

LESSON NINE: THE MALE AND FEMALE QUALITY OF THE RUNES

By now, you should be used to chanting the Rune Wunjo, having chanted it over and over, as well as having become familiar, by the chanting of its Runes, with the entire Futhark. You should have a good knowledge and understanding of the Futhark. Once you have mastered the meaning of the Runes, and their properties, you can begin combining different Runes. Remember that while chanting the Runes, your group should be sitting in a circle, holding hands. Once you have completed this exercise, you can then move onto the next step. Hopefully, your group has both male and female members. As we said before, you can do these exercises as an individual, but the Folk Faith is the faith of our people, and these exercises are best practiced in a group. The group should not be exclusively made up of one sex, and you are about to discover why.

BALANCING THE MALE AND FEMALE QUALITIES

The balance between male and female is essential to understanding Norse and Indo-European cosmology. The original life forms, both Giant and God, were androgynous, combining the feminine and masculine forces of the Life Force in themselves. I am referring to the first Giant, Ymir, and the first God, Buri. It is imperative that we preserve the balance between male and female natures within our Folk communities and avoid either the male-dominated traditions of the "religions of the book," or the contemporary feminist deviations of modern-day Wiccanism. By understanding the feminine and masculine natures of different Runes, we can use them to maintain and enhance the balance between the two sexual natures. This is most important for growth and evolution of our Folk communities and the Church of Vrilogy. For growth, we need to



balance the opposite qualities of both male and female, and not become confused with modern-day notions of feminism anymore than we should be confused with outdated or misguided concepts of male domination. For the union of the feminine and the masculine is imperative for reproduction, growth and evolution. If we are to grow as a community, and evolve as individuals and a Folk, then we need to maintain and preserve this purity of unity between the male and female. The purpose of this lesson is to enhance the power of reproduction, fertility and growth of ourselves and our Folk.

Some Runes have a masculine force, while others have a female force. Ansuz and Uruz are two masculine Runes, while Wunjo and Berkano are feminine Runes. We suggest you begin by using these Runes, as they are very effective. Ansuz is the Rune representing Odin, while Uruz is personified by the Aurochs, an extinct species of cattle that once roamed the ancient forests of Europe, and is a powerful male symbol of fertility. We have already described Wunjo and Berkano as fertility Runes representing Freyja and/or Frigga. They are strong female Runes. Also, a few Runes have combined male and female qualities.

LIST OF MALE AND FEMALE RUNES:

FEHU	feminine
URUZ	masculine
THURISAZ	masculine
ANSUZ	masculine
RAIDHO	masculine
KENAZ	feminine
GEBO	masculine
WUNJO	feminine
HAGALAZ	masculine (Heimdall) feminine (Hel)
NAUTHIZ	feminine
ISA	feminine
JERA	feminine (Freyja) masculine (Frey)
EIHWAZ	masculine
PERTHRO	feminine
ELHAZ	masculine
SOWILO	masculine
TIWAZ	masculine
BERKANO	feminine
EHWAZ	feminine
MANNAZ	masculine
LAGUZ	feminine
INGWAZ	masculine

DAGAZ masculine
 OTHALA masculine

MALE/FEMALE CHANTING

Your group can begin by combining Uruz and Berkano. The male members of your group should chant Uruz once and then the female members should chant Berkano once. Do not chant the Runes in the long, drawn out fashion. Have the men chant Uruz and the women Berkano in this way: *Uruz/Berkano/Uruz/Berkano/Uruz/Berkano*. Keep chanting the Runes and let the energy build up. Continue to chant these Runes over and over, back and forth, until you develop a rhythm. The sound of the male voices chanting Uruz followed by the sound of the female voices chanting Berkano, again and again, will continue to build up until the power of the Vril increases harmonically. The male/female union is the natural union in nature. Its purpose is to grow and increase and thus, reproduce. All organic growth depends on this natural union. By chanting male and female Runes (any combination of Runes), you are using the Vril's power to cement the cohesiveness of your group, and help it to grow. This is true of any Folk community. You should continue to do this as long as you wish. It is the natural order of things for humans to live within a community that is apparently one-half male and one-half female. We are biologically and spiritually predisposed to live in a two-gender community. This is why this male/female chanting is important to maintain a sexually balanced community.

