

The Church of Balder Rising

Hail Light Elf!

We greet you as such because you are about to begin a journey of exploration and discover of your lost heritage. By enrolling in the Yggdrasill Training Program shows that you are a serious seeker of the wisdom of the ancient Elders of the European Folk. It also shows that you have heard the call of your ancestral Gods, who dwell within you and that you are willing to begin the journey across the rainbow bridge of spiritual evolution and enlightenment.

We are enclosing an introduction to the training program plus the first level of nine lessons--- Hel. This level is designed to awaken you from the trance-like existence of ignorance, an existence you have endured, blind to your true heritage. When you have completed the nine lessons of Hel, you will discover that you have embarked upon a path of a new understanding of the universe and yourself. You will discover that you possess great potential that needs to be furthered developed and cultivated. Once you achieved this potentiality, you will find that your perception of the world around has changed. This is what meant by Balder Rising! You will have taken your first steps on the road of evolving into a new being—a Vril Being!

Please be advised that the Yggdrasill Training Program was designed for you to study this course either individually, or as a member of a group. If you have others who wish to take part in your training program, we encourage you to form your group. You will find your experience to be more profound. Your group can meet every two weeks, or as often as you want, and you can still study the program on your own between meetings. The choice is yours.

The program has two purposes: First, to work toward the individual growth and development of the individual, or individuals, taking the course, so that you can evolve into a Vril Being. Secondly, for planting the seeds in the creation of new congregations of the Church of Balder Rising. If you desire to build a congregation, we will provide you with more information about the requirements for such an endeavor in the future. To do so, you must seek to become a Gothi or priest within the Church. And if you wish to continue with your training, you can eventually seek entry into the highest order of the Church by becoming a member of the Vrilir as each a Vril Lord or Lady. But if you do not desire to get too deeply involved in the Church, and wish only to expand your own spirituality and Vrilic powers, this is also acceptable. There is no reason why individuals cannot take

the training program for their own individual growth and development without ever becoming part of the Church. Whatever path you decide to follow, we welcome you as a student in our training program.

The Church of Balder Rising believes that every individual who develops his or her powers is aligning himself, or herself with the Gods, and thus, strengthening their powers in holding back the forces of Chaos, whether or not they become active members of the Church. Our cosmology believes that the flow of power is both ways between Asgard and Midgard. Vrilology is a tradition rooted in the essence and collective soul of the European Folk. We recognize that individuals who might not be of European ancestry would be interested in taking our training program. There is no reason why they cannot. It is wise to discover and explore traditions belonging to other Folks. This is very important in the modern era we live in because of the large degree of intermarriage that is taking place in the world today. Individuals of mixed heritages might possess a need to explore their multiply heritages, and we hope that the Yggdrasill Training Program will assist them in finding spiritual fulfillment. But it is important to understand that it is not wise to mix the disciplines belonging to different traditions. Each is a product of a particular spirituality that was produced by the biological and spiritual essence of a given people and should be respected, cherished and honored, as such. Comparative studies, is useful to learn, not only the similarities among different traditions, but to respect the differences.

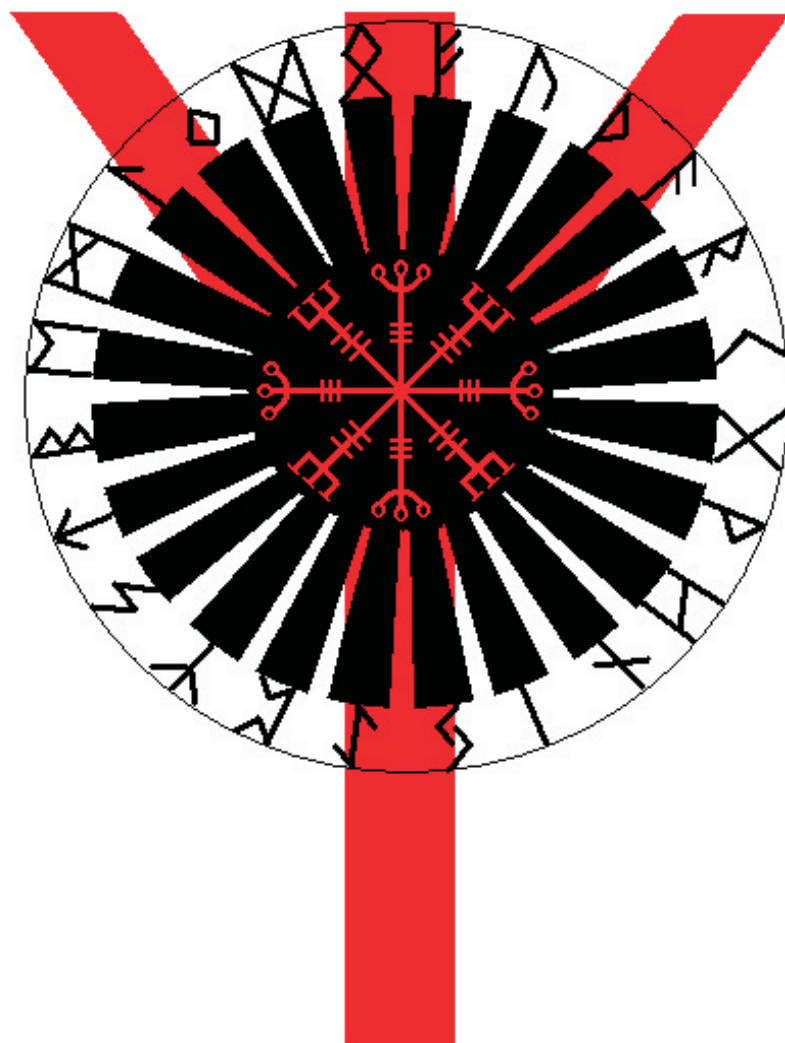
Feel free to e-mail us or write us about your progress, especially any insights you might have. We are always interested in hearing what others think about the program and their reactions to the material. It often evokes new insights to the lore, that was for the most part, lost to us when Europe was converted to Christianity.

Your title for the first three levels is Light Elf, the first of three Holy Peoples (the other two are the Vanir and Aesir). This title represents the enlightenment that you will experience while training in the first three levels of the program. May you demonstrate every noble attribute of this honored distinction in the months to come, as you take the first steps across the rainbow bridge.

Yours, in Balder Rising,

Robert Blumetti
Vril Master of the Church of Balder Rising

THE YGGDRASILL TRAINING PROGRAM

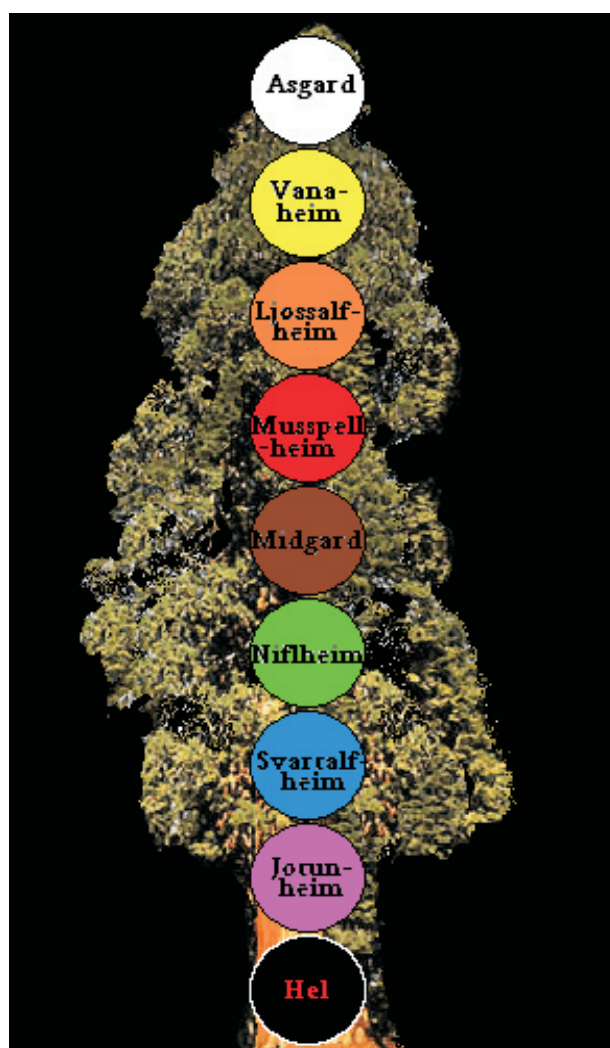


THE CHURCH OF BALDER RISING
VRILOLOGY.ORG

THE YGGDRASIL TRAINING PROGRAM OF THE CHURCH OF BALDER RISING

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Yggdrasil

INTRODUCTION TO THE YGGDRASIL TRAINING PROGRAM

You are about to embark on a training program designed to awaken the latent spiritual powers that reside within you. These powers are a physiological inheritance that has been passed down to us across the millenniums through our genetic fabric. It has been passed down to us through our common ancestors who were transformed by the Gods that created us, when they descended to Earth and intervened in the evolution of man. Humanity has evolved through a series of sudden transformations in its genetic make up. Darwinian evolution cannot explain how one species evolves into another. Species exist for millenniums without much change, and then suddenly, over a short period of time, thousands of species disappear and new species suddenly and abruptly appear and replace them. Since this process is clearly not the result of a gradual transformation of the genetic composition adjusting to the slowly changing environment through trial and error as Darwin believed, some external force had to have intervened from time to time causing massive mutations in the gene pool of the flora and fauna. This external force is the Vril—the Life Force of the Gods.

In the 19th Century, the American philosopher Elaphis Levi wrote: *The Angels aspire to become Man for the perfect Man, the Man-God is above even the Angels.*

In Vrilology, the purpose of creation is to work toward becoming a Vril Being. In the Norse cosmology, humans not only depend on the Gods, but the Gods depend on humans. Spiritual power, through currents of Vrilic energy, flows both ways: from Asgard to Midgard, and from Midgard to Asgard. This is a key principle of Vrilology, and Norse cosmology in general. The Gods and mortals are interdependent. We who have chosen to explore this path of personal evolution must understand that we are embarking on a quest for knowledge. Knowledge of the cosmology of the Northern tradition (Norse), is a roadmap that will lead you toward your ultimate destiny. Vrilology will show you, especially those of you who are of European ancestry, the exact knowledge necessary for your personal evolution. You will achieve this by your evolution into a Vril Being. This will occur by a process of spiritual, mental and even physical evolution. The three Runes responsible for this process are Elhaz (the regenerative powers of Balder rising), Sowilo (the enlightening powers of Balder risen) and Mannaz (the power of Balder as ruler of Gimli).

THE PURPOSE OF THE TRAINING PROGRAM

The Yggdrasill Training Program is a program of self-transformation, and is divided into nine sections or levels. Each section or level has nine lessons, for a total of 81 lessons. Each set of lessons is named for one of the nine worlds

that make up the Yggdrasill. They are in this order of movement: Hel, Jotunheim, Svartalfheim, Niflheim, Midgard, Muspellheim, Ljossalfheim, Vanaheim, and finally Asgard. Thus, when you begin this great cosmic journey you will be moving through the nine realms that make up the Yggdrasill—the great cosmic tree. The progression through the nine worlds is a quest for your evolution into a higher state of consciousness. Odin explains that he received nine lays of power from his grandfather, Bolthorn, the father to his mother, Bestla, in the *Havamal*:

From the son of Balthorn, Bestla's father,
I mastered mighty songs nine,
and a drink I had of the dearest mead,
got from out of Othroenir.

In the *Volupsa*, we read of the Volva (Norse Sybil, explaining, "Nine worlds can I count, nine roots of the World Tree."):

Nine worlds I know, the nine abodes
of the glorious world-tree the ground beneath.

By completing the nine levels of this training program, you will have passed through the nine worlds of the Life Force of the Gods, the Vril, and when you have reached and completed the ninth level of Asgard, and you have successfully passed a series of tests and examinations, you can apply to become a Vril Lord or Vril Lady within the Church of Balder Rising. A Vril Lord (or Lady) is a status bestowed on some one who has proven to have mastered the science of Vrilology.

Not everyone who begins this journey will complete it. Most reach Midgard and stop, unable to go on. The Journey from Hel to Midgard is one of transforming yourself by unleashing those powers that will help you grow and develop into a whole and more complete person in the objective realm of existence. But the journey from Midgard to Asgard requires a deeper commitment that most people are willing or able to make. It is the transformation of the subjective spiritual self. Thus, once you have reached and completed the Midgard level, you need go no farther to become a full member of the Church of Balder Rising. Completion of Midgard entitles you to apply for the right to establish your own official congregation. To continue the journey beyond Midgard requires a special type of person who is willing to transcend the earthly boundaries of existence and commit themselves to a higher calling—that of reaching Asgard, and thus become a Vril Lord. Of course, anyone can purchase the program and practice these methods on their own, if your goal is a quest for individual enlightenment and growth, but if you

wish to found your own congregation and move further up through the cosmic tree to Asgard and become a Vril Lord, you must submit to a series of interviews and tests.

THE OBJECTIVE OF THE YGGDRASILL TRAINING PROGRAM

The Yggdrasill Training Program is offered to anyone who has a desire to discover their European mystical/pagan heritage. Vrilology is in actuality a religious tradition for people of European ancestry, but the Church of Balder Rising does not exclude individuals of non-European heritages who wish to explore European pagan tradition. We in the Church of Balder Rising feel that what Vrilology offers is best suited for individuals of European ancestry, but it can also help individuals of other heritages discover their paths to their own pagan heritage. For individuals of European ancestry, Vrilology offers the prospect of reconnecting with the Gods who created them, and taught their ancestors Vrilology thousands of years ago in what is now pre-history. It offers the hope of forging anew those bonds which unite them with their Gods and thus create a state of Gimli within them, by calling Balder forth from the Netherworld. This will have the result of ending the *Curse of Hoder*, and driving out the darkness that has plagued our people for thousands of years. This state of enlightenment, that of *Balder Rising!* is what is meant by the state of Gimli within us. We believe that this possibility is exclusively a European manifestation. But the Church of Balder Rising does believe that all individuals of all heritages can achieve spiritual evolution through our training program. Let us list what all individuals can hope to achieve, provided you consistently study, exercise, and apply what is offered in our training program:

1) You can develop mastery over the metaphysical dimensions of Life for you to use to improve the quality of your life, improve your mind and heighten your spiritual awareness.

2) You can discover your personal purpose in life. Once you have achieved this, you will discover that your life will be aligned with order and not chaos.

3) You will learn to use and increase those psychic powers that you possess, to a degree that they will help you in all things you do.

4) You will discover how to overcome obstacles by using the mental powers you possess, and how to use the Runes as a tool to assist you in this great work.

5) You will develop powers to self-heal and assist others in healing.

6) You will improve your life by discovering how to harness the Vril currents into pathways that will fill your future with all things you desire.

7) Your Third Eye (Bifrost Gland) will be opened and you will find for yourself your path back to the Gods of your ancestry, who gave birth to you and your people.

8) You will discover your ancestral stream and find your true destiny in this world, and in those higher spiritual realms.

9) You will learn to be more aware of your environment, increase your confidence, reduce stress, depression and unhappiness, and fill your life with joy, happiness and love by manifesting a state of harmony through your alignment with the Gods.

WHAT IS A VRIL LORD OR LADY?

The title of Vril Lord or Vril Lady will be bestowed upon an individual who has completed all nine levels of training (81 lessons) and been interviewed by the ruling board of the Church, made up of Vril Masters and Vril Mistresses. Membership in this Vril aristocracy is exclusive and will be bestowed only upon those individuals deemed worthy enough to dedicate themselves to supporting the Church and helping others. Vril Lords (for the sake of simplicity, we will refer to both Vril Lords and Vril Ladies by this title) will make up the religious aristocracy of the Church of Balder Rising. Who can become a Vril Lord is determined by ability and dedication. In the desire to be clear on the function and purpose of this aristocracy within the Church, we will define exactly what the role of the Vril Lords will be within the Church:

- 1. First, you must be a practitioner of Vrilology.**
- 2. You must be fully familiar with the lore and teachings of Vrilology.**
- 3. You must live by the Vril Code of Honor.**
- 4. You must seek to develop one or more of your psychic abilities into a fine-tuned skill for the greater good of the Church.**
- 5. You should possess an understanding the nature of the relationship of the forces of chaos and order in the universe.**
- 6. You must develop a thorough understanding of your ancestral stream.**
- 7. You must be doing the work of Heimdall.**
- 8. You must continuously seek to discover ever greater understanding of the ordered structure of the nine realms of Yggdrasill.**
- 9. You must work toward creating a good name for yourself and the Church.**
- 10. You should be one who loves life.**
- 11. You should maintain a state of optimum health.**
- 12. You should care for your family and other loved ones.**
- 13. The achievement of the Golden Age of Gimli within you will be manifested.**

In later levels of the training program we will go into more detail about the

duties and responsibilities of this Vril priestly order within the Church of Balder Rising.

THE NINE REALMS OF THE YGGDRASILL TRAINING PROGRAM

Each section or level corresponds to one of the nine realms of the cosmic tree. The first realm of Hel is where you are now. It is the *present you*—asleep and in a state of inertia. You must awaken from this present state of existence and begin the journey, first to Midgard, and then to Asgard. Thus, these lessons are really divided into two parts: the journey from the present state of existence of unawareness to a state of awareness, and then to a state of spiritual rebirth and union with the Gods. In a way, you are really moving from Hel to Midgard and finally to Asgard. The other realms are intermediate states that you must pass through on your trek toward first Midgard and then Asgard.

Yggdrasill is a program designed specifically for those individuals who are of European ancestry. It is rooted in what Jung referred to as the collective unconscious, or the racial soul that all individuals of European ancestry share. Anyone can practice the lessons contained in this training program, but people of European ancestry will more readily hear the call of the Valkyries than the voice of Hatha Yoga, Japanese Shintoism, the shamanism of the American aborigines or the mysticism of the Kabbala.

As Jung explained, our psyches have many chapters and sub-chapters rooted in our racial, cultural, and even geographic heritage. This does not mean that individuals of other racial backgrounds cannot study the Yggdrasill Training Program, but they will not be as comfortable in this tradition that is fundamental to the European soul, any more than people of a European background will be as comfortable spiritually with other traditions. But the Folk Faith does encourage the search for knowledge, and it is especially important for people of mixed background to travel many roads to discover which path they must follow toward spiritual enlightenment. People of mixed background might hear the call of confused voices, of different pantheons. These individuals should discover for themselves which call to higher evolution they should follow. In any case, no matter what background you are from, we hope the YTP will help your spiritual evolution.

The Yggdrasill Training Program will help you to learn to use Vrilology, which includes both Galdor and Seither science, to transform yourself physically, spiritually, psychically and mentally. You will learn to use the power of the Vril to help improve your health and physical well being, as well as maintaining good mental health and awareness. But most of all, you will learn to harness the Vril's powers to cause a spiritual and psychic transformation within yourself. It will not be an easy journey, and it can be traveled individually or as a member of a group. But it will change your life in ways that you cannot imagine.

This training program relies heavily on Galdor Science, or Runelogy. This includes the use of Runes to harness and focus the power of the Vril, to cause transmutations within yourself, and help you to grow as an individual, as well as improve the quality of your life, health and success, and the general condition of the Folk collectively. The Runes are tools to help you become conscious of the nine realms or worlds. Each Rune is a microcosm in itself that can be used by itself or in conjunction with other Runes. They are symbols that represent the actual force of the nine realms seen through the spiritual eyes of European man and woman. Runes are the levers and keys that can be used to unleash the sleeping powers that lie dormant within each of us. They are the secrets to awakening the Gods that dwell within us.

To begin, we must first understand that we live in a multiverse of different realms that exist simultaneously in the universe. There are nine worlds or realms, and each has a microcosm within some part of your *Self*. These realms are charged sources of esoteric power that will affect some part of you, each in a different way. To affect change in you on both the subjective and objective levels, you must learn to understand the role that each realm plays in formulating your Self throughout your life. To do this, you must become conscious of these realms. Once you have, you will be able to cause change in conformity to your *Will*.

By the time you have completed the entire Yggdrasill Training Program, you will have become adept in using the Vril to cause changes in your life on both the subjective and objective realm of existence. By consciously and willfully becoming active in mastering the secrets of both Galdor Science (the use of the Runes) and Seither Science, you will have learned how to use the Vril, which is the Life Force of the Gods. How successful you will be will be determined by the amount of time, skill, and dedication you bring to bear on performing all the lessons in this program.

As you continue to perform your exercises, your appreciation of the myths, or the pagan cosmology, should increase. You will need to read and study *THE BOOK OF BALDER RISING*, as you progress through the first four sections or levels of the Yggdrasill Training Program. You will be asked to read and discuss a section of the book after each of the 36 lessons of the first four sections of the Yggdrasill Training Program. As you talk about the different aspects of the myths that you are reading in *THE BOOK OF BALDER RISING*, you will discover that you are developing a great capacity to appreciate and understand the material in the book. You really do not have to go into the myths in detail, for later, after you have progressed much further with the meditations, you will discover that the hidden meanings in the myths will jump out at you. The more you meditate, the greater will be your understanding of the myths. In fact, each time you read the same myth, you will discover aspects of the myth that you did not realize the previous time you read it. Let

your discussions be free and loose and if the discussion draws your group off into a different direction, about other topics, do not try and stop it from happening. Remember—the Gods and Goddesses speak through us. Let them speak!

THE THREE HIGHER RACES

In the Norse Cosmology, there are three higher races of being: The Vanir, the Light Elves, and the Aesir. The first three levels of The Yggdrasill Training Program represent the race of higher spiritual beings known as the Vanir. They are the Gods of birth and fertility. In this first section, you will undergo a devolution. This first section includes the three levels Hel, Jotunheim and Svartalfheim. Here, your old self will die and be reborn. In the next three levels — Niflheim, Midgard, and Muspellheim — you will undergo a spiritual transformation. This second section is represented by the race of beings known as the Light Elves. They are creatures of light, and they represent your spiritual enlightenment and evolution. From here you will eventually advance to the final section, which includes the levels of Ljossalfheim, Vanaheim and Asgard. This section is represented by the race of Gods known as the Aesir. The three races represent Earth, Fire and Air. You must break up the debris of Earth so that you can release its life-giving energies. You do this with Fire. Once your burn Earth, you release its energies into the Air, as it rises higher and higher.

Earth, Fire, and Air are the three elemental states you will pass through in this training program. The first three levels — Hel, Jotunheim, and Svartalfheim — represent Earth. Earth here represents the roots of the Yggdrasill Tree, where the roots are located below the surface. It is dark and still, and yet, this is the plane of existence where life begins. Here, the seeds lying beneath the surface of the world, show the first signs of life. Life anew begins. Slowly, the new life gestating in the rich, dark soil of Earth begins to stir and reaches up to the life above the surface. This is the plane of the Vanaheim, the Gods of birth, fertility and creation. They are the Earth Gods.

The second plane is represented by the Light Elves. They are creatures of high intensity and the element is Fire. New life is born and like the young, they are filled with energy. This plane includes the levels of Niflheim, Midgard, and Muspellheim. Here you have the two realms that existed in the beginning of time: Niflheim and Muspellheim. They represent the two forces of creation: Ice and Fire. In between them is Midgard. From their merging was born Ymir, and from them the Gods fashioned the world. So in the center is Midgard. Midgard is the new Folk community the Church of Balder Rising will begin the work of creating.

Finally, the last three levels of the Yggdrasill Program are Ljossalfheim, Vanaheim, and Asgard. These three levels, collectively, are the element of Air. Air is the element of higher spiritual existence. It is the plane of the Mind. At

these levels, you will evolve into a Vril Lord or Lady. The purpose of existence at this level is to be a bridge between Midgard and Asgard.

One can look at the three divisions of the training program as the three vertical realms of the Yggdrasill Tree: Hel (at the bottom), Midgard (in the center), and Asgard (at the top). It is the vertical progression of evolution.

SELF-LIBERATION

The first thing you must do is accept the fact that you have been burdened with mistaken belief systems from birth. No matter what religious system you were born into, you should realize that the first step toward a spiritual rebirth is accepting the truth that most of what you have been taught is false perception. This willingness to accept that what you have believed most, if not all, of your life might be false is very difficult. But once you have come to accept this, you will understand what the English philosopher Aldous Huxley meant when he wrote: "Know the Truth and the Truth will make you mad."

It is not easy to discard everything you have come to accept as true in a short period of time. Out of fear, most people will still have doubts even after they have convinced themselves intellectually that what they were bought up to believe is false. It will take a long time before you can completely discard old ideas, because somewhere deep within your psyche, a little voice will constantly badger you that you are making a mistake.

The misconceptions that you have inherited are like weights that you carry around with you. Eventually, they will wear you out, causing you to slow down and burn yourself out, preventing you from reaching your destination. They act like locks on doors that you must pass through, but you fear to go through. You have the keys to unlock the doors, but because they are locked, you are frightened that there is something behind them that will threaten you. The truth is, the doors are locked, not for your protection, but to keep truths that lie behind them from you. The entire foundation of the three monotheistic religions can be summed up in the tale about Adam and Eve. God forbade them from eating of the Tree of Knowledge, because he wanted to keep from them the truth about their full potential. The God of the Bible is tyrannical, desiring to keep humanity imprisoned as slaves. By remaining ignorant, you are unable to align yourself with the Gods, who give order to the universe. You will wander blindly in the darkness and thus will live lives that serve Chaos. Loki sought to kill Balder, to prevent humanity from aligning itself with the Gods. But we have discovered how to call Balder back from the Netherworld, fill you with the Light of the Gods (Vrilology), and forge anew the bonds that united us mortals of Midgard with the Gods who dwell in Asgard.

WHAT IS VRIOLOGY?

Vrilology is the practice of harnessing the Life Force that we share with the

Gods, which we call Vril, through the practice of Seither and Galdor sciences. Vrilology is the lost science that was given to our most ancient ancestors by the Gods, so that they could master the world they lived within, and transform themselves into a race of God-men, about 9,000 years ago. This civilization was located on the shores of the ancient Black Sea. It grew into the lost civilization of original Aryans, who were the ancestors of the Indo-Europeans. The Aryans misused this science and caused an ecological imbalance in the world climate. They lost most of the knowledge of Vrilology after their civilization was destroyed in a great flood, resulting from the melting of the ice caps and raising of the water levels of the oceans. This caused the land bridge between Europe and Asia Minor to collapse, and in turn caused the Black Sea to rise 300 feet and sweep away that lost civilization, which is remembered in our myths as both the Great Biblical Flood and the lost civilization of Atlantis.

WHAT DOES THE WORD VRILOLOGY MEAN?

It means, "the science of the Vril." It is a collection of knowledge of how to harness the power of the Vril and use it to transform ourselves, our lives, and the world around us.

WHAT IS VRIL?

Vril is the life Force that fills the universe. Science has been aware for some time now that matter and energy make up only about 5 percent of the universe. The other 95 percentage of the universe is filled with some form of energy that science refers to by many different names, including Dark Matter or Dark Energy. This mysterious substance is an infinite power source that we call Vril. It is known by many other names including chi, eurlic energy, karma, fahot, feng shui, Rhea Kybele, ur, the Black Sun and many other names. The truth is that this is a universal force that can be harnessed on a personal level through meditation, visualization, and chanting, as well as harnessing it mechanically in what is known as free energy. It is this force that we share with the Gods, and the Gods use to hold the universe together in their struggle with the chaotic forces represented by the Giants.

IS VRIL A SOURCE OF FREE ENERGY?

Vril is what has been referred to as free energy. During the 20th Century, many have tried to discover how to harness this power for the benefit of mankind. Victor Schauburger, the Austria engineer learned to harness Vril and create anti-gravity, free energy machines. Nicola Tesla also worked on the means to harness Vril free energy. It is a source of power behind anti-gravity propulsion, and can be used to provide an endless source of free energy for all our needs.

WHAT DOES VRILOLOGY SAY ABOUT POLITICS?

The Church of Balder Rising is a non-political organization, divorced of all political aspirations or interests. The Church of Balder Rising does not advocate any political ideology. It does not consider itself to belong to any political movement. There are many individuals and groups declaring themselves Odinists, but which are actually covers for political movements of both the right and the left. The Church of Balder Rising does not care what an individual's political affiliations or beliefs are, just so long as they do not mix politics and religion. The Church does not care if an individual belongs to the left or right, or in between. Any individual is welcomed to practice Vrilology, and are welcomed at our study groups, just so long as they check their politics at the door.

It is the object of Church of Balder Rising to completely disavow all political affiliations. The Church of Balder Rising believes that the present world order is doomed. It does not seek to acquire political power, nor does it challenge the present political establishment for political power. Vrilology hopes to empower as many people as possible within Western Civilization so that they can not only survive the coming collapse, but thrive and prosper even during the worst of times. The Church of Balder Rising is interested in assisting individuals of European ancestry to discover their true spiritual roots, but is also willing to assist individuals of other traditions to learn about Vrilology if it will help them to connect with their own ancestral roots.

If the Church of Balder Rising has any political leanings, it is simply its support for the freedom for all individuals to worship as they wish, without interference by government powers, so long as the religion does not advocate harm or hatred toward others.

IS VRILOLOGY A COVER OF NAZISM?

No! The Church of Balder Rising considers National Socialism to be a political movement that pitted half the European Folk against the other half of the European Folk, seeking to either enslave or exterminate them. Though one can make the argument that there was much good in the beginning of National Socialism, in so far as it provided social welfare for the German people, and restored economic vitality and social order, it was spiritually corrupted by Dark Forces and eventually sought to conquer and enslave the peoples of Eastern Europe. Vrilology seeks to enslave no one, either of the European Folk or members of other Folks, races, nationalities or religions. National Socialism was tainted by German nationalism, "Nordicism" and "Germanicism." This led them to despise and look down on other Europeans, especially their Slavic, Latin, and Greek brothers and sisters.

National Socialism did incorporate some elements of Germanic paganism into its ideology, and used Runes extensively in its symbolic displays. But National Socialism used the Armanen Runes, which was a 20th Century

construct by German occultists based on the 18 standards of the Havamal (The Sayings of Har). The Havamal, along with the rest of Norse Lore, was written down from the oral tradition by Christian scholars, centuries after Northern Europe had converted to Christianity, and thus most of the Northern Lore has been lost. This is why there are only 18 Runic spells recited in the Havamal, instead of one for each of the twenty-four runes of the Elder Futhark. In the Twentieth Century, German occultists attempted to create a modern-day Runic system based on these eighteen verses, and thus created a corrupt spiritual system that eventually led Nationalism Socialism down a dark path and contributed to its own destruction.

IS VRIOLOGY ASATRU?

Asatru is a modern creation used to refer to those who have sought to return to the old religion that was worshiped in Northern Europe before the arrival of Christianity. It means "*those who worship the Aesir.*" In so far as this is the description of individuals who venerate the Norse Gods, then we would be classified as Asatru. But we venerate not just the Aesir, but the Vanir as well. Vrilology is also forward looking in that it seeks to create new Folk Communities of like-minded people practicing Vrilology as a way of life.

WHY DO WE USE ONLY THE ELDER FUTHARK?

The Elder Futhark is the oldest, purest form of runic system passed down to us from our ancestors. It has its roots in the most ancient traditions that can be traced back through prehistory to the lost Aryan civilization that once existed on the shores of the Black Sea, which is the origin of the Atlantis legend. Other runic systems exist and we do research them, but they fall far short of the effectiveness of the Elder Futhark in harnessing Vril and using it to manifest changes in our lives and the world we live in.

The Anglo-Saxon Futhark actually includes the Elder Futhark, but additional Runes were added to accommodate phonetic changes that were taking place within the Anglo-Saxon language as it evolved into English. These additional Runes really have no Vrilic energies associated with them since they are artificial constructs.

The Younger Futhark has only sixteen Runes. This Futhark was used centuries after Northern Europe converted to Christianity. Northern Lore was basically an oral tradition and never written down during pagan times. It was only later written down by Christian scholars in an attempt to preserve something of their native culture. But by then, much of the oral lore was lost. Even today, we recognize that what we work with is only a small portion of the myths and lore that was once studied by the pagan scholars of Northern Europe. People who still used Runes during Christian times had forgotten the other eight, missing Runes, and thus the Younger Futhark was created.

The loss of ancient lore can be seen in the eighteen runic spells written down in the Havamal. Memory of the other six, missing Runes was lost and thus not included. This eventually gave rise to the eighteen Runes used by *Die Armenenschaft der Ario-Germanen* (The Armanism of the Aryo-Germanic People). These Runes are known today as the Armanen Futhark and it was created by the German mystic, Guido Karl Anton List, better known as Guido von List, in Vienna, in 1908. This Futhark is a modern, artificial construct, based on the eighteen runic verses and was later used by the National Socialists in Germany. This corrupted spiritualism empowered the rise of the extreme racism within National Socialism known as "Nordicism" (the belief of a Nordic, blond race separate from and superior to the rest of the White race, as well as all mankind). This spiritualism eventually led to National Socialist policies of mistreatment, enslavement and even extermination of many eastern European peoples. Combined with German nationalism of the times, it led to the belief that Slavs are an inferior race, and everyone who did not possess blond hair and blue eyes were racially corrupt or inferior.

The Church of Balder Rising studies and researches the various runic systems, but we prefer to restrict our teachings and practices to the Elder Futhark.

WHO ARE THE ANCIENT ARYANS?

The Aryans are the original people from whom all Indo-Europeans are descended. This civilization was located on the shores of the ancient Black Sea. It grew into an advanced civilization by using the technology of Vril, given to them by the Gods. The Aryans misused this science and caused an ecological imbalance in the world climate. This caused the land bridge, which are the present-day straits between Europe and Asia Minor, to collapse, resulting in the Black Sea water levels rising 300 feet and sweeping away that lost civilization. This lost civilization is remembered today in our myths as both the Great Biblical flood and the lost civilization of Atlantis. Those who survived became refugees, scattered across the Eur-Asian continent. These refugees lost most of their knowledge of Vrilology after their civilization was destroyed by this terrible flood.

After their civilization was destroyed, those who survived became refugees who migrated east, into China; southeast, into Iran, Central Asia and India; south, into the Middle East and even into Egypt; and west, into Europe and the Mediterranean. They brought with them bits and pieces of their near-forgotten technology. These refugees appeared as God-like to those they settled among. In many places they were worshiped and are remembered as Gods who descended to earth, giving them superior science and religion. This is true in the legends of the Sumerians, the Egyptians, the Mayans, the ancient Hebrews, in India, China, and in many other lands.

WHAT IS MEANT BY "BALDER RISING?"

Vrilology is used by the Church of Balder Rising to re-forge the lost links our ancestors once shared with the Gods who created them. Through vrilology, we are able to re-establish the bond between ourselves and the Gods. This process is done through the combined use of Galdor and Seither sciences. By properly applying the methodology of Vrilology, we are able to develop the powers of our minds and open what is known as the "Third Eye." This gland is known in Vrilology as the Bifrost Gland. Once opened, it acts as a rainbow bridge between us (Midgard) and the Gods (Asgard). Once this condition has been established, we can properly align ourselves with the Gods, and thus draw on their powers to transform ourselves into Vril Beings, and cause transformations in the world around us.

Once this state of being has been achieved, the Gods, who dwell within us, have been awakened. This allows us to align ourselves with them, drawing on their powers. This is what is meant by Balder Rising. It is the awakening of the Gods within us.

Odin provided for this possibility. He provided the means by which we can awaken the Gods within us. This was done through the death of his most beloved son, Balder, who survived Ragnarok, by dwelling in Hel. The practice of Vrilology is, in effect, calling Balder back from the Netherworld. His resurrection within us manifests itself in the creation of a state of being known as the Golden Age of Gimli. Thus, Gimli is a state of being, and not some prediction of a new Golden Age on Earth at "the end of times."

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Flow by Mihaly Csikszentmihalyi

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Your Nostradamus Factor by Ingo Swann

The Seventh Sense by Lyn Buchanan

Mind Trek by Joseph McMoneagle

Journeys out of the Body by Robert A. Monros

Remote Viewing Secrets by Joseph McMoneagle

The Ultimate Time Machine by Joseph McMoneagle

The Self-aware Universe by Amit Goswami
Quantum Evolution by Johnjoe McFadden
The Seven Daughters of Eve by Brian Sykes
Noah's Flood by William Ryan and Walter Pitman
Race: The Reality of Human Differences by Vincent Sarich and Frank Miele
The History and Geography of Human Genes by L. Lyca Cavalli-Sforza
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History, Myth & Legend

Gods and Myths of Northern Europe by H. R. Ellis Davidson
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General Northern Traditions

The Odin Brotherhood by Mark Mirabello
The Masks of Odin by Elsa-Brita Titchenell
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Ultramind ESP System by Ed Bernd
You The Healer by Jose Silva and Robert B. Stone
The Silva Mind Control Method by Jose Silva
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The Techniques of the Master by Raymond Andrea
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Human Energy Systems by Jack Schwarz

The 24 Rune Elder Futhark					
<u>No.</u>	<u>Sound</u>	<u>Shape</u>	<u>Name</u>	<u>Ancient Translation</u>	<u>Transpersonal Meaning & Usage</u>
1	f		Fehu	Cattle, Fee, Money	Mobile Force, Fire, Rune of Hamingja, Luck, Directed expansive force, Sending
2	u (v)		Uruz	Wild Bison, Aurochs	The Healing Rune, Archetypal patterning of physical world, Raw, primitive strength, Survival.
3	th		Thurisaz	Giants, Thor	Active Defense, Focused, Hollowing, Blessing, projectonable power, Breaking down resistance.
4	a		Ansuz	A god, The Asir	Rune of Communication, Speech, Writing, Release of mental fetters, thru ecstatic force.
5	r		Raidho	Vehicle, Wagon, Riding	Rune of Divine Orde, Channeling force on right road to right results, journey.
6	k/c (x)		Kenaz	Torch, Light	Harnessed Fire, Light on Path, Controlled energy, Crafting an object, Transformation, Dwarfs.
7	g		Gebo	Gift, Exchange	Law of Compensation (nothing is given for nothing) & Polarity, Sacred Marriage.
8	w/v		Wunjo	Joy, Fellowship	Fulfilling of Wishes, Realize true will, Harmony among people, Strengthen links & bonds, banish alienation.
9	h		Hagalaz	Hail	Devolution before Evolution, Banish harm due to perfect geometric pattern preventing intrusion.
10	n		Nauthiz	Necessity (Need Fire)	Coming forth into being, Friction of Need-fire, Counterforce to negative Orlog (cause and effect)
11	i		Isa	Ice	Concentration, Focus, Constriction of unwanted forces, All motion ceases.
12	j/y		Jera	Harvest, Year	Fulfillment of good acts (seeds) planted, Natural cycles, Fertility

No.	Sound	Shape	Name	Ancient Translation	Transpersonal Meaning & Usage
13	ei/ae		Eihwaz	World-Tree	Axis of Life, Communication between levels of reality, Spine, Kundalini Fire
14	p		Perthro	The Lot (dice) Cup	Evolution, Mystery of Orlog (cause & effect), Element of Chance in Life, To Think Runically.
15	z/x		Elhaz	Elk	Rune of Guardian (Valkyrie), Link between Asgard deity & human, Protection & spiritual instruction.
16	s		Sowilo	Sun, Lightning Bolt	Success, Strengthening of psychic centers (Hvel or Chakras), Individualization of Being.
17	t		Tiwaz	Tyr	World Order, Justice, Victory according to law, Spiritual will & discipline.
18	b		Berkano	Brich, Goddess	Earth Mother, Life passages, Rebirth in Spirit, Birthing of ideas into fruition.
19	e		Elhwaz	Horse	Harmonious dual team, Marriage, Rune of Fetch (anima/animus), Trust, Loyalty.
20	m		Mammaz	Mankind	Divine archetypal structure, Godman, Perfected Being, Opening the mind's eye (3rd eye/Bifrost Gland.
21	l		Laguz	Water, Lake	Life Force, Vril, Molding Vril to pattern, develop psychic 2nd Sight, Unconscious mind states.
22	ng		Ingwaz	The God Ing, Frey	Earth God, Incubation, Sudden release of power, Storage & transformation of power.
23	d		Dagaz	Day, Light	Inspiration from Right/Left brain synthesis, Archetypal awareness, Awakening.
24	o		Othala	Ancestral property, Immobile wealth	Inherited power, Prosperity, Odin Ordered society, Race, nation, Family, group interests, Erulian.

**THE YGGDRASILL TRAINING
PROGRAM:
LESSONS IN UNDERSTANDING
VRILOLOGY AND ITS APPLICATION
PART ONE: HEL**





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PART ONE: HEL—AWAKENING THE SLEEPING SELF

WHAT IS THE MEANING OF HEL?

This first section is named after Hel. In our religious tradition, Hel should not be confused with the Christian idea of "Hell." Hel is the realm of the dead, where souls undergo a rebirth, and is not a place of punishment ruled over by the devil. It is ruled by the daughter of Loki, who is also named Hel. She is half dead and half alive. This is a very important fact to remember. There is an old saying that this life we lead on Earth is actually "Hell." Well, this is true for the purpose of these lessons, at least in reference to Hel, instead of Hell. As in the Norse Hel, our existence in this world is one in which we are half alive and half dead. We exist, breath, live and go about the motions of being alive physically, but spiritually, we are as dead as those who are rotting in the cemetery. Being the daughter of Loki, Hel is keeping us in a state that is half-awake, half-asleep. It is very difficult to awaken fully from Hel, and it requires a power from outside the realm. Spiritually, we exist in a state of inertia and stillness.

The lessons that you will learn in the first section of your training are designed to awakening your instincts and unconsciousness, and make you aware of the powers that reside within you. You must be made aware that the Gods reside within you and that they sleep, awaiting your call for them to return. Hel is a place of rest. It is your existence up to now. What we must do is stimulate your dead self and awaken the Gods that dwell within you, so that they may rise again, filling you with their Life Force and herald in the new Age of Gimli, as a Microcosm within you.

Hel is guarded by a maiden by the name of Modgudh, who guards the wide and icy bridge leading into Hel. This bridge extends over the turbulent and stormy currents of the river Gjoll. For many who begin this journey, the first steps can be turbulent and stormy because most people are afraid to awaken those powers that lie within us all. It is safer to live in ignorance and just be "one of the herd." Ignorance is bliss! Is it truly better to live the life of sheep, wandering about as a member of the herd? You should remember that every herd is being led to the slaughter house.

Hel is also the home to the great serpent Nidhogg, who is the embodiment of concealed powers of destruction and transformation. This duality of destruction and transformation is significant because before we can be transformed, our old Self must die. If you seriously perform these lessons, you will experience the first steps of transformation on the great trek toward Asgard. Before you have completed all nine steps, you will have passed through a gateway toward a new life. This is the meaning of Hel—life leads to death, and death leads to life—to a rebirth into another level of existence or spiritual evolution. Also remember that Balder exists in Hel, in the golden

realm of Odainsaker, the place of bliss, waiting for the day to rise from the Netherworld and herald in the new, Golden Age of Gimli. The Rune that represents Hel is Hagalaz, which is the Rune of transformation.

HAGALAZ--DESTRUCTION THAT PERMITS RECONSTRUCTION

As with the nature of Hagalaz, you will have to destroy before you can rebuild. Hagalaz is the hail that destroys but then melts, and its life-giving waters nourish new life. The pounding hail will crush the comatose state of mind and permit your true, divine potential to rise to the surface (Balder Rising!). In this way, the lessons in this level of the training program seek to awaken you from the state of "unawareness" that we stumble through in life in Midgard, unaware of our true potential. In this level we can begin the process of working out the perfect pattern necessary to ensure a balance of elements that will make you aware of the ideas, the knowledge suppressed within your subconscious, and manifest them in your conscious mind.

Hagalaz is the ninth Rune in the Elder Futhark. Odin hung for nine days and nights on the Yggdrasil (World Tree) to acquire enlightenment and the secret of the Runes. Nine is a number that appears over and over in the Norse cosmology, so it is significant that the ninth Rune is the Rune of the first level, that of Hel, the realm of inertia, from which you will wake up. Our life in this world is one of blind ignorance, a state we suffer because of Hoder's murder of his beloved twin brother, Balder. We have lost the knowledge of our true heritage. It is from this state of darkness that we will wake up in this first level of the Yggdrasil Training Program. We will throw off the Curse of Hoder, and call forth the enlightening powers of Balder, who dwells in Hel, waiting to rise again and herald in the Golden Age of Gimli. That new age will not be a physical manifestation as promised in the Christian or Jewish Bibles, but a state of rebirth that will exist within you. So the power of Hagalaz will work within you. Its crushing force of falling hail will begin its work of destruction of your old *Self*, and then melt, to permit its life-giving energy a chance to fertilize your soul and give it the opportunity to grow and evolve into something new and better.

Here, you will experience a major shift of the flow of Vril energy currents that you will learn to control and use to cause transformations within yourself. Whenever you desire to move forward, you are going to trigger conflict with the existing patterns that were built upon your past experience, which we in the Church of Balder Rising refer to as Orlog (layering patterns). These past experiences direct the flow of your Wyrð, your Fate. But in the Norse tradition of Vrilology, your destiny is not written in stone. You have the power within you to control your destiny. But you must learn how to consciously control the flow of Vril energies, and to transform them. The first step to achieve this end is to awaken from the comatose state of Hel.

DEVOLUTION BEFORE EVOLUTION

Hagalaz has the power to purify your soul and mind. It will crush all obstacles that restrict you from evolving into a new state of Godman or Godwoman. It will break the barriers that prevent you from accessing the powers that lie within your subconscious mind. It possesses the power of devolution before evolution, but we must warn you that you might feel some discomfort. You will begin to question long-held and comforting *illusions* that have been nurtured within you all your life. Your perception of the reality around you will heighten, and that means you will no longer be blinded by the political correctness of your existence up to now. *Truth hurts!* Hagalaz has the power within it to generate discomfort as a precondition to changing and evolving into a more perfect state of existence. This means that all false and wasteful thoughts, feelings, attitudes, and beliefs that have guided you up to now will be challenged as your perception of the universe is expanded. The mists of ignorance will be dissipated, permitting you to see more clearly the truth of the universe. But we are often shocked with the reality that the beliefs, attitudes and percepts that we have never challenged, nor ***dared to challenge***, are all false.

While this might be a painful process to endure, it is the only way to evolve and achieve a permanent realization of your new growth of your spiritual self. You will also quickly discover, after the shock wears off, that you have been liberated from the blindness of Hoder, and the new-found knowledge of the true state of the universe will fill you with a sense of superiority that will help you to evolve into a new type of being—a ***Vril Being!***

By the time you have completed the nine lessons of this level, you ***will*** experience, for yourself, the power that lies dormant within you—and ***it will excite you!*** The lessons in this level of the training program are designed to begin the process of devolving from a state of comatose existence — the state that we all experience throughout our lives until we begin to re-forge those bonds that once linked us to the Gods that created us but were broken long ago. Once you have completed this level of training, the process of devolution will have begun and you can then move onto the next level, which will begin laying the ground work for your evolution to a higher state of existence. That level is Jotunheim, the realm of the Giants. In that level your old self will be broken down so that you will begin the process of refashioning it within the third level, Svartalfheim. But we are getting ahead of ourselves. First you must wake up from the sleep-like state of existence that we refer to as Hel.

LESSON ONE: RIGHT FRAME OF MIND

THE NATURE OF THE VRIL

To begin the odyssey of learning how to apply Vriloogy to improve our lives we must first understand the nature of the Vril, and how it can be used to transform ourselves both physically and spiritually. We must also learn Galdor Science and Seither Science and how they can be used to harness the power of the Vril. If you have read our two books, *THE BOOK OF BALDER RISING* and *VRIOLOGY; THE SECRET SCIENCE OF THE ANCIENT ARYANS*, you already understand the natures of Galdor Science, Seither Science, and the Vril. For those who have not, let us begin by explaining that there are **three ways we can use the Vril**.

First, we can harness the Vril's power to serve our conscious mind, as a force to help in the healing process of all functions of the body and mind, and as an instrument to assist us to extend our will to control the actions of others.

Second, the Vril can also be used to cause action and reaction on the physical plane of existence, creating desirable outcomes in daily and long-term events in our lives and external events, world-wide. This can be done through the training of the one-point concentration of the Will of the initiates, so that they can concentrate their individual or collective Will, focusing it like a laser, with the purpose of bringing about a desired situation. This is done by combining the one-point concentration of the will with visualization. This operation is driven or powered by the heightened emotional state of the initiates.

Third, the Vril can be used to exercise and awaken the Bifrost Gland, so that we can reconstruct the Rainbow Bridge by that name, and through it, reestablish the bridge between Midgard and Asgard, and use it to guide us along the path of spiritual enlightenment. In this way, we are constructing lines of communication between ourselves and the Gods.

A regular regimentation of ritual, ceremony, meditation and chanting enables us to construct a circuit of communication with the Gods, permitting us to draw on their power, **their Life Force, which is the Vril**. The symbols of the Runes, and other artifacts used in ritual and ceremony, help prevent the power that is flowing toward us from dissipating. The rituals and ceremonies also are designed to help us to concentrate that power, and then direct it outward toward our intended purpose. Everything used, such as the libations, robes, spears, hammers, fire, and runic symbols, are instruments to help us to visualize what we hope to accomplish. These ceremonies should be performed in a setting designed and decorated for this purpose, which we can refer to as a temple setting.

By constructing a temple setting, you are creating a gateway by which the Gods can enter this world. In ancient times, the temples to the Gods — the

grove, dells, or rings of standing stones — were considered sacred places, where people usually felt the present of the Gods when they entered them. This is also true of Christian churches, especially the huge cathedrals. They were architecturally designed to hold and contain the energy and power of a specific God or Gods that is harnessed through the Holy Mass. The great Temple of Solomon that the Jews built in Biblical Israel was considered the House of God on Earth. The ancient Jews believed that God dwelled within that sacred temple. This was true of the Gothic cathedrals of Europe. The Christians of the Middle Age believed their Gothic cathedrals were places where we could communicate with God. We too must create temples, physical temples, as well as outdoor sites, where we can come together and join in celebration with our Gods, but until you have established such a site, you must improvise. If you don't have the resources to build a physical temple, then you should construct spiritual temples. You can do this by making a habit of performing your ceremonies and rituals at the same location. If you have the resources, it is good to set up a temple room where you and others can meet regularly for your ceremonies and rituals, meditation, and chanting. ***By performing your rituals in the same place, that location will eventually store up the Vrilic power, and eventually become a charged place where you can call on the Gods, and harness their power.***

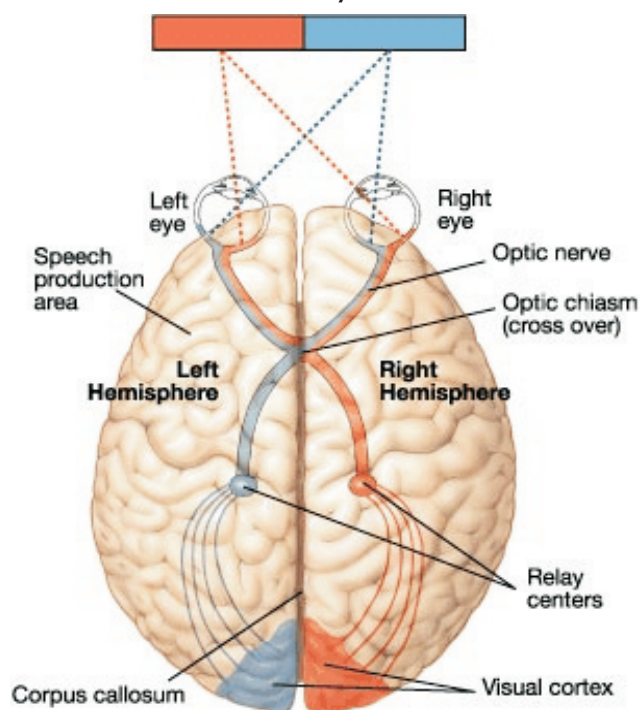
You must remember that the universe is filled with this living energy—the Vril, the Life Force of the Gods. It is alive, and we, as living entities, share this Life Force with the Gods. This is why we have the capacity to tap into it on a personal level. In this way, we can speak of the universe as a living organism. We and the Gods, who created us, are part of this entity, because of our shared DNA. Thus, ***what we are trying to accomplish is the interaction between us mortals and the Gods by drawing on their power, and thus extending our own influence over the world around us through the power of our Will.*** But to do this, we must first search within ourselves. ***We must discover the Gods that dwell within us, and make contact with and awaken them, thus enabling them to radiate their power from within us.*** The methodology of Vrilology helps us to open the gates of Asgard, and permits the Gods within to transform us with their life energies. This is accomplished by a consistent regimentation of ritual, meditating, chanting, and visualization.

THE HUMAN BRAIN

We must first understand something of the nature of our brain, for it is within the brain that we can visualize and comprehend what we are doing and trying to accomplish. First of all, the human brain is designed differently in men and women. The brain is divided into two hemispheres—the right and the left sides. It is within the left side that we draw on our logical, analytical, mathematical, technical, problem solving, conservative, and administrative abilities, and

organizational skills. These characteristics are all part of the conscious mind. It is this side of the brain that controls our day-to-day actions and makes us feel guilty, and suspicious of things that we cannot explain within a materialistic context. The right side of the brain houses our intuitive powers of imagination, inspiration, artistic creativity, and spirituality, and psychic, artistic, holistic, conceptualizing, interpersonal, musical, and speaking abilities, and the ability to visualize new concepts. It is here that the unconscious mind resides. It is the spark of thought and idea. It is powered by emotions, but without the left side to balance it, it would cause us to act on whatever inspired us, for good or bad. But most importantly, it is the seat of our ability to make contact with the Gods, and draw on the endless reserve of the Vril's power.

The facts are that the two halves of the brain speak different languages and that there is very little communication between the two halves. **We must**



The two sides of the human brain

than the right side. This means that the left side dominates the male brain. This is also the reason that throughout time, women have always possessed greater psychic powers (Seither Science) than men. Men have a greater capacity to master Galdor Science, which deals with the geometrical symbols of the Runes. This is why Galdor Science is the property of Odin and Seither the property of Freyja. By themselves they are incomplete, but once Odin and

create a means by which the two halves can speak the same language. We know that Midgard, the realm of man, and Asgard, the realm of the Gods, are connected by Bifrost, the rainbow bridge. Thus the two halves of the brain, the left side being Midgard and the right side representing Asgard, are connected by this bridge. The new language that we will create from symbols and ritual will act as a bridge between the two halves of the brain (Midgard and Asgard). We must build this bridge and cross over it, and in this way we will create a balance between these two sides of the brain.

This is especially necessary for men, because their brains are structured differently than a woman's brain. In the female brain, the two halves are the same size, but in the male brain, the left side is larger

Freyja worked together, as male and female, they were able to maintain order in the universe. In ancient times, the Romans looked to women sorceresses, known as the Sybils, who could forecast events and give advice. The Greeks sought out their Oracle in Delphi, who was usually a woman, and the Germans and Norse considered women to be in possession of the power to see into the future, which was a special gift of Freyja to their women. It is also the reason why we use the expression, "a woman's intuition." The reason is simple—the female brain is in balance and is more dependent on the right side of the brain than is the male brain.

Odin is known to have two ravens—Huginn and Muninn. They are the voices that speak to him, revealing to him knowledge of the universe and all that takes place each day. Each day they fly off and later return. Sitting on his shoulders, they whisper to him all they know. ***Huginn represents the left side of the brain, for he is the power of intellectual thought, while the right side of the brain is represented by Muninn, who is the power of reflective memory.*** The memory that Muninn represents is the sum total of past events, as well as future events. In the poetic Edda,



Odin says, "Huginn and Muninn fly every day, over the whole wide world; I dread that Huginn will not come back, but I fear even more for Muninn."

Thus, we have to reprogram our brains, to eliminate all doubts and feelings of failure, dissatisfaction and lack of belief generated by the left side of the brain. It is the use of Runes (Galdor Science), which is the special gift from Odin that utilizes the left side of the brain, that can help to create this balance between the two halves. This is also why men need to master the Runes. They are in greater need to balance the two halves of their brains. ***These doubts, generated by the left side of the brain, form a barrier within our subconscious that creates hesitation, and thus, causes us to fail.*** We are heavily influenced by our childhood beliefs, especially those that reflect the religious tradition that we were brought up within. They are constantly causing us to doubt new ways. We can also be influenced by other people who will constantly ridicule us and accuse us of "wandering from the true path," or who readily share with us their fears that we are somehow embarking on a path of "black magic and devil worshiping."

If this were true, then thousands of our ancestors, who are spiritually and genetically linked to us, were all evil. This is why it is important that we be careful of whom we choose as our friends and associate with. We don't need people to constantly dump their baggage on us.

Let's get back to our discussion of the brain. ***Chanting has the effect of lulling the left side of the brain into a false sense of control.*** This can be very effective when we chant in a group during our ritual ceremonies. The tools that we use will also help us to accomplish this. These tangible instruments assist in convincing the left side of the brain that everything that is being done is logical, thus shutting down its ability to cut off the right side of the brain's creativity, inspiring our ability to visualize. The instruments then become tools in assisting the right side of the brain in directing the power that is being tapped, and channeling it in whatever direction we wish.

Emotions are vital if you want to be successful in performing any type of Vril Science, whether it's ritual, ceremonial, meditating, or chanting, but the left side of the brain hates emotions. This is why it is imperative that we master the left side of the brain. By doing this, we unleash the emotional power within the right side of the brain, and this can be done through the use of instruments. This will permit us access to the unconscious nature of the mind that has the power to see into the future and back into the past, and see events unfolding in the present. There is great power within the unconscious, and by mastering the left side of the brain, we can learn to tap into that power and use it to transform our lives. This process enables us to call on the power of the left side of the brain to direct the power generated by the right side of the brain.

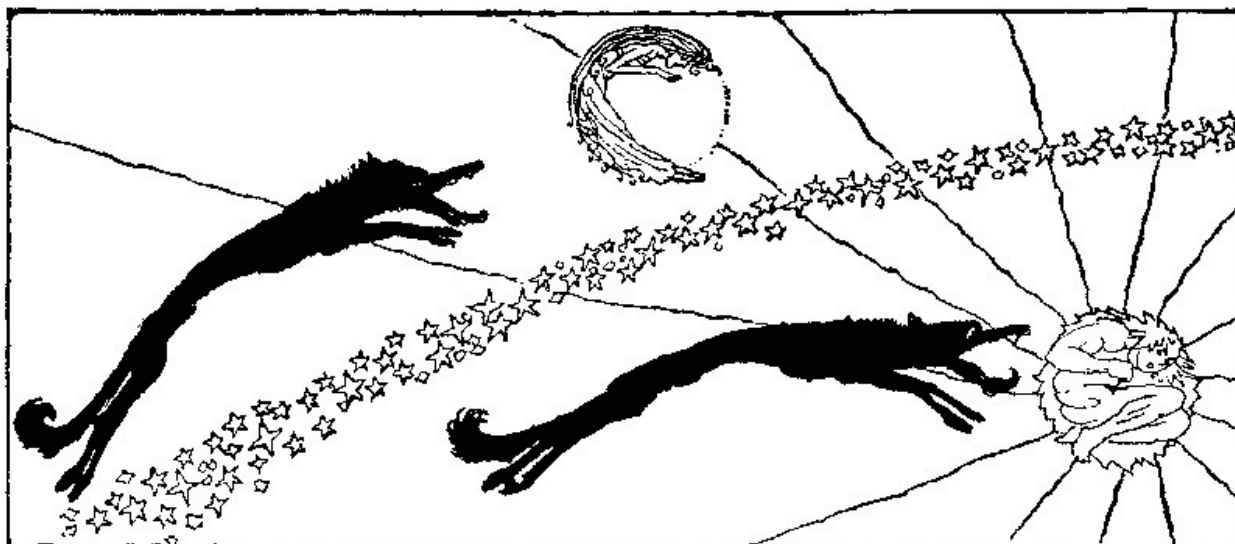
Belief in what we are doing is also imperative in performing Vril Science. If you do not believe you have the power, your mind will create a block that will prevent the flow of the Vril energy within you. Ingo Swann, in his excellent book, *Your Nostradamus Factor*, explains that the mind creates Mind-Set Barriers created by the rational, logical, left-side part of the brain, preventing your brain from processing what he refers to as Quantum Consciousness. These Mind-Set Barriers are what Swann calls Value Norm Anchor-Points. Throughout our lives, we are conditioned to ignore the powers that we possess because they cannot be explained in the world view of our rationalistic society that we presently live within. We have the power within us, and we can increase that power beyond our realization. But we must be in the proper state of mind. We have to break through these mental barriers. This requires that we reprogram our subconscious mind into believing it has the ability to harness the power of the Vril, and use it to generate manifestations.

CONDITIONS NECESSARY TO PERFORM RITUALS

There are several things we need to understand about drawing down the power

of the Vril through ritual and ceremony. When performing either, it is always good to keep several conditions in mind. First, we must take into account the position of the sun in the yearly cycle and the proper phase of the Moon.

We need to quickly examine the nature of the Sun and the Moon and how the Gods placed them in the heavenly sky. The Gods noticed two beautiful children of the Giant Mundilfari, who was very proud of his offspring. His son was named **Mani (the moon)** and his daughter was **Sol (the sun)**. After due counsel by the Gods, they were transferred to the sky. The sun was held in place by the gravitational force, the steed known as Arvakr, the early walker, and the moon was held in orbit by the gravitational force, known as the steed Alsvin, the rapid goer. They were harnessed to chariots in which the Sun and the Moon were carried across the heavenly expanse. The chariot that held the Sun in orbit had a shield. It was known as Svalin the cooler and protected the Earth from its burning rays. We know this shield as the Earth's magnetic shield (made from Ymir's eyebrows?). The moon-car was similarly provided for and called Alsvider, the all-swift, but no shield was required for this cart. For the Earth needed no protection from the moon's rays for they were a mere reflection of the sun's light.



The Gods then summon the **Giantess by the name of Nott (the night or eternal darkness of space)**, who was black and dark and the daughter of Norvi. She rode through the universal darkness that we think of as nighttime in a chariot pulled by the horse named Hrim-faxi (frost mane—which is interesting because the darkness of the universal space is freezing cold). The goddess of night thrice married. Her first husband was a Giant named Naglfari and they had a son named Aud (strange because in Iceland, Aud is a girl's name). By her second husband, the Giant Annar, she had a daughter named

Jord (Earth–Thor’s mother). But by her third husband, the God Dellinger, she had a son by the name of Dag or Day. He too was given a chariot and rode through the sky, following his mother.

But as chaos always waits for order to let down its guard, close upon the footsteps of Order, **two wolves by the name of Skoll (repulsion) and Hati (hatred)**, symbolizing the chaotic forces, pursue the Sun and the Moon, and their sole aim is to try and overtake and swallow the Sun and the Moon.

Here we can see that the Sun and Moon are instruments by which the Gods regulate the Earth’s movement through the heavens. We do not take literally that the Sun rotates around the Earth, only that its progression through the sky helps us to tap into the Vrilic flow of energy that regulates the Earth’s passage through the universe. The entire matrix of the Sun and Moon in relation to the seasonal cycle helps us in our working of Magick to incorporate our ritual and ceremony into the order that the Gods set up to hold the universe together against the chaotic forces of the Giants. By integrating our rituals and ceremonies with the cycles of the Sun and Moon, we can align ourselves with the work of the Gods.

The Moon phase is very important in performing ritual. Certain rituals should be performed during the New Moon, or the Full Moon, or the Waning or Waxing Moon. Each of these Moons has a seven-day period. We do not have to have the proper Moon to perform the ritual, but if you can perform it within the best Moon phase, do so. The best time to perform a ceremony or ritual is during the height of each Moon, but you can still tap into the Moon’s power during the three days before and after. The Moon affects everything on the Earth, including our attempts to draw on the power of the Vril. We all have heard about how people go crazy during the Full Moon.

THE NEW MOON is a good time to rid ourselves of barriers that stand in our way.

THE WAXING MOON is excellent to increase our power, good fortune, success, and wealth.

THE FULL MOON is the best time to perform the most important rituals, because the Moon’s power is at its greatest. When this Moon falls on a special Holy Day, like the Yule, or Midsummer Day, its power is exceptionally great.

THE WANING MOON is a good time to perform rituals intended to strike down your enemies and all things that seek to harm you. It is also a good time to ask for protection against your enemies and all things that will harm you. The two should be done together.

If you can perform a ritual dealing with the above-mentioned objectives during the proper phase of the Moon, do it, but it is not required. Aligning the proper phase of the Moon with the correct ritual is helpful, but not mandatory.

Secondly, every ritual requires certain artifacts to help you draw on the power of the Vril.

We will touch on the cycle of the Sun through the year in later lessons when you have reached a higher level of your training.



You must cultivate an understanding of symbolism, color, the power of the individual Runes, and the use of statues and symbols that represent the different Gods and Goddesses in your rituals. Other objects as daggers, spears, hammers, fire or drink of some kind, are useful. Let me give you an example. If you want to perform a ritual for or against someone, you could draw a picture, or use a photograph, or even write the person's name on a piece of paper, or use an object that belongs to the person, in the ritual. The personalization of the object helps to create a link that will direct the power that

you are drawing to you, toward the person you seek to influence.

Thirdly, you must be in the right state of mind. This simply means that you must concentrate your willpower, as well as your emotional state, toward the goal you are seeking to influence. If the object of your ritual is to foster joy and happiness, then you must be happy and filled with good feelings when you are partaking in the ritual. The same is true if you seek protection against your enemies. You must draw on your hatred for the object of the ritual. You must concentrate your willpower and mind on the object of the ritual, and *you must believe in what you are doing*. The actual ritual should be designed to generate the needed emotional state to achieve your desired goal. This is referred to as the single-point concentration of the Will.

Fourthly, we must take into account the Will of the Gods. We must be patient and willing to sacrifice in order to achieve what we desire. It is good to make some form of sacrifice in the name of the Gods. In ancient times, this meant killing an animal and serving up its meat and blood. But today, we can make a sacrifice through doing deeds that will advance the cause which you are endeavoring to accomplish. This means making a personal sacrifice in the name of the Gods. The deed does not have to be great, only meaningful. A retired man, on a small fixed income, who donates a few dollars is actually making a greater sacrifice than a billionaire who donates millions of dollars to a cause. The billionaire can afford it, but the retired man may need every dollar to pay for his bills, food, medicine, and rent.

You also have to be patient. You can wait weeks, even months and nothing happens, and then, when you have all but forgotten about it, one day, WHAM! — it happens when you least expect it.

Fifth, like anything you do, practice makes perfect. The more you study and experiment, the greater will be the results of your ritual. In any field, experts perform better than amateurs. The more you practice, the more energy you store up within you soul. By performing ritual and these exercises often, you are transforming your bodies into conductors of magical energy, and will be able to draw on the Vril with greater force. You should do the chanting and meditation on your own, as well as with your group, as often as possible. Every time you do, you are storing up the Vril's power like a battery. You will become charged with the Vril's power, and thus, you will be able to direct its energy and use it to assist you throughout your life.

