

LESSON TWO: THE VRIL, THE MIND AND THE RUNES

To master the use of Galdor Science, we have to understand something of the mind and how it works, for the power of the mind is essential in learning to use the Runes in Vrilology. The Mind is powered by the Vril, which is an invisible Life-Force that exists within you and throughout the universe. The purpose of Vrilology and these lessons is to cultivate an awareness of the Vril and its power, and to teach you, the student, how to harness its power. This power gives shape and form to everything in the universe, from the smallest atom to the largest planets or stars. It is what make a bird a bird, a tree a tree, a diamond a diamond, and it is the source of power for all life, the energy source that powers the evolution of life on Earth and throughout the entire universe.

WHAT IS THE NATURE OF VRIL

Vril is universal and has no boundaries or dimensions, much as our thoughts, feelings, imaginations, sensations, dreams, and emotions are also without boundaries and dimensions. This universal force, Vril, is infinite and divine and is within you. This awareness of the nature of Vril, and of our relationship to it, is important because Vril is the Life-Force of the Gods, and we share it with the Gods. You must trust totally in its power, and its ability to permit you to perceive and experience the physical universe you live within. But more importantly, Vril is the source of your thoughts, thus your thoughts have a power that can transform the physical universe you live within.

In 1911, Paul Tice wrote a book entitled, *Vril or Vital Magnetism: Secret Doctrine of Ancient Atlantis, Egypt, Chaldea and Greece*. It is an excellent little book and recommended reading. Let us quote from the introduction:

Vril is another name for the life energy of the body, known in other cultures worldwide as mana, prana, chi, or vital force. Most of the ancient cultures of the world were aware of this important force and worked to make use of it.

In today's world, especially in the West, we move along through life completely oblivious to this truly vital force. Although this force cannot be seen, it is the life force within our bodies. It takes energy from food and provides muscles with energy, which in turn allows us to move about in daily life as well as grow and metabolize. Nourishment, digestion, and elimination are all driven by the life force.

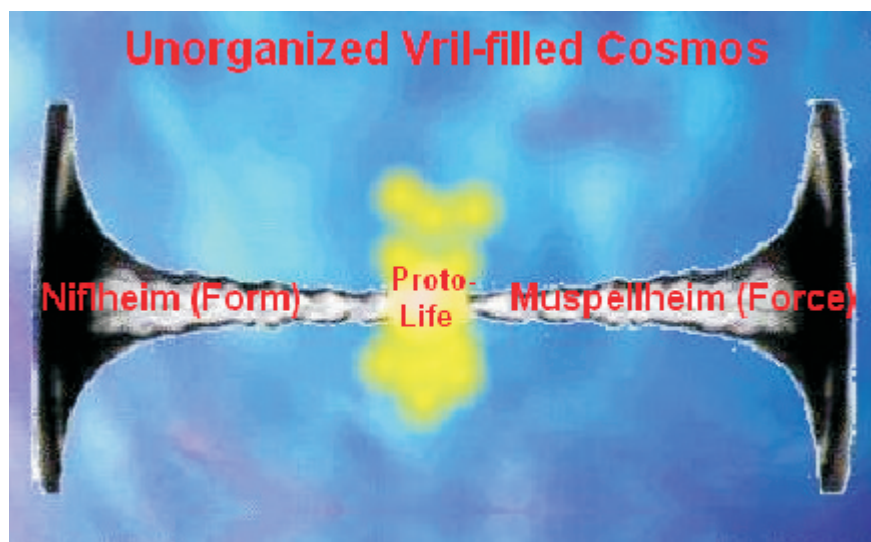
Vril also has a connection to the mind, and methods can be employed to store up its energy and use it constructively. Vril is not manufactured in the human body, but can be collected and used effectively. This energy is present in water, and especially in the air. This is why breathing is so important in the practice of meditation. A deeper part of us comes alive while we meditate, due

to increased vital energy in the body combined with the relaxation of the mind.

According to Paul Tice:

In the Arcane Teaching, the term 'Vril' indicates the universal principle of vital-energy, life-force, or vital magnetism, as it is sometimes called.

