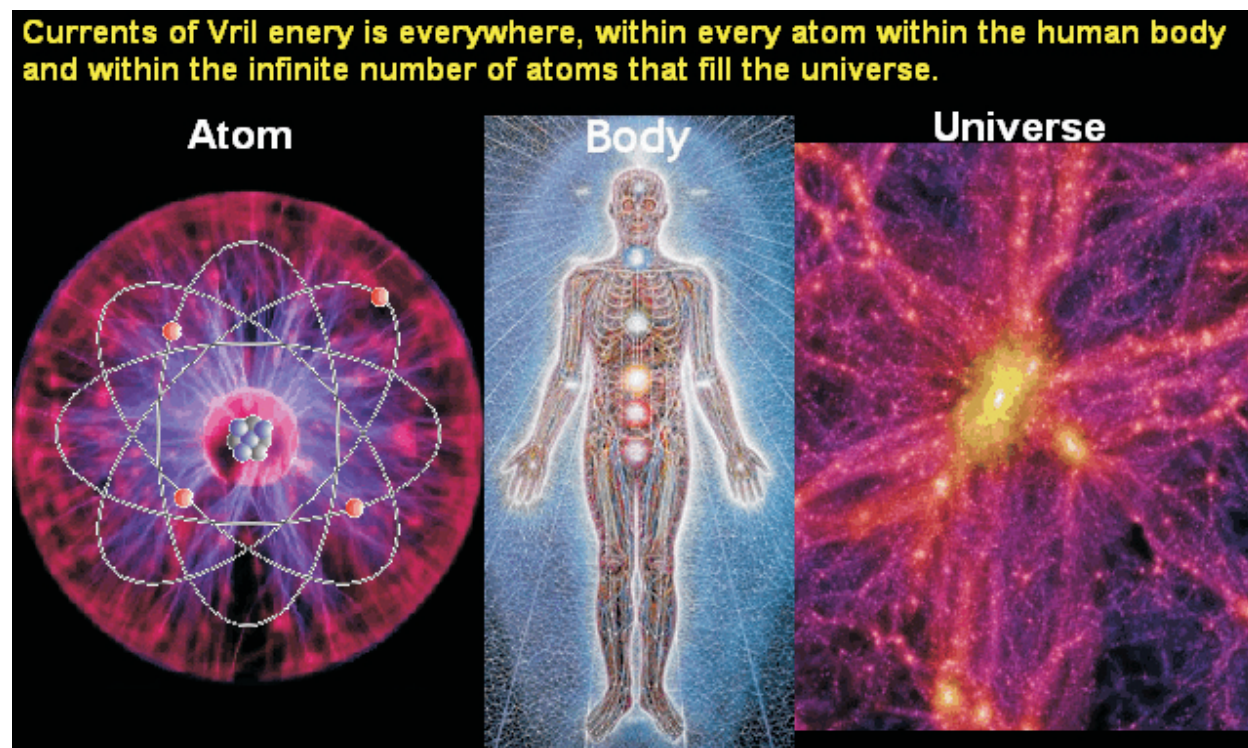


LESSON FIVE: VISUALIZING THE RUNES

You must now learn to practice visualizing the Runes. This is something you should do individually, though you can do it at your meetings. The members of your group should try doing this exercise on their own. It is a very important exercise, and necessary for you to assimilate the essence of the Runes into your very being. Doing so will take a great deal of patience. Therefore, you should do this exercise every day at home. One great advantage of doing these exercises as a group is that group activities can be very motivating. Everyone knows that it is a lot easier to go on a diet and lose weight when you are dieting with other people.

WE LIVE IN A SEA OF ENERGY

Science has confirmed that the universe is one infinite "sea of energy." We now know that matter and energy account for only about 5 percent of the universe. The rest is made up of a trans-dimensional field of energy that is not entirely in this universe. We have discussed this in previous lessons. Science refers to



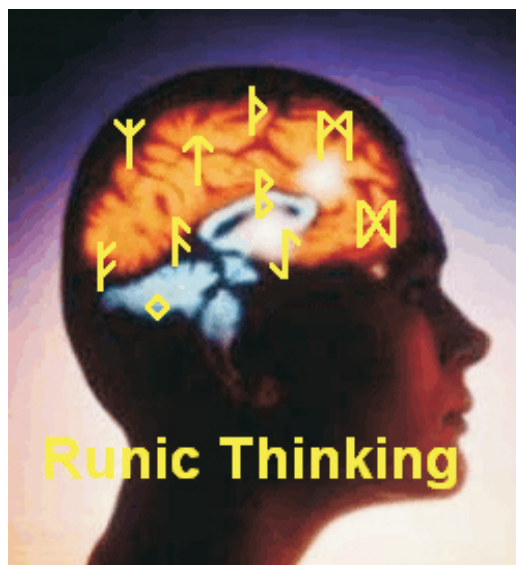
this hidden component as "dark energy" and "dark matter." We in the Church of Vrilology refer to this trans-dimensional energy as Vril. The vast, infinite sea of Vrilic energy is everywhere. It not only fills this universe but it blinks in and out of this universe, into dimensions that exist elsewhere. It fills the nine

worlds and it fills each and every one of us. It is the power source that gives us life.

