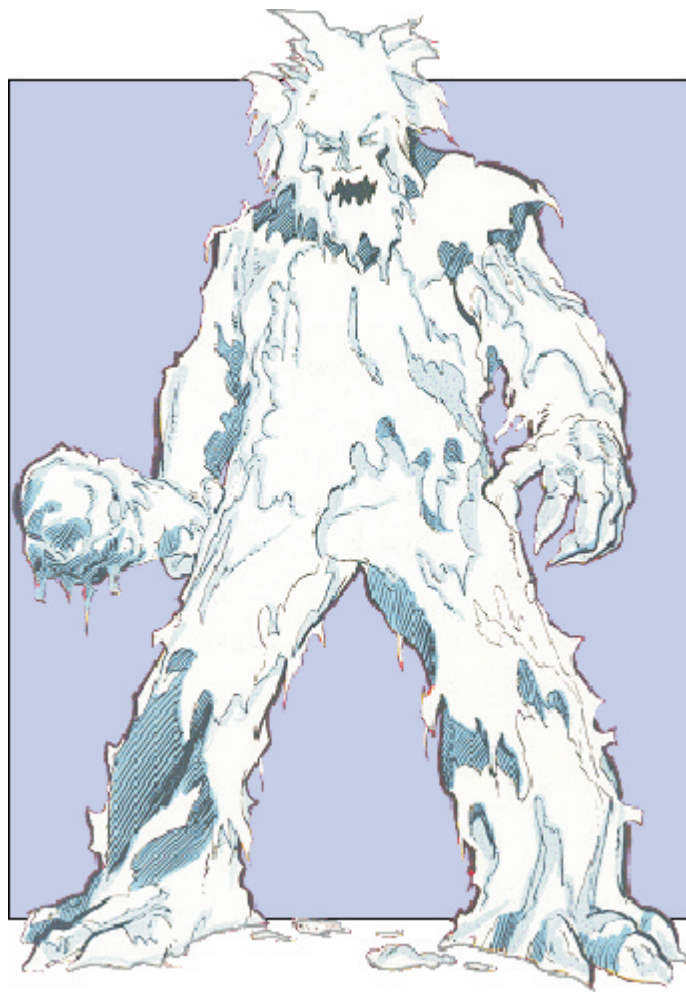
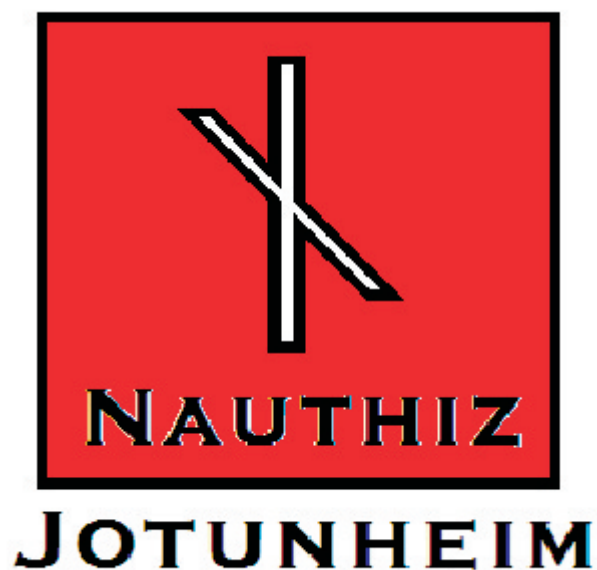


**THE YGGDRASILL TRAINING  
PROGRAM:  
LESSONS IN UNDERSTANDING  
VRILOLOGY AND ITS APPLICATION**

**PART TWO: JOTUNHEIM**





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## **PART TWO: JONTUHEIM—DECONSTRUCTION**

### **THE REALM OF CONSTANT MOTION AND CHANGE**

This second section too is made up of nine lessons. This section is named after the Realm of Giants, Jotunheim. The Gigantic forces in the universe are destructive. We can visualize their chaotic nature in the destructive power of earthquakes, hurricanes, volcanos, tidal waves, forest fires, mud slides, floods, and other earth-shattering events that can destroy whole cities, communities and even civilization. It is interesting that in the Legend of Atlantis, that ancient golden land was destroyed by the destructive power of both earthquakes and tidal waves. These two forms of nature's destructive force were attributed to Jormungand, the Midgard Serpent, the son of Loki. The nature of the Gigantic forces is one of rapid and overwhelming movement that brings about sudden and massive change.

