

LESSON THREE: WILLPOWER

THE POWER OF YOUR MIND

Within your mind there is a power that can transform your life and the world around. Your mind is powered by the Vril. The world of science has conducted many experiments that prove that your mind has this power to change your life by changing the physical world you live within. These experiments have shown that a combination of visualization and concentrated mental affirmation in the belief that you can transform reality, can actually make changes in the physical universe around you. You have within your mind the power to make changes in the physical world. This ability is powered by Vril. What you must learn is how to harness the Vril's power and combine it with Galdor science, the practical knowledge of using the Runes to affect change in yourself, in the world around you and thus, transform your life.

Your mind has the power to influence your emotional state, improve your skills and preform your daily tasks, and even heal yourself. Your mind can influence the world around you, and once you have mastered the ability to control your mind, through the power of your will, you will discover that you will be able to make changes in the world around you, changes that you have always thought were outside your physical control. You will



discover that you have the ability to create changes that will, at first, seem like nothing but a chain of small coincidences. Many of these coincidences might seem small, and beyond your control, but in time their frequency of occurrence will amaze you. As these coincidences pile up, and help you to achieve your goals that you have set for yourself, you will discover new possibilities open to you that you never thought possible.

The techniques that you will learn on this level of the Yggdrasill Training Program, and in future levels, will help you become more focused on obtaining those things in life that you have always thought were beyond your reach. With dedication and practice, you will eventually master the techniques that will make your influence over the world around you possible.

Some of the greatest minds in Western Civilization, such as Einstein, Jung, Edison, Carnegie and Goethe, have all accepted the fact that the mind

has the power to transform the physical world through the concentrated power of the will and imagination. The English mathematician and physicist, David Bohm, wrote, "I believe that the mind has the power to affect groups of atoms and even tamper with the odds of atomic behavior, and that even the course of the world is not predetermined by physical law, but may be altered by the uncaused volition of human beings." His claim has been confirmed by the modern-day scientific world. New theories in quantum physics concerning visualization and imagery have given proof to what ancient mystics have always claimed—that we have the power within us, within our minds, to change the physical reality around us. Quantum theories now claim that the physical universe is much more flexible than we had thought possible, and can be transformed by the power of our minds. This has been demonstrated by quantum physicists, in their explanation that by reducing matter to the smallest possible components, we eventually reach a state of reality where the parts of an atom, the subatomic pieces that include the electrons, protons and neutrons, do not share the physical characteristics of the physical object that they are a part of. They have discovered that electrons do not possess dimensions, which might be difficult for most of us to understand. But once you accept that these sub-atomic particles, which are the building blocks of physical matter, are predominantly made up of space, you will begin to grasp the reality of the physical universe more clearly. Atoms, which make up every solid object in the universe, including yourself, are **not** solid! In fact, they are not only not solid, they are moving at speeds beyond our comprehension. Once you have accepted this reality, then you will be able to accept that the universe is filled with a source of fluid energy (Vril) that you can harness through the power of your mind, and use it, through the techniques of Vrilology, to transform yourself, your life, and the world you live within.

CONCENTRATION

To develop the power of your will, you must learn to increase your ability to concentrate. The German philosopher Schopenhauer wrote ***The World as Will and Idea***. The title pretty much sums up what we want you to learn in developing your willpower. Unlike the Eastern disciplines that seek to develop a state where you surrender your will to the collective consciousness, Vrilology, rooted in Western esoterism,, calls for the activation of your will to make things happen. To achieve this you must practice concentration, imagination and relaxation. You have already learned how to relax both your mind and body. You must learn how to concentrate and how to use our mental powers of imagination for developing the art of visualization.

Concentration is simply the ability to hold a single thought in your mind for a long period of time. It might sound easy, but it is actually harder than it sounds.

Imagination is like daydreaming. You want to take the thought your mind is concentrating on and develop it to the point of exaggeration.

