

LESSON FIVE: MEDITATING ON THE FIVE ELEMENTS

THE ELEMENTS IN WESTERN SPIRITUAL COSMOLOGY

In Greek cosmology, the Greek Hermetic tradition spoke of the essence of everything being made up of different combinations of four elements: Fire, Air, Water and Earth. But in the northern environments, a fifth element was recognized. This fifth element was ice. Both systems have common roots in an ancient Indo-European science and understanding of the cosmos, but the proximity of the northern people to the realm of Ice led them to include aspects of the nature of Ice. In fact, in the northern tradition, the universe was formed from the attraction and contraction of fire and ice. Though we understand today that the physical world is made up of different numbers of electrons, protons and neutrons, there is a deeper esoteric nature that transcends the physical universe that must be understood, and this arcane knowledge recognizes the five elements of Fire, Air, Earth, Water and Ice.

These five elements symbolize different aspects of the way the material world behaves. To gain a greater understanding of this objective reality, it is important to meditate on the five elements and gain an insight on their nature and how they relate to each other. You can draw on a board the elemental structure in their proper orientation. Please check the included drawing below.

The method used to meditate on each element is the same. The order of the elements in which you should meditate is Earth, Water, Ice, Air and Fire. The five elements not only represent the five expressions of physical reality, they also symbolize the five directions of space and time. Fire represents total and endless expansion, all forms of heat, all vibration and archetypical energy. Air represents the all-pervasiveness and omnipresence of formless space, perpetual motion, light and illumination, intellect and the communication of ideas and knowledge. Water is the primeval stillness, darkness, subterranean and unconscious state of being, the archetypical, the un-manifested form and evolutionary existence. Ice is total contraction, eternal cold, stillness and cohesiveness. Earth represents the potential that resides in all things, including the other elements, archetypical manifestation and form, physical matter of the objective universe and existence.

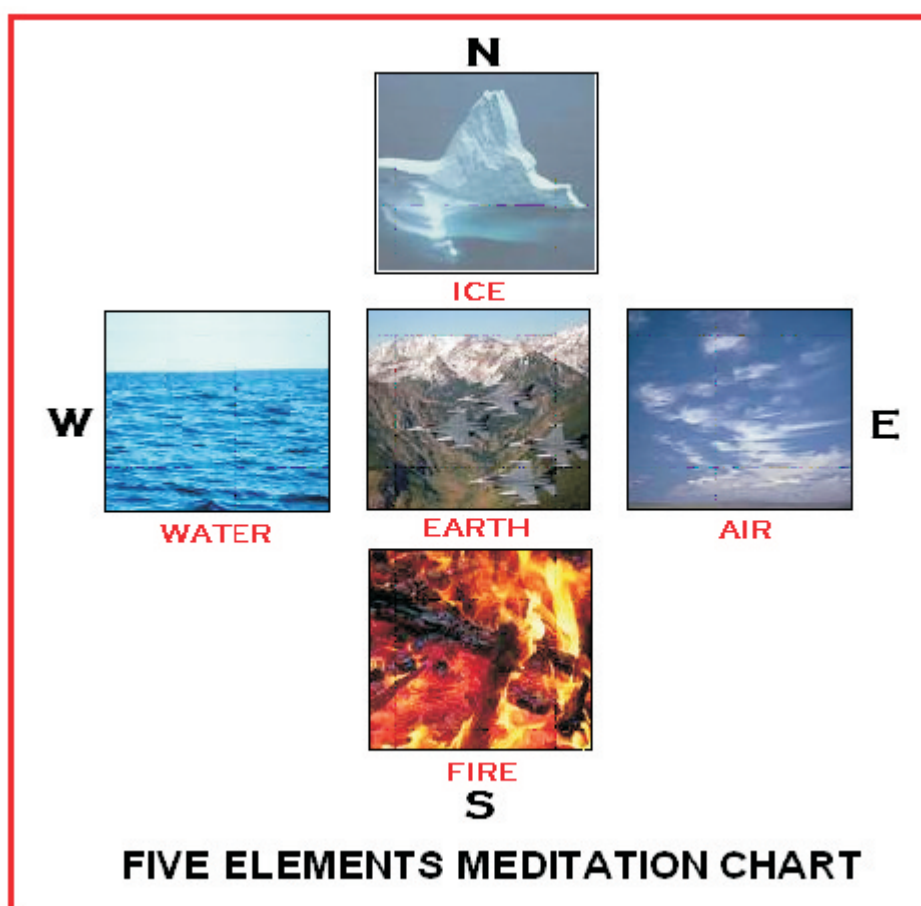
In the Center is located Earth. Water is situated in the West, Ice is located to the North. Air is in the East. Fire is situated in the South. The order in which you should mediate on the five elements is thus Center, West, North, East and South.

