

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

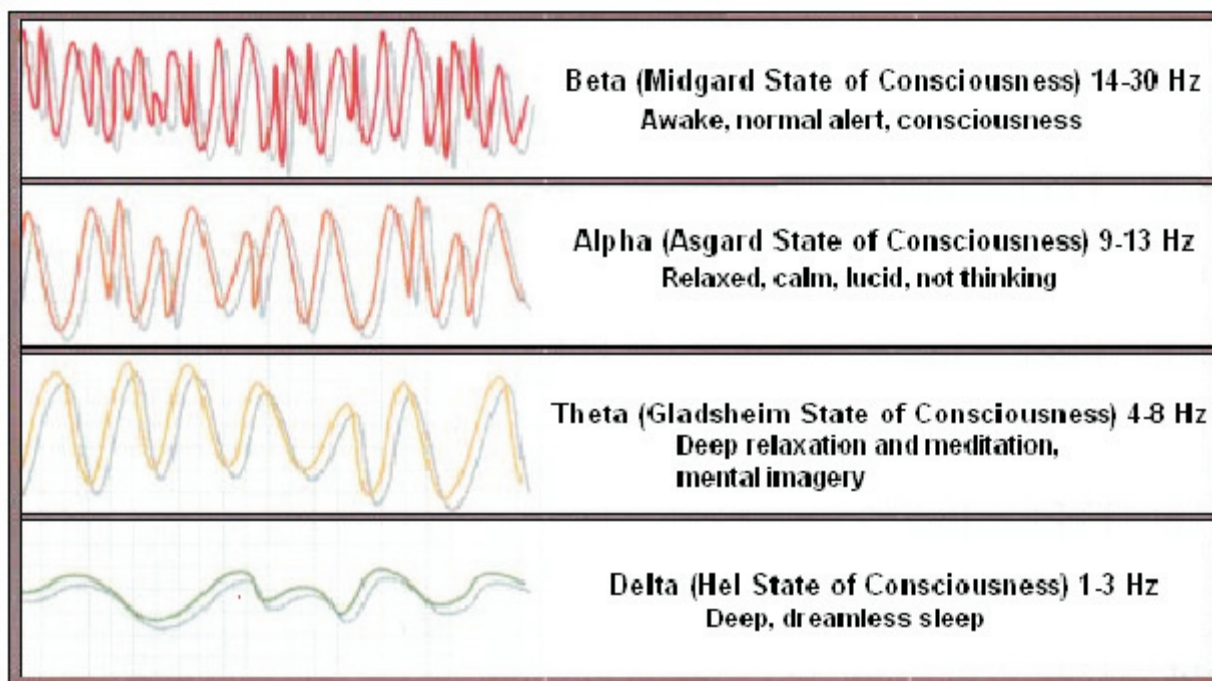
Once you have mastered the ability to enter ASC whenever you wish, and at will, you will then be able to go even deeper into the theta and delta levels. At theta your mind is functioning between four and seven hertz (Hz). Here you will be able to enter a deeper level whenever you wish, while you are 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 Gladshiem 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 Gladshiem, 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

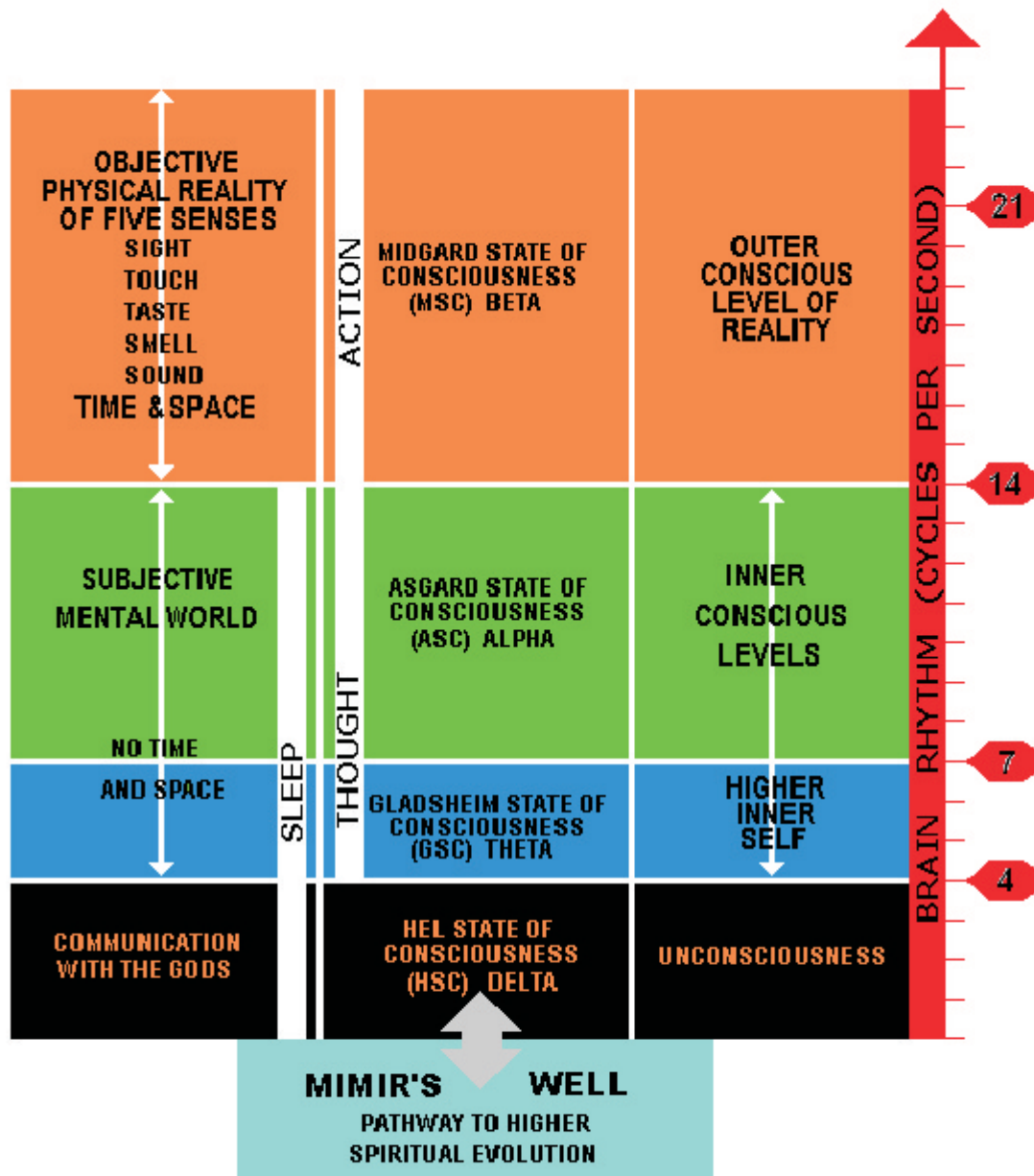
As we stated before, you should understand that your mind is powered by electricity. This electrical power is charged with Vril energy. Through the electrical charge, Vril energy is passed throughout your body. When your mind is functioning, it performs thousands, even millions of different tasks constantly, 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.