Physical relaxation takes a little practice. You need to completely relax your entire body. We practiced this on the first level of training, so you should be adept in its methodology. What you do not want to happen is slipping into a hypnoidal condition once you have closed your eyes and become physically relaxed. You want to prevent falling into a hypnoidal sleep, and you can achieve this control through the active visualization process. You want to make sure you coordinate the physiological relaxation with the mental relaxation. This methodology is a synthesis of body-mind relaxation. We will go into visualization techniques in future lessons on this level of training, but for now, we need to utilize the ability of imagination to help you develop your powers of concentration.

MIND OVER BODY

The ability to use your will in Vrillology is a simple matter of developing the ability to concentrate. Well, this may not be as simple as it sounds. It is a lot harder to maintain a steady concentration on only one subject, than it sounds. Try it. See if you can think of one word and not permit any other word or thought to enter your head. You will succeed for a few seconds and then think to yourself that this is not so hard, but by thinking that thought, you have just failed to maintain your concentration on that one word.

To begin the process of developing this ability we should start with something simple. We can start by doing something physical and see how long you can continue to do this simple, physical task. Let's try by standing in the military "at ease," position. Stand straight, with your feet slightly apart and your hands folded behind your back. Look straight ahead and stand in a moderately relaxed position without shifting your weight. It is not really that hard for the first few minutes, but after a while you will discover that your weight has shifted, or that your eyes have wandered this way and that, or your head has moved, and that you will be inclined to scratch because of an itch or some other physical action that will cause you to react. But if you find that you have no trouble standing in the "at ease" position for a long time (and this might be the case for someone who has a military background) try standing "at attention" for a while. You will find it even harder.

Standing "at attention" with your heels together and your feet at a 45 degree angle, standing straight as an arrow with your head up-right and looking straight ahead, with your arms and hands straight down at your sides, is much more difficult and requires a great deal more concentration. But if you can stand like this for a while without moving, you are on your way to developing the power of your will. If not, you should practice doing so. These are both good lessons in developing your willpower to control your body.

Practice standing in this fashion for as long as you can, it is a great way to learn to control your physical body. It will be very helpful in future lessons where you will be required to stand and maintain Runic yoga positions. The control of your body by your mind is essential in developing your willpower. You will be surprised at what you can do once you have developed your powers of mind-over-body. You can even change the rate that your heart beats at. You can consciously increase or decrease the rate of the heart beating. Many people, while they were hooked up to an electrocardiogram, have been able to consciously slow or increase their heart beat, only slightly though, while watching the reaction on the machine through the proper breathing techniques. There are many other ways you can control your body, and you can invent an endless variation of methods. Be inventive.



Another, more intense method of developing the power of your will to control your body is to control pain. A simple method is one that is rather well known. For this method you should have a large bowl of ice-cold water. It will be a good idea to have ice cubes in the water. You will also need a candle. Take one hand and place it in the ice cold water. This may actually be a lot more difficult than it sounds. So make sure the water is as cold as you can stand it because you will want to keep your hand in the water for a long time. Then light the candle, keeping one hand in the ice water. Once you are comfortable with the feel of the cold water, place the other hand as close to the flame as possible without burning yourself. You will want to be close enough for it to be uncomfortably hot. As you have done this, concentrate on the hand that is in the ice water. Keep thinking about how cold the water is and how cold your hand feels. ***Do not let your mind think about the hand near the candle.*** Let that sensation rise up through your arm and spread throughout your body. Especially down the other arm and into the hand that is close to the flame. Concentrate of the sensation of the coldness coursing through you. Let it mix with the Vril as it fills your body. Visualize the Vril freezing up within your body, like water turning into ice. You can even visualize the Isa Rune, which symbolizes the eternal ice of Niflheim. By concentrating on the hand that

is freezing, you will not feel the sensation of the heat generated by the flame. In fact, your hand will not even burn if you place it closer to the flame (which we do not recommend). The power of your mind to use the cold sensation will control the biological reaction of your body and prevent it from reacting to the heat.

