

LESSON ONE: RUNE MAGIC

RUNES ARE TOOLS

This lesson is probably one of the most important lessons you will practice regarding Runes. It is not enough to learn about Runes. You must learn how to use them. As we have discussed in previous lessons, ***Runes are tools you can use to harness and shape Vril energy currents to change your environment, to cause changes within yourself physically, mentally and spiritually, and affect the lives of other people.*** Once you have mastered the techniques that provide you with the ability to connect with their transpersonal currents, you will possess the power to shift their energy currents into whatever form you wish to manifest.

The first thing you must understand is that the universe is not empty space. It is a vast and infinite sea of Vril energy. Vril is everywhere. It is within every atom that makes up everything in the universe. It fills the vast regions between planets, stars, and even galaxies. Once you realize that Vril is everywhere in the universe, you can grasp the notion that everything in the universe is connected. Even galaxies at far ends of the universe are as connected as two people shaking hands. The reason is simple: Vril makes up almost 100 percent of all atoms, and the subatomic particles, especially the electrons, have no dimension and can blink in and out of this universe and change shape and form. All this can be done through the power of the mind. Thus, the universe is like a hologram, which allows us to change reality by harnessing the Vril currents under the direction of the human mind.

Runic symbols act on a deep level of the unconscious mind. It is the right side of the brain which is the root of the subconscious and/or unconscious mind. Once you have learned to activate this part of your brain through the methods we described in the lesson on your alpha and theta brain rhythms, you will be able to access the mysterious Vril energy fields and currents in three ways:

- 1) You can restore the original energy patterns within your personal Vrilic energy field. This is what has been described as the etheric body, or *hamr* in Old Norse. This will cancel negative influence that might affect your Orlog, and restore good health and provide good Luck to your state of being.
- 2) You can create a protective shield from, and within, your personal Vrilic energy field. This shield will provide protection from negative influences in your life, warding off spiritual and magical assaults from unseen dark or negative influences.
- 3) You can use the Vril flow to help you to reestablish the lost bonds between yourself and the Gods that created us and our Folk. This is what we refer to as

rebuilding your rainbow bridge between Midgard (your life in the physical universe) and Asgard (the realm of higher spiritual being—the Gods). Once we have achieved this, you will have aligned yourself with the Gods and their work in maintaining order in the universe. This will result in the enhancement of your physical energy, your mental abilities and your psychic powers.

THE PROPER WAY TO MEDITATE ON RUNES

We have covered how to meditate on Runes in other lessons, but we will provide you with a simple three-step method that will help you enter your Theta state of mind quickly and effortlessly. You will discover in this training program several different ways to meditate on the Runes. You can feel free to experiment with these methods, and hopefully you will become so adept at this process that you eventually teach us new ways to do so. We at the Church of Balder Rising are always seeking new knowledge and encourage our members to experiment. Vrillology is a religion based on knowledge, not blind faith. True faith is based on knowledge.

The three easy steps can be summed up as: Reflection, Concentration and Meditation. You will need as little as fifteen to twenty minutes to meditate properly. Remember everything you have already learned about the proper way to enter your meditative state. Sit in a comfortable position, with the lights turned down or low. You can light a single candle if you wish. You might want to play some soft, meditative music in the background to help you enter a restful state. Then enter your Alpha and Theta states of mind. Remember the sheets of grey paper with the red Runes on them? Use them in this lesson. In fact, you should review lesson 5 of the second level (Jotunheim-5).

Step One - Reflection: This is actually a simple exercise. You must concentrate on an object in front of you. You can do this with any object, but for this exercise, use the grey sheet of paper with the indicated Rune on it. Do just as you did with lesson 5 of level 2. Imagine a scene associated with the Rune. If you use Laguz, think of a tranquil lake. See the summer sun reflecting off its still waters. Here birds singing their songs. Smell the water. Feel the cool breeze blowing its refreshing air. Touch the wetness of the water. Do everything possible in your mind to convince yourself you are there, at the lake. You can do the same with each Rune.