Tice believed that the name can be traced back through many civilizations to the ancient civilization of Atlantis. It is derived from the Atlantean root word (of the ancient and original Aryan language), **vri**, which means **life**. It is the root of the word, Vril, and the **idea of the vital principle of life-energy**. From this root word, similar terms in the Sanskrit, Latin, Greek and many other Indo-European, Semitic and other languages of ancient civilizations in southwest Asia and North Africa, are descended. *In many of these languages, there are various words indicating manly vigor, energy, virility, which undoubtedly owe their origin to the original Atlantean root term vri from which our term is derived.*



In the ancient Greek or Hellenistic language, there is the word *veros*, which means "a hero." The Sanskrit word *vira*, also means "a hero." *Vear*, in the ancient Irish or Gallic language means "a man." And, in Latin, the word for "a man," is *vir*. From this word, we get the modern day English words, "virile" and "virility." There are similar words in

Gothic, *wair*, and Old Anglo-Saxon, *wer*, which also mean "a man." All these words are derived from the original Aryan language of the ancient Atlantis civilization that once thrived on the shores of the Black Sea, over seven thousand years ago. In all Indo-European languages, *vri* seems to indicate a term for vital-energy or life-force, with great procreative powers.

In the West, in the last two centuries, there has been a great deal of interest in the occult or esoteric sciences concerning a universal force that is the source for such topics as **human magnetism, magnetic healing, animal magnetism, and vital magnetism**, even in the modern day movie, *Star Wars*, which talks about **The Force!** In the Arcane Teaching, Vril is a term used to

represent ***a great cosmic principle of very fine energy permeating all forms of matter, and immanent in thought process as well, being employed by the principle of mind in its work of thinking.*** (Paul Tice). In Vrilogy, we use the term Vril to represent **the great universal Life Force of the Gods, from which proceeds the multi-dimensional manifestations of activities of the Nine Worlds of the Yggdrasill.** The Church of Vrilogy also agrees with Paul Tice when he wrote: ***In the second sense of the term, Vril is the principle of inner vital power of energy found to be immanent in all forms of specialized matter, inorganic or organic.***

We might define that ***life is the power of independent action and movement.*** By this we mean that you have the ability to move from a power source that is inherent and innate, and not a source of external power. This mobile ability is something different from the ability of the mind to think and imagine. It has been referred to by ancient thinkers as vital-force, life-energy, or Vril. If you have a sensation, say an itch, your reaction is to scratch it. Your mind must draw on Vril energy and then send a current of this vital-force through the nervous system to cause your muscles to move in a certain way for your hand to move and scratch the itch. But remember that without Vril currents flowing into you, you could not even cause your mind to will your hand to move. The mind's ability to process thought is powered by Vril. ***Vril is the force which operates the machinery of life from the crudest movement up to the highest exercise of the brain cells of the philosopher or mathematician.*** (*Vril or Vital Magnetism* by Paul Tice).

Vril is the source of movement and mobility in all material forms in the universe. **IT IS THE SOURCE OF CONSCIOUSNESS, THE ABILITY TO THINK, THE WILL TO ACT, AND THE POWER THAT PERMITS MOVEMENT.** Vril is the energy source behind the principles of attraction among the subatomic particles of the atom, and causing them to orbit, rotate and vibrate, thus, forming matter. It is the source of attraction and repulsion not only in the microcosmic realm of existence, but on the macrocosmic level of existence, sending the planets moving about the sun, the sun moving through the galaxy, and even causing the galaxies to move through the universe. It is the source of power on every level, manifesting constant vibration, and providing substance to all the elements in the universe. Once again, let's quote Paul Tice:

“VRIL, THEN IS THE FINE ENERGY OF FORCE WHICH ENABLES MATERIAL THINGS TO MOVE OF THEIR OWN POWER—THE POWER WITHIN THEM. VRIL IS, IN ITSELF, THIS POWER WITHIN, WHICH ENABLES THE PARTICLE OR ATOM OF MATTER TO MOVE TO AND FRO; WHICH ENABLES THE ATOMS TO FORM THEIR COMBINATION; WHICH CAUSES THE MOLECULES TO MANIFEST THEIR QUALITIES; WHICH ENABLES MAN TO BEND HIS ARM AND DIRECT HIS PEN AT THE BEHEST AND COMMAND OF HIS WILL, URGED THERETO BY HIS FEELINGS OR

DESIRES, AND SUPERVISED BY HIS INTELLECTUAL REASONING.”