Sixth, you must truly believe in what you are doing and in the Gods. If you don't, how can you expect it to work? How can you expect the Gods to believe in you? You must have faith and be patient. Many people are from Missouri and want someone to prove that it works before they will believe in it. But it doesn't work that way. For it to work, YOU MUST BELIEVE!!! This is not a game. The Gods are real and their power—the Vril—is real!

LESSON TWO: BREATHING AND MEDITATION

Now that you have a fundamental understanding of what is required, we can begin with the actual application of the exercises in this lesson. If you are performing these lessons as a group, which is preferred, you should consciously work toward ensuring that these lessons are a joyful experience, where the members of your group can come together and learn and enjoy the learning process. You will discover that most members will experience something, and that sensation will excite them. Some may not and will leave, but do not let this discourage you. ***The joy should be found in the experience in journeying through the nine worlds.***

You should begin by opening your gathering by calling on Odin for wisdom, Thor for protection and Balder for the vision to help you on the journey you are about to embark on, and Freyja, to fill your gathering with joy. This should also be done when you have finished and then thank Odin, Thor and Balder for their wisdom, protection, guidance and joy.

RELAXING

The way you begin is by meditating on the God or Goddess that you are dedicating the gathering to, and ask him/her to make the event a joyous one. First you should sit in an upright position. Close your eyes and relax. Let your arms rest either at your side or in your lap, whichever is more comfortable for you. Remain motionless for a few minutes until you are completely relaxed.

Start with your head. Tell yourself that your head is relaxed. Then move down your face to your eyes, ears, mouth, and chin. One after another, concentrate on each part of your face until it is relaxed. ***Feel the muscles relaxing.*** Feel the blood coursing through you, relaxing you.

Then move down to your neck and shoulders and go through the same routine. Once they are relaxed, do the same with your chest, with your stomach and your sides and back. Make sure each part of your torso is relaxed. Let the tension drain away.

You can then return to your shoulders and begin the process with your upper arms. Relax them and then do the same with your lower arms and finally with your hands and fingers. Make sure each part of your limbs is relaxed.

Now do the same with the lower part of your body. Begin with your hips and groin. Make sure they are relaxed and then do the same with your upper legs, first with the thighs, and then proceed down the legs to the knees, the lower legs and finally your feet and toes.

If you have done this correctly and taken your time, you should now be one big lump of relaxed flesh and blood. Sit still for a few minutes and *just relax*, making sure there is no tension. Technically, you have just achieved the first step in hypnotizing yourself. You can even accomplish this with another

person, by giving them instructions on how to relax. But for our purpose, you have hypnotized yourself into a relaxed position so that you can begin your journey through the nine worlds of the Yggdrasill.

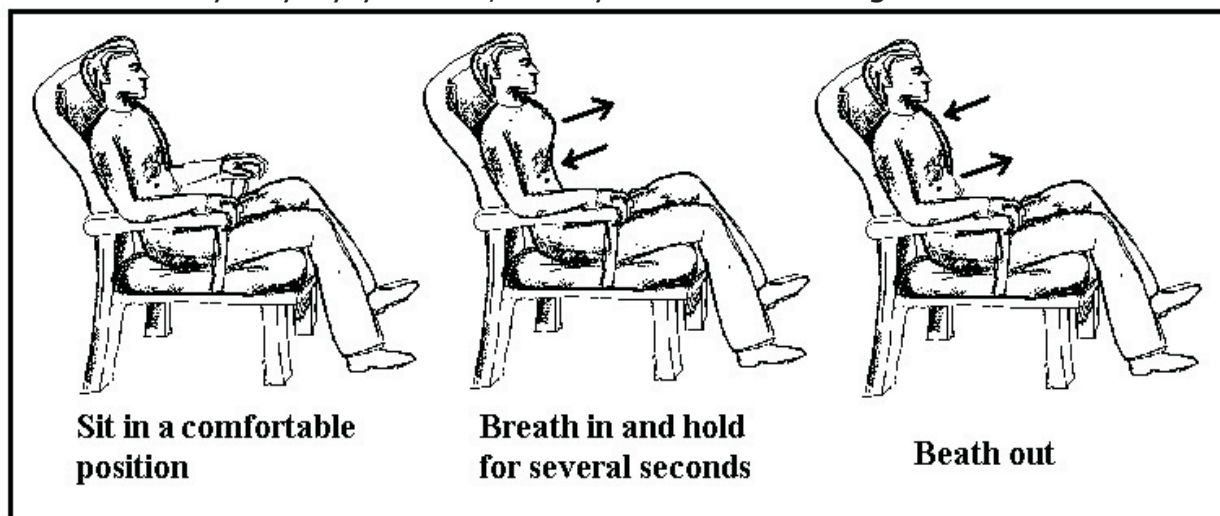
Next, clear your mind of all thoughts. You can do this by simply concentrating on the blackness that is before you. You know, your eyes are always seeing. Just because your eyelids are closed, it does not mean your eyes stop seeing. So concentrate on the blackness inside of your eyelids. Think of nothing else—just the emptiness that appears inside of your eyelids. Once you have accomplished this, just sit there for a few minutes until all thoughts have been pushed from your mind. Continue to concentrate on relaxing and make sure your mind is focused on nothing else. This is important.

PROPER BREATHING

You can then begin with simple breathing exercises. The purpose of the exercise is to tap into Vril, drawing on it and causing your body to absorb more than the usual amount that it would normally absorb. As stated in the book, *Vrilology; the Secret Science of the Ancient Aryans*, your body is constantly drawing on Vril energy to power itself. The purpose of these lessons is to develop the ability to increase your power to draw on the Vril. The exercises can vary. You may want to explore different Yoga breathing exercises if you are familiar with such exercises. The one that we use is a simple reverse breathing exercise. You can do this by sitting with eyes closed in your comfortable position with your back straight. Once you have let all thoughts drain from your mind until you are completely relaxed, you should begin by slowly inhaling, and fill your lungs with air, while at the same time pulling your stomach in, contracting the diaphragm. The abdomen is the cavity between the diaphragm and the floor of the pelvis, in which the stomach and intestines are located. This area is pressed inward in the front and at the sides. This will cause air to be forced into the upper and middle parts of the lungs. ***This is reversed breathing or full breathing. It will increase the absorption of the Vril.*** Try it, it is easy. Once you have inhaled with your stomach compressed, and filling your lungs, wait nine seconds and then slowly exhale, while slowly letting your stomach expand once more. You are now permitting the Vril to spread throughout the body.

It takes a little practice, but you should be able to master it in a few minutes. While you are doing this, concentrate on the breathing. Repeat this, nine times. For the first lesson, you need not do anything more. Go slow with your exercises. Do not rush them. You have all the time in the world. You can also practice this breathing method at any time, and as many times as you wish, but for the first gathering, do it only nine times. What you should be aware of is the sensation of your body filling with the Vril. Try and sense the Vril spreading throughout your body, into every part as you breathe. Imagine

the power of the Vril flowing through your arms and legs into your hands and feet. Feel it pouring into you as you breathe in and then sense it flowing to every part of you as you breathe out. You have become a pumping machine. It is important to imagine the Vril flowing in greater force throughout yourself. Though you are doing this within your group, you should try and practice this exercise every day by yourself, until your next meeting.



After you are finished, you might feel a little light-headed. If you do, you have done it correctly.

Now that you have practiced your breathing, you must learn to meditate. Once you have learned to meditate, you will discover levels of powers within your mind that you did not know existed. It will help you to free your imagination, which will help you in future lessons dealing with visualization. If you only learn to meditate, and nothing else, you will have developed a beautiful method of creating a calmness within you that will help you deal with the stress and anxiety that we all have to deal with throughout our lives.

MEDITATION

When you enter a meditative state, you will discover something beautiful happening to you. You will find a calmness within your mind that will help you to go deeper into yourself. The more you meditate, the firmer will be your command over a peace and serenity that you will be able to conjure up from deep within yourself. This inner state of peace can become so strong that nothing you experience throughout your life, no matter how terrible, will ever be able to destroy it.

You will also discover that meditation will help you in regards to your physical body, as well as your mental state of being. Most of the negative energies that our minds can conjure, such as jealousies, stress, anxieties, and guilt feelings, will disappear because you will learn to control them. You should

understand that your mind has the power to cause physical changes within your body. These negative feelings can cause the deterioration of your physical health. But you will discover that your mind has the power to help heal your body and restore and maintain the physical well being of your body.

1) Sit or lie down depending on the time of day you are meditating. If you are doing it at night before you go to sleep, or when you are waking up in the morning, remain in bed, lying down. During the day, sit in a comfortable position. Sit in a chair or in a lotus position with your legs crossed. Hold your head upright and balanced. Don't let it slump or you might fall asleep. Use whatever position is the most comfortable for you. But don't let yourself fall asleep.

2) Close your eyes and slowly roll them slightly upward (about 20 to 45 degrees) under your closed eyelids, as if you are looking at the ceiling. This will manifest what I refer to as the Asgard State of Consciousness (alpha). We will discuss this in greater detail in future lessons.

3) Make sure you have relaxed your entire body as we explained above. Begin with your scalp. Concentrate on your scalp, relaxing every muscle in it. Then move down to your face, relaxing every muscle in your face. Next do the same with your neck and shoulders. Then relax your arms and hands. This is followed by relaxing your chest and hip. Continue to work at relaxing your thighs, knees, lower legs and finally your feet. When you are finished, you will be amazed just how tense your body was. You will be able to feel the difference. If you can, you should try and develop a routine of meditating two or three times a day.

4) Once you are relaxed, practice your breathing exercises. Slowly breath in, filling your chest with air, holding it a few seconds, and then slowly releasing it. Do it nine times, or however many times you need to feel totally relaxed. At the same time, feel the flow of Vrilic energy flowing into you in greater and greater amounts. Feel yourself, through your breathing, pumping Vril energy to every part of your body, and imagine that you are charged with its power.

5) Next, begin counting backward from 100 to 1. Wait about one second between each number. You will eventually reduce the count from 50 to 1, 25 to 1, 10 to 1 and finally, 5 to 1, but for now, we will begin by counting backward from 100 to 1.

As you count backward, concentrate on the process. It will discipline your mind and help you to control your thoughts. You can count out loud so that you will hear your voice, if this helps you to concentrate on the process and clear your mind of all other thoughts.

For this lesson, you should not go further. After you have meditated for several minutes, you can come out of it in a very simple way.

6) Now say to yourself that you will count from 1 to 5, and when you

reach the number 5, you will open your eyes and feel better.

7) Begin counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the changes that you have willed will begin to manifest themselves in your life. Then continue to count and open your eyes after the number 5.

8) Now say, "Day after day, in every way, my life is getting better and better."

You should start a routine of meditating two to three times a day. Each time you meditate, it should be between five and fifteen minutes. If you meditate once a day, that's good, twice a day is great, and three times a day is fantastic. Each time you meditate, if you do it for five minutes, that's good, if you do it for ten minutes, that's great and if you do it for fifteen minutes or more, that's fantastic.

LESSON THREE: VOWEL MEDITATION

In the previous lesson we explained how you can practice simple breathing exercises that you can perform to help build up the Life-Force or Vril within you. The purpose of the breathing exercises is to increase the absorption of great amounts of Vril into the body. It is like sucking water through a hose. Once you get it started, it begins to flow naturally on its own. The reverse or full breathing exercises will have the same effect. But once you have accomplished this, you then have to pump the water to increase the flow. This is also true of the Vril. Let us tell you of another simple exercise that you can perform to achieve this effect.

THE FIVE VOWELS

There are five very powerful and pure sounds in Nature. One is the "A" (*ah* as the "a" in *father*) sound. Another is the "E" (*ay* as the "a" in *gate*) sound. Another is the "I" (*ee* as the *ee* in *greet*) sound, followed by the "O" (*oh* as the "o" in *go*) sound. Finally there is the "U" (*oo* as the *u* in *rule*) sound. These are the vowel sounds. They are exceptionally powerful for those of us who speak an Indo-European language, and even more powerful for those of us who are of European ancestry. The spirit, *mythos* or *Geist* of a people resides within the language that it gave birth to. Since vowels are the product of the Indo-European race, the use of vowels is a very effective tool to harness the Vril, for people of European ancestry.

We can conduct simple exercises by using these sounds to help generate the power of the Life-Force within us. Once you have made yourself comfortable, and completed the reverse breathing exercises, remain seated and let yourself fall into a very relaxed state once more, as the Vril flows through you. Let all thoughts drain from your mind and make your muscles go limp. Remain seated and straight, but be relaxed. Then, with your eyes still closed, think about the A sound. Open your mouth, take a deep breath and then gently release an A sound, and hold it as long as you can—"aaaaaaaaaaaaahhhhhhhhhhhhhhh. . . "

Don't force yourself to continue making the A sound, and let your voice gently die down. To make the sound properly, your mouth should be half-opened and stretched wide. The tongue will be pressed down in the mouth. Keep your eyes closed and concentrate on how the sound affects you. Let the sound resonate throughout your body and mind. Do this nine times. Later you will do the same with the E, I, O and U sounds, but for now concentrate on the reverse breathing and the A sound. All great journeys are taken one step at a time.

A (aaaaaaaaaaaaahhhhhhhhhhhhhhh).

E (aaaaaaaaaaaaaaaaaaaaaaaaaaaaa).
 I (eeeeeeeeeeeeeeeeeeeeeeeeeeeeee).
 O (ooooooooooooooooohhhhhhhhhhh).
 U (ooooooooooooooooooooooooooooo).

You may want to begin by chanting A, E and O at first, and later move onto I and U. The A, E and O sounds are feminine and have a soothing effect on the body. The I and U sounds are masculine and can be a bit overpowering. They are deeper sounds and must be mastered, but you might want to wait until after you feel comfortable with the three feminine vowels. You decide. There is no set timetable.

This chanting is very important because it will also help to exercise the development of the region of the human body located midway between the heart and the throat. This is the part of the body that deals with human speech. We communicated through the use of this region, by making noises through the use of the vestigial organ located there. This organ is directly connected to the Etheric or Vrilic properties of the spirit. It can be activated through vibrations. We can consider this region a "Vril-spot," and by activating it through chanting the A, E, I, O, U sounds, we are gently massaging this vital point and thus, increasing our ability to directly tap into the source of the Vril.

The vowels are vital to people of European ancestry. Our ancestors have been speaking languages using vowels for thousands of years. Thus, the chanting of the vowels will have the affect of charging the Vrilic power as it courses through our bodies. Individuals who belong to non-European ancestry and heritages will never have the same effect using the vowels as European descended individuals will because our language is integral to our makeup and evolution. This is not to say that individuals of non-European ancestry will not have success using these exercises, but if you are of European ancestry, this method will feel more natural to you than other methods used by other racial traditions.

Once again, let us repeat that this is more effective when performed in a group, but whether you do this in a group or as an individual, it will take time and patience.

THE VOWEL EXERCISE

Let us once again begin meditating, but this time, we will incorporate the vowel chanting.

1) Sit or lie down depending on the time of day you are meditating. If you are doing it at night before you go to sleep, or when you are waking up in the morning, remain in bed, lying down. During the day, sit in a comfortable position. Sit in a chair or in a lotus position with your legs crossed. Whatever is the most comfortable for you.

2) Close your eyes and slowly roll your eyes slightly upward (about 20 to 45 degree) under your closed eyelids, as if you are looking at the ceiling. This will manifest what we refer to as the Asgard State of Consciousness. We will discuss this in greater detail in future lessons.

3) You must relax your entire body. Begin with your scalp. Concentrate on your scalp, relaxing every muscle in it. Then move down to your face, relaxing every muscle in your face. Next do the same with your neck and shoulders. Then relax your arms and hands. This is followed by relaxing your chest and hips. Continue to work at relaxing your thighs, knees, lower legs and finally your feet. When you are finished, you will be amazed just how tense your body was. You will be able to feel the difference. If you can, you should try and develop a routine of meditating two or three times a day.

4) Once you are relaxed, practice your breathing exercises. Slowly breathe in, filling your chest with air, holding it a few seconds, and then slowly releasing it. Do it several times, or however many times you need to feel totally relaxed. At the same time, feel the Vriliic energy flowing into you in greater and greater amounts. Feel yourself, through your breathing, pumping Vriliic energy to every part of your body, and imagine that you are charged with its power.

5) Next, begin counting backward from 100 to 1. Wait about one second between each number. You will eventually reduce the count from 50 to 1, 25 to 1, 10 to 1 and finally, 5 to 1, but for now, we will begin by counting backward from 100 to 1.

As you count backward, concentrate on the process. It will discipline your mind and help you to control your thoughts. You can count out loud so that you will hear your voice, if this helps you to concentrate on the process and clear your mind of all other thoughts.

6) You can begin chanting each vowel. Begin with a, and chant it nine times. Then move on to e, i, o and finally u.

A (aaaaaaaaaaaahhhhhhhhhhhhh). (nine times)

E (aaaaaaaaaaaaaaaaaaaaaaaaaaaa). (nine times)

I (eeeeeeeeeeeeeeeeeeeeeeeeeeee). (nine times)

O (ooooooooooooooooohhhhhhhhhhh). (nine times)

U (oooooooooooooooooooooooooooo). (nine times)

7) Now say to yourself that you will count from 1 to 5, and when you reach the number 5, you will open your eyes and feel better.

8) Being counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the changes that you have willed will begin to manifest themselves in your life. Then continue to count and open your eyes after the number 5.

9) Now say, "Day after day, in every way, my life is getting better and better."

LESSON FOUR: PHOSPHENE AND THE FUTHARK

In Lesson Three, you familiarized yourself with the vowel sounds, which are very important for people of European ancestry to master because our languages are vowel-based languages. Speech is essential in performing magic and this is why, as individuals of European ancestry, we have to understand our unique way we use sounds to communicate.

After you have completed the sound meditation using the **A, E, I, O** and **U** sounds, you should simply recite the entire Futhark. Remain seated with your eyes closed and simply begin to recite each Rune in turn until you have completed all twenty-four Runes.

As you recite each Rune, concentrate on the sound reverberating through you. Make sure your eyes are closed and let your mind imagine the image of each Rune on the insides of your eyelids. They will form naturally in time. Concentrate on the sound of each Rune. There is great power in sounds, and there is great power in the sound of each Rune. There are traditions that claim the Gods created the universe through the use of sounds. Tolkien wrote in *The Silmarillion* that the Illuvater (the All-Father) created the universe through the use of music. Modern physicists now theorize that the universe is not made up of particles. They claim, in what they refer to as the String Theory, that the universe is made up of what they refer to as "strings," which resonate or vibrate in sound waves.

THE RUNES AND THE BRAIN

When we speak, the sound of our voice resonates throughout our internal selves. Seldom do we listen to the sound of our voice when we speak, and most people are amazed at how they sound when they listen to themselves on some kind of recording. The typical reaction is, "Is that the way I sound?" The sound of our voice not only affects our entire body, but also our mind, physically.

The sounds you make might cause the lights to flash on the insides of your eyelids. They might even take on different shapes. This phenomenon is known as phosphenes. When Odin sacrificed himself to himself on Yggdrasill, he envisioned certain symbols. The experience he underwent caused a transformation within his Life-Force that bestowed upon him, the secret of the Runes. By hanging on the Yggdrasill, which is the Vril and the physical laws that fill the universe and hold it together, the secret knowledge of the Yggdrasill, or the Vril, was imparted into him. The nature of existence appeared in his mind in the form of these symbols. The symbols appeared as geometric forms that we refer to as Runes. By undergoing a similar process, we too can discover this secret knowledge of the universe. This is done through many hours of meditation, chanting and visualization. This process is known as

Galdor Science. ***The methodology of Galdor Science triggers a neurological process that is an ingrained part of the way the brain functions.*** In the brain's visual cortex and neural system, geometrical shapes and images are processed. Every brain uses the process, naturally transforming the electrical currents into these geometric shapes. When we shut our eyes, we can see evidence of it by the appearance of geometric shapes and images that appear on the inside of our eyelids. They also can appear to us while we are in a trance-like state. This natural process is at the heart of the creation of the Runes, and how the Gods communicate with us, bestowing upon us the encoded knowledge and understanding of the Vril.

Let the images take on their own forms without your trying too deliberately to see something. Do not be disappointed if you do not see anything clearly when you begin. It might take several lessons, but in time you should begin seeing images. Again, this can be more effective when you perform these lessons in a group. Remember that we are all part of a collective soul. By belonging to a group you will be able to draw on the collective force of the group. But whether you belong to a group or not, which should meet once a week or once every two weeks, you should still practice on your own. You have now begun the process of opening yourself to the Odin Consciousness. It is the first step on the path of opening your Bifrost Gland, which is also known as the Third Eye. By using the Runes in your meditation, you will be forging a link to Odin, and eventually to the other Gods and Goddesses, which will act as a bridge between Midgard and Asgard. You will eventually be using the different Runes in your meditation, but for now, just recite the entire Futhark after you do your breathing exercises and your vowel sounds.

Below we provide the proper way to pronounce each Rune.

RUNE PRONUNCIATIONS

FEHU----fay-who
 URUZ----ooo-rooze
 THURISAZ----thoor-ee-sasz
 ANSUZ----ahn-sooze
 RAIDHO----rayd-hoe
 KENAZ----kehr-ahsz
 GEBO----gay-boe
 WUNJO----woon-yoh
 HAGALAZ----hah-gah-lahsz
 NAUDIZ----now-these
 ISA----ee-sa
 JERA----yeer-rah

EIWAZ----eye-wahsz
 PERTHRO----peer-throw
 ELHAZ----ehl-hahsz
 SOWILO----soe-wee-low
 TIWAZ—tee-wahsz
 BERKANO----beer-kahn-oh
 EHWAZ----ay-wahsz
 MANNAZ----mahn-nahsz
 LAGUZ----lah-gooze
 INGWAZ----eeng-wahsz
 DAGAZ----dhah-gahsz
 OTHALA----oh-tah-lah

THE FUTHARK

It is important that you memorize the entire Futhark. Write them down until you are familiarized with their shapes and sounds. You can break them down into three groups of eight. You are going to be using the Runes extensively in the future lessons, so it is better if you learn them now before you go on to the next lesson. Don't be discouraged if you cannot remember every one perfectly. With continuous use you will soon discover that they will become ***a part of you*** and you will become as familiarized with them as you are with the alphabet.

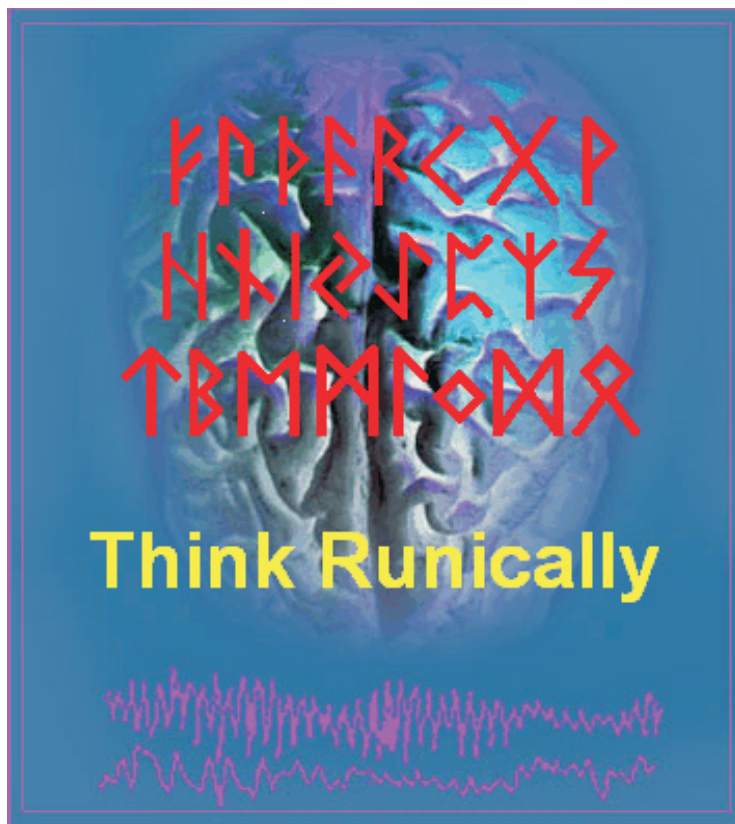
Collectively, the Runes are known as the Futhark. This name is taken from the first six Runes in the Futhark; Fehu (F), Uruz (U), Thurisaz (TH), Ansuz (A), Raidho (R) and Kenaz (K), just as the word "Alphabet" is taken from the first two letters of the Greek alphabet, alpha and beta. There are various types of Futharks: The Elder Futhark, the Younger Futhark, the Anglo-Saxon Futhark and the Armanen Futhark, but we will concern ourselves for now with the Elder Futhark. This is considered the oldest and most authentic of the Futharks.

The Runes is a collection of symbols that have been used for writing, and was the ancient source for much of the early systems of writing among the Indo-Europeans in Europe, including the ancient Celts, Germans, and the Italic people who eventually became the Romans. But the Runes are more than just scribes. They were given to our ancestors by the Gods, probably in an original form that has been forgotten, but the present Elder Futhark grew out of our Folk's inner consciousness—the collective group soul, during the period of time after the great destruction (around 5600 B.C.) of the first, Aryan civilization—during that period of time known as the great trek, in which the refugees of the great destruction, our people, separated into the many different Indo-European tribes and spread out across the face of the old world. There is much debate on whether the Elder Futhark is the original form that the Gods bestowed upon our ancestors, or a later version that grew out of the memory

of our people during their great trek across the Eurasian continent. Through our collective group soul, Odin transmits the knowledge of the Runes to us. It is through this process that we can once again assimilate the secret knowledge of the Runes into our consciousness through Vrilyology.

The Runes is an instrument, given to us by Odin, to help us rebuild the bridge between us and the Gods and Goddesses. Their use helps to bring order and clarity to our lives.

Three aspects of the Runes are the sound, the shape and the secret knowledge that are associated with each Rune. A good Rune Master, a Runester, is one who has mastered this threefold nature of the Runes. By studying this threefold nature of the Runes, one can, in time, enhance and broaden the inner essence of ourselves as individuals through runic meditation. This process will ultimately enhance the collective essence of our Folk, and strengthen the bond that joins us with our Gods, and the collective consciousness of our race. It is the purpose of the Folk Faith to strengthen these bonds between ourselves and our Gods. Through this



process we open ourselves up, permitting the Folk Soul of our people to grow and guide us as individuals, and more importantly as our Folk, along the right path of organic and genetic development. In this way, we assure the return of Balder and the rebirth of the Gods...and eventually, the resurrection of our Folk.

There are two ways in which we can study and come to understand the Runes, as well as making them a part of our lives. The first means is through individual study and meditation. This can be done in many ways, and however you wish to spend your time, and how much of your time to spend, in studying the Runes will be determined by your need to commit to the studying of Runes.

THINK RUNICALLY

The second way to make the Runes a part of our daily lives is to learn to "think

runically.” This does not mean to simply memorizing the Futhark, nor studying the languages of the Runes and their lore. Runic thinking is the assimilation of the entire spirit of the Runes, their lore, craft, ancient meanings, their astral images until they become a part of you—they become second nature. By achieving the state in which you instinctively think runically, you will have achieved a level of spirit in which the Runes have come to life within you. You will have absorbed their dynamic energies and they will become a part of you. What we are trying to accomplish in this level (Hel) is to provide you with the tool necessary to reach a state of mind in which the Runic energies pulsate within you. By achieving this state of mind, you will have awakened from the state of sleep-walking that is Hel and begin the process of reaching true Midgard. The step toward this goal is to familiarize yourself with the Runes. We can begin this process by reviewing the nature of each individual Rune.

FEHU: F-RUNE “Fay-hoo” (FEE)

Depiction: Resembles the two horns of a cow or two arms facing upward.

Runic Position: 1st Aett, 1st Rune.

Original Meaning: Cattle, which was symbolic of mobile wealth.

Key Words: Wealth, money, prosperity, abundance, luck, primal fire, fertility.

Tree: Elder.

Herb: Nettle.

Gemstones: Ruby, garnet, red cat’s-eye, rose quartz, blood agate, carnelian jasper.

Color: Light Red.

Animal Power: Cattle, cow.

Other Names: Fe, Feo, Feoh.

Element: Fire.

Number: 1

Astrology: Aries.

Tarot: The Tower



The Fehu Rune stands for wealth, fire, regeneration, cattle, livestock, duty, the worship of health, property, and mobile wealth. In ancient times, cattle were used as a measure of a man’s wealth. The Fehu Rune gets its shape from their horns. Because cattle were not stationary, but constantly on the move, it represents mobile wealth, such as money, financial transactions, investments, and so forth. Thus, cattle soon came to represent gold. Gold was

a monetary device that could be traded and transported. Gold was considered a metal possessing the power of fire, and this fire represents energy—Vril energy. Thus, Fehu is mobile energy. But cattle also represent fertility. Besides being a symbol for wealth and energy, Fehu also represents fertility, because cattle were also considered a potent force of fertility. It also represents the female powers of the earth that can be controlled by the power of the will. In this regard, Fehu is related to the Vanir, especially Njord, Frey and Freyja, as well as the Aesir Goddess, Frigga.

Fehu is the first Rune in the first of three eights or eattir. It is known as the eatt of Freyja. Frey and Freyja represent deities that give joy from love and sexual union, and Frigga is the union of man and woman in a lasting relationship solidified in the traditional family. All three deities are fertility Gods and derive power from the fire element of the Fehu Rune. They are also deities of the earth, and in Fehu you have the union of earth and fire. This power of fire is the force that gives the ability to the seeress Freyja. They all have the power to see into the future. Fertility is the power to create the future. To transform future events you need the power to make things happen, and that is the power of gold, or wealth. Gold is a fire that has its origins in the earth.

Fehu is also the Rune that represents Audhumbla, the creative, nurturing primal cosmic force that gave nourishment to Ymir and gave birth to the first God, Borr. Gold also represents the inner light that lies hidden within most souls. Frey is the ruler of Ljossalfheim, the realm of light, of the Light Elves.

Fehu is the outward cosmic force of fire. It is an expansive power that radiates out from within the Rune master. The development of the Fehu force within the individual helps to increase the individual's animal strengths. To unleash this inner force is like releasing the wolves that lurk within the forest. The use of this Rune helps to increase one's charisma and sexual energies, and brings joy. It is the force behind most human emotions and through its use will draw energies into you and increase your personal reserve of power. But it must be controlled and used for a purpose, otherwise the individual will lose his will to control his emotions and urges, and will be ruled by them.

Fehu is the representative of Vril as the primal fire that is counter to the contraction of the solidifying nature of primal ice. The power of Fehu is most important within Self. It can be used to increase and replenish your personal supply of Vril energy, transforming it into an abundant reservoir of personal Luck (personal charisma) within your Hamingja. It is a means to transfer Vril energy, to project or draw it into yourself. Continuous use of Fehu for this purpose will increase your ability to draw on greater quantities of Vril and enable you to control, shape and handle this greater supply of Vril for your personal use.

Use Fehu to:

- 1) increase your ability to draw on Vril energy.
- 2) increase your ability to transform it into Megin, or personal Luck.
- 3) increase the capacity of your Hamingja to store greater supplies of Vril.
- 4) increase your ability to manifest wealth and money in your life.
- 5) permit you to more easily get in the flow of the Vrilic currents of energy, and to change and control the circumstances of importance that manifest themselves in your life.
- 6) increase your sexual energy, and sexuality. Repeated meditation on Fenu and the use of this Rune will give the individual a great personal reservoir of Vril energy. Your ability to draw on Vril's powers will be greatly increased.

URUZ: U-RUNE "Ooo-rooze" (AUROCHS)

Depiction: The horns of the Aurochs facing down in the charging position.

Runic Position: 1st Aett, 2nd Rune.

Original Meaning: The primal force that gave structure to primal fires which combine to form the original creative force.

Key Words: Healing, patterning force, inner strength.

Tree: Birch.

Herb: Sphagnum moss.

Gemstones: Moss agate.

Color: Dark green.

Animal Power: Ox, Aurochs, Bison.

Other Names: Uraz, Ur.

Element: Earth.

Number: 2

Astrology: Taurus.

Tarot: Strength.



Uruz is the Rune of primordial strength and power, masculine force, the aurochs and the after life. The aurochs was a powerful bovine that roamed ancient Europe. It represents the untamed forces of the Earth that cannot be controlled by human will. Uruz is the forming force that gives shape and form. It is the power of destiny and the will to power. It represents male strength and power, male virility and fertility. It governs the powers of courage, bravery, determination, perseverance, endurance, and tenacity. Uruz is used to enhance those qualities that produce great leadership.

Uruz is the undomesticated force, the wild force of formation, counter to

Audhumbla. It gives order to chaos, to substance—Ymir. It has the power to give shape and form to the multidimensional form. It has great power and when used properly, it can increase the powers of the other Runes. Uruz represents the powerful unconscious shaping-giving force of Vril that must be controlled. It is the Rune of vital energies—the Vril untamed.

Uruz is the Rune of deep-seated instincts within us that transform and create. Just as Odin, Vili, and Ve gave order to the universe by slaying Ymir, so too can we harness this same power through the use of Uruz to give purpose, order, and form to the other Runes, in our quest to transform and give new shape to the inner universe within us and the outer universe in which we live.

Uruz assists in the growth of wisdom that wells up from your deep-rooted well of consciousness—the Well of Urd. From it you can understand the workings of the forces of nature, the order that is the Gods and the synchronicity that they struggle to maintain.

The horns of Uruz face down, like those of the charging bull. By taming the Aurochs and drinking from its horns, one can ingest the raw, shape-giving power of Vril.

The Uruz is the wild force of formation that is associated with the father of all Giants, Ymir. The Uruz Rune is the most vital of energies and eliminates all weaknesses, transforming weaknesses into strengths. It is the unconscious Life Force and can be used to draw the Life Force to heal and known as the **Healing Rune**. It is the powerful instincts that exist in man, and must be controlled or it could be very destructive. It is rooted in the past and is the urge to defend the homeland and one's family and hearth.

Uruz is the Healing Rune. It represents the primal bovine, Audhumbla, the nurturing Vril energy, endlessly processing patterns, cleansing and reshaping. The healing power of Uruz is from the Well of Urd, waters that give shape to the World Tree. The water of the well is representative of the nurturing power of Vril, flowing into Urd. It then flows into the tree through one of its roots and up the trunk and branches and then falls from its leaves as dew, to the ground, and then back into the well to repeat the never-ending process. As the Healing Rune, Uruz draws Vril power from all realms and brings its powers together in synchronicity with the genetic structure of the body, restoring its healthy, natural form and the functioning of all its parts. Its healing powers renew life.

Uruz calls forth Vril energy and brings it forth into your own being. It reshapes the creative energy of Vril manifesting it into shapes and forms. It is used for self-healing, restoring the original patterns of physical and material forms with recuperative Vril energies. Its healing powers can be projected to others, especially effective with family members and close genetic relations. It provides strength, tenacity, determination of will, courage, persistence, and defense of your home and homeland. It is a powerful force to help begin new

ventures and projects. And Uruz can be used to protect your freedom and freedom of action.

Use Uruz to:

- 1) harness Megin-Vril energies for healing.
- 2) project this force outward and inward.
- 3) restore strength, vitality and tenacity, as well as courage.
- 4) protect your home space, and maintain your freedom and independence.

THURISAZ: TH-RUNE "Thoor-ri-sasz" (THURS)

Depiction: Thor's hammer or a sharp thorn on a branch.

Runic Position: 1st Aett, 3rd Rune.

Original Meaning: Protection, defense against invaders, the enemy of an unfriendly force.

Key Words: Protection, destruction, defense, fertility, regeneration, projecting action.

Tree: Hawthorn.

Herb: House leek.

Gemstones: Carbuncle.

Color: Bright red.

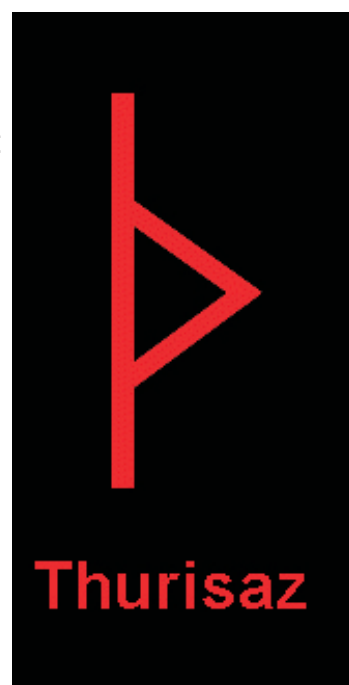
Animal Power: Goat.

Element: Fire.

Number: 3

Astrology: Mars.

Tarot: Emperor.



Thurisaz means "strong-one," or "giant." It refers to the race of Giants, as well as their chief adversary, Thor. It means thunder, thunderbolt or lightning and is associated with Thor, especially with his hammer, Mjollnir. Thurisaz is the Rune of power that is projected or sent to break resistance. It is an aggressive force, but it is also reactive. It is a powerful defensive Rune, just as Thor is the defender of the Gods and mankind against the destructive forces of the Giants. Thurisaz counters chaos (Giants) and maintains order and stability. Thurisaz stands for the defense of the home or homeland as well as for the individual against the chaotic forces of the Giants. Being a Rune of lightning, it is also a fertility Rune and has regenerative powers. When combined with Eihwaz and Elhaz, the three Runes become a powerful lucky charm.

Thurisaz is the sign of pure action. It is the instinctual will within all of us that is directed by the cosmic forces of self-consciousness. Thor's mother was

a Giantess and so Thurisaz is the embodiment of the Thurses (Giant) powers, but because Thor's father was Odin, (God/Aesir) this power has direction and consciousness. In the negative form, (reverse) Thurisaz is the undirected power of the chaotic forces. It is Thor's hammer, Mjollnir, that provides balance between the forces of destruction and construction. Its nature is that of both fire and ice, united to form a great creative energy, violent, but guided in reaction to danger and threats.

Thurisaz is the controlled Gigantic force under the control of the Gods, for the purpose to hold in check Chaos, and maintain order in the universe. It is the sum total of the physical laws (known and unknown) of the universe. Because Thurisaz has the power to maintain order, it has the power to create. It is the embodiment of psycho-sexual forces that gives rise to new life and thus ensures future evolution. It is the Rune of regeneration and fertility, and when used correctly can unleash great energy (the Vril) to initiate new beginnings.

It is the Rune of settling scores, for the purpose of revenge used by both wizards and warriors. But it should be used to strike only back against those who threaten you. When Thurisaz is used with other Runes, it lends the force of aim and direction, causing the powers of the other Runes to be directed and reach their mark, breaking all barriers that might stand in their way.

Like the lightning that strikes the earth, filling it with new energy, and the rains that fertilize the ground, Thurisaz has great phallic powers of fertilization. This power is masculine in form and action.

Use Thurisaz to:

- 1) create a lightning stroke of inspiration and creativity.
- 2) give direction and aim when using Vril energy.
- 3) give fruitfulness.
- 4) increase one's sexual powers or libido.
- 5) destroy all barriers and resistance.
- 6) give protection against attacks and send their power back toward their originator.
- 7) help awaken the sleeping powers of the Gods within you.

ANSUZ: A-RUNE "Ahn-ssoosz" (ASE OR AESIR)

Depiction: The wind-blown cloak of Odin.

Runic Position: 1st Aett, 4th Rune.

Original Meaning: The Aesir, God, Odin.

Key Words: Wisdom, Knowledge, order, communication, ecstatic communication, mental agility, higher consciousness.

Tree: Ash.

Herb: Fly agaric.
Gemstones: Sapphire.
Color: Dark Blue, violet.
Animal Power: Wolf.
Other Names: Asa, Oss, Ass, Aesc, As.
Element: Air.
Number: 4
Astrology: Pluto.
Tarot: Death.

The "A" Rune embodies the Odinic powers of consciousness. Its Runic name means "God," and synthesizes the left and right halves of the brain, creating the rainbow bridge that unites Midgard with Asgard. The Ansuz power is inherited from generation to generation. It is the ancestral power that ties us to our Folk and family. Odin is the God of ancestral forces that gave consciousness to the race of man. Ansuz is the triad of Odin (Odin, Vili, and Ve), which gave self-consciousness to man. Like Odin, it embodies the powers of inspiration and wisdom, intelligence, poetry, magic, and both social and cosmic order. It is also the power of oratory and communication. Missionaries for the Gods should develop the power of Ansuz to spread the word of the Folk Faith among the Children of the Gods.

This Rune is the Odinic force within our Folk. Its energy is passed down from generation to generation. It is the spiritual link between Odin and his children. It is the embodiment of Odin's mind instead of Thor's strength. It is an air Rune, possessing the power to cause change and help one to adapt to the changing situations in the world. Odin has the ability to change his shape and walk undetected among mankind. This has permitted the Gods to survive the domination of their children under the yoke of an alien creed. Ansuz is the Rune of relentless, restless wandering, in search of new knowledge and wisdom, and then teaching it in turn to those who seek out union with the Gods that created them.

Ansuz is the Rune of great knowledge and wisdom. Odin is the great magician God, who has acquired all-knowing powers. It is through his Rune that we can achieve wisdom and knowledge. It is the Rune that impregnated our Folk with the Faustian thirst for knowledge and discovering the secrets of the universe. This Rune is the Odinic force within us that drives us onward in the quest to make known that which is still unknown, still hidden. It is the embodiment of those racial memories that are transmitted from generation to generation through the genes, through our DNA. This Rune is a link in the



ancestral chain that links us to our past and to our future. The bridge between Midgard and Asgard, the mind of man and the consciousness of the Gods lies within this Rune—it is the Rune of the Bifrost Gland, the Third Eye. Ansuz is the Rune of spiritual, artistic, and intellectual creativity, as opposed to physical creativity.

Odin leads the Wild Hunt, and Ansuz can be used to bring death or call on the dead for assistance. It is the Rune of channeling forces of the underworld.

Ansuz can be used to:

- 1) inspire people in all fields of learning and creativity.
- 2) fill one with the powers of speech and writing.
- 3) generate great magnetic charisma.
- 4) generate ecstasy in magical workings.
- 5) gain knowledge of one's cosmic ancestry.

RAIDHO: R-RUNE "Rrayd-hoh" (RIDING)

Depiction: The wheel of a chariot, symbolic of the solar wheel.

Runic Position: 1st Aett, 5th Rune.

Original Meaning: Solar wagon carrying the sun across the sky.

Key Words: Right direction and pattern, traveling, flow, rhythm, progression, movement.

Tree: Oak.

Herb: Mugwort.

Gemstones: Chrysoprase.

Color: Bright red.

Animal Power: Horse.

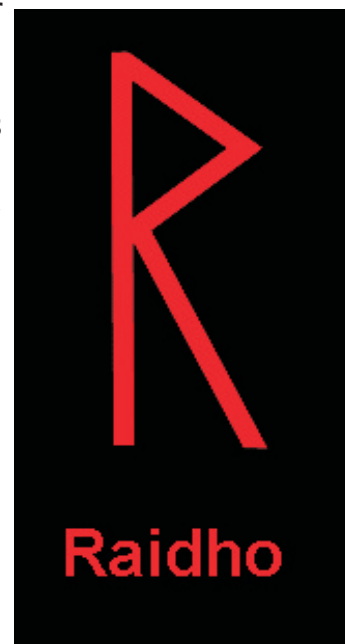
Other Names: Reda, Reid, Reidr, Rad.

Element: Air.

Number: 5

Astrology: Sagittarius.

Tarot: Chariot.



Translated, the name Raidho means "wagon," "chariot," and "riding." It is closely associated with the Indo-European mythic image of a horse-drawn wagon or chariot whose wheel is the Sun. In this way, Raidho represents of the right-ordered movement of space and time. Thus, Raidho governs movement, not only across distance, but through time. It gives you an appreciation of the correct rhythms of the natural world—thus, the order provided by the Gods.

Raidho is the Rune of Motion, the correct action that needs to be taken. It is also the Rune of order, religion, and rituals. The natural order of the

seasons of the year is represented by Raidho. It is the Rune for the cycle of days, and the right path for growth and the movement of the sun. When traveling, one should consult Raidho. It is the Rune of both spiritual and physical development and is represented by the wagon or chariot. It also represents the Rune for the proper order of things in the universe—the physical laws that hold the universe in place. It is the force that causes the planets to revolve around the sun, the sun to revolve around the center of the galaxy, and the galaxy to move through the universe.

It is also the Rune for music, poetry, and dance, and all these are used in runic-shamanism. It is the Rune of rhythmic movement, and all ordered movement throughout the universe, in both the microcosm and the macrocosm. The wagon represents the right way to runic-shamanistic enlightenment. It should be used to help the runic shaman on his travels through the nine worlds.

Raidho governs the path of correct or rightly ordered action and movement. This is the force that reigns over progression and evolution. It encompasses mathematical rules of proportion and balance. Raidho gives harmony and justice within a society, and though Tiwaz is the letter of the law, Raidho embodies the soul of the law. In this way, Raidho integrates the individual with the Folk. It is the Rune that manifests order out of chaos, providing a smooth and swift course for the evolution of society. It shows the correct way to travel and go about accomplishing what you desire.

Uses of Raidho:

- 1) To discover divine order in the universe.
- 2) To control a situation and live in the present.
- 3) Helping to establish the right rhythm to all your activities so that you can be the most creative.
- 4) For protection when traveling.
- 5) To establish the natural Vril energy patterns in your life and to channel its energies in the correct way to achieve your goals.

KENAZ: K-RUNE “Kehn-ashsz” (TORCH)

Depiction: Flame of the torch.

Runic Position: 1st Aett, 6th Rune.

Original Meaning: Controlled fire, blacksmith’s furnace.

Key Words: Rune of technological knowledge, guiding light, progression.

Tree: Pine.

Herb: Cowslip.

Gemstones: Bloodstone.

Color: Light red.

Animal Power: Cat.

Other Names: Kaun, Cen, Ken.

Element: Fire.

Number: 6.

Astrology: Venus.

Tarot: High Priestess.

Kenaz is the Rune of illumination, learning, and teaching, as well as kinship. Its symbol is the torch or beam of light that gives light to the darkness and illumination on any subject or mystery. Its illumination is spiritual and intellectual. It is the Rune of controlled fire or Vril energy. It can represent the hearth, and thus it is a source of creation. It is also the Rune for lust, love, and passion. Because of the emotionalism and spiritualism associated with Kenaz, it is the Rune that favors artists, craftsmen, and all creative people.

The secrets within Kenaz represent the knowledge to harness fire of Fehu, or Vril energy, and to form and shape it, as well as send it. Its powers can be used to enlighten, or to send energy. One of the forms of fire that Kenaz can teach you to master is the passions of sexual lust. You can use it to control your sexuality for right action or suppress it when necessary, or even to enhance and increase your charisma.

Kenaz is the Rune of the creative spark that is divine within the human mind. It is represented by the symbol of controlled fire or light. Like a torch, it will illuminate the darkness, and thus it brings illumination or enlightenment to those realms ruled by ignorance. This Rune is the natural opponent of Hoder, the blind twin brother of Balder, and the God of Darkness, who was tricked by Loki into killing his brother. Because it is the Torch Rune, when reversed it is the Loki Rune, and its qualities should only be used for positive purposes and never for negative reasons. It is controlled fire. It can be used as an effective weapon to ward off the influence of Loki in our lives. Remember, up to the end, the Gods were able to turn the tables on Loki and force him to use his craftiness to undo the harm his trickery created. But we must be very careful when using Kenaz in this way.

Kenaz is also the Rune of technological knowledge and should be used for creative endeavors. It governs technological advancement. It's the force that shapes and creates. Kenaz governs the craftsman, the builder, the smith, and all workings that deal with material creativity. It is the Rune of technology.

It is the Rune that can provide you with the inspiration to discover the secrets of Vril technology, and discover how to harness Vril energy mechanically. Just as technology can be very useful in making our lives better,



it can be very corrupting of morality. If not balanced with other Runes, it can turn us away from a spiritual path and down a path of corrupting materialism, thus abandoning the Gods...just as Loki would have us do.

Kenaz is the Rune of the scared fire, the eternal flame that possesses a purifying power.

Use Kenaz to:

- 1) illuminate your condition.
- 2) create transpersonal powers, for healing through transformation and growth.
- 3) control sexual passions.
- 4) discover hidden knowledge and secrets.
- 5) send and direct Vril energy outward.
- 6) transport the powers of other Runes.

GEBO: G-RUNE "Gay-boe" (GIFT)

Depiction: Two forces crossing.

Runic Position: 1st Aett, 7th Rune.

Original Meaning: The exchange of gifts and powers between two people or between mortal and God.

Key Words: Gift, exchange, crossing, interaction, connection, union, balance.

Tree: Ash/Elm.

Herb: Heartsease.

Gemstones: Opal.

Color: Deep blue.

Animal Power: Raven.

Other Names: Geuua, Gipt, Giof, geofu, Gyfu, Gjof.

Element: Air.

Number: 7

Astrology: Pisces.

Tarot: Lovers.

Gebo is the Rune of generosity, hospitality, and gifts, and represents the Gods collectively. It rules over gift-giving and contracts or anything else that deals with the binding of people or parties together. It is also the Rune for making sacrifices to the Gods. Friendships and close relationships of any kind are also governed by Gebo. It is used to exchange powers. It is the Rune of fair compensation, the establishment of loyalty through exchanged works. This is the essence of the Law of Compensation. A gift should be given in exchange for a gift.



Gebo can be considered the Odinic triad of gifts: self-awareness, breath, and shape. Thus, its qualities for gift exchanging create bonds, not only between individuals, but also between the individual and the nation, thus strengthening the bond between the individual and his Folk. The individual gives loyalty and is expected to act responsibly. All his actions affect the growth and development and health of the Folk. By doing so the individual ensures the creation and preservation of a healthy environment for himself and his family. In this way his rights as an individual are defended by the state which he has supported through his good deeds.

Gebo is especially powerful when dealing with “love magic.” It is the Rune of endless exchange of powers and energies, especially Vril energy. The act of making love between a man and a woman is the exchange of love and pleasure. It is the most intimate act between two individuals, and thus, the highest expression of Gebo between two humans (man and woman). It can help not only to reinforce a loving-sexual relationship, but also strengthen marriage bonds, friendships and all oaths of loyalty. It is also the expression of non-sexual love between two or more individuals, especially among family members, comrades and friends. It can be used to cement the bonds of dependence that arise among soldiers who come to rely on each other during combat.

The ultimate gift is the triad of gifts to man by Odin, Vili, and Ve. Gebo represents the exchange of powers, the flow of Vrilic power from the divine to the mortal. It is the Rune of Sacrifice, and can establish bonds between the Gods and mortals. It governs the transfer of power from its source to another, and back again. The bonding force of giving and receiving is ruled by this Rune, and can be a powerful instrument to ensure union between diverse groups and individuals. Gebo should be used in marriage ceremonies, symbolizing the joining of two people who exchange obligations to become one, for the purpose of creating new life—children, who are the result of a union of the spiritual and physical essence of a man and a woman. Thus Gebo can be used to increase the ecstasy of the sexual union, as well as strengthen the love that holds such unions between man and woman together.

Use Gebo to:

- 1) establish a union between a God or Goddess and a mortal.
- 2) build a more perfect, loving relationship with your partner.
- 3) right wrongs through the Law of Compensation.
- 4) help understand the meaning behind gift-giving and the forging of lasting bonds.
- 5) generate a truly loving relationship between a man and a woman.
- 6) help forge bonds of friendship and harmonious relationships.

WUNJO: W-RUNE “Woon-yoh” (JOY)

Depiction: Weather vane or Tribal banner.

Runic Position: 1st Aett, 8th Rune.

Original Meaning: Relationship, interaction of beings descended from same blood.

Key Words: Joy, pleasure, hope, love, harmony, kinship, fellowship, wishes.

Tree: Ash.

Herb: Flax.

Gemstones: Diamond.

Color: Yellow.

Animal Power: Boar.

Other Names: Vend, Wynn, Vin.

Element: Earth.

Number: 8

Astrology: Leo.

Tarot: The Sun.



Wunjo is the Rune for joy, harmony, fellowship, comradeship, honor, and loyalty. Wunjo is derived from the German word *wunish*, which means "to wish," thus it is also the Rune of Wishes. You can use Wunjo to harness Vril energy to manifest those things you want and desire to manifest, according to your will. It increases the power of your Will. It can be used to banish bad feelings, sorrow, and other negative emotions. This Rune deals with emotional and spiritual healing and is used to combat sadness and depression. It enhances one's self-respect and the morale of both the group and the individual. It can be associated with lovers. It is the joy and bliss that are associated with love and love affairs, and also embodies sex and lust.

This Rune is the embodiment of individuals who share a common origin—race, nation, tribes, clans, families—the Folk. It ensures harmony within the group and marshals energies to preserve that harmony. It binds different people into a whole. It can create a single harmonious energy field that will manifest itself according to the wishes of a single will. It reinforces healthy sexual unions and defends the Folk and family against all forms of sexual perversions. Wunjo has the power to increase the force of the will of the leader by channeling Vril energy into mental powers of manifestation. It can increase the power of team work, causing many people to work together. When the entire team is in a state of Wunjo, it manifests the dynamics of the super-team. Things begin to flow more easily, like a current in a river.

Wunjo is the Rune of Freyja, as the Goddess of Love and Lust. It is her gift to mortals, as well as to the divine, to enjoy the pleasures of the heart and the flesh. It can fill any relationship, between a man and a woman, between

family members, friends, partners, or in any other association, with a love for each other, loyalty, joy in being each others' presence, and a feeling of harmony and fellowship. It is especially useful in "love magic," but also in any magic that seeks to manifest a spirit of group harmony. Wunjo is a force for the harmony, trust, and joy that come with comradeship. It can be a powerful force to hold groups, especially family, national and racial groups, those with genetic and organic qualities in common, together in a lasting union that will last for generations.

Uses of Wunjo:

- 1) It can fill all your dealings with other people with a sense of joy and harmony.
- 2) It can be used to reduce a sense of alienation and create a sense of trust within a group or between people.
- 3) It helps to strengthen the power of your will to manifest your desires into reality.
- 4) To bind energies (Runic energies) into a single harmonious purpose.
- 5) To help fill people with love, joy and happiness, and bring these traits into their lives.
- 6) To fill all social settings with fellowship, harmony, and the joy of living together as good neighbors.

HAGALAZ: H-RUNE "Hah-gah-lahsz" (HAILSTONE)

Depiction: The connection of two realms of being, hail.

Runic Position: 2nd Aett, 1st Rune.

Original Meaning: The icy egg or yeast of primal life. Movement downward into the world of the Norns to learn wisdom.

Key Words: Transformation, change, devolution before evolution, merging, protection, destruction.

Tree: Yew/Ash.

Herb: Lily of the Valley.

Gemstones: Onyx.

Color: Light blue or sky blue.

Animal Power: Serpent or Dragon.

Other Names: Haal, Hagall, Hagl.

Element: Ice.

Number: 9

Astrology: Aquarius.

Tarot: The World.



While Uruz is the patterning force, Halgalaz is the pattern formed by Uruz's drizzle. It is the primal crystallization of fire and ice, the manifested force of Vril, which is the pattern of being that the DNA of a single cell bears in relationship to the complete form of the body. While Uruz is the forming power of Audhumbla, Halgalaz is the form that is created from Uruz's forming power, personified by Ymir. Thus, Halgalaz is the absolute potential of the framework of the universe. Halgalaz is the Rune that controls and focuses Vril energy. It is used to control the untamed, the might of Vril—the unformed active power.

Halgalaz is a Rune that represents constraint. It symbolizes hail, and is the Rune of the creative cosmic forces of the universe. Used properly it will provide well-being and safety. It is the embodiment of the evolutionary forces, and the unity of fire and ice that created the universe. In Halgalaz, the union of opposing force—fire and ice—causes the creation of the hail-egg, Ymir. In this Rune is the potential for creation and manifestation. One has only to learn to master it, in the way Odin, Vili, and Ve mastered Ymir, and destroyed him before they could reshape him and give order to the universe. Halgalaz is the framework of the complete model of the Vrilic energy currents that gives form and shape, as well as order to the universe. Within it is the dynamic force of fire and ice—Vrilic energy.

Halgalaz is the ninth Rune. Nine is the divine number of transformation and spiritual growth and evolution. Nine is the number of worlds within the branches of the Yggdrasill. Halgalaz is often associated with Ymir and thus the embodiment of the world and the universe that were fashioned from his body. Nine is the number of completion, wholeness and fulfillment—the sum total of the multiverse. Within this Rune is the seed of the evolving or growing universe. It is the Mother-Rune. All other Runes are held within its form. Unification of opposites created the life-giving power of Vril that the Gods use to give order to the universe.

It is the Rune of harmony and wholeness, and the Rune of hope, growth and youthful confidence. Halgalaz is also the Rune that governs the unconsciousness and the underworld. It is also associated with Hel, as the Queen of the Netherworld.

Heimdall is also associated with Halgalaz, as the God who gave form to the races of mankind. This Rune is the first Rune in the second eatt of the Futhark, which is referred to as Heimdall's Eatt. It represents the nature of the second eatt—that for formation, or giving true form.

Halgalaz destroys so that new life can be born. It is the force of evolution. It causes mutation so that new forms can replace old forms. It is the Mother Rune that gives form to all other Runes. It is the Rune of bringing forth and completion. It is hail, the whitest form of grain, that impregnates the earth with new life. The hail destroys what exists, and then melts, giving nourishment for new life to grow.

Hagalaz is the ninth Rune, and nine is the most sacred number in Norse cosmology. It is a very powerful Rune to cause woe.

Use Hagalaz to:

- 1) establish the formation of the perfect pattern of things.
- 2) form a balance of all the elements within a framework.
- 3) destroy and banish those things that might cause you harm, so that you will continue to survive.
- 4) unleash those ideals that are hidden within your subconscious so that they can manifest in the conscious mind.
- 5) to cause discomfort in others by unleashing the terrible Id within their subconscious to plague them and cause them to be unbalanced.

NAUTHIZ: N-RUNE "Now-these" (NEED)

Depiction: Two sticks of a bow causing friction to kindle need-fire.

Runic Position: 2nd Aett, 2nd Rune.

Original Meaning: Need-fire, which burns though the darkest of times, and the darkness representing the future, which is hidden.

Key Words: Need, help, resistance, deliverance from distress, love, passion.

Tree: Beech.

Herb: Bistort.

Gemstones: Lapis Lazuli.

Color: Fire.

Animal Power: Dragon.

Other Names: Noicz, Naud, Naudr, Nied, Nyd.

Element: Fire.

Number: 10

Astrology: Capricorn.

Tarot: Devil.



Nauthiz is the Rune that represents need and necessity. It is the Rune that personified the Norns and Fate. Its shape is that of the bow which can provide protection. It provides what is needed most—protection, security and well-being for the individual and the family. Like the bow, it can be used as a weapon of aggression, to send whatever hostile intentions are directed at you back to their source. It is also the Rune for growth. For the bow is also a device to provide nourishment as a tool in the hunt. Friction and resistance are symbolized by this Rune, and within it is the dialectic of idea and opposition which causes struggle and conflict that lead to

growth and development for both the individual and group.

Nauthiz is the force of cosmic friction that is generated between two or more substances. Necessity is the mother of invention, and the need to evolve causes change. Nauthiz is the need-fire, the desire to "do." It is action that is necessary for evolution and survival. The need to evolve is the cause of the Norns. Past, Present and Future, all three is one, and the former two create the third. The need to transform and continue. To go forward and thus, "become." The cosmos is one of transformation which is necessary to evolve to a higher form of existence. This is the secret of the union between mortal and the divine. We need to take in the Vrillic energy to survive and must learn to harness its power and shape it to cause mutations that will jumpstart our evolution into a higher form of being—into a race of God-men.

Nauthiz is the Rune of moving forward into the new state of being. It is the necessity to evolve to a higher form of life or become extinct. It is the Rune of testing — by trial and suffering through hardships and privations — which increases one's ability to endure. "That which does not destroy me, makes me stronger." It brings to the surface the self-generating magical force of Fehu-Vril energy—when it is most needed. If Fehu represents the harnessing of Vril energy, Nauthiz is the potential of unleashing its power on every level of existence.

While you might notice that Nauthiz looks like Gebo, it has the opposite potential. For Gebo creates balance, while Nauthiz permits you to channel Vril energy toward a single objective. While Gebo's use of Vril might resemble a star or sun unleashing its energy in all directions, Nauthiz concentrates and directs Vril energy much like Kenaz, not outward, but inward, with the purpose of generating super-human abilities to achieve what one needs to do. It is the equivalent of sudden generation of adrenaline to increase one's strength when confronted by a desperate situation. It is caused by a deep, instinctive need to do the impossible, devoid of all rational consideration.

Nauthiz is also the Rune of sexual drive. The need for sexual activity and reproduction, to pass on one's genes to the next generation, is a primal, instinctive need that all living things possess. This need is manifested within this Rune. Just as Nauthiz can unleash great bursts of strength and endurance, it can conjure great mental and spiritual inspiration when the need calls for it. You can also use this Rune to channel personal stress to more constructive use. Stress can kill, but when you learn to control stress and channel it into more productive use, it can be a source of great creativity.

You can use Nauthiz to:

- 1) protect you against harm.
- 2) draw on great physical endurance as well as intellectual and spiritual inspiration when needed.
- 3) channel negative energies into constructive uses.

- 4) fuel your magical patterns of Vril energy.
- 5) cause discomfort in others.

ISA: I-RUNE "Ee-sa" (ICE)

Depiction: Icicle or primal ice stream, unmoving, straight.

Runic Position: 2nd Aett, 3rd Rune.

Original Meaning: Primal matter and antimatter moving up and down through vertical axis, holding everything together in its present structure.

Key Words: Stasis, constraint, contraction, gradual integration, delay.

Tree: Alder.

Herb: Henbane.

Gemstones: Cat's-eye.

Color: Black.

Animal Power: Polar bear.

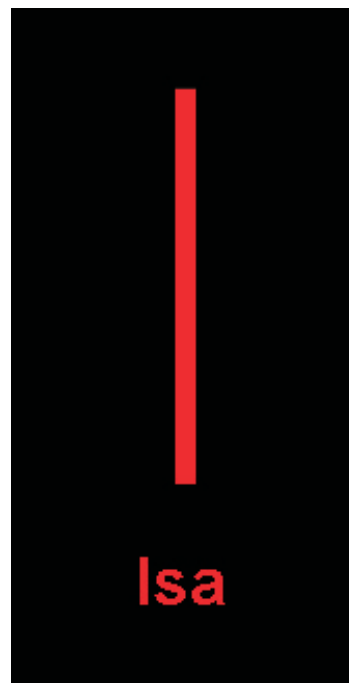
Other Names: Icz, Iss, Is.

Element: Ice.

Number: 11

Astrology: Moon.

Tarot: The Hermit.



Isa is the Rune of eternal ice, especially the cosmic forces of ice. It is not the Rune of Niflheim, but the icy streams of Vrilic energy that flow out of it. It is the Rune representing inertia and the state of calm, and can be used to restore calm and order during times of crisis and conflict. Isa is the ice that attracts fire, and this union causes the act of creation. It is also the symbol for the individual ego—the self. It can be used to ensure self-control as well as controlling one's surroundings.

Isa is the Rune of contraction and attraction. It is the power that holds form and centers the existence of matter. It can be used to contain and control—to restrain. It maintains shape given to the universe of Odin, Vili, and Ve. It is not the forming power of Vril, but the holding power. It resists change, but it is necessary to maintain a balance between opposites.

Isa is the Rune of the ego. Within its powers lies the secret realm of the ego. It is the black hole of existence, and within it lies the secret powers that we have lost control over. To unleash the power of the psychic force, we must learn to control the ego; we must learn to master the contracting powers of Isa by balancing it with the forces of expansion.

Isa is the power that holds atoms together, and thus prevents chaos. It

maintains forms and shapes, and provides the Vrilic energies the powers to maintain an orderly set of physical laws that we refer to as physics.

Isa is the Rune of Death, and causes inaction, for death is the lack of life. The body ceases to vibrate with Odin's Vrilic gift of vital force. It is the Runic antithesis of Fehu, and is the Rune of binding, drawing in, as opposed to Fehu's power to expand or send Vrilic energies. It is the power of the Black Hole, to draw in and compress energy.

Isa can help you to increase your mental powers of concentration and mental self-discipline. Of all the Runes, it is the most powerful in destructive workings. It is a powerful weapon when working woe. Like the power of ice, it can transform the strength of objects into brittleness, so that it can be easily destroyed.

You can use Isa to:

- 1) attract and cause contraction.
- 2) increase the power to hold shape and form.
- 3) build up and increase the concentration of energy and power.
- 4) cause woe and destruction.
- 5) to create calm and stillness.
- 6) to concentrate and hold the power of other Runes.

JERA: J-RUNE "Yeer-rah" (YEAR)

Depiction: The sacred union of Asgard and Midgard, the dynamic rotation of summer-winter cycle.

Runic Position: 2nd Aett, 4th Rune.

Original Meaning: represents the life cycle or the sun cycle.

Key Words: Cycles, the year, fertilization, harvest, completion, evolution, upward spiral.

Tree: Oak.

Herb: Rosemary.

Gemstones: Carnelian.

Color: Light blue.

Animal Power: Eagle.

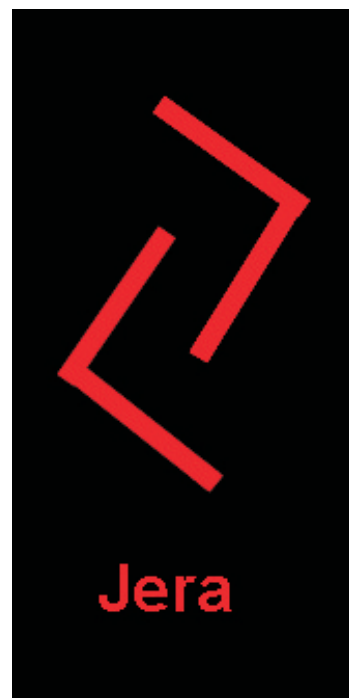
Other Names: Gaar, Ar, Ger, Jara.

Element: Earth.

Number: 12

Astrology: Sun.

Tarot: The Fool.



Jera is the Rune representing the yearly cycles and

the solar year, and governs sowing and harvesting. It literally means “year.” The old Norse year was divided into two seasons, winter and summer. The shape of this Rune represents the turning of the year. It is the Rune of the sun’s cycle. It is also the Rune of patience and slow progression. This is the Rune of progress, sowing and reaping, birth, death and rebirth, and can be associated with Balder. It represents the masculine fertility force in the universe, and is also associated with Frey. It can be considered the yin and the yang of the Folk Faith, and its symbols are the opposites of the yearly cycle—summer (fire) and winter (ice). But unlike the yin and the yang of the Eastern traditions, the opposites are not warring factions, but work together to create an evolutionary progression. Jera is not a whirling symbol, but a spiral symbol that is moving upward and onward as it spins. It is the Rune of slow but progressive growth over a long period of time. Like a tree, its growth is gradual. Its magical powers are used to bring your will into fruition slowly and gradually in a natural way.