POSITIVE AFFIRMATION OF YOUR THOUGHTS

You must learn to control your thoughts and this means changing your thinking process. As Yoda in the *Empire Strikes Back* tells Luke Skywalker, "Do—don't try." You have got to start thinking of yourself being capable of doing anything. This means you have to start thinking in ways that affirm your ability to do, not try. To achieve this, start thinking in positive affirmations. Repeat them to yourself while you are meditating while you are in the Asgard state of mind. When you have achieved the Asgard State of Consciousness, your mind has entered the Alpha state, which permits you to communicate with your subconscious mind. It is this part of the mind that is in communication with the Gods. It is here that your mind can best master the flow of Vril and shape it into whatever you wish to achieve. Always repeat statements in the present tense, as if you have always been able to do what it is you want to do, and you know that it is the easiest thing in the world for you to do, once more.

There is no limit to the affirmations you can repeat. Make them up according to what it is you want to achieve. But remember, ***always state them in the present tense.*** Never permit negative thoughts to pollute your thoughts. Says things like this:

I can achieve whatever I want to set out to do.

Negative thoughts or suggestions cannot stop me from achieving what I set out to achieve.

Positive thoughts will permit me to achieve whatever I desire.

My power to master the Vril through my mind is increasing every day.

Every day, I am learning to master the techniques of Vrilology and I am becoming a Vril Lord (or Vril Lady).

Affirmations can be about anything. Here are some examples:

My relationship with _____ is improving every day.

I am learning to master the game of _____ every day.

I can learn _____ with the greatest of ease.

I find it so easy to lose weight.

I have enough energy and determination to achieve whatever I set out to.

I can remember whatever I read with the greatest of ease.

Here are some important rules to remember in formulating your affirmations:

1) Always affirm in the present tense. The subconscious does not recognize past, present and future. Time is always in the present. So always use "I am" instead of "I want," when affirming.

2) Have total faith in your ability to achieve whatever you are affirming. You must truly convince yourself that you can achieve anything. Begin small. Don't start with trying to change lead into gold. Also, eliminate all desire. You must purge yourself of your desire or want of something. You have got to convince yourself that you always possessed what it is you are affirming. This can be done by repeating your affirmation without passion or emotion. Try repeating it to yourself in a "matter-of-fact" way, as if you have always been able to do whatever it is you are seeking to achieve, and you can do it once more with the slightest effort. It is as easy as getting dressed in the morning. If you secretly don't believe you can, you won't. Remember Yoda—"Do, don't try!"

3) Always affirm with a positive statement. This is simple to explain. Don't say, "I am not stupid." Say, "I am brilliant and learn effortlessly." Don't say, "I will not lose." Say, "I can win without effort."

Always state your affirmation in a positive statement, as well, convinced that you can do it, and in the present tense.

Later you will learn to combine the use of different Runes to help you empower your affirmations.

ONE POINT CONCENTRATION OF THE WILL

Once you have learned to master your mind-over-body abilities, and developed your powers to concentrate your will, you will want to learn to control your thoughts so that you can concentrate on only one thought to the exclusion of all other thoughts, and one sound to the exclusion of all other sounds. This is the beginning of learning how to concentrate your will on one point in time and space. To do this you must learn to reach deep down into yourself and discover the magical place within you and stimulate it. If this can be done, it will help you to open your Bifrost Gland and construct the bridge that will unite you with Asgard.

We will now try an exercise designed to help you learn how to control your thoughts. This involves concentrating on suppressing all thoughts, ideas and images. The objective is to achieve a state of timeless stillness by sending all thoughts to a void of consciousness that is dimensionless and infinite. The way to achieve this is to actually solidify all images into one image, and all

sounds into one sound.