Tice concludes that Vril is the source of the mystery of his day, and the mystery that still haunts science today—gravitation. He believed, and we still do today, that Vril is source of power behind gravity. Let’s quote him one more time:

“VRIL, IN THE SECOND PHASE OF MANIFESTATION, PERVADES ALL SPACE—IT IS IMMANENT IN THE UNIVERSAL ETHER. WHEREVER ANYTHING IS, VRIL IS, IN ITS SECOND PHASE OF MANIFESTATION.”

So far we have established two principles of Vril:

1) Vril, in the first phase, is a very fine, universal energy, permeating all forms of matter, and employed by the mind, to manifest the processes of thinking, feeling and the ability to will action.

2) The second principle of Vril is the vital energy, or life energy found to be immanent to cause movement and mobility in organic and inorganic matter.

The third principle we can now establish is ***Vril as the life-force or vital-energy employed by all manifestations of organic life—of all living creatures.*** Vril is the power by which organic is able to digest, assimilate, excrete, repair, reproduce, grow, and perform all forms of mobility. In the human body, Vril performs the same function as electricity in an electrical appliance, or gasoline in an automobile. It is the source of power **THAT MAKES THINGS GO!**

Through the two principal nervous systems, Vril is disseminated throughout the human body, even to the tiniest cells. It enters the body through the Solar Plexus, rises through the spinal cord to the brain, and then down the spinal cord, through the various plexi or ganglia of the nervous system. Vril has been referred to in the past as the “nervous fluid,” or “nerve force of physiology,” but in truth it is less a fluid than it is electricity or magnetism, though it seems to be the source of all these forces. It powers both our mind-power and bodily-power, and yet it is neither. Turning to Tice once again, he writes: ***All attempts to identify Vril with mind-power or physical force must fail, for it is a thing of itself—a distinct manifestation of nature or that which lies behind nature.***

In relationship to the soul, Vril is not the soul any more than it is the mind or body, and yet, as with the latter two, it is the substance to give power to the former. We must remember that in Norse cosmology, or Vril cosmology, the physical body and the mind are both parts of the soul.

Vril is the force that holds the atoms together. It has a quantum nature, able to collapse in on itself, and become more than one thing as a time, as we will discover when we explore the nature of Quantum Physics. Thus, Vril can **“blink”** in and out of our physical universe. This means that Vril is the substance that gives form to all nine worlds of the Yggdrasill and the higher levels of consciousness. The nature of these aspects of Vril will all be explored

in future lessons of this level of the training program. In the Midgard Level, we will examine in much greater detail the nature of Vril, and how it can be used for various purposes.

YOU HAVE CONTROL OVER YOUR THOUGHTS

We think with our minds, and this process is the means by which we process and record all our experiences throughout our lives. Our thoughts originate within our minds, and are manifested out of nothingness. Your thoughts are the key to your timelessness, your past, present, and future—the three Norns. Through your thoughts, you can create the world you live within. You can affect your health, ability to be successful, to acquire wealth, and every detail in your life. It is truly so that “you live the life you imagine.” Before you can do anything, you must think about it. Thus, your thoughts are providing the will to turn what you imagine into reality. If you



do not imagine or think, you will cease to participate in the physical universe. Your thoughts are the means by which your mind is able to direct the Vril’s power to make things happen—to change your reality.

THERE ARE NO LIMITS TO ITS POWER

We have been taught to think in limitations, but because the Vril is infinite, the possibilities that can be achieved through the power of the mind are limitless. The left side of the brain dictates that we must perceive things logically and scientifically, but the right side of the brain informs us that there are dimensions to reality that is not explained within the thinking process of the left-thinking of the left-side of the brain. The truth is that the universe is infinite and timeless, and thus, so is the Vril. Since the Vril is the power source of the mind, the power of the mind is also infinite and timeless.

You have to understand that we have the power within ourselves to harness this infinite source of energy. The Runes are a tool that can be used to harness and shape this endless supply of energy. Because the Runes involve both the rational part of your mind (left side of your brain) and your senses (right side of your brain), the Runes are powerful devices that can be used to move Vril energy toward your intended design through their shape, color, sound

and number.