Jera is the Rune of turning, the movement from one day to the next, from one year to the next, from one age to the next. It is a generation force and an eonic force. Like the year and age, it is cyclical, ever turning on itself—arising, becoming, passing away only to be reborn. It is symbolized by the two halves of the year—summer and winter. Its form is the broken halves of the EI-Rune, the Eihwaz Rune, presenting the Yew Tree—the Yggdrasill. Jera is the embodiment of the evolutionary Life Force of the Yggdrasill.

It is a good Rune to use when dealing with Nature and things concerning the natural order of things. This is especially true of the creative process that can be found in nature.

This Rune can be used to make things happen, to move onto the next step in growth and evolution. It is the Rune of progression.

Use Jera:

- 1) to work toward a slow but progressive growth and development.
- 2) when dealing with all things in nature.
- 3) for evolutionary growth rather than revolutionary change.
- 4) to speed the cycles of yearly or cyclical development and growth.
- 5) to discover how to turn polarities into a creative progress.
- 6) to gently bend the web of Wyrd for positive results.

EIHWAZ: EI-RUNE “eye-wahsz” (YEW)

Depiction: The vertical column of the World Tree.

Runic Position: 2nd Aett, 5th Rune.

Original Meaning: Yew, the World Tree, dreaming, magic, World Axis.

Key Words: Communication, death, regeneration, knowledge, dreaming.

Tree: Yew.

Herb: Mandrake.
Gemstones: Topaz.
Color: Dark blue.
Animal Power: Raven.
Other Names: Ezck, Yr, Eo.
Element: Fire.
Number: 13
Astrology: Scorpio.
Tarot: The Hanged Man.

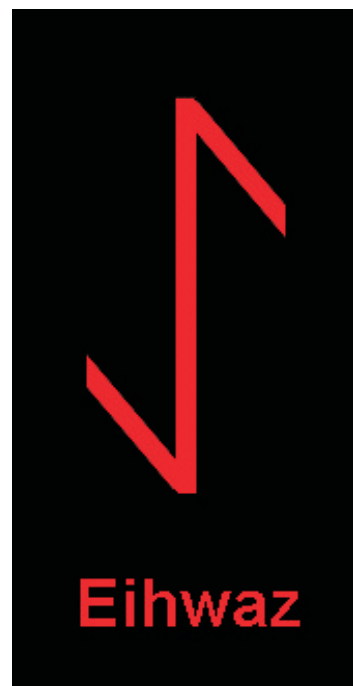
Eihwaz is the Rune representing the yew tree and thus is the embodiment of the vertical cosmic forces, endurance and protection. It is the Rune that is associated with the Yggdrasill, the axis of the universe. Though the Yggdrasill is often referred to as the World Ash, this is because in old Norse the yew was referred to as *ashwardr*.

Eihwaz is the Rune of shamanism, and bestows on the Rune Master the power to travel to other worlds. Eihwaz represents the three realms of Heaven (Asgard), Earth (Midgard) and the underworld (Hel). It is the spiritual path to other states of being and becoming. Its power is the unity of the essence of life and death. It is also a life-giving force and symbolizes the Life Force of the universe and the Folk, the Vril. It is associated with Uller, the God of the winter sky.

Because Eihwaz represents the yew tree, the Yggdrasill, it is the union of opposite forces (ice and fire, night and day, winter and summer, life and death). It is the Rune of the self-contained, transformational force, the Vril, that creates transmutation from within. It is the force of Vrilic energy that powers the conscious will.

Eihwaz is the Rune of Odin's sacrificial ritual of sacrificing himself to himself on the Yggdrasill. It is the Rune of Death, as well as the Rune of Rebirth. It is also the Rune of discovery of hidden knowledge. The yew tree is known as the tree of death because a powerful poison can be made from its needles, as well as having the unique ability to emanate toxic gases. But is also the tree of life because it is one of the hardiest of all evergreen trees, living longer than most and possessing the ability to survive terrible winters. It is also the tree of hidden knowledge because its needles grow so thickly that light is unable to penetrate its branches. Thus, it is the tree of immortality, just as the Rune represents the power of immortality.

Eihwaz is the tree within Lif (life), and Lifthrasir (the determined will to survive) survives Ragnarok by taking refuge within Yggdrasill's branches. Thus Eihwaz is the Rune representing the Vril's power that one can harness, not only



to survive the worst catastrophes, but assist in the process of evolving. It is the Rune of Balder Rising, the secret knowledge of how to unleash the Vrilic energies within you, transforming Vril into your personal Luck–Megin, so that you can awaken the Gods sleeping within you.

Yggdrasill is described as Odin’s Steed, the horse he rides along the road of spiritual rebirth. Thus, Eihwaz is the Rune of spiritual growth and rebirth.

Use Eihwaz to:

- 1) understand the mysteries of the Cosmic Tree and the nature of Vril.
- 2) undergo ritualistic death and rebirth–the ride of initiation.
- 3) awaken the sleeping Gods within you.
- 4) draw on Vril to increase your Godly powers.
- 5) communicate with your ancestors and the Gods.
- 6) free yourself from the fear of death, or cause death in others.
- 7) travel the pathways of the nine worlds of the Yggdrasill.

PERTHRO: P-RUNE “Perth-row” (LOT-CUP)

Depiction: The dice cup, the lot cup.

Runic Position: 2nd Aett, 6th Rune.

Original Meaning: Divination as an indicator of Orlog, the primal laws.

Key Words: Birth, wisdom, kinship, luck, chance.

Tree: Beech.

Herb: Aconite.

Gemstones: Aquamarine.

Color: Black.

Animal Power: Falcon.

Other Names: Pertra, Peordh, Perd,

Element: Water.

Number: 14

Astrology: Saturn.

Tarot: Wheel of fortune.

Perthro is the Rune that symbolizes those qualities of chance, time, cause, and effect, as well as change and evolution. It is the Rune that personifies the power of the Wyrd, or one’s fate and destiny. It binds the past, present, and future together and can also be associated with the Norns, especially the eldest of the Norns, Urd (the past). This Rune is the Well of Wyrd. It is the most guarded of Runes, because from it the Wyrd, the Vrilic energy that guides the destinies of both mortals and the divine, flows forth. The power of the Norns flows from Perthro. It is the Well of Urd, or Urdhr, which is translated as Urdharrunner. Urd is the Norn



governing our past, and the eldest of the Norns. From Perthro flows the laws of cause and effect that are part of the divine laws that govern the universe. Out of Perthro grows the present. The future in the Germanic way of thinking is not yet set in stone, because it is “becoming.” Perthro can help us to understand the cause of things that happened and are happening.

Perthro is the Rune of divination. This is why it is symbolized by the dice cup. There is a similarity between casting the dice and casting the Runes. From that-which-is to that-which-is-becoming is taking place when the dice are tossed or when the Runes are cast. When you toss the dice, you wish or will the dice to fall into the patterns that will be beneficial to you, and the same thing takes place when you cast Runes. You are trying to will the flow of orlog into favorable patterns, which is the *wyrd*, or the flow of the dice and the Runes, to move you along the current through time to help you manifest your destiny.

Perthro can be used to help understand the workings of *wyrd*, and thus, the entire evolutionary process that governs the entire universe. Odin gave an eye so that he could drink from Mimir’s Well, and thus gain the powers of seeing into the future. Perthro can help you to understand that-which-is-becoming, so that you can move forward with sight and understanding.

When doing woe, you can cause the orlog to manifest itself in another’s *wyrd* negatively. This is the Rune of cursing—causing another’s future to be dark and destructive.

Perthro is also the Rune by which you can gain a greater understanding and insight into the workings of the Runes. It will help you to *think runically*. You can use it to discover the workings of the Runes in the material world and in your life. Use it to tap into the wisdom that fills Mimir’s Well, for when you meditate on Perthro, you are drinking from Mimir’s Well.

It is also the Rune of spiritualism, divination and intellectual knowledge. It is the *Turning Rune* or the *Becoming Rune*. The past gives birth to the present, and the two collectively gives shape to the future.

Use Perthro to:

- 1) enhance and develop your psychic powers.
- 2) better understand the working of the Runes.
- 3) curse the future of another.
- 4) help you to change the course of your life.
- 5) correct or control your orlog and pattern the flow of your *wyrd*.
- 6) think runically, and gain knowledge from a deeper understanding of the Futhark.
- 7) give birth to new ideas and will events into manifestation.

ELHAZ: Z-RUNE “Ehl-hahsz” (ELK)

Depiction: Elk antlers, branches of a tree, a swan in flight.

Runic Position: 2nd Aett, 7th Rune.

Original Meaning: Protection, the Valkyries, Life Force, Balder rising.

Key Words: Spirit, protection, power, regeneration, refuge, divinity, life.

Tree: Yew.

Herb: Angelia.

Gemstones: Amethyst.

Color: Gold.

Animal Power: Elk.

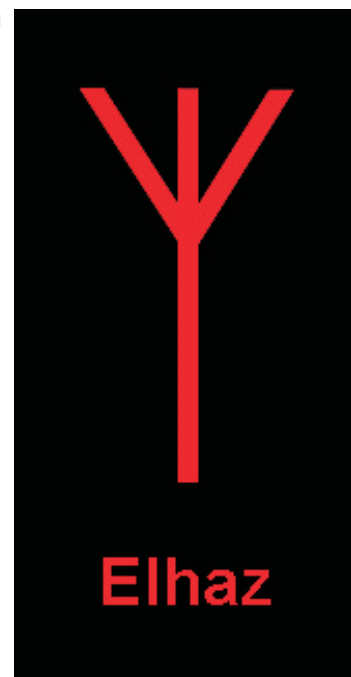
Other Names: Algis, Algiz, Eolh, Elgr.

Element: Air.

Number: 15

Astrology: Cancer.

Tarot: The Moon.



Elhaz is symbolized by the elk, and represents protection, the Life Force, and the union between men and the Gods. Its shape has two meanings; the elk's antlers, which represent masculine defense and protection, and also the image of a human with arms upright, communicating with the Gods. This is the union between men and the Gods, and can be symbolized with the swan. As the *Life Rune*, it is a very powerful force, but when reversed, it represents death and can be very dangerous. It can also be considered the symbol of a swan flying, which is symbolic of spiritual rebirth. This spiritual rebirth is the process of evolution known as Balder Rising.

Elhaz is related to the Rune Mannaz, and together they are a powerful talisman for the evolution of the mortal into the divine.

This Rune is also the symbol for Bifrost, the rainbow bridge that links Heaven (Asgard) with the Earth (Midgard). This Rune governs the paths that lead one to the Gods. It is the divine link between the Gods and man, and was referred to as *Daimon*, by the Greeks, and *Genius*, by the Romans. In this way, it is also the symbol for the Valkyries, led by Freyja and sent by Odin. Through this Rune, one can cross the rainbow bridge. You can draw down the divine powers, or should we say, awaken them within you when used in conjunction with Mannaz. Mannaz will awaken the Gods within you, and Elhaz will help you to harness their power to transform you, and thus, forging a link between you and Asgard.

Elhaz represents the regenerative powers of the Vril. It is the symbol of Balder rising from Hel and heralding in the new Golden Age of Gimli. Upright, it is the symbol of life, the Life Force or Vril. In reverse, it is the symbol of

death. In the form of a flying swan, it is the symbol of resurrection and rebirth. Balder is the Swan God. When you combine the Elhaz upright and in reverse position, it becomes the Yggdrasill, with branches reaching upward to Asgard and roots pointed down toward Hel. When linking both the upright Elhaz and the reverse Elhaz, you are creating a symbol of the world tree, with roots pointed downward into the earth and branches reaching upward toward the heavens. This is a symbol of true evolution. You cannot move forward or upward without first establishing your roots in the past. You can never evolve without first understanding where you came from—your genetic and ancestral links with your past.

Elhaz is the Life Rune, and it is the *Rune of Protection*. You can not only evoke your Valkyrie to forge a link between you and Asgard, but also call on her powers to shield you against harm. Like the antlers of the elk, it can be used for protection, shielding you from harm, but sending back the harm in the form of a sword. It is linked to the fiery power of Fehu. Used in conjunction with Fehu, you can increase your powers of transformation into the divine state of being—a God-human. It can be used to make something and someone “holy.”

Use Elhaz:

- 1) to communicate with the Gods.
- 2) to cause a divine transformation within you.
- 3) to astrally travel to Asgard.
- 4) to communicate with your Valkyrie.
- 5) for protection.
- 6) for spiritual transformation.
- 7) as The Rune of Balder Rising.

SOWILO: S-RUNE “Soh-wee-loh” (SUN)

Depiction: One part of the dynamic solar wheel, the lightning bolt.

Runic Position: 2nd Aett, 8th Rune.

Original Meaning: The divine solar wheel or lightning bolt.

Key Words: Balder risen, power, the Sun, transformation, enlightenment.

Tree: Juniper.

Herb: Mistletoe.

Gemstones: Ruby.

Color: Yellow.

Animal Power: Cat.

Other Names: Sugil, Sol, Sigel, Sulu, Sil, Sulhil, Sigo.



Element: Fire.

Number: 16

Astrology: The Sun.

Tarot: The sun.

Sowilo is the *Sun Rune*. It represents the sun wheel, success and victory. Like the sun, it radiates power. Like Fehu, it is the opposite of the Isa Rune because it is the Rune representing fire. It embodies the essence of the human will and willpower.

The Sowilo Rune guides one through life. It is a beacon of consciousness and will bestow honor and success on anyone who develops the will that is the essence of the Sowilo force.

While Elhaz is the Rune of Balder Rising, Sowilo is the Rune of Balder Risen, shining in Gimli, as the light for the world. This is why Sowilo appears after Elhaz. Sowilo is Balder ruling Gimli after he has risen from Hel. It is the Rune of a divine existence.

Two Sowilos crossed create a swastika, which is the symbol of the sun whirling; its rays are curved because they are vibrating its Vrilic energy throughout the universe. One Sowilo is the lightning bolt that strikes out at one's enemy, while two Sowilos crossed create a swastika, the sun shield, used for protection. Thus this is the Rune of invincibility and eventual victory. This is the Rune of the ruling light and enlightenment of our Folk. This is the state of Balder Risen. For enlightenment comes only after one has evoked Balder and called him forth, to be reborn within you. Once Balder has been reborn within you (Balder Rising–Elhaz) you manifest a state of reality within you which is Gimli (Balder Risen-Sowilo).

This Rune has great powers of transformation. One who is able to fill his or her inner self with the rays of Sowilo is blessed with the qualities of honor and success. Like the sun that is always moving through the heavens, Sowilo is the mobile power of the Vril. It is the will to act. It is the active, magical power of Vril, transforming its powers to manifest a state of invincibility and unstoppable power so that you are free from harm and destruction. In this way, you are transforming an earthly existence into a heavenly realm—it is the act of establishing "heaven on earth."

Sowilo energizes other Runes. After Uruz, it is the second most powerful healing Rune, lending the power of the sun to heal.

One last quality is to be noted. Sowilo can create powers of leadership, the ability to inspire others, and cause people to awaken from their inertia to discover their true heritage as children of the Gods. It is the light that shows others the ways to Asgard, to bring them to the edge of the rainbow bridge.

Uses of Sowilo:

- 1) To manifest the raised Balder within you.

- 2) To provide you with victory over your enemies.
- 3) Spiritual transformation.
- 4) Establishing heaven on earth.
- 5) To manifest the state of Gimli within you.
- 6) Second most powerful healing Rune.

TIWAZ: T-RUNE "Tee-wahsz" (TYR)

Depiction: The point of a spear or arrow. The world pillar holding up the cosmos.

Runic Position: 3rd Aett, 1st Rune.

Original Meaning: The sky god, or the original god.

Key Words: Justice, order, law, war, victory, support, self-sacrifice, faith, loyalty.

Tree: Oak

Herb: Sage.

Gemstones: Coral.

Color: Bright red.

Animal Power: Wolf.

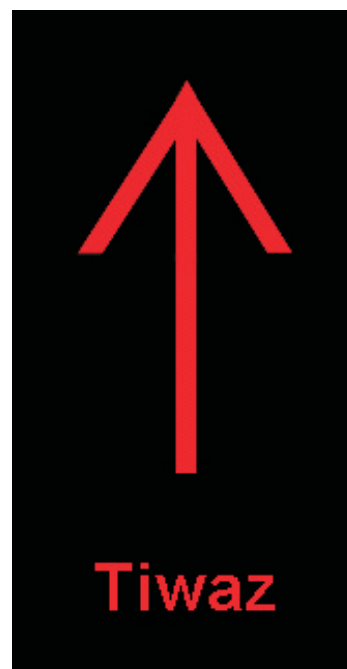
Other Names: Tys, Tyr, Tir, Tiw, Ty.

Element: Air.

Number: 17

Astrology: Libra.

Tarot: Justice.



Tiwaz is the Rune that symbolizes the cosmic pillar, the axis of the universe. It represents the North Star, the star in the night sky that does not rotate. This represents celestial stability, and thus supports social order. Social order is maintained by some form of governing authority, usual a government. It is the Rune for the law, justice, and all juridical matters as well as government. Self-sacrifice, spiritual discipline and universal order are the qualities of Tiwaz. It is the Rune for the God Tyr, the God of war and justice. Tyr is the Norse version of the Roman God Mars. Mars is the father of the Roman state. He is the father of Romulus, who founded Rome. The two pillars of Roman social order were law and religion. Tyr embodies not only victory in war, but honor, loyalty, duty, and self-sacrifice. Tiwaz is the symbol of social order, authority, and justice throughout the universe and the world of man. Its symbol is that of an arrow, like the symbol for Mars.

Tiwaz is the Rune for soldiers, but not warriors. Most people confuse the two. Thor is the God for warriors. A warrior is an individual fighter in battle,

but soldiers must learn to work together, suppressing their individuality and work as a unit, placing the welfare of the whole before the glory of the individual. Because Tiwaz is the Rune of soldiers, you can call on Tiwaz for bravery, courage, and a sense of loyalty to help you perform your duty even at the cost of your life. It is the Rune of duty, responsibility, and honor. When you mix these virtues with courage and bravery, you no longer are seeking glory for yourself, but for the greater good.

The Tiwaz Rune is the way of the individual who sacrifices himself for the greater good. Tyr was willing to place his hand in the jaws of the wolf, Fenrir. He swore an oath that Fenrir would be freed after the Gods tied him with a specially made fetter, but when Fenrir failed to break the fetters that bound him, the Gods refused to honor their oath. Tyr did not try to pull his hand from Fenrir's jaws, and thus, lost it when the wolf bit it off. Tyr is the symbol of honor and sacrifice for the greater good. He is the God of soldiers, not warriors, who place the welfare of the common good before themselves.

Tiwaz is the North Star in the nightly heavens. It is the star around which the heavens rotate — the axis of the universe. Polaris, the North Star, is the visible symbol of Tyr and is sometimes referred to as the Irminsul, the world column.

Tyr is a sky God who sits in Odin's seat when Odin is absent from Asgard. Tiwaz is similar to the Runes Elhaz and Eihwaz, in that the three Runes all represent the central pillar of the universe. But while Eihwaz represents the link between the heavens and the Earth, and Elhaz is the transition from Earth to the heavens, Tiwaz represents the separation of the two realms of existence.

Use Tiwaz:

- 1) to acquire courage, bravery, honor, loyalty and responsibility.
- 2) to maintain and preserve the social order and stability.
- 3) to evaluate and judge.
- 4) for good government.
- 5) to swear upon and maintain oaths.
- 6) as the Rune of sacrifice.

BERKANO: B-RUNE "Beer-kah-noh" (BIRCH)

Depiction: The breasts of Mother Earth.

Runic Position: 3rd Aett, 2nd Rune.

Original Meaning: The divine energy of the birch tree as Earth Mother.

Key Words: Nurturing, birthing, growth, fertility, Mother-force, female-spirit, protection, ancestry.

Tree: Birch.

Herb: Lady's Mantle.

Gemstones: Moonstone.
Color: Light Green.
Animal Power: All animals.
Other Names: Bjarkan, Beroc.
Element: Earth.
Number: 18
Astrology: Virgo.
Tarot: The Empress.

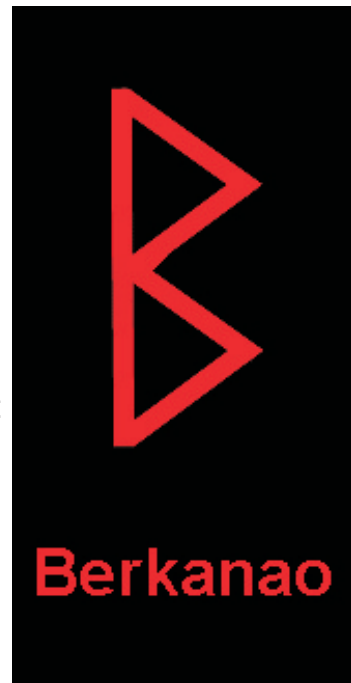
Berkano is represented by the birch tree, and the Rune of the Earth Mother. It can represent Frigga, but sometimes Freyja and Nerthus (Holda). It is the symbol of the birth-life-death cycle. Berkano governs all things concerning feminine fertility, the womb, and especially the Vanir. It is the symbol of the swollen breasts and belly of a pregnant woman. It is the embodiment of the female productive and reproductive power, and a powerful Rune for mothers, children, the family, and weddings. It is a nurturing Rune and is used to give continuous vigor, and can be used in healing.

Berkano is the Rune that embodies the protective force, conserving power, and rules over concealed enclosures. Frigga spins the currents of Wyrd that rule over the family and the blood chain. This Rune represents the traditional family, love and marriage. It is the cycle of birth, growth, death, and rebirth. This involves the entire life cycle — birth, adolescence, marriage, and death. It is associated with such holidays as May Day and Winter's Night, or Mother's Night. Berkano is the *Rune of the Ancestral Stream*, the genetic link with your family tree. Frigga is the keeper of the family's Orlog. She spins the web of Wyrd on her spilling wheel of life. It is associated with the family disir, the lesser Vanic Goddesses that watch over the family line. It is sometimes referred to as a guarding angel or Norn. Berkano is used to bless a newborn baby, and used when giving a baby its name, by sprinkling the waters of life with a birch twig.

It is the Rune of bringing-into-being, and should be used for female fertility magic and everything to do with women's mysteries. It is used for concealment, protection, nurturing and the rearing of children. It is the embodiment of the mother-child connection, the instinctual need for the mother to protect the child.

Use Berkano for:

- 1) working with female energies and mysteries.
- 2) bringing forth into being.
- 3) concealment and protection.



- 4) all matters dealing with family and child-rearing.
- 5) matters concerning pregnancy and giving birth.
- 6) the traditional family.

EHWAZ: E-RUNE "ay-wahsz" (HORSE)

Depiction: Two horses facing one another, two upright trees, divine twins.

Runic Position: 3rd Aett, 3rd Rune.

Original Meaning: Twins, rider and horse.

Key Words: Duality, movement, spiritual journey, partnership, interaction, team work.

Tree: Ash.

Herb: Ragwort.

Gemstones: Iceland Spar.

Color: White.

Animal Power: Horse.

Other Names: Eys, Ehol, Ior, Eykur, Eh.

Element: Earth.

Number: 19

Astrology: Gemini.

Tarot: The Knight.



Ehwaz is symbolized by the horse and represents to power to meld the wisdom of the Gods with the powers of fertility of the material world. It is a Rune that can assist in traveling among the nine worlds of Yggdrasill. Ehwaz stands for harmony, marriage, the traditional family, trust, and loyalty. The horse was the sacred animal of the ancient Indo-Europeans, and a symbol of continuance and the steed of Odin and the child of Loki. The horse symbolizes the cooperation not only between rider and steed, but between husband and wife as well. The horse assists in communication between mortals and the Gods. It also stands for the relationship between business partners, and between the rulers and those who are ruled. The horse is also a male symbol of fertility, and so associated with the God, Frey. It symbolizes twins and especially the relationship between husband and wife and a healthy marriage and family life.

Ehwaz represents the fetch, the animal totem that can receive and transmit wisdom. It is a guardian spirit that we can send forth to travel among the other worlds of the cosmic tree. Ehwaz is a mobile energy force on a spiritual plane of reality. It is a powerful Rune of Fertility, especially when dealing with magical matters. Use it to make things materialize magically. It can be used to acquire great knowledge and wisdom.

It is the Rune of Harmonious Union — the rider and the steed, working together as one. The horse is the Vril, and when using Ehwaz, we can harness the Vril for the purpose of communicating with the Gods, or traveling to the other worlds (especially Asgard and Hel), especially for the purpose of seeking greater knowledge. Use Ehwaz to communicate with the dead. It can be used in divination to understand the will of the Gods. It is the Rune of astral travel and remote viewing.

In causing woe, it can be used to enslave another to your will.

Ehwaz symbolizes Odin's horse, Sleipnir. It is on Sleipnir that the Gods journey to the other worlds. This Rune represents spiritual journeys that lead to transformation. It is associated with Hermod, who rides Sleipnir for Odin to the Netherworld to speak with Balder and Hel. Odin also rides Sleipnir to visit Hel, to speak with a seeress. Thus, Ehwaz is the force by which we can, as a shaman, journey to the other worlds, to speak with supernatural beings, seeking knowledge of the future and other secret wisdom hidden from mortals. This Rune is the vehicle of self-transformation and is both the steed of Odin and the child of Loki. *Who are those two, that have ten feet, three eyes and one tail? The answer is Odin riding Sleipnir.*

Use Ehwaz to:

- 1) travel among the nine worlds and discover the will of the Gods.
- 2) harness Vril energies for the purpose of astral travel and remote viewing.
- 3) enslave another to your will.
- 4) shape-shift and send forth your fetch.
- 5) communicate with the dead.
- 6) increase your magical powers and wisdom.

MANNAZ: M-RUNE "Mahn-nahsz" (MAN)

Depiction: Bifrost, the bridge between worlds, the sacred marriage, marriage between deity and mortal.

Runic Position: 3rd Aett, 4th Rune.

Original Meaning: Man and woman kissing, humanity, love, the divine ancestor.

Key Words: Godhead, racial memory, the perfected human, the Godman or Godwoman, order, intelligence, sacred union, spiritual evolution.

Tree: Holly.

Herb: Madder.

Gemstones: Garnet.



Color: Deep Red.

Animal Power: Raven.

Other Names: Manna, Madr, Mann, Madur.

Element: Air.

Number: 20

Astrology: Jupiter.

Tarot: The magician.

Mannaz symbolizes man or the human being. It is the "M" Rune that embodies the qualities of divine structure, self-awareness, and the God Heimdall, who created the human species and the human races. It is also the Rune for the divine spark within the human soul, the unbreakable genetic link between man and the Gods, and the rational mind and reason. As a symbol of man, it refers to the complete human being — what man can become and not what he is. It is also the Rune for mead and thus is considered special for innkeepers and all establishments where liquid refreshments are served.

Mannaz is also the union of man and woman. It can be used to create a balance between the male and female essence that is within each human being. It is actually two Wunjo Runes, facing each other as if in a kissing embrace. It symbolizes the joy and love between a man and a woman. This Rune embodies the power of the genetic link between generations, and our link with the Gods. Heimdall is the God associated with Mannaz. In the disguise of Rig, he gave birth to the different races of mankind and its racial and genetic diversity.

Mannaz is the Rune representing the Godly forces that lie within us.

This Rune represents the rational mind, and ability for logical thinking and processing. It is the interaction between the two halves of the brain, Huginn and Munnin, or Hoenir and Mimir. You can use this Rune to call up your racial or ancestral memory. You can use Mannaz to strengthen your psychic powers, to increase your self-control and discipline, especially in dealing with all matters of magic. Its powers can make you more aware of the Godly powers that course within you, within your DNA. You can use it to manifest a greater balance between yourself and the Gods.

This is the Rune of the perfect human. It is the Rune of the God-man. It symbolizes the resurrected powers of the Gods that lie dormant within, but after they have been harnessed and enhanced so that you are capable of using them to transform yourself into a God-human. It can be used to help you contact your fetch and kin-fetch, establishing a working relationship with both.

Mannaz is also the Rune of the Moon. The Moon has three faces that are different and the same as one—the Full Moon, the New Moon and the Half Moon. This is Heimdall, giving birth to three races or divisions of mankind.

Use Mannaz to:

- 1) unleash the divine powers that lie dormant within you.
- 2) transform yourself into a superior God-human.
- 3) enhance your intelligence and self-awareness.
- 4) create a balance between the two halves of your mind.
- 5) access your racial or ancestral memory.
- 6) create a balance between the male and female elements within your psyche.
- 7) help create the Sacred Union between humans and the Gods—the Folk.
- 8) activate the energies of your fetch and kin-fetch.

LAGUZ: L-RUNE “Lah-gooze” (WATER or LAKE)

Depiction: A wave of water, the leek tree.

Runic Position: 3rd Aett, 5th Rune.

Original Meaning: Life Force, Vril, organic growth.

Key Words: Fluidity, Life Force, Vril, birth.

Tree: Willow.

Herb: Leek.

Gemstones: Pearl.

Color: Deep green.

Animal Power: Swan.

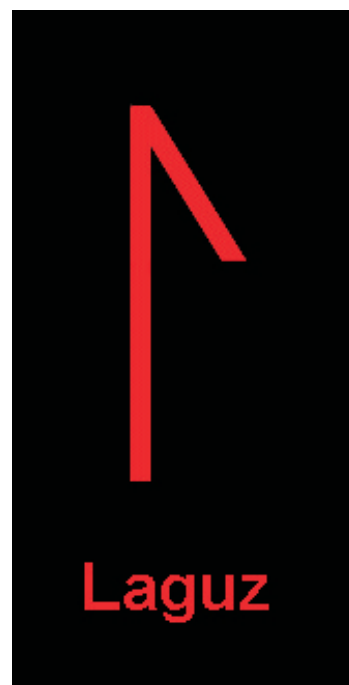
Other Names: Laaz, Loegr, Lagu, Laukr.

Element: Water.

Number: 21

Astrology: Waxing moon.

Tarot: Star.



Laguz is the Rune that symbolizes running water. Just as all rivers flow from the Well of Hvergelmir, so too does the primal rivers of life, from which the Life Force flows out to all living things and fills the universe. Laguz represents this flow. Just as Mannaz represents the conscious mind, Laguz represents the deep subconscious mind, its instinctive or intuitive powers. It not only stands for the rivers of life, but the river that the dead must cross to pass into the Netherworld. It is a phallic symbol that combines virtue with fertility. The primal waters are the currents of Vril energy flowing out of the well Hvergelmir, which holds both yeast and venom. The waters flowing from Hvergelmir are different from the waters that flow from Perthro or from Uruz. Laguz represents the waters of life and death, the running waters, which carry the life-giving energies of Vril, and thus is “Holy Water,” and the standing waters that turn venomous and ferment into poison.

Laguz represents the watery depths of the mysteries of death. It is the downward flow of the Life Force, the Vril. It also represents the uncontrolled madness of sexuality.

Laguz is the gene pool of the Folk. Within its life-giving waters we are born. It is the sum total of the life-containing forces that flow into us that is the Vril. Vrilic energy flows downward from Utgard, which is the extra-dimensional cosmos. Within this Rune the primeval waters welling up from Niflheim, mix with the falling sparks of Muspellheim, creating life potential that transforms our world. Laguz is the Rune of organic life. It is the waters that fill the wells that nourish the roots of the Yggdrasill. Water from Urd Well (Well of Wyrð) is sprinkled on newborn children to integrate them into the organic Folk community. The Laguz Rune is the embodiment of the unknown depths of the watery (organic or genetic) state of life that is death. Life and death are one — the beginning and the end. Two ends of the same life.

Laguz is the Rune by which you can search through the layers of orlog. You can bring into the light that which is hidden within the darkness. We sprinkle the Holy Waters of Laguz over the newborn baby, accepting it within the gene pool of the Folk community. Thus, Laguz awakens the newborn child to its new existence as part of the Folk. It can be used to increase the flow of Vril into your Hamingja where it is transformed into your personal luck—Megin. This force can be used for healing.

You can use Laguz to fill you with the Vril's life energies so that you can travel among the worlds of Yggdrasill. It heightens your awareness to the ebb and flow of the Vril throughout the universe, acting as a sixth sense, warning you of danger or any disturbance in the flow of Vril energies.

You can use Laguz to delve into the depths of the subconscious. It is the Rune of body fluids (especially your blood) which carry the life-giving energies of Vril throughout your body. It is a very powerful Rune to preserve your health because it represents water, and the human body is 96 percent water.

When working woe, Laguz can be used in affairs dealing with deception, seduction and misdirection, as well as causing chronic health problems and enhancing old problems.

Use Laguz to:

- 1) increase the flow of Vril currents throughout your body.
- 2) improve your general state of health.
- 3) cause harm to another through their health problems, seduction, and misdirection.
- 4) wash away negative influence within the layers of your orlog.
- 5) make yourself more in tune with the general flow of Vril currents throughout the universe.
- 6) travel among the nine worlds of the Yggdrasill.
- 7) generate lucid dreaming.

INGWAZ: ING-RUNE “Eeng-wahsz” (THE GOD ING-FREY)

Depiction: A diamond.

Runic Position: 3rd Aett, 6th Rune.

Original Meaning: The Earth God (Ing or Frey).

Key Words: Energy, male sexual force, fertility, gestation, protection, impregnation.

Tree: Apple.

Herb: Self-heal.

Gemstones: Amber.

Color: Yellow.

Animal Power: Bull.

Other Names: Ing, Engguz, Ingvarr.

Element: Earth.

Number: 22

Astrology: New Moon.

Tarot: Judgement.



Ingwaz refers to the expansive energy in the universe. It is the Rune that refers to the God Ing, who is the male consort for the Earth Goddess, and the male counterpart to Berkano. Sometimes associated with Frey, it is the seed that impregnates the fertile, female force of reproduction. It is a powerful male fertility Rune. In some forms it represents the male phallic symbol, and in others it appears as the open female genitalia, ready to receive the male seed. It is a very powerful Rune to use to cast love spells and increase lust, especially by a man on a woman.

Ingwaz is also the Rune of transformation and initiation. Aspects of the heroes descend into the hidden realms or subterranean worlds, and then return transformed. It can be associated with the East, and the realm of the Giants, Jotunheim. The Giants are the dark forces of chaos, and when one passes through their realm, one is changed in a way that can best be explained through the saying, “That which does not destroy me makes me stronger.”

The initiation of an individual into a group, community, or organization is a transformation process of death and rebirth. Ingwaz is the Rune of initiatory rites. In all myths there are tales of the hero descending into a realm of darkness, sometimes the realm of the dead, often it is subterranean, to receive secret knowledge and wisdom, that will transform him. His emergence sees him transformed into a God-man. The hidden knowledge he has received gives him powers to transform himself and the world he lives within. Ing is the God Frey, who rules Ljossalfheim. This is the realm of enlightenment — secret

knowledge. Only by descending into the Netherworld can one receive the light of secret knowledge. On the tree of life, one descends to Hel and then rises up, through Svartalfheim (darkness) through Midgard, and then passes upward through Ljossalfheim (light) and into Asgard (Realm of the Divine). This is the process of rebirth. This is the meaning of Ingwaz.

In working woe, it can deprive another of their Vril energy and cause harm to a man's masculinity.

Ingwaz is the means by which a man can discover the mysteries of the feminine power. Frey gives up his horse and his sword, both male phallic symbols, but in return, he can unite with Gerd. It is the gateway for men to understand women and their mysteries. It is also a means to store the power necessary to explore hidden realms, converting active power into potential power for future use. It can be used to help strengthen your Hamingja, as a storehouse of Vril energy, which is then converted into Megin, your personal luck. But here it is used to strengthen the Hamingja itself, and not the process of converting Vril into Megin or increasing the amount of Megin within the Hamingja.

Use Ingwaz to:

- 1) strengthen your Hamingja.
- 2) create love and sex spells.
- 3) cause harm to a man's masculinity, and sap one of their vital energies.
- 4) enhance the power of a male's fertility.
- 5) explore hidden realms.
- 6) communicate with Frey.
- 7) transform Vril into Megin—your personal reservoir of Luck.

DAGAZ: D-RUNE "Dhah-gahsz" (DAY)

Depiction: Balance between night and day.

Runic Position: 3rd Aett, 7th Rune.

Original Meaning: The light of day.

Key Words: Light, day, enlightenment, polarity, balance, awakening, intuition, well-being.

Tree: Spruce.

Herb: Clary sage.

Gemstones: Cherusolite.

Color: Light blue.

Animal Power: Eagle.

Other Names: Dagr, Daeg, Dagur, Dagr.

Element: Fire.

Number: 23



Astrology: Half Moon.

Tarot: Temperance.

Dagaz is the Rune that symbolizes the day and the light. Day is the daughter of Jord, the Earth Mother and mother of many Gods and Goddesses, including Thor. Her father was a Giant by the name of Delling, which means, "The Shining One." Its power is used to balance and synchronize opposite forces. It represents the blinding flash of inspiration or a revelation that enlightens the individual to the mysteries of the universe. Dagaz helps to synchronize opposites to achieve a greater understanding of the whole. It is the process of learning and understanding. It is the new light that illuminates each day anew with the rising of the sun. It symbolizes progress, growth, enlightenment, and fundamental change.

Dagaz is the sign of the triad: Odin-Vili-Ve. It is the revelation of hyper-consciousness that is the essence of the Odinic cult.

Dagaz is the completion of the process begun by the Runes, Elhaz and Gebo. It is the fulfillment of the Sacred Marriage, the exchange of energies embodied in both Elhaz and Gebo. Gebo is the sacred union of male and female, but for a higher purpose than mere procreation. It is the proper form of procreation for the purpose of evolution — the transition of human into super-human—the birth of the God-Human! This is the meaning of Elhaz united with Gebo—Balder Rising! Thus, the sexual alchemy within Dagaz, which is released within the moment of orgasm, is the instant of union with the Valkyrie, the herald of the birth, or rebirth, of mortal into an immortal. We can find this within the story of Siegfried (or Sigurd) and Brunhilda.

Dagaz is the Rune of enlightenment—the retrieval of the lost knowledge, the lost science of the ancient Aryans—Vrilology. In this way, the knowledge makes the individual one with the universe—with the Gods, united with them in their quest to maintain order in the universe. We can see this order within the symbolic form of Dagaz. It resembles the number eight on its side. It is a complete form, with no beginning and no end. When you meditate on this Rune, you can speed along the process of transforming your consciousness. Thus, it can be used to bring something forth—into creation. It is the power of both the sunrise and sunset without end.

Dagaz is the Chromosome chain. It is the sum total of the genetic essence of the Folk, and within this Rune is the link between us and the Gods. For the Gods dwell within us, within our DNA. Thus we have the realization of opposites (mortal and immortal) and the link that binds them. This Rune is the symbol of hyper-consciousness that comes with the opening of the Bifrost Gland (the Third Eye). It is the doorway to the Odinic pathway back to the Gods. This is achieved by using Dagaz to help create a balance between the right and left sides of the brain. This is the meaning of Bifrost Gland—you are creating

a rainbow bridge between the two halves of the brain (Midgard and Asgard). This Rune embodies the secrets of the ultimate importance of our Odian mission—to reforge our links with the Gods, and support their struggle to maintain order against the never-ending assault by the forces of chaos and destruction of the Gigantic forces.

Use Dagaz to:

- 1) advance one's awareness of the unity of mortal and the Gods.
- 2) cause enlightenment and retrieval of the lost science of the ancient Aryans–Vrilology.
- 3) create balance and order within yourself and in the world around you.
- 4) learn how to travel through the darkness without fear.
- 5) achieve balance between right and left sides of the brain.

OTHALA: O-RUNE "Oth-ah-lah" (HOMELAND)

Depiction: Womb and legs of a woman standing.

Runic Position: 3rd Aett, 8th Rune.

Original Meaning: Immobile property,

Key Words: Ancestry, DNA, genetics, inheritance, heredity. homeland, tribe, kindfolk, family, related by blood, race.

Tree: Hawthorn.

Herb: Goldthread.

Gemstones: Ruby.

Color: Deep yellow.

Animal Power: Eagle.

Other Names: Utal, Odal, Otael.

Element: Earth.

Number: 24

Astrology: Full Moon.

Tarot: The Moon.



Othala is the Rune that stands for home and possessions. It symbolizes property and land, as well as homeland and the nation. It also symbolizes your genetic make-up — not just your own individual genetic make-up, but your genetic link with our ancestors. It is the *Rune of Blood and Soil*, the nation and the homeland. It is also the Rune of inherited knowledge or tradition and patriotism and love for one's nation and Folk.

In this way, Othala is the sacred grove and the walled off enclosure where the spiritual heritage of the Folk is preserved within a multicultural environment. It is the sum total of the heritage of the Folk. It brings order and

harmony within the chaotic world of diversity and multiculturalism. It helps to root the folk to its past and thus ensures its future.

Othala is the Rune of the physical manifestation of the Folk reborn in Midgard. It is the realm in which Gods and mortals dwell together as one. This state of existence is Gimli. It is a state that we can achieve through Vrilology. It is the creation of the new homeland, the new fatherland, the new realm of order and harmony, joy, love, honor, and loyalty, of mortals and Gods living as one.

Othala is the Rune of the scared heritage of the Folk in the multicultural society, and sum total of the spiritual heritage of the Folk. Its megagenetic concept is not fully explained or understood in the mundane world we live within. We must undergo transformation to achieve the state of Othala, but this state is not an individual state, but can only be achieved as existing within the new Folk community.

It is the Rune used to create a working relationship with your kin-fetch, as well as your disir and Valkyrie. It is the feminine personification of your family's ancestral chain, and this is why it is easier to detect and trace your ancestry through your mitochondrial DNA. This is the Rune of Odin's power, passed on through humans in our DNA. It is the root of our divine powers that are released through Balder Rising. As the last Rune in the Futhark, it is Odin's Rune, and holds all the powers of the entire Futhark. It is the embodiment of the combined powers of all the Runes, which is the essence of Odin—the All-Father. This is why it is the Rune of the clan, nation, race, and Folk (which is the Sacred Union between mortal and Gods).

Othala gives us divine wisdom, and the power that goes with it that is rooted in your heritage and can be retrieved only by one who is conscious of his or her heritage. This process can be facilitated by combining Othala with Mannaz and Ansuz. Mannaz is the Rune of humans and Ansuz, the Rune of the Gods; together they are Othala—the Rune of the Folk, the Sacred Union of humans and Gods.

Use Othala to:

- 1) create the Sacred Union of humans and Gods—the Folk or Folk Community.
- 2) enhance one's racial pride.
- 3) explore the ancestral and genetic link with one's past.
- 4) achieve Godhood.
- 5) fully understand the truth about Vrilology.

LESSON FIVE: CREATING A UNION OF JOY THROUGH CHANTING WUNJO

WHY CHANTING IS IMPORTANT

Most of you, who may not be familiar with Runes, might think that they are just a Norse version of Tarot Cards (Middle East) or I Ching (China), used for divination. Well, Runes are used for divination, but unlike Tarot Cards and I Ching, they are used for much more than predicting future events. They were specifically given to our European ancestors as tools for them to use to harness and control the Vrilic energy currents that are the "breath of life," and use this source of power to alter and change, not only your physical environment, but your very being.

The Runes were given to our ancestors who lived along the Black Sea coast nine thousand years ago. Odin, the "revealer" of the Runes, and Heimdall, the "educator," taught them how to use the Runes to transform themselves and their environment. They used them to create the highly advanced and legendary lost civilization that is the root of the legend of Atlantis. They tried to teach other races how to use the Runes and this attempt is reflected in such traditions as the Kabbalah among the Hebrews, the wisdom encoded in the pyramids and the *Book of the Dead*, I Ching in China, and the Mayan Temples of Central America. The Runes are twenty-four glyphs that act as a code to activate the Vrilic energy that is at the foundation of all life, the quantum level. We will talk about this shortly.

Chanting is at the root of the word "enchantment." To enchant means to influence the world around you on all levels — physically, mentally, and spiritually — through vocal chanting. Chanting is commonly found everywhere in the world, and is at the heart of music and the magical power that lies within music. When you chant, you are creating a state of "en-chant-ment." In fact, you can reverse the condition of depression through chanting. It has the power to transform yourself on many different levels.

EVERYTHING VIBRATES

In our lesson program, we use chanting to perform magical transformation by changing the vibration of the Vrilic energy in the environment. Vril is everywhere. It is constantly flowing into you, giving you life. Through chanting, you are learning how to change the vibratory rhythms of these currents. This nature of Vrilic energy is reflected in the ancient occult axiom: "Everything vibrates." Interestingly, contemporary quantum physics agrees with this axiom. The barrier between magic and science is getting thinner and thinner. We now know that everything in the universe vibrates and is in a constant of vibration. This is true of matter, energy, magnetism and every natural force throughout the universe at the molecular, atomic and subatomic

levels. This is true not only of the physical world of Midgard, but of all nine worlds that make up the Yggdrasill.



Quantum physics explains that the difference between lead and gold is actually a mere difference of the rate of vibration of its atoms and subatomic particles. All matter is actually mostly Vrillic energy. This is because everything is made up of atoms, and 98 percent of an atom is Vrillic energy. The rest is made up of subatomic particles that vibrate. It is their rate of vibration that creates the nature of the atoms that make up whatever they are a part of. This is true of all forms of energy, as well as all living things. In fact all mental states possess their own distinctive rates of vibration. We can affect other people by projecting a specific emotional transference, or magical contagion, from our minds to those whom we wish to influence, by controlling the mental rhythms of our minds. The ability to do this lies at the root of mental influence, personal magnetism, oratory, and of course the power of chanting and enchantment.

By learning to master the methodology of chanting, we gain command of the powers of the esoteric science of vibrations, which lies at the heart of all magic. This is essentially done through the ability to control and change your mental vibrations at will. Once you have mastered this science, you will

possess the power to transform your environment, yourself, and those whom you come into contact with. You will also learn to become untouchable by those forces around you, as well as by those thought vibrations of those whom you come into contact with.

QUANTUM PHYSICS AND CHANTING

This training program might seem a strange place to get into a discussion of quantum physics, but we will be touching on this subject again and again throughout the training program. The reason is simple: Science is discovering that there is an eternal truth to the wisdom and knowledge possessed by our ancient ancestors that we, today, refer to as "magic," or "magick." New evidence in quantum physics is revealing that the nature of the universe is very much like a holograph. Everything is made up of atoms, and atoms are made up of subatomic particles, which are in a constant state of vibration. But what is most remarkable is that these subatomic particles have natures that are not fixed and permanent, but change depending on whether or not they are measured by a conscious mind. By observing or measuring them, we can actually change their nature from particles to waves and back again. This means that our minds have the power to transform the physical universe. Once again, we will go deeper into this subject in other levels of the Yggdrasil training Program.

For now, let's point out that the electrons, which make up some of the subatomic particles in atoms, have no dimension. This might be hard for us to comprehend, because we are used to experiencing the world around us through our five senses, and they are geared to observing the world in three dimensions. So it might be hard to grasp something existing without dimensions. But the fact remains that scientists have discovered that subatomic particles possess a chameleon-like ability to change themselves, their form, from wave to particle and back. What is also interesting is that these subatomic particles (commonly referred to today as quanta) have behaviors that are part of an organized whole, which means that they are not independent "things" but belong to an invisible order system. This means that subatomic particles or quanta in one end of the universe are connected to, and can affect, quanta at the other end of the universe. This is affirmation of the Gods' role in giving and maintaining order in the universe.

The protégé of Einstein, David Bohm, one of the most respected quantum physicists from England, claimed that "the tangible reality of our everyday life is really a type of illusion, like a holographic image." He believed that our conscious minds gave form and dimension to the reality of the physical world around us. He wrote that everything, animate and inanimate matter, is inseparably interconnected: "Even a rock is in some ways alive, for life and intelligence are present not only in all of matter, but in energy, space, time -

the fabric of the entire universe.” Wow! Is this paganism or what? We can see reflected in his words that principle that the universe is alive, made from Vril, an eternal Life Force, and that the Gods gave order to the universe (the legend of Odin, Vili, and Ve slaughtering Ymir) and work constantly to maintain this order (physical laws).

THEORY OF RUNIC FORCES

Reality was born when the opposing forces of fire and ice gave birth to chaos—Ymir. The Gods (Odin, Vili, and Ve) slaughtered Ymir and from his parts fashioned the universe. Odin discovered the mystical powers of the Runes by hanging himself for nine days and nights on the Yggdrasill (the Life Force of the universe). The secret of how to use them was revealed to him. He used their powers to control the latent energy (Vril) of the universe to defeat Ymir and then transform him (Chaos) into the ordered universe that we conceive. Within the Runes is the power to harness Vril energy, and the most effective way is to chant them. By doing so, we unlock their secrets, releasing their Vrilic energy. Then, through meditation and visualization, we can use this energy to transform reality itself.

Runes define patterns of existence and states of consciousness. When we enter the proper state of mind (alpha and theta), we can unlock their powers. By working with the Runes, you are directing the Vrilic energy, creating pathways that send blueprints to the Gods, who are constantly giving and maintaining order in the universe. They incorporate these blueprints in their grand design. Thus, by using Runes you are contributing to the Gods’ ordering of the universe. You are influencing the unfolding of time and space, thus giving conscious direction to the way the physical world is shaped and formed.



We will eventually learn more about how to use the Runes to affect change. But we should begin in this first level of your training to cause the proper mental condition for your further evolution through the Yggdrasill. We will begin by chanting the Rune Wunjo.

CHANTING WUNJO

One of the Runes we use in our runic mediation is Wunjo. Wunjo is the Rune of Pleasure, Happiness, Harmony, Joy, and the fulfillment of wishes, and it has

the power to bind together people into an organic whole. It will help your group to work together harmoniously, while integrating your group into the joyous environment in which you have been conducting your gatherings. Remember—you should try to use the same site for your meditations. By using the same site, you are building up the Runic power of the site.

Your group should slowly chant the Wunjo Rune by stretching out the name like so—wuuuuunnnnnnnjjjjjjjoooooooooooo. Let the word flow from deep within your throat in a musical release of the sound. Do this at least nine times. When you do it as a group, you will feel the energy building up and uniting your group into an organic whole. At this point you should be holding hands. You will feel the energy flow through you from one person to another. This is the Vrilic power or the Life Force. As you continue to chant, the Vril energy flowing through you will increase. You have tapped into the Vril, and are drawing it into your small group.

You can also chant other Runes along with Wunjo to increase its power. This type of chanting should be a rhyme chant by combining Wunjo with other Runes. We will discuss in greater detail the combination of Runes in later lessons, but for now you can repeat this chant—*Wunjo, Uruz, Wunjo, Gebo, Wunjo, Ehwaz, Wunjo, Othala*. (Uruz is the Rune of vital force and will increase the strength of other Runes. Gebo is the Rune of exchanged powers and union. Ehwaz is cooperation and spiritual journey. And Othala is the organic or genetic union of individuals).

The purpose of chanting the Runes is to fashion the Vril's power into whatever you seek to achieve. The Runes have different qualities and magical properties. When you use them in combination, they can fashion the Vril to perform different tasks and achieve different objectives. This is why it is important to achieve a certain mastery of Galdor Science—understanding the properties and use of the Runes.

You can use Wunjo to help eliminate stress and anxiety from your life. Whenever you feel that life's problems are piling up on you and you fear collapsing under their weight, you should find a place where you can be alone. You should then perform the meditation exercise that you learned in lessons two and three, but modified to concentrate on Wunjo and its relaxing properties. Here is what you do.



1) Sit or lie down depending on the time of day you are meditating. If you are doing it at night before you go to sleep, or when you are waking up in the morning, remain in bed, lying down. During the day, sit in a comfortable position. Sit in a chair or in a lotus position with your legs crossed. Whatever is the most comfortable for you.

2) Close your eyes. Slowly roll your eyes slightly upward (about 45 degrees) under your closed eyelids, as if you are looking at the ceiling. This



will manifest what I refer to as the Asgard State of Consciousness. We will discuss this in greater detail in future lessons.

3) Relax your entire body. Begin with your scalp. Concentrate on your scalp, relaxing every muscle in it. Then move down to your face, relaxing every muscle in your face. Next do the same with your neck and shoulders. Then relax your arms and hands. This is followed by relaxing your chest and hips. Continue to work at relaxing your thighs, knees, lower legs and finally your feet. When you are finished, you will be amazed just how tense your body was. You will be able to feel the difference. If you can, you should try to develop a routine of meditating two or three times a day.

4) Once you are relaxed, practice your breathing exercises. Slowly breathe in, filling your chest with air, hold it a few seconds, and then slowly release it. Do it several times, or as many times as you need to feel totally relaxed. At the same time, feel the Vrilic energy flowing into you in greater and greater amounts. Feel yourself, through your breathing, pumping Vril energy to every part of your body, and imagine that you are charged with its power.

5) Next, begin counting backward. By now, you should not have to count backward from 100 to 1. You should have progressed to counting backward from 5 to 1, or 10 to 1. Wait about one second between each number.

As you count backward, concentrate on the process. It will discipline your mind and help you to control your thoughts. You can count out loud so that you will hear your voice, if this helps you to concentrate on the process and clear your mind of all other thoughts.

6) Visualize the Rune Wunjo in your mind. Keep the image in your mind. See it materialize on the insides of your eyelids. Hold the image and chant wuuuuunnnnnjjjjjjooooo. Do this over and over as much as you want.

You will feel its relaxing effects. As you do this, feel the Vril energy flowing through you, relaxing every muscle in your body and clearing your mind. Think only of Wunjo and the joy, happiness, and love that is associated with it.

7) After you have done this for as long as you feel you need to do it, say to yourself: "Day after day, I am getting better and better in every way. I have the power to handle all of life's little problems. Nothing can harm me."

8) Now say to yourself that you will count from 1 to 5, and when you reach the number 5, you will open your eyes and feel better.

9) Begin counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the power of Wunjo will fill you every day with joy and happiness no matter what problems you have to face. Then continue to count and open your eyes after the number 5.

9) Now say, "Day after day, in every way, my life is getting better and better."

THE ANCIENT MYSTICAL ESSENCE OF WUNJO

Wunjo is the Rune that fulfills wishes. The name of this Rune is related to the German word *wunsch*, and the English word *wish*, and the Dutch word *wens*. They all mean the same, *to wish*. The essence of Wunjo originates from one of Odin's ancient names—*Oski*, which means, **fulfiller of wishes**. The Vrilic energies that are manifested in Wunjo can be used to will your desires into reality. It can be used to help you realize your most inner desire to evolve into a more perfect state of being. In its ancient Anglo-Saxon form, *wynn*, it means, *to win*. Thus, you can harness this Rune's power to achieve success in fulfilling your desires. In the Old English Rune Poem, Wunjo is depicted as giving joy by "knowing little of woe." This means that you can win and achieve your heart's desires by maintaining a positive attitude in whatever you undertake. If you are hampered by sorrow and doubts, they will manifest failure, but if you refuse to surrender to them, you will find your life filled with *bright fruits and bliss and buildings enough*, as the old poem describes.

HARMONY OF FORCES

Another important aspect of Wunjo which is important for you to harness, especially if you are conducting these lessons within a group, is its power to manifest harmony. Harmony is manifested through love. It is as a cosmic force that Love can transform everything you do. Wunjo generates and transforms people with its elemental power. This transformation goes beyond a mere fellowship, but can create a real unity among individuals by harmonizing their life energies into a single whole. It is the true meaning of *E Pluribus Unum*, from many we make one. It is not just the collecting of many into one group, but the assimilation of many into a new, single entity. But this transformation can only be performed through the cosmic force of Love.

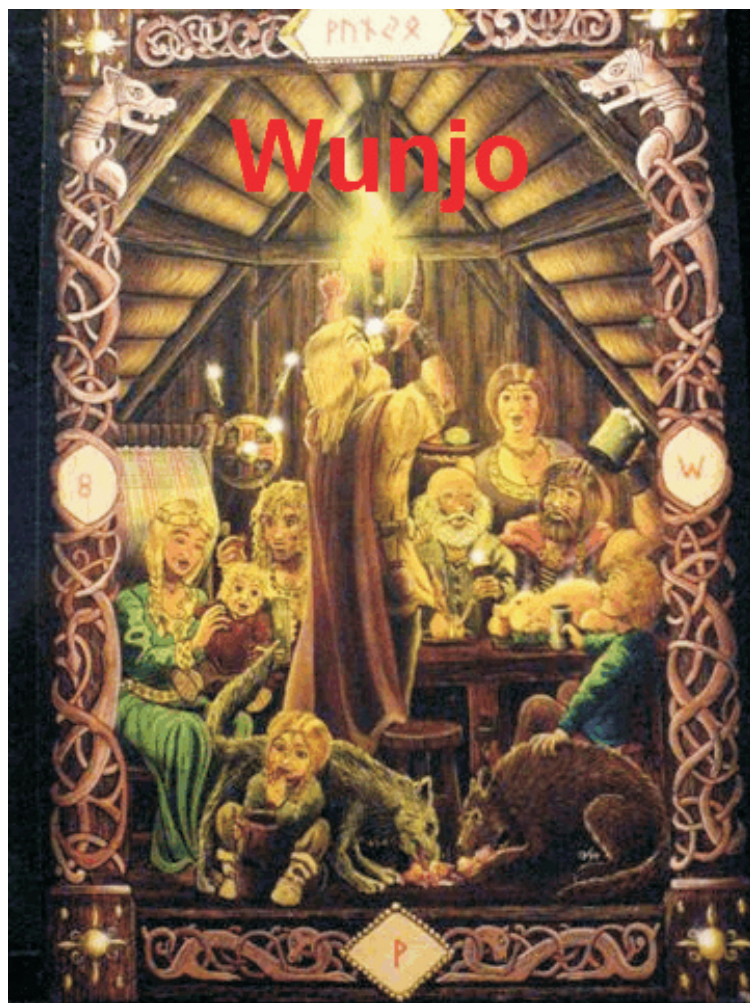
This transformation of many into a new, single entity is the result of the elimination of alienation. Today most people, especially within Western Civilization, feel alienated from their government, from their society, country, and even their neighbors and family. This sense of being alone and alienation results from feeling spiritually abandoned, as brought about by the present-day multi-cultural, internationalist, technological society we live within. The ruling elite of Western Civilization has consciously sought the destruction of those spiritual principles that Western Civilization and its culture were built upon. We

are being transformed into consumers, and worship the new religion of **"Consumerism."**

Today, nothing is held sacred. We are constantly bombarded with new ideas, which can be described as fads. Fads are temporary things that we must be fascinated with so that we can purchase those products produced that are associated with the current fad. Fads are constantly changing so that we must constantly adjust our mental psyches, like Pavlov's dogs. We are constantly running out to buy the new products associated with the newly manifested fads in a neurotic desire to be part of the "latest fad."

This mass psychosis by the ringing of the bell (advertising) to cause salivation (the desire to be part of the latest fad) has caused a

mass alienation to spread across the land. It is this alienation that causes mistrust to spread. It is this growing alienation that has made people callous and resentful. It is for this reason that we place so much emphasis on the use of Wunjo in these lessons. This is especially true when you reach level three-Svartalfheim. At this level, you will be re-forging yourself (yourselves) into a new spiritual entity. By using Wunjo, you are drawing on its Runic



energy to transform Vril into a force of harmony and love so that you can reduce alienation within your group, and within the greater Folk Community that you and your group will soon become a part of. When you invoke the power of Wunjo, you are broadcasting Love into the chaotic human energy (Vril) that makes up the Church of Balder Rising. You achieve this state by consciously focusing the magical will of your collective group for specific results—the manifestation of harmonious beings, working toward a common goal—the creation of a new human being and a new society of these superior beings.

WUNJO AND ITS RELATIONSHIP TO OTHER RUNES

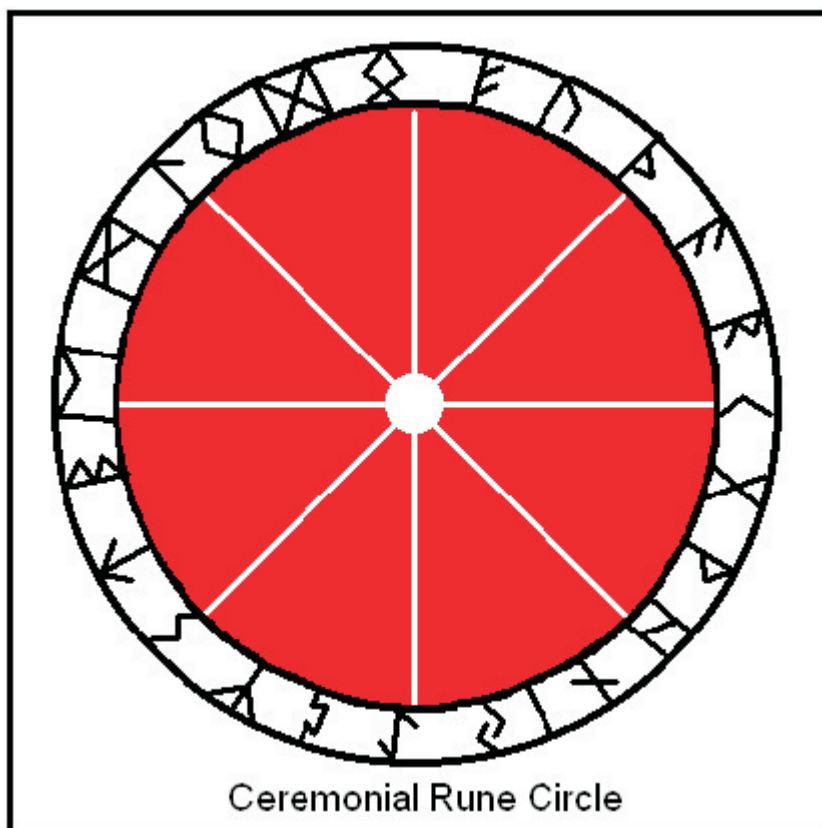
Later in these lessons we will explore the meaning of the Rune Mannaz. This is the Rune of the evolved, superior human being. Interestingly enough, Mannaz is actually two Wunjos facing each other. It is the union of man and woman in the act of creating new life, superior life.

Wunjo is also the evolved state of the Rune, Thurisaz. Within Wunjo, the midpoint triangle of Thurisaz has risen to the top of the vertical axis. This means that Wunjo can be used to put you in touch with Thurisaz's powerful energy, which runs under the surface, within your subconscious, and manifest them within your conscious mind. The powers to break down resistance and to create are manifested in Wunjo for the purpose of causing the evolution of the individual into a superior human being.

LESSON SIX: FORMALIZING YOUR GROUP

WORKING WITH A GROUP

At this point in your training, you should seriously think about formalizing the structure of your group, that is, if you are working with a group. There are several things that can be done to help you continue on the path of opening your Bifrost Gland and drawing more effectively on the power of the Vril. First of all, your group might want to wear robes. Simple black robes with hoods are appropriate. Black is the proper color for a novice. It represents the lost knowledge that you are seeking to discover. It is also the color used by the Catholic priesthood to protect themselves from evil. The purpose of the robe is to cover the "former you." The color black symbolizes the darkness of the womb. When you begin your journey through these lessons, think of yourself as an unborn child still in the womb, waiting to be reborn. The color black symbolizes the darkness within the womb. On this level, you are awakening a side of you that has been asleep for ages. The Gods sleep within you and you are seeking to awaken them within you. You can make the robes yourself or have a professional seamstress make them for you. Just remember, make the robes loose fitting and comfortable.



Next, you will want to take a board and draw a circular Futhark on it. The board should be twenty inches or so square. Place the board on a small table situated within the circle your group forms. You should be sitting in a circle with hands held, around the drawing of the Futhark. Next, take a small bowl and pour some alcohol in it and set it on fire so that you will have a nice flame burning. You can use another burning substance instead of alcohol, but alcohol will burn without producing an odor or smoke. Or if you want, burn a large candle in place of the bowl. Next you might want to burn some incense. Pine is the best, but any incense with an outdoor aroma is fine. You should shut off all the lights and make sure the only illumination is from the small flame burning within your circle. You will find this set-up every effective in creating the proper atmosphere for your group. Also, make sure there are no disturbances. Shut off all cell phones and other telephones, lock all doors, and make sure there are no pets around that will bark or disturb you once you begin. It is important to maintain control over your group and your exercise so that you are not interrupted. Even if there are minor disturbances, you should ignore them and continue. You will discover that Loki can find many different ways to cause disruptions and try to stop your march over the rainbow bridge toward Asgard.

If you are practicing these exercises on your own, you can still use the robe, the Futhark and the flame. The symbolism of the devices works whether you are performing the lessons within a group or by yourself.

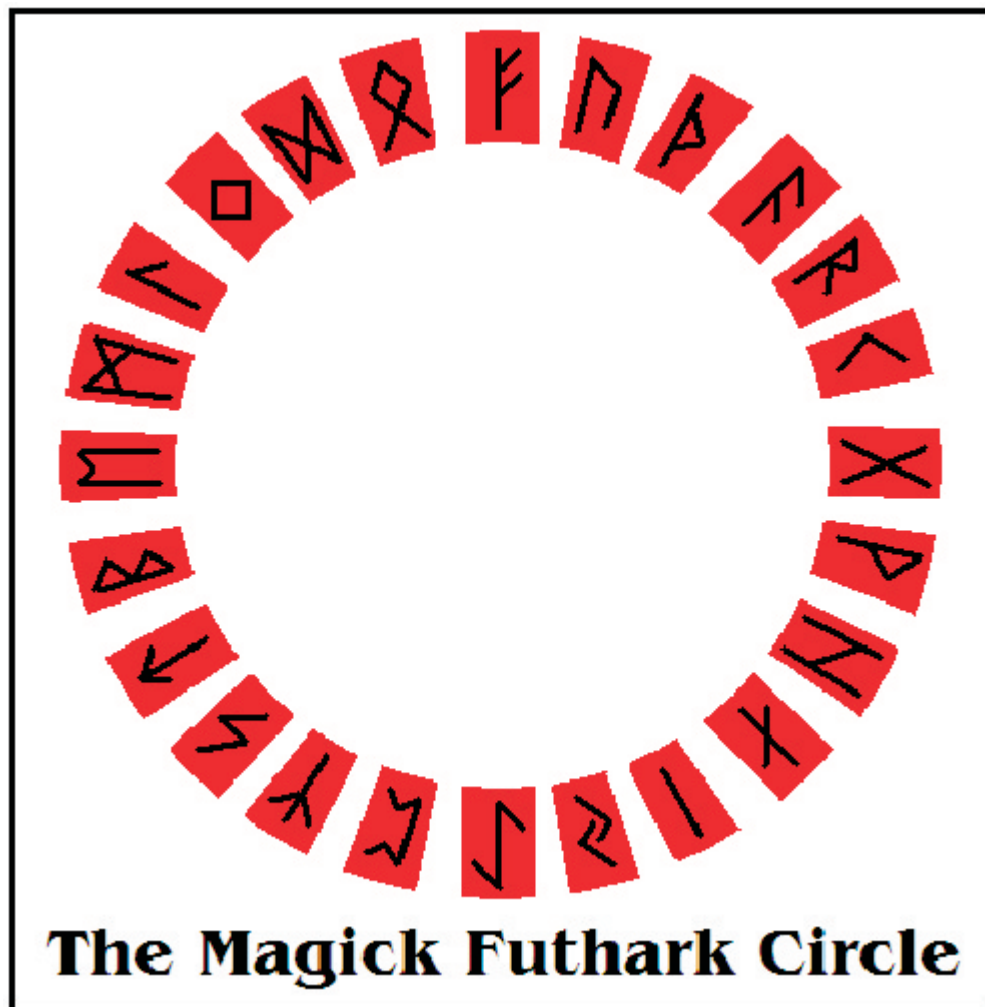
THE MAGICK FUTHARK CIRCLE

This simple device is very useful to help you concentrate your mental powers on your exercises, but it can be used in another way for protection. In other traditions, the pentagram is used for protection against evil or negative influences. Despite the propaganda by traditional religious groups, the pentagram is not a device representing the devil or evil, but a device to protect you from such negative forces. The practitioner will stand inside the pentagram and not "break the circle" by leaving it.