To begin, you should once again proceed with your usual breathing, vowel and Runic chanting and then meditate on the elements. Chose one element at a time to meditate on. When you have finished, direct your consciousness away from the element and back to reality by chanting several Wunjos. Your group can concentrate on the same element at several meetings before moving

on to the next. You decide. Once you have completed all five elements, you will discover that your connection to each Rune is greatly empowered.

THE FIVE ELEMENTS AND THEIR RELATIONSHIP TO HUMANS AND THE UNIVERSE:

Most ancient traditions rely on the idea of four elements. The Greeks believed that the four elements of fire, water, air and earth were everywhere, and that everything was made up of these four elements in various degrees. This belief system survived through the Middle Ages. Some magical traditions like to include a fifth element that is often referred to as "spirit," or "ether."



Vrilology does not hold to this ancient belief system — that everything is made up of the four elements — but instead, it recognizes that each of the five elements is reflective of different natures of Vril energy. Our pagan ancestors understood much of the hidden energy dimension of the universe which we refer to as Vril. They realized that there was a mysterious Life Force that filled the universe, and the universe was viewed as alive, or *vitalistic* and *animistic*.

To them the universe, or Nature, was alive, and they assigned anthropomorphic qualities to everything in Nature. The living forces of Nature were often visualized as elves, dwarfs, fairies, leprechauns, gnomes, or gnomes, to name but a few. Over the centuries, due to persecution by the Christian churches, people lost their belief in such creatures, though there are still fairy tales about them. People were often told that such manifestations were actually caused by the devil and that these benevolent forces were demons sent by Satan to terrorize and seduce them.

Vrilology sees the etheric energy of Vril divided into five dynamic compartments: Air, Earth, Water, Fire and Ice. Vril energy is transformed through each of these five element signatures, and we can tap into each of them and use them to further our own evolution. Each of these five elements is in possession of its own energy signature, with its own group of elemental spirits and entities, who work to manifest the natures of each element in the universe. These entities, or "elementals," are real, intelligent beings, possessing various degrees of consciousness. The nature of their self-awareness depends on the vibratory level of the physical form they support in Nature. They are part of the Earth's own evolving consciousness. These forces do not exist to serve humans, but serve the Earth in its own evolution, but we can connect with them, and draw on their powers to assist us in our own spiritual and physical evolution. The reason for this is simple: We are connected to the Earth and thus we are evolving along with the Earth. The secret to our successful physical and spiritual evolution is synchronicity with the evolution of the Earth, and a greater awareness of the macrocosm in conjunction with its evolution.

The nature of the relations between nature and human is summed up by the Denali Institute: ***ALL WORKS OF NATURE RESPOND TO THE ENLIGHTENED ATTENTION OF THE HUMAN MIND***

THE NATURE OF THE VITAL ENERGIES OF THE FIVE ELEMENTS:

Each of the five elements has its own nature, which can be represented by a single Rune:

Fire - Fehu
 Earth - Uruz
 Water - Laguz
 Ice - Isa
 Air - Ansuz

These are not the only Runes that one can use and meditate on for each element, but each does represent the single most important Rune that personified the powers of its corresponding element. Let's explore each

element and the powers embodied in its Vrilic energy fields.

EARTH: There is great stability in the Earth energy fields. Though this stability can be interrupted at any time, the energy is reflected in the nature of the Uruz Rune. Uruz is represented by the Aurochs, which possessed great strength and power. They defend their home territory with great courage and were seen as a force for healing, but they could erupt with fierce determination. So too, the energy fields of the Earth. Earth energy provides nourishment, fertility and health to all things. It is the ground beneath your feet and is the fountain of life. From its soil we can draw from the Vril energy through the healing power of Uruz. It is the cycle of life. From the earth we come forth and to it we return. It reflects birth, maturing and death, in the cycles of the year. We can see these features in the four seasons that transform the Earth about us. But we must always remember that the power of the Earth energy fields provide us with the power of *rebirth!*