On the most basic level of understanding Vrilology, we are learning to control this divine energy, so that you can help yourself lead a better, happier and more productive life. Vril energy comes from a connection with divine sources that maintain the order of the universe. If you are successful in aligning yourself with this divine purpose, you will feel the effect of right-patterning on your personality. You will be filled with a love of life, a joy in living, the struggle for life will be seen as an exciting adventure, rather than a terrible ordeal, and you will be possessed by a deep, penetrating sensation that the divine light that is the essence of the Gods fills your very being.

By practicing Vrilology, you are discovering how to influence and create new patterns of Vril energy, so that you will live in synchronicity with the Gods and their divine mission of maintaining order throughout the universe. **Vrilology is the intended, purposeful, and desired goal of synchronizing your life with the Gods.** In this way, you are weaving the flow of Vril energy to create a positive change in your life. For you to be successful in mastering the techniques of Vrilology, you must combine intention, expectation and desire. What this means is that when you learn to use the power of your expectations to define for yourself what you truly desire in life, you will awaken to the synchronicity that is everywhere, but until now has always been out of your reach. The reason for this is that, until now, you lacked the ability to block the negative and chaotic influences of the Giants from affecting your life. Their influence on your life has affected your *orlog*, your experiences in life, which in turn affect the direction of the flow of your *wyrd*. Vrilology teaches you how to correct these negative influences, and we will go into this subject in future lessons. But before you can do this, you will have developed the ability to live in synchronicity with the Gods, a Oneness with the Divine. Once you have achieved this, you will discover how much easier things can “get done.” This synchronicity that is provided by Vrilology is like a road map to help you reach your intended destination. Without it, you are traveling blind through the wilderness of life.

ONENESS WITH THE UNIVERSE

The currents of Vril energy that flow throughout the universe, surround the human body in a morphogenic field, penetrating us and both creating life and ensuring its continuation. We are literal powerhouses of Vril energy that flows to and from us, and unites us in a Oneness with the universe, emanating in all directions. Vrilology is the state of mind of being aware of this union with the divine powers of the universe, which means that the Godly powers that maintain order in the universe exist and pulsate within you. You have great powers within you, and through Vrilology, you can learn to cultivate and expand these powers. In this way, the more adept we become in using Vril energy, the

greater will be our ability to influence the objective world around you, through this ability to focus and direct Vril. Once we have obtained a degree of confidence in the use of focusing and directing Vril energy for our intended purpose, the greater will be our faith in knowing that things will turn out the way we desire them to.

Individually and collectively we can act to expand and direct our Vril energy field to reach new heights of achievement. But in this shifting of energy fields, the strongest fields will triumph in the end, which is why it is important for us to keep in mind at all times that we are influencing and manipulating energies and not people.

Vrilology is the ability to create synchronistic changes in the flow of Vril energy on the physical or objective level of

existence. This is achieved by developing a new state of consciousness within you—the Asgard and Gladheim states of consciousness, in which you have taught yourself to use the power of your conscious mind to tap into Vril energy and use it to cause desired manifestations to occur in the material world. Remember, the energetic and physical dimensions influence each other. Change in one will cause change in the other.



THE PURPOSE OF OUR LIVES

Because the entire universe is filled with Vril, the universe is a living, intelligent thing. It was created by Odin, Vili and Ve from the remains of Ymir, and thus formed into the World Tree—the Yggdrasil. Odin (Ansuz) created the universe (Eihwaz). The purpose of the Gods is to maintain the order that they fashioned when they created the universe from the parts of Ymir (Chaos). It is our purpose in life to align ourselves with the Gods, assisting them in their divine mission to maintain order. We can do this by harnessing the Vril and using it to create lives of progression and order, which means creating healthy Folk communities. The means to do this is found in Galdor Science, the science of learning how to use the Runes to transform ourselves and the universe we live in.