In Vriloogy, we don't use the pentagram, but a Magick Futhark Circle. It is arranged just like the circular Futhark design above. What you will do is to buy some construction paper. It should be red and standard 8½" by 11" in size. Take 24 sheets of paper, and with a black ink marker, draw a large Rune on each sheet of paper. Do this with all twenty-four Runes. The Rune should be about 9 inches tall. Then lay out the entire Futhark in a circle around your entire group. In this way, you should be sitting within the circle. The circle can be as large as you want it to be.

If you tend to perform your lessons in the same room, you can place the Runes on the walls. If you do this, make sure they form a complete circle,

evenly spaced. Especially place them on any doors or windows in the room, as they form portals leading outside the room or space. If you wish to keep them up, you can frame them and permanently hang them on the walls of the room. It is up to you. Of course, if you have a room set aside as a permanent temple for meditation, ritual and so forth, you can even paint the Runes onto the wall. Be as decorative as you desire.



The Magick Futhark circle is a protective device. In Northern Europe, Gothi and Vitki would isolate themselves to perform their magick, using several techniques that served the same purpose as the Magick Futhark Circle. They would sit or stand on ox-hides marked with nine squares. They also marked sticks with Runes and stood them in a nine square arrangement. The Runester occupied the center. Still another technique was the platform. In this case, the Gothi or Vitki would sit upon a raised platform. The Magick Futhark Circle is

more suited for modern times and is very effective.

Modern magical tradition uses the Magick Circle method. The practitioner of magic sits in the center of a circle and envisions a cone or other shape forming around and over him. But in the Magick Futhark Circle, you should envision a sphere of Vril energy forming around you. The diameter of the sphere should be the same as the Magick Futhark Circle. In this way, you are protected on all sides, as well as above and below you.

The purpose of the Magick Futhark Circle is to separate you and your group, if you have organized a group, from the mundane world. It acts as a shield against the negative, chaotic forces in the world and universe. It also serves as a generator of Vril energy, like a black hole in space, sucking in energy around it in concentrated form for you to use for your purpose. Mentally envision Vril currents flowing into it and reinforcing its power.

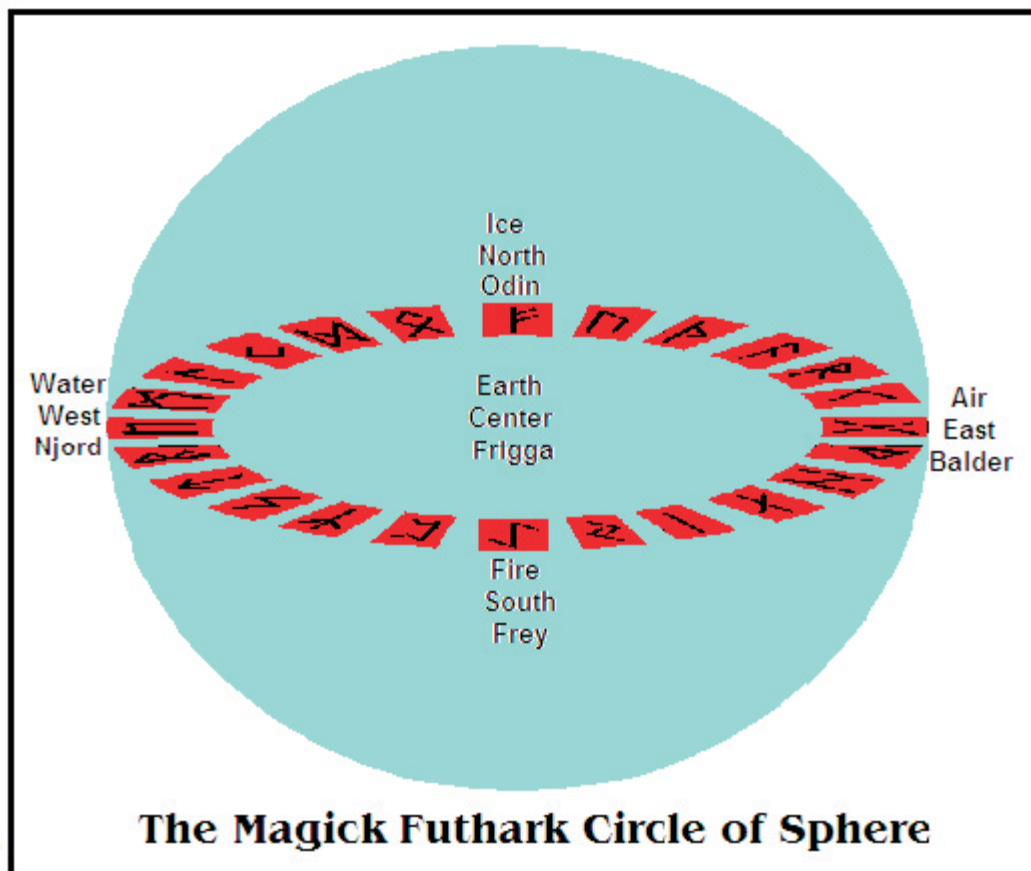
You should use a device to help form the circle or sphere. This can be a wand, a sword, a dagger, or a staff, but the best device or tool is a hammer. You should stand pointing to the east. Some prefer north, but the east is where Odin as the sky-god rises, and is the point where Balder, the Son of Odin, rises every day—the point of his rebirth. Stand facing east, with the hammer pointed in that direction. Mentally envision the Vril energy being transformed within you and pouring out of your hammer in the form of electric blue energy. See it charging the sphere with its power. Then slowly begin to recite the Futhark, beginning with Fehu, as you slowly move clockwise, completing the circle and finishing with Othala as you come back to east. Then raise the hammer above you, then bring it back behind you, and finally point it down and back up, facing east.

You can also place a statue or picture of a different God at each of the four points in the compass: east, south, west and north. In the east, you place Odin and/or Balder. In the south you should place Frey. In the west it should be Njord. And in the north it should be Freyja.

By creating such a circle you are separating yourself from the mundane world. Secondly, it acts as a shield of protection. You can envision this shield as a sphere of bluish energy that keeps out threatening or hostile psychic forces. Lastly, it creates a focus point of energy or concentrated power that you will have at your command.

When you mentally visualize the formation of such a sphere of energy, envision a sphere of electrical blue light rising above you and below you, forming a complete sphere, in which you are sitting in its center. You can cast the five elements of Air, Fire, Water, Ice, and Earth with the corresponding four directions of East (Air), South (Fire), West (Water), North (Ice), and Center (Earth). In the Norse cosmology there are five, not four elements. You will learn more of the Five Elements on Level 3 of this training program. You can also place different deities in each direction. North would be ruled by Odin, the

Father of the Northern Skies. In the East place Balder, the Sun God who rises in the east every morning. In the center place Frigga the Earth Goddess. In the west place Njord, the Sea God, and in the South place Frey as a secondary Sun God (Balder, in the east, is the primary Sun God).



Some Odinists place a candle at each point, but this could only be done if you used four instead of five points. Since you will be sitting in the center, upon Earth/Center/Frigga, you obviously cannot place a candle there. We suggest that you place a candle only in the east as the light of the rising sun, which is the direction we suggest you face. When you meditate, you can concentrate on Balder rising in the east as part of the ritual process of Balder Rising within you.

There is a variation to this process. You can use this circle for various rituals. You can perform this ritual in a lighted area, to call on all five elements to amalgamate within you; the significance of the candle in the east is unimportant. You might want to place the five elements at the appropriate points. You can place a lit fire in the south, some ice in the north, a glass of

water in the west, some lit incense that will cause smoke to rise in the east, and then sit on a flat stone slab in the center.

As you can see, there are various ways to use the Magick Futhark Circle. Be inventive.

Just one last point to make. When you are finished with the Magick Futhark Circle, mentally envision the energy filling you and your group, charging you with its power. Then thank the Gods involved for their help.

ceremony leading the group. He or she should be someone who knows the Futhark by heart and can recite it with his eyes closed.



Freyja

FIRST AETT

F N Þ F R < X P

Heimdall

SECOND AETT

H T I > J C S

Tyr

THIRD AETT

T B M M I T O M R

TIME AND SPACE

As you continue through to the end of each aett, you will feel the collective consciousness being forged through the meditation process. Remember—you should have been conducting the breathing exercises as a group for several weeks before you reached this step. The collective breathing exercises, have been creating a bond among you. This will especially happen if you are able to hold your meetings at the same physical location, on the same day of the week, at approximately the same time of day or night. By doing your exercises at the same time, place and day, your group is creating a point in the cosmos that is becoming a conduit that draws down the power of the Gods (the Vril) to that one point in space and time. This is why our ancestors throughout Europe, not just among the ancient Norse, but among the Germans, the Celts, the Slavs, the Romans, and the Greeks, all had special locations that were religiously important. There were sacred groves, or a dell, an island, or the top of a mountain or hill, that were places the Gods favored for communication with their children. They came about over hundreds and even thousands of years. People came to the same location to celebrate the Gods. By performing these

exercises at the same place, time and day, you are doing the same. You are creating a sacred grove, dell, or mountain top, and you will begin to understand why it's better to do these exercises in a group.

LESSON EIGHT: CHOOSE A GOD OR GODDESS

At this point you should be conducting the meditation exercises regularly. After mastering the entire Futhark, and the three aettir, you should move on to the next step in your meditation. You should choose a God or Goddess to help you forge the cohesiveness of your group. An excellent choice is Freyja. Let Freyja be your guide and concentrate on her aspect as the Goddess of Joy, rather than Freyja the Goddess of War. The use of Freyja is a good choice because she can help to make your lessons a happy experience. Freyja is also the Goddess of Love and Fertility, and thus, your group should bear fruit, and these lessons should become a joyous odyssey. So if you decide to dedicate your meetings to Freyja, use a chant something like this, *Hail Freyja, Seither-Kornna! Hail Freyja! Hail! Hail!* You should repeat this over and over, many times until you are swept up in the chanting, after you have completed the previous steps that you have learned so far. At first you will repeat it just a few times, but after many meetings, you will increase the number of times you repeat the chant. The time it takes you to be swept up may vary, so use your instincts on how long to chant.

You don't have to use this chant. If you choose another Goddess or God, use a chant appropriate to the nature of the deity. If you decide on Balder, use the chant, *Hail Balder, Resurrector! Hail Balder! Hail! Hail!* If you pick Thor, a good chant would be, *Hail Thor, Protector! Hail Thor! Hail! Hail!* You decide on which God or Goddess to choose.

After you complete the chanting to a deity, end the lesson by chanting in the long, drawn-out fashion of an appropriate Rune. With Freyja, it could be Wunjo or Berkano. With Balder it could be Sowilo or Elhaz. With Thor it could be Thurisaz or Uruz. With Odin, it could be Ansuz or Kenaz. Repeat the Rune three to nine times. Your group will discover it can chant for longer periods the more meetings you have.

A LIST OF THE GODS AND GODDESSES

Odin, Odinn, Othinn, Woden, Wotan: Odin is the All-Father and creator of the Cosmos, and the nine worlds. He was reborn into the Holy Trinity of Odin, Vili, and Ve, and this trinity is the creative force that gave shape to the universe, creating order out of chaos. Odin holds the universe together and represents the evolutionary momentum from which all things originated. He is the giver of life and death, because both are necessary for the evolutionary process to continue. From his consciousness all the Gods were born. Every God and Goddess is a part of the All-Father, just as we are all a part of him. He gave life to our people and to all things. He is the source of divine consciousness and gave us self-awareness that distinguishes us from the

animals. He gave us the will to grow and strive to make ourselves better, so that we might be more like him. He does not want worshipers on bended knees, but men and women standing upright celebrating his name and all the names of the Gods and Goddesses. Through him we look inward so that we might seek to deify the Self. The All-Father is the unity of the many aspects of the pantheon of Gods and Goddesses.



Odin the Great God is unseen, but can be felt, especially in the natural surroundings of the forest. If you want to feel the presence of Odin, withdraw into the forest and wait, remain still and listen. You will feel his presence in the thousands of mysterious sounds and breaths of the forest. The wind that blows through the leaves and branches of the trees is the very essence of his spirit, and when the storm-winds blow through the forest you can feel him on his wild hunt. But most of all, you'll feel his essence in the strange and awful stillness that dwells in the forest, broken only by the forest murmurings. Odin's presence is especially felt in the sacred groves within the forest. Through meditation and chanting, this essence of Odin that can more easily be felt within the forest can be evoked in any place, but it will take a great deal of effort and

work over a long period of time.

Odin is the best known of all the Gods. His name has been spelled in many ways: Odin, Odinn, Odhinn, Wotan, Wodinn, Woden and Wodanaz. It means "The Furious One." His is the personification of the Life Force, the Vril, that penetrates mind and body. Many referred to him as the great wizard, who is the master of Scald Craft or Galdor Science. He is the howling wind and thunderous storm, and his touch can fill a warrior with the spirit of the Berserker force. He is the highest and holiest of all the Gods. His element is the air and he is the holder of all wisdom, conveying it to those of the other worlds.

Odin is all-seeing and watches everything that happens in all nine worlds from his High Seat, Hlidskialf, located in his hall known as Valaskialf. From here he can witness all that happens in the nine worlds. It is his throne and from it he rules the universe. This seat is both throne and watchtower. In another of

Odin's halls, known as Gladsheim, there are twelve seats for the other Gods. Here Odin would hold council with the Gods.

Odin possesses the Mead of Wisdom which he won in a contest, and dispenses it to humans he favors, so they might speak and write in celebration of his deeds, and the deeds of the Gods in song and verse.

Odin is the God of Battle, and shows special favor toward kings and other rulers. He is the leader of the Wild Hunt, and is feared as well as respected. While on the hunt he collects souls. Farmers would leave their last sheaf out as an offering for Odin and his horde of ghosts, to make their fields fruitful and not snatch away their souls before their time.

Odin often takes human form and travels the world as a wanderer. On these occasions he wears a wide-brim hat and carries a staff. He drapes himself in a dark blue-black cloak, representative of the darkening sky. His blue-black cloak represents the veil of death and is often referred to as Hel-blue in color. It also represents the night sky and the depths of his wisdom and knowledge of all things. In this guise he involves himself in the affairs of mankind. He is often thought of as Merlin in the King Arthur stories. (Merlin = Odin, Arthur = Balder, Percival = Balder reincarnated)

Odin sometimes appears as a young man in his prime, with a long dark beard, grim appearance, tall and wearing a gray suit and dark cloak. At other times he might appear as an older man with a gray beard and hair. In either form he is always a powerful and vigorous man. Sometimes he is shown wearing battle gear, and wearing a golden helmet with an eagle on it. Odin has no weapons except one. In his hand he holds his infallible spear, Gungnir (The Shaking One), which was so sacred that an oath sworn upon it could never be broken. The spear is also used for hallowing and is a symbol of his powers as lawgiver. Unlike Thor's hammer, which is used as a blessing hallow, Odin's spear is used to hallow death. On his arm he wears a marvelous gold ring known as Draupnir, which reproduces itself ninefold every ninth day. Odin is accompanied by two ravens, Huginn (Thought) and Muninn (Memory). They are sent out and fly about the nine worlds every day, and returning every night to whisper into Odin's ear everything they saw and heard. It is considered a good omen for a traveler to spy two ravens. It means Odin is watching over them. At Odin's feet sit two wolves, Freki (Ravenous) and Geri (Greed). These wolves are sacred to Odin. He always feeds his wolves with his own hands. Odin is also known as the one-eyed. He sacrificed his eye so that he could drink from Mimir's Well, the Well of the Wyrd, so that he could acquire its wisdom.

When Odin is seated on his throne, his feet rested upon a footstool made of gold. All his furniture and utensils are also made of either gold or silver.

His nature is so grim because he knows that in the end, the Gods will die in the last battle with evil. His entire existence is a quest against that which he

cannot change. He collects the souls of heroes who have either fallen in battle or lived a courageous life, and gathers them all in the great hall in Asgard, Valhalla. These are the Einherjar, and they will ride out of Asgard with him, into battle at the end of time. Odin knows that he cannot change the fate that the Norns have woven, but he knows that he is also the cheater of death. Through his beloved son, Balder the Brave and Beautiful, he has found a formula to cheat death and ensure his resurrection after Ragnarok.

His banner is the raven's banner. It is the battle flag—a black flag with a white skull and a red raven.

Odin is the God of death, but he is also the God of evolution. He is the fatalism that is part of life. We will all die someday, and on that day we will find Odin waiting for us, just as death waits of us all. But for progression to function, the old must die and give way to the rise of the new.

Odin, himself, has sacrificed even himself to himself. He hung for nine days and nights on the world tree, so that he might receive the secret knowledge of the Runes. His deed is representative of the eternal truth that all progress requires sacrifice. Nothing comes easy to us in life. We must sacrifice to succeed in whatever we try to accomplish.

It is said that Odin lives on wine alone. This is not to be taken literally. Wine represents the blood, which is the life. Blood represents genetics and DNA, which are the instruments of evolution, growth, and development—thus, progress. He also drinks the ale and mead of wisdom and poetry. Odin is the drinker of wisdom and knowledge. He drinks from the Well of Mimir so he might acquire the knowledge of all things.

Odin is a teacher and put the knowledge of the Runes in his holy mead, and distributes it to anyone who seeks his knowledge. He feeds wisdom to all living creatures. He is the one who makes the Gods wise, and does the same for man. When we study the Folk Faith, we find that we are drawn to Odin. This is because he is the Life Force of the universe. Any seeker of knowledge is going to find that all paths of higher learning lead to Odin.

Odin is the Shaman God. The shaman offers himself as a link between the material world and other worlds that exist on other planes of existence. He acts as a conduit between Midgard and Asgard in the Folk Faith. He holds a position similar to a priest, but there are differences. The Shaman is someone who has the ability to enter a trance-like state. In this state he is able to journey in spirit to the other nine worlds, rising to Asgard or descending to Niflheim. He may possess the power to visit the Gods, see into the future, speak with the dead, see into the past, and even rescue a lost soul. He may be someone who seeks wisdom or answers to questions about someone's destiny. A shaman can be someone of either sex, though men tend to practice Galdor Science while women are drawn to Seither Science. But the exceptional shaman will be skilled in both practices.

Among the Gods there are two who have exceptional abilities as shaman. One is Odin, who sacrificed himself to himself by hanging on the World Tree for nine days and nights, and pierced himself in the side with his spear. Through this ritual sacrifice he learned the secret of the Runes. The ceremony of initiation usually involves a symbolic death to gain knowledge. Odin learned the secrets of Galdor Science, which is the power to transform the environment we live in according to our will. It is the ability to turn our power outward, to affect the world around us, reshaping it to conform to our way of living. The purpose of Galdor is to make the objective world conform to our intellectual perception. Thus, Odin *is* the power to transform the world we live in. The other God or Goddess with exceptional ability in magic is Freyja. She was a Vanir who arrived in Asgard to teacher Odin the secrets of Seither Science, while Odin taught her Galdor Science.

I know I hung
on the windswept tree,
through nine days and night.
I was stuck with a spear
and given to Odin,
myself given to myself.

This is typical of the Shamanistic practice of dying and being reborn. Odin's sacrifice was voluntary. He did it to acquire secret knowledge. This hidden knowledge was revealed to him and transformed him. He learned the secret of the Runes. Christians try to claim that Odin's hanging from the tree, with the spear piercing his side, was borrowed from the story of Christ. The truth is that the Christians borrowed it from the old faiths of pagan Europe. The tale of Odin's sacrifice is very different from Christ's death. Odin isn't sharing the suffering of the world, or saving men from sin and damnation. Odin's sacrifice is for his own transformation, and a lesson for us to learn how to transform ourselves so we too can acquire hidden knowledge. Odin also performed another form of self-sacrifice by surrendering his left eye so he might take a drink from Mimir's well. This act bestows upon him knowledge and wisdom.

Odin the shaman is also the shape-changer. The shaman not only rides an animal to other worlds, but often transforms himself into an animal. Odin takes the form of different animals. He transformed himself into an eagle, a serpent, a fish. He also has two ravens that act as his mind, traveling the universe. Munnin is the power of reflective thought while Huginn is the power of the intellectual or cognitive ability. These birds are symbolic of the shaman as a seer.

Tyr, Tiw, Tiu, Tiw, Ziu: The God of War and Law. Known as the One-Handed God, he sacrificed his hand by placing it in the jaws of Fenrir Wolf, for the greater good. The bravest of the Gods, he is the giver of victory and is never deceitful. He presides over law, legal matters, the courts, and government. He is a sky God and the holder of binding oaths. Men prayed to Tyr for victory in battle, and justice in peace. He is renowned for his wisdom as well as his valor. Tuesday is named in his honor. In some places he was called Tiwaz and was associated with the Roman God Mars, the Celtic God Nadu, and the Persian God Mitra. Tyr was the original God of war, and the precursor of Odin, much in the same way that Mars was the God of war in Rome, and once held a higher place than Jupiter. Because this was true for both the Latin-Italic and Germanic-Norse peoples, this transformation of Tyr-Mars must have happened long before our ancestors split from their ancestral homeland and spread across the face of Europe. Tyr is known as the one-handed God. He is the personification of self-sacrifice for a greater good. He is also the God of honor, who kept his word, even though it meant the loss of his right hand. There are also parallels between Tyr and the one-handed Celtic God Nadu, as well as the Persian God Mitra, the just God of the day. This adds proof that this tale has its roots far in our ancestral past.



The name Tiwaz is also related to the Roman God Jupiter, and the Greek God Zeus. All three names are descended from Dyaus Piter or Father Dyaus, and all are descended from the name Dieus, or Deus, which is the ancient Aryan or Indo-European word for God. It is translated as The Shining Heaven and The Light of Day. In Negau in Austria, a helmet was found which bears an inscription in ancient North Italic (Second Century B. C.), and is translated as Teiwa, which is an archaic form of Tyr's name.

The Romans associated Tyr with their God of War, Mars. The Romans bestowed on Mars the title, Mars Thingsus, which is associated with the Thing or Assembly of the people. It was in the Thing or Assembly of the people that law and justice was dealt within both ancient Rome and among the Germanic peoples of northern Europe. So Mars, who is one of the founding trinity of Gods of Rome, was, like Tyr, the God of the Assembly, Justice, and Law. Warriors and soldiers should remember to call on him in their prayers. When a man

does something heroic that elevates him above his comrades, he is referred to as "as brave as Tyr." But Tyr is also wise, and a wise man is sometimes referred to as being "as wise as Tyr." He is also a man of his word, and all three attributes are seen in the tale of Fenrir Wolf. He has been given such titles as the One-Handed God, the Fosterer of the Wolf, the God of Battles, and the Son of Odin.

There are many places in Europe that were named in his honor. They are considered places of strength. Tyr was worshiped at these locations. Some of them are: Zierberg in Bavaria; Zierenberg and Diensberg in Hesse; Tisdorf and Tisvelae in Saxe-Weimar; Tystahe and Tuslunde in Jutland; Tisvelae in Zealand; Tistad, Tisby, Tisjoe, and Tyved in Sweden; and Tuesley (Surrey), Tisfield, Great Twe, Duns Tew (Oxfordshire), Tewin (Herts), and Dewerstone Cliff on Dartmoor in England. Strangely, there are no name places in Tyr's honor in Iceland, and only one in Norway, on the island of Tysnes in South Hordaland, which was considered a sanctuary. The replacement of Tyr by Odin can be considered the transformation of that Regal-quality that elevates that part of the essence of the All-Father to the top of the pantheon of Gods. As the world changed and our people evolved throughout Europe, the Odin-essence grew stronger within the All-Father than the Tyr-essence.

Tyr is the God of martial honor and holds one of the twelve seats in Gladsheim. He ranks next to Odin and Thor because he is the God of War, and his name is sometimes evoked along with Odin when a warrior goes into battle. But Tyr is not the God of warriors, but of soldiers. He is no individual warrior seeking personal honor and glory. He represents sacrifice of the individual for the greater good. In his name war is waged for the good of the state and the Folk, and so he rules over the social order. Thus he is the God of Law as well as the God of War. He is always welcomed in Valhalla and Vingolf. Tuesday is named in his honor, and druids or Gothi of the ancient North offered human sacrifices (always captured prisoners of war) to Tyr. This was not as barbaric as it might sound. The sacrifices were actually executions of prisoners of war, but because they were warriors who were captured in battle, they were killed in the name of Tyr so that their spirits might be taken by Tyr to Valhalla. This was done by the white-armed Valkyries, in Odin's name, led by Freyja. Once Freyja had chosen those who would live with her in her hall, Tyr often decided worthiness of those who would reside in Valhalla.

Tyr is synonymous with bravery and the law. The story of his sacrificing his right hand to Fenrir so that the Gods might bind him is representative of the truth that we, as citizens, must make sacrifices concerning our rights, so that a just and orderly society might be maintained. Tyr is the truth that citizens have duties and responsibilities as well as rights. Like Odin who gave up his eye for greater wisdom, so too did Tyr surrender his hand for the greater good of social order.

Thor, Donnar, Thunar, Thorr: The Storm God, defender of man, a war God, fertility God, and opponent of the Giants. The Thunderer and the High Thunderer are some of the titles he holds. He is the enemy of the Giants, and loses his temper easily, but is considered dependable and a friend to the common people. Thor is totally trust-worthy. He possesses a belt of strength, a powerful hammer that is empowered with the power of lightning and thunder, named Mjollnir (the destroyer) and wears iron gloves. His chariot is pulled by two goats and he lives in the largest hall in Asgard. He has wild red hair and beard and is a God of War and Battle, as well as Fertility and Marriage. He is the son of Odin and the Giantess, Erda (Mother Earth).



Thor

The champion of the Aesir and the defender of both Asgard and Midgard is Thor, the Son of Earth (Joerd, Jord, or Erda). He protects both the Gods and mankind from the destructive forces of the Giants. Thor is depicted as a massive God with red hair and beard. He actually is very similar to Hercules in appearance and personality. He is armed with a mighty hammer, Mjollnir, and wears a pair of iron gloves to assist him in throwing and catching his hammer. He also wears a girdle of strength. His power is so great that it makes him so heavy that if he ever tried to cross the Rainbow Bridge, it would collapse under his weight. As a child, Thor was renowned for his size and strength. Like Hercules, he performed marvelous feats of strength. Because of his great strength and volatile temper, he was sent to live with two foster parents by his mother

when he was a child. They were Vingnir (the Winged) and Hlora (Heat). They were the personification of sheet-lightning and eventually taught Thor to control his temper. They educated him wisely and instilled in him good manners and the meaning of honor. Thor, recognizing the debt he owed them assumed the names of Vingthor and Hlorridi in their honor.

The cult of Thor was popular and widespread in ancient times. It was the most popular of cults, and Thor was the favorite of most people, just as Hercules was in the Mediterranean. The common folk especially loved and honored Thor, and maintained temples in his honor throughout the northern regions of Europe. Thor was the most popular of the Gods and is still the most benevolent. In the past, men did not fear Thor and could always trust him and

count on him for help. He is the most outspoken of the Gods and possesses an indomitable personality. He acts in a forceful and fearless manner. His temper is quick and mercurial. Like the Vedic God Indra, who he sometimes resembles, he has an inexhaustible appetite. This is connected with his great strength and physical vitality.

Thor never conspired or tried to use trickery when dealing with the Giants. He was always direct and forceful. When a Giant insulted him, or threatened him, he simply threw his hammer at the Giant, crushing his skull. This directness appealed to the common people who possessed a wealth of common sense. When you are faced with a problem, simply deal with it as quickly and honestly as possible.

When Thor attained his full growth he was welcomed and admitted to Asgard and received the honor of occupying one of the twelve seats in Odin's great judgement hall. He was Odin's first born, which is a way of indicating the birth of a new God from an attribute of the old God. Thor also owns the realm of Thrudvang or Thrudheim, where he built himself a palace known as Bilskirnir (Lightning), which is the largest of all palaces in Asgard. Within it are no fewer than five hundred and forty halls or chambers, and here thralls (common people) are always welcomed and treated equally with everyone else. He is sometimes known as Whip-it-up-Thor or Oeku-Thorr (Driver Thor). He was known to the Finnish people as Ukko (The Thunder God).

In Norway, Thor was held as the highest God for some time. He usually was second in the pantheon of Gods throughout the northern regions of Europe, behind Odin. Sometimes he was depicted with a crown made from stars and burning flames so that his head was shown to be surrounded by a halo. Again, this predates Christianity. Christians often depicted their saints with halos.

Frigga, Frigg, Frija: Frigga, or Frigg, is the wife of Odin, and the daughter of Njord (Fjorgynn). Her name means pleasure and beloved in old Indo-European. The marriage of Frigga with Odin was the cause of great celebration, and all of Asgard held a great feast in honor of the union. For this reason, Frigga is called upon, along with Thor and Odin, to bless all weddings. She is the Goddess of Domestic Affairs and the supporter of the traditional social order between the sexes and the family. She is not only the Goddess of Marriage, but also the Goddess of Childbirth, and thus the Goddess of Motherhood. She can be associated with the Roman Goddess Juno and the Greek Goddess Hera.

Frigga is the Goddess of the Clouds, and represents the atmosphere that encircles the world. She is sometimes represented as wearing either white garments or dark garments, depending on her mood. This represents the changing of her moods, just as the clouds can change color from white to grey (calm or stormy). Because of her marriage to Odin, she is the Queen of the Gods, and first among the Goddesses. This gives her the privilege of sitting on

Odin's throne, Hlidskialf. Thus she too can look upon the nine worlds and watch over events that unfold throughout the cosmos. This often results in her warning, or complaining to, Odin of the violations of marriage vows by both mortals and Gods. She also possesses the knowledge of the future.

She is represented as a tall and stately woman, beautiful and crowned with heron plumes, which symbolize silence and forgetfulness. Sometimes she is robed in white with purple lining, which is secured with a gold girdle. From the girdle hangs a bunch of keys. The keys represent the status of the patroness of the family or clan, or mistress of the household. Frigga resides in her own palace, named Fensalir (the Hall of Mists of the Sea). She spends most of her time at her jewel-speckled, gold spinning wheel, spinning gold threads or webs of clouds that represent the destinies of the Folk. The spinning wheel is her symbol and she uses it to weave the intricate interlocking threads that make up the community. This means that she is also connected in some way with the Norns, and the three Norns are different qualities of her knowledge of the past, present, and future, which can determine the well-being of the community. Both Frigga and the Norns weave. The former weaves the destiny of the Folk community and the latter, the destiny of the individuals that make up the Folk community. There is even a constellation in the night sky known as Frigga's Spinning Wheel, which was known by the Greeks and Romans as Orion's Belt



The spirits of men and wives who led virtuous lives and healthy, happy marriages are always welcomed and invited to reside in her palace, where they might enjoy each others' companionship for all eternity. Frigga is the Goddess of Conjugal and Motherly Love. She is worshiped by both lovers and married parents. It is good to call on Frigga to ensure a permanent marriage and unshakable and eternal love.

Frigga was known by many names throughout Europe. One name she was known by was Holda, (Hulda or Frau Holle). As Holda, she was renowned for dispensing gifts and she also controlled the weather. Snowflakes were thought to have fallen from her bed and rain when she was washing her clothes, while the clouds were considered her linen set out to dry. When people saw long, thin clouds, they said she was weaving. Holda was thought to have

given flax to mankind and taught us how to use it.

Frey, Freyr, Frei, Fro: God of Peace, Sex, and Fertility. Ruler of Ljossalfheim, the realm of the Light Elves. He rules over sensual love, fertility, peace, joy, and happiness. Vanir Sun God and the Son of Njord and the twin brother of Freyja. He owns a magic sword that moves under its own power. Frey is the son of Njord and Freyja's twin brother. He is one of the Vanir who came to live in Asgard. He was sometimes referred to as Fro, Freyr, Freyer, and Frea, but however one spells his name, it always means "Lord." He was given by the Aesir the realm of the light elves or fairies to rule, Alfheim or Ljossalfheim. He is the God of Peace and of Sunshine. He is associated with fertility, sex, reproduction, and summer, and the most important God of the Vanir. He is an Earth God and represents the Norse version of the Roman God Pan. He provides the warm sunshine and the gentle rains that fertilize the earth and bring lush vegetation and prosperity. He rules over the light elves, who are the personifications of the forces of fertility in nature that give life to the earth, cause trees and grass to grow, cause flowers to bloom, the summer showers to fall, and the sun to shine. The elves do his work and obey his every order, for they are beneficent spirits.

Frey owns a wonderful sword, which represents the sun's rays. It has the power to fight successfully, even in the hands of someone who is unskilled in the art of sword fighting. It's most effective against the frost Giants, and his hatred for them is almost as great as Thor's hatred of them is.

He also owns the golden-bristled boar, Gullenbursti (Golden-bristled), given to him by the dwarves. His boar pulls his chariot. His twin sister, Freyja, owns a sow, which is also a fertility symbol. The golden bristles of the boar are symbolic of the sun's rays or the golden fields of grain. The boar is symbolic of the process of chewing up the earth, which he does with his sharp tusks, much like the plough does. He taught mankind how to plough and plant the fields, and all things dealing with farming. His is the patron God of Farming and Gardening. His gifts to the world are the flowers that cover the face of the earth.

Frey owns the steed known as Blodughofi (Bloody-Hooved), which can race across fire and air. The horse is sometimes known as Freyfaxi. In ancient times, people held horse fights. These were ceremonial in nature and held in Frey's honor. The horse is also a phallic symbol.

He also owns a ship given to him by the dwarves, and is known as Skidbladnir. This ship is remarkable because it can sail through the air and carry a vast army in its hull, and yet, when not in use, it can be folded up into a tiny square and carried in one's pocket.

Frey was worshiped thousands of years ago, and there is evidence found of this worship in the rock cave in Oestegoetland, Sweden. There, carvings of

a man with a phallic symbol, a sword and a boar, were found that clearly represents Frey. Frey was associated with Sweden, and the kings of Sweden traced their line back to Frey, much as Julius Caesar traced his family line back to Venus and Mars.

Frey is sometimes associated with battle, and the boar, one of his symbols, is often referred to as a battle-boar. But Frey, as the God of Summer, does battle mainly with the frost Giants. He is the life-giving warmth of summer driving out the icy cold of winter. At Ragnarok Frey is killed battling Surtur, because he does not have his sword.

Frey has two servants, a married couple known by the names Beyla (Bee) and Byggvir (Barley). The bee produces honey, which is used to brew mead and which is sacred to the ancient Norse, and barley, a food staple necessary to survive, and used to brew ale, was representative of ale and mead.



Frey

According to the ancient Swedes, Frey once ruled over a golden age known as the Peace of Frodi or Frey. Frey is the God of Sweden. It was a time when the world did not know war, hunger or disease. He was the keeper of the peace, and his holy places or temples should be considered places that no weapon can be brought into nor where any fighting should take place. Frey's temples are places where people go to find peace with themselves and with the world. Contemplation and meditation should be performed in Frey's temples. Frey is the God that brings harmony and union among the Folk—the Children of the Gods. In this way, he has much in common with Balder. It is in his name that the many nations of the Folk should seek a harmonious union. But unlike Balder, Frey does possess weapons, but only resorts to war when he battles the forces of winter.

Frey is also the God of Pleasure. He should be called upon to bring happiness in a marriage between man and a woman. He is also called upon to bring happiness within a community. He is the God of Ecstasy, and can be associated with such other Gods as Dionysos, Shiva, Oberon, Herne, and Cernunnos.

The priests of the Cult of Frey do not wear any weapons or ride stallions, as both are symbols of war. Frey gave away his sword and horse, which are symbolic acts on his part to show the Folk that there must be brotherhood and peace among the Folk. We must not fight among ourselves, but reproduce and grow.

Sacrifices to Frey should be boar meat or horse meat. Oxen are also sacred to Frey. Midsummer's Night should be a time when Frey is remembered. He should also be remembered at the wedding ceremony. Frey's statue should also be carried around or pulled in a chariot, to bless the community. The community should ask Frey to bless the Folk so that they might be fruitful, both in children and in all their endeavors.

Frey is associated with the hill or the burial mound. He rules over the domain of the mighty ancestors. In this he differs from Balder, for Balder represents the future of the Folk, while Frey represents the past. An oath to Frey can be, "So help me Frey and Njord."

Two of the most celebrated temples to Frey in ancient times were located at Thronthheim in Norway and at Thvera in Iceland. Oxen and horses were sacrificed to him in these temples. The meat was cooked and the blood collected. A gold ring representing Draupnir was dipped into the blood while the oath, "So help me Frey, Njord, and the Almighty Odin," was spoken.

The Yule month, or Thor's month, was also sacred to Frey. It began on the longest night of the year, which was also called Mother's Night. This month was a time of joy, celebration and feasting. The Yule festival, which means "wheel," represents the sun rapidly rolling across the sky like a wheel. It was the custom for people to gather upon a hill and there they set ablaze a wooden wheel. It was then sent rolling down the side of the hill, where it plunged into a pool of water.

All the pagan Europeans considered the Yule month the most important time of the year. In Rome it was called the Saturnalia, the celebrations were similar to those in northern Europe. Balder is also remembered at this time as the time of his birth or rebirth. It was also celebrated as the birth day (December 25) of the Indo-European God, Mithra. The Christians could not stop the ancient Europeans from celebrating their pagan holiday, so they transformed it into one of the most important holidays of the Christian calendar—Christmas.

In honor of Frey, our heathen ancestors cooked and ate the meat of a boar. The cooked beast was crowned with laurel and rosemary and carried into the hall. The father of the family, or eldest male member of the gathering, placed his hands over the feast and called out, "Upon this boar of atonement, I swear to be a faithful father and head of my family, and fulfill all my obligations." After him, all other male members of the family did as he did. The dish could only be carved by a male member of the family, of unblemished reputation.

Frey was the patron of pure joy, and married couples called upon him to help them live in harmony and happiness. Those who lived many years within a happy marriage are rewarded and given boar flesh as a token. Later on, this custom evolved in England and Germany into giving a ham or bacon to the

married couples.

Another Yule custom that was also done in Frey's name was the lighting of the Yule log. It was always a huge piece of log and it was expected to burn throughout the night of the longest night of the year. The charred remains were gathered in the morning and saved. It was used to help set fire to the log of the following year.

Freyja, Freya, Frei, Freia: Goddess of Love, Lust, and War. Goddess of sex, Seither Magick, and Fertility, and leader of the Valkyries. Married to a God named Od (Odin). She weeps gold tears and when they fall into the sea, they become amber. Her cats, Bygul and Trjegul, pull her chariot. She owns the necklace, Brisngamen, and leads the Valkyries. She takes half of the fallen heros to come live with her in Sessrumnir. She is a shape-shifter, and the Queen of Seither Magick. Her number is thirteen and her day is Friday. She rules over love, beauty, sex, cats, fire, horses, sows, enchantments, witchcraft, gold, wealth, money, trances, jewelry, foresight, luck, fertility, the Moon, music, flowers, and protection.

The fairest Goddess of the Northern pantheon of Gods is Freyja. She is the Goddess known for her beauty and sexuality, as well as being the leader of the Valkyries. Her twin brother is Frey, and their names mean "Lady" and "Lord." Her father is Njord and her mother is Nerthus. Along with her father and brother, she belongs to that race of Gods that were worshiped by the pre-Indo-Europeans peoples that inhabited Europe, the Vanir. Of all the Goddesses, she is the most beloved and beautiful. In Germany she was sometimes identified with Frigga, but in the Scandinavian countries she was considered a separate Goddess. Having been born in Vanaheim, Freyja was also referred to as the Vanadis, the Goddess of the Vanas, or the Vanabridge.

Once she reached Asgard, all of the Aesir were bewitched by her loveliness, beauty, and grace. They bestowed her with her own realm, Folkvang, and a hall of her own, Sessrumir. As both Goddess of Love and War she can be compared to the Roman-Greek Goddess of love, Venus, who was married to Mars, the God of war.

Folkvang `tis called,
Where Freyja has right
To dispose of the hall-seats.
Every day of the slain
She chooses the half,
And leaves half to Odin.

NORSE MYTHOLOGY (R. B. Anderson)

Unlike Venus, Freyja was not a soft Goddess who sought only the

pleasures of love-making. She was the Goddess of War and Queen of the Valkyries. Half of all heroes taken to Asgard by the Valkyries go to Sessrumnir in Folkvang to live with Freyja. She has first choice. Her title was Valfreyja, and she leads the Valkyries whenever Odin sends them on their errands to retrieve fallen heroes. Freyja is often depicted wearing battle gear and a helmet, carrying a spear and shield and riding a horse. Other times she is shown wearing sensual, feminine garb, and sometimes rides a sow. Freyja is given the right to choose half of the fallen heroes, who are taken by her to come and live with her in Folkvang. This is where the saying "Ladies' first" comes from. Once in Freyja's abode, the chosen heroes are entertained and are joined by their faithful wives. Beautiful maidens who remain pure and devoted to love are also chosen by Freyja. Lovers are reunited in Freyja's domain, and the loves that were meant to be, but never consummated in Midgard, are finally actualized there. The prospect of spending eternity in Freyja's Folkvang was so alluring that many women took their own lives so as to share the same faith as their deceased husbands or lovers. Freyja was often evoked by lovers and they composed prayers and poems in her honor, in order to win her favors.

One of the many titles Freyja possessed was Vanadis. The Diser were female fertility spirits that were evoked. The Diser are female deities belonging to the Vanir. They were called upon to help

women give birth and produce large families. Their importance was shown by a festival held in their honor, and Freyja's honor, called the Dusablot. This was usually held around the beginning of Winter, and sometimes known as Mothers' Night. They also had their own temple located in Uppsala, in Sweden. It was known as the Disarsaler, or Hall of the Diser.

Like the Sibyl in Rome, Freyja was a prophetess or seeress. The Norse name for this female is Volva or Seitherkonra. When Freyja arrived in Asgard, she taught Odin the magic of Seither. This is the practice of divination or foretelling the future. By entering a trance-state, one can communicate with spirits and the Gods, or help spirits in the next world. Trances were also used to travel to other worlds. This is sometimes referred to as astral projection.

Seither is usually practiced by women, but a male shaman should also learn the art. For men to practice Seither, they should play the role of Odin



learning the art from Freyja. Men usually begin by learning Galdor and move onto Seither, as Odin, while women go on to learn Galdor after becoming versed in Seither, much as Freyja learned Galdor from Odin. Both Seither and Galdor make the science of Vrilology and equally important to master by Vril Lords and Ladies.

Gullveig: She arrived in Asgard during its Golden Age and taught men and Gods the lust for gold. This greed for gold caused great discontent and angered Odin, who ordered her execution. She was burned but her heart survived and she was reborn. Two more times she was killed and reborn. She is considered a member of the Vanir and when they discovered how she was treated they declared war on Asgard. Gullveig has a mixed reputation of being missed judged by the Aesir and being a witch



Two different images of Gullveig

who tried to undermine the harmony of the Golden Age. She is sometimes considered Freyja as the Queen of Seither Magick in another guised, while some believe she is an entirely separate Goddess.

Njord: God of well-being and the seacoast, King of the Vanir and Vanaheim, Njord is the eldest of the Vanir. His name has different meanings, but is usually translated as "strength." He is sometimes associated with his female counterpart and first wife, Nerthus. Njord is a water deity, while Nerthus is an earth deity, and both elements are associated with fertility. The Vanir are primarily earth and water deities, while the Aesir are air and fire deities. Sometimes Nerthus is referred to as "Mother Earth." This would mean Njord and Nerthus represent the union of earth and water, the two fertility elements. In Roman times, according to the Roman Tacitus, Nerthus lived on an island in the North Sea. Again, her island home represents the union of water and earth. This pair may actually represent twins, instead of mates, because Njord seeks the Giantess Skadi as his wife.

Twins are common in the Vanir. Frey and Freyja are twins and male and female counterparts, representing fertility. In ancient Roman and Celtic times, bridges over rivers and marshes were often crowned with a pair of male and female wooden figures that could represent either Frey and Freyja or Njord and Nerthus. But just because they are twins, it does not mean they were not

husband and wife. Fertility deities often mate with their siblings. In fact, Loki accuses Njord of begetting his children, Frey and Freyja, by mating with his sister, who might be Nerthus.



Njord and Nerthus are considered to have the power of foresight. The depths of the deep sea and the underworld associated with the dead, and thought to be beneath the surface of this world, are often thought to be realms where the future can be foretold. This is why the Well of Wyrd, which combines elements of both water and earth, is considered a fountain from which one gains the power of foresight and can foresee the future. Earth and water are also the elements in which the roots of the Yggdrasill are planted and seek nourishment. Njord and Nerthus can be considered as feeding the structure of the Life Force (the Yggdrasill).

Tacitus tells us that many of the Germans of his time, especially along the shore of the Baltic Sea, worshiped the Earth Goddess, and her symbol was the wild boar. The boar is often associated with Frey and sometimes with Freyja. Njord is often considered possessing a ship, and his son, Frey, also is in possession of a great ship. Njord is the God of Ships and Seamen. His home is Noatun (Enclosure of Ships). Noatun is a place of waves and seagulls, and is a hof made of wood. It is sometimes referred to as Njord's Hof, Njord's Grove, Njord's island and Njord's Bay. Njord possesses beautiful feet and the footprint is a sign which is associated with the beach and sand. Noatum is a lighthouse on the seacoast, and thus a symbol of enlightenment, for it give light to the darkness behind the seas, revealing what is hidden in its dark depths.

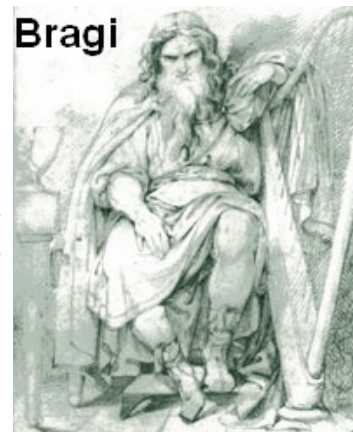
Njord is also associated with the beach and seacoast. His bird symbol is the seagull. He is the patron God of all water activities, including occupations and sports. He is the God that governs the activities that include fishing, swimming, boating, sailing, deep sea diving, frolicking at the beach, all activities on rivers and lakes, surfing, and water skiing.

Njord is not mentioned in the battle of Ragnarok. It is thought that he returns to Vanaheim. He is the instrument of the resurrected sea that rises during the Age of Gimli.

Colors associated with Njord are deep blue, black, and even brown. The stones jet and malachite are associated with Nerthus and Njord, and Njord's gift

to mankind is amber.

Bragi: God of elocution, poetry, the arts, writing, science, wit, cunning, wisdom, knowledge, common sense, songs, and the arts. He is married to Idunn and is the son of Odin and Frigga. He is the patron of skalds and minstrels. He is called upon by artists, writers, poets and other men and women of great inspiration.



Eir

Eir, Eira: Goddess of Healing. One of Frigga's servants is a very talented physician. Her name is Eira and she dispenses the knowledge of healing to men and women throughout our Folk. In ancient times, medicine was the restricted province of women, but today, Eira teaches her craft to both sexes.

Foresti: God of Justice, son of Balder and Nanna. Forseti is the wisest and most gentle of the Gods. His eloquence in speech is unequalled. His father is the beautiful Balder, God of the light and peace, and his mother, Nanna, is the Goddess of immaculate purity.

After his mother and father presented him to Odin, the All-Father was so moved by Forseti that he awarded him a High Seat at Gladsheim. He was made the guardian of righteousness and patron of justice by Odin. Forseti was also given a palace of his own that is called Glitnir (The Shining One), whose walls, pillars and posts are made of gold, and its roof fashioned from silver. Its radiance is so great that it is the shining tower on the hill that many politicians often refer to in their speeches.

Forseti's name means "Chairman," and refers to someone who resides over proceedings at the Thing. When dealing with a dispute, it is good to call on Forseti for guidance and wisdom. He is said to sit upon his throne settling disputes between the Gods and men, listening patiently to all sides and then pronouncing his decisions. His powers of persuasion and eloquent decisions are such that no one has ever come away feeling he



Foresti

has been cheated. A treaty written by Forseti is sure to maintain peace among enemies, for no one would dare challenge a vow once made by him. To break one's oath to Forseti is to ensure the wrath of the Gods and bring on certain death as a punishment.

Because Forseti is the God of justice and eternal law, he resides over every judicial assembly. Judges and lawyers should call on him to give them the wisdom to make righteous decisions and argue their cases, not only wisely but truthfully. Anyone who is about to undergo a trial should also call to him, for he is true and never fails to help the deserving.

Fulla: Goddess maiden and messenger of Frigga. She is the first among Frigga's many maids. Fulla, also known as Volla, is Frigga's younger sister. It is to Fulla that Frigga trusts most, and to her entrusts her jewel chest. Fulla held a special place within Frigga's palace, and was permitted to wear her jewels and golden slippers. She accompanies Frigga everywhere and is considered her alter ego. She is often sent by Frigga to help the mortals of Midgard and is entrusted with Frigga's most sacred secrets.

Fulla is described as very beautiful, with long golden hair that flows loose and down to her waist, restrained only by a golden circlet. Fulla is also known as Abundanta and is considered a symbol of the fullness of the earth and fertility.



Gefjon, Gefjun: Goddess of Virtue. A fertility Goddess and shape-shifter. She is the Goddess to whom virgins go at death. It is Gefjon's task to watch over all who never marry. She welcomes them and makes them happy, and helps them find true love in the next world.



Gefjon married a Giant and has four sons from this union.

She was sent by Odin to the King of Sweden and asked him for land that she might rule. The king told her that he would give her all the land that she could plough in one day. She agreed and transformed her four sons into oxen. She hooked them up to a plough and they set out at once, pulling the plough through the earth. So much land did she plough that when she was finished, she made her four oxen pull it out to sea and called it

the island of Seeland

As for the huge hollow that was left behind, it was filled with water and called Logrum (sea), but today it is known as Maelar, and its very shape corresponds to the headlands of Seeland.

Afterwards, Gefjon later married Skiold, one of Odin's sons, and their offspring produced the Danish tribe known as Skioldungs. She lived in the city of Hleidra or Lethra, which became the principal site for sacrifice among the ancient Danes.

Gna: Goddess of transformation, evolution and progression, Gna is known as Frigga's messenger because she rides her steed, Hofvarpnir (Hoof-Thrower), across the nine worlds, crossing fire and air, land and sea. She is sometimes associated with the Valkyries and might be one of Odin's daughters, since Frigga is Odin's wife. She is considered the personification of the refreshing breeze. Gna watches all, and reports back to her mistress everything that happens in the nine worlds.

Heimdall: The White God, Guardian of Asgard. God of genetics and DNA, the creator of races. The son of Odin, the God of Light and the Rainbow. He has super hearing and sight. He is all-seeing, all-hearing and all-knowing. His mother is the Nine Waves. He is the guardian of all things and especially of heaven (Asgard). Heimdall was known as the White God, because he wore an armor of white metal that shined brightly, and was armed with a flashing sword of similar brilliance. The armor and sword, called Hofuth (Man-Head, which could be considered the penis, and thus a phallic symbol, associating it with the family tree) was Heimdall's charge as defender of the Life Force that the Gods and mankind shared in common. On his head he wore a helmet with ram horns, and he could transform himself into a ram. The color white represents the purity of heart, mind and body that are necessary to maintain the bond between man and the Gods. This is why Heimdall was also known as the light, innocent and graceful God. Heimdall never argued or caused bedlam, and for this he was loved and for being good as well as beautiful. There is much in the nature of Heimdall that he has in common with Balder. Heimdall can be considered the pre-Balder generator, or protector, of the Life Force, while Balder is the regenerator, or preserver, of the Life Force. Like Balder, he is sometimes referred to as a sun God. Both Balder and Heimdall are the nurturing and life-giving nature of fire. This makes them the opposite of Loki, the fire-etin, who is the destructive nature of fire. Heimdall



fights Loki and later the two kill each other, and Loki is responsible for Balder's death, but Balder triumphs in the end because he rises from Hel after Ragnarok.

Heimdall's origin is associated with the sea. For this reason, he is sometimes considered one of the Vanir. But Heimdall is the son of Odin. While Odin was walking along the seashore, he beheld nine beautiful Giantesses or water-nymphs, sound asleep on the white sands of the beach. Their names were Gialp, Greip, Egia, Augeia, Ulfrun, Aurgiafa, Sindur, Atla, and Iarnsaxa. They were the daughters of Aegir. The nine sea maidens are the currents of the seas, like the currents of the generations of man—the genetic link that connects us all to our ancestors, and thus with the Gods.



They can also be considered the many nations that make up the family of the European Folk. Odin was so bewitched by their beauties that he seduced all nine of them and impregnated them. Odin mixed his Life Force with that of gene pool of the Folk of the Indo-Europeans or Indo-Aryans. Before they gave birth, they combined into one being and gave birth to a son, whom Odin named Heimdall.

The nine sea maidens nourished their son on the earth's strength and endurance, the sea's fluid and moisture, the sky's winds and freshness and the sun's heat and light. This diet of the four elements caused Heimdall to rapidly grow into his full manhood in an incredibly short time, so he could take his place with his father and the other Gods. When he was a child, he was sent to Midgard and grew up to be a teacher among men. He was called Scef. He was given one of Odin's twelve High Seats in his hall.

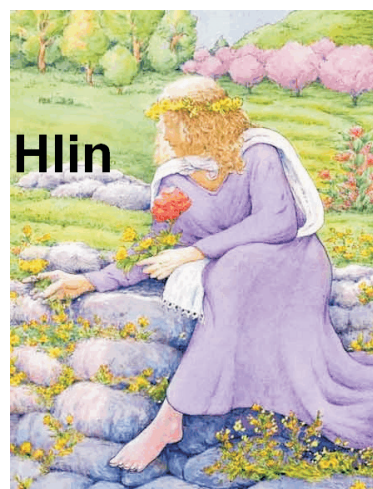
In the past, Heimdall has been referred to as a sun God, a moon God, a ram God, and even a woodpecker God. He has been interpreted as the essence of Yggdrasill and the Rainbow Bridge, and has been compared with the Hindu Fire God, Agni, the Iranian God Mithras, the Roman God Janus, and was transformed by the Christians into Saint Michael, the Archangel. Heimdall has even been associated with the Angel Gabriel by the Christians because of the huge horn he has in his possession. But this should not be interpreted as Heimdall's having a Christian origin. Heimdall is an ancient God and has always been associated with the horn in his capacity as the sentinel of Asgard. Heimdall might actually be a very ancient God that predates the arrival of the Indo-Europeans. He has similarities with the pantheon of Finno-Ugric Gods who, like Heimdall, include a white God who is the progenitor of mankind.

Heimdall's similarities with the very ancient Hindu Fire God are proof of his pre-Christian origin. The resemblances with Agni are many and too close

to be coincidental. Agni is a pure, white God, young, strong, and with golden teeth. Agni has searching eyes that see in the darkness of the night, and he is the guardian of order, and always attentive. Agni protects the world night and day, and never sleeps, always watchful. He can make himself heard like thunder and is the son of two, seven, nine, and sometimes ten mothers. All these traits he shares in common with Heimdall. Agni also fathered the human nations and founded the classes or castes of man, just as Heimdall found the different nations or classes of man.

Heimdall is also called Rig, and in this form he traveled from nation to nation creating the divisions of mankind. The name Rig is a Celtic word for king. The Celts also had a God, Manannan mac Lir and his son Mongan. Manannan is a Celtic God of the Sea, and Mongan is the Son of the Sea, who traveled about the world begetting children.

Hlin: Goddess of Protection, Hlin is Frigga's second servant. She is the Goddess of consolation. She is sent to kiss away the tears of those who mourn and grieve, and she can fill their hearts with joy and happiness. She personifies mercy and tenderness, and cares for those who need relief from pain and suffering. She always hears the prayers of those who call upon her, and she will relay their prayers to her mistress, Frigga.



Hoder & Balder

Hoder, Hodur, Hothr, Bjorno-

Hoder: The Blind God of Darkness, the twin brother of Balder, the God of Ignorance. Hoder and Balder can be considered the twin gods that are a common feature of many mythologies. Together they represent Enlightenment and Ignorance, which are two sides of the same coin. He is tricked by Loki into killing his brother. His blindness is representative of ignorance and he is referred to as the God of Darkness. He is reborn with his brother, Balder, after Ragnarok, no longer blind for his ignorance has been replaced by enlightenment, and assist Balder in ruling the new age of Gimli.

Idun, Idunn, Iduna: Goddess of youth, health and eternal renewal. She is the keeper of the Golden Apples, symbols of the Vril. She is eternally young, youthful, beautiful and immortal. Idun (Idunn, Idunna, Iduna) is usually depicted as a young, beautiful, and very vivacious young Goddess. Her name

means the Rejuvenating One. She is the personification of immortal youth, perfect health and the season of spring. She is reputed to have no birth (beginning) and is never to die (end). Idun appeared in Asgard on the arm of Bragi and was made welcome. Idun is the Goddess of the Life Force, the Vril, and is the personification of its power to bestow youth and health. She was welcomed by the Gods and was beloved by all. She brought with her wondrous golden apples, and is depicted as carrying a basket full of these apples. The apples are a representation of the Vril, and they bestow eternal youth, beauty, and life to whomever eats them.

"The golden apples
From her garden
Have yielded the gift of youth,
To whomever eats them every day."
(Richard Wagner)

The Gods and Goddesses are dependent on the Vril for their eternal youth and vigor, like all things in the cosmos. They must eat of Idun's apples to remain vigorous, youthful, and powerful. Because Idun has no beginning or birth, she is not of the Aesir or the Vanir. She represents the purity of the Life Force, and the purity that is the essence of the Gods and the Children of the Gods. Her casket or basket is represented in folklore as the Horn of Plenty, which is never empty. No matter how many apples she takes from her basket, it always remains full. Again, this is representative of the eternity and universality of the Vril.

Idun appears as a very young, sweet and naive maiden who does not say much. She is married to Bragi who is the God of Poetry. The Gods have to guard and protect Idun and her golden apples from the greedy clutches of the dwarfs and Giants, who are always trying to kidnap Idun and steal her apples. The apples have the power to free one from the tyranny of Time.

Her apples hold a great deal of power because they are the Vril. She always carries three apples (the Holy Trinity), though they always replenish themselves when eaten. Three represents the balance force of nature that gives order, an endless source of power that never runs out, even when it appears used up. The golden apples also appear in



the pagan Greek religion. One of Herakles' tasks is to fetch the golden apples. In the old Roman religion, the Goddess, Nehalennia, was depicted as sitting in a chair with a bowl of golden apples beside her. In the Celtic tradition, golden apples are also associated with eternal youth. Frigga has Gna drop an apple in the lap of a queen for her to eat, and it results in her becoming pregnant, and Skirnir offered to the Giantess Gerd golden apples if she would marry Frey. Again, the apple represents the Vril, the Life Force of the Gods. Idun's Runes are Jera, Berkano, and Inguz. The symbol of the golden apples as the Life Force must go back to when all Indo-European tribes were one nation.

Lofn: Goddess of indulgence. Lofn is mild-mannered and gracious, and her name means Love. It is her responsibility to remove all obstacles that lie in the way of true love. One should call on Lofn to prevent problems in a relationship between lovers. She rules over the purely sexual lust that leads to a deep romantic love. Without her help, lovers might grow tired of each other. It is through her help that we can keep the flames of love alive within a relationship.



Ran: Aegir was married to his sister, Ran. In old English, the word for sea was *Garsecg*, which means spear man. Aegir was usually depicted carrying a trident, while his wife-sister, Ran, carried a net to ensnare ships. Ran's name means Robber. She is thought to be cruel and greedy. She likes to entice sailors, causing them to crash on the rocks in the sea, where she ensnares them with her net. It is thought that the mermaids are her daughters and entice sailors to their death by her bidding. Thus, Ran is considered the Goddess of Death for those who died at sea. Like Hel, she welcomes those who died at sea to a coral realm in the deepest part of the vast ocean. Like Valhalla, the dead are treated well and feast on fish, and drink their fill from Aegir's wonderful mead. Ran also loves gold, which she calls "the flame of the sea." Throughout history, alchemists tried to make gold from sea water, and it is believed that the knowledge to do so is a secret guarded by Ran. One



way sailors tried to win Ran's good grace was to carry some gold with them,

and throw it into the sea whenever their ship was ensnared by a storm at sea.

Sjofn: Goddess of love within the institution of marriage. While Lofn is sent by Frigga to bring lovers together and help them maintain a strong and deep loving relationship before marriage, her sister, Sjofn is Frigga's instrument to help keep alive the flames of love once the couple are married. Sjofn has the task of removing discord between husband and wife. She has the power to melt even the coldest heart and helps to bring peace among warring nations.



Snorta: Goddess of intelligence and the Goddess of Virtue, she is the mistress of knowledge and science. There is little or next to nothing mentioned about Snorta, but she might be the Norse equivalent to the Roman Goddess of Knowledge Minerva.

Syn: Goddess of denial and oaths. Syn's name means Truth. She stands watch on the entrance to Frigga's palace and refuses to let anyone enter that she deems unworthy to be inside. She passes judgement on those who seek Frigga's help and can prevent or make things happen, especially when it concerns the affairs of the heart and marriage.



Sif: Goddess of spring, matron of the harvest and wife of Thor. Thor's primary wife was named Sif. She was as lovely and beautiful as a spring day. Fair and enchanting, her most magnificent feature was her long, blond hair, the color of the sun, that grew down to her ankles in a brilliant veil. Sif represents the newborn earth and nature in its most fertile state that is the season of spring. Her hair was a symbol of the long grass or golden wheat that grew in the fields. She is the swan maiden of the elder race of Gods. Sif is also a Goddess of peace and friendship, as well as representing a loving family environment. She is also the essence of the Life Force of

our folk, the Children of the Gods, and this is why she is the wife of Thor, the defender of the Folk. She complements Thor as the God of fertility and her name simply means "Wife," and thus means the giver of life, or children. Her importance for women should not be under-rated. She was once the wife of Njord, and they had a son who is Uller, the God of Winter, and only became Thor's wife after the war between the Aesir and the Vanir. This would mean she was one of Vanir who settled in Asgard.

Uller, Ull: God of battle, the hunt, winter, skiing, the bow, and the forest. He is known as the magnificent. Uller is the son of Sif, and his stepfather is Thor. While any records of who his father is are lost, it is thought that his father was a frost Giant. Uller loves the cold and everything associated with Winter. He is a good archer and an expert skier. He loves the cold and loves even more to travel over the icy landscapes. He is depicted as wearing snowshoes and skis that glitter like ice. Uller delights in the chase through the forest and snowbound landscapes. The freezing winds of the north do not slow him down. He wears heavy clothing made from furs and leather that protects him from the worst weather of the northern regions.



His appearance is handsome, but he is a fierce warrior who looks favorably on those who call on his support during duels. Hunters also call on him for assistance when they are out hunting. Uller is the God of Archery, as well as the God of Hunting, and carries a quiver full of arrows and a huge bow made of the best yew. He set up his home in a hall, Ydalir (Yew-Valley), located near a yew forest. All who engage in professions that use weapons should seek his good favor in their occupation, for he is the God associated with shooting.

Uller has several names that include Vulder, Holler, Oller, and Ollerus, and all are associated with Winter. During the Winter months he is considered the highest of Gods, second only to Odin. During the Winter months he is given full authority over Asgard and Midgard by Odin when the All-Father is absent. By some account, he even supplants Odin as Frigga's husband, and this might mean that Uller is actually the cold, wintery side of Odin's personality. But mankind does not hold a great place for Uller in their hearts. Because of his cold disposition, he is not known for bestowing his favors on mankind too readily. During the Summer months, Uller retreats to either the frozen North or the Alps, or mountains in general. In each of these dwellings, Uller had constructed a Summer home to live until Winter's return, and Odin departs

once more.

In old Anglo-Saxon England, he was known as Vulder, and in parts of Germany he was called Holler and considered the husband of the fair Goddess Holda. Holda was a fertility Goddess of Spring. Uller was said to cover her fields with a thick mantle of snow during the Winter months, so as to make them more fruitful when Spring finally arrived. In Scandinavia, it was believed that Uller was married to Skadi, Njord's divorced wife, the female personification of Winter and cold. He proved a better husband because of their shared love for ice, snow, and the cold.

Sometimes Uller is associated with death and can be associated with Pluto among the Romans. He rides with Odin on the Wild Hunt, looking for the souls of the newly deceased. Sometimes Odin even permits him to lead the hunt. Uller is known for his ability to travel with great speed. Many people still say that they can feel a cold wind of death pass them when they have a premonition of impending death or doom. It is Uller who is passing them on the Wild Hunt when they shiver with fear or dread.

Vali: God of vengeance and light. Vali is truth, and his truth sets our Folk free by slaying the blind ignorance of Hoder, just as spring drives away the darkness of winter and melts the freezing ice that prevents people from acting.

Vali ranks as one of the twelve Gods who sits with Odin in the great hall of Gladsheim. Vali is destined to survive Ragnarok, just as truth will survive the destruction caused by the lies that fill the hearts and minds of the Folk in the times we live in. It is Vali's truth (the secret of Vrilology) that will help to regenerate the Folk after Ragnarok has passed away. He is the light and warmth of spring that will follow the darkness and ice of Fimbulveter.

Vali is the God of Eternal Light, and thus the God of Eternal Truth (Vrilology). True to the mark, Vali's arrow kills Hoder, the God of Blind Ignorance, the first time it is fired from his bow. Vali is presented as an archer. His month is the end of the month of January and the beginning of February, and referred to in Norwegian as Lois-beru, the light-bringing. He is also the Avenger, and people call on him to avenge a wrong. He is personified by the Christians as St. Valentine, who also is an archer and is the instrument of generative powers, by which men and women fall in love and ensure the survival of the Folk. He is Cupid who fills us with love—the love between man and woman, and thus, the love of who we are—our heritage, history, identity, and Folk.



