

LESSON EIGHT: MEDITATING ON THE INDIVIDUAL RUNES

It is important to meditate on the Runes, so that you can discover the deeper, hidden, magical powers of each Rune. But to accomplish this, you must understand the nature of the mind and the power it possesses.

It is important to learn to control your mind. Your mind is the seat of consciousness. In the Church of Vrilology, we hope to help you expand your consciousness, and develop your powers of intellectual expression, mental concentration and imagination. By expanding the powers of these mental abilities, we are increasing your powers to draw on the Vril, and the archetypes that are the Gods. This will have the effect of awakening the divine entities that reside, asleep, within us all. The Vril is the Life Force of the Gods, and we have only to draw on its power and use it to awaken the Gods that dwell within each of us.

MIND-POWER

Your mind is not a physical thing. It is not the brain. It is powered by the Vril, and like the Vril, it pervades all space and is immanent in all things. You have the ability to manifest it in whatever form and shape your desire. Mind-power is all-pervasive and animates all things in the universe. It is beyond good and evil, but can be used for good or evil, or should I say, in the service of the Gods or Giants—order or chaos.

Because your mind-power is powered by the Vril, it can be transformed into a powerful tool or weapon and used as an agency for whatever purpose you desire. When directed by a strong will it can perform almost anything, especially if thought is fed by a steady stream of will power from a collection of powerful minds, drawing on the Vril. Remember—as we think, so we are!

We all travel through life encased in a shield that inhibits the absorption of the Vril. This shield is created by forms manifested by the thought processes that we use throughout our lives. Every thought or mental action has its consequence on the creation of this shield, and this is why we have to learn to order our lives accordingly. It is so easy to let the left side of our brains dominate our thought process, closing us off to the unseen world that surrounds us, and thus, slowing down the process of absorbing the Vril. Once we let ourselves fall into this trap, we become slaves to our five senses and lose our sixth sense—superior mental thought and action. This results in the isolation of the individual and his separation from the collective soul that each individual belongs to and is a part of.

In these lessons we must learn to organize our thoughts so that our thought process will achieve the ability to define itself and give expression to its thoughts. Remember how we explained in *Vrilology; the Secret Science of*

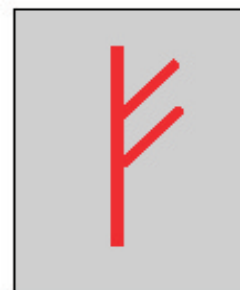
the Ancient Aryans, that thoughts can affect your health and your physical body? Well, we have to understand that thoughts and ideas are real and they have the power to affect the world around us. The objective world is constantly transformed by our thoughts. This is as true of whole nations and races as it is true of individuals. Think about how our thoughts can elicit such reactions as happiness, sadness, love, hate, patriotism, anger and sacrifice in others. Arthur Schopenhauer said it best in the title of his book—*The World as Will and Idea*.

The quality of your thoughts will not only affect you physically, but will transform you spiritually and determine the color of your aura. The nature of your thoughts will also affect the objective world you inhabit, and affect your surroundings. And finally, the authority of your thoughts will cause others to act on them.

We should remember that Odin is not the strongest of the Gods (in regards to physical strength). Thor possesses the greatest physical power, but Odin is the All-Father. His position of supreme authority and power is due to his strength of mind. It is Odin's superior mind that gives order to the universe. Thor's purpose is to defend it against those forces that would seek its destruction. But the universe is given form and held together by the Will of Odin, and this mental power of the All-Father also directs the actions of his most powerful son, Thor. Odin's mind gives Thor's physical strength purpose. This is also true of our world. Our leaders direct the physical powers of our nation and race. It is the duty of the leadership class of any society to transform thought into action. This is the purpose of this training program—to learn how to materialize your thoughts into action in the objective world you live within.

RUNE-MEDITATION

Now that you understand the power that resides within your mind, you should use it to concentrate on meditating on the Runes. A simple way to meditate on the Runes is to take some construction paper of neutral gray color. The paper should be standard size, 8" by 11". Then get some red paint, or red ink if you can purchase a jar of red ink. Prick your finger and squeeze a few drops of your blood into the paint, or ink. Place your hands over the paint, or ink, and recite these words:



Hail Odin! As you sacrificed yourself on the Yggdrasill for nine days and nights, I freely give my blood and the Life Force that pulsates within it as a sacrifice to the great cosmic order that you have fashioned from the ruins of Ymir. Fill this paint (or ink) with the power of your Life Force. Let the power

of the Vril flow freely into it! Hail Odin!

Then use a paint brush to paint the first Rune of the Futhark, Fehu, on the first sheet of paper. Keep these "Rune cards" for use in later lessons. Place the sheet on the wall and then sit about ten feet away from it. Do your breathing exercises as well as your vowel chanting, and then concentrate your attention on the Rune. Do not force your stare, but keep concentrating on it. Examine the shape of the Rune. You will eventually discover the Rune changing as if it is glowing and even pulsating. Imagine a bridge forming between you and the Rune, and then imagine the Rune opening up, like a gate. Feel yourself being drawn across the bridge and into the Rune. Let yourself pass through the gate so that you can become one with the Rune. Then think about the meaning of the Fehu, and make it come to life.

THE FUNDAMENTAL PRINCIPLE OF RUNIC MEDITATION

The goal to achieve while meditating with Runes is to develop the ability to enter the transpersonal energy fields potential of each Rune, which is accessible to each of you, and learn how to shift the energy currents of Vril energy patterns into a more desirable form. Recent scientific findings have shown that we do live within a universe filled with a sea of energy, sometimes referred to as "Dark Matter" or "Dark Energy," but referred to as Vril by the Church of Vrilology. This theory has been held by philosophers for thousands of years. Secondly, the theory of the universe as a hologram permits us to understand better that the law of attraction permits us to change the course of events, and manifest desired goals through the power of thoughts and feelings, which reside within our minds. This ability to use our minds to change the nature of the material reality is made possible because the same sea of Vril energy that fills the universe powers our minds. Runes are tools, given to us by the Gods, to better manipulate these patterns of life through the control of Vril energy fields.

To accomplish this, we must enter higher states of consciousness that we refer to as the Asgard State of Consciousness (Alpha) and the Gladshiem State of Consciousness (Theta). By doing this, we are using Runic energies within the fourth dimension of transpersonal realms. This can be done in three ways:

1) Runes can be used to restore the original patterns of Vril energy (etheric body or *hamr*) that help to set you on a life pattern toward progressive and higher evolution, and eliminating the negative influences within your Orlog.

2) Runes can be used to help increase your ability to protect yourself from negative influences by strengthening your Vrilic energy shields. This can be done by increasing the strength of your *hamingja* and its ability to draw on greater amounts of Vril, and transforming it into Megin (your personal reservoir

of Luck).

3) The runic sigils (symbols) have the power to awaken the divine essence, or Life Force of the Gods, that resides within you, within your DNA. This will help to develop superior powers of mental abilities, physical well-being and health, and greater psychic powers.

THREE STEPS TO MEDITATE ON THE RUNES

As we have explained in previous lessons, you must enter your Asgard State of Consciousness (ASC) or Gladsheim State of Consciousness (GSC) for a proper meditative experience. To do this properly, you should take into account three processes so that you can enter directly into GSC as easily and quickly as possible. Make sure you are in a state of deep rest and peace.

1) Begin by mentally imaging exactly what it is you seek. Create a whole picture in your mind of exactly the situation you seek to manifest. Visualize the Rune in front of you. Visualize the Rune in front of you in all its aspects, and make sure you do so in a totally restful and peaceful atmosphere. Total calm.