The Earth energy is the source of continuity. In it is the solidness of the future, rooted in the past. From it the root absorbs nourishment to grow tall and strong like the trees in the forests. Its power is strong and immovable. It is the stability of home and especially the homeland. One becomes integrated with its energy fields, which bind us and hold us to the land, providing us with a foundation for us, as individuals, and as a Folk, to build new life upon. Earth energy reflects the stability that comes with home and hearth, but also reflects the instability of earthquakes. Its power is that of the soldiers of the Roman armies. Steadfast and unmoving, holding the line against greater odds, but when the time is right, able to strike out with a force that is crushing and overwhelming. We seek the stability of home and hearth, and its energy field provides us with these qualities that are so necessary for life to thrive, but there is within it a hidden power that can be terrible and "earth-shattering" when this stability is threatened. It can erupt from within us suddenly and unexpectedly.

Earth is Mother Earth, the giver of life and nourishment so that life can thrive and grow. We often take her for granted, but we should remember that "*it is not nice to fool Mother Nature.*" She should be revered and celebrated, as well as conserved.

Draw on the Earth's energy fields to increase those qualities that make you dependable, steadfast, solid, confident and strong. They can drive out fears and obsessions, and provide you with a sense of security and calm. Remember the old saying? "*There is no place like home.*" Well, the Earth energies are the strongest in your home. Use Uruz to draw on the Earth's Vril energy fields and you will increase your sense of stability and security. No one can provide you with these qualities. Once you possess these Earth qualities, you will generate the power of dignity, respect, inner strength and

determination in your aura which will be felt by all who come into contact with you. Uruz is the primary Rune of Earth, but other Runes you can meditate on to harness its energy fields are Berkano, Ingwaz, and Othala.

FIRE: The energy fields of Fire feed your desires and passions. Within it is the spark of life. It is the force of Spirit. Your emotions, passions, and force of action are powered by its energy fields. It can overpower you with its untamed force, or it can be harnessed by you to help you achieve great things in your life. It can provide you with the power of the smith's furnace, the engine that moves, the heat that creates, or it can bring the destructiveness of Loki's ire. It can warm you or burn you. It can heal or scorch. Like the Sun, it can provide you with its healing rays and nourish you, but too much, untamed, can burn and kill. Its energy can enlighten you, driving out the darkness from your home or your mind. Its dynamic force is a spark that can set things into motion. Its energy is the vitality that compels, excites, and motivates enthusiasm or fanaticism.

Fire is the passion of both love and hate. It is the boldness and rashness of youth. Within its energy fields is the cleaning force of the forest fire and the scouring energy of molten lava. In both cases, its force destroys, but at the same time, lays the groundwork for new life to evolve. It generates great love and happiness, or hatred and anger. It can be fed by Air, and needs earth to nourish it, but Water can put it out and Ice is its enemy.

Left uncontrolled, its power can lay waste to everything like the sword of Muspellheim, but once tamed, its energy can be used to build, give warmth and drive away the darkness. *Fire is the Father of Hope.* The Fire within us is the energy that provides motion to our limbs and cause our parts to function. It is the *Spark of Life*. It is important that you master the energy fields of Fire. If you fail to do so, they will destroy you, but if you do master them, you can use them to achieve greatness. Walk in the Sun, but do not stay too long in its warming rays. A little Sun will give you nourishment. You will feel its warmth. But too much Sun will burn your skin, causing harm that will appear later in life and bring on suffering and death. Know this lesson about the effects of Fire. To respect its energy fields and learn how to master its power will make you great, but failing this, you will bring suffering and destruction into your life and the lives of all you touch.

Meditate on the Rune, Fehu. Fehu is the embodiment of the energy of Fire. Other Runes you can meditate to help you to harness Fire's energy fields are: Thurisaz, Kenaz, Nauthiz and Sowilo.

Fire is the embodiment of passions, enthusiasm, the vitality of life, courage and nurtures hope within your soul. Learn to master its energy and you will be able to make most of your wishes come true.