Var: Goddess of honesty. Her name is from an Indo-European root for truth, as seen in the English words verity and aver. She is responsible for contracts between men and women which means she is the Goddess who protects the institution of marriage between men and women.



Vera: Vera holds the duty of punishing all who break their oaths.

Vidar, Vidharr: God of retribution, justice, and strength. Vidar grew into the strongest of the Gods, second only to Thor. He is considered the personification of the primaevial forest, and the imperishable forces of nature. Being of the union of Odin (Mind) and Grid (Matter), Vidar is the will power that causes one to act. Silence is golden, and Vidar does not waste his time talking about what can be done. He is a doer and the force of action.



Just as Heimdall is the God that links the Gods to the forces (Vril) of the oceans, so is Vidar the God that links the Gods to the living forces (Vril) that reside within the great forests. Along with Vali, Modi, and Magni, he is of the generation of Gods that survives the destruction of Ragnarok. Being the embodiment of the living forces (the Vril) of the forest, he is the instrument of the regenerated earth that will rise again out of the sea after Ragnarok. Vidar lives in his own palace, known as Landvidi, in the realm of Vidarsland (the wild land). His palace is decorated with vegetation, especially beautiful flowers, green vines and lush boughs. This habitat is located in the middle of a vast and impenetrable primaevial forest filled with the solitude and silence of timelessness.

Vor: Goddess of awareness. Vor or Voer (Faith) is a seeress and knows everything that is to happen. She might be to Frigga what Odin's ravens are to him. She can be compared to Frigga's Fetch.

Balder, Baldur, Baldr: God of peace, the light, the sun, rebirth, resurrection, love, and the Life Force, and the ruler of Gimli. Known as Balder the Beloved, Balder the beautiful, The Bright One, the Shining God, the Bleeding



God. Sacred wells spring up from the hoof marks of his horse. He governs happiness, rebirth, beauty, love, and peace. Balder (Baldur, Baldr), the beautiful God of Light. Balder was worshiped as the radiant God of purity, innocence and light. His skin was white as snow, and his hair shined like the golden rays of the sun, and his eyes were a blue that reflected the clear waters of the seas. He was pure goodness and radiated beams of purity which gladden the hearts of Gods and men. Beloved by all, Balder is the embodiment of joy.

"Of all the twelve round Odin's throne,
Balder, the beautiful, alone,
The sun-God, good, and pure, and bright,
was loved by all, as all love light."
Valhalla (J. C. Jones)



Balder grew into his full manhood with remarkable rapidity, and was gladly admitted to the community of Gods. He possessed one of the twelve seats of the high council of the Gods. He lived in a palace named Breidabilk, which was made of golden pillars, which held up a silver roof. It radiated purity, and nothing common or unclean could enter and violate its precincts. Here Balder and his wife, Nanna (Blossom), and his daughter, Nip (Bud), a beautiful Goddess, the personification of love and bliss, lived

Balder, the God of Light, was a Rune-master, and the Runes were carved on his tongue. His eyes could see all, and even into the souls and hearts of Gods and men. He knew all and saw all, except for one fact—his own fate, which was hidden from his own radiant eyes. He is known as "the beautiful," because his beauty is an expression of his perfection.

Balder represents truth. His light is the truth of reality. He is knowledge of those principles that all people must respect and abide by if they are to remain fruitful and productive, remain healthy and grow. Balder's invulnerability springs from his blood-purity. His blood-purity is the light of the Life Force, the Vril, that resides in the lifeblood—our blood, our DNA. It is this light, which originates with the Life Force (Vril), that gives him his immortality. This immortality is taken from him by the use of the mistletoe, which can be used to make both a very powerful poison that kills, as well as a love potion.

The Vrillic flow of life-giving energies is interrupted and Balder dies. When the dart of love is thrown by blind ignorance (Hoder), and motivated by the destructive forces of chaos (Loki), love becomes misguided and can kill the purity within us, and thus rob us of our immortality (future generations of our Folk). Thus love, like everything else, can be used for good or evil. The right type of love brings happiness, but the wrong type of love plunges us into darkness. Balder represents the need for people to respect their lifeblood, by preserving the purity of their bodies and souls through the right type of love. This purity has been handed down to us by our ancestors, and it is the duty of every individual to pass it down to their descendants.

When we walk in Balder's light, we are aware of his purity and the importance it plays in our life, and the lives of our people. Balder's light is truth and knowledge, and the Church of Balder Rising and the Folk Faith are based not on faith, but on truth. When we can see clearly and understand the truth that governs the universe, which is the orderly essence of the Gods—the Vril—we are filled with joy, love, and happiness. This is the essence of Balder and secret of Balder's resurrection. It is to live in a state of purity. This state of existence will help us to draw on the Vril in unlimited quantity, so that we will awaken the Gods within us and herald in the Golden Age of Gimli. This can be accomplished through Vrilology----the science of the Vril.

While Balder represents a state of purity, his wife, Nanna, represents the reproductive or procreative powers. She represents the growth and expansion of our people — its continuation, both quantitatively and qualitatively. When Balder dies, Nanna wishes to join him in Hel, and refuses to leave him. This means that when we extinguish the light of self-awareness, and knowledge of one's self-worth, we as a people will no longer reproduce, no longer grow, and eventually become extinct.

We live today in a state of ignorance. We have lost the knowledge of those truths that are necessary for our survival, because the light of Balder has gone out. It has been extinguished by blind ignorance. This has led to a loss in our fertility as a race, resulting in a birth dearth. Our people no longer have children. As a result, our Folk is dying due to a decline in the family unit, low birth rates, disconnection from its past and heritage, and suffers from a loss in its self-esteem and self-awareness.

The reason for this is the triumph of Hoder, the God of Darkness, who represents blind ignorance, over Balder, the God of Light and Enlightenment. We now walk with Hoder, in ignorance, because we are blinded to the truth—the truth that Balder represents. If we are to flourish as a people, we must once again adhere to the right circumstances, and then the power of the Gods will once again increase and flourish throughout our people.

Some claim that Snorri, the Medieval Christian chronicler, was influenced by his Christian beliefs when he told the story of Balder, but the truth is,

Christianity was influenced by the tale of Balder. Snorri describes Balder as the "Wisest of the Gods." He is the most beautifully spoken, and most gentle. He is both the beautiful and suffering God. He is passive, and yet his name means "bold" and "ruler." His wife's name, Nanna, means "courageous" and "battle joy." Balder is a God of both war and peace, like Freyja. But the war he wages is not against armed enemies or war-ready armies, but against the darkness of ignorance.

He is known as the Heilaga (The Holy sacrifice). Balder's death is another manifestation of Odin's own sacrifice of himself to himself, when he hanged himself on the World Tree for nine days and nights. Balder is Odin reborn in new form, but he is much more. He is all the Gods and Goddesses reborn in new forms. He is the instrument of his own resurrection. Balder is the means by which Odin cheats the Norns' fate for the Gods. He is able to counter the fatalism of Ragnarok.

When Odin gave Balder Draupnir, he gave him the means of reproducing the Gods. It is this device that ensures the rebirth of the Gods. After the rings reproduce themselves, Balder gives them to Hermod to return to Odin. This is the forging of the bond between Odin and Balder. When Odin receives the rings, he knows that the Gods will survive Ragnarok, but first they must perish in it. Draupnir is the symbol of death and rebirth.

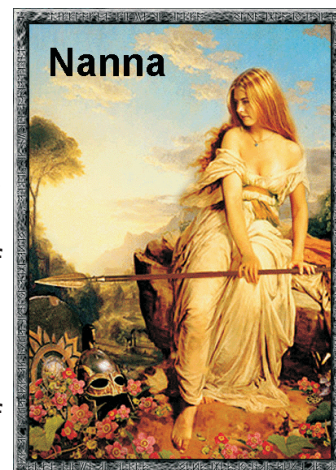
Odin collected Balder's blood and eventually gave it to Aeger to brew an ale or mead in the great cauldron (the Holy Grail). The blood of Balder is the lifeblood of man and God.

Balder's death is a transformation ritual. He does not join the heroes in Valhalla, though he does suffer a heroic death. He dies, goes to Hel, and returns after Ragnarok even more powerful, and the world is reborn. Balder's death is Odin's transformation. His death is the fall and resurrection of the Cosmos. The nine worlds weep for Balder because his death heralds the coming of Ragnarok and the death of the nine worlds. But it is also the agency of the Cosmos' resurrection.

Balder is the seed of hope. He is like Siegfried, the brave young hero who knows no fear. His sacrifice heralds in the end of the old age and the birth of a new and better age. He is Odin's plan to survive Ragnarok. Balder is not a God to call for help, but rather to cultivate his purity. He waits to be called back through our deeds, thoughts, and actions. He is a God who needs our help. His might is not in what he has done, but in his return and the promise of a better future and world.

Balder represents that aspect of the warrior that needs no weapon. He possess supreme confidence, a power that more than most time is able to permit a warrior to avoid a fight because no opponent thinks himself capable of defeating him. He personifies a warrior's reputation that gives him honor and worth.

Nanna: Wife of Balder, Goddess of rebirth and spring. Goddess of the Moon and companion to the husband, Balder, who is a God of the Sun. She represents hidden knowledge that is rooted within the subconscious. Love and gentleness. Also Earth Goddess. She chooses to die with her beloved and joins him in Hel. After Raganrok, she is reborn with Balder to help rule the new age of Gimli.



Nerthus: Erce, Edra: Earth Mother, wife of Njord, Goddess of fertility, peace, spring, wealth, the sea, and groves. She represents the Mother of the Vanir and like Frey and Freyja, who are brother and sister twins, she is not only the wife of Njord, but his twin sister. Like Njord who represents the seacoast, that part of the ocean and seas that border the lands, she is an Earth Goddess who is associated with the sea and is reputed to live on an island.

Hel, Hela: Goddess of death, the Queen of the Netherworld, ruler of Hel, daughter of Loki. She is Loki's daughter and described as half black and half white, morbid and fierce-looking. This is to represent that her body is half living and half dead. Some description say her lower half is that of a corpse while some depictions show her left side a corpse. Hel is not described as an enemy of the Gods, but she is not a friend either. Her most common depiction is that she is neutral.



Aegir: God of the sea—the ocean, and the deep sea. Alebrewer. He and his wife, Ran, had nine daughters, known as the Waves, who gave birth to Heimdal. He is the God of sailors, undersea treasurers, brewing, the waves and tides and the nine winds. The sea was very important in the life of the ancient Norse. They had several deities who represented the ocean. Njord, of the Vanir, represented the sea close to shore, while Mimir of the Aesir, who was sent to the Vanir in exchange for Njord, represented the primaevial ocean from which all things were supposed to have sprung. But the supreme ruler of the ocean or sea was Aegir or Hler, who should be placed among the

Giants rather than among the Gods. He had nine daughters who are known as the waves, and are the mother of Heimdal. Aegir lives in a hall at the bottom of the sea near the island of Lessoe, in the Cattegat or Hlesey.

“Within the glimmer of the gleaming cave,
beneath the island Lessoe, and within the crystalline dome,
lives the King of the Sea, the father of the wave.
In the ocean vast and splendid, does Aegir make his home.”
(Robert Blumetti)



Aegir is one of three Giants who live among the Gods. The other two are Loki (fire) and Kari (air). Though he is counted among the Aesir, he is actually a Giant and considered omnipotent within his realm. His name is related to the word for water and he is the personification of the ocean. His power lies within the vast watery realm and he can use it for good or evil. The river Eider was known as Aegir's door, and his jaws were considered the watery vortex and tidal waves that devoured ships at sea. He is associated with the Greek God Poseidon and the Roman God Neptune. He is usually represented as an old man with a white beard and claw-like fingers. If one saw him on the surface of the sea it usually was a bad omen. He rises to the surface with the intention to drag some passing ship to his realm at the bottom of the sea. Aegir was feared by men who made their living on the sea.

Aegir also possesses a great cauldron given to him by Thor and Tyr. It is known by the name of Egor, and in it he brews the mead of life, from the blood of Balder. This mead is synonymous with the sea of life, and is the Vril. Life began in the salty waters of the ocean, and the new earth will rise once more out of the sea after Ragnarok, in the dawning of the Age of Gimli.

Kvasir: God of wisdom and mead. After the war between the Aesir and the Vanir, all the Gods and Goddesses joined together to iron out the peace terms. To ensure that peace would last, and establish a lasting union between the two races of Gods, each Aesir and Vanir spat into a great jar. The jar was removed and magic spells were cast over it. The saliva was the essence of both the masculine heavenly forces of the Aesir and the feminine forces of the earth represented by the Vanir, united in form. It is the collective knowledge of the Aesir and Vanir, the union of Galdor and Seither, and thus Vrilology. Out of the jar was born a new man, who was born of the essence of both the Aesir and the

Vanir. Kvasir personifies Vrilology

This man was very beautiful. His name was Kvasir and he possessed great wisdom and knowledge of all the mysteries in the nine worlds, since the beginning of time. Wherever he went, he never refused to answer any question put to him, spreading wisdom throughout the nine worlds. And when he entered a realm or kingdom, everyone ceased whatever they were doing to come and listen to him. Everyone wanted to hear what he had to say.

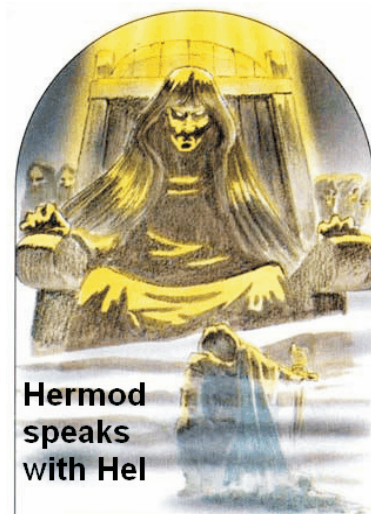
When Kvasir spoke, the words sailed through the air like music on the wind. His voice never failed to enchant anyone who listened to him. He spoke in poetry, which was the voice of the essence of the union of the Aesir and the Vanir, the union of heaven and earth. Kvasir answered the most complex question with the simplest of answers. Whenever anyone asked him his opinion on any subject, he would never insist, but rather made suggestions as to the best course of action. It was common for him to answer a question with a question. It did not matter if it was a man, dwarf, Giant or God who asked him a question, he always made them feel that they had been helped to answer their own questions.



Hoenir: God of reason. He is considered the wisest of the Gods. He is one of three Gods, with Odin and Lodurr who created the first man and woman. He gives them the gift of reason and intellect. He is associated with Ve and fathered the race of Light Elves. Along with Mimir he was given to the Vanir as a hostage after the war between the Aesir and the Vanir. He survives Ragnarok and joins Balder. In this role, he can be considered timeless wisdom that lives on for eternity to assist Balder in ruling Gimli.

Lothurr, Lodurr: God of good looks and physical form. He is also Ve and the father of the race of Vanir. He gives the gift of blood and emotions and locomotion to the first man and woman. He is mistakenly compared to Loki because he is a God of Fire.

Hermod: God of communication and travel, commerce, thought and spiritual growth. Messenger and son of Odin. As his messenger he becomes Odin's astral form that travels to other realms, especially the Netherworld, Hel. He is the only one besides Odin that rides Sleipnir. Odin is often compared to the Roman



God Mercury, but Hermod is closer to Mercury because he personifies Odin in the form of the shaman who leaves his body.

Modi: God of wrath.

Magni: God of might.

Skadi: Huntress, Goddess of winter, the hunt and virtue. Skadi is the daughter of the Giant Thiazi, and is married to Njord. She is associated with winter, cold, ice, skiing, and all winter activities. Her name sometimes is translated as "Shadow" or "Scathe." She becomes one of the Aesir and is the Goddess of the North and Winter. She actually is the daughter of the Giant who kidnaped Idun and stole her apples. The Gods sought to appease her by placing the eyes of her slain father in the sky,



transforming them into stars. Skadi accepted the Gods' act of appeasement and she was soon welcomed in Asgard. Her great hall, Thrymheim, was transformed into a holy dwelling. As payment, the Gods permitted her to marry into Asgard, and she is referred to either as "the shining bride of the Gods," or "the wise bride of the Gods."

She was once worshiped widely in ancient times. Those who loved her especially found her stark beauty reflecting the beauty that one finds in the dead of winter. It is not hard for all lovers of winter, especially those who enjoy winter sports, to fall in love with Skadi. She is associated with the howling wolves, icy winds and snow storms. She shines like the radiance of the glaciers and snow-covered mountains and is often depicted as wearing skis. Sometimes she wears snowshoes and is referred to as "the Snowshoe Goddess." She is also very skilled with the bow and can use it very proficiently while skiing down mountains or across country.

Skadi dwells where it is forever snow-covered. One should celebrate her in icy and snowy locations. This is especially true during the winter months. Seek Skadi for protection and assistance during the wintertime. Like winter, she is reputed to never laugh, though Loki found a way to make her laugh.

This would suggest that she is also a Goddess associated with the dead, for the dead never laugh. She is also associated with Loki, and when he is bound in punishment for killing Balder, it is Skadi who fastens a venomous snake over his head to catch the venom that drips from the fangs of a snake. The connection between Skadi and Loki also has to do with the fact that it is Loki who is responsible for her father's death. This makes her the Goddess of Vengeance as well as of Winter and Death.

Skadi has no children with Njord, but she refers to Frey as her son. This probably is in reference to his being her stepson. She is also reputed to have produced a super race of humans or Jarls with Odin. This is a reference to the origins of the Aryan or Indo-European race originating in the North. One of her sons is named Saeminger, and is considered the father of a heroic line of Jarls from the land of Hladir. This heroic line fought off the encroachment of Christianity, and are considered the defenders of both the Gods and the Folk. The name, Saemingir means "the Gray One", which is another name for "Wolf".

Her loyalty and love for her father shows that Skadi is also a Goddess of Family and the Folk. She is also the Goddess of Hunters, and thus wild beasts. Her name is the root for the word Scandinavia. She is often depicted wearing armor and because she has no children and lives apart from Njord, it can be mused that she is still a virgin. These qualities permit us to associate her with the Greek Goddess, Athena. Being a strong and independent woman, she is the Goddess of Strong and Independent Women, but not of feminism. For as was mentioned, she uses her strength of character in the defense and expansion of the family, kin, and Folk, which is the anthesis to modern feminism.

Hlin: Goddess of mourners and the grief-stricken, Hlin carries your prayers to Frigga.

Holda, Holde, Holle, Hulda: The White Lady of the North and sometimes referred to as Hel. She is also the Black Earth Mother, the Goddess of Winter and Witchcraft. She rides the Wild Hunt with Odin, often on a terrible goat accompanied by a pack of 24 spotted hounds, who are her daughters. Goddess of Fate and Karma.

LESSON NINE: HOW TO HOLD A BLOT

Now that you have learned about the Gods, you should learn how to perform a *blot* (pronounced “bloat”), which can be translated as “sacrifice.” A blot can be performed by yourself as an individual or by a group of people. It can be long or take only a few minutes. The purpose of the blot is to honor the Gods and establish a personal link between them and yourself or your kindred. When a group of people perform a blot, it can be done either inside or outside, though the latter is more traditional. In ancient times our ancestors might have slaughtered a sacrificial animal, and some kindreds still perform this ritual. Most people raised their own livestock and animals were vitally necessary for their survival. To slaughter an animal was a major sacrifice. But today this is unnecessary. Unless you are a farmer and grow livestock, an animal is not necessary for your blot. It would make more sense to burn an automobile because most people today depend on cars for their well-being. But if you wish to make an animal blot and cannot actually slaughter an animal, you can simply buy some meat (high grade of course) at the supermarket. An animal sacrifice was more like a ritualistic barbecue. The animal was cooked and the attendees shared in the feast. They simply took what they considered the best part of the animal and burned it as an offering to the Gods.

The blot has about eight specific parts to it that we will lay out for you in this lesson. You are free to make changes, as you will have to when you perform blots for specific holidays. What we will provide is the basic outline of a traditional blot.

1) THE GATHERING

The Participants usually enter the room or area set aside for the blot in single file, moving clockwise, and form a circle. For indoor rituals, the altar is usually made of wood with carvings in it. For outdoor rituals the altar is usually made of blocks of stone piled on each other and is known as a *horg*. The altar usually faces north and the needed instruments are set on it. The Gothi would then lead everyone in some kind of chant, welcoming the required deities to come and join them. Some simply chant, “Odin! Vili! Ve!” while others would call to the deity such as, “O Mighty Thor! Join with us in this circle!” The start of the ritual is signaled by either blowing a horn three times or ringing a bell three times.

2) THE HALLOWING

If the ritual is held indoors you can decorate the hof or room in such a way as to create a sacred area. One way is to decorate all the walls with the twenty-four Runes of the Elder Futhark so that the four walls create a “Rune circle,” or a “Rune square.” If the ritual is held outdoors you can create a circle of torches standing about five or six feet high, or construct a circle of stones.

Once you have established the sacred area you can use the Hammer Rite to Hallow it.

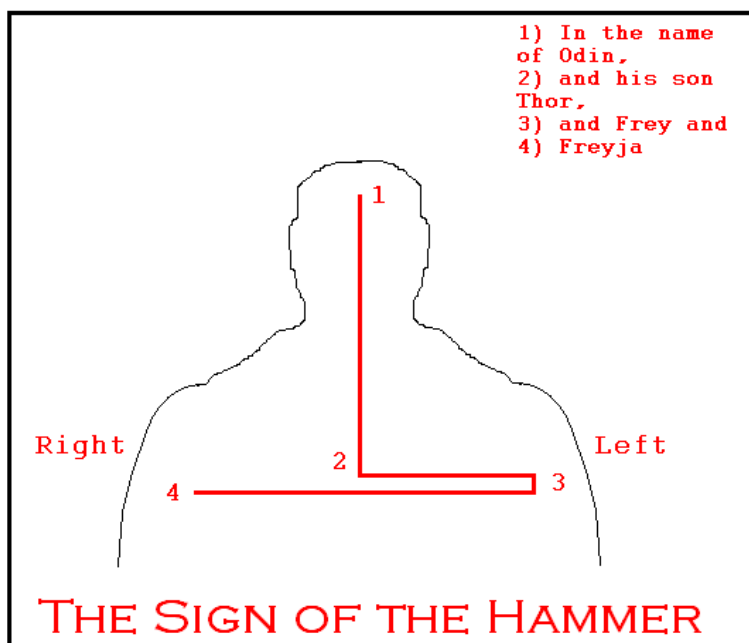
The only thing you need is a hammer. You can use a wooden mallet, a small sledge hammer or any type of hammer. It is better to have a hammer with a metal head and wooden handle, but a mallet with a wooden head will serve. The hammer you do use should be consecrated to Thor. This can be done by carving the entire Futhark on the handle and then sprinkling the hammer with a little mead and asking Thor to bless the hammer. Then hold the head of the hammer over a small flame (this is why it is better to have a metal head on the hammer) and say, "By the powers of fire and ice that created the universe, I ask Mighty Thor, Protector of the Gods and mankind, to fill this hammer with his power."

Once you have done this, consider this hammer a tool to be used in all your rituals. Use the same hammer every time you want to perform the Hammer Rite. The purpose of this rite is to protect your group against all forces that might be detrimental to your work. This will be important as you progress to the following set of lessons. The forces that the rite will protect you from are not "evil," just disharmonious to the work that you will be performing. They are the uncontrolled forces of Chaos that are personified by the Giants and controlled by Loki. In the future, you will learn to harness the Life Force of the Gods (the Vril). This force can just as easily be used to serve the gigantic forces of chaos as that of the Gods. Since Thor is the protector against the Giants, the Hammer Rite will be very effective in protecting you from these disharmonious forces. Most Giants are cumbersome and obvious, but remember the Trickster—Loki—the Fire Imp? He is cunning and will trip you up if you let him. Here are the steps you should do when performing the Hammer Rite:

1) As Gothi, you should stand with the hammer in your hand, facing east or north, depending on the ceremony.

2) Pick up the hammer and touch it to your breast, and then point it straight out before you once more.

3) Make the Sign of the Hammer over the altar. Then touch the hammer to your forehead while saying, "In the name of Odin." Then touch the hammer to your heart and say, "In the name of Thor." Next, touch the hammer



to your left shoulder and say, "In the name of Frey." Finally, touch the hammer to your right shoulder and say, "And in the name of Freyja." This is the Sign of the Hammer, and the entire group should make the sign as you are doing it.

4) Then hold the hammer out before you once more, making sure the hammer is eye level and you are facing north. Say, while making the Sign of the Hammer once again, over the altar, "Hammer in the north, hallow and hold this holy stead."

5) Turn to the east, still holding the hammer before you at eye level and say, "Hammer in the east, hallow and hold this holy stead."

6) Turn to the south, still holding the hammer before you at eye level and say, "Hammer in the south, hallow and hold this holy stead."

7) Turn to the west, still holding the hammer before you at eye level and say, "Hammer in the west, hallow and hold this holy stead."

8) Turn to the north once more, raising the hammer over your head so that it is pointing straight up, and say: "Hammer over me, hallow and hold this holy stead."

9) Lower the hammer now straight down toward the floor and say, "Hammer below me, hallow and hold this holy stead."

10) Still facing the altar, gently tap the hammer on the altar three times and say, "Hammer, hallow and hold this holy stead."

11) Place the hammer on the altar, assume the Elhaz stadha, and say, "Hammer of Thor, great protector, protect us, the children of the Gods, in all that we do, in all our lives."

This completes the Hammer Rite. This rite can be used at any time, by yourself or with a group, to call on Thor for protection when performing rituals or ceremonies, or just holding a meeting.

Once you have sanctified the stead, you should go on to the next step.

3) THE REDE

Here you should explain the purpose of the ritual, and go into its meaning and importance. You can read from poetry, the sagas, or something you wrote specifically for this ritual.

4) THE SIGNALING

This is a call to the God, Gods, or other entities such as the Light Elves or Land Wights, whose honor the ritual is held for, or to thank them for their assistance. The Gothi usually stands in the Elhaz form with arms spread out and evokes the designated deity. The incantation should be something like this:

*Hail Odin! All-father,
Lord of the Runes,
Boverker, Lord of the Dead.
Mount your steed and ride across Midgard
and join us here!*

5) THE HALLOWING OF THE MEAD

As Gothi, you will take up the horn and fill it with mead and then carry it around the fire three times. You can take the ritual hammer and make the Sign of the Hammer over the horn. Then recite an invocation as the you hold the horn overhead. Then pour some of it into the fire, or on the ground if celebrating the Land Wights.

6)THE SHARING

The Gothi drinks from the horn of mead, which has been imbued with the power of the life force of the Gods. The horn is then passed around the circle of participants. Each participant either drinks from or kisses the horn, and then hails a God or other deity associated with the ritual. After it is returned to the Gothi, he then pours some of the mead into the fire. The rest of the mead is poured into the blessing bowl.

7)THE BLESSING

The Gothi and an assistant, who holds the bowl, walk around the circle. The Gothi dips a twig from an evergreen tree into the bowl and sprinkles the mead from the evergreen twig on each person taking part in the ritual, and says something like, "In the name of Odin, Vili, Ve," or "In the name of Odin, Thor and Balder." The names of the deities depend on the ritual.

8) THE GIVING

What is left of the mead is poured on the ground. If participants desire to give offerings to the Gods or other deities, this is the time for them to throw the offerings into the fire. Everyone watches as the fire burns and the Gothi calls on the deities to accept their offerings and renew the bonds between the deities and the participants.

9) CLOSING

The Gothi then makes some kind of declaration that the ritual is at a close and thanks both the participants and the deities for their participation. He might then strike the Hammer on the altar three times and shout:

Hail Odin! All-father!

Hail Odin!

Hail! Hail!

**THE YGGDRASILL TRAINING
PROGRAM:
LESSONS IN UNDERSTANDING
VRILOLOGY AND ITS APPLICATION**

PART TWO: JOTUNHEIM



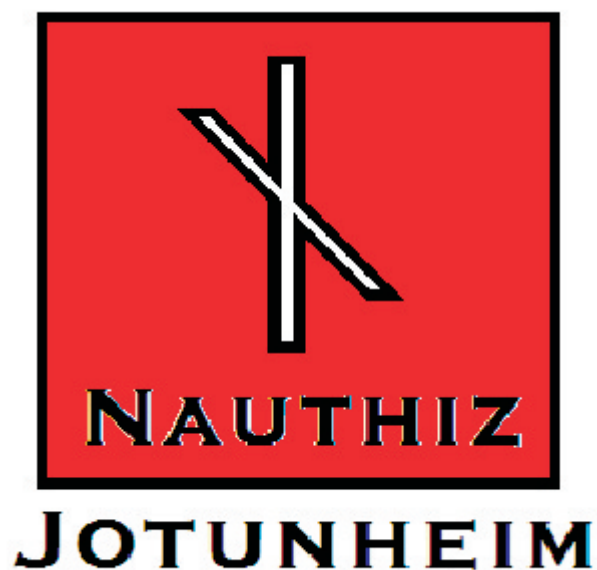


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PART TWO: JONTUHEIM—DECONSTRUCTION

THE REALM OF CONSTANT MOTION AND CHANGE

This second section too is made up of nine lessons. This section is named after the Realm of Giants, Jotunheim. The Gigantic forces in the universe are destructive. We can visualize their chaotic nature in the destructive power of earthquakes, hurricanes, volcanos, tidal waves, forest fires, mud slides, floods, and other earth-shattering events that can destroy whole cities, communities and even civilization. It is interesting that in the Legend of Atlantis, that ancient golden land was destroyed by the destructive power of both earthquakes and tidal waves. These two forms of nature's destructive force were attributed to Jormungand, the Midgard Serpent, the son of Loki. The nature of the Gigantic forces is one of rapid and overwhelming movement that brings about sudden and massive change.

Jotunheim is, then, the realm of constant motion and change, of opposition and resistance. Here you will face the process of your old self's breaking down. Once you have completed the first nine lessons of the previous section, Hel, you are now awake to the reality that you have been asleep, existing in a dream-state of ignorance, a half-dead existence, not truly living. But now that you can see the truth that the life we all live is not truly living, we can begin the process of discarding the old self, and begin the process of being reborn. Like the caterpillar who must break down its old self before it can be reborn as a butterfly, you must begin the process of breaking down and destroying the old you, the old self, that existed for one purpose—to survive in a dream-like, half-dead state of existence.

You are now faced with the dissolution of what you were and can begin discovering the deception of that old existence. Jotunheim is a realm of storm, icy and rocky landscapes, and violent winds. The process of transformation in this section will be one of destruction of your former self. That old self is like a container designed to prevent you from realizing your true potential. Once you have destroyed that old self, you can begin the process of discovering your true and full potential. You will learn to take the first steps to release the power of your primeval ancestry that exists within your DNA. This level of the Yggdrasill Training Program is meant to help you to develop an openness that will help you to become a miracle worker. Deep within you, you know that there is an energy source which we refer to as the Vril, and that Vril provides the energy that feeds the power of the mind to preform miracles.

Now that you have awakened from your existence in Hel, you are aware that you have been conditioned to think in terms that you are simply a "material" being lacking spiritual powers. Now that you have completed the nine lessons of the level of Hel, you are aware that you are more than just a material creature. You are aware that deep within you dwell the Gods. Their

Life Force—the Vril—pulsates through you, through every cell, every atom within you. To complete your journey up the Yggdrasill, the Cosmic Tree, and obtain a truly spiritual state of existence in Asgard, you have got to begin to think as a spiritual being, a being of Asgard, rather than as a creature of Hel.

MATERIAL CREATURE OF HEL VS. THE SPIRITUAL BEING OF ASGARD

To begin the lessons in this level, we must define the difference between a Material Creature of Hel (MCH) and a Spiritual Being of Asgard (SBA).

The MCH lives within a reality of only five senses, while the SBA is aware of a reality that exists beyond the five senses. The MCH thinks he is alone in the universe, while the SBA knows he is not alone. The MCH's life is focused on external power, while the SBA seeks a personal empowerment rooted in his connection to his Folk, to the higher consciousness that belongs to the collective Folk Soul. In this state, he knows of no hostility or anger, only his love for his Folk and the Gods who created it.

The MCH feels himself a victim of the universe he lives within, but the SBA knows the enormous power that he can possess through mastering Vrilic energy through Vrilology, which will give him the ability to manipulate the physical world with one's mind. He is aware of the truth that a mind at peace (in the state of Balder's love) is a mind centered in the Vrilic flow of energy and is not preoccupied with harming or controlling others. The MCH is disconnected from others, even from his family and friends, while the SBA is part of the collective spiritual unity of his Folk. He belongs to the unity that includes his Folk and the Gods who created it. He sees in each member of the Folk he belongs to that divine spark that exists in the Gods.

The MCH thinks in terms of cause and effect, while the SBA is aware of a higher power that is the Life Force of the Gods, working to keep order in the universe, and knows that he can tap into that flow of Vrilic energy to make things happen in his life. He understands the power of thoughts, which flow from the mind and are powered by the Vril, and can be used to transform the objective world he lives within. He knows that thoughts are not subject to the classical physical laws of the universe, but that miracles can be brought about by the power of our thoughts, through mastering the methods shown by Vrilology.

The MCH is motivated by achievement, performance and success and the acquisition of material goods. The SBA understands that real success and happiness is derived from aligning oneself with the Godly forces of order. This is done by living ethically, morally and in spiritual partnership with the Gods in the quest to maintain order in opposition to the chaotic forces of the Giants. The MCH thinks intuition is merely a hunch, while the SBA understands that intuition is actually guidance from a higher source. It is the voice of the Gods speaking to us, guiding us and advising us. The MCH spends most of his life

fighting to achieve success, and opposing others, while the SBA does not order life in opposition to others. SBAs are not against anything, but concentrate their thoughts on what they are for. The MCH is against things, while the SBA is for things.

The MCH has no sense of responsibility for anything beyond his own well-being and existence. The SBA knows that he is connected to forces greater than his own existence. He understands that all living things are in alignment with either the chaotic forces of the Giants or the orderly forces of the Gods. He understands that he must align himself with the progressive power of the Gods to maintain happiness or balance in his life, in the life of the Folk community that he is a part of, and the universe in general. The MCH does not understand this choice, and most often aligns himself with the chaotic forces by living an aimless life of a true narcissist. The SBA feels a sense of responsibility for the universe and is in awe of life, knowing that he is part of unity that includes mortal and immortal. The MCH believes in limitations, while the SBA knows that he can manufacture miracles through the power of his mind, which is energized by the Vril, the Life Force of the Gods.

THE CHOICE BEFORE US

What must begin to break down our shell, and cease being a Material Creature of Hell, and begin the process of transforming into a Spiritual Being of Asgard. But remember that the Gods have within them the essence of the Giants. Odin's mother was Bestla, a Giantess. They had to learn to master that part of them that seeks to answer the call of the Giants. Odin sacrificed himself for nine days and nights on the Yggdrasill to discover the power to transform himself into a being with the power to master the Gigantic forces that exist within him. Where the Gods differ from the Giants is that they have learned to master the great powers they possess, while the Giants, possessed by those powers, cannot control them. That is why they are destructive.

Like Odin, Vili and Ve, who killed Ymir and refashioned the universe from his parts, you will destroy your chaotic former self that existed in a state of blind ignorance and begin the process of transformation and reconstruction. Destruction is necessary for evolutionary change. Before you evolve into a higher state of existence, you must destroy the old you. We have the need to transform ourselves from Material creatures of Hel into Spiritual Beings of Asgard. Thus, the Rune governing Jotunheim is Nauthiz—necessary change.

NAUTHIZ—THE NEED TO EVOLVE

Nauthiz embodies the need to evolve upward, which is instinctive in all forms of life. On this level you will begin to understand the dynamics of resistance that is behind the process of creation. As you noticed in the table of contents for this level, you will be doing a great deal of work with the Runes. You will

need to understand how the Vril energy that is shaped by the different Runes can be used to control and direct your Wyrð. Nauthiz is the embodiment of the principle of the *Cosmic Law of Cause and Effect*. You will discover in this level how to use the Rune to bend your Orlog through control of your Wyrð to serve your desired outcome. One of the underlying principles of Vrilology is to discover for yourself, the power to master Orlog through the bending of Wyrð. In the Northern cosmology, the Web of Wyrð is woven by the three Norns. The Norns are Giants, associated with Jotunheim. They are named **Urd** (past—events which contribute to the formation of the present), **Verdandi** (present—that which is unfolding now), and **Skuld** (future—that which is coming as a result of the previous two).

Nauthiz is the Rune of Skuld, the Norn of the future. It is the embodiment of Vrilic energy that is used to bend or shape the web of Wyrð manifested by past and present working together. Skuld is visualized as veiled and secretive, not so easily approached. She is unpredictable and mysterious, but she is constantly ripping apart the fabric woven by her two sister Norns. This is actually something we wish to discover and master—how to rip away our Orlog, the past layers of events that direct the flow of our Wyrð, which controls our future, so that we can reshape our Orlog, and thus obtain control of our destiny. This is what you must discover—how to master the power of Nauthiz, which embodies the level that is Jotunheim, and rip apart our Orlog so that we can then go on to the higher levels and begin the process of learning how to refashion our Orlog, so that we can become masters of our destiny!

Nauthiz is the Rune of *Need-Fire*. Once you have passed through Hel, you will no longer be blind. You will have thrown off the Curse of Hoder, and you will then possess a need to discover the nature of the true reality of existence. This will manifest itself as a hunger deep within your soul, within your mind. Nauthiz is shaped like a bow-drill that was used to cause friction from which fire was created. This is what you will experience in this level of training, ***an overwhelming need to learn!***

In Jotunheim, your old self will be broken up so that you will have clear fields to plant the seeds for your new self to grow in the next level. You will begin the process of cleaning out the negativity that you have hoarded in your Orlog. Once you have, you will have cleared the way for new pathways to manifest themselves into a grander and brighter future.

JOTUNHEIM: THE REALM OF CHANGE

In the myths, Jotunheim is inhabited by beings of great destructive power, but they also possess great knowledge. The Gods, especially Odin, travel often to visit the Giants to learn what they know. This realm of the Giants is a place of primeval ancestry, located in the east. The Gods go east to confront the forces of decomposition and destruction, but come away with greater knowledge,

about themselves and the universe. The Giants are divided into three different species: Fire Giants, Ice Giants and Stone Giants. In all three cases, they are forces of great destruction. They represent the slow, crushing forces of the glaciers, slowly spreading across the landscape, crushing everything in their paths, sweeping clean the landscape and forever transforming it. The Stone Giants are the forces of earthquakes—sudden, erupting forces that can without warning transform the world we live in. Finally, the Fire Giants represent the power of fire to lay low the landscape, burning everything to the ground. In each case, the forces of destruction provide opportunities for new life to take root and grow. These forces are really not so much so destructive as they are transforming. Thus, Jotunheim is the realm of endless, seething turbulence, forever breaking down and providing the groundwork for new life. The forces of Jotunheim are evolutionary. As a seeker of knowledge and transformation, you are entering the level of Jotunheim. The lessons here are designed to help break down the old self, so that a new self can take root and grow within you.

LESSON ONE: ASGARD STATE OF CONSCIOUSNESS

THE ASGARD STATE OF CONSCIOUSNESS

In the first lesson of this level, you are going to learn to achieve what we refer to as your Asgard State of Consciousness, or ASC. Science has discovered much about the way the human brain functions. The brain is charged with electrical energy that is powered by the Vril. This energy can be measured by an electroencephalograph, or EEG. The energy has rhythms and they can be measured in cycles per second or CPS, more recently called hertz or Hz. When we are awake, these rhythms are functioning at about fourteen to twenty hertz. This is known as beta waves. Below this level, the beta level, between seven and fourteen hertz, is what is referred to as alpha waves. Alpha is the state of consciousness that you enter when you are daydreaming, or just about to fall asleep, or just after you have woken up. The waves from four to seven hertz are known as theta waves, and below four, are delta waves. When you are at the theta, you are able to receive information, but you cannot function deductively. Because you are asleep, you are unable to analyze the information and thus, unable to use it to make decisions. When you are sleeping, you are either in theta or delta and sometimes in alpha. What we want to teach you in this lesson is to achieve a conscious state of alpha. Once you can accomplish this, you will be able to function at alpha (the Asgard State of Consciousness). For our purposes, it is important for you to achieve this ability. Once you can easily achieve alpha, your Asgard State of Consciousness, you will have the ability to unlock the greatest potential, reaching even deeper levels of mental consciousness.

DIFFERENT LEVELS OF CONSCIOUSNESS

As was stated, beta is the state of consciousness we are in when we are awake. We refer to this state of mind as the Midgard State of Consciousness (MSC). We are awake and aware of the world around us. The possibilities of what we can achieve in MSC are limited. We have been functioning in MSC throughout the first five levels of the Yggdrasill Training Program. When we are sleeping, we are primarily in either theta or alpha. When we are in a state of what is referred to as deep sleep, we enter the delta state. This is when we are unconscious of the reality of the world we live within, but we will speak of delta in a later lesson.

We refer to Theta state of consciousness, as the Gladshheim State of Consciousness GSC, because we are sleeping, and unaware of the truth about ourselves, our true heritage, and our full potential. It is only when we are in the alpha state that we have the greatest potential. In this state, we have the ability to open fully the Bifrost Gland and begin the journey across the rainbow bridge to Asgard. As stated, for this reason, we refer to this state of

consciousness as the Asgard State of Consciousness (ASC). We must understand that by using the Vril, we are causing our brain to induce different states of consciousness.

ASC is the key to everything we have been working toward so far. Once you have completed this level of training, you will have at your command the faculties of harnessing the Vril more fully than you have so far, and will be able to use its power and permit you to operate psychically whenever you wish. The purpose of the Yggdrasill Training Program is to teach us to awaken the full potential of our power to harness the Vril, the Life Force of the Gods, and use it to transform ourselves and the world we live within. Once you have achieved this, you will discover that nothing is impossible. You will be in control! This is what is meant by becoming a Vril Lord.

ACHIEVING DELTA DND THETA

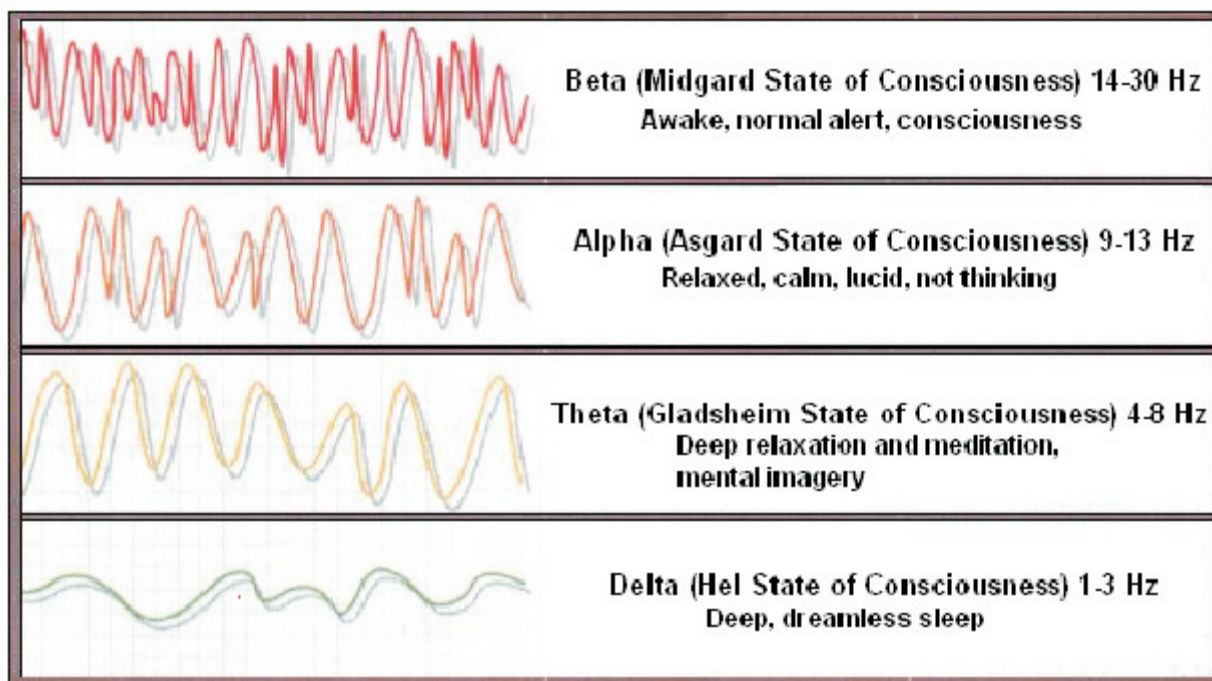
Once you have mastered the ability to enter ASC whenever you wish, and at will, you will then be able to go even deeper into the theta and delta levels. At theta your mind is functioning between four and seven hertz (Hz). Here you will be able to enter a deeper level whenever you wish, while you are in the ASC (alpha, at seven to fourteen Hz). Eventually, you will be able to program yourself to reach an even higher state of consciousness while you are asleep. This is delta, when the mind is functioning at less than four Hz. This is the level when you enter the realm of Hel and speak with the Norns at the Well of Urd. This is the Urd State of Consciousness (USC) and can only be achieved while you are asleep. But you have to learn how to program yourself to do this before you go to sleep so that you will communicate with the Norns while asleep. You have no control over your deductive, intuitive and reasoning powers while in this state, because you are asleep—in deep sleep.

You can also reach theta, or the Gladshheim State of Consciousness, where you are standing before the Gods and able to receive greater intuitive powers. But to achieve this level you have to master entering ASC (alpha). The hall of Gladshheim, where Odin holds council with the other Gods, is located within Asgard.

MEDITATING IN THE ASGARD STATE OF CONSCIOUSNESS

As you have already been practicing the proper method of meditation, by now, you should be able to easily slip into a very calm and proper condition of relaxation. We will introduce a new method in your routine of meditation. You can do this with your group, and individually. You should do both for different reasons. The best time to perform this method will be in the morning, just after you have awakened, or at night, just before you are ready to go to sleep. But you can also do it any time of day. Obviously, you will do the former when you are alone, and the latter can be performed within your group.

After you are completely relaxed, close your eyes, or keep them closed if they are already closed, and look upward, under your eyelids. It might feel a little uncomfortable at first, but don't force it or strain your eyes. You will most likely be lying down when performing this exercise on your own. If so, just raise them under your eyelids about 20 degrees and hold them there. This position alone will trigger the state of ASC. You will notice it immediately. You should begin by counting backwards from 100 to 1, slowly. Concentrate on the numbers as you count down. It is important to concentrate when performing this exercise. Later, as you become experienced in this method, you can reduce the counting backward from 50 to 1, 25 to 1 and eventually, from 10 to 1. But for now, start out by counting backward from 100 to 1 because it will help you to concentrate. Concentration is very important because as you try to clear your mind, you have a tendency to become distracted. Your mind will wander and you can even fall asleep.



When you are performing this exercise alone, in the morning or before going to sleep, you will find it every effective because you normally experience alpha, or ASC, at these times. Whenever we slip from theta (GSC), to beta, (MSC), we pass through alpha (ASC). People who perform this exercise through other disciplines than the Yggdrasil Training Program have reported that they felt nothing out of the ordinary. But because you have been performing the meditation exercises throughout the training program, you should feel something right away. Perform this meditation exercise every day for nine days. If you feel that you can easily slip into the ASC, then begin to

reduce the countdown as quickly as possible. You be the judge of your own progress. Eventually, you will be able to slip into the ASC immediately. The important thing that is necessary about counting down is that it helps you to concentrate your mind on the process, and thus, concentrate your *will*.

THE VRIL-POWERED MIND

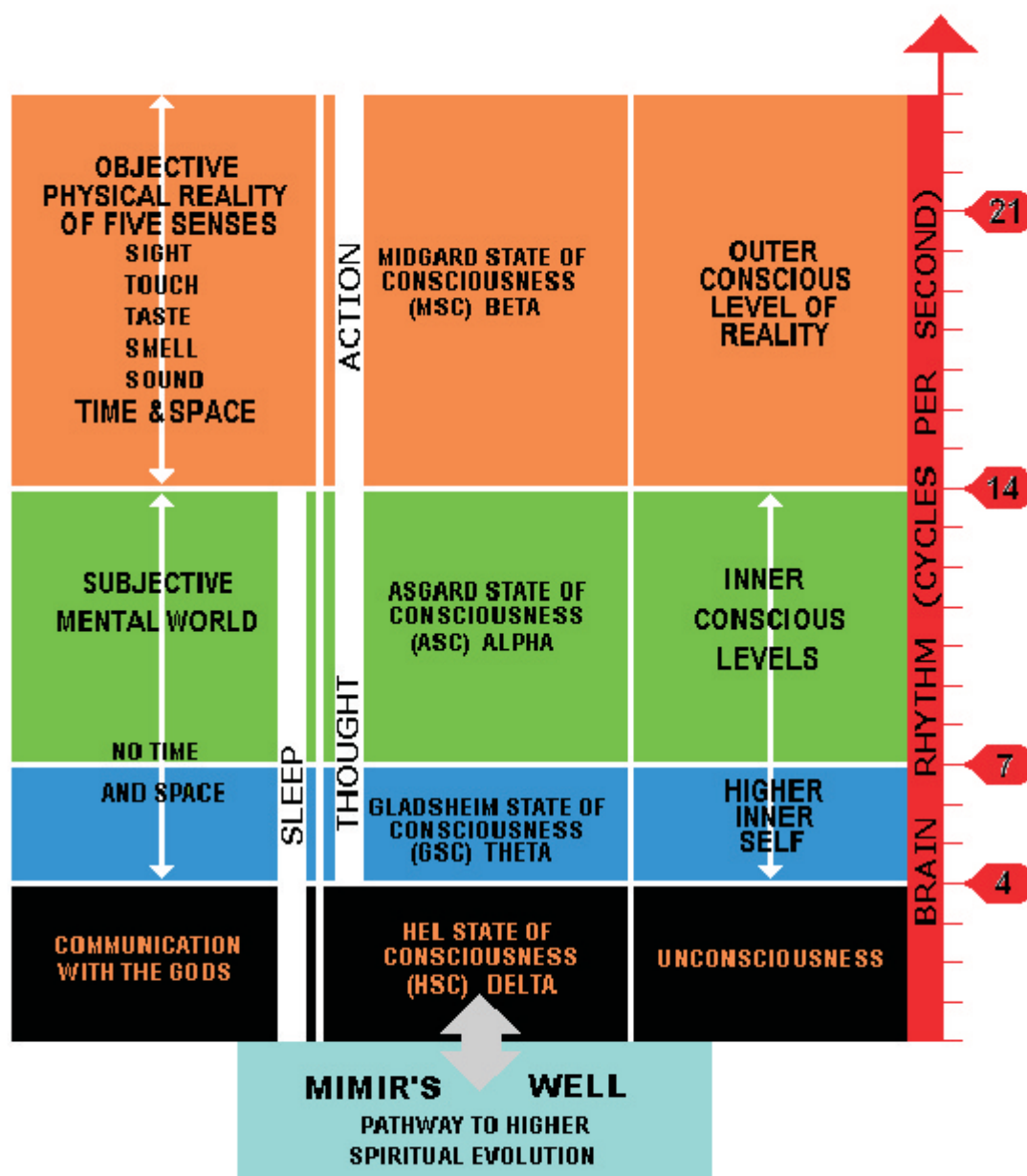
As we stated before, you should understand that your mind is powered by electricity. This electrical power is charged with Vril energy. Through the electrical charge, Vril energy is passed throughout your body. When your mind is functioning, it performs thousands, even millions of different tasks constantly, without your even being aware of it. Energy is constantly being used to perform these functions. These functions are performed at a subconscious level. The truth is, your conscious mind would work more effectively if there was less impedance. This can be accomplished by lowering the frequency of the cycles, because the brain is more effective when it is less active. This is done by slipping into the alpha (ASC) level. By achieving this level, the amount of Vril energy flowing into your brain and throughout your body increases, thus providing more energy for your mind to use.

When you perform this exercise with your group, you should all be sitting in a circle, holding hands. Your group should perform the breathing exercise and achieve a state of total relaxation. Raise your eyes in the same way, between a 20 and 45 degree angle under your closed eyelids. Then, the leader of your group should begin the count down from 100, or 50, to one. Everyone should join in, counting backwards in unison, concentrating on the sound of your voices. When performing this exercise collectively in your group, you will discover that the Vrilic energy is transferred among the members of the group. This will help you achieve the "high" that you will attain when doing this exercise.

Whether you do it individually or as a member of a group (it is best to do both) you will experience a "high" or euphoria to some degree. It will be a beautiful sensation of both calm and vibrance at once. You *will* feel the power of the Vril's energy filling every part of your body and soul. You should perform this exercise with your group first, and then perform the exercise individually for the next nine days. When you meet again as a group, you will discover how charged you will be with the Vril when performing it once more with your group. Something beautiful happens when you meditate at this level. You are permitting that part of your brain that can tap into a high state of consciousness, the Asgard State of Consciousness, to take over. This will shut off the mechanical, left part of the brain, and permit the right-sided, imaginative part of your mind to take over. You will discover a kind of inner peace that you never experienced before.

You will discover a kind of inner peace that you never experienced

before. This sense of inner peace will eventually grow stronger and stronger each time you practice, until it will be so strong that nothing that happens to you in the Midgard State of Consciousness will be able to shatter it. It will eventually take your conscious state of existence (MSC) and help to transform you as a person, completing your transformation from mortal into a semi-divine God-man. Worries, anxieties and other concerns will shrink and eventually disappear in this state of existence, and once again, it will cleanse your MSC



VRILOLOGY'S MENTAL MAP TO HIGHER CONSCIOUSNESS

mind of them also, so that these problems will not hinder and hold you back from functioning in the objective world of Midgard. The more you practice this method of meditation, the greater will be the calming effect of the process. Each time you will be able to go into a deeper state within yourself, or should I say, further into Asgard. For the Gods dwell within you, and by traveling deeper within yourself, you are entering the realm of the Gods!

TECHNIQUE FOR ACHIEVING THE ASGARD STATE OF CONSCIOUSNESS

1) Sit or lie down depending on the time of day you are meditating. If you are doing it at night before you go to sleep, or when you are waking up in the morning, remain in bed, lying down if you wish, or sit up in bed if you think you might fall asleep, doing this exercise. During the day, sit in a comfortable position. Sit in a chair or in a lotus position with your legs crossed. Whatever is the most comfortable for you.

2) Close your eyes. Slowly roll your eyes slightly upward (about 20 to 45 degrees) under your closed eyelids, as if you are looking at the ceiling. This will manifest what I refer to as the Asgard State of Consciousness. We will discuss this in greater detail in future lessons.

3) Relax your entire body. Begin with your scalp. Concentrate on your scalp, relaxing every muscle in it. Then move down to your face, relaxing every muscle in your face. Next do the same with your neck and shoulders. Then relax your arms and hands. This is followed by relaxing your chest and hips. Continue to work at relaxing your thighs, knees, lower legs and finally your feet. When you are finished, you will be amazed just how tense your body was. You will be able to feel the difference. If you can, you should try to develop a routine of meditating two or three times a day.

4) Practice your breathing exercises. Slowly breathe in, filling your chest with air, holding it a few seconds, and then slowly releasing it. Do it several times, as many as you need to feel totally relaxed. At the same time, feel the flow of Vrilic energy into you in greater and greater amounts. Feel yourself, through your breathing, pumping Vril energy to every part of your body, and imagine that you are charged with its power.

5) Begin counting backward from 100 to 1. Wait about one second between each number. You will eventually reduce the count from 50 to 1, 25 to 1, and finally 10 to 1, but for now, we will begin by counting backward from 100 to 1.

As you count backward, concentrate on the process. It will discipline your mind and help you to control your thoughts. You can count out loud so that you will hear your voice, if this helps you to concentrate on the process and clear your mind of all other thoughts.

Once you have reached a deep meditative state, it is not enough to

simply relax and experience it. This is the Eastern method, but for Westerners, we need to concentrate and use this meditative state of being for some active purpose. You will find this state of being to be a beautiful and calming experience, but we want to use it for a constructive purpose. We seek to go beyond the Eastern, passive meditative practices and use this methodology to train our minds for organized, dynamic control of our minds and wills. You have to teach yourself to meditate dynamically, and this is what we are teaching you to do. Once you have mastered this technique, you will be amazed at what the power of your mind can accomplish. You will be amazed at the powers that you possess and never even knew it.

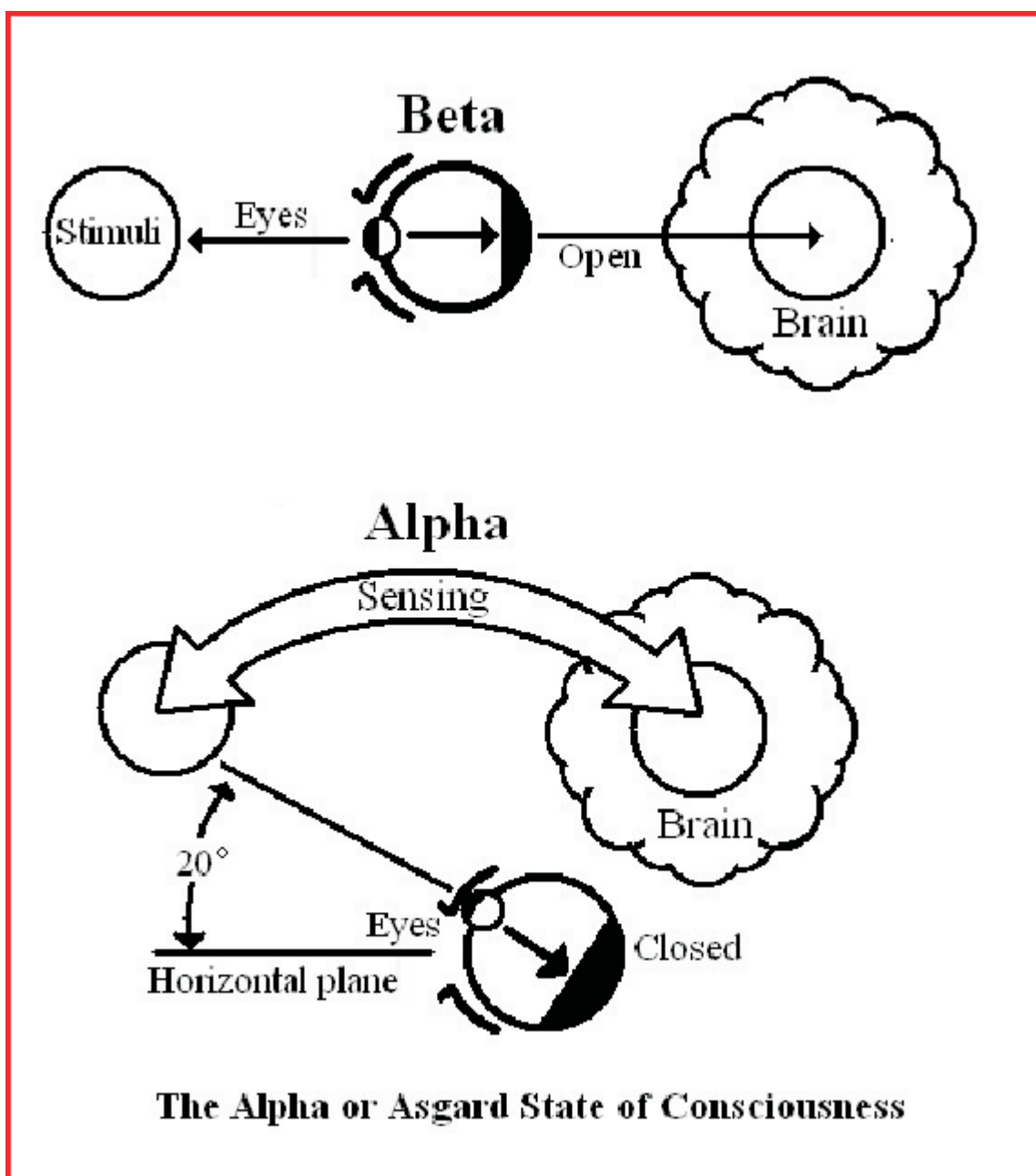
6) Think about a pleasant place that you would find relaxing and calming. It could be anywhere: your home, backyard, the beach, the countryside, a friend's home, anyplace where you could rest and relax. A peaceful place where all your cares and troubles could be forgotten. What you want to achieve is a state of peace so that you can go deeper into your mind. We are not trying to achieve a state of nothingness, but simply discover your ability to withdraw within your mind. You can visualize the Rune Isa, if you wish. This is the Rune of contraction and withdrawal. The reason for this is to achieve a state of being where you can eventually go so deep that you will bypass alpha and enter the theta state. You will have entered Asgard (alpha) and moved into the Hall of Gladsheim (theta) where the Gods hold council. It will take some time to achieve this, but you will.

7) To help you achieve this deep state of self-awareness, you might want to reinforce your journey by counting backward from five to one, one or more times. You can do this as often as you like. It will help you go deeper within your subconscious. Each time you do, you will find yourself going deeper within yourself until you experience a total state of calmness. At the same time feel the power of Vril energy filling your soul, mind and body. Feel yourself becoming one with the Gods. Remain here for a while, still thinking of a calm, and peaceful place until you feel yourself rested and ready to return to Midgard (beta).

8) Bring yourself out of this state of consciousness and return to beta level or Midgard. Say to yourself that you will count from 1 to 5, and when you reach the number 5, you will open your eyes and feel better.

9) Begin counting, but when you reach the number 3, say once more that when you reach the number 5 and open your eyes, the changes that you have willed will begin to manifest themselves in your life. Believe that you have been filled with the power of the Life Force of the Gods, and that you now are charged with Vril energy and do anything. Then continue to count and open your eyes after the number 5. When you reach 5, say once more that you feel wonderful and reborn. Say, "Day after day, in every way, my life is getting better and better. I am evolving to a higher state of being. I am becoming one

with the Gods.”



LEARN TO MEDITATE REGULARLY

You should start a routine of meditating two to three times a day. Each time you meditate, it should be between five and fifteen minutes. If you meditate once a day, that's good, twice a day is great, and three times a day is fantastic.

Each time you meditate, if you do it for five minutes, that's good, if you do it for ten minutes, that's great and if you do it for fifteen minutes or more, that's fantastic. This method of meditation should also be conducted with your group, if you are working within a group.

Once you have learned to master this exercise you will then begin to apply your knowledge of visualization, and create a screen for you to visualize images on. The screen should not be on the insides of your eyelids, but imagine it about six feet before you. You should begin by visualizing the Runes, one at a time, beginning with Ansuz and going through each Rune until you reach Othala. But don't rush through the Runes. Take one at a time and absorb it. Feel it. Observe it from every angle and then chant its sound in the long, drawn out method of chanting. See, feel and hear the Rune, in all its essence, and in every detail. Think of nothing else. But don't spend too much time on each Rune either—just enough for you to absorb the Rune. Once you have completed your exercise, you can slip out of ASC by simply counting to five and open your eyes. You will feel transformed!

These methods will eventually help you to not only travel to and visit the nine worlds, but to evoke the Gods and Goddesses. This will be attempted in the more advanced levels of the training programs. In the meantime, concentrate and be patient. You will eventually train your brain to simply and effortlessly slip into ASC. This is when you will be able to easily create whatever image you wish to view. You will also experience a stillness of mind that will fill you with an enduring peace of mind and calmness that will transform you.

GOING TO THE WELL OF URD

In the Norse myth we speak of the Gods holding council at the Well of Urd. Urd is named after one of the three Norn sisters by the same name, Urd. The Well of Urd is located in Asgard. One of the three roots of the Yggdrasill grows out of it, receiving nourishment from it. Its waters represent the Mead of Knowledge. Everyday the Gods of Asgard journey to Urd and hold council, discussing the affairs of the Cosmos.

When you meditate you are opening your Bifrost Gland, represented by the rainbow bridge that connects Midgard with Asgard. It is through the Bifrost Gland that you communicate with the Gods. In effect, you are traveling over the rainbow bridge and arriving at the Well of Urd. Thus, whenever you prepare yourself for meditation and chanting, you are preparing yourself to receive the counsel of the Gods. This is why we refer to it as **Going to Urd or GTU**. You Go to Urd by first relaxing. Then you raise your eyes under your closed eyelids and count backwards from 10 to 1. Then begin meditating, opening your mind to the powers of the Nine Worlds. You can meditate on a Rune when you seek



communication with the Gods and wish to draw on their source of infinite knowledge. Eihwaz is the most effective Rune meditate on when you GTU, because it is the Rune of communication with higher realms. But you can use other Runes for various purposes.



We recommend that you GTU **at least once a day** for about 15 minutes. There really is no limit to what you can do during these 15 minutes. But we suggest that you use the experience to cleanse yourself of negative Orlog. You can meditate on Nauthiz, which is a counter force to negative Orlog. Create an image of Nauthiz on your mental screen. See it as the color red. You should see it burning red hot with the Need-Fire of cleansing. As you are visualizing Nauthiz, begin to think over what has happened to you in the last twenty-four hours that you would like to change or cleanse from your consciousness. You can think about those desires or incidents that might be acting as barriers in your progress toward your goals. Remember, you are talking to yourself in this state of GTU, so don't hesitate to call on your Fetch for assistance. Visualize what it is you want to concentrate on. Visualization and imagination. Don't rely on words only. Words are tools to help you form pictures in your mind. Think of words as cutting tools that your mind uses to cut the stone into a statue of what it is you wish to see. They help you to give shape and form to your images.

The vision you form with your mind is a transmission or thought transference. Review what happened to you in images as if you were watching a movie. Analyze everything that happened, and then imagine the corrections you want to make. Review the mistakes you made and how you would prefer it to turn out if the same incident happened again. Picture a perfect future as a means of negating the imperfect past. Again, call on the image of Nauthiz to help you in this task.

Next, project your image of the perfect future into your future pathways. Understand that your mind is drawing Vril from the currents of Vrilic energy flowing into you, and shaping it into the desired pathway into your future. **This is what we refer to as, Bending Wyrđ.** You can reaffirm your desires by saying to yourself: What am I doing tomorrow? What am I supposed to do tomorrow? What do I have to do tomorrow? What do I need to do tomorrow? **Know that your questions will be heard at the Well of Urd.** The Gods will hear your questions, and will send you the answers to your questions. You might not hear them immediately, but over the next day, when the situation arises, the answers to correct action will pop into your head.