2) Reflect on the energy fields that emanate from the Rune. Think about the currents of Vril energy flowing into the Rune from the sky, from the sun, from the earth and in all its aspects. See the Rune absorbing the Vril energy and transforming it according to its runic nature. Visualize the Vril energy now vibrating within the Rune, and see it radiating outward in all directions. Now concentrate on drawing that energy into you, into your entire being. You are filling with the runic fields. The energy is swelling within you. You might want to chant the runic sound. As you do, let your mind control the runic energy.

3) You should still be in total peace. Now let yourself go deeper into your meditative state. You can count backwards from 5 to 1. You will feel like you are falling asleep. If your mind wanders, pull it back. Each Rune has its own archetypal imagery, and you will want to connect with it during this deep mental state. Continue to feel its energies flowing through you, and your mind mastering it. Make sure your mind is concentrating on this one thought. As you do, ask the Rune, "*What do you want to say to me?*" Wait for a connection to form. It might be for an instant, but when you feel it, ask for guidance. Make the energy yours. Imagine the energy being a part of you which you can control as easily as you can lift your arm or make your legs move as you walk. But as you do this, always remember the particular powers of the individual Rune you are meditating on. In this way you will create a connection with the archetypal Being of the Rune.

MEDITATING ON THE RUNES: THREE ASPECTS TO REMEMBER

Once you really begin meditating on each Rune, you should prepare yourself by sitting comfortably in a chair, or sit in the lotus position, whichever you prefer. Turn the light down low. You can play some light background music if you wish, but it is not necessary. Some people who have been meditating on their own for years have their own method to help them get into a meditative state, and you can draw on your experience when meditating on the Runes. Once you are comfortable, begin by concentrating on the Rune displayed in front of you. Examine the Rune in all its aspects. Become fascinated by its shape and form. Think of its individual meaning and try to conjure up a scene from your past that might relate to the Rune. If it is Fehu, think of money or cattle or even energy charging your cell phone. Anything that might relate to the significance of the Rune. Just let the images flow through your thoughts and help you to rest and reflect on the Rune until you are ready to seriously meditate on it. What you want to achieve is a restful state while thinking about the meaning of the Rune.

Next, you want to concentrate on the Rune. Think of the Vril energy that fills the universe. See in your mind how currents of Vril energy are flowing into the Rune before you and charging it with its power. Imagine the red form shimmering with Vril energy power. Next, will the energy from the Rune into you. See and feel the flow of Vril energy pouring out of the Rune before you and filling you with its power, as if you were standing before a search light and you were being bathe in its beam of energy. Especially feel your Bifrost Gland, or Third Eye, in your forehead, becoming charged with Vril energy. Feel the energy flowing through you, into every cell of your body, charging every atom. Say the name of the Rune out loud as the long, drawn-out chant. As you chant the Rune, ask yourself in your mind, what has the Rune to say to you? What lesson does it wish to teach you today? Ask the Rune for guidance and enlightenment, and to assist you in your evolution to a higher level of being. Finally, begin to meditate on the tale provided below for each Rune.

FEHU

In the case of Fehu, imagine a herd of cattle being led by cowboys in the Wild West. Open all your senses to the vision you have conjured. See the cattle and cowboys herding the cows across the great plains. Hear the cries of the cattle and smell the cows and the dust that fill the air. Imagine yourself riding with them, or better yet, imagine yourself as one of the cattle running along as part of the herd. The cows represent the nurturing power of the Vril. The herd is the current of Vril energy that flows throughout the universe. The cowboys are your mind, herding them (the Vril) in the direction you wish to send the flow of Vrilic power. This is only one image you can conjure, and you can be inventive, just so long as the image has meaning relating to the Runes.

The Cattle are gaining force as they move. You can feel yourself being charged with Vril energy. You direct the flow of the living force that the cattle represent, the life-creating energy that lies within each bovine. You are filled with their life force, their strength and power. You are now driving the cattle through an old Western town. People flee before the fury of the driven herd. Their power is frightening, and within this current of living power lies the might to lay waste to the town, but you are in control, directing and channeling the living power toward the destination that you desire. You are always in control and no one is injured and none of the buildings are damaged.

The herd now comes to a clearing where they are led into a great holding pen. There you will sell them for a price. You exchange the herd for their monetary value. For cattle represent wealth and your efforts have brought you financial security. For your efforts you are now rich and powerful. You have mastered the ability to control Vril and it has made you prosperous.

Once you have completed this lesson with the first Rune, Fehu, each day you can do the same with the next Rune until you have done so with all twenty-four Runes of the Futhark. Runes are a powerful tool in meditation because each Rune is a multiverse all its own. Besides the phonetic quality, each Rune possesses a magical element that can be used to focus the mind through meditation. This is why it is necessary to develop a familiarity with each Rune. You should concentrate on each Rune individually. Examine the Runes and absorb their shapes and forms. Let them burn themselves into your conscious and subconscious mind. Here are suggestions for meditation on the other Runes of the Futhark.

URUZ

Imagine yourself standing in the middle of a very ancient and wild forest, deep in primeval Europe. It is dark and the rays of the sun struggle to break through the roof of the forest. Suddenly you hear the sounds of approaching hooves, thundering on the ground. You can now clearly see a huge auroch, the ancient bison of Europe, thundering toward you, snorting and huffing as it charges at you. You stand your ground, staring eye-to-eye with the primitive beast charging directly at you. You have never seen such a bovine in your life. It is huge, like a rhino, with horns spreading six feet. You can sense raw, untamed power within its body. Then, as it reaches you, you leap up and over its horned heads and land on its back. You are now riding the beast. You can feel the power of its mighty muscles beneath you. Its strength and power flows through your thighs and throughout your body, as you and the beast become one. You must use the power of your mind to gain control of the auroch. Ride the bull, and feel the wind blowing through your hair and the branches brushing past you as it takes you through the forest. The ancient bull represents the uncontrolled force of the Vril.

You have to master this animal through the power of your mind, so that you can turn its destructive power into a force for your own creative needs. You have to guide the beast out of the dark, wild realm of the forest and into the light of the open fields, so that you can use its forces for good, for healing and shape-forming. You can carve out a new homestead with its might, heal the ill and provide protection for the Folk. This beast was born within the primeval landscape of our European birth-land, and its life force represents the life-giving powers of the Vril that gave form and substance to our ancestors. You are in command of the power to create, heal and protect. Use it wisely.

THURISAZ

Try to visualize you are walking in a land dark and freezing. All around you are great rocky mountains. Down their sides are huge rivers of icy glaciers cutting through the elbow of the mountains and invading the world you are traveling through. Then, overhead, black clouds appear. Terrible winds whip through the world, and you are blinded by great flashes of lightning and deafened by ear-shattering thunder. Feel the rain pour down on you, hear the terrible noise invading your senses, smell the icy dew of this frozen land. Feel the earth move under your feet. You discover that you are trapped within a valley, and your very existence is threatened by the crushing ice and stone and the battering storms.

Visualize the Rune Thurisaz and call on the God Thor for help. The land is now filled with a rolling laughter that causes the earth to shake. See and hear a great chariot riding towards you. It is pulled by two goats, spitting lightning from their nostrils, sparks from their hooves as they cut into the earth. You can see fire burning in their eyes and the roar of thunder in their breath. Holding the reins and riding in the chariot is the mighty Thor. With his free hand he hurls his powerful hammer, charged with Vrilic energy, at the mountainous barriers. The hammer flashes with lightning and strikes the wall of ice and stone. You cover your ears from the thunderous clap and falling earth. You can see Thor's hammer now fly back toward him. He reaches out and clutches it in his iron-gloved hand. Thor rides up to you and stops. He flashes you a toothy smile and shouts his battle-joy. You leap onto his vehicle and take your place by Thor's side. He calls on his goats to ride on as he hurls his hammer once more. This time it flies about the blackened sky, causing the winds to submit to his will, driving the storms away. You can now see in the wall of stone and ice a great gap that Thor's Mjollnir opened. See the world around you whirling by as you ride with Thor through the gap, leaving the world of chaos and destruction disappearing behind you.