It is through the Runes that we can fashion our thoughts into instruments with the power to create a reality that we desire. We can, through our



intelligence and knowledge of the Runes, discover the power to overcome those weaknesses rooted in our orlog that plague us. By learning to understand and master the Runes, you will develop the ability to change your beliefs, your perception of the universe and your place in it, and discover that you are not helpless, but have the power within you to work with the Gods, creating a better reality for

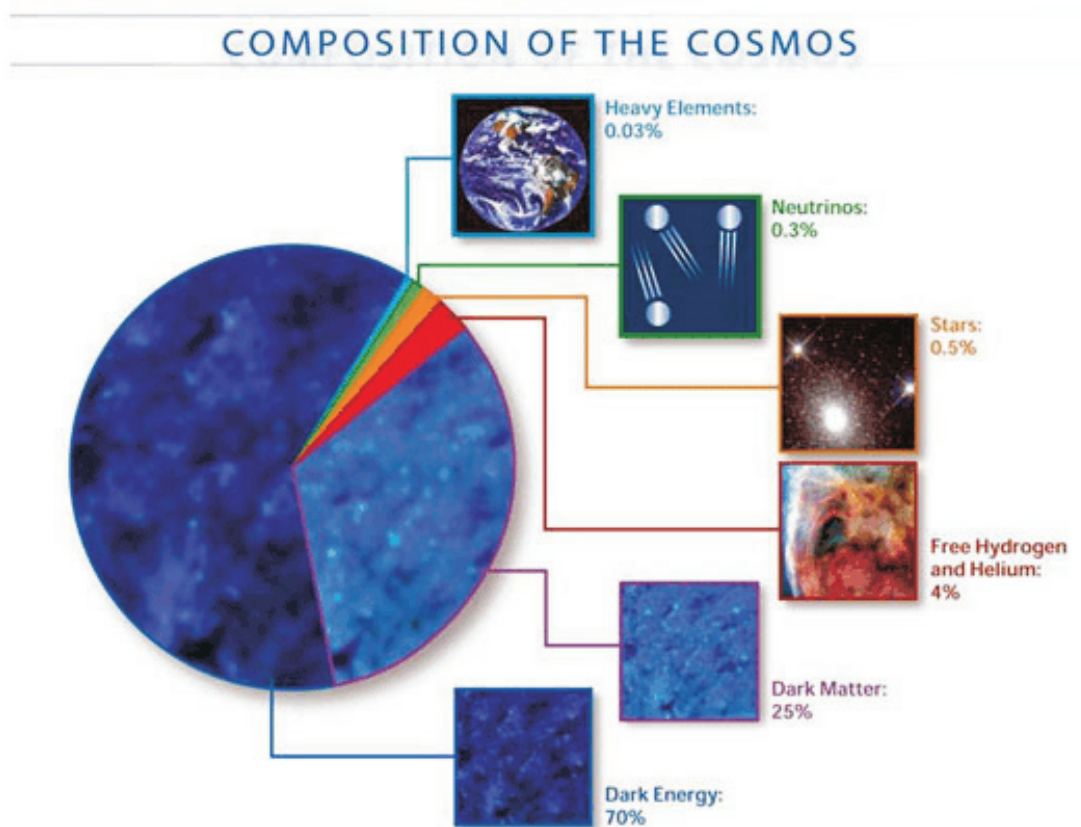
yourself, those you love and all members of your Folk.

THE INVISIBLE POWER OF OUR MINDS

New evidence in modern science has now given support to ancient theories about the nature of the universe. This is especially true concerning the belief that the objective reality of the universe can be transformed by the power of the mind. Quantum physicists have put forth new theories in quantum mechanics that reveal that the smaller pieces that make up matter, such as protons, electrons and other sub-atomic particles, are not as solid as the matter that they are components of. We now understand that electrons do not possess dimensions, and that the electron is not as rooted in the objective reality that we live within. These sub-atomic particles have a chameleon-like ability to change shape and form, and even "blink" in and out of our universe. In fact, evidence is emerging that the only time these particles, referred to as quanta, ever manifest themselves is when scientists try to examine them. ***This means that only when we consciously seek to examine them, do they manifest themselves in the materialistic, objective universe of our reality, and that they actually belong to a reality that is invisible and transcends the objective universe that we perceive with our five senses.*** Scientific research has revealed that what we have always conceived as "empty space" is not so empty, and is filled with an invisible force that has been dubbed "dark matter" or "dark energy," and is in reality what we call Vril. It is the basis for the invisible connection between all sub-atomic particles and all living beings, including our Folk. Thus an invisible connection exists between our thoughts, produced by our minds, and our actions, and this connection is Vril. This demonstrates that there is a higher power at work in the universe. This higher power is the Gods, and they exist on a level of reality that is beyond cause and

effect.