Jotunheim is, then, the realm of constant motion and change, of opposition and resistance. Here you will face the process of your old self's breaking down. Once you have completed the first nine lessons of the previous section, Hel, you are now awake to the reality that you have been asleep, existing in a dream-state of ignorance, a half-dead existence, not truly living. But now that you can see the truth that the life we all live is not truly living, we can begin the process of discarding the old self, and begin the process of being reborn. Like the caterpillar who must break down its old self before it can be reborn as a butterfly, you must begin the process of breaking down and destroying the old you, the old self, that existed for one purpose—to survive in a dream-like, half-dead state of existence.

You are now faced with the dissolution of what you were and can begin discovering the deception of that old existence. Jotunheim is a realm of storm, icy and rocky landscapes, and violent winds. The process of transformation in this section will be one of destruction of your former self. That old self is like a container designed to prevent you from realizing your true potential. Once you have destroyed that old self, you can begin the process of discovering your true and full potential. You will learn to take the first steps to release the power of your primeval ancestry that exists within your DNA. This level of the Yggdrasill Training Program is meant to help you to develop an openness that will help you to become a miracle worker. Deep within you, you know that there is an energy source which we refer to as the Vril, and that Vril provides the energy that feeds the power of the mind to preform miracles.

Now that you have awakened from your existence in Hel, you are aware that you have been conditioned to think in terms that you are simply a "material" being lacking spiritual powers. Now that you have completed the nine lessons of the level of Hel, you are aware that you are more than just a material creature. You are aware that deep within you dwell the Gods. Their

Life Force—the Vril—pulsates through you, through every cell, every atom within you. To complete your journey up the Yggdrasil, the Cosmic Tree, and obtain a truly spiritual state of existence in Asgard, you have got to begin to think as a spiritual being, a being of Asgard, rather than as a creature of Hel.

### **MATERIAL CREATURE OF HEL VS. THE SPIRITUAL BEING OF ASGARD**

To begin the lessons in this level, we must define the difference between a Material Creature of Hel (MCH) and a Spiritual Being of Asgard (SBA).

The MCH lives within a reality of only five senses, while the SBA is aware of a reality that exists beyond the five senses. The MCH thinks he is alone in the universe, while the SBA knows he is not alone. The MCH's life is focused on external power, while the SBA seeks a personal empowerment rooted in his connection to his Folk, to the higher consciousness that belongs to the collective Folk Soul. In this state, he knows of no hostility or anger, only his love for his Folk and the Gods who created it.

The MCH feels himself a victim of the universe he lives within, but the SBA knows the enormous power that he can possess through mastering Vrilic energy through Vrilology, which will give him the ability to manipulate the physical world with one's mind. He is aware of the truth that a mind at peace (in the state of Balder's love) is a mind centered in the Vrilic flow of energy and is not preoccupied with harming or controlling others. The MCH is disconnected from others, even from his family and friends, while the SBA is part of the collective spiritual unity of his Folk. He belongs to the unity that includes his Folk and the Gods who created it. He sees in each member of the Folk he belongs to that divine spark that exists in the Gods.

The MCH thinks in terms of cause and effect, while the SBA is aware of a higher power that is the Life Force of the Gods, working to keep order in the universe, and knows that he can tap into that flow of Vrilic energy to make things happen in his life. He understands the power of thoughts, which flow from the mind and are powered by the Vril, and can be used to transform the objective world he lives within. He knows that thoughts are not subject to the classical physical laws of the universe, but that miracles can be brought about by the power of our thoughts, through mastering the methods shown by Vrilology.

The MCH is motivated by achievement, performance and success and the acquisition of material goods. The SBA understands that real success and happiness is derived from aligning oneself with the Godly forces of order. This is done by living ethically, morally and in spiritual partnership with the Gods in the quest to maintain order in opposition to the chaotic forces of the Giants. The MCH thinks intuition is merely a hunch, while the SBA understands that intuition is actually guidance from a higher source. It is the voice of the Gods speaking to us, guiding us and advising us. The MCH spends most of his life

fighting to achieve success, and opposing others, while the SBA does not order life in opposition to others. SBAs are not against anything, but concentrate their thoughts on what they are for. The MCH is against things, while the SBA is for things.

The MCH has no sense of responsibility for anything beyond his own well-being and existence. The SBA knows that he is connected to forces greater than his own existence. He understands that all living things are in alignment with either the chaotic forces of the Giants or the orderly forces of the Gods. He understands that he must align himself with the progressive power of the Gods to maintain happiness or balance in his life, in the life of the Folk community that he is a part of, and the universe in general. The MCH does not understand this choice, and most often aligns himself with the chaotic forces by living an aimless life of a true narcissist. The SBA feels a sense of responsibility for the universe and is in awe of life, knowing that he is part of unity that includes mortal and immortal. The MCH believes in limitations, while the SBA knows that he can manufacture miracles through the power of his mind, which is energized by the Vril, the Life Force of the Gods.