You can use Going to Urd to analyze almost anything. There really is no limit to its use. You can GTU any time of the day, but the best time might be at the end of the day, so you can review what happened to you during that day that just passed. Of course, the three most important topics you will probably

use GTU for are: health, relationships, and success. Health is the most important of the three, for without good health, the rest is meaningless. Secondly, you want to surround yourself with love, and that means having people in your life who love, respect and care about you. You will want to use GTU to ensure that you have many friends, that you have good relationships with your family members, and that you find love with that special someone you can share your life with. Thirdly, you will want success. This can mean fame, fortune and recognition. By becoming successful at what you love to do, you can become wealthy, which is always a good thing. Success can bring recognition in your field of activity and thus fame. You can quickly visualize each while you GTU. Fifteen minutes is really a lot of time, but if you wish to spend more time in GTU, please do.

GLADSHEIM (THETA) AND HEL (DELTA) STATES OF CONSCIOUSNESS

The Gladshheim State of Consciousness is the state of mind when it slips into a deep level of consciousness beyond Alpha that is known as Theta. This is your dream state, when you are sleeping, but is not deep sleep. You can induce this state of consciousness when meditating. After you enter Alpha (Asgard State of Consciousness) you continue to let yourself fall into a deeper state of meditation. You might even find yourself falling asleep for a few seconds, but you will eventually, with enough practice, control yourself and prevent yourself from falling asleep. This is a very powerful state of consciousness and that's why we refer it to the Gladshheim State of Consciousness, because you are only entering the realm of the Gods—Asgard—but you are entering Odin's holy hall of Gladshheim where the Gods meet in council.

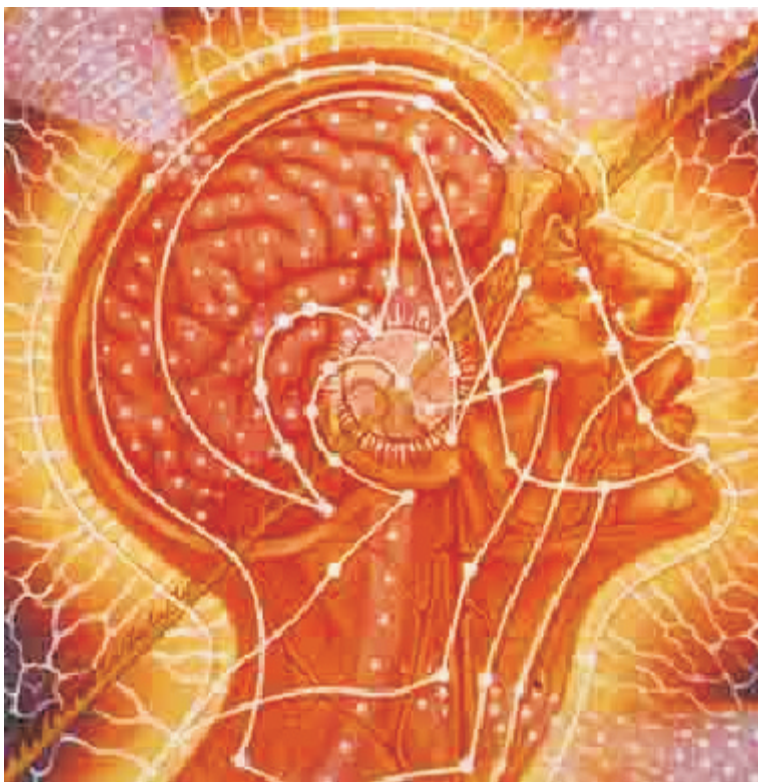
The other state of consciousness is Hel, or Delta. This is the state the mind enters when you enter **deep sleep**. You are unaware of the conscious realms and thus, we refer to it as Hel. You have no control over your mind in this state because you are fully asleep, just as you have no control of your awareness in the realm of Hel. But we will teach you methods for preprogramming yourself before going to sleep, so that you can utilize this state of consciousness when you are dreaming in future lessons dealing with your psychic powers.

WHOLE-BRAIN MULTI-DIMENSIONAL FUNCTIONING

To sum up, what we hope you learn after reviewing this lesson is the ability to quickly move from Beta, your Midgard State of Consciousness, and quickly transcend Alpha, your Asgard State of Consciousness, and enter Theta, your Gladshheim State of Consciousness. The human brain functions on different harmonic frequencies. In the normal awake state, the brain functions at 20 hertz in Beta, but while we daydream or become preoccupied, the brain functions at 10 Hz in Alpha. Then, on the borderline of wakefulness and sleep

state, the brain functions at 5 Hz. When we are asleep, especially in deep sleep, the brain functions at less than 5 Hz in Delta. What we want you to do, is to develop first the ability to enter your Alpha level of 10 Hz whenever you need to, and then move even further into 5 Hz in Theta.

It is at the level of 5 Hz in Theta that your mind functions inductively instead of deductively. This means you will be able to perceive information, but you will not be able to analyze it or use it to make decisions. This might sound like a bad thing, but it is not so. The deductive process, which is the property of the left side of your brain, actually prevents the right side from inducing the correct answers to questions or retrieve information from the universal collective consciousness, which is personified by Odin and his uncle, Mimir. Odin gives an eye so he can drink from Mimir's Well, the well of knowledge.



What you will learn to do is similar to what Odin did when he requested a drink from Mimir's well. He had to pluck out his eye, and most accounts say it was his right eye, which is connected to the left side of the brain. This means he had to learn to rely on his left eye, which is connected to the right side of the brain. The right eye was payment for a drink from Mimir's well, the well of knowledge. It is Mimir's well that is the universal collective consciousness.

It is the right side of the brain that controls functions at 10 Hz in Alpha, The Asgard State of Consciousness, and 5 Hz in Theta, which is the Gladsheim State of Consciousness. Thus, when you learn to control the frequency your mind functions at, whether Alpha or Theta, you are bypassing Beta, transcending Alpha and lowering your brain frequency all the way to 5 Hz in Theta, just as Odin did when he plucked out his right eye.

LESSON TWO: THE VRIL, THE MIND AND THE RUNES

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

WHAT IS THE NATURE OF VRIL

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

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

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

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

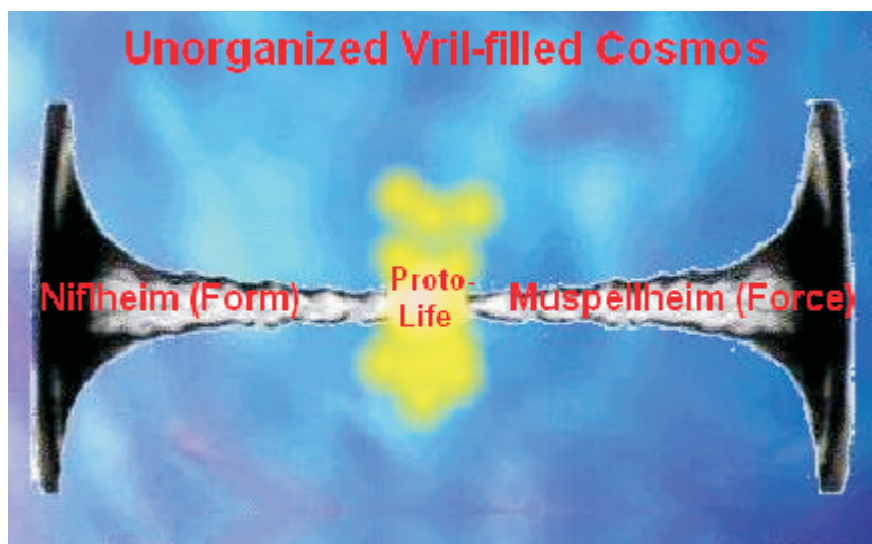
Vril also has a connection to the mind, and methods can be employed to store up its energy and use it constructively. Vril is not manufactured in the human body, but can be collected and used effectively. This energy is present in water, and especially in the air. This is why breathing is so important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

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

According to Paul Tice:

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

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



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

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

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

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

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

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

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

DESIRES, AND SUPERVISED BY HIS INTELLECTUAL REASONING.”

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

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

So far we have established two principles of Vril:

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

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

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

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

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

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

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

YOU HAVE CONTROL OVER YOUR THOUGHTS

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



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

THERE ARE NO LIMITS TO ITS POWER

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

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

and number.

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

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

ONENESS WITH THE UNIVERSE

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

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

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

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

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



THE PURPOSE OF OUR LIVES

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

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



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

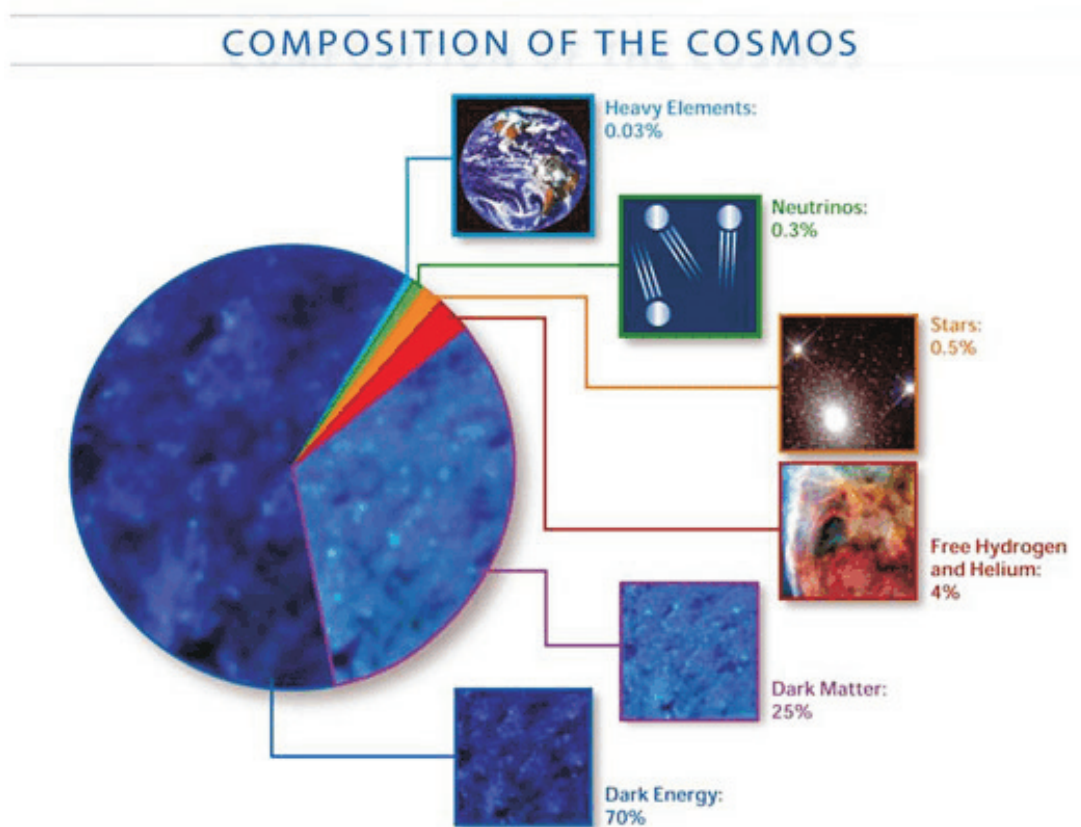
yourself, those you love and all members of your Folk.

THE INVISIBLE POWER OF OUR MINDS

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

effect.

We perceive reality, according to quantum physics, as a holographic image. This holographic image is actually an illusion, but we perceive it as real because our thoughts give all objects in the physical world around us form and shape. Our minds give them three-dimensional shape and form. Thus, quantum physics claims that our very consciousness is a form of matter, because substance is given to the objective world around us through the power of our minds. Therefore, all objects, both animate and inanimate, are interwoven. This means that "even a rock is in some ways alive, for life and intelligence are present not only in all of matter, but in energy, space, time, and the very fabric of the entire universe." (Talbot, *The Holographic Universe*, Harper Collins, 1991).



RUNES AS THE DYNAMIC FORCE OF OUR MINDS

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

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

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

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

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

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

exploit us.

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

INTRODUCTION TO VISUALIZATION

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

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

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

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

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

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

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

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

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

HELP CAN COME IN UNEXPECTED WAYS

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

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

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

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

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

LESSON THREE: WILLPOWER

THE POWER OF YOUR MIND

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

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



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

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

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

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

CONCENTRATION

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

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

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

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

MIND OVER BODY

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

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

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

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



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

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

POSITIVE AFFIRMATION OF YOUR THOUGHTS

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

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

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

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

Positive thoughts will permit me to achieve whatever I desire.

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

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

Affirmations can be about anything. Here are some examples:

My relationship with _____ is improving every day.

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

I can learn _____ with the greatest of ease.

I find it so easy to lose weight.

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

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

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

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

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

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

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

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

ONE POINT CONCENTRATION OF THE WILL

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

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

sounds into one sound.

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

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

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

AN EXERCISE IN CONCENTRATION:

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

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

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

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

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

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



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

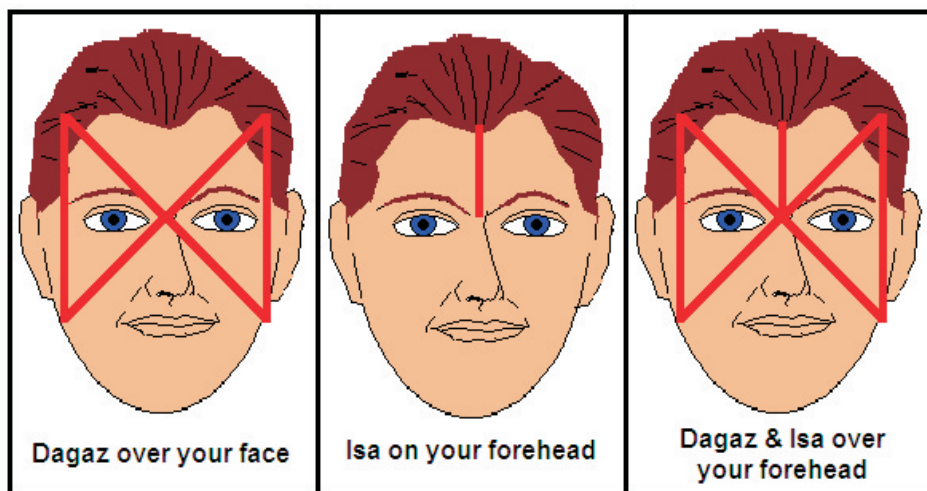
5) Imagine the Rune Dagaz superimposed over your face, with the center of the Rune located at the bridge of your nose, between your eyes. The Rune will appear as if you are wearing a mask.

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

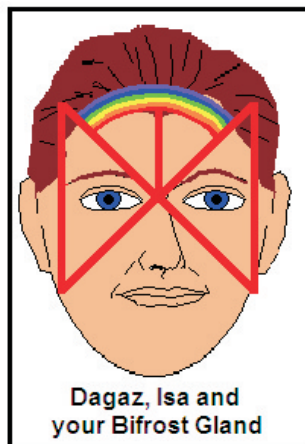
You can look at the illustration of the three faces that we provide to get an idea of how you should imagine Dagaz and Isa on your face. If you think it will help, you can draw the Runes on your face with a washable marker, or lipstick, or some other substance that you can easily remove when you are

finished.

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



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



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

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

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

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

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

LESSON FOUR: VISUALIZATION

It is essential to develop the ability to visualize when working with Runes. The ability to visualize will assist in helping you develop other disciplines necessary in learning how to master the science of Vrilology. Everyone has different psychic abilities, but in our present age, where we are encouraged not to use our imagination due to our preoccupation with visual stimuli such as television, the cinema, video and computer games, learning to develop your powers of visualization may not be as easy as it was in the past, say before the Second World War, when most people had to entertain themselves by reading and then imagine in their minds what it was they were reading. This was also true for radio. People who sat around a radio and "listened" to the broadcast were forced to imagine what was being described. People had to rely on their imagination. They were required to visualize when they read books, or when someone told them a story. But in our present age, we are constantly bombarded with visual stimuli and thus, no longer have to visualize for ourselves.

CREATIVE VISUALIZATION

While you are in the Asgard State of Consciousness, you should visualize your goal, what you seek to achieve, in the most detailed way. This is referred to as creative visualization. It has been a technique used for centuries. Nicola Tesla is reputed to have used this method. He would visualize in his mind, in the most detailed way, exactly what he wanted to build, down to the smallest bolt or gear, without ever putting anything on paper first. The complete blueprints of his inventions were worked out in his mind before he ever began building them.

Creative visualization involves imagining what you want, seeing it happening in the present tense. If you want to get a new job, then you should see yourself in that job. Imagine yourself already possessing the new job. Daydream, in every detail if you will, yourself in the new position. See yourself going to work, arriving at the new job, and greeting your new fellow workers. See yourself do the work, and enjoying the satisfaction of completing the job. See your boss complimenting you on how well you are performing your tasks, and how pleased he is with you. Create this mental picture in the most realistic way possible. Make it as believable as possible. But always see it in the present tense, and never as something that you want to happen. Believe it to be your reality *now*.

With your eyes closed, extend your vision outward, beyond your closed lids, and visualize a screen, as if you were in a movie theater, stretched out before you, about four to six feet away. Raise the angle of your vision between 20 and 45 degrees angle, but don't strain your eyes in doing so. Imagine the

screen as large as possible, and try to make it fill your entire range of vision. It is on this screen that you will project your mental story. If you want to improve your driving ability, then see yourself in a racing car, going over a hundred miles an hour around a race track. Imagine yourself racing ahead of everyone else, and eventually winning the race without once hitting another car. See yourself expertly dodging the other cars, and crossing the finish line. Feel the joy of winning the race. Hear the crowds cheering. Imagine the beautiful young lady handing you the winning prize and giving you that wonderful big kiss for winning. Feel the joy and excitement in every way. You want to imagine yourself in the most extreme example of you performing the task you want to achieve, and doing it with skill and ease.

If you want to improve your health, then see yourself fit and healthy. If you want to lose weight, then see yourself thin and trim. Feel the joy of being healthy, of being thin, and possessing a beautiful, healthy and trim body. See members of the opposite sex admiring and desiring you. See yourself looking good and feeling good in every way. Don't hold back, and enjoy the daydreaming. The greater your excitement and joy at seeing yourself achieving what it is you seek to achieve, the greater will be the power of your mind to help you achieve this desired goal. Your emotional excitement will help to increase the flow of Vrilic energy to your mind and make it happen. Later, as we explore the use of Runes in visualization, you will be able to apply the Runes in ways to formulate and fine-tune the flow of Vril energy to achieve the goal you wish to achieve.

Let's review what you must do:

- 1) Imagine what you want to achieve in the most realistic ways possible.
- 2) Feel the emotional impact of achieving your goal.
- 3) Experience the event in every way possible.
- 4) Exaggerate the experience by the most extreme example.
- 5) Bring all your senses to bear when experiencing the vision.

Let us give you an example. Imagine yourself walking along a beach. You can see the waves gently patting the shore. You hear the waves rolling in. You can smell the salty air. It invades your nostrils and it fills your senses. You look out over the ocean and see the sun reflecting on the blue waves. There is a cool breeze off the ocean. You can feel it as your face is bathed in the warm rays of the sun. You are not wearing any shoes, and can feel the sand between your toes as you walk along the beach. You walk close to the water and the lapping waves touch your feet. The cool, salty waters cover your feet and you can feel the wetness. You hear the cries of sea birds as they fly overhead. Then you see a sea shell. You reach down and pick it up and place it close to your ear. You can hear the sound of the ocean inside it and it makes you smile.

In every way possible, feel and experience what it is like to be on the

beach. You should practice this process of visualization as often as possible. It is not hard. Just spend "down time" daydreaming in the most vivid way possible.

SIMPLE EXERCISE

To help you develop your powers of visualization, you can start by using a blank wall or piece of paper or cloth. It can be gray or white. If you have been following the lessons faithfully, you should be able to concentrate on the blank area and imagine you see a dot of blue-white light. If you cannot notice it, then try this exercise.

Raise both hands in front of you at eye level, (it is better to have a black background when doing this exercise). Press your finger tips together as if you are praying. Then stare at them for a few seconds. Next, slowly separate them. As they slowly move apart, you should notice a bluish-white vapor between them. This is your aura, which is powered by the Vril. When you concentrate to form a dot, the light you see is also made up of the Vril.

Now try visualizing the dot once more. Take your time, it will eventually happen. Once you see the dot, place the tip of one of your index fingers on it. Remember, you are not actually touching the cloth, paper or wall. The dot is actually suspended in the air between you and the blank background. Now, let your finger slowly move downward, and as you do, imagine that your finger tip is stretching the dot downward into an extended line of bluish-white light. Once you can do this clearly, you will be able to draw different Runes using the Vril. Eventually, you will not have to use your finger or a white or gray background. You will be able to create a Rune, or Runes, at will whenever you desire. This ability to visualize will help you to develop your ability to concentrate when using the Runes or drawing on the Vril, and use it for different purposes. But to do this properly, you will also need to learn how to strengthen the power of your will.

As you develop your will power, you will have a very powerful tool in performing the rituals with your group. The members of your group will be able to combine their collective will power to master the Vril and direct it for whatever purpose you desire.

MENTAL SCREEN AND VISUALIZATION

To help you visualize what it is you seek to achieve or desire to manifest, you should create a mental screen. You create a mental screen by first closing your eyes, and then raising your eyes, under your closed eyelids, between 20 and 45 degrees. Do not strain your eyes. Make sure they are comfortable. Without using your eyelids as the screen, image a screen before you, about six to eight feet beyond your eyelids. Think of it as a movie screen in a theater. The screen should be large and fill the entire view. Now project images of what

you are imagining onto the screen. Be as realistic as possible. See the images in three dimensions and in color. Concentrate on sensing and visualizing the colors in the most vivid details.

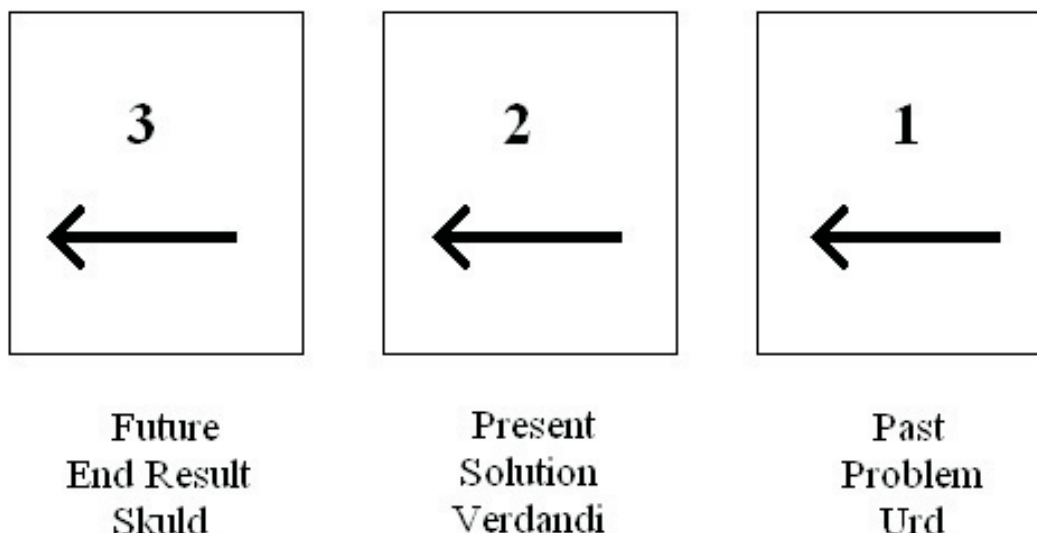
The creation of a viewing screen helps to program your brain, especially the right side of the brain that controls the subconscious, to accept your desire as reality. Objective communication takes place in the left side of the brain, where physical senses and sensations are received and experienced. This is your Midgard State of Consciousness (MSC) and is the Beta level of thinking. The left side of the brain uses hearing for perception and vocalization for transmission. The subjective, spiritual communication takes place in the alpha, right side of the brain, or the Asgard State of Consciousness (ASC). It is here where the spiritual senses are processed. The right side of the brain uses imagination for transmission of information and visualization for perception.

This is why we use the Runes for communication between the two sides of the brain. The Runes are tools, in which the objective, left side of the brain processes the material qualities of the Runic symbols, while the subjective, right side of the brain is able to translate their spiritual essence. But we will explore more about the use of Runes in visualization in the next lesson.

PAST, PRESENT AND FUTURE THREE SCREEN METHOD

As humans, we perceive time in a progressive order. The present is always with us, but at the same time, it is always becoming part of the past, just as the future is always becoming the present. There is a progressive order to this process. Thus, we think of the past behind us, the future is ahead of us, and the present is with us. This is the objective way of looking at time, but different peoples and races perceive time subjectively differently. As Westerners, we naturally think from left to right. This is why we write and read in this fashion, unlike Semites who think and read from right to left, or Asians in the Far East who read and think from top to bottom. Thus, when imagining something on our mental screen, we should always use the three screen method.

The first step in using the Three Screen Method has already been explained. You create your mental screen before you and project the image of what it is you are concentrating on, onto the screen. For instance, you should view the problem that you wish to solve before you. Examine the problem in the most detailed manner. In fact, exaggerate the severity of the situation. Make it seem worse than it actually is. In this way, both sides of your brain are able to fully digest the full extent of the problem. Recall the details of the problem and make mental notes, studying every aspect of the problem so that you fully understand the problem. Relive the situation in every detail. If you are doing this for the second time, take note of any changes that might manifest themselves in your recalling the situation.



The Three Screen Method

After you have completely studied the situation, slide the screen to your right approximately 15 degrees. Now imagine a second screen sliding from the left moving before you. On this screen, visualize yourself taking some type of action and doing something, it could be anything, to solve the problem. The solution you imagine does not have to be the one that needs to be done, or even one that is possible within the realm of performing the action you are taking. It just has to be a mental picture of you solving the problem.

Once you have done this, once again, slide the screen to your right and permit a third screen to appear before you from your left. Now imagine and project an image of the way you desire for it to end up. Make sure it is a solution where more than just you are happy with the solution, and that the solution is beneficial for as many people as possible.

VISUALIZATION & IMAGINATION (PERCEPTION AND TRANSMISSION)

With your eyes closed, you are projecting onto your mental screen, not on the insides of your eyelids. As we instructed, visualize the screen about five or six feet beyond your eyelids. Project pictures with your mind onto the screen. You do this through visualization. Visualize the topic in every detail. The images you are visualizing should be vivid and in color. This is perception. You are using your mind to conceive what the issue or subject of the problem is through visualization. This is similar to hearing in the physical realm.

Objective communication takes place in the physical reality that is

Midgard when your mind is functioning in Beta, and this is why we refer to it as the Midgard State of Consciousness (MSC). This function is governed by the left-brain. We are concerned with the physical senses of hearing and speech. It is through hearing that we receive information, and we transmit information through speech. Thus, hearing is used for perception, and the voice is used for transmission.

When you enter your Alpha state, you are relying on the right brain, which is the seat of our psychic abilities and spiritual senses. It is at Alpha that we can communicate with higher intelligence, by which we mean the Gods, who dwell in Asgard. Therefore, we refer to this state of consciousness, Alpha, as the Asgard State of Consciousness (ASC). Communication at this state of consciousness relies on extraordinary senses of visualization and imagination. We receive information, or perceive information, through visualization. The transmission or sending of information is done through imagination.

Therefore, once you have visualized the problem, you will use your imagination to conceive of some form of solution. It does not have to be a reasonable solution. In fact, you should exaggerate the solution, any solution, in this step. Then, you will continue to use your imagination to transmit the final results that you wish to manifest. Thus, in step one, you are visualizing what exists, but in steps two and three, you have to rely on your imagination to create a solution and outcome. When you do this, you are transmitting or sending these images to the Gods for them to assimilate into their grand design of an orderly universe.

SKULD, VERDANDI AND URD

In the Norse cosmology, past, present and future are visualized as the three Norns: Skuld (future), Verdandi (present) and Urd (past). When visualizing the Three Screen Method, you can call on the three Norns to help you with the process. You can ask the three Norns to help you before you begin the process of visualizing the three screens. Just ask them to come to you and fill your mind and thoughts



with enough Vril energy to help you manifest a solution to the situation you are about to examine. When you call up the first screen, ask Urd to help you remember the situation as it played out. On this first screen, you are technically trying to recall a past event, something that has happened to you and is giving you trouble. When you move onto the next screen, call on Verdandi to help you to find the solution to the present situation. And when you finally move onto the third screen, ask Skuld to help you resolve the situation to your satisfaction, and the satisfaction of all involved. You can do this by simply saying to yourself, mentally: "Urd, display the problem at hand" and "Verdandi, help me find the solution," and finally, "Skuld, what does the future hold for me?"

FOUR RULES TO REMEMBER

You must remember four simple rules when using this technique.

1) You must truly desire whatever event you are seeking to manifest to come true. But the desire must be within the realm of possibility. (You have a chance of getting the promotion at work. People you are dealing with will be more cooperative. The girl you like will agree to go on a date with you).

2) You have to believe that the event you seek to manifest can take place. If you cannot truly believe it will happen, it won't happen. Your mind has to be totally working for you. Even the slightest doubt will prevent it from happening. You have the power within to use your mind to make things happen, but disbelief is the greatest obstacle that will prevent these powers from manifesting.

3) You must not only desire and believe something will happen, you must expect it to happen. The previous two laws are passive, but expectation is aggressive. You are now using your mind to make something happen. This is where we must learn now to visualization. We will have to utilize our ability to imagine something happening in such a way as to *will* it to manifest itself in the objective world we live within. This is what we learned in the last lesson—how to use the power of our mind—the will power. We can do this through the power to visualize.

4) Remember that when you are in the Asgard State of Consciousness (alpha) you are in touch with the Gods. Your mind is working on the level of Asgard, one of the nine worlds of the Cosmic Tree. You have crossed the rainbow bridge into another realm of existence. Thus, from the prospective of the Gods, your problem is not great at all. It may seem a great problem to you, but on this higher realm of existence, it is not. And so, here, you have the power to solve it.

Once you have completed the Three Screen Method, count to five and open your eyes. Tell yourself that you feel great and that the Vril is coursing

through you, empowering your thoughts to turn them into reality. You can be confident that you have employed the higher powers of the Gods, the Vrilic energy, to set things into motion and work for you. You should be assured that you have established an alliance with powers greater than yourself, working to manifest what it is you desire to happen.

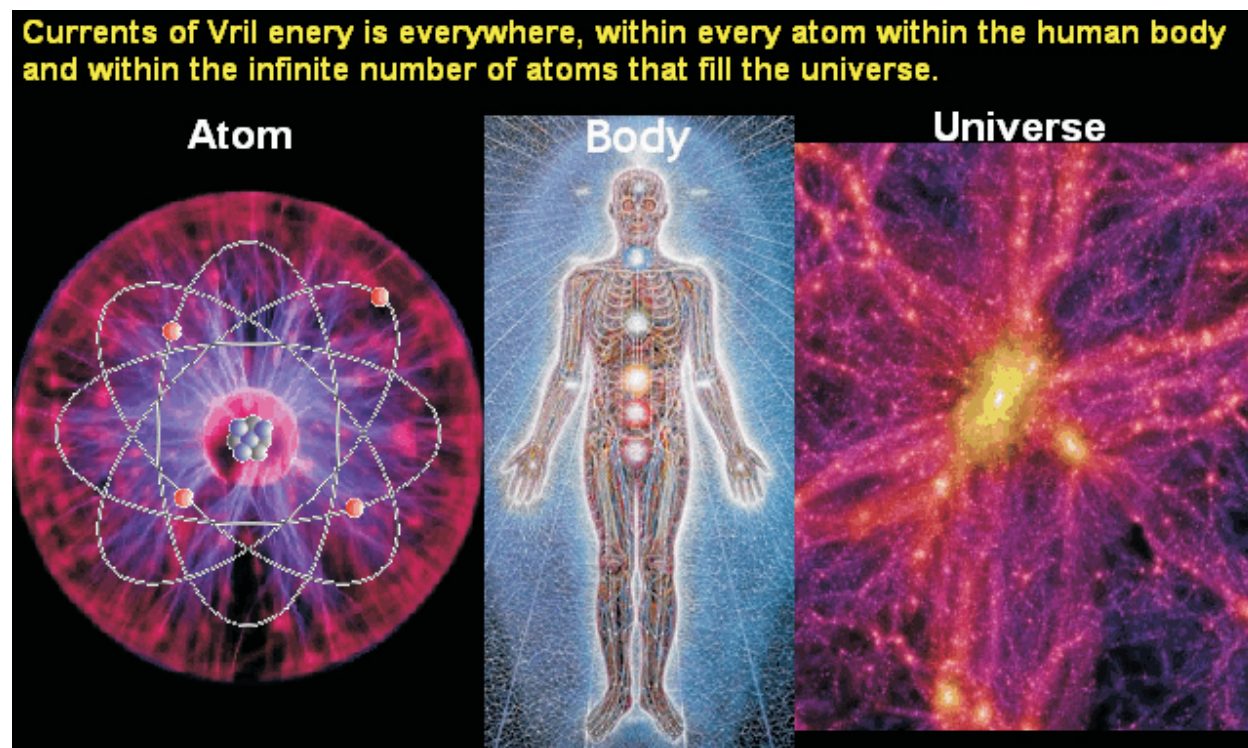
Will it work every time? No! But if you keep at it, and work hard at it, and begin with small goals, eventually the coincidences will pile up and convince you that your *luck* has changed. You will become one of those people you hear about who seem to lead a charmed life, where everything they do works out, and they never fail. Some people have a natural ability to draw on this higher power without being conscious of it, but most people don't, yet they can learn how to achieve this ability. This is the purpose of the Yggdrasill Training Program.

LESSON FIVE: VISUALIZING THE RUNES

You must now learn to practice visualizing the Runes. This is something you should do individually, though you can do it at your meetings. The members of your group should try doing this exercise on their own. It is a very important exercise, and necessary for you to assimilate the essence of the Runes into your very being. Doing so will take a great deal of patience. Therefore, you should do this exercise every day at home. One great advantage of doing these exercises as a group is that group activities can be very motivating. Everyone knows that it is a lot easier to go on a diet and lose weight when you are dieting with other people.

WE LIVE IN A SEA OF ENERGY

Science has confirmed that the universe is one infinite "sea of energy." We now know that matter and energy account for only about 5 percent of the universe. The rest is made up of a trans-dimensional field of energy that is not entirely in this universe. We have discussed this in previous lessons. Science refers to



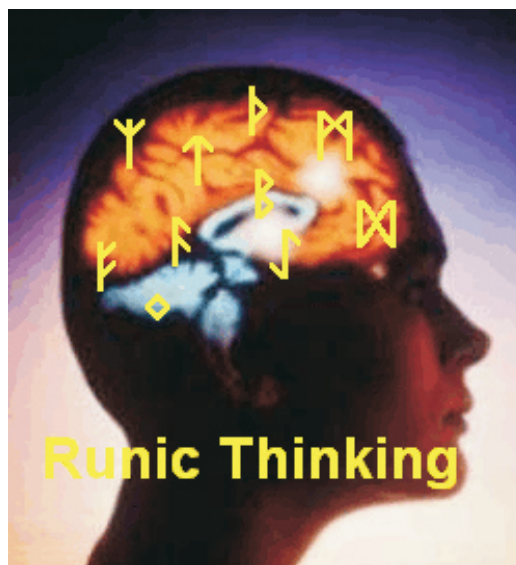
this hidden component as "dark energy" and "dark matter." We in the Church of Vrilology refer to this trans-dimensional energy as Vril. The vast, infinite sea of Vrilic energy is everywhere. It not only fills this universe but it blinks in and out of this universe, into dimensions that exist elsewhere. It fills the nine

worlds and it fills each and every one of us. It is the power source that gives us life.

We can learn to harness this energy and use it in a trans-personal means to shift the energy patterns of life in ways that are beneficial to us. The first step to achieve this is to “think runically.” The Gods, Odin in particular, gave us the Runes to use as tools.

THINKING RUNICALLY

This is not something that we do consciously, so we must develop the ability to think runically unconsciously. We must be thinking runically at all times, without ever being aware of it. Once we can reach this level of being, Vril energy will flow much more freely and in greater amounts into us, and empower us in ways that will transform us mentally, physically, psychically and spiritually. Once you have achieved this level, you will eventually bring the Runes to life within you, working in ways to transform Vril energy within you. This will enable you to effortlessly slip into both the Asgard and Gladsheim states of consciousness whenever you need to, within seconds, without having to use the methods of meditation. In fact, your mind will be slipping into these levels of consciousness without your being aware of it, at a moment’s notice.



DISCOVERING THE ENERGY BEHIND THE RUNIC FORMS

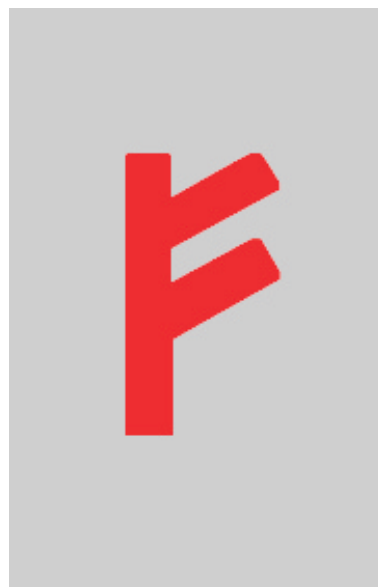
What we want to do is learn how to see the energy that is behind the Runic forms. You will now begin to practice seeing through the form of each Rune and discover the Vrilic energy that lies behind them. By performing the following exercise, you will discover the energy characteristic of each Rune and how it manifests itself in the objective universe. Once you have finished, you will have mastered the mental disciplines necessary to call on the divine powers of the Runes and use them in amazing ways.

You can use the Runes you painted on eight by eleven inch sheets of paper for this exercise, to help you concentrate on the Runes, as we described in lesson four of this level, if you need them. But if you feel that you do not need them to help you visualize the Runes, then try visualizing each Rune without using the painted Runes. If you like, use a painted Rune first and then remove it and perform the exercise without it. You will also need a blank piece of paper. Keep it beside you to use. We will explain its use later. You should

then sit about six to ten feet away from a blank wall, in a comfortable and relaxed position. When doing this with your group, everyone should be sitting in a row facing the wall. Keep your eyes open. You can sit on a chair or on the floor. Make sure the lighting in the room is normal. You do not want it to be too bright or too dark. Also, turn off all disturbing noise and try to make the room you are working in as calm as possible.

Once you are in position, you can do your breathing exercises and vowel chanting. If you are practicing this exercise with your group, chant in unison. Then, begin chanting the Rune in the low drawn out method. Once again, chant in unison. This is very effective. You should start with the first Rune of the Futhark, Fehu, and work your way through the entire twenty-four Runes. Do not rush. Perform the exercise with one Rune at a time.

Begin by concentrating on forming the Rune you see before you, on the blank wall or space. Visualize the Rune forming before you on the wall, just as we described in the previous lesson. See it take shape and grow. Continue to chant with eyes open and see the Rune before you. Let all other thoughts drain from your mind and just think of the Rune. Do not close



your eyes. It is important to keep your eyes open and concentrate on the Rune that you have visualized. Let the Rune pull you into it. Examine the shape of the Rune. Every feature of the Rune should be carefully examined, all its angles and segments. Hold the image in your mind's eyes for up to ten minutes if you can.

As you continue to concentrate on the Rune, you might see it radiating, or changing shape, or glowing. The Rune might even appear dance or change color. This means the Rune is filling your brain with its power and essence. Surrender yourself to the Rune, and imagine that you are connected to it. Once the Rune has filled your vision and your mind, you should be ready. Now without looking away (this is very important) from the Rune, or moving your head, reach for the blank piece of paper, hold it up and cover the Rune without moving your head. Even though the paper is now blocking the Rune, you should still see the image of the Rune before you on the paper. You can then close your eyes and you should continue to see the Rune as a phospene.

ASSIMILATING THE RUNIC ENERGIES INTO YOUR BEING

Once you have mastered this exercise, you will be able to conjure the image of any Rune you wish in your mind. Once you can do this, let your mind control the shape until it has transformed itself into a portal or doorway. Will the doorway to open, and look through it, and concentrate on what is on the other

side. You do not have to pass through the doorway. But if you do find yourself passing through the doorway, do not panic. Look around and examine what you see. If you want to return, just concentrate on the Rune you have passed through and you will discover that you are back home again.



You will discover that these exercises will activate deeper levels of your mind (the Asgard and Gladshiem states of conscious), permitting you to use the Runes to harness and manipulate Vril energy in every way necessary for you to achieve those goals you seek for the betterment of your life. This will happen in three ways: Runic energy will restore the original patterns in your Etheric body soul, providing you with what the Romans referred to as your *Personal Luck*. The Romans believed that Luck was a gift from the Gods, in particular the Goddess Fortuna. This source of energy enables you to effortlessly achieve what others struggled to do. This Luck is Vril energy converted into Megin, and stored within that part of your soul known as the *hamingja*. We will discuss this in greater detail in

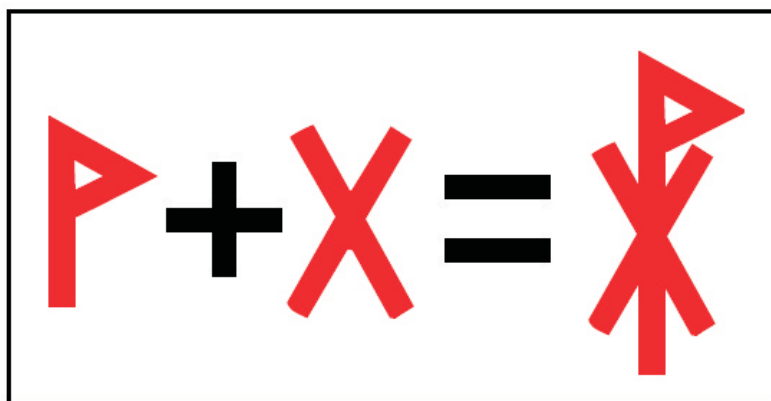
future lessons. Secondly, the increased shaping of Vril energy coursing through you will provide a protective energy shield that will deflect harmful and negative influences directed against you. And lastly, the Godly archetypes that are rooted in your genetic-spiritual make-up will provide you with greater mental and physical health, and psychic powers that will enhance and increase your skills and abilities.

If you have performed the exercises correctly, you will have accomplished the first step toward astral vision, and if you have actually passed through the doorway, you have done the same with astral projection. We will learn more about both these practices in future lessons. But as in all these lessons, do not get depressed if the process does not work the first time. Like everything worth doing, it takes dedication and practice. Be patient!

LESSON SIX: RUNIC COMBINATIONS

If your group has been meeting every one or two weeks, you should have been performing the previous lessons over a period of about six months. Don't rush the process. Not everyone in your group is going to experience the same reactions from your lessons. Some individuals will have had experiences from the very beginning, while others might not feel much of anything for some time. There are various reasons for this. Some individuals might just be more sensitive to the Vril, while others might not be trying as hard. Some people will go through the motions but don't really believe, and this will hamper their ability to open their Bifrost Gland, which will create a block about them that will prevent them from drawing on the Vril. But these individuals will soon come around when other members of their group begin describing their experiences. This will make them believers and thus help them to eliminate what doubts they might still be harboring.

The next step in our training program is to combine different Runes in "power combinations." This is the process of taking several Runes and using them to harness their combined powers for a specific purpose. Let me explain. Let's take the three Runes—Wunjo (Joy and



harmony) Isa (focus and introspection), and Gebo (exchanged gifts, union). If we were to combine them into a single runic talisman, we would actually have the symbol used by the Catholic Church representing Jesus Christ. This was not done by accident. The Church understood the power of the Runes and deliberately combined these Runes to create a symbol representing Christ.

Wunjo is the Rune of Joy (the harmony of like forces). The Gebo Rune is the Rune of Gifts (exchanged powers). And the Isa Rune is the Rune of Ice (contraction and introspection). Together these three Runes can create a state of great joy, happiness and peace among those who meditate on them and use them in their chanting. Therefore, we should chant these three Runes----Wuuuuuuunnnnnnnjjjjjjjoooooooo, Geeeeeeebbbbbbbbooooooo, Iiiiiiiiiiiiiisssssssssssaaaaaaa over and over. This will draw on the Vrilic power to enhance a state of joy, peace and happiness in the group and its members. This can be done with any number of combination of Runes for different purposes. You can also chant the Runes without drawing out the sounds, by chanting their names in a rhythmic chant—Wunjo/Gebo/Isa,

Wunjo/Gebo/Isa, etc . . . , over and over.

There is no limit to the combinations that you can create, and you will begin to explore and make your own Rune-spell combinations. But for now, let us give you some combinations to work with.

Hagalaz (starting over), Jera (Fulfillment) and Laguz (unconscious made conscious) is a good combination for unbinding or starting over.

Elhaz (protection) and Thurisaz (defense) can be combined for protection.

If you want to bless a drink, use Elhaz (protection) and Laguz (water or any liquid).

To assist childbirth use the combination of Perthro (protection of orlog), Berkano (birth and healing), Uruz (healing force), Sowilo (success, elemental energy) and Laguz (gene pool of life).

To bless a baby use Sowilo (success, elemental force), Fehu (luck), Thurisaz (defense), Ansuz (creative inspiration) and Berkano (birth and healing).

Fehu (luck, charisma), Ingwaz (sexual attraction) and Eihwaz (strength and reliability) should be used to attract someone sexually.

For prosperity use Fehu (wealth), Jera (Fruition and fulfillment), Ingwaz (release of potential energy), Uruz (tenacity, leadership), Dagaz (inspiration) and Gebo (exchange of gifts) in any combination.

For success combine Sowilo (success) and Uruz (leadership and determination).

For justice in legal affairs, combine Tiwaz (law), Sowilo (success) and Elhaz (protection).

To assist you to learn or study, use Ansuz (communication, learning, knowledge), Sowilo (divine inspiration) and Dagaz (enlightenment and illumination).

To eliminate stress and calm yourself, use Isa (contraction and calm), Laguz (unconscious mind), Berkano (Love), and Ingwaz (stability).

Fehu (increase power and new energy) and Ansuz (all intellectual pursuits) is a good combination for matters involving intellectual achievements.

For wealth and hard work, combine Fehu (mobile wealth) and Sowilo (success).

Uruz (the Healing Rune) and Fehu (increase power) together help when trying to heal.

Othala (maintaining order) with Fehu (increase power and luck) is good when a task needs persistence and determination.

To cause change, combine Uruz (power) and Raidho (movement).

As we said, there is no limit to the combinations, and these are only suggestions. As you become more experienced in the use of Runes you will eventually learn to make new combinations of your own.

LIST OF SOME OTHER RUNIC COMBINATIONS

FEHU + INGWAZ + LAGUZ = Helps to drive away depression.

SOWILO + JERA = Healing.

LAGUZ + ISA + THURISAZ = Protection against your enemies.

INGWAZ + FEHU + ANSUZ = Break the constraints of a situation that holds you back.

HAGALAZ + JERA + RAIDHO = Send back negative forces to the sender.

ISA + LAGUZ + NAUTHIZ = To slow events from unfolding.

WUNJO + MANNAZ + GEBO = Reconciliation of opposing forces.

GEBO + ANSUZ + RAIDHO = To hold off adverse weather.

DAGAZ + MANNAZ + LAGUZ = Repel an astral assault.

SOWILO + ELHAZ + ANSUZ = All-purpose protection bind.

HAGALAZ + NAUTHIZ + TIWAZ = Permits you to communicate with the dead.

MANNAZ + EHWAZ + ANSUZ = Helps to obtain mystical or occult knowledge and wisdom.

SOWILO + RAIDHO + KENAZ = To cause a chain of events to take place.

JERA + KENAZ + INGWAZ = Help to make someone of the opposite sex attracted to you.

LAGUZ + MANNAZ + RAIDHO = Helps you to master the five elements (water, air, ice, fire, and earth).

TIWAZ + RAIDHO + OTHALA = To obtain victory.

URUZ + LAGUZ + ANSUZ = Help you to protect your privacy.

FEHU + BERKANO + SOWILO = Growth and success in monetary matters.

FEHU + DAGAZ + OTHALA = Brings money and power.

FEHU + URUZ + KENAZ + GEBO + WUNJO + NAUTHIZ + TIWAZ + BERKANO + INGWAZ = A powerful love spell.

URUZ + HAGALAZ + NAUTHIZ + ISA + EIWAZ + ELHAZ + BERKANO = For protection.

FEHU + KENAZ + JERA + DAGAZ = To manifest a new beginning.

URUZ + SWOILO + TIWAZ = Victory in all that you do.

URUZ + KENAZ + PERTHRO + SOWILO + TIWAZ + LAGUZ + OTHALA = For general well-being and good health.

URUZ + HAGALAZ + ELHAZ = For good luck.

JERA + BERKANO + INGWAZ = To bring about good luck.

ELHAZ + RAIDHO + EHWAZ = Protection while traveling.

MAGICAL MEANING OF RUNES FOR COMBINATION

FEHU: To increase Vril energy reserves, for wealth, money and financial prosperity, Luck and personal charisma—the Rune of the Hamingja.

URUZ: The Healing Rune, raw primitive unformed Vril energy, increase strength, protect homeland and male potency.

THURISAZ: Thor, Thor's hammer, for breaking resistance, protection and reactive defense, projecting power.

ANSUZ: Odin, the Aesir, The Rune of Communication, mental powers, knowledge, writing, speech, education.

RAIDHO: Safety while traveling, choosing the right path, divine order, channeling Vril power for the right purpose, cooperation of rider and horse.

KENAZ: Torch and light, harnessed fire, sending Vril energy, controlled power, crafting an object, technology, healing, sexual passion.

GEBO: Love magic, sexual union and attraction, sacred marriage, exchanging of gifts balance, polarity.

WUNJO: Fulfillment of wishes, Joy, Harmony within group, fellowship, true will and desires.

HAGALAZ: Creating the perfect pattern, breaking down to re-create, devolution before evolution, banishing harm, destruction of harmful influences.

NAUTHIZ: Need-fire, necessity, love magic, overcoming negative Orlog, to restrict and restrain.

ISA: Contraction and concentration, focusing, protection by freezing unwanted influences, self-control, self in general, ego.

JERA: Turning of the year, evolution, harvest, end of cycle, rewards, transformation, natural cycle, graduation to the next level.

EIHWAZ: World Tree, Axis of Life, communication between living and dead, Vrilic fire, spiritual initiation, endurance.

PERTHRO: Ability to think Runically, discovering Orlog influence, Norns, giving birth, bringing things into being, chance.

ELHAZ: Life, rebirth, Balder Rising, protection against evil, the Valkyrie, link between Asgard (Divine) and Midgard (Mundane), the higher self, communication with the Gods.

SOWILO: Rune of Success, the Sun, Balder has risen, counter-force to Isa, expansion, increase power of psychic center and powers.

TIWAZ: The God Tyr, world order, justice, Law and War, discipline, victory, loyalty.

BERKANO: Rune of Frigga, fertility, traditional union, family and marriage, domestic affairs, healing, Earth Mother, birthing of new ideas and new life.

EHWAZ: Horse, harmonious dual team, marriage, trust and loyalty, spiritual evolution, Freyja, long journey.

MANNAZ: The Rune of Divine Evolution, the third eye or Bifrost Gland, the perfect being, mankind.

LAGUZ: Water, lake, Life Force or Vril, unconscious mind, gene pool, the origin of life.

INGWAZ: The God Frey, male fertility, gestation, hidden concentrated energy,

astral power, incubation, the power to transform.

DAGAZ: Day, inspiration from right and left side of brain working together, awakening, rebirth, illumination, inspiration.

OTHALA: Odin, Rune of the Folk, Race, Family and Homeland, property and immobile wealth, inheritance, genetic link with the past, ancestral stream.

LESSON SEVEN: VISUALIZING RUNIC COMBINATIONS

LEARN TO SEE THE SHAPES OF THE RUNES AND THEIR RELATIONSHIPS

In this lesson you are going to do the same as you did in the previous, but instead of visualizing one Rune as a time, you are going to do the exercise with several Runes at one time. As we have described in previous lessons, there are several aspects of the Runes that resonate with its Vrilic power. Besides sound, phonetic meaning, and esoteric understanding, there is form. If you examine each Rune, you will discover that some Runes look like other Runes. Their shapes lend themselves to natural formations or groupings, and if you rearrange them accordingly, you will discover powerful hidden meanings to the combinations that can be formed. There are natural formations to the Runes that blend into each other. Most Runes can be broken down into separate groups based on their shapes. Some Runes will fall into more than one group because of their unique formation. There is no set pattern to how the Runes should be broken down into different groups, because each individual will look at the Runes and see different features about them that will jump out and speak to him. Therefore, you can break them down into whatever group you *feel* is proper, but let us give you an idea of what we are talking about first.



You can put the following Runes, **Wunjo, Thurisaz, Berkano, and Raidho**, into one group. Look at their shapes and you will see the similarity they share.

Wunjo is the Rune of joy, harmony among people, pleasure, glory, fellowship, the fulfillment of wishes and the realization of the will.

Thurisaz is the Rune of reactive power; used to break resistance, it has the quality of explosive power that can be projected, just as Thor throws his hammer at his enemies. It thwarts evil as well as generating great erotic, sexual powers. Hey! Isn't the big, strong, powerful hero always sexy?

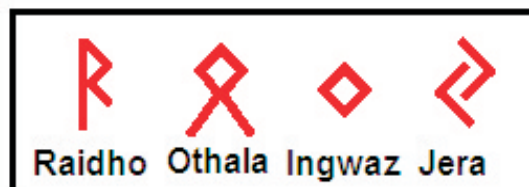
Berkano is the Earth Mother, the feminine power, love and love-making, female fertility powers, just as Thurisaz is the male fertility energy, and Thurisaz is used to crush your enemies, Berkano heals the wounds one receives after battle.

Raidho is the Rune of divine order, the right road traveled, the journey through life. It helps one take the right road through life.

Now we can see how these Runes, all with similar shapes, can help one travel through their life, overcoming obstacles, finding love and eventually leading a life of joy, harmony and happiness.

Another collection of Runes that naturally form a group that share certain characteristics are **Raidho, Othala, Ingwaz and Jera**. Notice that Raidho is found in both groups. There is a similarity that Raidho shares with the other Runes in the first group and with Othala in the second group. In a way, Raidho connects the powers of the previous group with this one.

As we said in the previous group description, Raidho is the Rune of divine order, the right road traveled, the journey through life; it helps one take the right road through life. But now let's look at the other Runes in this grouping.



Othala is the Rune of the homeland, tribe, family, race. It represents inherited powers. It gives one *roots* and is the greater genetic family that one belongs to. It represents immobile wealth, helps to maintain order, and provides freedom that comes with that ordered existence.

Ingwaz is the next Rune. Here are the masculine mysteries, the implantation of the creative seed, the release of that power, stability, common virtues and internal growth.

Jera is the Rune of fulfillment of good acts, the harvest of rewards from the past efforts, the cycle of change or evolutionary growth and progressive development. It is the spiral movement upward towards the future and towards a God-like existence.

The message is clear that this grouping tells us that no man (or woman) is an island, and individuals can be recognized for their exceptional traits only by belonging to a group, or maintaining an orderly, natural membership within the tribe, nation or race that gave birth to them. And this natural life-order will ensure not only happiness and freedom, but growth and development to a higher state of existence.

In another group we will place **Sowilo, Hagalaz, Eihwaz, Jera and Kenaz**.

In this group we have Jera, just as in the other group.

Jera is the Rune of fulfillment of good acts, the harvest of rewards from the past efforts, the cycle of change or evolutionary growth and progressive development. It is the spiral movement upward towards the future and towards a God-like existence.



Sowilo is the Rune of success, achieving one's goals, the light of the sun that illuminates the soul. This represents Balder, who has risen from Hel to

herald in the new, golden age of Gimli. With his rise, our ascension to the higher level of existence as a race of divine God-men becomes a reality.

Hagalaz is the Rune of destruction so that new life can grow. The old Self must die before we can be reborn into a race of God-men. It is the secret of Balder's resurrection. The pain of evolution, the path towards perfect patterns and the hidden powers of the Godly forces within us, manifest themselves in the material and conscious existence of Midgard by this re-creation.

Eihwaz is the cosmic tree, Yggdrasill, the right order of the universe. As the new divine race of God-humans, it is our responsibility to live lives in alignment with the Gods, who struggle to maintain order in the universe and hold back the chaotic forces of the race of Giants. Eihwaz represents the death of the old Self and its rebirth into a state of divine immortality.

Kenaz is the Rune of forward movement. It is projection of power, the harnessing of the power of Vril for creation, directed and controlled, creativity, the conscious act of harnessing the technical forces and ensuring spiritual growth, hence, the construction of a new utopia—the Golden Age of Gimli.

In the next group we can place **Fehu, Ansuz, Laguz and Eihwaz.**

Fehu is the Rune that provides great wealth and prosperity. It is also the charismatic power of achieving the impossible, and can be used to harness great powers.

Ansuz is the Rune of the Gods. Odin's divine wisdom and magical powers are represented in this Rune. Ansuz provides great knowledge, superior insight and Godly understanding of the order of the universe that comes with rising to the status of God-men.



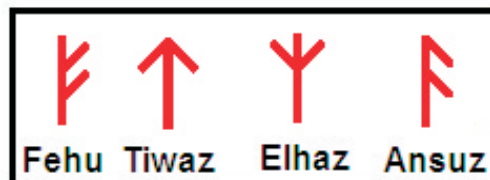
Laguz is the Rune of the Life Force of the Gods—Vril! It gives the power to control, shape and use Vrillic power.

Eihwaz is the cosmic tree, Yggdrasill, the right order of the universe that was in the previous group. It is also in this group. As the new divine race of God-humans, it is our responsibility to lives lies in alignment with the Gods, who struggle to maintain order in the universe and hold back the chaotic forces of the race of Giants. Eihwaz represents the death of the old Self and its rebirth into a state of divine immortality.

In another group we find **Fehu, Tiwaz, Elhaz and Ansuz.**

Here we once again find Ansuz and Fehu.

Fehu is the Rune that provides great wealth and prosperity. It is also the charismatic power of achieving the impossible



and can be used to harness great powers.

Ansuz is the Rune of the Gods. Odin's divine wisdom and magical powers are represented in this Rune. Ansuz provides great knowledge, superior insight and Godly understanding of the order of the universe that comes with rising to the status of God-men.

Elhaz is also part of the this group. This is the Rune of Balder rising. The *Life Rune* and the Rune of protection. Here we have the Rune of the Valkyrie, the re-forged link between humans and the Gods. Once again we are one with the Gods. Elhaz is the Rune of the divine race of God-men.

Tiwaz is the new order of this race of God-men. The Rune of war, but also of law and right order. It represents leadership, authority, fairness, justice, social harmony valor in battle, and right motivation.

And of course there is the combination of **Uruz, Ehwaz, Mannaz, Dagaz and Gebo**.

Here we have a new set of Runes, representing the new age.

Uruz is the rebirth of the extinct European race of Aurochs. A lost power reborn that seeks to protect and guard its territory. It is the healing

Rune, restoring lost vitality, freedom, courage, tenacity, initiative, bold projects, accepting challenges without fear, and most of all—survival!

Ehwaz is the Rune of harmonious existence, trust, loyalty, love, progress, advancement, travel between Midgard and the other eight worlds of Yggdrasill and communication with the fetch, permitting links with our ancestral stream, both into the past and into the future.

Mannaz, the Rune of the divine structure of mankind, the Self linked to the creative force of Vril, the Life Force of the Gods. It is progress toward the state of perfection—the Race of God-men and God-women—God-humans! The development of psychic powers, God-like powers.

Gebo is the Rune of the relations of the union between the new race of God-humans and the Gods.



MEDITATE ON THESE FORMATIONS

You should meditate on each of these formations until you have become familiar with them. Let their divine message sink into your unconscious mind. But you don't have to be restricted by these combinations. Chant the Runes as we taught you in the previous lessons. Explore them in every way possible until they become second nature to you. Visualize these combination and contemplate the meaning of each group, especially their meaning regarding your own individual evolution to a higher state of existence.

EXPERIMENT WITH DIFFERENT COMBINATIONS

After examining the Runes and their shapes, you might feel that you will want to rearrange them. Please do so. The Runes speak to us, so do not hesitate to do as your instincts tell you. You *should* experiment on your own. The foundation of the Folk Faith is knowledge. Your life should be a quest for ever greater knowledge, for no one individual has all the answers. Each individual has the potential to learn and discover new knowledge, so don't hesitate to experiment.

Pick three or more Runes that you feel comfortable with. Let your feelings guide you. If you have a set of Runes, then take some Runes from your bag, one at a time (somewhere between three and six, you decide the number). Reach in and just let a Rune fall into your hand. Then use the sheets of paper (eight by eleven inch paper Runes) that you used in the previous lesson, and pick the corresponding Runes to the ones you removed from the bag, and place them on the wall before you. Arrange them in whatever order you feel is proper. Again, use your instincts. Let the Runes speak to you and tell you what order they should be in, perhaps the order you took them from the bag.

Concentrate on the first Rune for about five minutes and then close your eyes. Hopefully you will see the Rune in your mind's eye. Examine every aspect of the shape of the Rune for about ten minutes with your eyes closed. Then do the same for the next Rune and then the third Rune. Once you have completed all the Runes, you should do it once more, but this time try to concentrate on all the Runes at once. Once you close your eyes, be aware of the shapes of each Rune, and see if the Runes appear to melt together into one combination. If they do, you should try to remember it so that you can write it down for future use. You can then begin to chant the three Runes in a rhyming fashion. If you picked Thurisaz, Wunjo and Raidho, chant the Runes like so; Thurisaz/Wunjo/Raidho, Thurisaz/Wunjo/Raidho, etc. . . The purpose of this exercise is to help you discover the potential power of different Runic combinations.

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*

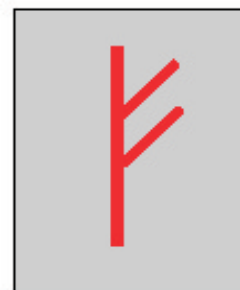
the Ancient Aryans, that thoughts can affect your health and your physical body? Well, we have to understand that thoughts and ideas are real and they have the power to affect the world around us. The objective world is constantly transformed by our thoughts. This is as true of whole nations and races 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.

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 Vrilology. 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.

**THE YGGDRASILL TRAINING
PROGRAM:
LESSONS IN UNDERSTANDING
VRILOLOGY AND ITS APPLICATION
PART THREE: SVARTALHEIM**





SVARTALHEIM

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PART THREE: SVARTALFHEIM – THE TRANSFORMATION OF COAL INTO DIAMONDS

The third section is named after Svartalfheim, which means, the realm of the black or dark elves. These are the dwarfs in Norse mythology. The dwarfs are credited with possessing great powers of shaping and creating. They use their powers to create great weapons and beautiful jewelry, possessing great magical powers. In effect, this is what you will be doing in this third set of lessons. After destroying your former self in the previous section, you will now fashion great weapons and tools, that will be both powerful and beautiful in their *magick*, for you to use to help you to grow and develop.

This is the *realm of your DNA*, your genetic code hidden within you, from which you can develop your powers. Your genetic code was fashioned for you by your ancestry and is that part of you that is unseen. It is your link to the thousands of individuals who are genetically linked to you in the past, including the Gods who created our people. Svartalfheim is the realm of formation, and all things in Midgard have their origin in this realm. All that you will become in Midgard has its origin in Svartalfheim.

Svartalfheim is a realm of subterranean darkness. It exists between Midgard and Hel. Its Rune is Eihwaz or awareness. This is the realm where you will transform coal into diamonds. Your psychic powers will begin the process of transforming you mentally and physically. You will learn, like a smith, to craft the Vril and use it to shape and create. In the darkness of the subterranean earth, great things take root. Tiny seeds germinate and begin the process of transforming themselves into huge giants, reaching up to the heavens. It is here that the heat and force of Mother Earth forge anew wondrous magical devices at the hands of the Dwarves. Great things are born in the darkness of Earth's womb.

ASSIMILATION OF RUNIC ENERGIES

In this level you will begin the work of assimilating the Runic force into your soul so as to transform your personality and begin the process of building a *new you*. As we said, the Rune governing Svartalfheim is Eihwaz. This is the Rune of Yggdrasill, the vertical Axis–Kundalini Fire. It is the fire that the dwarves use to forge new and marvelous weapons, devices and other artifacts that the Gods use to maintain the order throughout the universe and in their struggle with the Giants. The Kundalini Fire is the fire of the dwarf's fire that he uses to forge new weapons and other devices of great power. It is the energy that courses through you, traveling up and down your spine. The human spine has twenty-four vertebrae, corresponding to the twenty-four Runes of the Futhark. Like Eihwaz, it is the channel for Vril energy to flow through the human body, from the sexual organ to the crown—from the lowest regions to the most exalted.

It is on this level that you will become aware of the most fundamental elements in your journey to becoming a Vril Lord. You will become aware of the Runic energies throughout nature—the world around you.

In these lessons you will begin the process of assimilating the Runes into your being. You will become aware of the Runic energies everywhere and you will begin to think in new ways. Both your subconscious and conscious minds will begin to “*think runically.*” The Runes are tools, given to us by the Gods, especially Odin, for the purpose to shape Vril into whatever way we desire to use it. You will do this by first, physically assimilating the Runic energies and then moving this energy (Kundalini Fire) upward through the spine to your mind so that you can transform your mental process.

EIHWAZ: THE RUNE OF VERTICAL FIRE

In the last level, Jotunheim, you cleared the fields, now you will begin the work of rebuilding, growing new life that will eventually bring forth a new being into the world----**YOU**----as a Vril Lord or Lady. Eihwaz is the Rune of life and death mysteries, of initiative and endurance. It is the journey that will help you to traverse the entire nine realms of the Yggdrasill.

The vertical fire of Eihwaz is instilled within you in the forges of the dwarves who dwell within Svartalfheim. Within its heat you have remade yourself. From here, you can program further in the Yggdrasill Training Program and build upon what you have so far learned. We hope you will continue to do so once you have completed the nine lessons of this level, so that you can continue to stimulate the intuitive understanding of Vrilology. It is the Rune that helps to forge your ability to communicate with your ancestral stream and discover your true heritage.

Once you have completed the nine lessons of this level, you will not only have completed this level, but the first of three section of the training program. You will have passed through the Vanir-changing experience of birthing the possibility of creating a new *you*. This will be the first true step in your quest to evolve into a Vril Being!

LESSON ONE: RUNE MAGIC

RUNES ARE TOOLS

This lesson is probably one of the most important lessons you will practice regarding Runes. It is not enough to learn about Runes. You must learn how to use them. As we have discussed in previous lessons, ***Runes are tools you can use to harness and shape Vril energy currents to change your environment, to cause changes within yourself physically, mentally and spiritually, and affect the lives of other people.*** Once you have mastered the techniques that provide you with the ability to connect with their transpersonal currents, you will possess the power to shift their energy currents into whatever form you wish to manifest.