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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.

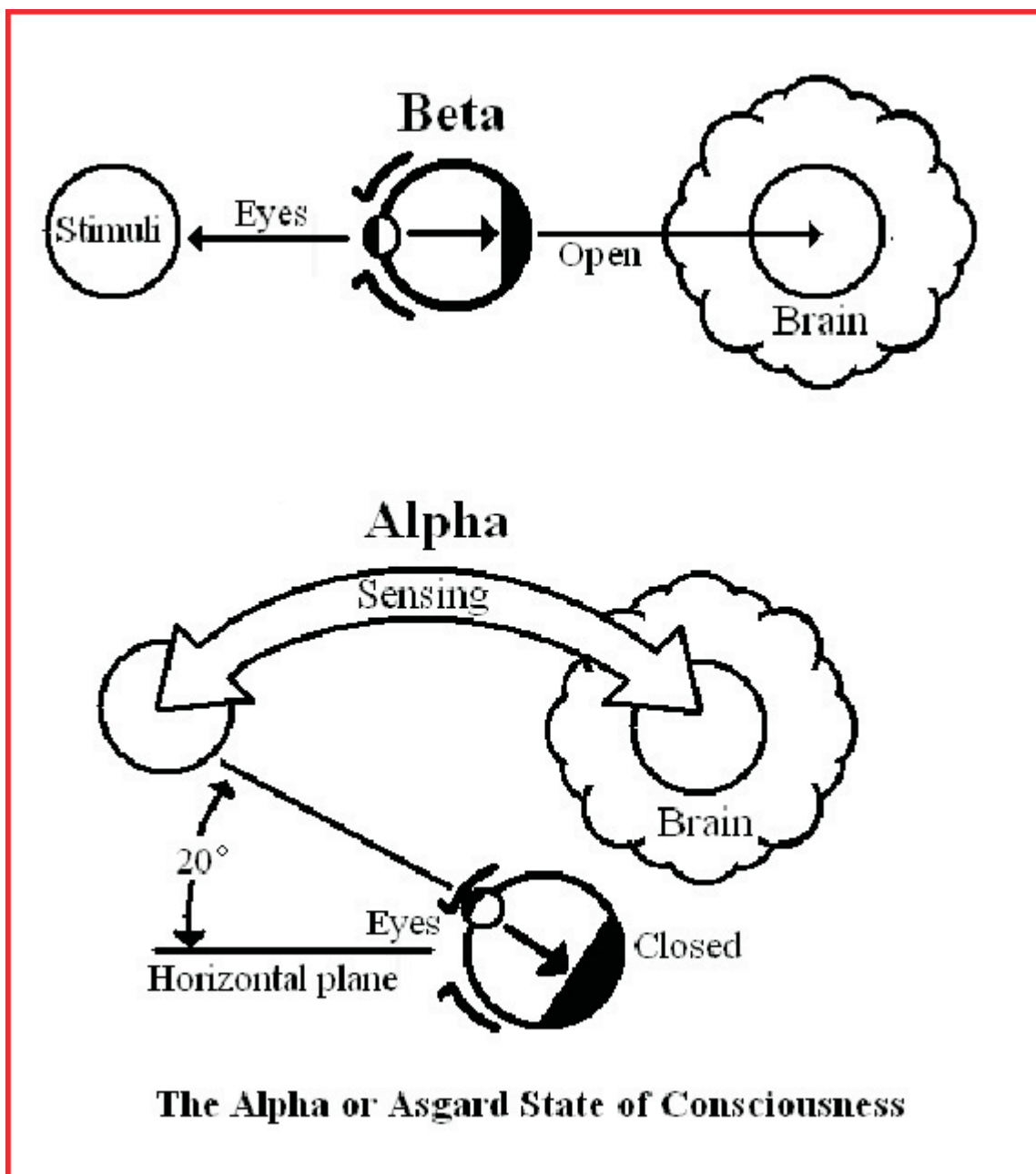
6) Think about a pleasant place that you would find relaxing and calming. It could be anywhere: your home, backyard, the beach, the countryside, a friend's home, anyplace where you could rest and relax. A peaceful place where all your cares and troubles could be forgotten. What you want to achieve is 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 Gladshiem 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.