### **THE CHOICE BEFORE US**

What must begin to break down our shell, and cease being a Material Creature of Hell, and begin the process of transforming into a Spiritual Being of Asgard. But remember that the Gods have within them the essence of the Giants. Odin's mother was Bestla, a Giantess. They had to learn to master that part of them that seeks to answer the call of the Giants. Odin sacrificed himself for nine days and nights on the Yggdrasill to discover the power to transform himself into a being with the power to master the Gigantic forces that exist within him. Where the Gods differ from the Giants is that they have learned to master the great powers they possess, while the Giants, possessed by those powers, cannot control them. That is why they are destructive.

Like Odin, Vili and Ve, who killed Ymir and refashioned the universe from his parts, you will destroy your chaotic former self that existed in a state of blind ignorance and begin the process of transformation and reconstruction. Destruction is necessary for evolutionary change. Before you evolve into a higher state of existence, you must destroy the old you. We have the need to transform ourselves from Material creatures of Hel into Spiritual Beings of Asgard. Thus, the Rune governing Jotunheim is Nauthiz—necessary change.

### **NAUTHIZ—THE NEED TO EVOLVE**

Nauthiz embodies the need to evolve upward, which is instinctive in all forms of life. On this level you will begin to understand the dynamics of resistance that is behind the process of creation. As you noticed in the table of contents for this level, you will be doing a great deal of work with the Runes. You will

***need*** to understand how the Vril energy that is shaped by the different Runes can be used to control and direct your Wyrð. Nauthiz is the embodiment of the principle of the *Cosmic Law of Cause and Effect*. You will discover in this level how to use the Rune to bend your Orlog through control of your Wyrð to serve your desired outcome. One of the underlying principles of Vrilology is to discover for yourself, the power to master Orlog through the bending of Wyrð. In the Northern cosmology, the Web of Wyrð is woven by the three Norns. The Norns are Giants, associated with Jotunheim. They are named **Urd** (past—events which contribute to the formation of the present), **Verdandi** (present—that which is unfolding now), and **Skuld** (future—that which is coming as a result of the previous two).

Nauthiz is the Rune of Skuld, the Norn of the future. It is the embodiment of Vrilic energy that is used to bend or shape the web of Wyrð manifested by past and present working together. Skuld is visualized as veiled and secretive, not so easily approached. She is unpredictable and mysterious, but she is constantly ripping apart the fabric woven by her two sister Norns. This is actually something we wish to discover and master—how to rip away our Orlog, the past layers of events that direct the flow of our Wyrð, which controls our future, so that we can reshape our Orlog, and thus obtain control of our destiny. This is what you must discover—how to master the power of Nauthiz, which embodies the level that is Jotunheim, and rip apart our Orlog so that we can then go on to the higher levels and begin the process of learning how to refashion our Orlog, so that we can become masters of our destiny!

Nauthiz is the Rune of *Need-Fire*. Once you have passed through Hel, you will no longer be blind. You will have thrown off the Curse of Hoder, and you will then possess a need to discover the nature of the true reality of existence. This will manifest itself as a hunger deep within your soul, within your mind. Nauthiz is shaped like a bow-drill that was used to cause friction from which fire was created. This is what you will experience in this level of training, ***an overwhelming need to learn!***

In Jotunheim, your old self will be broken up so that you will have clear fields to plant the seeds for your new self to grow in the next level. You will begin the process of cleaning out the negativity that you have hoarded in your Orlog. Once you have, you will have cleared the way for new pathways to manifest themselves into a grander and brighter future.

### **JOTUNHEIM: THE REALM OF CHANGE**

In the myths, Jotunheim is inhabited by beings of great destructive power, but they also possess great knowledge. The Gods, especially Odin, travel often to visit the Giants to learn what they know. This realm of the Giants is a place of primeval ancestry, located in the east. The Gods go east to confront the forces of decomposition and destruction, but come away with greater knowledge,

about themselves and the universe. The Giants are divided into three different species: Fire Giants, Ice Giants and Stone Giants. In all three cases, they are forces of great destruction. They represent the slow, crushing forces of the glaciers, slowly spreading across the landscape, crushing everything in their paths, sweeping clean the landscape and forever transforming it. The Stone Giants are the forces of earthquakes—sudden, erupting forces that can without warning transform the world we live in. Finally, the Fire Giants represent the power of fire to lay low the landscape, burning everything to the ground. In each case, the forces of destruction provide opportunities for new life to take root and grow. These forces are really not so much so destructive as they are transforming. Thus, Jotunheim is the realm of endless, seething turbulence, forever breaking down and providing the groundwork for new life. The forces of Jotunheim are evolutionary. As a seeker of knowledge and transformation, you are entering the level of Jotunheim. The lessons here are designed to help break down the old self, so that a new self can take root and grow within you.