Step Two - Concentration: Now place the symbol of the Rune in the vision of the scene you are imagining. Envision the energy field emanating from the Vrill currents, charging the Rune. See the Rune taking these currents of energy and transforming them into its unique quality. See the Rune now shimmering bright red with Vrill energy in your mind's eye. Feel yourself being absorbed by the Rune's energy. Feel its power coursing through you, transforming you.

You can chant the sound of the Rune, letting the vibrations reverberate through you.

Step Three - Meditation: Let the sound of the Rune resonate through you several times. Once you have done this, let your mind become calm. Be at peace with yourself. Relax. You should concentrate on each Rune that you are meditating on, permitting its archetypical qualities and Vrilic powers flow through your psyche. Assimilate its energy signature. Think about the nature of each Rune. Feel its energy becoming a part of you, and know that it is assimilated into your own, individual energy field. You have command of its powers and know that you can draw on its powers whenever you need to do so. Ask the Rune for its help. Think of each Rune as a being that is there to help you.

RUNIC THINKING

Runes are more than an alphabet, or *just* a means of forecasting the future. They are very powerful tools used to harness and shape Vril energy. ***You have been learning how to physically incorporate Runes into your consciousness, but you must develop the ability to assimilate Runes into your subconsciousness.*** What is necessary for you to utilize the Runes in harnessing and shaping Vril is to develop the natural ability to *think in the spirit of the Runes*. Their lore, ancient and modern meaning and usage, their craft, astral images and the knowledge of how to apply them in shaping your lives and the world around you must be a fully integrated part of the way you think. Once you achieve this state of thinking, you will bring alive the essence of each Rune and have the dynamics of their powers working both consciously and subconsciously within you. In this lesson you will be asked to perform not one, but several exercises to help you to integrate the Runes into your mental process so that you will be able to effortlessly *think runically*.

What you are learning on this level of the Yggdrasill Training Program is to rebuild yourself. In the first level (Hel) you were awakened from your comatose state of reality, to discover that you are not just a being of the material world. In the second level (Jotunheim), your old self was broken down, so that we could begin the process of rebuilding you—devolution before evolution—just as Odin, Vili and Ve did with Ymir. They slaughtered Ymir and took its parts to rebuild the ordered universe. This is what we are doing in this level, Svartalfheim. Like the dwarfs, we are taking your material and transforming it into something new. This first lesson of this level is geared toward beginning the process by teaching you how to absorb the power and nature of the runic forces into your being.

THE FUNDAMENTAL ELEMENTS OF RUNE MAGIC

We have mentioned several times so far that Magic, or Magick, is actually another form of science that up to now has never been explained through mathematical formulas. But with the exploration and discoveries in quantum physics, we are now discovering the scientific principles behind Magic, or Magick. The Denali Institute of Northern Traditions has defined Magic as: . . . *an art and a science by which the human mind develops and controls the faculty of imagination to cause changes in the outer world. Magic is a set of techniques for controlling the imagination which will influence Life energies to bring about desired effects in the outer world. All magic is derived from **controlled work with the imagination and will power.** Magic is the art of **arranging coincidences** in the outer world.*

Magic is the methodology of using your mind at the quantum level to cause changes in the physical environment. All esoteric sciences, including Vrilology, are designed to awaken the power of your mind. They all have four common principles that you should know, and so we will take a little time to review them now.

1) Arousal: For any type of magic to be successful will depend on the degree of *emotional* energy or the *feeling* that you put into your effort. Emotions and feelings are not the same thing, and you should not be confused about what they are. Emotions can be volatile, increasing in intensity and decreasing soon after. But a feeling is more stable and longer lasting. You can use your emotions during your rituals and spell casting, but you should learn to rely more on your feelings. Emotions can be useful in drawing on your energy to impregnate your spell casting, but the way they should be used is to increase the intensity of what you are truly feeling.