Before you a warm and bright light engulfs you and you can feel the Vrilic energies coursing through you, charging you with its powers. The landscape is turning green and rich with life. You can feel the warmth of the golden rays

of the sun on your face. Calm streams glisten like silver ribbons in the gentle sunlight. Everywhere you look, you see the ordered world of nature blessed with gifts of the Gods. Thor raises his hammer now, and blesses the land with its life-giving powers. He stops and lets you off. He smiles and nods. You know you are home.

ANSUZ

Imagine yourself standing on a barren plain. You are stiff and can't move. You have consciousness, but the Vrilic energy that animates you is lacking. Then, visualize a lone figure, tall and wearing a dark blue cloak, with a wide-brim hat, pulled down over one eye. He carries a staff. He walks toward you without speaking. You seem terrified but you can't move. It is as if your feet are rooted in the ground. Then, this giant of a man is standing before you. He looks down into your face. You can see his one good eye staring at you. His eye seems to flash with energy. He then takes a deep breath and exhales and his breath seems to fill you with the life-giving energy that flashes in his eye. You can now feel the Vrilic forces coursing through you. Your heart begins to beat, pumping blood throughout your body. All your organs come to life, and your brain seems charged with power that you did not feel before. You can feel the Vrilic currents of life-giving energy charging you and filling every cell in your body with a new-found life.

You now see the figure whom you finally recognize as the All-Father, Odin, turn and walk away. You discover that your feet are no longer rooted in the ground. You can move and you realize that he has filled you with his Life Force. You run after him, trying desperately to keep up with him. He finally comes to the edge of a cliff. He stops and turns, looking back at you. You then notice a fiery light beyond him that takes on many colors. He is standing before Bifrost, the rainbow bridge. He looks up toward the sky and you instinctively turn your eyes upward. You can see two ravens flying overhead. They swoop down at you one after another, charging your mind with power and knowledge. Each bird seems to bring alive a different side of your brain. You are now conscious, not just of your own life, but of the universe and the wondrous possibilities that Odin has placed before you, if you have the courage to follow. Odin turns away once more and steps onto the bridge of many lights. You decide to follow him across the rainbow bridge and begin your journey toward Asgard.

RAIDHO

Imagine yourself outside, standing under the night sky. You are looking at the universe spread out above you. The stars of the Milk Way system are shining clearly over you. As you watch them, they seem to form a huge tree that fills the night sky. You then hear the sound of hooves thundering toward

you. They are getting louder, and soon you can see the image of a huge gray horse charging at you, riding down, out of the galactic tree. You instinctively understand that you are not in danger, and as the giant steed reaches you, you easily leap onto its back.

You find yourself riding across the universe on the back of Sleipnir. His eight legs are a blur as he races across time and space. Through the nine worlds of the Yggdrasill he takes you, down the trunk of the tree, passing through the cavernous realm of Svartalfheim and into dark world of Hel. He turns around and you find yourself racing around the tree, through the rocky and wind-swept realm Jotunheim, moving north to the icy realm of Niflheim and then passing through the wondrous domain of Vanaheim. Finally you enter the fiery universe of Muspellheim, but before its heat can affect you, you find Sleipnir racing up the trunk toward Ljossalfheim. The light is warm and comforting, and seems to turn colors, and soon you discover you are passing over the rainbow bridge and entering Asgard. But Sleipnir does not stop, and now races out of Asgard, past the Norns, into the past. You can see history reversing itself. The world is now devoid of humans, and huge beasts rule the planet. As you continue backwards in time, you can see the earth transformed into the fiery planet of volcanic eruptions and sulfuric storms. Huge bits of stone and ice are now plunging into the planet and soon the entire solar system becomes gaseous and luminous. The entire universe seems to contract in a storm of fire and ice. Before you, you can see Odin, Vili and Ve fashioning the universe out of the remains of Ymir. Suddenly you are pulled ever inwards as Sleipnir rides towards the center, and you can see the birth of the universe. From streams of fire and ice, Ymir is born in a big bang.

Sleipnir now turns around, and at speeds faster than before, you are now racing back toward the future. You speed past the present and into the future. The earth is a troubled place. The lights that cover the face of the world, made by man, seem to grow dim and eventually go out. Darkness covers the planet, except in a few locations. From these points you can feel great energy rising. It is the flow of Vril energy. You can see great cities, unlike anything you have seen in the present or in the past. In these cities a great race of God-men live in peace and progress, one with the Gods who created them. But before you can descend, Sleipnir turns once more and you are now sent back to where your journey began. You leap from Sleipnir's back. The giant horse snorts and shakes its head at you, letting you know that he is pleased with you for your courage to see what most mortals are too frightened to witness. He leaps up and disappears towards the stars above.

KENAZ

Imagine yourself standing on a hill, surrounded by huge standing stones, like those at Stonehenge. It is night and the stars are shining overhead. You

are dressed in battle gear, and in one hand you are holding a round red shield. On the shield is golden Helm of Awe. In your other hand you hold a sword made from red gold. You are facing the east, and it is in the early hours of the morning. You can sense that the sun is about to rise over the horizon. You watch as the blackened sky to the east slowly grows bright with the first light of dawn. The first rays of the sun appear in the brightening sky. Then, you notice the face of the sun rising. Its golden face is hidden behind a huge standing stone, situated directly in the east. The rays of the sun spread out on either side of the sun as it continues to rise. The sky above is changing from black to blue. Finally, the sun is at a height that aligns with a hole in the stone.

The rays of the sun burst through the hole and bathe you in its life-giving energy. You hold up your shield so that the rays of light hit the face of the shield. You can feel the energy of the sun's rays being absorbed by the Helm of Awe. The flow of that energy penetrates the shield, and moves through your arm and radiates throughout your body. You are now charged with the power of the sun's rays. You can feel yourself growing in power, and you instinctively know that the light rays are filled with the power of the Vril—the life-giving power of Balder Rising.

Later, the sun has risen to a point in the eastern sky so that it is above the stone, the rays no longer passing through the hole in the stone, but you know that you are charged with the Vrilic energy of the sun. You hold your sword before you and can will the Vrilic energy into its blade. You feel it coursing through your arm and into the sword. Turning north, you point the sword in that direction and shout, "I call on my Folk in the north to awaken to the power of Balder Rising!" A beam of Vril energy shoots out of the sword's blade toward the north.

You then turn west and shout, "I call on my Folk in the west to awaken to the power of Balder Rising!" Another beam of Vril energy shoots out of the sword towards the west. You then turn south and hold the sword out before you and once more you shout, "I call on my Folk in the south to awaken with the power of Balder Rising." Another bolt of Vril energy leaps from the sword's blade southward. Next you turn to the east once more and point the blade and shout, "I call on my Folk in the east to awaken to the power of Balder Rising!" A beam of Vril energy erupts once again from the blade of your sword. You then look up at the sky above and point the blade skyward and shout, "I call on the Gods to awaken to the power of Balder Rising!" Now the most powerful beam of Vril energy yet shoots into the sky above.

GEBO

You are at home, enjoying a meal. Then, you hear someone knocking at your door. When you open it to learn who is there, you discover an old man, wearing a long cloak and carrying a staff in one hand. His face is partly covered

by a wide-brim hat. His face is worn and wrinkled, and a long, gray beard hangs from his chin. One eye is covered with a patch. He begs your pardon, but wonders if you can spare some food for him. He is poor and is traveling a long way, and begs for permission to warm himself in your home. You immediately welcome him in and permit him to warm himself while you provide dinner for his nourishment.

You continue to eat your own dinner as you watch the old man eating. He does not speak, as he seems totally preoccupied by his meal. After he is finished, he sits back and watches you finish your own meal. You sense a presence about him, as if you are being watched, not by an old man, but by eternal forces that transcend time and space. When you look up at the stranger, you see sitting across the table from you a vigorous man. He still looks the same, wearing his garb, and his face is still wrinkled, but he no longer seems old and tired from his journey. He now appears strong and powerful, and a light seems to shine from his one good eye. You know immediately that you are in the presence of the All Father—Odin.