WATER: If Fire feeds your passions, Water feeds all your emotions. It is the essence of your dreams and the energy that powers the subconscious mind. Its energy refreshes you, cools you and can take whatever shape it fills. The energy of Water is the *Food of Life*. From its salty nature life was born and from its non-salty nature life is sustained. It quenches the thirst of the Earth, and can rise into the air, transform itself into Ice, and extinguish Fire. It is the life-giving energy that transform barren land into a paradise. Its energy can seep through the tiniest of cracks or sweep away whole cities. It flows in currents, causes tidal waves and reflects the sun or moon light off its gentle surface. Its energy is multi-faceted, ebbing and flowing in tides.

Its energies feed the many different emotions. Its force has rhythms, cycles and ebbs that can change in an instant, just like the human heart. We are more than 50 percent water, and its energies are the most natural way in which we can utilize Vril and use it to shape out future pathways. In whatever form, Water is always powerful, from the gentle erosion that carves the Grand Cannon out of the face of North America, to the terrible tidal wave that can sweep over island and shore, destroying everything in its path. It is important to know that when working with its energies, you need to be on your guard at all times. If you try to dam it up for your own use, do not let your guard down. If its currents should break through the dam, it will sweep all before it away.

Water is the great purifier. Use its energies to cleanse and wash away disorder and chaos. Though it is pliable, there is great strength in its currents. Don't lose your footing when working in Water, for if you do, you risk drowning. But if you respect its powers, and learn to harness them, you will eventually learn to *walk on water!*

Use Laguz as the primary Rune to meditate on if you wish to discover the power of Water's energies. Another Rune to use is Perthro.

ICE: Ice has energy that can be eternal and fleeting at once. Under the right conditions, it will last forever, but under the wrong conditions, it will melt away. The energy of ice is slow-moving. It powers the evolutionary forces that transform all living things, including the Earth itself. Its powers can prevent all things from decaying, but at a price. All movement will cease. It is contracting in nature, holding things together. It can move across the Earth, crushing everything in its path. But its movement is eternally slow. It can suck all moisture from ocean, earth and air. It rules deep space. It can clean the air, making it fresh and crisp, and cause all things but Water to contract. Its energy is silent, cold and hard like a diamond. Its surface has the power to reflect light and plunge you into darkness, or it can cause you to be blinded by its glare. It represents the past, for within its freezing flesh are hidden and preserved things that are millions of years old. Even the atmosphere can be preserved within its body. Thus, *The energy of Ice is Timelessness.*

From Ice was born the first God, but Ice also contributed to the birth of the Frost Giants. Thus it can contribute to order or chaos. Ice is also androgynous. The first Giant and the first God were both androgynous in nature.

The energy of Ice can freeze the most passionate hearts, turning it hard and unfeeling, but it can give one strength when mixed with Earth, creating a mixture as hard as diamonds, and resistant to heat. It has the qualities of the other elements within it: . It can be as hard and stable as Earth, as refreshing as Water, can burn you like fire and become as fresh as air. To unlock Ice's secrets, meditate on the Rune Isa, but also Hagalaz. Hagalaz is hail. Ice can fall from the sky as hail, destroying everything it strikes, but once it melts, like the assimilation of the forces of Niflheim and Muspellheim, it can bring forth new life.

AIR: If Water represents the subconscious mind, then Air is representative of the conscious mind. Its energies power communication, the transmission of wisdom and knowledge. Air is the *Breath of Life*. Without its energy, there would be no life. It is the Spirit of Higher Consciousness. Its energy fields are buoyant, bending, quick, alert, flexible, and sweep across the world. You will find it hard to grasp it, but its punch can kill. It will bluster, blow, rip into you, or cool you off. Its powers can manifest themselves in a gentle breeze or a raging storm.

Air is the essence of wisdom. It is the consciousness of the heart and can be used to calm emotions with its reason and logic. But it can also act like a bellow and inflame the fires of your passion. From its energy fields, ideas are conceived. Thoughts flow from Air. Inspiration, inventiveness, brilliance and insightfulness are all Air's children. Like the mind, it is both there and not there. It can be felt but you cannot feel it. It is not solid like Earth, nor burning like Fire, nor fluid like Water, nor contracting like Ice. If you try to grasp it, your hand will close on nothing. Though it appears to be nothingness, it is the birthing field of ideas!

To discover its nature, meditate on the Rune Ansuz. Other Runes to use are Elhaz and Raidho.

Air is freedom. How do you contain Air? You cannot contain the winds, but Air is the master of its own destiny. It is as fast as a thought. Have you advanced so far that you can control your thoughts? And if you have, for how long? No matter how good you are at mastering your mind, your thoughts will eventually beat you. This is the power and freedom that pennant the energy fields of Air.

