

LESSON NINE: RUNIC ASSIMILATION

Now that you have completed the first eight lessons on this level, you must complete this final exercise, which is designed to make sure that you have assimilated the Runic powers to draw on the Vrilic powers. This lesson is the last in the first of three parts in the Yggdrasill Training Program. The first three levels—Hel, Jotunheim and Svartalfheim—are designed to cause devolution. In the next three levels—Niflheim, Midgard and Muspellheim—you will undergo a transformation, before you continue to the next and final three levels, which will initiate *evolution!*

The previous twenty-six lessons should have developed you to the point where you have assimilated the Runes into your personal psyche. By now, you have developed a reflex response to the Runic energies, so that you can sense what patterns are best suited to conjure for each situation that might arise. You should be able to apply the Runic energy patterns to any situation that might develop during your daily situations. This last lesson will help test and refine this ability to call on the Runic energy patterns whenever you have need for them to deal with any situation that might appear. It really is not so easy to transform intellectual comprehension into an automatic, reflective response that should be ingrained into your subconscious.

As you go through your day, take a few seconds to reflect on each situation that arises, and try to *feel* what Rune might be appropriate. For instance, if you have to read material necessary to perform a task, you call up Ansuz for knowledge. If it is a technical text then you might call on Ansuz and Kenaz. Even if you are trying to do a crossword puzzle, you might call on Raidho for the right path. You will find dozens of different situations in your daily routine, both great and small, when you can use the energy patterns of the Runes to help. So, whether you are playing a game, performing a task at work, socializing with friends, or driving your car, take a few seconds each time and simply try to *feel* what Runes can be of use to you for each task. You will soon discover how easy it will be to conjure the right Rune for each situation. Gebo when you are on a date, or Wunjo when you are enjoying the company of friends, or Tiwaz, if you have to conduct business in a courthouse, and so forth.

RUNIC ASSIMILATION EXERCISE

At this point, you should undergo a small initiation that involves meditation on all twenty-four Runes of the Elder Futhark, but first you must bake 24 cookies. Each cookie should have one of the Runes incorporated on it in some form of design. There is no recipe for the cookies. If you are not a good cook, you can buy pre-prepared, ready-to-cook, cookie dough from the store. They can be of whatever flavor you wish. And you can decorate them with the Runes in any

way you wish. You can simply carve the Runes into the cookie dough before you bake them or decorate the top with chocolate chips, mints or any other topping you desire. Be inventive and personalize it. If you do this as a group, make sure you have enough for everyone in the group. If you prefer, instead of cookies, bake cupcakes and decorate the tops of the cupcakes in the same way.

Each day, you will choose one Rune, starting with Fehu, and work your way through the entire Futhark, in the order that the Runes appear. You should begin your meditation by eating the corresponding cookie (or cup cake) and then spend about one hour meditating on every aspect of the Rune—all its qualities. Once you have completed all twenty-four Runes, you must then see if you can recognize them in nature.

You can do this on your own or as a group. Runes have their origin in nature and are everywhere in the natural world. You have only to look for them



How many Runes can you find in the branches of this tree?

and you will discover their presence everywhere. Looking for the Runes in nature is a very valuable lesson, but it is possible only with Runes. No other alphabet shares such a natural essence with nature and can be used in this way.

First, you should take a camera with you. It might be good to take photographs of what you observe and keep a scrap book for your own use. You can also draw what you see, but this might take up too much time. You then should go outside to a park or better yet, in the country, and look for the presence of Runes in all of nature's wonders. You will discover them in trees, formed by their branches or the lines on their trunks, in the cracks of the earth, or in rock formations. You can see them in the ripples on the surface of lakes, or in the currents of a river, or shafts of sunlight and shadows. They can appear in the shapes made by the clouds or in the way a flock of birds flies overhead, or the way the earth is formed or in

the way bushes and bramble grow. You can also see their forms in man-made objects. They can appear in the shape of houses, gates and other buildings, or in paint chipping, or cracks in the sidewalk, or the way water has fallen on the ground. You will discover them everywhere, and you can spend as much time as you want looking for Runes. Make sure you have found every Rune in the Futhark, but they don't have to be in order, and you can record seeing a Rune as many times as you see it. Play a game with yourself—try to find as many of each Rune as possible in one day.

There is one last step. Once you have found Runes everywhere, you should go out once again and this time, see if you can spot each Rune in the order that it appears in the Futhark. You can do this anywhere. Simply go for a walk and see if you can spot each Rune. Once a Rune has made itself known to you, look for the next Rune. Again, it is better to do this in the country, but it can be done in an urban environment, especially if there are a lot of trees and other vegetation around. You will discover that it is easier to find some Runes than others, but don't be upset if you have a hard time finding a particular



How many Rune shapes can you find in the cracks of this rock?