"A gift given is worth a gift returned," Odin says. His voice seems to boom in your mind, as if each word impregnates your soul with an ancient wisdom that contains eternal truths. "For your generosity, I will reward you with knowledge of the Vril, the Life Force of the Gods, that holds the universe together, and powers the progress of time, and causes space to expand eternally. And if you so choose to seek, you will find the key to unlocking the power of the Vril, and discover how to harness its power for your own use. But as you chose to favor me with your generosity, so you must also decide for yourself if you will open the gift I give you, and use it or not."

Odin then stands before you, holding his staff in one hand. He then pulls back his cloak, revealing a sword hanging from his belt. He draws the sword and holds it high over his head. Its blade is made from red gold and appears to be on fire. He then plunges the sword into you. You can feel the fire burning as the metal blade pierces your heart. But you feel no pain. Instead, an energy seems to pour from the blade and spread throughout you, filling you with a new strength. You sit there, watching the sword sticking out of you, in disbelief. It seems to melt into you, until it disappears. Odin smiles at you and nods, as he pulls the brim of his hat down, over his face. He turns and departs through the door. You remain sitting, but you are not unchanged. You have been given a gift, and you must now decide whether or not to use it.

WUNJO

Imagine yourself in a crowded market place in a great city. The streets are crowded with people. You can barely walk in the great multitude. People are constantly bumping into you. You apologize, but your politeness is received with angry stares from alien faces. Everywhere you look, you see faces that

are different from yours. The crowds are made up of people who are foreign, alien and belonging to many different races, wearing costumes and garments belonging to foreign countries. Nowhere do you see anyone who is of the same race as you. No one wears clothes that are similar to yours. It seems that the entire population of the city is made up of people belonging to many different races, ethnic groups, religions and cultures, but no one belongs to your race, culture or religion. But their hostility is not just directed against you. Everyone seems angry with each other.

You can feel the hostility everywhere. The air is thick with anger, suspicion and discord. Deep within your soul you know that you do not belong here. You want to escape from this diverse environment. You know that you need to find your own kind—people who are similar to you. You try to make your way through the masses. As you do, angry faces continue to stare at you. Strange voices are now raised in curses that are alien to your ears, but you can feel the hatred directed at you. Soon, people begin to fight among themselves. Angry voices are raised and fights break out. You are not a coward, and part of you wants to fight, but you understand that there is no way you could possibly survive in such an environment, and so, knowing that soon you will be overwhelmed, you call to the All-Father, "Odin!" You know that you will die this day, and if you must, then you want Odin to take your soul. But before you can call out Odin's name a second time, you notice a tall woman standing in the middle of the jostling crowd. Her hair is the color of the sun and seems to glow with its light, and her eyes are a deep blue, like the waters of the ocean. She is beautiful, the most beautiful woman that you have ever seen. She stands tall, and seems unaffected by the hostile humanity that surrounds her. Her beauty possesses a strength and power that seems supernatural. Around her neck sparkles the most magnificent necklace you have ever seen. It is made of gold and embedded with jewels that seem alive with an energy that draws you to her.

The woman beckons you to follow her, and without saying a word, she turns and walks through the crowd. The masses seem to part before her without even noticing her presence. You follow her until you are finally away from the masses of battling humanity. Suddenly, you notice that you are no longer in the city. All around you is light, warmth and beauty. When the woman stops, she turns to you and smiles. She points, and you now notice a great hall, made of gold with a roof of silver that shimmers with a light that seems alive. The doors open and you walk through the doors as the woman follows behind you. Inside you see people, thousands of men, women and children. They are feasting and singing, and all are happy and filled with joy. Then, an elderly couple notice you and come towards you.

"Welcome home," the man says. "Won't you join us? We have been waiting for you," the woman says. They both smile at you. You turn to the

great lady. She is also smiling at you. "You can only find peace, joy and happiness among the love and harmony of your own kind," she tells you. You instantly recognize the lady as Freyja. She leads you into the hall. You now notice that everyone here belongs to your own kind, your own race, and share your own culture. Seated among the people you notice your great grandparents and other ancestors. They are smiling and laughing with joy of your return. Men approach you and shake your hand and pat you on the back. Woman kiss you on the cheek and children surround you and pull you in. You are now seated at one of the tables, and food and drink are placed before you. Everywhere you look you see familiar faces, singing and smiling, filled with love, joy and happiness of the harmony that fills the hall. Truly, you know that you are filled with the power of Wunjo—you are home, where you belong.

HAGALAZ

You find yourself walking through the streets of a large city. Everything about the city appears alien and foreign to you. Everywhere you look, nothing appears natural. The buildings are dark and forbidding, the streets seem threatening, you cannot read the names of the streets or other signs. They appear to be written in a language that is alien to you. Even the script is unintelligible to you. You recognize nothing. But most of all, the people inhabiting the city are all alien. There are thousands, even millions of people. They are everywhere, filling the streets until it is difficult to walk. They are hanging out of windows, pressed back into doorways. Everywhere you look you see alien faces. You hear them speaking in languages that are foreign to your ears. They are not uniform or of the same ethnic background, but there appears to be hundreds of different races represented among the multitude, and none of them seem to have anything in common with you. You truly appear out of place, lonely and rootless in this alien environment. Seeking desperately to find someone, anyone, who looks and feels familiar as you try to make your way through the teeming multitude of alien faces and forms, you notice, most of all, the hostile stares that are directed at you.

Finally, you give up trying to find your kind. You stop and stand still. You close your eyes and take a deep breath, hold it and finally exhale. You do it again and again and soon you find yourself in an Asgard State of Consciousness. You call on the Vril to fill your mind and transform your thoughts into reality. You stand there concentrating and waiting, until you hear what sounds like a thousand bullets being fired. The world around you is suddenly filled with the cries of the alien multitudes as they run about, seeking safe shelter from the terrible hailstorm that you have conjured up. Nothing can withstand the thunderous assault of icy pellets that continue to crash down from above, shattering buildings, crushing cars and killing everyone. But for some reason, you are impervious to the deadly hail. The icy discharges seem

to be reflected by an invisible shield that encases you. Finally the terrible cries and booming, crashing noises are replaced by a more terrifying silence.

When you open your eyes, you see nothing but ruin and destruction. No building or structure remains standing. Everyone but you is dead. The world has been transformed into a killing field. Now you raise your arms and begin to whirl about, calling on the regenerative forces of Hagalaz to complete the transformation. Soon, time speeds up and the destructive debris disappears, and the corpses vanish. You close your eyes once more and concentrate, and when you open them again, a new city, filled with light and merriment, surrounds you. Everywhere there are people, beautiful and handsome people. Men, women and children are everywhere, but nowhere is there overcrowding. The streets are well kept, and grass and trees line them. The air is clear and sweet with the fragrance of flowers. You know you are now at home and everything is right with the world. For you are among your own kind, united by blood and spirit, sharing the same Life Force as the Gods that created you.

NAUTHIZ

You are driving along a country road. It is night and raining. The storm is growing stronger and the rain is coming down harder. The drops of water sound like pellets on the roof of your car. You can barely make out the road in the light from your head lights. As you turn a corner in the road, you notice the tail lights of another car on the road up ahead. The car is going slower than your car, but it seems as if the driver is having trouble maintaining control on the slippery road. Suddenly, you can see the car swirling out of control and off the road. It disappears in the darkness alongside the road. You can hear a terrible crash and what sounds like water splashing. Your heart freezes at the thought of what happened, and you pull to a stop. You jump out of the car with a flashlight in your hand, hoping to find the car before it sinks. You make your way through the dark, following the path the car made as it ploughed through the brush.

