

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



Freyja

FIRST AETT

F N Þ F R < X P

Heimdall

SECOND AETT

H T I > J C S

Tyr

THIRD AETT

T B M M I T O M R

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.