a complete circle,

evenly spaced. Especially place them on any doors or windows in the room, as they form portals leading outside the room or space. If you wish to keep them up, you can frame them and permanently hang them on the walls of the room. It is up to you. Of course, if you have a room set aside as a permanent temple for meditation, ritual and so forth, you can even paint the Runes onto the wall. Be as decorative as you desire.



The Magick Futhark circle is a protective device. In Northern Europe, Gothi and Vitki would isolate themselves to perform their magick, using several techniques that served the same purpose as the Magick Futhark Circle. They would sit or stand on ox-hides marked with nine squares. They also marked sticks with Runes and stood them in a nine square arrangement. The Runester occupied the center. Still another technique was the platform. In this case, the Gothi or Vitki would sit upon a raised platform. The Magick Futhark Circle is

more suited for modern times and is very effective.

Modern magical tradition uses the Magick Circle method. The practitioner of magic sits in the center of a circle and envisions a cone or other shape forming around and over him. But in the Magick Futhark Circle, you should envision a sphere of Vril energy forming around you. The diameter of the sphere should be the same as the Magick Futhark Circle. In this way, you are protected on all sides, as well as above and below you.

The purpose of the Magick Futhark Circle is to separate you and your group, if you have organized a group, from the mundane world. It acts as a shield against the negative, chaotic forces in the world and universe. It also serves as a generator of Vril energy, like a black hole in space, sucking in energy around it in concentrated form for you to use for your purpose. Mentally envision Vril currents flowing into it and reinforcing its power.

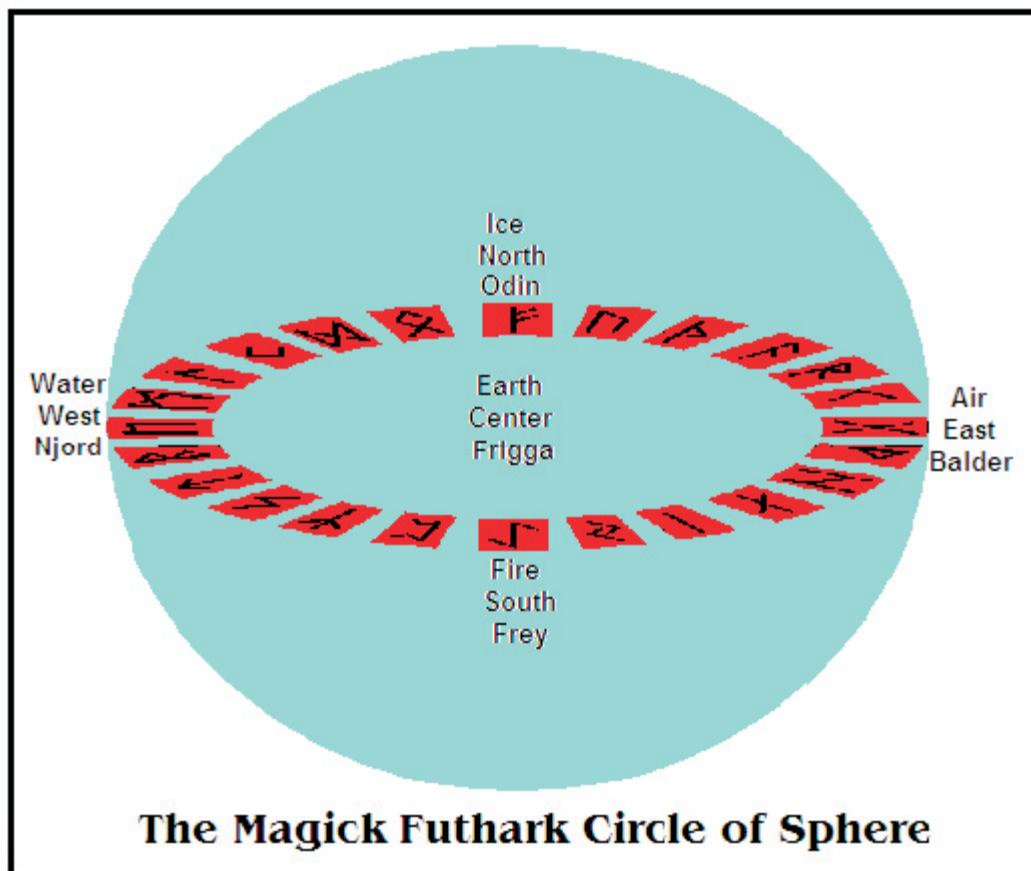
You should use a device to help form the circle or sphere. This can be a wand, a sword, a dagger, or a staff, but the best device or tool is a hammer. You should stand pointing to the east. Some prefer north, but the east is where Odin as the sky-god rises, and is the point where Balder, the Son of Odin, rises every day—the point of his rebirth. Stand facing east, with the hammer pointed in that direction. Mentally envision the Vril energy being transformed within you and pouring out of your hammer in the form of electric blue energy. See it charging the sphere with its power. Then slowly begin to recite the Futhark, beginning with Fehu, as you slowly move clockwise, completing the circle and finishing with Othala as you come back to east. Then raise the hammer above you, then bring it back behind you, and finally point it down and back up, facing east.

You can also place a statue or picture of a different God at each of the four points in the compass: east, south, west and north. In the east, you place Odin and/or Balder. In the south you should place Frey. In the west it should be Njord. And in the north it should be Freyja.

By creating such a circle you are separating yourself from the mundane world. Secondly, it acts as a shield of protection. You can envision this shield as a sphere of bluish energy that keeps out threatening or hostile psychic forces. Lastly, it creates a focus point of energy or concentrated power that you will have at your command.

When you mentally visualize the formation of such a sphere of energy, envision a sphere of electrical blue light rising above you and below you, forming a complete sphere, in which you are sitting in its center. You can cast the five elements of Air, Fire, Water, Ice, and Earth with the corresponding four directions of East (Air), South (Fire), West (Water), North (Ice), and Center (Earth). In the Norse cosmology there are five, not four elements. You will learn more of the Five Elements on Level 3 of this training program. You can also place different deities in each direction. North would be ruled by Odin, the

Father of the Northern Skies. In the East place Balder, the Sun God who rises in the east every morning. In the center place Frigga the Earth Goddess. In the west place Njord, the Sea God, and in the South place Frey as a secondary Sun God (Balder, in the east, is the primary Sun God).



Some Odinists place a candle at each point, but this could only be done if you used four instead of five points. Since you will be sitting in the center, upon Earth/Center/Frigga, you obviously cannot place a candle there. We suggest that you place a candle only in the east as the light of the rising sun, which is the direction we suggest you face. When you meditate, you can concentrate on Balder rising in the east as part of the ritual process of Balder Rising within you.

There is a variation to this process. You can use this circle for various rituals. You can perform this ritual in a lighted area, to call on all five elements to amalgamate within you; the significance of the candle in the east is unimportant. You might want to place the five elements at the appropriate points. You can place a lit fire in the south, some ice in the north, a glass of

water in the west, some lit incense that will cause smoke to rise in the east, and then sit on a flat stone slab in the center.

As you can see, there are various ways to use the Magick Futhark Circle. Be inventive.

Just one last point to make. When you are finished with the Magick Futhark Circle, mentally envision the energy filling you and your group, charging you with its power. Then thank the Gods involved for their help.