Through the darkness and curtain of rain, you can make out the form of the car slowly sinking into a lake. You flash the light to see if whoever was inside had gotten out, when suddenly the image of a small child, a little girl, no more than five years old, is crying, trying to break through the window as the car slowly fills with water. You rush forward and try to break the glass with the flashlight, but fail. You look around for something to break the window with, then you notice the form of a young woman slumped over the steering wheel of the car, unconscious. The water is now up to her shoulder and in a few seconds she will be submerged.

There is no time to think, and so you act. You grab the rear of the car and pull with all your might, trying to pull the back to the shore before it is submerged. You feel your muscles straining as you are being pulled forward

into the lake with the sinking car. You can see the little girl crying desperately, begging for help. Thunder roars across the sky above, and the world is lit with a flash of lightning. You call out for help. "By the Gods, give me the strength I need!" you shout at the top of your lungs. Thunder and lightning roar and flash once more and in your hysteria, you think, for just a split second, you heard a voice calling to you, encouraging you to pull. Then, to your amazement, you seem to burn with a terrible need to draw up the strength from deep within you. It is as if you are looking deep into your ancient genetic link, to ancestors long departed, for powers that are now lost to modern man. A fire burns within you, and you can feel its energy coursing through. It is as if you are alive with a great power, burning brightly within you and encasing you. You notice that your feet no long are sliding forward, but seem anchored to the ground. Your arms swell with a new found strength and your back heaves with power as the car is slowly pulled out of the water. Back you step, pulling the car out of the water as lightning and thunder once again flash overhead. Once the car is finally on the shore, you rush around and rip the door from the driver's side. You reach in and pull the young woman out, and discover that she is still alive. From the back seat into your arms jumps the little girl, still crying, but with tears of joy over her rescue. You carry both mother and daughter back to the road, and thank the Gods for the power that you needed.

ISA

You find yourself somewhere where the weather is warm and humid. The sky is growing terribly dark, and you can sense a storm is rapidly approaching. There is no place to seek shelter as the winds whip up and whirl about you. You are now pelted with falling drops of water. Rain and wind now are causing a terrible destruction to sweep across the landscape. You decide that there is no place to hide, so to the world about you that is quickly being ripped apart, you are determined to bring order. Standing straight and tall, with your arms at your side and feet together, you begin chanting the Isa Rune over and over. You call on Skadhi and Uller to send the wintery breath of the north down to you. You concentrate on the crushing force of Niflheim's ice. Soon, deep within you, you can feel the rising cold of the primeval ice until it consumes you, making you impervious to the force of the raging whirlwinds sweeping about you.

You can feel the Vril energy being drawn down into you from above, into your head and down through your torso. At the same time, you feel Vril energy being pulled upward, through the earth below and into your feet, rising through your legs and into your torso. The union of atmospheric Vril and telluric Vril coalesce deep within you. You concentrate on forcing the energy to contract, like a black hole, sucking the converging flow of Vril energy. Soon you can feel the energy being sucked out of the air around you, and the temperature quickly

dropping. The winds whirling about you over one hundred miles an hour begin to dissipate as stillness slowly wins lordship over the raging wind. Heat and humidity are driven away from the landscape by the rising cold and chill emanating from you, as the winds seem to be sucked into your very being. You are at the center of an all-consuming stillness. You have brought order to the world once more, driving away the raging forces of uncontrolled destruction.

The Giants are still once again. All about you the world is covered with snow. From a distance, the form of a skiing woman approaches. She is terribly beautiful. Her skin is as white as the snow upon the surface of the world about you. Her hair is yellow like the winter sun, and her eyes sparkle with the deep blue color of the Arctic Ocean. She is wearing a great bow and from her belt a sword is suspended in its scabbard. She stops before you and looks you over, smiles and nods her approval. You can hear a wolf howling in the distance, calling her to return. She gives you one last look over, and then hands you an icy blue arrow. You hold it in your hand and can feel its numbing cold causing your body to harden. She turns now and rapidly skis away as fast as she arrived. You look at the arrow in you hand and know that you have been given a great gift—the gift of steadfastness.

JERA

You are walking through a field. As far as the eye can see there is a sea of golden wheat blowing in the wind. Overhead is the sun, shining. It is at its height. You know that it is Midsummer. Then, all about you, farmhands are harvesting the crops. With huge scythes, farmers are cutting low the tall grain shoots. The sun is now low in the sky, and you can feel a cool wind blowing down from the north. The year is turning and soon the land is empty of life and the skies are gray with thick clouds. The land is now whipped with icy winds as snow falls and covers the world in a blanket of ice and frost. It is now Yule, and the sun lies low in the sky. But you instinctively know that it is darkest before the dawn and soon, you can see the sun rising again. The first warming breeze of spring is in the air, and everywhere, rich green shoots are appearing in the earth. Before you can realize what is happening, the world is green with life once more. The year has turned, but not returned to the beginning. Time moves forward and nothing remains the same. Just as the night follows day, and winter follows summer, so too everything must grow and evolve. Upward is the movement towards the future. And though you might freeze in the darkness of night and winter, if you persevere, you can overcome what fears and tribulations that life sends your way; you will not only overcome them, but grow and become stronger, richer, wiser and more powerful for the effort. The choice is yours, to surrender to the forces of nature or learn to adapt and evolve. You examine yourself and discover that you are better, superior, and have evolved into a higher form of life. You have become a God-man! With

this realization, the three sisters of Wyrð smile on you for your new-found wisdom and understanding. For all things that you do in life are building blocks to the future, and you have the choice to determine the nature of what you build and where the path will lead you, here in this world and in the next.

EIHWAZ

You open your eyes and discover that you are racked with an unbearable pain. That's when you discover you are suspended from a tree, hanging by your neck. You can't move, but you tire and look about. Above you is space and below are countless clouds. The tree is so huge that you cannot see its branches above or its roots below. Then, you feel a sharp pain, greater than what you felt before, as it cuts into your side as if you are being impaled, and hear a voice saying, "Let your mortality die."

You now find yourself falling through the blanket of clouds, until you fall into a dark-filled fissure between two gigantic roots of the tree. Into the blackness within, you fall until you land in a realm of misty darkness. As you raise yourself to your feet, the mist parts, and you find that you are standing before a well. Next to the well is an aged man. He is huge in size, and his eyes shine with a wisdom so ancient that it is older than time itself. He points north, and there you see a road leading toward a realm beyond a range of huge black mountains. And though you do not move, you can see what takes place beyond the mountains. Suddenly your ears are filled with the sobs of a billion souls, all suffering the pain and agony that they inflicted on others during their short stay in Midgard. They are living corpses, moving aimlessly in the mist, searching for a bliss that they can sense but never find. They are rotting and bleeding, and are covered with serpents and maggots that bite and gnaw at their flesh.

Just as you can no longer stand to look at the terrible sight, you are pulled away, and your vision is turned south, toward the realm of Odainsaker. There you find a realm of light and warmth. Countless souls inhabit this realm, filled with the joy and love that they distributed while alive in Midgard. Sitting on two thrones are the rulers of this realm. They are Balder and his wife, Nanna. They smile towards you and from their smiles the warming rays of the sun radiate, filling you with their love and joy. You want to enter this realm, but you are forbidden. You know deep down that it is not your time, for you are just an observer, a guest.

You suddenly find yourself standing before the old giant once more. He takes a cup and dips it into his well and hands it to you. You take it and drink from it. The water within is sweet and invigorating. You feel yourself reborn, filled with a new wisdom. He then points and you look in that direction. You see a wondrous bridge, glowing in every color of the rainbow. It seems alive with fire, water and air. You begin crossing the bridge, and it takes you upwards until you discover a huge wall. You find yourself standing before a

gate in the wall, not knowing what to expect. The doors open, and standing before you is a God, dressed in white armor and radiating with a golden light. You recognize Heimdall immediately. He lets you look into the gateway, and you see stretch out before you the heavenly realm of Asgard. Though you are not permitted to enter, in the instant that you look, the entire realm is laid out before you. Then Heimdall closes the gate and points in the direction that you are to continue. You begin walking forward and discover the bridge is now sloping downward, and you realize that the bridge is like a great arch connecting Hel, Midgard and Asgard. Soon you find yourself back in Midgard and a hear a voice announcing that you have completed your trek, are reborn with the spark of immortality, and can begin your journey towards becoming a God-man.