The first thing you must understand is that the universe is not empty space. It is a vast and infinite sea of Vril energy. Vril is everywhere. It is within every atom that makes up everything in the universe. It fills the vast regions between planets, stars, and even galaxies. Once you realize that Vril is everywhere in the universe, you can grasp the notion that everything in the universe is connected. Even galaxies at far ends of the universe are as connected as two people shaking hands. The reason is simple: Vril makes up almost 100 percent of all atoms, and the subatomic particles, especially the electrons, have no dimension and can blink in and out of this universe and change shape and form. All this can be done through the power of the mind. Thus, the universe is like a hologram, which allows us to change reality by harnessing the Vril currents under the direction of the human mind.

Runic symbols act on a deep level of the unconscious mind. It is the right side of the brain which is the root of the subconscious and/or unconscious mind. Once you have learned to activate this part of your brain through the methods we described in the lesson on your alpha and theta brain rhythms, you will be able to access the mysterious Vril energy fields and currents in three ways:

- 1) You can restore the original energy patterns within your personal Vrilic energy field. This is what has been described as the etheric body, or *hamr* in Old Norse. This will cancel negative influence that might affect your Orlog, and restore good health and provide good Luck to your state of being.
- 2) You can create a protective shield from, and within, your personal Vrilic energy field. This shield will provide protection from negative influences in your life, warding off spiritual and magical assaults from unseen dark or negative influences.
- 3) You can use the Vril flow to help you to reestablish the lost bonds between yourself and the Gods that created us and our Folk. This is what we refer to as

rebuilding your rainbow bridge between Midgard (your life in the physical universe) and Asgard (the realm of higher spiritual being—the Gods). Once we have achieved this, you will have aligned yourself with the Gods and their work in maintaining order in the universe. This will result in the enhancement of your physical energy, your mental abilities and your psychic powers.

THE PROPER WAY TO MEDITATE ON RUNES

We have covered how to meditate on Runes in other lessons, but we will provide you with a simple three-step method that will help you enter your Theta state of mind quickly and effortlessly. You will discover in this training program several different ways to meditate on the Runes. You can feel free to experiment with these methods, and hopefully you will become so adept at this process that you eventually teach us new ways to do so. We at the Church of Balder Rising are always seeking new knowledge and encourage our members to experiment. Vrillology is a religion based on knowledge, not blind faith. True faith is based on knowledge.

The three easy steps can be summed up as: Reflection, Concentration and Meditation. You will need as little as fifteen to twenty minutes to meditate properly. Remember everything you have already learned about the proper way to enter your meditative state. Sit in a comfortable position, with the lights turned down or low. You can light a single candle if you wish. You might want to play some soft, meditative music in the background to help you enter a restful state. Then enter your Alpha and Theta states of mind. Remember the sheets of grey paper with the red Runes on them? Use them in this lesson. In fact, you should review lesson 5 of the second level (Jotunheim-5).

Step One - Reflection: This is actually a simple exercise. You must concentrate on an object in front of you. You can do this with any object, but for this exercise, use the grey sheet of paper with the indicated Rune on it. Do just as you did with lesson 5 of level 2. Imagine a scene associated with the Rune. If you use Laguz, think of a tranquil lake. See the summer sun reflecting off its still waters. Here birds singing their songs. Smell the water. Feel the cool breeze blowing its refreshing air. Touch the wetness of the water. Do everything possible in your mind to convince yourself you are there, at the lake. You can do the same with each Rune.

Step Two - Concentration: Now place the symbol of the Rune in the vision of the scene you are imagining. Envision the energy field emanating from the Vrill currents, charging the Rune. See the Rune taking these currents of energy and transforming them into its unique quality. See the Rune now shimmering bright red with Vrill energy in your mind's eye. Feel yourself being absorbed by the Rune's energy. Feel its power coursing through you, transforming you.

You can chant the sound of the Rune, letting the vibrations reverberate through you.

Step Three - Meditation: Let the sound of the Rune resonate through you several times. Once you have done this, let your mind become calm. Be at peace with yourself. Relax. You should concentrate on each Rune that you are meditating on, permitting its archetypical qualities and Vrilic powers flow through your psyche. Assimilate its energy signature. Think about the nature of each Rune. Feel its energy becoming a part of you, and know that it is assimilated into your own, individual energy field. You have command of its powers and know that you can draw on its powers whenever you need to do so. Ask the Rune for its help. Think of each Rune as a being that is there to help you.

RUNIC THINKING

Runes are more than an alphabet, or *just* a means of forecasting the future. They are very powerful tools used to harness and shape Vril energy. ***You have been learning how to physically incorporate Runes into your consciousness, but you must develop the ability to assimilate Runes into your subconsciousness.*** What is necessary for you to utilize the Runes in harnessing and shaping Vril is to develop the natural ability to *think in the spirit of the Runes*. Their lore, ancient and modern meaning and usage, their craft, astral images and the knowledge of how to apply them in shaping your lives and the world around you must be a fully integrated part of the way you think. Once you achieve this state of thinking, you will bring alive the essence of each Rune and have the dynamics of their powers working both consciously and subconsciously within you. In this lesson you will be asked to perform not one, but several exercises to help you to integrate the Runes into your mental process so that you will be able to effortlessly *think runically*.

What you are learning on this level of the Yggdrasill Training Program is to rebuild yourself. In the first level (Hel) you were awakened from your comatose state of reality, to discover that you are not just a being of the material world. In the second level (Jotunheim), your old self was broken down, so that we could begin the process of rebuilding you—devolution before evolution—just as Odin, Vili and Ve did with Ymir. They slaughtered Ymir and took its parts to rebuild the ordered universe. This is what we are doing in this level, Svartalfheim. Like the dwarfs, we are taking your material and transforming it into something new. This first lesson of this level is geared toward beginning the process by teaching you how to absorb the power and nature of the runic forces into your being.

THE FUNDAMENTAL ELEMENTS OF RUNE MAGIC

We have mentioned several times so far that Magic, or Magick, is actually another form of science that up to now has never been explained through mathematical formulas. But with the exploration and discoveries in quantum physics, we are now discovering the scientific principles behind Magic, or Magick. The Denali Institute of Northern Traditions has defined Magic as: . . . *an art and a science by which the human mind develops and controls the faculty of imagination to cause changes in the outer world. Magic is a set of techniques for controlling the imagination which will influence Life energies to bring about desired effects in the outer world. All magic is derived from **controlled work with the imagination and will power.** Magic is the art of **arranging coincidences** in the outer world.*

Magic is the methodology of using your mind at the quantum level to cause changes in the physical environment. All esoteric sciences, including Vrilology, are designed to awaken the power of your mind. They all have four common principles that you should know, and so we will take a little time to review them now.

1) Arousal: For any type of magic to be successful will depend on the degree of *emotional* energy or the *feeling* that you put into your effort. Emotions and feelings are not the same thing, and you should not be confused about what they are. Emotions can be volatile, increasing in intensity and decreasing soon after. But a feeling is more stable and longer lasting. You can use your emotions during your rituals and spell casting, but you should learn to rely more on your feelings. Emotions can be useful in drawing on your energy to impregnate your spell casting, but the way they should be used is to increase the intensity of what you are truly feeling.

2) Contagion: This is the principle that objects that are in contact with each other will create and retain an energy link that will persist even after the two objects are no longer in contact with each other. This is also true of mental images. Contagion is the fundamental principle underlying visualization. If you visualize something happening often enough and in great enough detail, the Vrilic energy currents will eventually take the form of what you are visualizing. The same is true with Runic symbols. If you create a Rune Bind, and envision a certain combination of the energy fields of the different Runes that make up the Bind, you will be imparting its collective energy qualities to a specific purpose. This principle even holds true for rituals. Why do you think the major religions have standardized their ceremonies? Every time the Catholic Church performs a Mass, it is calling on the energy fields' nature that the specific Mass is conjuring up. And, the longer this standardized performance is continued, the stronger is the power it can manifest. That is why the oldest Runic images are the strongest. If you are calling on Fehu to bring you wealth, it is better to

visualize gold coins in an old wooden chest that would have been commonly used thousands of years ago then to think of a savings account in a modern bank. Both images are effective, but the ancient one can draw on more power more effectively because it has been used for a longer period of time.

3) Correspondence: This principle can be summed up in the saying that “like attracts like.” What you obsess on and think about all the time will manifest in your life. This is especially true when you dedicate a great deal of emotional energy toward your obsessions. Your mind is sending out thoughts, and your feelings are empowering them with emotional energy. If certain thoughts predominate your thinking process, their vibrations will resonate in the Vrilic energy currents flowing into you. These energy currents will then be shaped and formed by your thoughts and feelings. The energy that is eventually released back out into the cosmos will then create pathways that will draw into your future the very things you are preoccupied with. This is why it is so important to work at controlling what it is you obsess over. Carl Jung referred to this process as *synchronicity*.

4) Vitalistic and Animistic: This principle simply states that the universe is either vitalistic or animistic. Both state that everything is basically alive, even inanimate objects. The reason for this belief is simply that Vril, a Life Force, fills everything in the universe. Therefore, everything resonates with a Life Force. The difference between vitalism and animism is that the former is dynamistic, meaning that there are forces that are primary energy fields without consciousness. The Runes can be placed into this category. They resonate with a Life Force, but they lack individual consciousness or self-awareness. Animism states that there are distinctly identifiable individual spirits with a sense of self-awareness and consciousness. They have been personified in myths as dwarves, elves, gnomes, lares, gens, water imps, fairies, etc. that can be either malevolent or benevolent in nature.

RUNIC FORMULAS FOR CASING RUNIC SPELLS

In Galdor Magic or science, there are several spell formulas in Old Norse that you should be familiar with, so you can use them. **One of the oldest and most powerful Runic formulas is ALU.** When used, it will bring about inspiration, magical power, increased Vrilic energy, wisdom and protection. It should be written in its Runic form that includes the three Runes Ansuz, Laguz and Uruz.

AUJA is another formula that means prosperity. It is written in Runic form with the Runes Ansuz, Uruz, Jera and Ansuz. Both AUJA and ALU can be preceded by two other Runic formulas.

The first of these formulas is LATHU means “I summon” or “I

invite.” It is made up of the Runes Laguz (l), Ansuz (a), Thurisaz (th) and Uruz (u). LATHU should precede ALU, so that when combined LATHU ALU, you are summoning or inviting the powers that ALU or AUJA represents. If you wish to summon to you certain energies, you would use LATHU.

Another formula is GIBU. It is written in Runic form with the Runes, Gebo, Isa, Berkano and Uruz. It means “I give.” Thus if you wish to send certain energies to another person or some other place, you would precede your Runic spell with GIBU.

You can chant this formula by itself, or in conjunction with specific Runes. You should also use it with the other Runic formulas.

RITUAL AND CEREMONY

We have encouraged you in previous lessons to form a group, to participate in rituals, wearing robes, practicing ceremony based on rune-magic. You don't have to design your own robes at first, nor do you have to stage elaborate rituals, but it is necessary for you to perform such rituals and ceremonies for the purpose of creating an environment that transcends the mundane. When you enter a Catholic cathedral, it is like entering another world. You feel moved by the spirit of the interior design of the structure. Cathedrals have been specifically constructed to make you *feel* that you have stepped out of this world and enter one in which is inhabited by supernatural beings. This is the same reason we ask you to dress up in robes, set up a small altar and engage in ritual and ceremony. It is to create a certain state of mind that helps you to transcend this world. As we have explained in previous lessons and will continue to elaborate in future lessons, Vrilology, as with magic in general, is the art of focusing your mind, using its power to manifest changes in the mundane, materialistic world around you. But to do this, you have got to condition your mind to act—to will change!

Ritual and ceremony are thus not ends in themselves but a means to an end. They can be an elaborate ceremony or as simple as entering your alpha and theta states of mind (Asgard State of Conscious and Gladsheim States of Consciousness), or sitting under a tree or by a stream and meditating. You will discover, in time, that by performing your ritual and ceremony, the process will help you to more easily slip into your alpha and theta state of mind. You have probably already developed your own little ritual in slipping into your alpha and theta brain wave patterns, modifying the process we taught you to suit your own needs to achieve this state of mind quickly and effortlessly. Without knowing it, you have constructed your own little ritual. It is important for you to construct some environment different from the everyday world you inhabit. You must step out of this life and enter another. By doing so, you are developing an aptitude for runic thinking so that your mind can perceive the currents of Vril energy fields of the Runes at a deeper state of mental

consciousness. Remember, Runes and their essence exist (vibrate) on a totally different plane of reality than the one we inhabit. They are associated with the spiritual essence of Odin and the Gods in general, which exist in Asgard, while you inhabit the realm of Midgard. With ritual and ceremony, you are trying to create a little piece of Asgard in Midgard.

EXERCISE # 1 -- IMAGINATION:

This first exercise is not meditation, but imagination. Sit in a comfortable position somewhere you will not be disturbed, and begin to imagine what life was like in the region of Europe where your family was descended from in the Elder times, when your ancestors still worshiped the ancient Gods. They don't have to be the Norse Gods, but any group of European pagan Gods. You should try and visualize, as clearly as possible, what life was like back then. What kind of house did you live in? What kind of clothes are you wearing? What is the weather like and how did you protect yourself from it? What kind of food are you eating? Imagine a typical day as best you can, including what work you are doing and what chores you are required to perform to survive. Most people will immediately imagine themselves a lord or lady or someone of importance in ancient society. That is all right, but also imagine yourself a merchant, and another time a peasant, or a knight or soldier, a scholar, a shaman, or even a refugee feeling danger.

Now imagine what Rune you need to perform each chore or task. Think about the qualities and powers of the Rune you will need to perform your task. If you are a peasant, what Runes will best assist you in planting or harvesting your fields? If you are a soldier, what Runes would you call on for assistance in battle? If you are a Senator in ancient Rome, or a Lord and Lady, which Runes would you need to help you govern and make decisions necessary to ensure the smooth running of the community? If you are a merchant or trader, what Runes would be of assistance to you to close the deal or your business transaction?

Once again, you should not be meditating, but simply imagining. You want to think about the Rune and develop a feel for the Rune's energy and how it can be used. You will have to decide for yourself if you are successful in developing a feel for the Runes. If you question whether you are feeling their energy, then you probably have not developed the ability to do so, but if you think you have, you most likely have been successful. By now, if you have been practicing the previous lesson, you will most likely have no difficulty in sensing the energy field of each Rune. But don't worry if you don't at first—you will with practice.

RUNIC ENERGY FIELDS

You should understand that each Rune has its own individual energy field. This

field is Vril energy that is drawn into the runic symbol and transformed by the essence of the individual Rune. Each energy field is loaded with meditating images that include Gods and Goddesses, animals, trees, elements, colors, sounds, sights and other archetypes that have been associated with them by human ideation throughout the thousands of years. Through the millenniums, these energy fields are given mythical imagery that permits the human brain to process the essence of the Rune better. The Runes are given divine, human or animal characters to help us understand their abstract meaning better.

All of the lessons dealing with Runes are designed to help you see through the form and symbol of the Runes, and recognize the energy patterns that lie behind them. It is through this understanding and insight that you will be able to master the ability to harness its Vril energy for the purpose of shaping Vril for your designed and desired goals. You can do this because the energy signature of each Rune manifests itself within the natural, material world we live in. Once you are able to think runically you will discover the ease by which you will be able to tap into this infinite source of power. Of course, to



reach this state will take time and a great deal of practice, though some will reach this level quicker than others in one or more fields of esoteric talents.

One last thing to mention regarding the runic energy fields is that each one has something different to teach you. As you master each Rune, absorbing it into your conscious and subconscious mind, you will discover that that Rune has something unique to contribute toward your evolution toward becoming a God-man or God-woman. Elhaz can teach you to explore the deeper runic mysteries that will contribute to Balder rising within you. Dagaz can hasten the enlightenment of your consciousness to the hidden knowledge of Vrilology. Thurisaz will reveal to you methods to break down resistance wherever you find it. Raidho will show you to right paths to follow in all your endeavors. You will find that through your absorption of these runic energy fields, you have become linked, not only to the Gods and Goddesses, but to all members of the Folk Community and the Church of Balder Rising.

EXERCISE # 2 -- WRITING YOUR NAME:

This exercise is simple. You should write out your name using the Runes of the Elder Futhark. You might want to keep this and record it for future reference. Later, once you have mastered this training program, you might want to explore the other Runic Futharks, writing your name using the Runes of the Younger Futhark, the Anglo-Saxon Futhark, the Armanic Futhark and so forth. But for now, write your name using the Elder Futhark.

EXERCISE # 3 – THE AETTS:

In this exercise you will explore the patterns and relations of the three Aetts (Aettir). In the blocks below, write the Runes, divided into the three Aetts. As you write them into the boxes, verbally intone their names several times, and be aware of which Runes feel right to you. Which ones you like the best. Which ones are your favorite shape. Which ones “speak” to you.

Remember that the Runes in the first row of eight correspond to the forces of creation and union. Vril energy is harnessed and manifested to cause formation on all levels including resources (Fehu), health (Uruz), creating a path (Thurisaz), knowledge (Ansuz) and ending with harmonious union (Wunjo). The second row of eight deals with those forces contributing to formation and construction. The third row has to do with the establishment of the desired results and maintaining and preserving them.

FIRST AETT							
SECOND AETT							
THIRD AETT							

After you have completed writing them into the blocks, take a look at their patterns. Check out the Runes vertically. The first Rune in each Aett should be Fehu, Hagalaz and Tiwaz. There is deep meaning in these patterns to discover. Some of them might be obvious and easy to understand while others might require more meditation on them. Fehu is the Rune to harness, expand and direct Vril energy. Hagalaz is the Rune that then takes this energy to destroy what already exists so that you can rebuild or bring forth a new reality. And Tiwaz is order, or a new order that will be born from the joining of the previous two. You do the same with each pattern and discover for yourself what these Runes mean. There is no one answer, so don't be afraid to write down what you actually feel you sense from the patterns. You can send the results to the Church of Balder Rising so that we can keep records of your

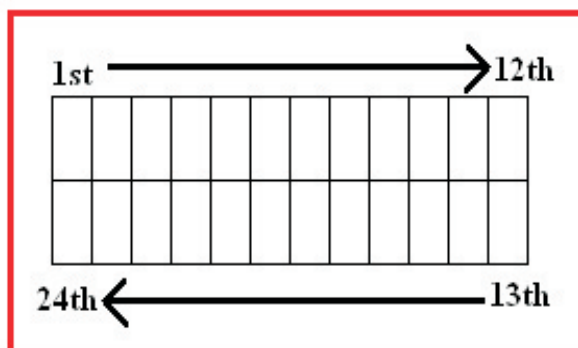
inspirations. The purpose is not to keep records on your progress; we feel that we can learn from your exploration of Vrilology. The essence of Vrilology is that knowledge is infinite and we all can contribute to its discovery.

EXERCISE # 4 – PAIRING OF OPPOSITES:

In this exercise we will explore the pairing of opposite Runes. You will lay out each Runes side-by-side with its opposite Rune. This is done simply by pairing the first Rune (Fehu) with the last (Othala) as they appear in the Elder Futhark. Write them and verbally intone their names in the same way as you did in the previous exercise. You will discover the interesting pairing of opposite qualities in the Runes. Some will be very obvious while others not so, and you will have to mediate on the pairing to really explore the hidden meaning. Let us give you an example. Fehu, the first Rune, represents mobile wealth, while Othala is immobile wealth. Mobile wealth can mean capital and trade, commercial transactions and capitalism in general. Immobile wealth refers to land, to the nation, to the community and can relate to a more feudalistic or even socialist means of economic order. It can also be interpreted as international economic order verse the nation and community. The ways to understand the pairings are limitless and can be very obvious or ambiguous.

Write the first Rune (Fehu) in the first box and continue until you have written in the 12th Rune (Jera). Then go to the end of the second row and begin with the 13th Rune (Eihwaz) and continue to write, now from right to left, the rest of the Runes, finishing with Othala in the 24th box.

Now you should begin to evaluate the meaning of the pairing of the Runes. Take your time. Do this on two levels of your mind. Consciously examine the meaning of the pair and then do the same while meditating on the pair. Write down whatever impressions you receive. Keep notes for future reference.



EXERCISE # 5 – HOW TO BEGIN?:

You have been studying and meditating on the Runes in many of the previous lessons, and you have a good understanding of the Runes, their qualities, natures and powers, by now. In this exercise, write the entire Futhark once more, from Fehu to Othala. As you do verbally intone each Rune as you did before, but this time, be aware of the sensation you get from each Rune. Concentrate on how strongly each Runes “speaks” to you. Get a feeling of which Runes are your favorite—which ones you feel the most comfortable with.

Think about which ones that are visually attractive, and which one sounds powerful to you. You will probably find four or five Runes that speak to you more strongly than the rest.

We want you to make a note of these Runes. These are the Runes that you will begin to study in depth, to help you to begin thinking runically. In the ninth lesson of this level, you will be working on assimilating the Runes into your consciousness. You will be asked to try and observe runic formations in nature, as well as in man-made objects. Be aware of the Runes you pick in this exercise and keep a note of which ones they are and see if they are the ones you more readily observe in lesson nine.

Do not overlook this exercise. The Runes you pick in this exercise will most likely reflect your strengths, joys and enthusiasms. By concentrating on these Runes, you will find it easier to assimilate Runes into your thinking process.

EXERCISE # 6 – RELATING YOUR DAILY EVENTS TO THE RUNES:

In the final exercise of this lesson, you should begin to relate to the Runes things that happen to you during the day. This will help to sharpen your reflexes in runic thinking. If you do this on a daily base, you will begin to discover that you will be able to immediately decide what Rune you need to call up to help you to solve problems, to achieve a goal, to perform a task, to deal with people and so forth. You can begin by trying to associate each event you experience during the day with the appropriate Rune. As you perform each task, stop for a minute to think about what Rune energy field applies to the event or situation. A simple example would be Wunjo when you are enjoying yourself with friends or family members. Uruz would be appropriate with dealing with an illness, whether you or someone else is the affected person. Elhaz is the Rune you would think about for protection, and Thurisaz when you are confronted by someone who opposes you, or when you are faced with a difficult problem.

LESSON TWO: RUNIC MANTRAS

THE VIBRATORY POWERS OF THE RUNES

The purpose of learning Runic Mantras is to unlock the potential of the vibratory powers within the sound of each Rune. There are several theories on the origin of the Runes. Archeologists theorize that the Runes arrived in Europe as a result of waves of Indo-European invaders who originated in Central Asia. As the Indo-Europeans moved through Europe, the Runes were transformed by interaction with the Etruscan alphabet. In the Church of Balder Rising, we know that the Runes, and how to use them, were taught to our ancestors by the Gods more than nine thousand years ago. Over the millenniums, the Runes were corrupted into various forms and used as writing by the fallen peoples who were the descendants of the original mother-civilization of modern-day Europeans. The Gods gave us the knowledge of the Runes so that we could use them to transform the world around us. They possess trans-dimensional powers that can on the deepest level impart to our collective and individual consciousness an awareness of the true nature of the universe. This level of reality is only now being discovered by the world of secular science in the form of quantum physics. After the destruction of that first Aryan civilization along the shores of the Black Sea, the knowledge of Vrilology was lost for the most part. But bits and pieces of it were handed down through the ages by our fallen ancestors through verbal and written chronicles, myths, sagas, legends, sacred texts and hidden lore. And while the understanding of the science (Vrilology) was lost or misinterpreted, the symbols are universal, triggering subconscious awareness and enlightenment in those who use them. Their forms, natures and sounds create a bridge between the conscious (Midgard) and the subconscious (Asgard) realms. We can see this in the three-fold nature of the Runes: idea, sound, letter. While all three can be used in our contemporary age, we have to remember that the "letter" nature has been adapted by our modern alphabetic needs.

We need to briefly review what we covered in previous lessons so that you can be reminded of the nature of the vibratory power of the Runes and your voice's ability to unlock their powers. The world of body, spirit and mind can be influenced through the power of the vocal chant. This is what we mean by the word, *enchantment*. Chanting is widely used in religious practices and in music. We use chanting in Vrilology as a Runic tool. By chanting, we create a state of mind which we refer to as en-chant-ment. This state of mind is one of heightened excitement, while the opposite, *disenchantment*, is one of mental depression. We can change our mental state of being through the practice of chanting. The nature of that change, and the quality of the mental state, can be consciously controlled by understanding the nature of each Rune, and chanting the appropriate Rune to manifest the specific state of mind we wish

to create.

EVERYTHING IN THE UNIVERSE IS IN A CONSTANT STATE OF VIBRATION

There is an old occult axiom that says: "*Everything Vibrates.*" While the ancients knew this to be true, modern science has, through experiments conducted under laboratory conditions, proven this state of existence to be a definitive principle of the physical universe. The realms of the modern mystic and that of modern science have moved closer through the discoveries made about conditions at the atomic and subatomic levels. These discoveries have shown us that everything in the universe is in a constant state of perpetual vibration. Everything from matter, light, heat, magnetism, electricity, cold, and all forms of energy in the universe are functioning according to this principle of vibration. As Vril scientists, we can conclude that if everything in the physical universe is in a constant of vibrations, then this principle is just as valid in the mental and spiritual realms. In fact, the difference between the various states of existence is due to different rates of vibration. By learning to control and change the rate of vibrations of your mind, you have the potential to travel through the different realms of existence.

Just as every physical substance, as well as all forms of energy, has its unique and distinct rates of vibration, so too does each state of the mind. The



secret of magical contagion (emotional transference) is the result of one person's influencing other persons through the control and manipulation of their emotional state of mind by way of similar rates of vibrations. A person who has mastered this art of mental control can, through his ability to manipulate the vibratory state of emotions, control the minds and actions of other persons. We can see this manifested at rock concerts, political rallies, or religious gatherings. This principle lies behind the power of persuasion of all great orators. Through the vibratory power of their voice, they can literally control and manipulate the emotional state of their audiences. Through this methodology, one is able to control the emotion, will, desire, feeling, reasoning and the general mental state, of another person, or persons. This is the same principle as that of tuning forks. One tuning fork will begin to vibrate when another tuning fork is struck. This principle lies behind the secret of how to mentally influence others through personal magnetism, oratory, and the power of chanting and enchantment.

We practice the art of chanting to become masters of our ability to change the rate of mental vibrations at will. You must understand that with the invocation of certain sounds, you are creating certain vibrations within yourself, which then resonate in the environment around you. These vibrations harmonize with those Vrilic vibrations that affect the human aura. This aura is part of your soul, surrounding you, absorbing currents of Vrilic energy that pours into you, giving you life and affecting every atom, of every cell, in every part of your body. Sound of all types will affect the flow of Vril into you, by transforming the rate of vibration of its currents. Once we have mastered this science, we become masters of the world around us, our environment and those whom we come into contact with, while maintaining a state of control and calmness in the knowledge that we are untouchable by the events unfolding about us.

THE OCCULT POWER WITHIN CERTAIN SOUNDS

There is in certain occult traditions, outside of Odinism, the belief that certain letters possess particular meanings. We will examine this practice because you will discover that though it originated in Egypt and Greece, in Hermetic/Hellenistic occult traditions, this belief system *must* have had its roots with the ancient refugees of the lost Black civilization who migrated south, into the eastern Mediterranean region, because of the similarities with the vibratory powers of certain equivalent Runes of the Elder Futhark. They undoubtedly brought with them vestiges of the original Vrilology, practiced by their lost civilization and was incorporated into the technology used to build such wonders as the Egyptian pyramids.

The first letter we will examine is **R**. Its sound represents royal, ruling, authority and ordered. Of course R is represented by the Rune Raidho. Raidho

is the Rune of the right order, or divine order, true paths that will prevent chaos in any situation.

Another letter we should examine is **A**. In the Elder Futhark, A is represented by Ansuz. Ansuz is the Rune of *the* God, or the All-Father, Odin. This is why A in the Hermetic/Hellenistic tradition means *masculine vitality*. What is interesting is that if we combine Raidho, R, with Ansuz, A, we have RA. In the Egyptian religion, Ra was a principal male deity.

The next letter worth examining is **M**. M represents a calming, maturing, and passive force of the feminine power, and is represented by Mannaz in the Elder Futhark. According to the Denali Institute, Mannaz is the Rune of the Perfected Human Being. Mannaz contains within it elements of the combined forces of M and A. We see the nature of Balder within Mannaz, and the Denali Institute's interpretation of this Rune as the Perfected Human. While Balder is a male deity, and represents the regenerative powers of the masculine force, he is a God of Peace and is the only male God in the Norse cosmology that possesses no weapon. Thus, Balder has features of the aggressive masculine and the passive feminine forces in nature. And though he is defined as Odin's son, in some ways he is the reincarnation of the first God, Borr, who was androgynous and gave birth to the race of Aesir.

Next, we should look at the letter **O**. In occult lore, its meaning is the infinite universe. Existence without beginning nor end. It represents the Rune Othala. Othala is a Rune of Odin. The name, *Odin*, has a dominant O sound. Odin is the All-Father, the creator of the ordered universe. He is the teacher of humanity, and the God of the clan, tribe, nation or Folk. If we combine O with the feminine M, we have OM, which is an Eastern mantra of power, similar to Wunjo. The vibratory essence of both sounds bring harmony, joy and calmness within the soul of the chanter.

Two more letters deserve our attention. The first is actually the **TH** sound, which represents the might and forceful energy of the father influence in life. This is the dynamic force of creation and breaking. Of course it is the Rune Thurisaz, representing the Th sound in the Elder Futhark, and is personified by both Thor, the Thunderer, possessing his all-powerful hammer, and the Thurses, or Giants. Like dynamite, its explosive power can be used for constructive or destructive purposes.

Finally, we should examine the letter **E**. Its sound is like the E in bet or yet. Its powers can control the power within water. From this sound the Babylonians created the water deity, Ea. E represents the life-giving currents of water, which can be equated with the Life-Force currents of Vril energy.

THE POWER WITHIN YOUR VOICE

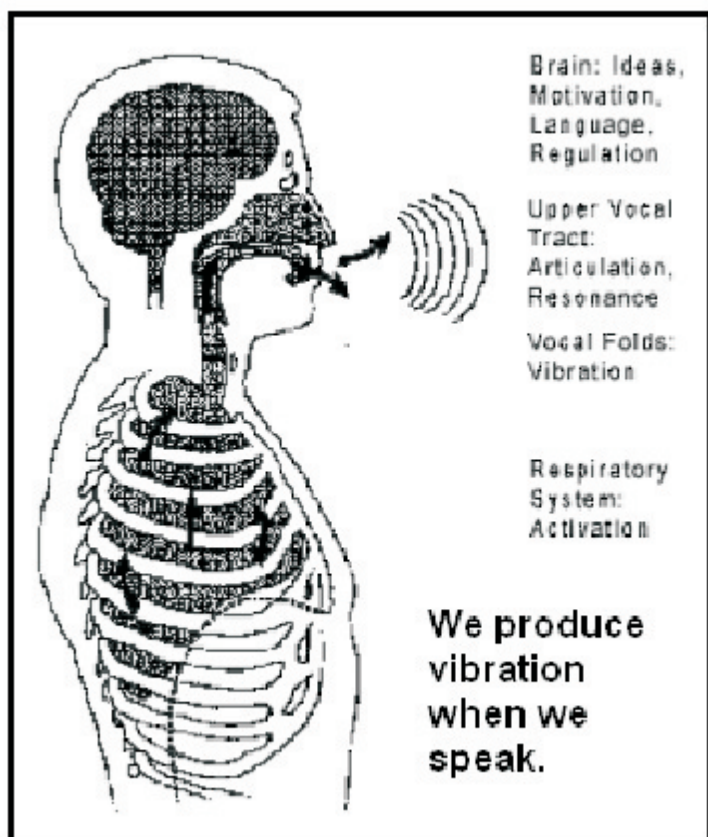
Since chanting is so important in harnessing the Vril currents, all good Vrilologists should learn to develop their voice's full potential. Everyone has a

personal Cosmic note that is attuned with their individualized consciousness. This Cosmic note vibrates at a very high rate of vibration within your psyche. But it also possesses a complementary or harmonic correspondence on the music scale of do, re, me, fa, so, la, te, do. By practicing Galdor science, you eventually attract a responsive note that is your Cosmic note. Once you discover your personal Cosmic note, and learn how to use it, your ability to draw on the power within Galdor will increase tremendously.

Each person has his or her individual voice that is unique. You can discover your own Cosmic note by sitting in a relaxed position and thinking of the musical scale of notes (do, re, me, fa, so, la, te, do); meditate on it and try and imagine what, if any, spiritual effect it might have on you. Then, hum it outwardly. Try this with each note. You don't have to rush through the process. You can do it several times, and even experiment with each note. Try chanting with each musical scale to see what reaction your voice has. You should understand that your Cosmic note will not necessarily, and in most cases won't, be the same note that your voice uses to speak normally. Once you have discovered your Cosmic note, you will be able to use it to create a mastering voice. Your skills in enunciation, voice projection and high volume will all increase. Along with these changes, you will develop increased confidence, for you will discover that your voice will take on the power to influence people

around you. Your voice will resonate through your entire body when you connect with your Cosmic note. It will become a powerful tool for you to use in magical operations.

The power in your voice will have an effect on any pets you might have. They will respond differently to your voice once you have discovered and mastered your Cosmic note. In European lore and myth, there are many tales of people speaking with animals and even trees. Unlike other traditions, which concentrated on the mystical practices of silent prayer, European mysticism relies extensively on the power of the human voice through chanting. When we chant, our



body, mind and spirit are united in a collected concentration on a single point, which we have described as the "one point concentration of the will." Chanting helps us to focus on a single point, and this is extremely important when conducting any magical operation.

The organ in your throat known as the larynx has folds attached to it known as vocal cords. It is this membrane-like substance that vibrates when we speak or chant. The air is disturbed when the larynx vibrates. This produces air waves that emanate from your mouth as sound, which is heard by the human ear. But these vibrations don't just travel through the air, they also travel throughout the human body, and eventually, end up in the brain. In the brain, the pituitary gland is stimulated. The pituitary gland is the instrument that either activates or represses emotions. The pituitary brain and the pineal gland are connected, and the vibrations travel from the former to the latter. This is the seat of your "Third Eye," or "Bifrost Gland." When the Bifrost Gland is stimulated by this process, it produces psychic awareness from the invisible world.

This means chanting has two effects: inner and outer. The first effect influences the vibration patterns of what you seek to manifest in the physical world. This is done through the influence of your personal aura and the energy fields of vril currents flowing in and out of you. Secondly, it enhances your ability to make a connection with the invisible realms of the higher spiritual impulses.

AN EXERCISE YOU CAN DO TO DEVELOP YOUR PERSONAL COSMIC NOTE

We want you to try this exercise, designed to help you develop your voice, and turn it into a vibrational instrument used for chanting. The ability to chant is within the capacity of every individual. One does not have to be a "natural" psychic or gifted with a "natural" talent for magic to be able to master the art of chanting. Chanting is vibration, and vibration is the physical law that transcends the physical world and permits you to tap into the potential of the invisible realms. This ability to use vibration is available to everyone who wishes to learn Vrilology.

We have already explained how you should experiment with the harmonic musical scale (do, re, me, fa, so, la, te, do), and try and find which note is best suited for you to use. Then you should begin exercising your voice in the most commanding way possible. Strive to enunciate and project your voice. Learn to send your voice and don't be afraid about how you sound. You are not trying to master the art of being an opera singer, you are just trying to discover how to use "one" note. So really belt it out. Once you find which note you can best use, begin to practice projecting it. You can do it when you are alone at home, or driving in your car. Believe it or not, your voice really does sound better in the shower. The acoustics in the shower really does make your voice sound

u - two forms: **oo** as in....mood, spoon
yew as in.....yew, mule

REGULAR CONSONANTS:

r - trilled in throat or with tongue
th - two forms: **t** as in.....tin
th as in.....thin, thorn
j - always sound as y as in yes
k - always a hard **k**, there is no soft c
g - always a hard **g** as in get, there is no soft g
s - two forms: **ss** as in glass
z as in zero
z - between **s** and z, not a hard z

DIPHTHONGS:

ae - **ey** as in.....hey
au - **ou** as in.....house
oy as in.....boy
ei - **ay** as in.....may, day
i as in.....mine
ng - **ng** as in.....sing

CHANTING RUNIC MANTRAS

We must remember that the human body is constantly being invaded by the flow of Vril energy. What we are seeking to accomplish is to control this flow. Like the Gods, we too have both the essence of the Godly forces of order, and the Gigantic forces of chaos within us. The Gods have mastered their Giant quality within themselves. We mortals have yet to master the potential for chaos and thus self-destructive behavior. This is the essence of the Folk Faith—to master our self-destructive tendencies and work toward the acceleration of our evolutionary progress and the transformation of our Folk into a race of God-men. To accomplish this, we must learn to use the Runes as a tool to harness and shape the Vril for our purpose.

As explained in previous lessons, the Runes have different qualities, as well as multiple qualities. One is sound. We must learn the sound value of each Rune and use it to form mantras that will help to integrate the essence of the Runes into ourselves. Like our alphabet, the Futhark can be divided into vowels and consonants. The vowels are *a, e, i, o, u* and there are eighteen consonants: *f, th, r, k, g, w, h, n, j, p, z, s, t, b, m, l, ng, d*. It is easy to chant the vowel sound, but some of the consonant sounds are difficult to sustain. So

it might be necessary to combine some consonant sounds with vowels. But all consonant sounds will also be combined with the vowel sounds as part of the ritual of chanting Runic mantras. These combinations help to enhance the power of each consonant sound.

We are including mantra chants for you to practice. You should perform one mantra per day until you have completed all twenty-four. Once you have mastered these mantras, you will need to use them in combination with the following lessons dealing with Rune Yoga. As you become familiar with the mantras, you might want to experiment with them, changing them based on your own feelings that the sounds induce within you. Please do so. But the basic formula will remain the same. Here they are:

FEHU:

feeeehoooooooo, feeeehoooooooo, feeeehoooooooo
 ffffffffffffffffffffffffffffffffff
 fa, fe, fi, fo, fu
 af, ef, if, of, uf,
 ffffffffffffffffffffffffffffffffff
 feeeehoooooooo, feeeehoooooooo, feeeehoooooooo

URUZ:

uuuuuuuuurrrrruuuuuzzzzzz, uuuuuuuuuurrrrruuuuuzzzzzz,
 uuuuuuuuuurrrrruuuuuzzzzzz
 uuuuuuuuuuuuuuuuuuuuuuuuuuu
 uuuuuuuuuurrrrrrrrr
 uuuuuuuuuuuuuuuuuuuuuuuuuuu
 uuuuuuuuuurrrrruuuuuzzzzzz, uuuuuuuuuurrrrruuuuuzzzzzz,
 uuuuuuuuuurrrrruuuuuzzzzzz

THURISAZ:

thuuuuurrrrrriiiiisssssaaaaazzzzz, thuuuuurrrrrriiiiisssssaaaaazzzzz,
 thuuuuurrrrrriiiiisssssaaaaazzzzz
 ththththththththththth
 thar, ther, thir, thor, thur
 tha, the, thi, tho, thu
 ththththththththththth
 thuuuuurrrrrriiiiisssssaaaaazzzzz, thuuuuurrrrrriiiiisssssaaaaazzzzz,
 thuuuuurrrrrriiiiisssssaaaaazzzzz

ANSUZ:

aaaaannnnnsssssuuuuzzzzz, aaaaaannnnnsssssuuuuzzzzz,
 aaaaaannnnnsssssuuuuzzzzz

aaaaaaaaaaaaaaaaaaaaa,
 aaaaaaaaaaasssssssss
 aaaaaaaaaaaaaaaaaaaaa
 aaaaaannnnnsssssuuuuuzzzz, aaaaaannnnnsssssuuuuuzzzz,
 aaaaaannnnnsssssuuuuuzzzz

RAIDHO:

raaaaiiiddo, raaaiiiddo, raaaiiiddo,
 rrrrrrrrrrrrrrrrrrr
 rat, ret, rit, rot, rut
 ar, er, ir, or, ur
 rrrrrrrrrrrrrrrrrrr
 raaaiiiddo, raaaiiiddo, raaaiiiddo

KENAZ:

keeeennnaazzz, keeeennnaazzz, keeeennnaazzz
 ka, ke, ki, ko, ku
 kan, ken, kin, kon, kun
 ak, ek, ik, ok, uk
 keeeennnaazzz, keeeennnaazzz, keeeennnaazzz

GEBO:

geeebbbbooo, geeebbbbooo, geeebbbbooo
 ga, ge, gi, go, gu
 gab, geb, gib, gob, gub
 ag, eg, ig, og, ug
 geeebbbbooo, geeebbbbooo, geeebbbbooo,

WUNJO:

wwwuunnnjjjooo, wwwuunnnjjjooo, wwwuunnnjjjooo
 wa, we, wi, wo, wu
 wan, wen, win, won, wun
 wu, wo, wi, we, wa
 wwwwwwwwwwwwwwwww
 wwwuunnnjjjooo, wwwuunnnjjjooo, wwwuunnnjjjooo

HAGALAZ:

haaagggaallaaazzz, haaagggaallaaazzz, haaagggaallaaazzz
 hhhhhhhhhhhhhhh
 ha, he, hi, ho, hu
 hag, heg, hig, hog, hug
 hal, hel, hil, hol, hul

ah, eh, ih, oh, uh
 haaagggaaalllaazzz, haaagggaaalllaazzz, haaagggaaalllaazzz

NAUTHIZ:

naaaauudhiiizzzz, naaaauudhiiizzzz, naaaauudhiiizzzz
 nnnnnnnnnnnnnnn
 na, ne, ni, no, nu
 nat, net, nit, not, nut
 an, en, in, on, un
 nnnnnnnnnnnnnnn
 naaaauudhiiizzzz, naaaauudhiiizzzz, naaaauudhiiizzzz

ISA:

iiiiiiissssssaaaaaaa, iiiiiissssssaaaaaaa, iiiiiissssssaaaaaaa
 iiiiiissssssaaaaaaa
 iiiiiissssssaaaaaaa
 ssssssiiiiiiiiiiiiiii
 iiiiiissssssaaaaaaa
 iiiiiissssssaaaaaaa, iiiiiissssssaaaaaaa, iiiiiissssssaaaaaaa

JERA:

jeeeeerrrrraaaaa, jeeeeerrrrraaaaa, jeeeeerrrrraaaaa
 jjjjjjjjjjjjjjjjjj
 ja, je, ji, jo, ju
 jar, jer, jir, jor, jur
 jeeeeerrrrraaaaa, jeeeeerrrrraaaaa, jeeeeerrrrraaaaa

EIHWAZ:

eeeeiiiihhwwaaaazzzz, eeeeeiiiihhwwaaaazzzz,
 eeeeeiiiihhwwaaaazzzz
 eeeeeeeeeeeeeeee
 iwa, iwe, iwi, iwo, iwu
 iwu, iwo, iwi, iwe, iwa
 eeeeeeeeeeeeeeee
 eeeeeiiiihhwwaaaazzzz, eeeeeiiiihhwwaaaazzzz,
 eeeeeiiiihhwwaaaazzzz

PERTHRO:

peeeeerthrrrooooo, peeeeerthrrrooooo, peeeeerthrrrooooo
 pa, pe, pi, po, pu
 part, pert, pirt, port, purt
 pu, po, pi, pe, pa

peeeeerthrrrooooo, peeeeerthrrrooooo, peeeeerthrrrooooo

ELHAZ:

eeeeelhhhaaaazzz, eeeeeelhhhaaaazzz, eeeeeelhhhaaaazzz
 zzzzzzzzzzzzzzzzzzzzz (a deep, whistling, whirling sound)
 az, ez, iz, oz, uz
 uz, oz, iz, ez, az
 zzzzzzzzzzzzzzzzzzzzz
 eeeeeelhhhaaaazzz, eeeeeelhhhaaaazzz, eeeeeelhhhaaaazzz

SOWILO:

soooooowwwiiiiilooooo, soooooowwwiiiiilooooo, soooooowwwiiiiilooooo
 sssssssssssssssss
 ssssssooooooiiiiii
 sa, se, si, so, su
 sal, sel, sil, sol, sul
 as, es, is, os, us
 sssssssssssssssss
 soooooowwwiiiiilooooo, soooooowwwiiiiilooooo, soooooowwwiiiiilooooo

TIWAZ:

tiiiiiiwwaaaazzzz, tiiiiiiwwaaaazzzz, tiiiiiiwwaaaazzzz
 tiiiiirrrrr
 ta, te, ti, to, tu
 tar, ter, tir, tor, tur
 at, et, it, ot, ut
 tiiiiirrrrr
 tiiiiiiwwaaaazzzz, tiiiiiiwwaaaazzzz, tiiiiiiwwaaaazzzz

BERKANO:

beeeerkaaaannnnoooo, beeeerkaaaannnnoooo, beeeerkaaaannnnoooo
 ba, be, bi, bo, bu
 beeeeeerrrrrrr
 bark, berk, birk, bork, burk
 ab, eb, ib, ob, ub
 beeeeeerrrrrrr
 beeeerkaaaannnnoooo, beeeerkaaaannnnoooo, beeeerkaaaannnnoooo

EHWAZ:

eeeeehwwaaaazzzz, eeeeehwwaaaazzzz, eeeeehwwaaaazzzz
 ehwa, ehwe, ehwi, ehwo, ehwu
 ehwu, ehwo, ehwi, ehwe, ehwa

eeeehwwaaazzzz, eeeeehwwaaazzzz, eeeeehwwaaazzzz

MANNAZ:

maaaaaaannnaaaaaazzzzz, maaaaaaannnaaaaaazzzzz,
 maaaaaaannnaaaaaazzzzz
 mmmmaaaaaaaaannnnnnn
 ma, me, mi, mo, mu
 man, men, min, mon, mun
 am, em, im, om, um
 mun, mon, min, men, man
 mmmmaaaaaaaaannnnnnnnn
 mmmmmmmmmmmmmmmmm
 maaaaaaannnaaaaaazzzzz, maaaaaaannnaaaaaazzzzz,
 maaaaaaannnaaaaaazzzzz

LAGUZ:

laaaaggguuuuzzzz, laaaaggguuuuzzzz, laaaaggguuuuzzzz
 |||||
 la, le, li, lo, lu
 lag, leg, lig, log, lug
 al, el, il, ol, ul
 lu, lo, li, le, la
 |||||
 laaaaggguuuuzzzz, laaaaggguuuuzzzz, laaaaggguuuuzzzz

INGWAZ:

iiiiinngggwwaaaaazzzz, iiiiinngggwwaaaaazzzz,
 iiiiiiinngggwwaaaaazzzz
 iiiiiiinnnnnnngggggg
 ang, eng, ing, ong, ung
 ung, ong, ing, eng, ang
 iiiiiiinnnnnnngggggg
 iiiiiiinngggwwaaaaazzzz, iiiiinngggwwaaaaazzzz,
 iiiiiiinngggwwaaaaazzzz

DAGAZ:

daaaaaagaaaazzzz, daaaaaagaaaazzzz, daaaaaagaaaazzzz
 dddddddddddddd
 daaaaaagggggggg
 da, de, di, do, du
 du, do, di, de, da
 dddddddddddddd

daaaaaagaaaazzzz, daaaaaagaaaazzzz, daaaaaagaaaazzzz

OTHALA:

oooothaaaaaalllllaaaaa, ooooothaaaaaalllllaaaaa, ooooothaaaaaalllllaaaaa
oooooooooooooooooooo
othal, othel, othil, othol, othul
othul, othol, othil, othel, othal
oooooooooooooooooooo
oooothaaaaaalllllaaaaa, ooooothaaaaaalllllaaaaa, ooooothaaaaaalllllaaaaa

LESSON THREE: RUNIC YOGA

BACKGROUND

In Germany during the 1920s, Friedrich Marby, a Runemaster, revived a system of exercises using the position of the Runes that he called *Runengymnastik* (rune gymnastics), that was practiced in ancient times by western Europeans and known among the Norse as *stadhagaldr*. His methodology was later refined by another Runemaster, Siegfried Kummer. Kummer was a follower of Guido von List and founded a school named Runa, in Dresden. Kummer referred to his system as *Runenyoga* (runic yoga).

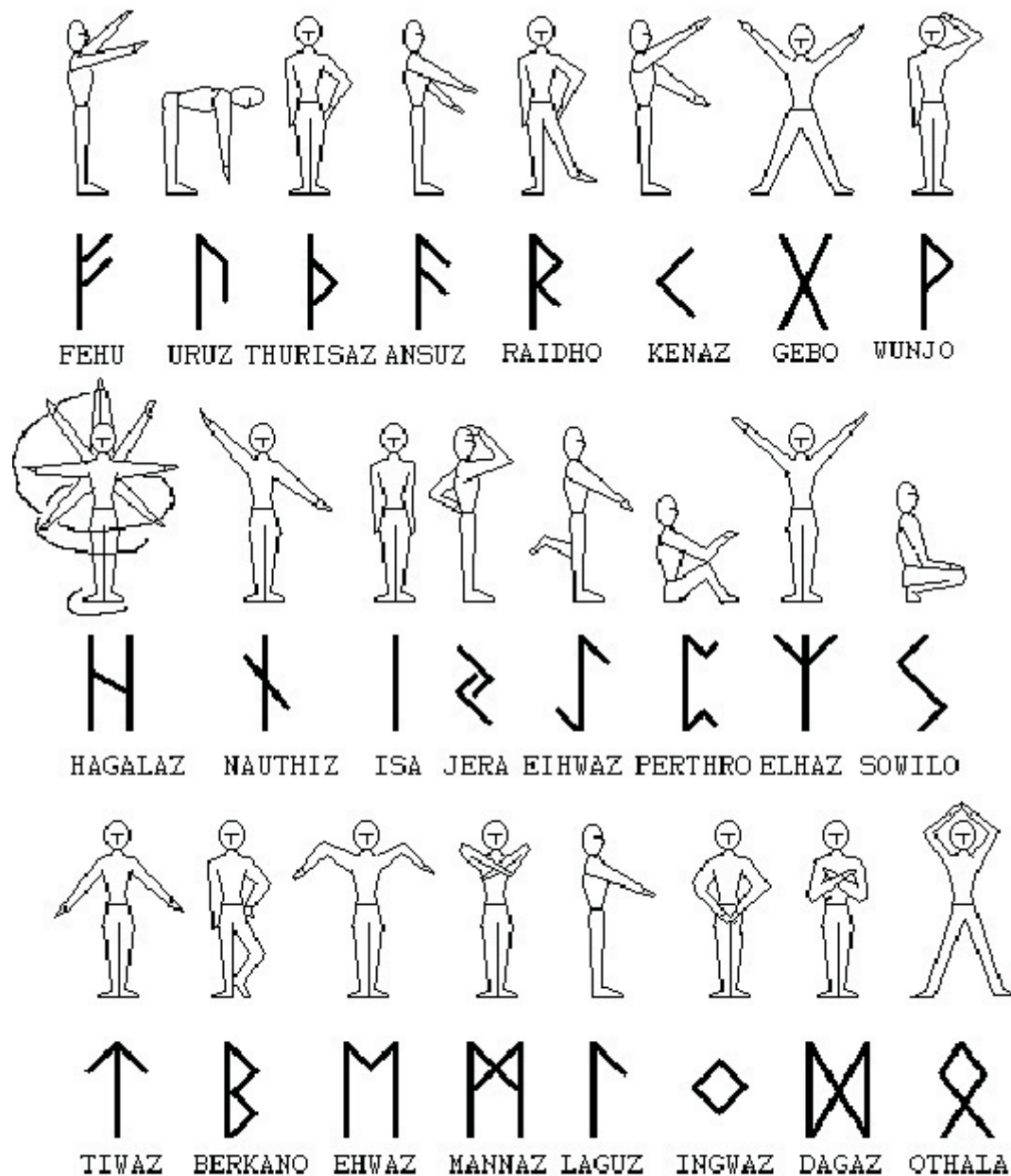
Runic Yoga is a simple concept, though some of the exercises might be physically difficult to master. It involves placing your body in the shape of individual Runes, while concentrating on the meaning and chanting the Rune's name. There is evidence that the people of northern Europe had practiced a similar method in ancient times, going back thousands of years, tracing its origin to the ancient Aryan civilization on the prehistoric Black Sea. Those who practiced Runic Yoga did so to increase their vital energy (Vril power), increase their physical strength, increase their mental powers, rejuvenate themselves both spiritually and physically, and increase their psychic powers.

Marby is also credited with inventing a system of Runic dancing. This was done by making the Runic postures mobile. This system was probably influenced by Chinese *Chi-sing*, *hatha-yoga* of India, and Rudolf Stein's system of harmonious movements called *Eurhythmy*. But Kummer claimed that he discovered evidence that Runic dance was actually practiced by ancient Germans and other Indo-Europeans thousands of years in the past. He asserted that the dances were performed naked by the common people, but that holy men and women wore magical robes decorated with symbolic jewels. We will put off dancing to the next lesson. For our purposes in this lesson, we will learn to practice the simpler Runic Yoga positions. Once you have mastered this you can then proceed to the next step of dancing.

Edred Thorsson explains that to perform the dance, one must assume the individual position of each Rune and then move in a clockwise motion with short steps. The effect is similar to the "whirling dervishes," members of the Islamic brotherhood. While you are moving, you should be chanting the sound of the Rune whose shape you are mimicking. As you whirl about, you should begin to pick up speed, moving faster and faster. The goal of these exercises is to reach a state of higher consciousness. When performed, these exercises impart Runic powers by drawing on the power of the Vril.

The purpose of learning these exercises is to transform your body into a living receiver-transmitter for the Vril. In this way we will learn to use our body as a conduit for receiving and storing the Vril, which will be used as a metaphysical or better yet, "a psychophysical (soul-body) complex," as

Thorsson describes the process, to fill it with the Vril's power.



RUNE YOGA STADHAS

RUNE YOGA STADHAS EXERCISE

You can begin this exercise by assuming one of the Rune positions. Try Isa, because it is the simplest and easy to perform. Just stand straight with your

arms straight down along your sides. Perform your breathing exercises so that you can charge yourself with the Vril. Then, just remain in this position for as long as you can without moving or twitching. This might not be as easy as it sounds, but if you have been performing your mind-over-body exercises in the Svartalfheim lessons, your willpower should be strong enough by now to permit you to master this exercise easily. You should also let your mind concentrate on different parts of your body. While you are doing this, “feel” the power of the Vril coursing through you and filling every part of your body with its power. You should go through the entire Futhark in this first lesson of Runic Yoga. Some of the Rune positions might be a bit difficult, such as Uruz, so do not over-do it. The purpose of this lesson is to incorporate the essence of the Runic shape—not to pass out.

The chart included in this lesson depicts the position the individual takes for each of the twenty-four Runes of the Futhark.

You can preform these exercises individually or as part of a group. If you are working in a group, it is good to stand in a formation with an instructor, just as you would in an aerobics class, while performing each Rune position. You should stand facing north for most of the stadhas, but some will require you to face east or south. You must concentrate on the flow of the Vril through your body while assuming the Runic Yoga position. Since the natural polarization of the body is right to left, which means east to west, you might discover that facing north is contrary to the natural flow of energy through your body (left is magnetic and draws power in, while right is electric and projects power). Thorsson explains in his book, *Rune Might*, “The northward orientation provides greater *magical will*, which will aid the Runester in actually feeling the conscious guidance of these forces rather than merely ‘going with the flow.’” We also recommend your read Edred Thorsson’s book, *Futhark*, before preforming this exercise. It is excellent material, as are all his works.

FEHU: Stand straight, facing north, with both arms stretch out and slanted upward so that the left hand is slightly higher than the right hand. The fingers should be pointed in the same direction as the arm for directing the Vril. Make sure your palms point outward for drawing the Vril.

This stadha will strengthen your psychic powers, and permit you to channel the Vril in transference or projecting its power, working toward personal and social evolution and help to bring success to your personal monetary position in life.

URUZ: This position can be difficult. You must bend at the waist, with your back held at a horizontal position. You arms and fingers should be pointed down but not touching the ground. You can perform this stadha facing east instead of north.

Perform this stadha to increase your powers to harness the Vril and use it to shape circumstances according to your wishes and needs. It can be very useful in healing and ensuring good health, bringing good fortune to you and others, helping you to discover your inner self, and increasing potency in most activities.

THURISAZ: Stand upright and face east or south. Your left arm should be bent at the elbow, and your left hand should be on your hip.

This stadha is used to increase your powers of protection against forces and enemies that seek to cause you harm. It increases the power of your will, and can be used in love magick.

ANSUZ: Ansuz is preformed by standing upright and facing north. Your arms should be stretched out and downward with the left arm lower than the right arm. Your fingers should point in the same direction as your arm.

This stadha helps to increase your clairvoyant and psychic powers, increase your intelligence, oratorical abilities, provide you with hypnotic powers and the power of suggestion. Wisdom, inspiration, creativity and communication, both mundane and divine, are enhanced.

RAIDHO: Stand in the same way as you did for Ansuz, but your left leg should be slanted outward and lifted off the ground. You should face south for this position.

This stadha will strengthen your powers to preform rituals, raise your level of consciousness and develop your sixth sense. It will also help assure a just life and good fortune.

KENAZ: Face north with your right arm raised at a forty-five degree angle and your left arm pointed downward at the same angle. Each hand and fingers should be pointed in the same direction as the arm, palms down, to project the Vril into manifestations.

This stadha will strengthen your connection to all nine worlds. It will help increase your powers of inspiration, sexual love, and ensure good health and healing.

GEBO: You should stand with legs spread and feet stretched apart. Make sure your knees are locked. Your arms should also be stretched out and up so that your body forms an X. You should face north for this stadha.

Gebo will enhance your sexual powers and be useful in both mystical and mundane unions. It brings harmony among siblings, lovers, and family members. It can increase your magical powers and create a state of harmony and cooperation within a group.

WUNJO: You stand straight, facing north, with the fingers of your left hand on your head. The right arm should be straight at your side.

Wunjo brings joy and harmony to all unions, increases fellowship and friendship, eliminates bad feelings and alienation, ensures well-being, happiness and joy into your life.

HAGALAZ: Stand upright in a T position, with your arms stretched out parallel to the floor. The palms should be faced outward. Hagalaz is a powerful Rune and this stadha is complex, but when performed correctly, it can harness a great deal of Vril power. You should be facing north. As you turn from north to east sing "hu, ha, hi, he, ho." Repeat this as you then face south, west and north once more. Thorsson recommends you should perform the N-Rune (Nauthiz) stadha and sing "nu, na, ni, ne, no," on the first turn and then "hu, ha, hi, he, ho," on the second turn. This is followed by the E-Rune (Ehwaz) stadha. You should sing "eeeeeeeeee" on the first turn and then "hu ha, hi, he, ho," on the second turn. The third Rune is the I-Rune (Isa) stadha. Sing "iiiiiiiiiiiiiii" on the first turn and "hu, ha, hi, he, ho," on the second turn. Then preform the M-Rune (Mannaz) stadha, singing "mmmmmmmmmm" on the first turn and then "hu, ha, hi, he, ho," on the second. Next preform the T-Rune (Tiwaz) stadha, chanting "Tiwaz, Tiwaz, Tiwaz" on the first turn and then "hu, ha, hi, he, ho," on the second turn. Finally preform the G-Rune (Gebo) stadha singing "gu, ga, gi, ge, go," on the first turn and then "hu, ha, hi, he, ho," on the second turn. Once you have finished, you should have completed a total of thirteen turns. Thorsson recommends you try and maintain "an emptiness of consciousness," while performing this exercise.

This stadha is every effecting in maintain a balance of Vril energy within you. It will also assist in the evolutionary development of your character and powers on a mundane and psychic level.

NAUTHIZ: When preforming this stadha, stand straight with your right arm raised to one side and the left arm tilted down to form a diagonal line cutting through your body.

This stadha has the potential to help you overcome distress and negative energy, help you strengthen your will power, spiritual powers, inspirational powers, and provide protection against destructive influences and your enemies. It will also help you to master hate and other negative emotions that might overwhelm you if you don't learn to control them, create a need for order within your life, and help to understand what you need to do to improve yourself. It is also powerful love magic, and will help you to obtain a lover.

ISA: This is probably the easiest stadha to preform, but it is also a very powerful stadha. Simply stand straight with your arms at your sides and legs

and heels together. You can also preform this stadha with your arms overhead and palms touching one another.

This stadha will help you to develop your powers of concentration and will power, as well as protecting against outer influences. It works to integrate your ego or inner self with the multiverse of the nine worlds of the Yggdrasill, as well as strengthening your power to restraint ghosts, demons and other wrights.

JERA: Stand upright, facing north, with your right arm bent in such a way that your thumb touches the crown of your head. You should also bend the left arm so that the elbow is facing outward behind you with your fingers of the left hand, resting on your left hip bone.

This stadha is useful in developing your powers of creativity and fertility, maintain peace and harmony in your life, help you to expand your enlightenment, and discover the mysterious of the multiverse and the cosmos.

EIHWAZ: Again, stand upright, facing north, with both arms at a fifty degree angle in front of you, pointing downward. At the same time, bend one leg (either right or left) backward at an equal angle.

This stadha will help you develop your powers to communicate on the level of all nine worlds, help you to retrieve racial memories of the past, increase your personal power and help to protect you against harmful external forces. It can be used to help you develop your spiritual abilities of forecasting and divination and strengthen your will power. It will provide an initiation into the mysteries and knowledge of the nine worlds of the Yggdrasill, liberate you from your fear of dying and help you to transcend this worldly existence so that you will find fulfillment in the next life.

PERTHRO: You should sit on the floor facing west for this stadha. Keep your back straight and bend your knees so that your feet are flat on the floor. Rest your elbows on your knees and point your hands upward.

This stadha will help you to gain a greater understanding of Wyrð, the power of the Norns and your destiny, help increase your powers of divination and to harness the Vril in the correct nature you desire, and transform its power into whatever reality you wish.

ELHAZ: Stand straight up, facing east—the direction of the rising sun. Raise your arms upward at a forty-five-degree angle, with your palms facing up. Your head should be slightly facing upward.

This is the stadha we use to speak to the Gods, and it is the stadha of Balder rising out of the Netherworld. It can increase your powers to protect yourself from harm and to increase your spiritual, psychic and mental powers, your spirituality, and your ability to communicate with other realms of

existence, especially Asgard and the three wells of Urdhr, Mimir, and Hvergelmir. This is the symbol of the Life-Force, or the Vril, and can help you draw in the Vril's power.

SOWILO: You should be in squatting position so that your calves and thighs are pressed together and your heels are touching your buttocks. Your back should be straight, in a vertical line. Rest your arms on your thighs and your hands on your knees. You should face east for this Stadha.

This stadha is used to increase the power of your psychic centers, your will power, lead you toward enlightenment and across the Bifrost Bridge to Asgard. It will also help you to achieve victory and success in your life.

TIWAZ: For this stadha, stand straight as an arrow, for this is the shape you will take. Your arms should be pointed down and away from you in a forty-five-degree angle. The palms of your hands should face the ground and your fingers pointed outward.

This stadha will help you to obtain victory and success in all your endeavors, achieve justice and fair conclusions to all disputes, increase your spiritual will power, and magnify your power of faith in the Gods and the Folk Faith.

BERKANO: Stand straight, facing north. Your left arm should be bent at the elbow with your hand resting on your left hip. Your left leg should also bend at the knee with your left heel touching your right ankle.

This Rune will help increase the process of spiritual rebirth, protect your privacy and secrecy, successfully bind different powers in a stronger union, and help with the realization of new ideas.

EHWAZ: Stand straight, facing north with both arms stretched out on either side. Your elbows should be bent and pointed upward as high as you can lift them without being uncomfortable. Your hands should be pointed and facing the floor.

This Rune Stadha will assist in "soul traveling" throughout the nine worlds and powers of astral projection and vision. It strengthens your process of spiritual growth and development. It increases trust and loyalty in others, and is a source of prophetic powers.

MANNAZ: For this stadha you should stand erect and face north. Your elbows should be lifted straight up and your forearms crossed in front of your face.

You can discover the divine structure and composition of the divine nature of mankind and especially your Folk with this stadha. It will help to strengthen

you mental powers of intelligence, memory and reasoning, as well unlocking your third eye or Bifrost Gland.

LAGUZ: Face north and stand straight with your arms stretched out before you at a forty-five degree angle, pointing toward the floor. Your palms should be facing the ground and your fingers pointed.

This stadha can help you through difficult initiatory tests, increase the flow of the Vril into you, and help to develop your will's ability to shape and form the Vril's power. It increases your personal magnetism, and develops your sixth sense.

INGWAZ: Stand straight, facing north, with both arms up and the fingers of both your hands touching, over your head.

This position will help to store the Vril's power for future use, increase your powers of fertility and creativity, help with meditation and strengthen your powers of concentration and visualization. It will also help you to control the Vril's power when you are trying to project it outward.

DAGAZ: Stand straight, facing east, with your arms crossed over your chest. The fingers of your right hand should be resting on your left shoulder and the fingers of your left hand should be resting on your right shoulder.

This stadha will help to awaken the Gods within you. It will help you to realize Odin's gifts of inspiration, growth and development, as well as increase the powers of evolution within you and your DNA.

OTHALA: Stand with your legs spread apart as wide as you can. Your arms should be raised over your head with your fingers touching. You should face north.

This stadha will help to maintain in your life and in your group. It will help to strengthen the cohesiveness, love and loyalty in your home, family, tribe, nation, church and race. It will direct the Vril's power to these ends in a very powerful way. It will also help you to retrieve racial memories from the past, as well as acquire wealth and property.

Once you have completed any of the Rune stadha positions, you should experience a general feeling of being "charged-up", filled with a new vitality and lightness of being, and with a renewed vigor and strength. Your mind should be clearer, and your emotions under control. These exercises are intended to increase your physical, psychic and mental abilities, increase your charisma, your ability to influence and attract people, and end strife and create a general sense of harmony and cooperation in any environment that you live or work within. You will discover that you have better control over yourself, and that

you will be more stoic in your mannerism, and this general sense of calm, confidence and assuredness will be transmitted to all who come into contact with you.

RUNIC DANCE

When you have completed the entire Futhark you will have discovered that some of the Runic positions were difficult to hold for any length of time, so do not force yourself. You do not have to get the same results from each Rune. Each Rune is an individual force with its own power, and some Runes might be a bit overpowering. You will find this especially true as we try and perform the Runic dance.

While you are trying to hold the standing position for the Rune, you will have to concentrate on holding your balance. Once again, perform your breathing exercises and then take up one of the Runic stands. Then chant the Rune's name. You can perform this individually or in a group. If you are part of a group you should try and perform these exercises in time with each other. Harmonize your chanting and when you perform the dance, do so in unison. You can appoint an instructor who will lead your group through the exercises, much as an instructor will lead a class practicing aerobics.

The purpose of Runic Dance is to combine different Runic Stadhas in a Runic combination much in the same way as you combined different Runes to form a talisman of power. Only now, you will physically form the position of the different Runes with your body, while chanting their sounds. This will increase the Vril's power flowing into you and very effectively shape it and direct it for whatever purpose you desire. You can decide what Runic combination you wish to use beforehand and then have your instructor lead your group in the dance. Let's use an example with a combination to help deal with sorrow. This includes three Runes: Thurisaz, Laguz and Ingwaz.

