LESSON SEVEN: CHANTING THE AETTIR

In previous lessons, I explained how you needed to master the breathing exercises of the vowel sounds and recite the entire Futhark. Once this has been done, you can begin the actual meditation process. Again, this works better in a group, and later you will understand why. But for now you should begin by learning the entire Futhark. It is important for you to assimilate the essence of each Rune into your soul. So your group should begin by concentrating on each Rune. You can begin by breaking the Runes down into the three aettir. The Runes are divided into three groups of eight called aettir. In fact, aett means eight. The first aett consists of:—FEHU, URUZ, THURISAZ, ANSUZ, RAIDHO, KENAZ, GEBO, WUNJO. The second aett consists of—HAGALAZ, NAUDIZ, ISA, JERA, EIHAZ, PERTHRO, ELHAZ, SOWILO. And the third aett includes—TIWAZ, BERKANO, EHWAZ, MANNAZ, LAGUZ, INGWAZ, DAGAZ, OTHALA.

DEDICATED TO THREE GODS

Each aett is dedicated to a different God. The first is dedicated to Freyja, (it can also be dedicated to her twin brother, Frey), who is personified by the Fehu Rune, which is the first Rune of the first aett. The second aett is dedicated to Heimdall, who is personified by the first Rune of the second aett—Hagalaz. Tyr is the God that personifies the third aett and his Rune is Tiwaz. These three Gods have significance. Freyja (also Frey) represents fertility and birth of the Folk. Heimdall is the genetic code and creation of the individual Folks or races of mankind. And Tyr represents an orderly social structure, government and protection, especially for the Folk community to survive. The first aett is the collection of Runes dealing with creation, the Runes of the second aett are Runes of formation and form, and the third aett is made up of Runes of social structure and maintenance of the social order.

Do not try to chant all three aettir in one meeting. Chant only one aettir during your meeting. You can then chant the second aett at the next meeting and finally the third aett in the next. This will permit your group to absorb the essence of the Runes and the aett collectively.

To chant the Runes properly, you should do so by drawing out the sound of each Rune, just as you do with Wunjo. Remain in your position and keep vour eves closed. Start with Fehu and slowly pronounce the Rune as so—Feeeeeehhhhhhhhhhhhuuuuuuuuu. Draw out the Rune as long as possible a n d then g o o n to the next once. If you are doing this in a group, you will discover that you all begin to instinctively know just how long you should draw out the pronunciation of each Rune. You should have one person who acts as the Rune master for the

ceremony leading the group. He or she should be someone who knows the Futhark by heart and can recite it with his eyes closed.



TIME AND SPACE

As you continue through to the end of each aett, you will feel the collective consciousness being forged through the meditation process. Remember—you should have been conducting the breathing exercises as a group for several weeks before you reached this step. The collective breathing exercises, have been creating a bond among you. This will especially happen if you are able to hold your meetings at the same physical location, on the same day of the week, at approximately the same time of day or night. By doing your exercises at the same time, place and day, your group is creating a point in the cosmos that is becoming a conduit that draws down the power of the Gods (the Vril) to that one point in space and time. This is why our ancestors throughout Europe, not just among the ancient Norse, but among the Germans, the Celts, the Slavs, the Romans, and the Greeks, all had special locations that were religiously important. There were sacred groves, or a dell, an island, or the top of a mountain or hill, that were places the Gods favored for communication with their children. They came about over hundreds and even thousands of years. People came to the same location to celebrate the Gods. By performing these exercises at the same place, time and day, you are doing the same. You are creating a sacred grove, dell, or mountain top, and you will begin to understand why it's better to do these exercises in a group.