

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.

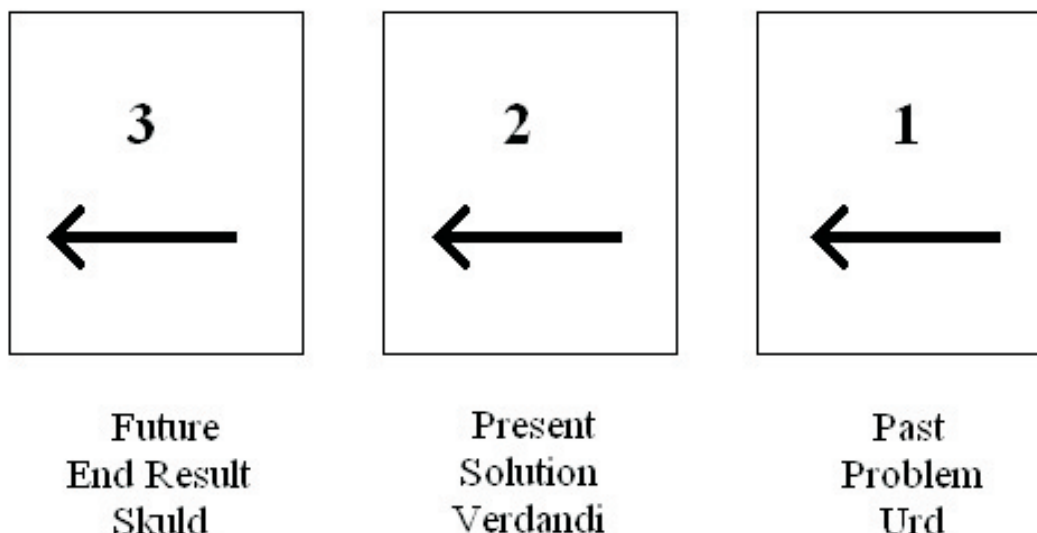
The creation of a viewing screen helps to program your brain, especially the right side of the brain that controls the subconscious, to accept your desire as reality. Objective communication takes place in the left side of the brain, where physical senses and sensations are received and experienced. 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.