Begin by standing straight and facing north. Your instructor should also be facing north, with his or her back to you. All you have to do is follow his or her lead. Now, slowly turn east and slide your left hand up the side of your torso until it rests on your hip. While you are performing this motion, you should be chanting Thurisaz in the long and drawn out fashion (Thuuuurrrriiisssaaazzz). Once you have done this, don't stop, but continue on to perform Laguz is a continuous and harmonious flow of your body by turning north with both your arms stretching out before you in a forty-five degree angle, pointing toward the floor. Your palms should be down. As you do this, chant Laguz in the same way as your did Thurisaz. In fact, your chanting should be timed to the movement of your body performing each stadha so that your chanting blends into each other in this way (thuuurriiisssaaazzzllaaagguuzzzz).

Once you have completed Laguz, continue to face north and slowly raise

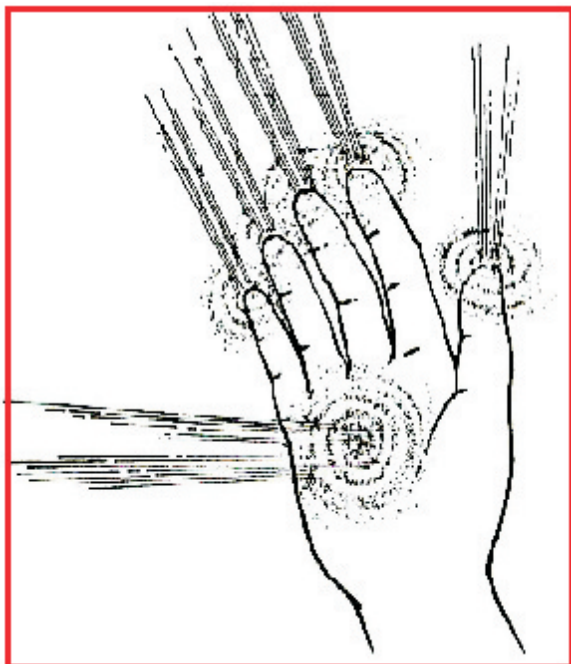
both arms up and over your head until your fingers are touching, all while you are chanting Ingwaz in the same long and drawn-out manner so that all three Runes form one long continuous chant. You can perform this over and over. There is no limit to how many Runes you can combine, but it is more effective to perform any combination either three times, eight times or nine times. In fact, once you have become proficient in Runic dancing, you might want to dance the entire Futhark in order. This can increase the powers of your group very effectively.

The general after-effect of Rune dancing should be the same as what you experience after performing Runic Yoga, but more so, because you are including the additional process of movement. These mudras, yoga positions, and dance movements can also be performed on a smaller scale by using only your hands.

LESSON FOUR: RUNIC HAND MUDRAS

What you have learned in the three previous lessons can now be put to use in applying the same principle to your hands. Symbolic hand gestures known as mudras can be used by forming shapes resembling the Runes with your hands while chanting the Runic mantras from Lesson Two.

Hand Mudras, or *Hoendstoedhur*, can be performed in just about any setting and take less effort than Runic Yoga, and it is just as effective. It is important to develop this practice because by doing so, you are charging your hands with the power of the Vril, transforming them into powerful tools to perform Vril Science. You will visualize the Vrilic power charging about your hands as you perform these exercises, shaping Vril energy into its Runic nature.



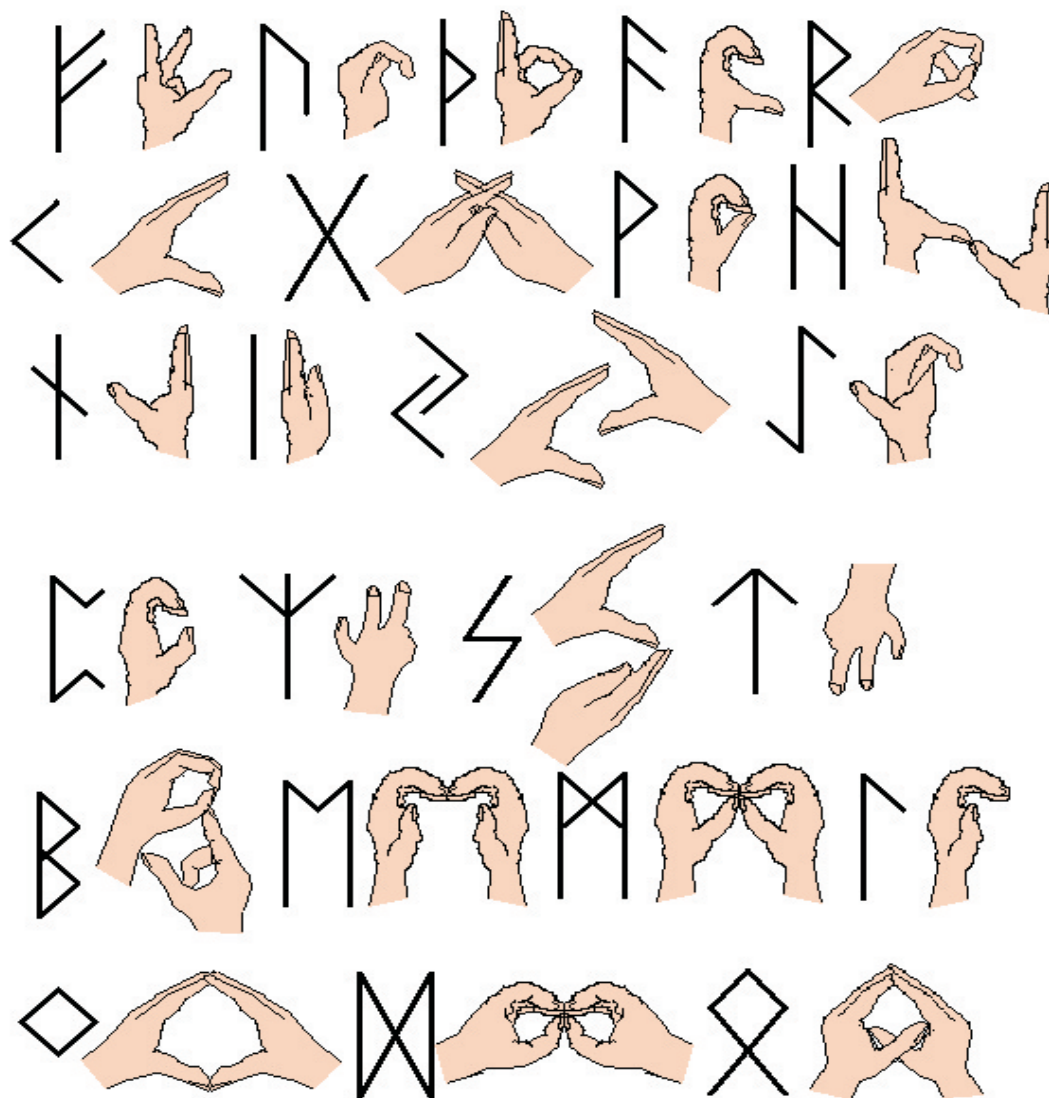
These mudras are similar to Indian yoga hand mudras and both have their roots dating back to the original Aryans from which all Indo-European culture and religious inspiration springs. There are many references in European lore and legend about "healing hands." But much of the ancient lore and science has been lost and needs to be reconstructed. In 1933, S. A. Kummer compiled hand Runic mudras based on List's Armanen eighteen Rune system in his book *Runen-Magie*. This was elaborated later by Karl Spiesberger in his *Runenmagie* in 1955.

In many traditions, Runes are drawn on the back of hands or fingers before performing Runic Mudras. These Runic hand gestures are used in the same way as the body postures are used. But the advantage to them is that they can more easily be performed at any time with little preparation. They can also be used during the performance of ritual and ceremonies or used in general blessings. They are especially useful in healing. You can review the previous lessons on healing to understand what Runes should be used for healing.

To perform the mudras properly, you must first cleanse your thoughts and body by performing the usual relaxation, breathing and chanting exercises, and then hold your hands in front of your face, making sure the top tips of your hands are even with your Bifrost Gland (your third eye), and the bottom of them level with your throat, about one foot in front of your



eyes. You can then begin singing the corresponding mantras while making the hand gesture for the Rune. You should hold the shape and sing for about nine minutes. When using these mudras for healing, you can hold your hands over or on the part of the body where the affliction is located. But as in all healing practices, these should not be used as a substitute for traditional medicine.



When you are performing hand mudras, you are using your hands to shape and form the currents of Vril energies into patterns designed for specific purposes. Once you understand the nature of each runic symbol, you will be

able to quickly perform several hand mudras to shape Vril energy for their designed purpose, much as a sculpturer will use his hands to give shape and form to a piece of clay. You are literally transforming your hands into runic tools to shape Vril energy currents. The Runes you use will shape Vril into a specific desired purpose.

LESSON FIVE: MEDITATING ON THE FIVE ELEMENTS

THE ELEMENTS IN WESTERN SPIRITUAL COSMOLOGY

In Greek cosmology, the Greek Hermetic tradition spoke of the essence of everything being made up of different combinations of four elements: Fire, Air, Water and Earth. But in the northern environments, a fifth element was recognized. This fifth element was ice. Both systems have common roots in an ancient Indo-European science and understanding of the cosmos, but the proximity of the northern people to the realm of Ice led them to include aspects of the nature of Ice. In fact, in the northern tradition, the universe was formed from the attraction and contraction of fire and ice. Though we understand today that the physical world is made up of different numbers of electrons, protons and neutrons, there is a deeper esoteric nature that transcends the physical universe that must be understood, and this arcane knowledge recognizes the five elements of Fire, Air, Earth, Water and Ice.

These five elements symbolize different aspects of the way the material world behaves. To gain a greater understanding of this objective reality, it is important to meditate on the five elements and gain an insight on their nature and how they relate to each other. You can draw on a board the elemental structure in their proper orientation. Please check the included drawing below.

The method used to meditate on each element is the same. The order of the elements in which you should meditate is Earth, Water, Ice, Air and Fire. The five elements not only represent the five expressions of physical reality, they also symbolize the five directions of space and time. Fire represents total and endless expansion, all forms of heat, all vibration and archetypical energy. Air represents the all-pervasiveness and omnipresence of formless space, perpetual motion, light and illumination, intellect and the communication of ideas and knowledge. Water is the primeval stillness, darkness, subterranean and unconscious state of being, the archetypical, the un-manifested form and evolutionary existence. Ice is total contraction, eternal cold, stillness and cohesiveness. Earth represents the potential that resides in all things, including the other elements, archetypical manifestation and form, physical matter of the objective universe and existence.

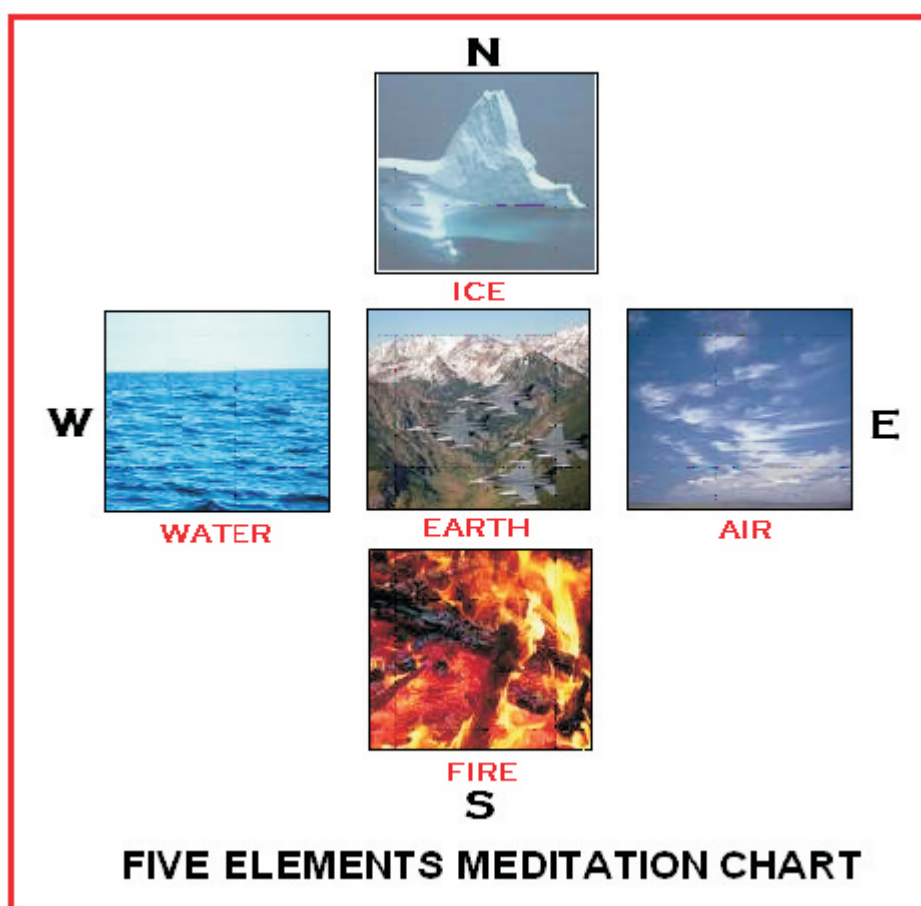
In the Center is located Earth. Water is situated in the West, Ice is located to the North. Air is in the East. Fire is situated in the South. The order in which you should meditate on the five elements is thus Center, West, North, East and South.

To begin, you should once again proceed with your usual breathing, vowel and Runic chanting and then meditate on the elements. Choose one element at a time to meditate on. When you have finished, direct your consciousness away from the element and back to reality by chanting several Wunjos. Your group can concentrate on the same element at several meetings before moving

on to the next. You decide. Once you have completed all five elements, you will discover that your connection to each Rune is greatly empowered.

THE FIVE ELEMENTS AND THEIR RELATIONSHIP TO HUMANS AND THE UNIVERSE:

Most ancient traditions rely on the idea of four elements. The Greeks believed that the four elements of fire, water, air and earth were everywhere, and that everything was made up of these four elements in various degrees. This belief system survived through the Middle Ages. Some magical traditions like to include a fifth element that is often referred to as "spirit," or "ether."



Vrilology does not hold to this ancient belief system — that everything is made up of the four elements — but instead, it recognizes that each of the five elements is reflective of different natures of Vril energy. Our pagan ancestors understood much of the hidden energy dimension of the universe which we refer to as Vril. They realized that there was a mysterious Life Force that filled the universe, and the universe was viewed as alive, or *vitalistic* and *animistic*.

To them the universe, or Nature, was alive, and they assigned anthropomorphic qualities to everything in Nature. The living forces of Nature were often visualized as elves, dwarfs, fairies, leprechauns, gnomes, or gnomes, to name but a few. Over the centuries, due to persecution by the Christian churches, people lost their belief in such creatures, though there are still fairy tales about them. People were often told that such manifestations were actually caused by the devil and that these benevolent forces were demons sent by Satan to terrorize and seduce them.

Vrilology sees the etheric energy of Vril divided into five dynamic compartments: Air, Earth, Water, Fire and Ice. Vril energy is transformed through each of these five element signatures, and we can tap into each of them and use them to further our own evolution. Each of these five elements is in possession of its own energy signature, with its own group of elemental spirits and entities, who work to manifest the natures of each element in the universe. These entities, or "elementals," are real, intelligent beings, possessing various degrees of consciousness. The nature of their self-awareness depends on the vibratory level of the physical form they support in Nature. They are part of the Earth's own evolving consciousness. These forces do not exist to serve humans, but serve the Earth in its own evolution, but we can connect with them, and draw on their powers to assist us in our own spiritual and physical evolution. The reason for this is simple: We are connected to the Earth and thus we are evolving along with the Earth. The secret to our successful physical and spiritual evolution is synchronicity with the evolution of the Earth, and a greater awareness of the macrocosm in conjunction with its evolution.

The nature of the relations between nature and human is summed up by the Denali Institute: ***ALL WORKS OF NATURE RESPOND TO THE ENLIGHTENED ATTENTION OF THE HUMAN MIND***

THE NATURE OF THE VITAL ENERGIES OF THE FIVE ELEMENTS:

Each of the five elements has its own nature, which can be represented by a single Rune:

Fire - Fehu
 Earth - Uruz
 Water - Laguz
 Ice - Isa
 Air - Ansuz

These are not the only Runes that one can use and meditate on for each element, but each does represent the single most important Rune that personified the powers of its corresponding element. Let's explore each

element and the powers embodied in its Vrilic energy fields.

EARTH: There is great stability in the Earth energy fields. Though this stability can be interrupted at any time, the energy is reflected in the nature of the Uruz Rune. Uruz is represented by the Aurochs, which possessed great strength and power. They defend their home territory with great courage and were seen as a force for healing, but they could erupt with fierce determination. So too, the energy fields of the Earth. Earth energy provides nourishment, fertility and health to all things. It is the ground beneath your feet and is the fountain of life. From its soil we can draw from the Vril energy through the healing power of Uruz. It is the cycle of life. From the earth we come forth and to it we return. It reflects birth, maturing and death, in the cycles of the year. We can see these features in the four seasons that transform the Earth about us. But we must always remember that the power of the Earth energy fields provide us with the power of *rebirth!*

The Earth energy is the source of continuity. In it is the solidness of the future, rooted in the past. From it the root absorbs nourishment to grow tall and strong like the trees in the forests. Its power is strong and immovable. It is the stability of home and especially the homeland. One becomes integrated with its energy fields, which bind us and hold us to the land, providing us with a foundation for us, as individuals, and as a Folk, to build new life upon. Earth energy reflects the stability that comes with home and hearth, but also reflects the instability of earthquakes. Its power is that of the soldiers of the Roman armies. Steadfast and unmoving, holding the line against greater odds, but when the time is right, able to strike out with a force that is crushing and overwhelming. We seek the stability of home and hearth, and its energy field provides us with these qualities that are so necessary for life to thrive, but there is within it a hidden power that can be terrible and "earth-shattering" when this stability is threatened. It can erupt from within us suddenly and unexpectedly.

Earth is Mother Earth, the giver of life and nourishment so that life can thrive and grow. We often take her for granted, but we should remember that "*it is not nice to fool Mother Nature.*" She should be revered and celebrated, as well as conserved.

Draw on the Earth's energy fields to increase those qualities that make you dependable, steadfast, solid, confident and strong. They can drive out fears and obsessions, and provide you with a sense of security and calm. Remember the old saying? "*There is no place like home.*" Well, the Earth energies are the strongest in your home. Use Uruz to draw on the Earth's Vril energy fields and you will increase your sense of stability and security. No one can provide you with these qualities. Once you possess these Earth qualities, you will generate the power of dignity, respect, inner strength and

determination in your aura which will be felt by all who come into contact with you. Uruz is the primary Rune of Earth, but other Runes you can meditate on to harness its energy fields are Berkano, Ingwaz, and Othala.

FIRE: The energy fields of Fire feed your desires and passions. Within it is the spark of life. It is the force of Spirit. Your emotions, passions, and force of action are powered by its energy fields. It can overpower you with its untamed force, or it can be harnessed by you to help you achieve great things in your life. It can provide you with the power of the smith's furnace, the engine that moves, the heat that creates, or it can bring the destructiveness of Loki's ire. It can warm you or burn you. It can heal or scorch. Like the Sun, it can provide you with its healing rays and nourish you, but too much, untamed, can burn and kill. Its energy can enlighten you, driving out the darkness from your home or your mind. Its dynamic force is a spark that can set things into motion. Its energy is the vitality that compels, excites, and motivates enthusiasm or fanaticism.

Fire is the passion of both love and hate. It is the boldness and rashness of youth. Within its energy fields is the cleaning force of the forest fire and the scouring energy of molten lava. In both cases, its force destroys, but at the same time, lays the groundwork for new life to evolve. It generates great love and happiness, or hatred and anger. It can be fed by Air, and needs earth to nourish it, but Water can put it out and Ice is its enemy.

Left uncontrolled, its power can lay waste to everything like the sword of Muspellheim, but once tamed, its energy can be used to build, give warmth and drive away the darkness. *Fire is the Father of Hope.* The Fire within us is the energy that provides motion to our limbs and cause our parts to function. It is the *Spark of Life.* It is important that you master the energy fields of Fire. If you fail to do so, they will destroy you, but if you do master them, you can use them to achieve greatness. Walk in the Sun, but do not stay too long in its warming rays. A little Sun will give you nourishment. You will feel its warmth. But too much Sun will burn your skin, causing harm that will appear later in life and bring on suffering and death. Know this lesson about the effects of Fire. To respect its energy fields and learn how to master its power will make you great, but failing this, you will bring suffering and destruction into your life and the lives of all you touch.

Meditate on the Rune, Fehu. Fehu is the embodiment of the energy of Fire. Other Runes you can meditate to help you to harness Fire's energy fields are: Thurisaz, Kenaz, Nauthiz and Sowilo.

Fire is the embodiment of passions, enthusiasm, the vitality of life, courage and nurtures hope within your soul. Learn to master its energy and you will be able to make most of your wishes come true.

WATER: If Fire feeds your passions, Water feeds all your emotions. It is the essence of your dreams and the energy that powers the subconscious mind. Its energy refreshes you, cools you and can take whatever shape it fills. The energy of Water is the *Food of Life*. From its salty nature life was born and from its non-salty nature life is sustained. It quenches the thirst of the Earth, and can rise into the air, transform itself into Ice, and extinguish Fire. It is the life-giving energy that transform barren land into a paradise. Its energy can seep through the tiniest of cracks or sweep away whole cities. It flows in currents, causes tidal waves and reflects the sun or moon light off its gentle surface. Its energy is multi-faceted, ebbing and flowing in tides.

Its energies feed the many different emotions. Its force has rhythms, cycles and ebbs that can change in an instant, just like the human heart. We are more than 50 percent water, and its energies are the most natural way in which we can utilize Vril and use it to shape out future pathways. In whatever form, Water is always powerful, from the gentle erosion that carves the Grand Cannon out of the face of North America, to the terrible tidal wave that can sweep over island and shore, destroying everything in its path. It is important to know that when working with its energies, you need to be on your guard at all times. If you try to dam it up for your own use, do not let your guard down. If its currents should break through the dam, it will sweep all before it away.

Water is the great purifier. Use its energies to cleanse and wash away disorder and chaos. Though it is pliable, there is great strength in its currents. Don't lose your footing when working in Water, for if you do, you risk drowning. But if you respect its powers, and learn to harness them, you will eventually learn to *walk on water!*

Use Laguz as the primary Rune to meditate on if you wish to discover the power of Water's energies. Another Rune to use is Perthro.

ICE: Ice has energy that can be eternal and fleeting at once. Under the right conditions, it will last forever, but under the wrong conditions, it will melt away. The energy of ice is slow-moving. It powers the evolutionary forces that transform all living things, including the Earth itself. Its powers can prevent all things from decaying, but at a price. All movement will cease. It is contracting in nature, holding things together. It can move across the Earth, crushing everything in its path. But its movement is eternally slow. It can suck all moisture from ocean, earth and air. It rules deep space. It can clean the air, making it fresh and crisp, and cause all things but Water to contract. Its energy is silent, cold and hard like a diamond. Its surface has the power to reflect light and plunge you into darkness, or it can cause you to be blinded by its glare. It represents the past, for within its freezing flesh are hidden and preserved things that are millions of years old. Even the atmosphere can be preserved within its body. Thus, *The energy of Ice is Timelessness*.

From Ice was born the first God, but Ice also contributed to the birth of the Frost Giants. Thus it can contribute to order or chaos. Ice is also androgynous. The first Giant and the first God were both androgynous in nature.

The energy of Ice can freeze the most passionate hearts, turning it hard and unfeeling, but it can give one strength when mixed with Earth, creating a mixture as hard as diamonds, and resistant to heat. It has the qualities of the other elements within it: . It can be as hard and stable as Earth, as refreshing as Water, can burn you like fire and become as fresh as air. To unlock Ice's secrets, meditate on the Rune Isa, but also Hagalaz. Hagalaz is hail. Ice can fall from the sky as hail, destroying everything it strikes, but once it melts, like the assimilation of the forces of Niflheim and Muspellheim, it can bring forth new life.

AIR: If Water represents the subconscious mind, then Air is representative of the conscious mind. Its energies power communication, the transmission of wisdom and knowledge. Air is the *Breath of Life*. Without its energy, there would be no life. It is the Spirit of Higher Consciousness. Its energy fields are buoyant, bending, quick, alert, flexible, and sweep across the world. You will find it hard to grasp it, but its punch can kill. It will bluster, blow, rip into you, or cool you off. Its powers can manifest themselves in a gentle breeze or a raging storm.

Air is the essence of wisdom. It is the consciousness of the heart and can be used to calm emotions with its reason and logic. But it can also act like a bellow and inflame the fires of your passion. From its energy fields, ideas are conceived. Thoughts flow from Air. Inspiration, inventiveness, brilliance and insightfulness are all Air's children. Like the mind, it is both there and not there. It can be felt but you cannot feel it. It is not solid like Earth, nor burning like Fire, nor fluid like Water, nor contracting like Ice. If you try to grasp it, your hand will close on nothing. Though it appears to be nothingness, it is the birthing field of ideas!

To discover its nature, meditate on the Rune Ansuz. Other Runes to use are Elhaz and Raidho.

Air is freedom. How do you contain Air? You cannot contain the winds, but Air is the master of its own destiny. It is as fast as a thought. Have you advanced so far that you can control your thoughts? And if you have, for how long? No matter how good you are at mastering your mind, your thoughts will eventually beat you. This is the power and freedom that pennant the energy fields of Air.

MEDITATING ON THE FIVE ELEMENTS

Earth Meditation: First, put some earth in a bowl and place it in the center of your group so that everyone can focus on it. You can have simple earth, but it is better to include some rocks, crystals, and even sand. You should perform this ritual in a lighted room. Do not use candles or other forms of fire for illumination. This will create a conflict of elements, for if you use a burning fire, you will have two elements working at the same time, which will dilute the meditative process.

Examine the context of the bowl before you. Examine it closely, but do not force-stare at it. Imagine yourself one with the earth and try and feel the reaction that it brings. Finally, you should begin chanting the following Runes: Uruz, Berkano, Ingwaz, and Othala. While you are chanting, imagine your group surrounded by a sphere of Vrilic energy, manifesting itself into the element you are meditating on. Feel the energy of the element filling the sphere and entering your body and soul. Imagine yourself becoming one with the element. Continue to chant the Runes as you imagine yourself taking on the qualities of the element until you have achieved a reverse polarity. Do the same with each element.

Water meditation: The process is the same for meditating on Water. Water mixes with Earth. The two elements share the dominance of the globe's surface. Rivers and streams cut through the land, borrowing deep into the Earth's flesh and springs out of it again. This time you will fill the bowl with water. For the best results it is good to use water from a spring, well or stream, but if you cannot acquire natural water because you live in the city, you can collect water when it rains, or buy some natural spring water. Make sure it is not processed with chemicals. Tap water is processed with chemicals, and you should avoid using it. Do the same with the bowl of water as you did with the earth. Place the bowl in the center of your group and meditate on it in the same way. This time, imagine you are engulfed by the water. Feel the wetness against your skin. Think of rivers and currents, stream, seas and oceans filled with water, waves lapping against the shore or rain falling.

You should then chant the following Runes: Perthro and Laguz. Conclude the meditation in the same way you did with Earth.

Ice Meditation: Ice is solidified from water when it comes into contact with the freezing atmosphere that is devoid of heat. When meditating on Ice, place some in the bowl and do the same as before with Earth and Water. If it has snowed outside, it is best to get some ice from outside, but if not, then freeze natural water and use it.

When your group concentrates on the ice in the bowl, think of its features. Think about the coldness, the snow flake patterns, the great glaciers, icicles and icebergs. Imagine yourself one with the Ice. Feel the contraction.

Except for water, all other elements shrink when frozen, so feel yourself withdrawing inward. Then, meditate on the Runes, Isa and Hagalaz. End the meditation in the same way as before.

Air meditation: Burn some incense in the bowl. Your group should watch the spiraling smoke rise from the bowl. Examine the way it flows carefully. Think about the different qualities that air can assume. Feel the gentle breeze, or imagine the roaring winds of a hurricane. Try to think of yourself as one with the air currents. Feel yourself floating through the air, as if you are transparent and have no solid form. Finally, you can chant the Runes Ansuz, Raidho, and Elhaz.

Fire Meditation: For Fire to burn, it needs Air. To meditate on Fire, fill the bowl with some alcohol and set it on fire, or you can use a medium-size candle. The alcohol will burn clean with no smoke, and so will the candle. For Fire, it is best to turn off all the lights in the room. In this way you can concentrate on the flames before you. Examine how they leap and dance before you. Focus on how the flames change shape and form. Feel the heat and the way the flickering light cause shadows to form and twist. Think of the sun burning in space, of volcanos erupting and of forest fires raging across the landscape. Think of yourself lighter than air. Finally, you should chant the following Runes: Fehu, Thurisaz, Kenaz, Nauthiz and Sowilo.

THE LIVING LANDSCAPE

Our ancestors understood that the physical world around is alive. Everywhere in the universe the Life Force of the Gods is flowing. This is Vril. Vril is the hidden energy dimensions of the Earth and nature, and our ancestors saw the universe as both vitalistic and animistic. To them, the Earth was alive with a dynamistic force of primal energy fields—Vril. They perceived the elemental forces of the world as individual spirits; the vetta, landvaetter, disir, elves, dwarves, trolls, lares, etins, and wights as well as gods and giants. Everything had a living vitality to it and we could, on different levels of our consciousness, communicate with these forces. Thus, the world is divided into two forms of vitalistic (living) force—*animistic* and *dynamistic*. The former is represented by the goads, giants, dwarves, elves, and other races of spiritual beings, possessing a highly complex, animate consciousness. The latter is representative of the vital forces embedded in the Runes. This force lacks individualized consciousness, but is a living force just the same.

By meditating on the five elemental forces, you are assimilating both the dynamistic and the animistic forces within yourself. All things, animate and inanimate, have souls, and by meditating on the five elements, you are adjusting your consciousness so that you relate and communicate with all

things at an inner level of Being. What you are seeking to accomplish is to realign yourself with the natural order within the universe. We moderns have constructed an artificial environment for ourselves. Our modern, materialistic, industrial, technological society has cut us off from the natural world. Once our ancestors were spiritually in tune with the changing of the seasons, the progression of the hourly movement of the day, the cycles of the year and so forth. They perceived the universe, the Earth and nature as vitalistic (alive), but we see the world and the universe as materialistic (not alive). We moderns have tried to take control of our natural environment and make it serve our needs. We have arranged our days and year around our work schedule. We have become disconnected with the cycles of life that govern the universe. We need to realign ourselves with the flow of time and space. We can do this by reconnecting with the elemental spirits of nature. They belong to the Earth and are an integral part of its living consciousness, though independent of any one human or group of humans. They do not respond to the needs of humanity, but they can be called upon to share their wisdom in the interest of co-destiny with humanity and the living planet Earth.

ELEMENTAL EXERCISE:

Here is another exercise you can perform on each element. Use this exercise to draw on the Vril's elemental power of each of the five elements, incorporating its nature into your own Vril energy field. Remember the eight by eleven grey paper sheets with the Runes drawn on them in red paint? You are going to need the Fehu (Fire), Uruz (Earth), Ansuz (Air), Isa (Ice) and Laguz (Water) for this exercise. Place one of the sheets of paper on the wall, about ten feet before you, just as we described in the previous lesson. Sit in a comfortable chair and relax, exactly as we taught you to do. Concentrate on the Rune before you. Once you have entered the Alpha/Theta mental level, we want you to breathe deeply. Take a deep breath and then hold it for nine seconds. Then, as you exhale slowly, chant the Rune before you. Let's say the first Rune you are using is Uruz. As you slowly exhale, chant "Uuuuuuuuuuuuuuuuzzzzzz." As you do this, *feel* the Vrilic energy rising up, out of the Earth into your feet and flowing into you, and throughout every part of you, incorporating its energy aura. Concentrate on its energy to provide prosperity, abundance, wealth, protection, fertility and healing powers to your Vrilic energy field. Repeat the breathing and chanting nine times.

When you are finished, you can do the same with the other elements. With Fehu, feel the power of Fire's elemental powers flowing into you from above, as if you are being bathed in the Sun's rays. As you chant fehu (Faaaaayhuuuuuuuuu), feel its energy currents strengthening your powers to draw on your sexuality, passion, levels of energy, purification and enlightenment.

Now do the same with Ansuz. Feel Air's energy flowing into you from your left side (representing the left side of your brain). Its energy is enhancing your powers of the conscious mind, intellect, communication, free will, and your ability to see and understand the truth in all things.

Then do the same with Laguz (Water). Feel its energy flowing in from your right side (right side of your brain). Feel its energy increasing the powers of your subconscious mind, your psychic powers, your emotional strength and your intuitive mind.

Finally do the same with Isa (Ice). This time, feel its energy rising up from deep within you. Its energy is hardening, forming into a solid within you, providing you with security, permanence, bringing all the other powers of the elements together in a perfected form within you that will be eternal and lasting.

LIST OF RUNES AND THE ELEMENTS

Fehu—Fire
 Uruz—Earth
 Thurisaz—Fire
 Ansuz—Air
 Raidho—Air
 Kenaz—Fire
 Gebo—Air
 Wunjo—Earth
 Hagalaz—Ice
 Nauthiz—Fire
 Isa—Ice
 Jera—Earth
 Eihwaz—Fire
 Perthro—Water
 Elhaz—Fire
 Sowilo—Fire
 Tiwaz—Air
 Berkano—Earth
 Ehwaz—Earth
 Mannaz—Air
 Laguz—Water
 Ingwaz—Water
 Dagaz—Fire
 Othala—Earth

LESSON SIX: FIVE COSMIC ZONES

Vrilic power streams toward Earth and fills its atmosphere, penetrating everything, even into the center of the planet. The entire electromagnetic field of the planet which stems from the metallic molten core is powered by Vrilic power. All things, organic and inorganic, energy and matter, are influenced by Vril. F. B. Marby has theorized that the Vril forms five zones or fields of energy, and that it is important for us to understand their properties and how they are manifested from the Vrilic power. Therefore, we should take some time in this lesson to discover their nature so as to acquire a better understanding of how the Vril affects us, and how we can harness it for our own use in manifesting both the objective and subjective realms of reality.

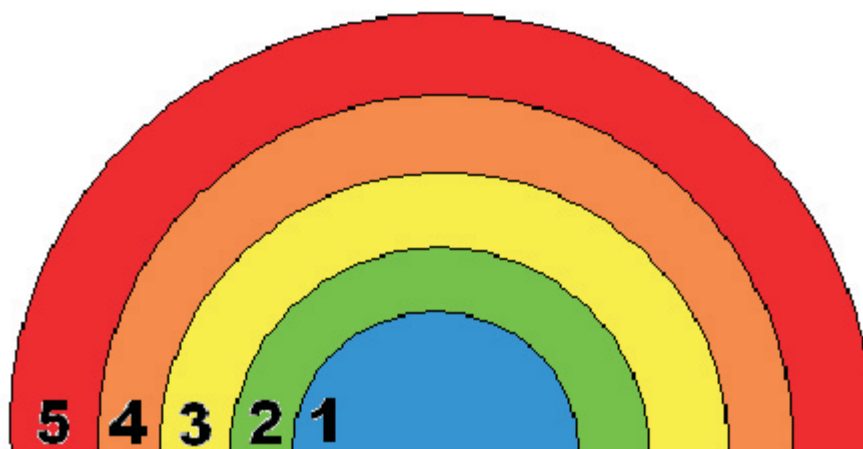
First, let's describe the five zones that Marby identifies. **The first zone is named the Inner Earth Space** and is the vast subterranean space beneath the surface of the earth. Within this zone the Vrilic power is tranquil and radiates energy. **The second zone is called the Material Earth Space.** This zone is the physical substance of the planet Earth. Here, vast reservoirs of Vrilic power are stored that are very ancient. In this zone, the remains of billions of organic life forms which once existed and died over billions of years are stored. **The third zone is known as Wave Space.** This zone is the realm of the surface of the planet which we inhabit. In this zone, Vrilic energy streams are received from above and below and are freely exchanged. **The fourth zone is Cosmic Space.** This zone is influenced by Vrilic power radiated from the physical bodies in space and throughout the universe. **The fifth and outer most zone is the Super Cosmic Space.** This zone is much like the Inner Earth Space. It transmits tranquil and radiant Vrilic power.

When performing the Runic Yoga stadhas we should keep in mind the flow of the Vril through our bodies. Vrilic power can enter from below and above. We should try to visualize from which zone the Vril is flowing into us and consciously concentrate on each zone in turn, and determine if it affects us in different ways. What is important to understand is that we can consciously guide and manipulate the evolution of our individual self, as well as the entire Folk, humanity and the universe by harnessing and guiding the Vrilic streams of power from these different zones, and that the Runes are a tool, or key, to learning how to master this art of receiving and absorbing and finally projecting the Vril to transform both the subjective and objective realms of reality. As your group progresses in its development in learning how to master the control of the Vril through both Galdor and Seither Science, the entire group will be purified and strengthened as you progress through these lessons.

Marby explained that there are nine steps that he refers to as the "Nine Mothers," necessary to effectively harness the Vril from the different zones for your use. They are:

- (1) posture or shape (Runic Yoga),
- (2) the space in which you continuously perform your lessons, which will become charged with the Vril,
- (3) location (a site could be a better conductor of Vril because it lies on a ley line, for example),
- (4) direction and orientation,
- (5) breathing,
- (6) vocalic sound or chanting,
- (7) consonantal sound or vibration,
- (8) the power of the one-point concentration of the will and visualization, and finally
- (9) motion, (through dance and other dynamic forms of movement used to enhance Vrilological Scientific methodology).

The Five Zones of the Cosmos



- 1. Inner Earth Space**
- 2. Material Earth Space**
- 3. Wave Space**
- 4. Cosmic Space**
- 5. Super Cosmic Space**

You should be in a relaxed position and perform your basic exercises of breathing and chanting, but now you are going to chant three Runes: Fehu, Uruz, and Elhaz in the long and drawn out fashion. Repeat the three Runes, nine times, and concentrate as hard as you can, visualizing the Runes. You want to achieve a state in which the rune-might of the combination of the three Runes fills your very being with Vrilic power. The combination concentrates the Vril by use of Fehu, from the Cosmic Space and Super Cosmic Space, while Uruz will draw in the telluric form of Vrilic power from the Inner Earth Space and the Material Earth Space. The two forces, drawing Vril from both directions, will unite and combine them in Elhaz, into a divine consciousness within you. We will discuss this process in greater detail in later lessons when exploring the nature of the Soul and how to harness Vril to increase our personal Luck. You might feel a little light-headedness and your vision might be blurred when you open your eyes. This is the effect of absorbing Vril in this way.

The principle behind this exercise is to permit the flow of Vrilic energy to enter you from above and below, from all five zones. This is done by tuning into the Vril currents. The process takes practice, but it really is simple. By using the Runic Yoga positions you are turning yourself into a Human Runic Tuning Fork., harnessing the Vril energy, reshaping it through the properties of the individual Runes, and then guiding them for your purpose. Our Vril Lords and Ladies describe the process as one where you gain the ability to master Vril and learn to use it, through the use of the Runes, to reshape the evolution and structure of the cosmos, including the material world of Midgard. The Runes are a tool that gives you the ability to perceive, absorb and then send Vril energy into the world around you. **But most of all, you will discover that the greatest effect of this exercise is your own individual transformation!**

LESSON SEVEN: RUNIC POETRY

At this stage in your lessons, you have become very familiar with Runes and how to use them in harnessing the Vril. You have experimented with positions, hand mudras, Runic chanting and so on, but now you should familiarize yourself with Runic poetry. There is no limit to the type of poetry you can create for yourself, but we have included examples of Runic poetry for each of the twenty-four Runes of the Elder Futhark. These poems can be recited or you can sing them if you have a good enough voice. Experiment! Recite one Runic poem at a time, combine two or more at one recital, or if you feel brave enough, recite the entire Futhark.

Once again, before reciting the poems, relax, perform your exercises and then begin, by yourself or as part of your group. The entire group should recite each poem together, or you can go around the circle, each member reciting one Runic Poem at a time until all twenty-four have been recited.

We are providing you with a Rune poem that was designed specifically for Vrilology, which is relevant to the modern world of the 21st Century, as well as the ancient, Old English Rune Poem. It is important that you familiarize yourself with both. Like the Yggdrasill, its roots are firmly planted in the past, but its branches are ever reaching upward, into the future.

You will notice words, phrases and terms that might seem unfamiliar to you, for they contain hidden mythical meanings and magical qualities that were commonly understood in the past, but whose meaning we today have forgotten. Some of these terms we have discovered, while others we still need to explore. We will not go into which is which at this time. It is important for you to discover these for yourself. In this way, you might even have a sudden burst of inspiration and discover for yourself some forgotten understanding for yourself that you can contribute to our modern day exploration of this lost lore.

As a student, you will discover that your powers to comprehend the ancient lore will develop within you and become a part of your nature. You will be surprised in time with the realization that you have acquired these powers without even knowing it.

The Old English Rune Poem was preserved in a monastery manuscript by Christian scholars (monks) who wished to save much of the pagan lore. It was eventually copied by George Hicks in his Thesaurus of 1705. Unfortunately, the original manuscript was destroyed in a fire in 1731, but fortunately Hicks has preserved it and passed it down to us. The monks used the poem to help them remember the Runes that were becoming lost to the general public, just as so much of the ancient pagan lore of Europe was forgotten after Christianity swept across Europe.

The Old English Rune Poem is one of only three Rune Poems preserved from pagan times. The other two are also provided in this lesson. They are the

Old Norse Rune Poem and the Icelandic Rune Poem. Of the three, the Old English Rune Poem dates back to a manuscript from the Eighth Century. It is the most authentic and descriptive of all twenty-four Runes of the Elder Futhark.

In England, The Norse settlers were intermarrying with the local folk and adopting their native speech and evolving into the English language. As new sounds were added to the language, new Runes were created to represent the sounds. Eventually the thirty-three Runes of the Anglo-Saxon Futhark were born. The Old English Rune Poem that was passed down included five of these additional nine Runes, but we have not included them in our lesson.

While the English Futhark was expanding, the Scandinavian Futhark was shrinking into the sixteen-Rune Younger Futhark, as the local folk forgot some of the Runes.

OLD ENGLISH RUNE POEM

FEHU

Wealth is a comfort to one and all,
But he must share it who hopes to cast
His lot for judgment before the Lord.

URUZ

The Aurochs is single-minded, with horns
Ascending high, a fierce horn-fighter
Stamping in his moors, a striking beast.

THURISAZ

The thorn is most sharp, an evil thing
To take a grip on, extremely grim
For any man who rests among them.

ANSUZ

The mouth is origin of every speech,
Support of wisdom and wise men's comfort,
Ease and hope to every noble.

RAIDHO

Riding for a hero inside the hall
Is soft, more strenuous when astride
A great horse pounding on mile long paths.

KENAZ

The Torch, familiar to living aflame,
Is blinding and brilliant; it burns most often
Where royal folk are at rest within.

GEBO
Giving, to men, is an ornament
Displaying worth—and to every outcast
Without any other it is substance and honor.

WUNJO
Joy is for one who knows little of woe,
Unhampered by sorrow he will have
Bright fruits and bliss and buildings enough.

HAGALAZ
Hail is the whitest of grains.
It whirls from the sky
Whipped by the gusting wind, then turns to water.

NAUTHIZ
Need is a tight band on the breast,
But it often can be turned into an omen of help,
If attended to early.

ISA
Ice is overcold, very slippery.
It glistens like glass, most like a jewel,
A floor made of frost, fair to see.

JERA
The (harvest) Season is hopeful when heaven's king
Allows the fields to blossom forth.
A bright abundance for rich and poor.

EIHWAZ
Yew on the outside is an unsmooth tree,
But strong and firm, the fire's guardian,
Upheld by deep roots, a joy to the home.

ELHAZ
A lively Tune [lot box] means laughter and games
Where brave folk sit in the banquet hall,

Beer drinking warriors blithe together.

SOWILO

The Sun to seafarers always means hope,
When they ferry across the fish's bath
Till the horse of the sea brings them to harbor.

TIWAZ

Tyr is a special sign. With princes
It keeps faith well, is ever on course
Over the night's dark; it never fails.

BERKANO

The Poplar (Birch) is fruit-less, even so puts forth
Shoots without seeding, has shining branches
High in an ornamented helmet,
Laden with leaves, in touch with the sky.

EHWAZ

The Horse before peers is a princely joy,
Stepping out proudly when spoken of
By wealthy riders all around him--
And to one who's unquiet he is ever a comfort.

MANNAZ

A man in his gladness is dear to his kinsman;
Yet each must fail the friend he loves
For the lord in his judgment will allot
That unfortunate flesh to the earth.

LAGUZ

Water to landsmen seems overly long
If they must go on the galloping ship,
And the sea-waves scare them excessively,
And the horse of the sea heeds not his bridle.

INGWAZ

Ing at first was seen by the folk
Among the East Danes, till afterwards he
Went over the waves, followed by his wagon.

DAGAZ

Day, God's message, is dear to men:
The great lord's light means gladness and hope
To rich and poor, a profit to all.

OTHALA

Home is beloved of everyone human
If there he may properly and in peace
Enjoy in the hall a frequent harvest.

VRILOLOGY RUNE POEM**FEHU**

Fehu, Rune of wealth, necessity to live,
a comfort when owned, freely you should give.
For your generosity and how you use your wealth,
will determine your place in the realm of death.

URUZ

Uruz is fearless, an unstoppable bull,
power primeval, the man-force in us all.
Courageous and brave, the Rune is a vital force,
auroch, the fierce beast, you should tame at all cost.

THURISAZ

A force unbridle, chaotic, destruction,
thunder and lightning, quake, shake, flood, eruption.
Mighty Thurisaz, thunderer with hammer,
can master this force, and restore for us, order.

ANSUZ

In Asgard he lives, Ansuz, the all-father,
the master of Runes, his one eye can see the future.
He rides the wild wind, collector of the dead,
his wisdom boundless, he sacrificed to himself, instead.

RAIDHO

Raidho is the Rune, you ride this road to enlightenment.
Drive the horse forward, seek wisdom and contentment.
No quest comes easy, all growth is hard to take,
complete the journey, the chains of ignorance you break.

KENAZ

The torch of Kenaz, lights up the world anew,
 direct the power outward, across the cosmic brew.
 From inner self springs, new life reborn in light,
 the Folk Soul burns bright, it drives away the night.

GEBO

Opposites attract, in Bebo's love unite,
 exchanged gifts contract, man and woman delight.
 Wedding does produce, in new generations,
 the Folk grows anew, in continuations.

WUNJO

Wunjo Rune of joy, well-being to us all,
 hope springs eternal, harmony in the hall.
 It is a blessing, to all our blood kingdom,
 but without wisdom, pleasure leads to doom.

HAGALAZ

From ice's eternal floes, and Musspell's flames burn,
 did opposites join, and Hagalaz was born.
 Slain by three in one, to replace chaos with order,
 the world pillar was formed, the steed of the all-father.

NAUTHIZ

The need to evolve, is the Rune Nauthiz,
 the need to procreate, is our manifest destiny.
 Past, present, future, the Norns know your lot,
 use your destiny, strive against it not.

ISA

Isa is inert, of contraction and slice,
 rime from Niflheim, unmoving is the ice.
 Rune of the ego, the stillness of the tomb,
 power to control, over death and doom.

JERA

Frey claims this Rune, solar cycle is he,
 creativity, Jera is eternal harmony.
 This rune turns the year, birth, growth, death, rebirth,
 to sow the seed, rise again it will from the earth.

EIHWAZ

Yggdrasill is Eihwaz, the steed that Odin rides,
to gain the knowledge, on this Rune Odin dies.
The axis it is, the realms of dusk, day and dawn,
its life-giving force, through it Odin is reborn.

PERTHRO

Perthro is the Rune, the well of the Wyrð,
past, present and future, the three Norns dwell here.
By this force is woven, everyone's beginning and end,
lots cast from this cup, both Gods and men must bend.

ELHAZ

Rune of protection, the tune of rebirth,
ascend to Asgard, from Middle-Earth.
Life-giving force, that you must earn,
to call back the Gods upon Balder's return.

SOWILO

Will to power, Balder is the light,
Rune of victory, Sowilo is his might.
Turning of the wheel, the symbol of the sun,
giver of life, death is undone.

TIWAZ

Pillar of the cosmos, points to the North Star,
Tiwaz, Rune of Tyr, god of law, and war.
Tamer of Fenrir, self-sacrifice for all,
the symbol of success, Rune of Irminsul.

BERKANO

Mother of all things, Rune of the great mother,
both Freyja and Friggs, Nerthus, the earth mother.
Rebirth in Berkano, sign of mysteries,
she gives life to us all, mother of destinies.

EHWAZ

Ehwaz is the Rune, to expand your power and grace,
to nine worlds in the tree, on Sleipnir you'll race.
Twin gods together, trust and loyalty,
harmoniously, with sensuality.

MANNAZ

Mannaz, Rune of Rig, shaper of the gene pool,
 Heimdall is the god, maker of genius and fool.
 Mortal and immortal, in blood we are one,
 through its sacred power, we rise to the sun.

LAGUZ

Laguz is the Rune, the power of the Vrill,
 Giver of new life, help to grow, it will.
 From its deep waters, organic life will spring.
 the Rune of baptism, into the fold it brings.

INGWAZ

The Rune of God Ing, Ingwaz, Nerthus' mate,
 father of the Vanir, a force to regenerate.
 Gestation needed to grow, secrets of sex magic,
 potential growth, the power of the phallic.

DAGAZ

The Rune of Dagaz, a divine enchantment,
 when opposites unite, a mystical moment.
 A gift from Odin, divine inspirations,
 day dawns in east, spiritual recreations.

OTHALA

Othala the Rune of the Folk, integrated homeland,
 kin and kindred come first, in the closure of the clan.
 The Rune imprints, in our genetic codes,
 it speaks across time, in blood eternal odes!

THE OLD NORSE RUNE POEM (16 Runes)**FEHU**

Wealth causes strife among kinsmen,
 the wolf grows up in the woods.

URUZ

Slag is from bad iron;
 oft runs the reindeer on hard snow.

THURISAZ

Thurs causes the sickness of women;

few are cheerful from misfortune.

ANSUZ

Ship passage is the way of most journeys;
but the sheath is for swords.

RAIDHO

Riding, it is said, is the worst for horses;
Regin forged the best sword.

KENAZ

A sore is the cause of children;
grief makes a man pale.

HAGALAZ

Hail is the coldest of grains,
Horthr (a giant) shaped the world in ancient times.

NAUTHIZ

Need makes for a difficult situation,
the naked freeze in the forest.

ISA

Ice we call the broad bridge,
and the blind need to be led.

JERA

Good harvest is the profit of me;
I say that Frodhi (a Danish king) was generous.

EIHWAZ

Yew is the greatest wood in winter,
There is usually, when it burns, singeing.

SOWILO

Sun is the light of the lands;
I bow to the holiness.

TIWAZ

Tyr is the one-handed among the Aesir,
the smith has to blow often.

BERKANO

Birch twig is the limb greenest with leaves,
Loki brought the luck to deceit.

MANNAZ

Man is the increase of dust;
mighty is the talon-span of the hawk.

LAGUZ

Water is that which falls from the mountain as a force,
but gold objects are costly things.

THE OLD ICELANDIC RUNE POEM (16 Runes)**FEHU**

Wealth is the cause of strife among kinsmen,
and the fire of the flood-tide,
and the path of the serpent.

URUZ

Drizzle is the weeping of the clouds,
and the diminisher of the rim of ice,
and an object for the herdsman's hate.

THURISAZ

Thurs is the torment of women,
and the dweller in the rocks,
and the husband of a giantess.

ANSUZ

Ase (Odin) is the olden-father,
and Asgard's chieftain,
and the leader of Valhalla.

RAIDHO

Riding is a blessed sitting,
and a swift journey,
and the toil of the horse.

KENAZ

A sore is the bane of children,

and a scourge,
and the horse of rotten flesh.

HAGALAZ

Hail is a cold grain,
and the shower of sleet,
and the sickness of snakes.

NAUTHIZ

Need is the grief of the bondmaid,
and a hard condition to be in,
and toilsome work.

ISA

Ice is the rind of the river,
and the roof of the waves,
and a danger for fey men.

JERA

Good harvest is the profit of all men,
And a good summer,
and ripened field.

EIHWAZ

Yew is a strung bow,
and brittle iron,
and Farbauti [a giant] of the arrow.

SOWILO

Sun is the shield of the clouds,
and a shining glory,
and the life long sorrow of ice.

TIWAZ

Tyr is the one-handed god,
And the leavings of the wolf,
and the ruler of the temple.

BERKANO

Birch is a leafy limb,
And a little tree,
and a youthful wood.

MANNAZ

Man is the joy of man,
and the increase of dust,
and the adornment of ships.

LAGUZ

Wetness is churning water,
And a wide kettle,
and the land of fish.

LESSON EIGHT: RUNIC COLORS

THE IMPORTANCE OF COLOR AND LIGHT

We should touch on the subject of colors and how we can use them to assist us in developing our abilities in using the Runes effectively. In past lessons we have mentioned that red is an important color, representing the Vril and its power. We have also explained how white, gray or black should be used in different exercises. Traditionally, red has always been used to empower the Runes, and Rune Masters have colored the Runes red because that is the color of blood. Blood is the life-giving fluid within us, and it is through our blood that oxygen is passed throughout the body, giving life to every cell. This process enables the Gods, who dwell within us, to awaken. This is the way Rune Masters of old used red pigment made from madder plant, and why human blood (blood belonging to the Rune Master) was mixed with the pigment and rubbed into the wood or stone from which the Runes were made.

Red is not the only color that can be incorporated into our ceremonies. Our pastors will wear different colored garments (robes) for different ceremonies based on the meaning or symbolism of the different colors. Different colored candles can be used in ceremonies. Even the decoration of any hall or temple in which our ceremonies are held also has to take into consideration certain color patterns. The different colors and their use will be helpful to you in your exercises, as well as in your ceremonies, to visualize during Runic meditation and ritual. Some Runes may be associated with more than one color.

Red is the color of power, strength and vitality, and is the color of life-giving blood, which explains why it is most associated with Vrilic power. It can be used to enhance your powers and strength of mind and character, for protection, and to increase your vigor and vitality. Its element is Fire, and thus gives off warmth and excitement. In healing, red is used to stimulate the circulation of blood and the sensory nerves. Runes associated with red are Fehu, Thurisaz, Raidho, Kenaz, Tiwaz, and Mannaz.

Orange, tawny or copper symbolizes powers of transformation within the material plane of existence. Orange-colored Runes can be used to treat muscular injuries, cramps and spasms. The pancreas, spleen and the lungs can be strengthened by Runes associated with orange. They are Ehwaz and Uruz.

The colors gold and yellow are associated with the divine and life-giving powers of the Sun. Gold represents the spiritual light emanating from Asgard, while yellow is of a more earthly origin—the bright light of day. Yellow can also represent lust and desire. These colors strengthen your powers of the intellect, memory and all mental abilities. They are the colors of conscious mental cognitive energy. They can be used in healing problems with motor nerves, as well as digestive problems. Depression can be treated with the color yellow,

especially bright yellows. The Runes associated with yellow are Wunjo, Sowilo, Ingwaz, Kenaz and Othala.

Green is the color that represents the power of Nature, organic life, but especially that of living plants. It symbolizes growth and fertility and living in harmony with Nature. It is the color of the earth. When using this color in healing, its potential powers help to strengthen the powers of the Bifrost Gland or third eye, and builds up muscular growth and strength. It can also be very effective in treating fatigue or shock. The Runes governed by this color are Berkano, (light green) and Laguz (dark green).

Blue is the color of the heavens and sky. Sky Blue helps in dealing with all problems of stress and is the color of higher consciousness and intuition or the sixth sense. It is the color of the all-encompassing, all-penetrating, omnipresent Vrilic power of the shaman. It is the color, especially the darker shades of blue, of perpetual motion (Odin on the move, wandering, he wears a night-blue cloak). In its darkest shades, it blends with Black. Runes associated with sky blue are Hagalaz, Jera and Dagaz. Dark blue or indigo Runes are Ansuz, Gebo, and Eihwaz. This color is used to purify the blood, strengthen muscles, heal the throat and the parathyroid glands.

Violet has power to calm, giving balance and assisting in strengthening your powers of concentration. It can restore a sense of well-being and security. Ansuz is associated with this color.

Silver and white symbolize powers dealing with the Moon. They are colors associated with light and purification and driving away darkness. White represents purity, perfection, nobility and totality, for it includes all colors. Silver is the striving for greater knowledge, knowledge that is mysterious and secret (occult). Runes associated with these colors are Elhaz, Ehwaz and Kenaz.

The color brown symbolizes the nurturing powers of the earth and the Goddess Erda. It is the immobile power of rocks. It can be useful in healing bones. Isa is associated with this color.

Black is the color of concealment, gestation and potential powers. The color represents the subterranean or hidden powers that are the root force for all growth and development, knowledge and great creation, but it also represents death and the next life. It represents that vastness of the void and nothingness, as well as the mysterious and unknown. Its Runes are Nauthiz, Isa, and Perthro.

Fehu—Light Red
 Uruz—Dark Green, Orange
 Thurisaz—Bright Red
 Ansuz—Dark Blue, Violet
 Raidho—Bright Red

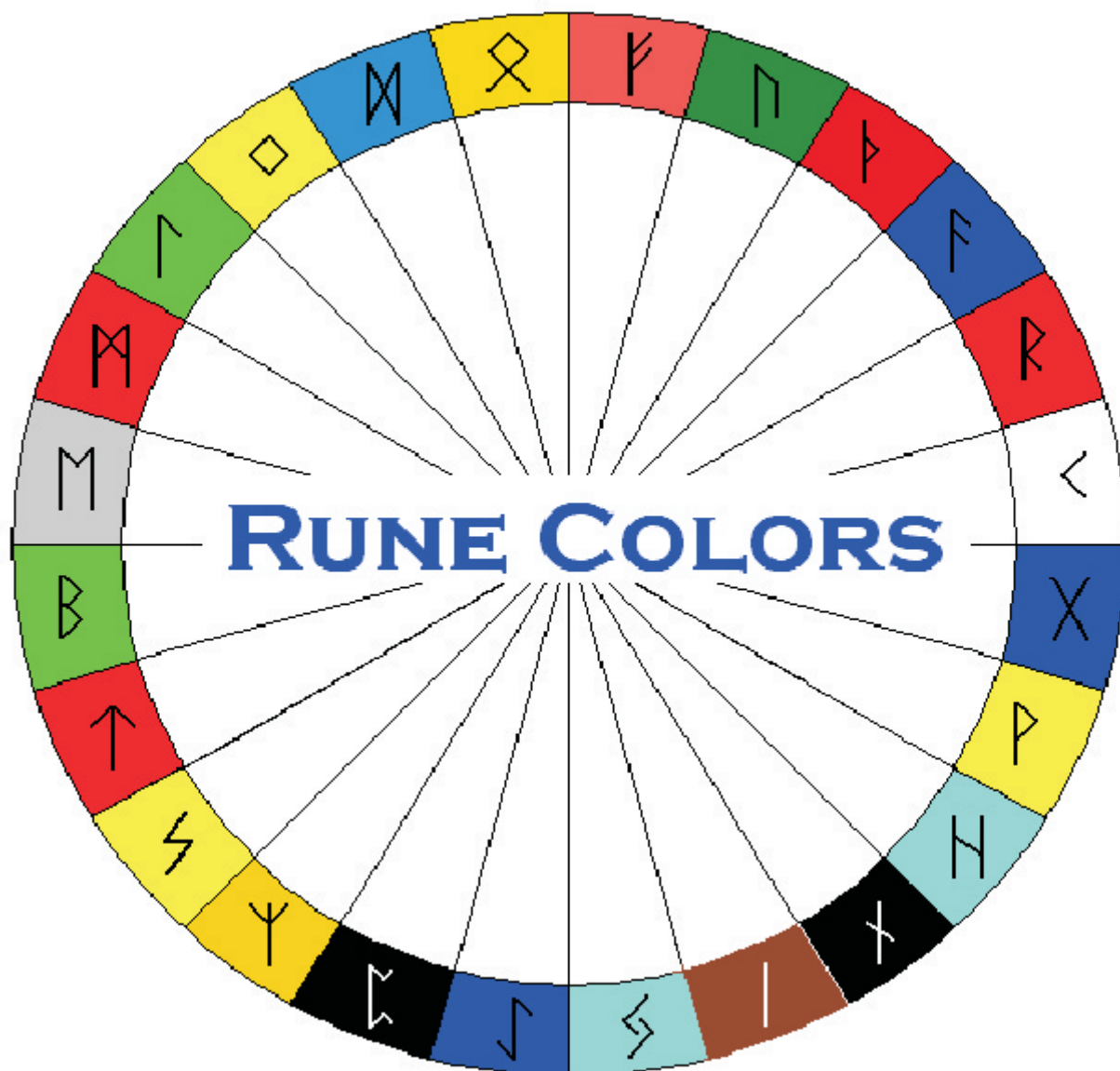
Kenaz—Light Red, White, Silver, Yellow
 Gebo—Deep Blue
 Wunjo—Yellow
 Hagalaz—Light Blue, Sky Blue
 Nauthiz—Black
 Isa—Black, Brown
 Jera—Light Blue, Sky Blue
 Eihwaz—Dark Blue
 Perthro—Black
 Elhaz—Gold
 Sowilo—White, Silver, Yellow, Gold
 Tiwaz—Bright Red
 Berkano—Light Green
 Ehwaz—White, Silver, Orange
 Mannaz—Deep Red
 Laguz—Deep Green
 Ingwaz—Yellow
 Dagaz—Light Blue, Sky Blue
 Othala—Deep Yellow, Gold, Yellow

Colors, symbols, and images can all be used to stimulate the senses and the mind to manifest concentrated thought and feeling in the working of magic. Have you ever wondered why stores paint the walls a certain color? Because they stimulate the mind to buy. Or why restaurants use another color? Because certain colors stimulate hunger. Even hospitals and doctor offices will use certain colors to calm the patients and help the healing process. Colors are used over and over to cause humans to react in a certain way. Our minds are geared to react to the stimulant of color.

You can utilize colors in meditating on the Runes. This is particularly helpful when you desire to use a Rune for a specific purpose. We use different color candles in different rituals. If you ever attend a Catholic Mass, you might have noticed the priest wearing different colored robes for different feast days, holidays and for the various purposes of the mass. This is all indication that so-called "traditional" religions all make use of magic and understand the power of color the generate a particular spiritual reaction by the congregation. This is also true in Vrilology. We use different colored table cloths, candles, flowers and other instruments in our rituals. Below is a list of colors and how to use them.

COLOR CORRESPONDENCES FOR MEDITATION, MAGIC AND RITUAL.

White: The union of all colors and can be used to create spiritual balance, enlightenment, purification, protection, all forms of clairvoyance, innocence higher spiritual existence.



Yellow: Light, illumination, mental activity, drawing, verbal expression, poetry, pulling and persuasion. Yellow can stimulate the powers of mental creativity, concentration, visualization and imagination. It can be used in solar rituals or all meditations regarding the Sun and illumination.

Gold: Has the power to harness and control cosmic forces beneficial for love,

affection, peace, and evolution as well as drawing money and wealth.

Orange: Can be used to increase the powers of the intellect and for creativity. It also has powers to heal.

Pink: A color usually associated with femininity. It can be used to stimulate affection, love, friendship, romance and generate a sense of comradeship.

Peach: Strength, courage, confidence, determination, and steadfastness.

Rose: Used to heal and maintain good health. Its powers can also stimulate love and passion, and reinforce peace and trust.

Red: Love, passion, health, strength, determination, force, power, courage, will power — red has many powers and can be used for different purposes. It is energy unleashed. Can be used to induce rage and violence. One can use its powers to increase one's personal charisma.

Turquoise: Health and healing, prosperity, peace and good fortune.

Orchid: Happiness, good luck, joy, power, healing and increases physical energy.

Violet: Can be used for comradeship and friendship, harmony, relaxation, trust and peace.

Purple: Royalty, higher spiritualism, psychic powers, idealism, fanaticism, independence, and contact with all higher spiritual beings. It also can be used to increase wealth and money.

Silver: Eliminates all negative forces and influences. Supports stability and order. It can increase one's psychic powers. Used to increase one's personal bond with the Great Mother Goddess.

Brown: The Color of the earth and nature. Good to use in rituals for material prosperity and fertility. It increases financial success, eliminates indecisiveness, strengthens your powers of concentration, will power and focusing of the mind.

Indigo: The color of mental inspiration, communication, high spiritual power; used to communicate with Odin (Odin's color), in deep meditation and remote viewing.

Royal Blue: Joy, harmony, loyalty, and promotion of happiness.

Light Blue: Used in all matters of inspiration, meditation, mental exercises; brings peace of mind, tranquility, harmony within the home and among friends.

Blue: Conservation and preservation. Primary spiritual color used in rituals to increase and obtain wisdom, harmony, inner inspiration, mental expansion, guidance, trust-worthiness, honor, and truth.

Dark Green: Deals with all matters regarding jealousy, greed, envy, and ambition.

Green: Used to increase fertility, productivity, good luck, harmony with nature, abundance, prosperity, and money; used to heal and rejuvenate.

Grey: Used in contemplation, deep thinking, to try and unravel complex problems, mysteries, and meditation. It is neutral and can be used to increase the powers of other colors as a background.

Black: Can be used to protect one from evil and negativity, or to direct these things toward another. Use to open up the unconscious, retrieve lost lore, and to induce deep meditation and remote viewing.

COLORS ASSOCIATED WITH GODS AND GODDESSES

Colors can also be associated with different Gods and Goddesses. When performing a ceremony in honor of a particular deity, or just meditating on or calling on a deity for help and assistance, it is helpful to utilize the color best associated with the deity.

Aegir—Turquoise, Purple
 Audhumla—Green, Brown
 Balder—Gold, White, Yellow
 Bragi—Orange
 Foresti—Yellow
 Freyja—Red (love), Black (protection, revenge), Silver, Green
 Frey—Red (love), Green, Gold
 Frigg—Silver, Blue
 Gefion—Green, Gold
 Gullveig, Heid—Gold
 Heimdall—White
 Hel—Black

Hermond—Red
Hoenir—Red
Holda—Black
Idunn—Silver, Green
Mimir—Yellow
Nanna—Silver, Pale Green
Njord—Blue
Odin—Dark Blue (wisdom), Black (revenge), Red (justice), Orange
(healing)
Ran—Black
Sif—Gold, Green
Skadi—Black
Thor—Red
Tyr—Yellow, Orange
Uller—White, Yellow

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.