First, you need to create a single point to concentrate your attention on. You should darken the room, turn off all the lights and if possible, even make sure no light can enter the room. This is not necessary, but it will help. Then, light a small candle (a birthday cake candle is good) so that you have a small flame to use as the point for you to concentrate on. A laser light pointer is also very good. It creates a tiny red point of light. If you are able, you can visualize the point of light on a black surface and concentrate on it, but the use of a small candle or laser light will be easier. Perform your exercises to create a state of complete physical relaxation, then do your breathing exercises. Once you have done this, stare at the point of light and concentrate on nothing else. Then choose one of the vowel sounds to chant ("O" and "I" are preferred in this exercise).

You should be concentrating on the bright point of light visually while listening to the vowel sound that you are chanting. Let the image burn away all other images and thoughts and let the sound of the vowel vibrate through you, swallowing up all other sounds. Do this for as long as you can, the longer the better. The purpose of this exercise is to discover the latent powers that reside within you—that there is an icy stead of stillness that resides deep within your soul. Though the results vary in different individuals, if you can achieve this state of stillness and enter it for a long period of time, we can assure you that the results will be dramatic.

If you are conducting these lessons in a group, you should do this exercise first on your own, then with the other members. The group process is the same except that you are sitting in a circle around the point of light (the group should use the candle), holding hands. Then, everyone will chant the same vowel and continue to do so until you have collectively achieved the same results. You may be amazed how different the effect will be doing this exercise in a group. But a word of warning first. Make sure that all your members concentrate on the candle light and not become distracted by looking at each other. To assure this, make sure the candle is not at eye level, but about knee level if you are sitting. This is also why it is important to make sure the entire room is dark with the exception of the tiny candle light.

AN EXERCISE IN CONCENTRATION:

You can learn to develop your ability to concentrate by projecting or concentrating your sense of awareness on the scalp region of your head. When we meditate, we first relax our bodies. We usually begin with the scalp and work our way down the body to the feet. But in this exercise, we are going to remain on the scalp. You can begin the same way when you relax for any meditation exercise. Once you have completely relaxed your body, we can begin this exercise:

1) Concentrate on the scalp. Establish an awareness of the scalp. Imagine that there is a halo of blue-white light. This light is pure and warm, but not hot. It is made of Vril energy. It is a lot easier to concentrate on the light, so make it the focus of your awareness.

2) Feel vibrations within your scalp. These vibrations are caused by the circulation of blood within your scalp. Don't be discouraged if you don't feel the vibrations right away or on the first try. Just remain relaxed and concentrate on your scalp encased in the light and feel the circulation of blood beneath. Take your time and don't force it, it will come.

3) Begin to exaggerate the imagery of light, penetrating your scalp, filling the blood beneath your scalp with Vril energy, filling it with the Life Force of the Gods, causing it to circulate like water in subterranean rivers beneath the surface of the earth. Feel the blood nourishing the roots of your hair, causing them to grow. You can expand on this imagery in any way that will help you to concentrate.

4) Release all tension in your scalp. Feel the relaxation spread throughout your head and face. You can continue to use your imagination. Make believe your scalp is warm chocolate that was poured over your head, which is an ice cream sundae. You can feel the warm chocolate melting, pouring down over your head and face. As it does, all the tension is melting away with the chocolate.

You can try any imagery that will work for you. Use whatever images will help your mind to cause your physical body, your head, to relax. This is the beginning of incorporating your physiological relaxation with your mental relaxation. Once you have learned to relax your scalp and head, you will want to delve deeper into the concentration process.



We will now use two Runes to help us in this process, Dagaz and Isa. Dagaz is the Rune of right and left brain synthesis that helps with inspiration, awareness and awakening for illumination. Isa is the Rune of Concentration. Therefore, we want to use both Runes for the purpose of helping you to develop your powers of concentration.