PERTHRO

You are standing before a great well of water. There are three figures standing around the well. They appear to be three women, one very young and beautiful, one mature and dignified, and one old crone. You walk a little closer so that you can get a better look at what it is they are doing, and then you realize that they are dipping cups into the well, filling them with its water, and turning about, pouring the water on a huge tree that rises out of the darkness behind the well. You realize that you are standing before the three Norns, and they are watering the Cosmic Tree. Before you can speak, the old crone turns and smiles. She fills her cup and hands it to you. You look inside and see black water within. She tells you to drink from the cup. You do not hesitate. The water is cold but refreshing and you drink it all. You know that her name is Urd, the Past, "that which was." Next, the handsome, mature woman turns and hands you her cup. It too is filled with water. You take the cup and drink. The water is tepid. You know instantly that her name is Verdandi and that she is the Present, "the becoming." Next, the beautiful young lass hands you her cup filled with water. She nods and you drink its water. It feels warm as you swallow it all. You know that her name is Skuld, and that she is the Future, "that which will be."

When you finish drinking the contents of the third cup, you notice a noise from within. There are three dice in the cup with Runes carved into them. You shake the cup hard and then let the dice roll onto the ground. They come up with three Runes: Othala, Dagaz and Ingwaz. You realize that the three Runes spell the name of the All-Father; Odin. When you look to ask the Norns what this means, they are gone, but in their place standing before you is an old man, wearing a wide-brim hat and a long blue cloak, and carrying a staff. From under his hat you can make out an eye, shining red. The other eye is covered with a patch. You know instantly that you are standing before Odin. He asks you if you have any questions you want to ask him. You tell him that you have

many. He says that you may ask one question. You think about it for a while, realizing that this chance might never come again and you want to ask a truly meaningful question. Then you know.

“What did you whisper into Balder’s ear while he laid dead on his funeral pyre?” Odin smiles. He is moved by such a profound question. He tells you to throw the dice once more. You put them in the cup and shake it and finally, you let fly the Rune-dice. Three Runes land face up: Dagaz, Nauthiz and Ansuz—D, N, A. The Runes of enlightenment, necessity, and the Gods. Yes, you think to yourself. My future lies in that direction. Odin has offered me the opportunity to evolve, to awaken the Gods that sleep within me, within my very genetic material. For his son, Balder, is the means to resurrect the Gods, and for your evolution into a higher state of being. Odin smiles once more and then turns and disappears behind the Cosmic Tree. And you know your destiny.

ELHAZ

You look up and see a formation of swans flying overhead. Instinctively, you follow them, trying to keep up with them as they sail across the heavens. Finally, when they are almost out of sight, one of the beautiful birds turns and begins to descend toward earth, in your direction. As it comes closer to you, you begin to realize that it is not a bird at all, but a magnificently beautiful woman riding on the back of a horse. The woman is dressed in battle gear, wearing a winged helmet on her head. Armor chest plates adorn her breasts, and she carries a huge spear in one hand. She is riding a radiant white horse that seems to gallop along the air currents. As she approaches, you can hear the sound of her voice resonating. The sound is both beautiful and terrible at once. You clutch your ears and close your eyes in pain. But then you realize that you have been impaled on her spear. Before you can react, you find yourself suspended on her spear as she lifts you into the air effortlessly. She calls out to her steed, who leaps into air and begins to gallop upward. You discover that you are still conscious and that she is now riding across Bifrost. You can see multi-color fires flashing below you as you approach a huge gate of gold. The gate opens and you fly through it into a realm of light and wonder, as you pass by Heimdall, shining in white. He does not bar your way.

Once through the gates, the Valkyrie comes to a halt and you slide off the spear, none the worse. The wound in your chest is gone and you soon find yourself standing before Balder the Beautiful. His face radiates with the light of the sun, and he smiles at you. He tells you that you have begun the journey toward Gimli and that if you continue on your path, you will join him in the new Golden Age. He prevents you from going any further though, and tells you that you cannot enter Asgard today. But through your dedication, the Gods of your ancestors will be reborn within you. He explains that you have the power within you to awaken the Gods and bring forward the new age. You know that you

have taken the first step on your trek and that on this day you have died and are reborn. And that you have the power within you—power that you share with the Gods. You raise your hands and stand in the form of Elhaz, and swear your loyalty and dedication to the Gods. Balder is pleased and touches you on your head. Where his hand makes contact with you, you feel a warmth and power pouring through you, filling you like water filling a glass. You are transformed. Another touch on your shoulder causes you to turn, and you see smiling the Valkyrie that brought you here. She beckons you to come with her, for she must return you to Midgard. You know that you must go and that your time to enter the realm of the Gods has not yet come. You have work to do among your fellow mortals. You happily consent and soon you find yourself flying over the rainbow bridge, once more, to begin your work on Midgard.

SOWILO

You are standing on a hill. It is night, and the Milky Way cuts across the blackened sky above you. Billions of stars blink in the nighttime canopy. You then feel a sudden vibration and look to the east. Over the horizon, the first rays of light begin to appear. The blackness of the night sky seems to melt before the approaching light that is rising from beyond the horizon. You stand there with arms raised, welcoming the birth of a new day and the rise of the Sun. Gradually, the golden orb ascends into the sky, invading the night's domain and causing the darkness to escape to the west. The great shining globe makes its way into the sky, rising over you. Its rays give warmth. Its spinning radiance fills you with its power. You concentrate on the Sun rising, and see within its fiery face a Sowilo Rune. It begins to spin within the Sun. As it does, your eyes imagine two Runes spinning, giving the appearance of a swastika whirling on the surface of the Sun. You close your eyes and begin to chant Sowilo. You can feel the Vril energy now pouring down onto you. Your will draws it into you, filling your Hamingja with its might. Like a torch you seem to glow, radiating with Vril energy from the Sun.

When you open your eyes, you can see yourself encased in a field of energy. You lower your arms and clench your fists, knowing instinctively that nothing can hurt you. You are shielded from all harm. You now raise your right hand upward toward the sun and a beam of Vril energy strikes out. You possess the power to strike out if necessary. You are now armed with the might and power to defend yourself against all harm, and knock down any blockades that might bar your way. There is nothing you cannot accomplish if you set your will to the task. Your mind is charged with a power so great that you can move mountains and cause a million minds to think and act in accordance with your will. You are invincible! The might of Balder Rising is within you. You are a child of the Sun, and she is your protectress!

TIWAZ

You are walking through the streets of some great metropolis. Everywhere you look you see chaos. The streets are filthy with trash. Buildings are in disrepair. People are nothing more than tramps, alien and foreign. No two people speak the same language, and none can understand each other. Everyone is shouting at each other and soon fights break out. Many begin to riot, breaking into stores and homes, causing death and destruction. There is chaos everywhere.