2) Contagion: This is the principle that objects that are in contact with each other will create and retain an energy link that will persist even after the two objects are no longer in contact with each other. This is also true of mental images. Contagion is the fundamental principle underlying visualization. If you visualize something happening often enough and in great enough detail, the Vrilic energy currents will eventually take the form of what you are visualizing. The same is true with Runic symbols. If you create a Rune Bind, and envision a certain combination of the energy fields of the different Runes that make up the Bind, you will be imparting its collective energy qualities to a specific purpose. This principle even holds true for rituals. Why do you think the major religions have standardized their ceremonies? Every time the Catholic Church performs a Mass, it is calling on the energy fields' nature that the specific Mass is conjuring up. And, the longer this standardized performance is continued, the stronger is the power it can manifest. That is why the oldest Runic images are the strongest. If you are calling on Fehu to bring you wealth, it is better to

visualize gold coins in an old wooden chest that would have been commonly used thousands of years ago then to think of a savings account in a modern bank. Both images are effective, but the ancient one can draw on more power more effectively because it has been used for a longer period of time.

3) Correspondence: This principle can be summed up in the saying that “like attracts like.” What you obsess on and think about all the time will manifest in your life. This is especially true when you dedicate a great deal of emotional energy toward your obsessions. Your mind is sending out thoughts, and your feelings are empowering them with emotional energy. If certain thoughts predominate your thinking process, their vibrations will resonate in the Vrilic energy currents flowing into you. These energy currents will then be shaped and formed by your thoughts and feelings. The energy that is eventually released back out into the cosmos will then create pathways that will draw into your future the very things you are preoccupied with. This is why it is so important to work at controlling what it is you obsess over. Carl Jung referred to this process as *synchronicity*.

4) Vitalistic and Animistic: This principle simply states that the universe is either vitalistic or animistic. Both state that everything is basically alive, even inanimate objects. The reason for this belief is simply that Vril, a Life Force, fills everything in the universe. Therefore, everything resonates with a Life Force. The difference between vitalism and animism is that the former is dynamistic, meaning that there are forces that are primary energy fields without consciousness. The Runes can be placed into this category. They resonate with a Life Force, but they lack individual consciousness or self-awareness. Animism states that there are distinctly identifiable individual spirits with a sense of self-awareness and consciousness. They have been personified in myths as dwarves, elves, gnomes, lares, gens, water imps, fairies, etc. that can be either malevolent or benevolent in nature.

RUNIC FORMULAS FOR CASING RUNIC SPELLS

In Galdor Magic or science, there are several spell formulas in Old Norse that you should be familiar with, so you can use them. **One of the oldest and most powerful Runic formulas is ALU.** When used, it will bring about inspiration, magical power, increased Vrilic energy, wisdom and protection. It should be written in its Runic form that includes the three Runes Ansuz, Laguz and Uruz.

AUJA is another formula that means prosperity. It is written in Runic form with the Runes Ansuz, Uruz, Jera and Ansuz. Both AUJA and ALU can be preceded by two other Runic formulas.

The first of these formulas is LATHU means “I summon” or “I

invite.” It is made up of the Runes Laguz (l), Ansuz (a), Thurisaz (th) and Uruz (u). LATHU should precede ALU, so that when combined LATHU ALU, you are summoning or inviting the powers that ALU or AUJA represents. If you wish to summon to you certain energies, you would use LATHU.

Another formula is GIBU. It is written in Runic form with the Runes, Gebo, Isa, Berkano and Uruz. It means “I give.” Thus if you wish to send certain energies to another person or some other place, you would precede your Runic spell with GIBU.

You can chant this formula by itself, or in conjunction with specific Runes. You should also use it with the other Runic formulas.