Male and female division of humanity is not a characteristic of the "battle of the sexes," that modern-day feminists would have us believe is the nature in the relationship between men and women, nor is it the one of one sex dominating the other that the three "religions of the book," would preach. The division of the humanity into two genders is not a division at all, but a means to ensure unity. The male and female, man and woman are complementary to each other. They are not the same, and at the same time, both are necessary for the continuation of humanity, and in our case, the Folk. Each sex is like the two halves of a scissor—they are complementary of each other, forming a whole that is productive. This is the essence of the relationship between men and women in the Folk Faith—union, love and harmony as the foundation for building the Folk Community.

MALE AND FEMALE BALANCE

In the first lesson of this level, we explained how your group, which ideally should include both men and women, should alternate chanting Runes with male and female qualities. The men should chant the male Rune, while the women chant the female Rune. At first, you did this with just one male and female Rune, but now you should try to develop combinations of both. For

instance, the men should use such Runes as Uruz, Thurisaz, Ansuz, Tiwaz or Elhaz, to name a few, while the women could chant Gebo, Wunjo, Jerz, Fehu or Berkano. You should select three male Runes and three female Runes, and have your group chant them alternating, male/female/male/female and so on. You might want to determine what Runes to use by asking the Runes themselves to decide. You can do this by placing male Runes in a bag and having three different men select one Rune each by placing his hand into the bag and picking one out at random. Do the same with the female Runes. You could also consciously pick the Runes. This is a good process if you have a particular goal you want to concentrate on. For instance, if you want to ensure the fertility of a married couple who want to start a family, you might pick Uruz (masculine force), Thurisaz (male fertility) and Ingwaz (male, Life Force), and three female Runes such as Gebo (sexual passion), Perthro (the gestation power within the wound) and Berkano (female fertility force of birth). The actual chanting would sound something like this: Men-Uruz, women-Gebo, men-Thurisaz, women-Perthro, men-Elhaz, and women-Berkano, or, Uruz/Gebo/Thurisaz/Perthro/Elhaz/Berkano.

SOME SUGGESTION ON HOW TO CHOSE THE RUNES

However you determine what Runes to use and for what reason you use them, you should continue to practice this lesson over and over. This will help to forge a very powerful bond between the members of your group, and the Gods and Goddesses, as well as maintaining a healthy spiritual bond between the sexes within your group. To strengthen the effect of this process, make sure that your members are sitting in a circle, alternating boy/girl/boy/girl/boy/girl, and so on. You should simply hold hands. Your right hand's palm facing down and your left hand's palm facing up. You will discover that you will actually feel the Life Force surging through your little group, like a vortex, and it will increase in power as it does. This is very important to understand. We are not islands unto ourselves. We are all connected by flesh and blood, as well as our collective or racial soul. The union of man and woman is the foundation of the Life Force. This is true whether the union is the physical act of sex, or the spiritual emotion of love, or whether it is through the simple act of holding of hands. Since we are all Children of the Gods, we have a bond that is rooted in our DNA, which is the abode of the Gods. Rune chanting is an instrument to help forge that bond and make it stronger. It is the foundation stone of a great new community that is the Folk-reborn-Balder Rising!

Continue to chant as long as you wish. Let your group decide when it has exhausted itself, but I warn you, you will find a strength growing from within that will permit you to continue chanting for a very long time, especially if you have been conducting the other exercises. The union of male and female is a fundamental element of the Life Force, or the Vril. This process of chanting,

using both the male and female powers of the Vril, will help to increase the strength of the Life Force of the Folk. It will build up the Vrilic power within you, and increase the inner spiritual core of your group, and help it to grow.