We perceive reality, according to quantum physics, as a holographic image. This holographic image is actually an illusion, but we perceive it as real because our thoughts give all objects in the physical world around us form and shape. Our minds give them three-dimensional shape and form. Thus, quantum physics claims that our very consciousness is a form of matter, because substance is given to the objective world around us through the power of our minds. Therefore, all objects, both animate and inanimate, are interwoven. This means that "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, and the very fabric of the entire universe." (Talbot, *The Holographic Universe*, Harper Collins, 1991).



RUNES AS THE DYNAMIC FORCE OF OUR MINDS

As stated in the first level of the Yggdrasill Training Program, in the lesson on Phospenes, the mind naturally forms geometric forms and shapes for us to think with. This takes on the forms that we know as the Runes. The Runes have no true origin, but are the result of undeveloped energy that existed

within the point between two poles of Ginnungagap, the realms of Muspellheim and Niflheim. Their shapes and forms were manifested when Odin sacrificed himself to himself. His divine, cosmic mind gave them order and provided a formula for us to use them in harnessing and shaping the power of Vril for our purposes. This is done whenever we use the Runes. When we work with them, their forms, shapes, and essence trigger a response at the deepest levels of both our consciousness and subconsciousness. This is why we are able to access their Vrilic power to influence the material, objective world around us, causing it to react to the thoughts of our minds. We are using their mystical powers at the sub-atomic level to change and shape the reality of our lives. This is what we are doing when we reach the level of the Asgard State of Consciousness. We are changing our brain wave patterns.

With the use of the Runes, you gain the ability to harness the transpersonal power of Vril energy fields that fill the universe, to shift its energy into a more desirable form that will help you to succeed in life. ***We have to remember that 95 percent of the universe is composed of Vril, or as scientists like to refer to it, "dark matter," or "dark energy."*** By understanding that the universe is made up of matter, energy and Vril, which is not solid, but mostly nothingness (the space between protons, neutrons and electrons that make up atoms), that is constantly in motion, we can understand that the universe is holographic in nature. This means that by learning to use Vril energy through the power of our minds, we can shape and form it into whatever patterns we desire. This is done by moving into the transpersonal realm of the fourth dimension, one in which we can use Vril energy through the use of the Runes to solve our problems.

The Rune-sigils, or symbols, are tools we can use to activate deeper levels of consciousness, which can be referred to as the unconscious mind. By doing so, we can tap into the reservoir of an infinite sea of energy to our benefit. This can be done in three ways:

- 1) First we can restore the Ur, or original patterns of your personal Vril energy field that has been disrupted through a lifetime of wrong action. This is done by affecting the *hamr*, part of our soul, which is also referred to as the etheric body. By doing this, we are canceling out the negative *orlog* that has built up within our *wyrd*, permitting us to live lives that are in harmony with the divine order of the Gods.

- 2) Secondly, we can then use the Runes to create a Vril energy shield—an active energy shield that will protect us from outside negative influences that might cause us harm or illness, or block us from achieving our goals in life. This shield will also protect us from psychic vampires, energy robbers who drain us of our Vril energy. This has the effect of ensuring that we never lose the needed Vril energy necessary for success, health and happiness. It will also ensure that we will never be influenced by those who might cause us harm, or

exploit us.

3) Lastly, the ability to use Runes to harness and shape Vril energy will awaken the Gods within us. This awakened presence of the divine within us will transform us, by unleashing the psychological archetypes within the realm of our unconscious, giving us great mental powers, permitting a greater flow of Vril energy throughout our minds and bodies, enabling us to develop greater skills that will contribute to a longer and healthier life and greater success in whatever you do, and enable you to move through time and space in lock-step with the Godly force of order and progress.

INTRODUCTION TO VISUALIZATION

We will begin the process of learning how to properly use visualization in lessons four (Visualization) and five (Visualizing the Runes). But for now, let me give you an introduction on how to meditate. When you meditate, you will be generating the Asgard State of Consciousness (alpha), and eventually learn how to move into a deeper meditation state, called the Gladsheim State of Consciousness (theta). You can begin by trying a simple exercise in the Midgard State of Consciousness (Beta). You can use this to help you find a solution to a problem that might be troubling you. There are six simple, easy steps.

