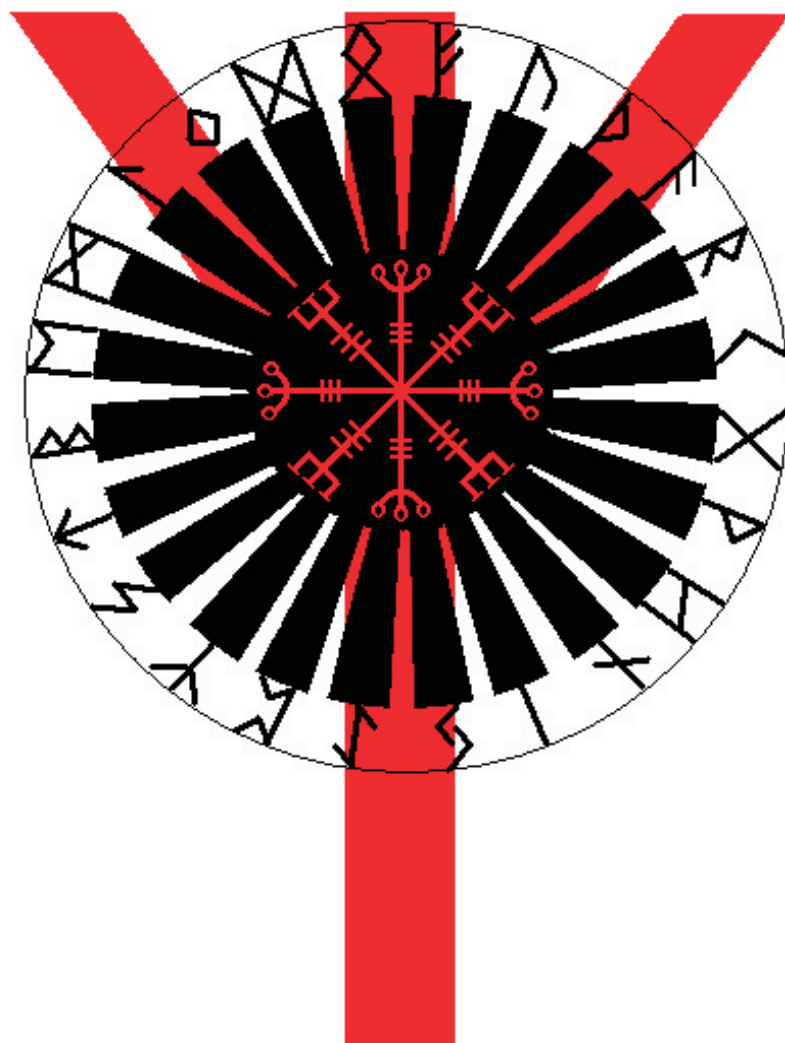


THE YGGDRASILL TRAINING PROGRAM

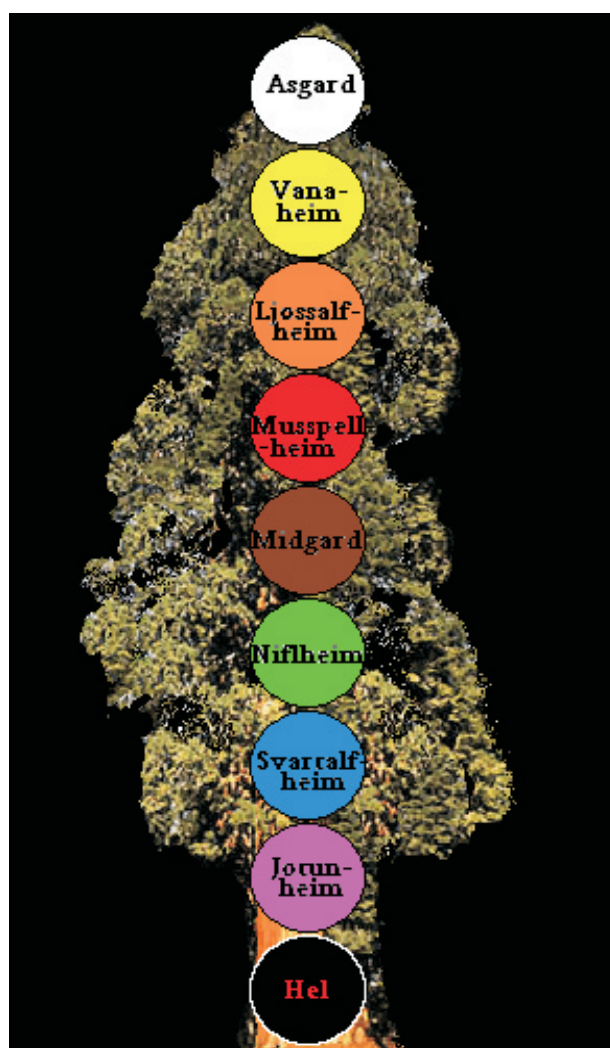


THE CHURCH OF BALDER RISING
VRILOLOGY.ORG

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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 Yggdrasil 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."

Bibliography and Recommended Readings

Science & Psychology

The Holographic Universe by Michael Talbot

Stalking the Wild Pendulum (the mechanics of consciousness) by itzhak Bentov

The Undiscovered Self by C G. Jung

Dreams—Your magic Mirror by Elsie Sechrist

The Field (The Quest for the Secret Force of the Universe) by Lynne McTaggart

Flow by Mihaly Csikszentmihalyi

The Limitless Mind by Russell Targ

Your Nostradamus Factor by Ingo Swann

The Seventh Sense by Lyn Buchanan

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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		Mannaz	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.