Over the cries and screams you hear a terrible growl. At first it is low and seems far away, but soon you realize that it is a lot closer than you realized. Rising out of the rioting mob, a huge beast appears. It is wolf-like. Black and gigantic, it stands before you. Its blood-soaked jaws snap repeatedly. Its eyes shine red with fire, and it is staring at you. You look up and see, high overhead, a single bright star. You know it to be the North Star, the pillar of the universe, the Spear of Tyr. You call on Tyr for guidance, and suddenly you feel a strength and determination rise up within you. You no longer fear the beastly apparition that is before you. You step up to it and willingly place your hand in its jaws. The wolf stares at you in amazement. Then, as if with a wolfish smile, it snaps down its jaws on your hand. You feel pain coursing through you. It burns and you want to scream, but you find the strength to calm yourself. Slowly you compose yourself and look into the eyes of the beast before you. You can see fear in its red-coal-like eyes. It backs up before you, visibly frightened. Then, as if from nowhere, fingers of twine begin to wrap about the wolf, as if some unseen spider was spinning its web about him. The wolf falls helpless to the ground. It begins to howl in agony. You notice a sword lying on the ground. You take it and place it within the jaws of the beast, with its point piercing the inside of its upper jaw, and its hilt laying on its tongue. The beast is now silent.

Suddenly, you notice that the world about is transformed. No longer are you standing within the chaotic city. Instead, you are standing on a hill overlooking a valley. There before you are small farms, green orchards and golden fields. Small towns dot the landscape, and all is right with the world. You look up and see, standing like a giant in the distance, the huge figure of Tyr. He looks upon the world, as if examining what you have created. He then turns his gaze on you and nods. He raises the bloody stump of his right hand and salutes you. For by your sacrifice, you have restored order to the world. You are one of Tyr's soldiers.

BERKANO

You find yourself encased in darkness. Your eyes can see nothing. You try to move, but you are restricted. When you try to stretch out your arm, you come against resistance. The same when you try to stretch out your legs. The

resistance you meet is soft, but firm. All about you there is darkness, but warmth. You cannot move. It is as if you are encased, wrapped within some enclosure, but you are not frightened. In fact, you feel safe and secure. You have never felt such safety before. And you instinctively understand that there is nothing for you to fear. You are overwhelmed by a surge of deep love. You can hear a thumping sound from far away. It reassures you, and lulls you into a sense of security. You know from deep within you that you are safe so long as you can hear this thumping. You know no pain, hunger or any other privation. All is right with the universe. You soon settle down, growing calm, and you accept the situation that you find yourself in.

Eventually, you become aware of a disturbance to the serenity that has enveloped you. You are confused. You feel movement all about you. Your confusion soon turns into fear as the serenity that is your existence disintegrates and is replaced by the instinctive dread that something is searching for you. The enclosure about begins to convulse and you feel yourself for the first time being pushed along. You resist, not wanting to leave the warmth and love of the universe that is your existence. Then, you feel something touching you, grabbing you, and you know it has caught you. You are pulled from your universe into another realm—a world of sensations, light and a coolness that is new to you. You feel a sudden pain and from deep within you, you are overcome by the need to scream—to express the dread that has overtaken you. But your fears disappear as the sensation of love and security return. You are held by bands of strength and love, and you feel secured once more. Once again you can hear the thumping sound. It sounds different this time, as if it is farther away, but it is reassuring just the same. When you open your eyes for the first time, you are amazed at the sight before you. Smiling down at you, like some Goddess, is a loving face. You can see eyes shining with joy, and you instinctively know that you have discovered the source of the love that has sustained you and protected you. The face bends down and its lips touch your forehead. A warmth overwhelms you and you cannot help but smile, for you are looking into the face of your loving mother.

EHWAZ

You are walking through a wooded area when you come into a grove surrounded by mighty oaks. Suddenly, from between two oak trees, a beautiful white horse appears. You are drawn to this amazing creature and walk up to it. It is not afraid of you, and lets you touch him. Instantly you can sense a bond between you and the horse. He is all white with dark, brown eyes that seem to shine with a wisdom ancient and divine. Instinctively, you jump onto his bare back. He does not protest. Though you have no saddle or reins to hold you in place or guide the beast, you feel secure sitting upon him. He begins to walk through the oaks and onto a great plain of tall green grass. The horse

begins to gallop and soon, he is racing across the landscape at incredible speed. Though the world zooms past you in a blur, you appear perfectly balanced on his bare back, with no fear of falling off. You are exhilarated by the experience and raise your arms and shout to the heavens.

Soon you notice the earth dropping under you as you and the horse appear to rise into the air. Colors seem to fill the air about you and it is then that you notice you are racing across Bifrost, the rainbow bridge. Then, from behind you, there appear nine other horsemen riding toward you. When they catch up to you, you discover that they are women, nine Valkyries shouting joy and cheering you on as you race toward Asgard. Eventually you come to a halt before a great hall. You know that the hall before you, glowing in gold and silver, is Gladsheim, the meeting place of the Gods. Though you do not enter the hall, a door opens and a hooded figure walks out to greet you. He tells you that through Ehwaz, you have the power to communicate with the Gods. Whenever you seek their wisdom, call on this Rune and you may draw on their ancient advice. You thank the guardian of the door to Gladsheim and then, before you can speak again, you and the horse are racing away. The guardian of the door pulls down his hood and watches you depart by his one eye.

Before you can digest all that has happened to you, you find yourself racing across the rainbow bridge once more, back toward Midgard. Finally, the horse returns you to the grove. You dismount and turn toward the beast one more time. You take his head in your arms, and hold the animal in thanks. For another second, you and the horse are one. Then, the horse leaves the way he arrived, through the oak trees. You turn and depart knowing that you have discovered the means of communicating with the Gods.

MANNAZ

The night is dark and cold outside. You are glad to be indoors on such a night. As you finish your evening meal and ready yourself for an evening sitting by a warm fireplace, you hear a knock on the door. You open it and discover an old man. He asks you for your pardon and begs for a hot meal. He has been traveling a long way and is hungry and weary. You ask him in and offer him the last of your supper. When he is finish with his meal, you offer him a seat before the fireplace and offer him a glass of mead. He is thankful and you suggest he stay the night and rest his weary bones before he continues on his journey. He agrees and thanks you, but wants to repay your kindness. You tell him that it is not necessary, because you can see that he is poor and has no possessions to offer for payment for your generosity, but he insists. He says that he will give you the greatest gift one man has to offer another—knowledge.

He draws a Rune on a piece of paper, and tells you it is Mannaz. With this Rune, you can discover the hidden heritage of your race. You are intrigued by his pronouncement and listen as he explains how long ago, the White God

of Asgard, Heimdall, descended to Midgard and created the three races of man. By doing so, he placed within each race some of the essence of the Gods. He begins to tell you of the Gods and how, through the use of the Runes, you can discover how to unleash their power that lies within you, and bring forth the nobility of the divine ones, and use that power to transform yourself in many ways.

He then begins to explain that the Rune Mannaz is the Rune of Mimir, the uncle and teacher of Odin. Mimir bestowed upon Odin perfected intelligence, and through Mannaz, you too can acquire such knowledge. This knowledge is the holy science, once commonly known among your most ancient ancestors, taught to them by Heimdall, but by now your race has long forgotten what was given to them. Yet it is a sacred gift, a holy inheritance, shared by all of your race, and it can be rediscovered by unleashing your race-memory.

You listen to everything this stranger tells you. Time seems to stand still as he speaks. When he stops speaking, you discover that it is morning and the sun is rising. The stranger stands and looks out the window as the first rays of the morning sun warm the surface of the world. He says that Balder has awakened, and that it is time to walk alongside the Son of Odin once more. Before he leaves, you ask him his name. He tells you that men call him Rig and departs, leaving you with the hallowed inheritance that you share with your Folk.

LAGUZ

You are standing before one of the three great roots of the Yggdrasill. It is protruding from the Well of Hvergelmir. The well is heaving with yeast and venom. From this well flow numerous rivers, from which all the currents of the world flow. You plunge into the flowing currents, and find that you are transformed into the simplest form of life—proto-life. You flow with the currents into Midgard, where you discover yourself in a vast sea. Soon the oceans are teeming with the first forms of true life. You continue on your way, finding that you are being transformed by the waters of life. You are evolving into higher forms of life as your progress through the currents of time, space and evolution.