MEDITATING ON THE FIVE ELEMENTS

Earth Meditation: First, put some earth in a bowl and place it in the center of your group so that everyone can focus on it. You can have simple earth, but it is better to include some rocks, crystals, and even sand. You should perform this ritual in a lighted room. Do not use candles or other forms of fire for illumination. This will create a conflict of elements, for if you use a burning fire, you will have two elements working at the same time, which will dilute the meditative process.

Examine the context of the bowl before you. Examine it closely, but do not force-stare at it. Imagine yourself one with the earth and try and feel the reaction that it brings. Finally, you should begin chanting the following Runes: Uruz, Berkano, Ingwaz, and Othala. While you are chanting, imagine your group surrounded by a sphere of Vrilic energy, manifesting itself into the element you are meditating on. Feel the energy of the element filling the sphere and entering your body and soul. Imagine yourself becoming one with the element. Continue to chant the Runes as you imagine yourself taking on the qualities of the element until you have achieved a reverse polarity. Do the same with each element.

Water meditation: The process is the same for meditating on Water. Water mixes with Earth. The two elements share the dominance of the globe's surface. Rivers and streams cut through the land, borrowing deep into the Earth's flesh and springs out of it again. This time you will fill the bowl with water. For the best results it is good to use water from a spring, well or stream, but if you cannot acquire natural water because you live in the city, you can collect water when it rains, or buy some natural spring water. Make sure it is not processed with chemicals. Tap water is processed with chemicals, and you should avoid using it. Do the same with the bowl of water as you did with the earth. Place the bowl in the center of your group and meditate on it in the same way. This time, imagine you are engulfed by the water. Feel the wetness against your skin. Think of rivers and currents, stream, seas and oceans filled with water, waves lapping against the shore or rain falling.

You should then chant the following Runes: Perthro and Laguz. Conclude the meditation in the same way you did with Earth.

Ice Meditation: Ice is solidified from water when it comes into contact with the freezing atmosphere that is devoid of heat. When meditating on Ice, place some in the bowl and do the same as before with Earth and Water. If it has snowed outside, it is best to get some ice from outside, but if not, then freeze natural water and use it.

When your group concentrates on the ice in the bowl, think of its features. Think about the coldness, the snow flake patterns, the great glaciers, icicles and icebergs. Imagine yourself one with the Ice. Feel the contraction.

Except for water, all other elements shrink when frozen, so feel yourself withdrawing inward. Then, meditate on the Runes, Isa and Hagalaz. End the meditation in the same way as before.

Air meditation: Burn some incense in the bowl. Your group should watch the spiraling smoke rise from the bowl. Examine the way it flows carefully. Think about the different qualities that air can assume. Feel the gentle breeze, or imagine the roaring winds of a hurricane. Try to think of yourself as one with the air currents. Feel yourself floating through the air, as if you are transparent and have no solid form. Finally, you can chant the Runes Ansuz, Raidho, and Elhaz.

Fire Meditation: For Fire to burn, it needs Air. To meditate on Fire, fill the bowl with some alcohol and set it on fire, or you can use a medium-size candle. The alcohol will burn clean with no smoke, and so will the candle. For Fire, it is best to turn off all the lights in the room. In this way you can concentrate on the flames before you. Examine how they leap and dance before you. Focus on how the flames change shape and form. Feel the heat and the way the flickering light cause shadows to form and twist. Think of the sun burning in space, of volcanos erupting and of forest fires raging across the landscape. Think of yourself lighter than air. Finally, you should chant the following Runes: Fehu, Thurisaz, Kenaz, Nauthiz and Sowilo.

THE LIVING LANDSCAPE

Our ancestors understood that the physical world around is alive. Everywhere in the universe the Life Force of the Gods is flowing. This is Vril. Vril is the hidden energy dimensions of the Earth and nature, and our ancestors saw the universe as both vitalistic and animistic. To them, the Earth was alive with a dynamistic force of primal energy fields—Vril. They perceived the elemental forces of the world as individual spirits; the vetta, landvaetter, disir, elves, dwarves, trolls, lares, etins, and wights as well as gods and giants. Everything had a living vitality to it and we could, on different levels of our consciousness, communicate with these forces. Thus, the world is divided into two forms of vitalistic (living) force—*animistic* and *dynamistic*. The former is represented by the goads, giants, dwarves, elves, and other races of spiritual beings, possessing a highly complex, animate consciousness. The latter is representative of the vital forces embedded in the Runes. This force lacks individualized consciousness, but is a living force just the same.