RITUAL AND CEREMONY

We have encouraged you in previous lessons to form a group, to participate in rituals, wearing robes, practicing ceremony based on rune-magic. You don't have to design your own robes at first, nor do you have to stage elaborate rituals, but it is necessary for you to perform such rituals and ceremonies for the purpose of creating an environment that transcends the mundane. When you enter a Catholic cathedral, it is like entering another world. You feel moved by the spirit of the interior design of the structure. Cathedrals have been specifically constructed to make you *feel* that you have stepped out of this world and enter one in which is inhabited by supernatural beings. This is the same reason we ask you to dress up in robes, set up a small altar and engage in ritual and ceremony. It is to create a certain state of mind that helps you to transcend this world. As we have explained in previous lessons and will continue to elaborate in future lessons, Vrilology, as with magic in general, is the art of focusing your mind, using its power to manifest changes in the mundane, materialistic world around you. But to do this, you have got to condition your mind to act—to will change!

Ritual and ceremony are thus not ends in themselves but a means to an end. They can be an elaborate ceremony or as simple as entering your alpha and theta states of mind (Asgard State of Conscious and Gladshiem States of Consciousness), or sitting under a tree or by a stream and meditating. You will discover, in time, that by performing your ritual and ceremony, the process will help you to more easily slip into your alpha and theta state of mind. You have probably already developed your own little ritual in slipping into your alpha and theta brain wave patterns, modifying the process we taught you to suit your own needs to achieve this state of mind quickly and effortlessly. Without knowing it, you have constructed your own little ritual. It is important for you to construct some environment different from the everyday world you inhabit. You must step out of this life and enter another. By doing so, you are developing an aptitude for runic thinking so that your mind can perceive the currents of Vril energy fields of the Runes at a deeper state of mental

consciousness. Remember, Runes and their essence exist (vibrate) on a totally different plane of reality than the one we inhabit. They are associated with the spiritual essence of Odin and the Gods in general, which exist in Asgard, while you inhabit the realm of Midgard. With ritual and ceremony, you are trying to create a little piece of Asgard in Midgard.

EXERCISE # 1 -- IMAGINATION:

This first exercise is not meditation, but imagination. Sit in a comfortable position somewhere you will not be disturbed, and begin to imagine what life was like in the region of Europe where your family was descended from in the Elder times, when your ancestors still worshiped the ancient Gods. They don't have to be the Norse Gods, but any group of European pagan Gods. You should try and visualize, as clearly as possible, what life was like back then. What kind of house did you live in? What kind of clothes are you wearing? What is the weather like and how did you protect yourself from it? What kind of food are you eating? Imagine a typical day as best you can, including what work you are doing and what chores you are required to perform to survive. Most people will immediately imagine themselves a lord or lady or someone of importance in ancient society. That is all right, but also imagine yourself a merchant, and another time a peasant, or a knight or soldier, a scholar, a shaman, or even a refugee feeling danger.

Now imagine what Rune you need to perform each chore or task. Think about the qualities and powers of the Rune you will need to perform your task. If you are a peasant, what Runes will best assist you in planting or harvesting your fields? If you are a soldier, what Runes would you call on for assistance in battle? If you are a Senator in ancient Rome, or a Lord and Lady, which Runes would you need to help you govern and make decisions necessary to ensure the smooth running of the community? If you are a merchant or trader, what Runes would be of assistance to you to close the deal or your business transaction?

Once again, you should not be meditating, but simply imagining. You want to think about the Rune and develop a feel for the Rune's energy and how it can be used. You will have to decide for yourself if you are successful in developing a feel for the Runes. If you question whether you are feeling their energy, then you probably have not developed the ability to do so, but if you think you have, you most likely have been successful. By now, if you have been practicing the previous lesson, you will most likely have no difficulty in sensing the energy field of each Rune. But don't worry if you don't at first—you will with practice.

