

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.

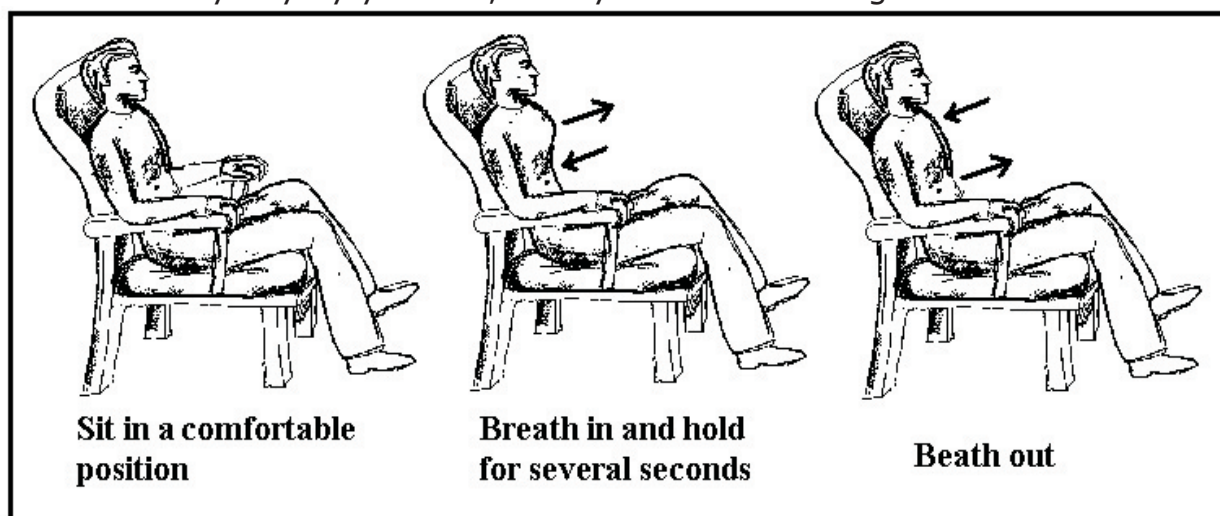
Next, clear your mind of all thoughts. You can do this by simply concentrating on the blackness that is before you. You know, your eyes are always seeing. Just because your eyelids are closed, it does not mean your eyes stop seeing. So concentrate on the blackness inside of your eyelids. Think of nothing 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.