1) First, while in MSC (beta) think about a problem you want to solve. Do this with your eyes open. Visualize the situation in your mind. It is not hard, we do this all the time when we are thinking or daydream. Visualize the situation in the smallest detail. Don't leave any aspect of the situation out of your mental story. Make sure it contains everything animate (living) that is part of the problem.

2) Once you have constructed the mental story, review it once more in the MSC (beta) with your eyes closed. Just close your eyes, without meditating, and review the mental story in your mind once more.

3) Later, when you go to bed, when you ready to go to sleep, use the ASC (alpha) method. Relax and concentrate on withdrawing within yourself, just as you learned in the first level of the Yggdrasill Training Program, and in the first lesson of this level, including counting backward. Now review the mental story you created in the most visual detail possible.

4) Once you have completed this, still in the ASC (alpha), mentally create a solution to the problem. Make sure the solution is complete and contains a step-by-step procedure of how you want the problem to resolve itself. It does not have to be the solution that will happen, but what you want to happen. It must be within the realm of the possible, though not necessarily the most probable outcome. While in this state, you are calming your personality and opening yourself to a channel (the Bifrost Bridge) to a higher intelligence (the Gods in Asgard) asking for a higher wisdom to guide you, so that your intuitive

mind can find a solution. Analyze the problem from every direction and angle and try to review every point of information or data concerning the problem. Frame specific questions about the problem in your mind. Do not control the direction of your thoughts, and permit your intuitive mind to wander when reviewing the problem in this state. Write down any interesting ideas that might come to you

5) Now, once you have completed both mental stories, reviewing the problem as you did while in MSC (beta) and the solution, go to sleep. As you do, ask the Gods to help you while you are sleeping. You can call on any God or Goddess, or all of them in a generic way for their assistance. Take it for granted that they will help you while you are sleeping.

6) It is possible for you to dream about the situation and wake in the middle of the night with a possible solution. If you do wake from a dream containing a solution, write it down before going back to sleep, for you might forget it in the morning. Over the next three to nine days, look for indications that might point to a possible solution, especially when you think about it. Review the problem and solution, and then see if there are any indications to your problem.

Of course you can do this with your group. Simply let the designated leader narrate the problem to everyone in the group in step 1, and then the members should continue to perform the rest of the steps on their own, right before they go to bed. In the final step, everyone should be aware of possible solutions that present themselves to them. They can even hold a group meditation at their next scheduled meeting and ask the Gods to assistance. The problem can even be a group problem, or something pertaining to your group.

HELP CAN COME IN UNEXPECTED WAYS

Let me tell you a little tale of how help can present itself to you in unexpected ways.

A small town in the Middle West was notified of a possible flash flood. The sheriff's deputy was going door to door notifying everyone of the flood and that they should evacuate. When the deputy notified Farmer Brown, he assured the deputy that nothing bad will happen to him, because he speaks to God daily, and God will never let anything happen to him. The deputy pleaded for him to leave but he would not, assured of assistance from God. The deputy gave up and left.

A few hours later, the town was struck by the flash flood, and soon the waters were seven feet high. Farmer Brown was forced to go to the second floor of his home because the first floor was under water. Then, the deputy appeared in a motor boat and pleaded with Farmer Brown to get in the boat so he could rescue him. Farmer Brown assured him once more that God will never

let anything bad happen to him, and he was not leaving. The deputy had other people to rescue and left. A few hours later, the waters continued to rise, and farmer Brown had to climb onto his roof. Then a helicopter appeared and dropped a rope ladder. The deputy called down to Farmer Brown, pleading with him to climb the ladder to safety. Farmer Brown refused, assuring him that God will protect him and not let anything bad happen to him. The helicopter left, leaving Farmer Brown on the roof.

Well, the waters continued to rise, and eventually, Farmer Brown drowned. When he appeared at the pearly gates of heaven, an angel told him that he was a good man and could enter heaven. He then asked Farmer Brown if he had anything he wanted to ask God. He said he most certainly did and soon found himself standing before God. He then asked God why he did not save him and why he let him drown? God looked at him and said, "What do you mean? I sent the deputy sheriff to tell you to evacuate, and then sent him back in a boat to rescue you, and finally sent a helicopter to save you. Why the heck didn't you leave?"