RUNIC ENERGY FIELDS

You should understand that each Rune has its own individual energy field. This

field is Vril energy that is drawn into the runic symbol and transformed by the essence of the individual Rune. Each energy field is loaded with meditating images that include Gods and Goddesses, animals, trees, elements, colors, sounds, sights and other archetypes that have been associated with them by human ideation throughout the thousands of years. Through the millenniums, these energy fields are given mythical imagery that permits the human brain to process the essence of the Rune better. The Runes are given divine, human or animal characters to help us understand their abstract meaning better.

All of the lessons dealing with Runes are designed to help you see through the form and symbol of the Runes, and recognize the energy patterns that lie behind them. It is through this understanding and insight that you will be able to master the ability to harness its Vril energy for the purpose of shaping Vril for your designed and desired goals. You can do this because the energy signature of each Rune manifests itself within the natural, material world we live in. Once you are able to think runically you will discover the ease by which you will be able to tap into this infinite source of power. Of course, to



reach this state will take time and a great deal of practice, though some will reach this level quicker than others in one or more fields of esoteric talents.

One last thing to mention regarding the runic energy fields is that each one has something different to teach you. As you master each Rune, absorbing it into your conscious and subconscious mind, you will discover that that Rune has something unique to contribute toward your evolution toward becoming a God-man or God-woman. Elhaz can teach you to explore the deeper runic mysteries that will contribute to Balder rising within you. Dagaz can hasten the enlightenment of your consciousness to the hidden knowledge of Vrilology. Thurisaz will reveal to you methods to break down resistance wherever you find it. Raidho will show you to right paths to follow in all your endeavors. You will find that through your absorption of these runic energy fields, you have become linked, not only to the Gods and Goddesses, but to all members of the Folk Community and the Church of Balder Rising.

EXERCISE # 2 -- WRITING YOUR NAME:

This exercise is simple. You should write out your name using the Runes of the Elder Futhark. You might want to keep this and record it for future reference. Later, once you have mastered this training program, you might want to explore the other Runic Futharks, writing your name using the Runes of the Younger Futhark, the Anglo-Saxon Futhark, the Armanic Futhark and so forth. But for now, write your name using the Elder Futhark.

EXERCISE # 3 – THE AETTS:

In this exercise you will explore the patterns and relations of the three Aetts (Aettir). In the blocks below, write the Runes, divided into the three Aetts. As you write them into the boxes, verbally intone their names several times, and be aware of which Runes feel right to you. Which ones you like the best. Which ones are your favorite shape. Which ones “speak” to you.

Remember that the Runes in the first row of eight correspond to the forces of creation and union. Vril energy is harnessed and manifested to cause formation on all levels including resources (Fehu), health (Uruz), creating a path (Thurisaz), knowledge (Ansuz) and ending with harmonious union (Wunjo). The second row of eight deals with those forces contributing to formation and construction. The third row has to do with the establishment of the desired results and maintaining and preserving them.

FIRST AETT								
SECOND AETT								
THIRD AETT								

After you have completed writing them into the blocks, take a look at their patterns. Check out the Runes vertically. The first Rune in each Aett should be Fehu, Hagalaz and Tiwaz. There is deep meaning in these patterns to discover. Some of them might be obvious and easy to understand while others might require more meditation on them. Fehu is the Rune to harness, expand and direct Vril energy. Hagalaz is the Rune that then takes this energy to destroy what already exists so that you can rebuild or bring forth a new reality. And Tiwaz is order, or a new order that will be born from the joining of the previous two. You do the same with each pattern and discover for yourself what these Runes mean. There is no one answer, so don't be afraid to write down what you actually feel you sense from the patterns. You can send the results to the Church of Balder Rising so that we can keep records of your

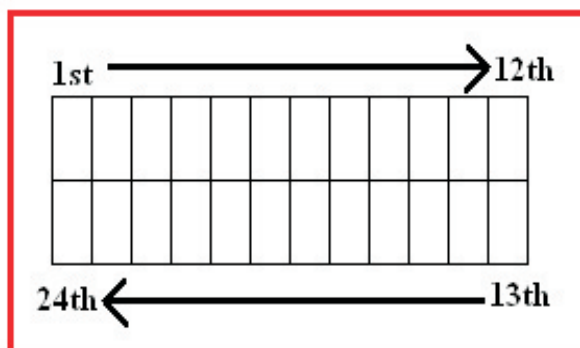
inspirations. The purpose is not to keep records on your progress; we feel that we can learn from your exploration of Vrilology. The essence of Vrilology is that knowledge is infinite and we all can contribute to its discovery.