By meditating on the five elemental forces, you are assimilating both the dynamistic and the animistic forces within yourself. All things, animate and inanimate, have souls, and by meditating on the five elements, you are adjusting your consciousness so that you relate and communicate with all

things at an inner level of Being. What you are seeking to accomplish is to realign yourself with the natural order within the universe. We moderns have constructed an artificial environment for ourselves. Our modern, materialistic, industrial, technological society has cut us off from the natural world. Once our ancestors were spiritually in tune with the changing of the seasons, the progression of the hourly movement of the day, the cycles of the year and so forth. They perceived the universe, the Earth and nature as vitalistic (alive), but we see the world and the universe as materialistic (not alive). We moderns have tried to take control of our natural environment and make it serve our needs. We have arranged our days and year around our work schedule. We have become disconnected with the cycles of life that govern the universe. We need to realign ourselves with the flow of time and space. We can do this by reconnecting with the elemental spirits of nature. They belong to the Earth and are an integral part of its living consciousness, though independent of any one human or group of humans. They do not respond to the needs of humanity, but they can be called upon to share their wisdom in the interest of co-destiny with humanity and the living planet Earth.

ELEMENTAL EXERCISE:

Here is another exercise you can perform on each element. Use this exercise to draw on the Vril's elemental power of each of the five elements, incorporating its nature into your own Vril energy field. Remember the eight by eleven grey paper sheets with the Runes drawn on them in red paint? You are going to need the Fehu (Fire), Uruz (Earth), Ansuz (Air), Isa (Ice) and Laguz (Water) for this exercise. Place one of the sheets of paper on the wall, about ten feet before you, just as we described in the previous lesson. Sit in a comfortable chair and relax, exactly as we taught you to do. Concentrate on the Rune before you. Once you have entered the Alpha/Theta mental level, we want you to breathe deeply. Take a deep breath and then hold it for nine seconds. Then, as you exhale slowly, chant the Rune before you. Let's say the first Rune you are using is Uruz. As you slowly exhale, chant "Uuuuuuuuuuuuuuuuzzzzzz." As you do this, *feel* the Vrilic energy rising up, out of the Earth into your feet and flowing into you, and throughout every part of you, incorporating its energy aura. Concentrate on its energy to provide prosperity, abundance, wealth, protection, fertility and healing powers to your Vrilic energy field. Repeat the breathing and chanting nine times.

When you are finished, you can do the same with the other elements. With Fehu, feel the power of Fire's elemental powers flowing into you from above, as if you are being bathed in the Sun's rays. As you chant fehu (Faaaaayhuuuuuuuuu), feel its energy currents strengthening your powers to draw on your sexuality, passion, levels of energy, purification and enlightenment.

Now do the same with Ansuz. Feel Air's energy flowing into you from your left side (representing the left side of your brain). Its energy is enhancing your powers of the conscious mind, intellect, communication, free will, and your ability to see and understand the truth in all things.

Then do the same with Laguz (Water). Feel its energy flowing in from your right side (right side of your brain). Feel its energy increasing the powers of your subconscious mind, your psychic powers, your emotional strength and your intuitive mind.

Finally do the same with Isa (Ice). This time, feel its energy rising up from deep within you. Its energy is hardening, forming into a solid within you, providing you with security, permanence, bringing all the other powers of the elements together in a perfected form within you that will be eternal and lasting.

LIST OF RUNES AND THE ELEMENTS

Fehu—Fire
 Uruz—Earth
 Thurisaz—Fire
 Ansuz—Air
 Raidho—Air
 Kenaz—Fire
 Gebo—Air
 Wunjo—Earth
 Hagalaz—Ice
 Nauthiz—Fire
 Isa—Ice
 Jera—Earth
 Eihwaz—Fire
 Perthro—Water
 Elhaz—Fire
 Sowilo—Fire
 Tiwaz—Air
 Berkano—Earth
 Ehwaz—Earth
 Mannaz—Air
 Laguz—Water
 Ingwaz—Water
 Dagaz—Fire
 Othala—Earth