Deep in the seas you pass Aegir and his wife Ran, the guardians of the deepest regions of the seas, where those who died a watery death live, waiting for the end of time. On you progress, transforming into higher forms of life until you reach the shores of a new-found continent. There you are welcomed by Njord, who lives there. You are greeted by him as you evolve further, from a sea creature into a semi-land creature. Now you find yourself living along the banks of rivers and lakes. The currents of life and time never rest, never cease their movement, causing transformations within your cells. Soon you find yourself evolving further, taking on human form, but you know that though you

are now a land-creature, 98 percent of you is made up of salt water. Even if you take up residence on the dry surface, deep within you, you are still a creature of the waters that have their origin in the primal originator of life—Hvergelmir.

Your evolutionary transformation does not end here, for soon you discover that Midgard has been destroyed by a fiery storm unleashed by the sons of Surtur. The old earth is now being submerged in the waters from which it was born, but though all living things must die, so too does new life spring up in the shadow of death. You find yourself reborn, for you have survived in the branches of the Cosmic Tree, fed by the very waters that first gave you life. The waters of life never cease their ever-transforming process. Just as the waters of the ocean are taken into the sky as vapors, they eventually return to the earth, giving life to the dry land, congregating in pools and rushing back to their place of origin in the forms of rivers and streams, back into the oceans to start the entire process once more. And from its watery depths, a new earth rises from the Netherworld, inhabited by the residents of Odainsaker, along with their master and mistress, Balder and Nanna.

Once more you find yourself standing before the well of Hvergelmir, with new understanding of the essence of the Rune men refer to as Laguz.

INGWAZ

You are walking in a forest, when you notice what looks like hundreds of fireflies dotting and dashing among the trees. When you go to investigate, you discover that the lights are actually fairies. They appear as tiny men and women, with impish features, carried on the breeze by tiny wings. They notice you and begin to circle you. Then, as if appearing from nowhere, there is a beautiful man standing before you. He is tall, over six feet tall, thin but muscular, and possessing the same features as the fairies, but minus the wings. He greets you and explains that he is from the realm of the Light Elves. He turns and waves for you to follow him. Leading you through the woods, he finally comes upon a hole in the ground shaped like a diamond. You follow him through it. The tiny fairies follow behind. As you pass through a long tunnel, descending deep into the earth, you suddenly come out into a land that appears to be anyplace but beneath the surface of the earth.

The world stretched out before you is vast and filled with light. You look up and see the heaven above, blue skies and a bright sun. You realize that you are not under the earth, but have passed into another dimension. This realm is filled with such beauty that your senses find it difficult to comprehend and you, at first, think you are dreaming. Then, the tiny creatures begin to land about you and instantly grow into the same, tall, beautiful race of beings as the elf who was your guide. They welcome you to the realm of the Light Elves.

Then, you see someone approaching. He looks human, but he is clearly

divine in nature. Tall, handsome and both fierce and gentle at once. You stand before him and those that surround you declare him to be King Ing, King of the Elves. Before you can speak, Ing invites you to join him in his castle. You follow and quickly discover yourself standing in the court yard of a fairytale fortress. Time seems to have no meaning here. It is now night and the castle is filled with light, though you can see no flame or torch. The Elves are everywhere, tall and beautiful and especially sensual. Everyone is smiling and happy.

Then King Ing appears once more, accompanied by a beautiful woman. You have never seen such beauty before. She seems to radiate with a light, but it does not originate from heat. It is the type of light that is reflected off a glacier from a wintery sun. She is introduced as Gerd, the frost giantess. The two are barely clothed, their forms draped with white garments, barely covering their sensual bodies. Ing smiles and then takes the woman in his arms and begins to make love to her. Her icy disposition seems to melt as she surrenders to the heat of his love. The Elves begin dancing and singing. In the celebration, you lose sight of Ing and his lover, but you notice the sun rising in the east and fruit beginning to grow on the trees, birds filling the sky, water rushing in the river, filled with fish leaping through the air. Everywhere, nature is in full bloom and filled with life. You are overcome with such joy and feel light-headed and appear to faint, but before you can fall, dozens of hands reach out and hold you. When you open your eyes, you find yourself in the woods where you first discovered the fairies. It is noon. You rise to your feet and then notice the Elf who first greeted you. He smiles and waves, and then disappears through the trees. You instinctively know that the world is in good hands, and give thanks to Frey.

DAGAZ

It is night and you have been camping out on a hill. The sky is dark and filled with stars. You are wearing a black robe. Sleep has complete control over you, and even as you wake from its embrace, you find it difficult to fully escape its hold on you. The air is cool and you clutch the robes about you to keep in the warmth.

Then, slowly, you notice the blackness of the night fading in the east. You can see the first rays of day growing beyond the eastern horizon. The sky is turning from black to dark blue, fading into brighter shades as Day approaches and Night rushes westward before its arrival. The first warming rays now fall upon you, energizing you. You rise to your feet and face the newly born Day. You can feel the golden rays now as they grow in strength. Your mind is clearing, driving out the sluggishness of sleep. You can now think straight and see the world around you as your mind clears. The reality of the universe is no longer hidden by the blackness of the night. All Nature's secrets

are now revealed to you. You have only to look and see to discover their meaning. You notice a drinking horn filled with mead on the ground beside you. You reach for it and place the horn to your lips. You drink the golden liquid, letting its revitalizing powers fill you. You then notice that your robes have turned white.

You are now filled with joy at your new-found ability to understand all that is. You stretch out your arms, and raise your head to the Gods and shout:

“Hail Day, and all your sons!
 Hail Night and all her daughters!
 I call on you to smile on me,
 For you have opened my eyes
 and given me the ability to see
 what I could not see!
 Hail the Aesir and the Vanir!
 Hail Odin and all the Gods and Goddesses!
 For I am reborn
 and join the ranks of the new-born
 race of God-men!
 Hail Odin! Hail! Hail!”

OTHALA

Everywhere you look, you see people who don't look like you. They dress differently, they speak foreign languages that you cannot understand, they act and behave in ways that are not only strange and foreign, but downright disturbing to your sense of right and wrong. A terrible wind sweeps up and carries you forth. You are pushed about in this sea of alien humanity. You cannot regain your footing. There is nothing to hold you, no stability, no order, nothing that can give you the rudder necessary to help give you direction and purpose in your life. You look within you and think of the Rune Othala. You can see in your mind the image of an animal. You know instinctively that it is your kin-fetch. The spirito-genetic link that connects you to your past and all your ancestors. You recall an old Viking chant:

Lo! There do I see my father!
 Lo! There do I see my mother!
 I see my brothers and sisters!
 Lo! There do I see my people,
 Back to the beginning.
 Lo! There do they call to me.
 And beg me to take my place,
 In the Halls of Valhalla,

Where the brave may live forever!

Suddenly, you are no longer being swept about. You discover that your feet are firmly planted on the ground. You can see the faces of your father and mother. Standing beside them are your four grandparents. And next to them are your eight great grandparents. And with them are sixteen people you instinctively know as your great, great grandparents. More and more faces appear, and you soon realize that you are looking at ancestors, going back through each previous generation. Their numbers keep multiplying by two, until there soon is such a multitude that you can no longer keep count. But eventually, their numbers begin to decline, though the successive previous generations continue to appear. Eventually, you have come to the first man and woman who gave each their love and founded your family line, tens of thousands of years in the past.

You now discover that you are back in the present, and understand the importance of your ancestry and what you have inherited from that past. And the realization of the importance of cherishing this inheritance and of passing it down to your children and their children sink into your consciousness. With this new-found understanding, you discover that the winds have disappeared, and the alien faces had also disappeared. You are now surrounded by kin and kindred, and genetic familiarity. You see yourself as a mighty tree, with your roots firmly secured in the earth, representing your past, and your arms reaching upward towards the heavens, like branches reaching into the future. You have found your place in the great universe.