We can learn to harness this energy and use it in a trans-personal means to shift the energy patterns of life in ways that are beneficial to us. The first step to achieve this is to “think runically.” The Gods, Odin in particular, gave us the Runes to use as tools.

THINKING RUNICALLY

This is not something that we do consciously, so we must develop the ability to think runically unconsciously. We must be thinking runically at all times, without ever being aware of it. Once we can reach this level of being, Vril energy will flow much more freely and in greater amounts into us, and empower us in ways that will transform us mentally, physically, psychically and spiritually. Once you have achieved this level, you will eventually bring the Runes to life within you, working in ways to transform Vril energy within you. This will enable you to effortlessly slip into both the Asgard and Gladsheim states of consciousness whenever you need to, within seconds, without having to use the methods of meditation. In fact, your mind will be slipping into these levels of consciousness without your being aware of it, at a moment’s notice.



DISCOVERING THE ENERGY BEHIND THE RUNIC FORMS

What we want to do is learn how to see the energy that is behind the Runic forms. You will now begin to practice seeing through the form of each Rune and discover the Vrilic energy that lies behind them. By performing the following exercise, you will discover the energy characteristic of each Rune and how it manifests itself in the objective universe. Once you have finished, you will have mastered the mental disciplines necessary to call on the divine powers of the Runes and use them in amazing ways.

You can use the Runes you painted on eight by eleven inch sheets of paper for this exercise, to help you concentrate on the Runes, as we described in lesson four of this level, if you need them. But if you feel that you do not need them to help you visualize the Runes, then try visualizing each Rune without using the painted Runes. If you like, use a painted Rune first and then remove it and perform the exercise without it. You will also need a blank piece of paper. Keep it beside you to use. We will explain its use later. You should

then sit about six to ten feet away from a blank wall, in a comfortable and relaxed position. When doing this with your group, everyone should be sitting in a row facing the wall. Keep your eyes open. You can sit on a chair or on the floor. Make sure the lighting in the room is normal. You do not want it to be too bright or too dark. Also, turn off all disturbing noise and try to make the room you are working in as calm as possible.

Once you are in position, you can do your breathing exercises and vowel chanting. If you are practicing this exercise with your group, chant in unison. Then, begin chanting the Rune in the low drawn out method. Once again, chant in unison. This is very effective. You should start with the first Rune of the Futhark, Fehu, and work your way through the entire twenty-four Runes. Do not rush. Perform the exercise with one Rune at a time.

Begin by concentrating on forming the Rune you see before you, on the blank wall or space. Visualize the Rune forming before you on the wall, just as we described in the previous lesson. See it take shape and grow. Continue to chant with eyes open and see the Rune before you. Let all other thoughts drain from your mind and just think of the Rune. Do not close



your eyes. It is important to keep your eyes open and concentrate on the Rune that you have visualized. Let the Rune pull you into it. Examine the shape of the Rune. Every feature of the Rune should be carefully examined, all its angles and segments. Hold the image in your mind's eyes for up to ten minutes if you can. As you continue to concentrate on the Rune, you might see it radiating, or changing shape, or glowing. The Rune might even appear dance or change color. This means the Rune is filling your brain with its power and essence. Surrender yourself to the Rune, and imagine that you are connected to it. Once the Rune has filled your vision and your mind, you should be ready. Now without looking away (this is very important) from the Rune, or moving your head, reach for the blank piece of paper, hold it up and cover the Rune without moving your head. Even though the paper is now blocking the Rune, you should still see the image of the Rune before you on the paper. You can then close your eyes and you should continue to see the Rune as a phospene.

ASSIMILATING THE RUNIC ENERGIES INTO YOUR BEING

Once you have mastered this exercise, you will be able to conjure the image of any Rune you wish in your mind. Once you can do this, let your mind control the shape until it has transformed itself into a portal or doorway. Will the doorway to open, and look through it, and concentrate on what is on the other

side. You do not have to pass through the doorway. But if you do find yourself passing through the doorway, do not panic. Look around and examine what you see. If you want to return, just concentrate on the Rune you have passed through and you will discover that you are back home again.



You will discover that these exercises will activate deeper levels of your mind (the Asgard and Gladshiem states of conscious), permitting you to use the Runes to harness and manipulate Vril energy in every way necessary for you to achieve those goals you seek for the betterment of your life. This will happen in three ways: Runic energy will restore the original patterns in your Etheric body soul, providing you with what the Romans referred to as your *Personal Luck*. The Romans believed that Luck was a gift from the Gods, in particular the Goddess Fortuna. This source of energy enables you to effortlessly achieve what others struggled to do. This Luck is Vril energy converted into Megin, and stored within that part of your soul known as the *hamingja*. We will discuss this in greater detail in

future lessons. Secondly, the increased shaping of Vril energy coursing through you will provide a protective energy shield that will deflect harmful and negative influences directed against you. And lastly, the Godly archetypes that are rooted in your genetic-spiritual make-up will provide you with greater mental and physical health, and psychic powers that will enhance and increase your skills and abilities.

If you have performed the exercises correctly, you will have accomplished the first step toward astral vision, and if you have actually passed through the doorway, you have done the same with astral projection. We will learn more about both these practices in future lessons. But as in all these lessons, do not get depressed if the process does not work the first time. Like everything worth doing, it takes dedication and practice. Be patient!