Rune. If you have trouble discovering a Rune, remember which one because it may be an indication of some quality in your nature, especially spiritual nature that is lacking or needs to be developed. Not seeing a Rune is just as important as seeing a Rune. The Rune that refuses to be found may represent something that is repressed within you. You should meditate on this, because once you discover why you are having a difficult time finding a Rune, it will appear like magic to you.

This exercise will help you discover just how close you have come to the nature of both the objective and subjective worlds that we live within. Once you have completed this exercise, you will be ready to rise to the level of Midgard.

TELLURIC ENERGY

As we discussed in previous lessons, the Runes have a dynamistic energy field. Again, this means the Runes possess energy fields that are without individualized models of consciousness, but are vitalistic in nature. They act like the forces of wind, fire and water. This energy emanates from the currents of the Vril that fills the universe. In the Norse cosmological view of creation, the Runes originated from the Vril energy contained in the original gap that existed between the two polarities of Ginnungagap—Muspellheim (fire) and Niflheim (ice). When the world was formed, these energy fields helped to give shape and form to the Earth, defining the patterns of existence and states of

consciousness. It is through the Runes and their energy patterns, shaping and forming Vril, that the Gods were able to give form and shape to the world from the parts of Ymir. They used the Runes to transform chaos into an orderly pattern. Thus, the blueprint for existence is concealed within the Futhark. Thus, when we enter the proper state of mind, our unconscious is able to trigger response by utilizing the Runic symbols. You have within you the power to access Runic energy to transform and influence the physical world around you, permitting your degrees of control over your life circumstance.

We can use the Runes to control the physical world, because the Earth is vibrating with Vrilic energy. Vril energy within the Earth, and nature in general, is referred to by many traditions as Telluric energy. Telluric energy is a type of Vril energy that emanates from the ground and resonates in our bodies and all living things on the Earth. We can feel the surge of Telluric energy rising up through the ground and into us if we concentrate. All living things receive this flow of energy, which is essential to human vitality. There is a tale of Hercules doing battle with a giant, who received superior strength from the ground. He could draw huge amounts of Telluric energy through his feet. Hercules defeats him only by lifting him into the air, so that his feet lose contact with the ground and he is unable to draw on Telluric energy to feed his great strength.

You must develop the awareness of Telluric/Vril energy patterns through the natural world. It is important to understand this concept. In future lessons you will learn to draw these Vrilic forces to increase the flow of Vril and transform it into your own personal form of Megin energy.

REVIEW

Now that you have completed this lesson, we should stop and review for a moment what you have learned about Runic Thinking.

1) Runic Thinking occurs when the spirit of the Runes is working their magic within your mind. You have developed the natural, subconscious and reflective ability to hear their song and feel their energy, as well as to read their words. Your skill in drawing on their power is the same as a musician and his relationship to his musical instrument. He will perfect a second nature with the instrument to where he will no longer have to think about how to use it. Playing the instrument is no longer a conscious effort. He has become so proficient in how to use it that he now concentrates all his attention on what he wants to play on it.

2) Ritual and ceremony have become a part of your life, and you regularly use them to help intensify your ability to draw on the Runes' transpersonal Vrilic energy. Ritual and ceremony are only a means to an end, and not the end in itself. Their purpose is to help you create and maintain the intensity of mind to transcend the material universe and cross the rainbow bridge to the higher state of consciousness necessary to draw successfully on the Vrilic energy.

3) You should have cultivated the ability to easily slip into your Asgard and Gladsheim states of consciousness (Alpha and Theta) so that you can more easily sense the Vrilic energy fields of each Rune at a deeper level of your mind. This means that you will be able to **THINK A RUNE** and sense its archetypal imagery, and use this to transform your personal Vrilic energy currents into pathways possessing whatever it is you desire in Midgard.

4) Your mind should have progressed to the point where it can effortlessly transform these Vrilic energy currents into whatever imagery you wish to form out of them, and thus, control the nature of your future. But before you can successfully transform the Vrilic energy patterns of the Runes into the pathways that you wish for your future, you must understand the Vrilic energy behind the Runic forms and **KNOW THAT THEY ARE REAL!**

5) You seek to develop your skills in Vrilology to the point where your mind can instinctively conjure up what it is you desire, both announced and unannounced, in your future pathways. This is the point where your Vrilologist's skills draw on whatever Rune is necessary to draw its energy to manifest whatever it is you desire at a moment's occurrence.