EXERCISE # 4 – PAIRING OF OPPOSITES:

In this exercise we will explore the pairing of opposite Runes. You will lay out each Runes side-by-side with its opposite Rune. This is done simply by pairing the first Rune (Fehu) with the last (Othala) as they appear in the Elder Futhark. Write them and verbally intone their names in the same way as you did in the previous exercise. You will discover the interesting pairing of opposite qualities in the Runes. Some will be very obvious while others not so, and you will have to mediate on the pairing to really explore the hidden meaning. Let us give you an example. Fehu, the first Rune, represents mobile wealth, while Othala is immobile wealth. Mobile wealth can mean capital and trade, commercial transactions and capitalism in general. Immobile wealth refers to land, to the nation, to the community and can relate to a more feudalistic or even socialist means of economic order. It can also be interpreted as international economic order verse the nation and community. The ways to understand the pairings are limitless and can be very obvious or ambiguous.

Write the first Rune (Fehu) in the first box and continue until you have written in the 12th Rune (Jera). Then go to the end of the second row and begin with the 13th Rune (Eihwaz) and continue to write, now from right to left, the rest of the Runes, finishing with Othala in the 24th box.

Now you should begin to evaluate the meaning of the pairing of the Runes. Take your time. Do this on two levels of your mind. Consciously examine the meaning of the pair and then do the same while meditating on the pair. Write down whatever impressions you receive. Keep notes for future reference.



EXERCISE # 5 – HOW TO BEGIN?:

You have been studying and meditating on the Runes in many of the previous lessons, and you have a good understanding of the Runes, their qualities, natures and powers, by now. In this exercise, write the entire Futhark once more, from Fehu to Othala. As you do verbally intone each Rune as you did before, but this time, be aware of the sensation you get from each Rune. Concentrate on how strongly each Runes "speaks" to you. Get a feeling of which Runes are your favorite—which ones you feel the most comfortable with.

Think about which ones that are visually attractive, and which one sounds powerful to you. You will probably find four or five Runes that speak to you more strongly than the rest.

We want you to make a note of these Runes. These are the Runes that you will begin to study in depth, to help you to begin thinking runically. In the ninth lesson of this level, you will be working on assimilating the Runes into your consciousness. You will be asked to try and observe runic formations in nature, as well as in man-made objects. Be aware of the Runes you pick in this exercise and keep a note of which ones they are and see if they are the ones you more readily observe in lesson nine.

Do not overlook this exercise. The Runes you pick in this exercise will most likely reflect your strengths, joys and enthusiasms. By concentrating on these Runes, you will find it easier to assimilate Runes into your thinking process.

EXERCISE # 6 – RELATING YOUR DAILY EVENTS TO THE RUNES:

In the final exercise of this lesson, you should begin to relate to the Runes things that happen to you during the day. This will help to sharpen your reflexes in runic thinking. If you do this on a daily base, you will begin to discover that you will be able to immediately decide what Rune you need to call up to help you to solve problems, to achieve a goal, to perform a task, to deal with people and so forth. You can begin by trying to associate each event you experience during the day with the appropriate Rune. As you perform each task, stop for a minute to think about what Rune energy field applies to the event or situation. A simple example would be Wunjo when you are enjoying yourself with friends or family members. Uruz would be appropriate with dealing with an illness, whether you or someone else is the affected person. Elhaz is the Rune you would think about for protection, and Thurisaz when you are confronted by someone who opposes you, or when you are faced with a difficult problem.