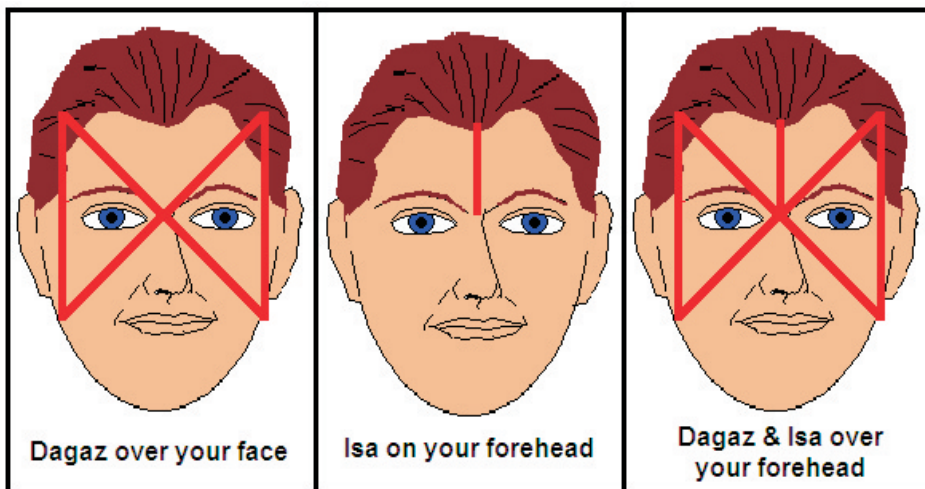
5) Imagine the Rune Dagaz superimposed over your face, with the center of the Rune located at the bridge of your nose, between your eyes. The Rune will appear as if you are wearing a mask.

6) Imagine the Rune Isa over your forehead, rising up from the center point of Dagaz which is located between your eyes.

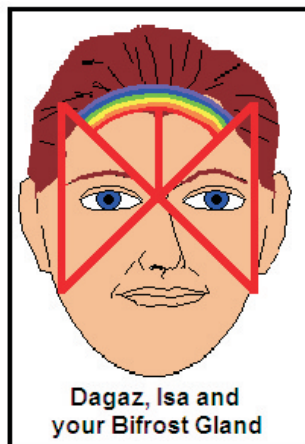
You can look at the illustration of the three faces that we provide to get an idea of how you should imagine Dagaz and Isa on your face. If you think it will help, you can draw the Runes on your face with a washable marker, or lipstick, or some other substance that you can easily remove when you are

finished.

7) Whether or not you actually drew the Runes on your face, stare into a mirror for a few minutes until you have the imagery in your mind. Once you do, repeat the first four steps so that you are sure to concentrate on



your scalp once more, but this time with the image of the Bind Rune in your mind.



8) Feel your concentration focusing on the point of your forehead between your eyes. Think about how the two halves of your brain are merging together at this point. Feel the blood that is circulating beneath your scalp coalescing at this point, creating a bridge between the two halves of your brain. It should look like a rainbow bridge. This is your Bifrost Gland, which is the link between Midgard and Asgard.

9) Repeat this exercise once a day for nine days.

Once you have completed this exercise, you will discover that you have achieved a much deeper level of conscious awareness. Your ability to reach out with your mind into other realms will be enhanced. You will have learned how to use your imagination more effectively and discover that your ability to concentrate has increased greatly. This will mean that you will develop the ability to move into deeper levels of concentration with expanded conscious awareness. When you concentrate your will, do so by relaxing your mind mentally and physically. Remember that your brain is composed of tissues, and your brain, which is the vehicle used by your mind, controls everything. ***It controls your nervous system, your motor system, your heart, your lungs—everything! But most of all, it controls the flow of Vril throughout your body and the means to harness Vril and reshape it!!!!***

Also, remember this very important point. We are dealing with dynamic meditation. When we close our eyes, we do everything but go to sleep. We do

not depend on a lethargic state to relax and lower our brain wave frequency in order to benefit from bodily relaxation. Meditation and concentration must be done dynamically. By this, we mean that your mind is working (visualization), though your body is relaxing. This permits us to achieve lower levels with conscious awareness. We cannot just go to lower levels and allow our mental state to be altered, because we need to convert the subconscious into an inner-conscious level.