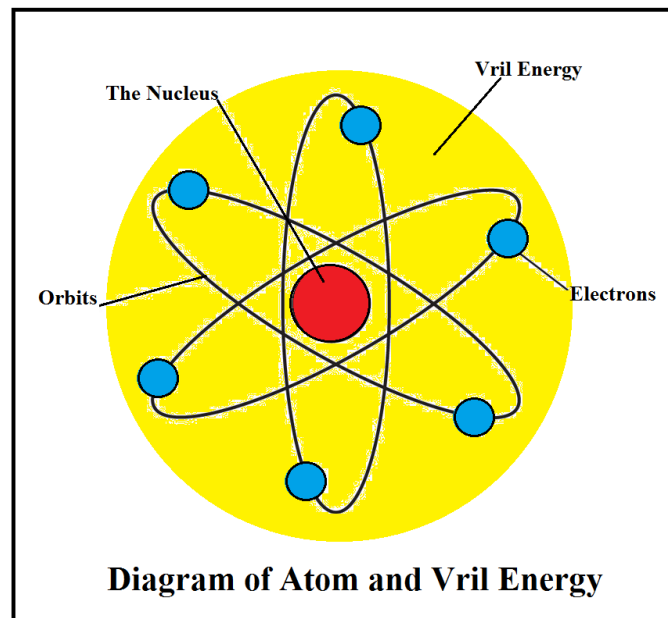


INCREASING THE BODY'S SUPPLY OF VRIL ENERGY

by Robert Blumetti

Everything in the universe is made up of atoms, even the human body. There are 50 million cells within the human body. Each cell is made up of molecules and our molecules are made up of atoms. It is estimated that there are 7 billion, billion, billion atoms in the human body. About two thirds of these atoms are hydrogen atoms. Hydrogen atoms made up about 90 percent of all atoms in the universe. To understand the proportions of an atom, let's say the proton within the hydrogen atom is the size of a tennis ball. The electron orbiting it is another ball whirling about it at a distance of 200 miles outward. But what is amazing is that the electron is not always there because it is flashing in and out of our universe. It is this orbiting action of the electron around the proton that captures and harnesses Vril energy and gives it its frequency unique to the type of atom it is.

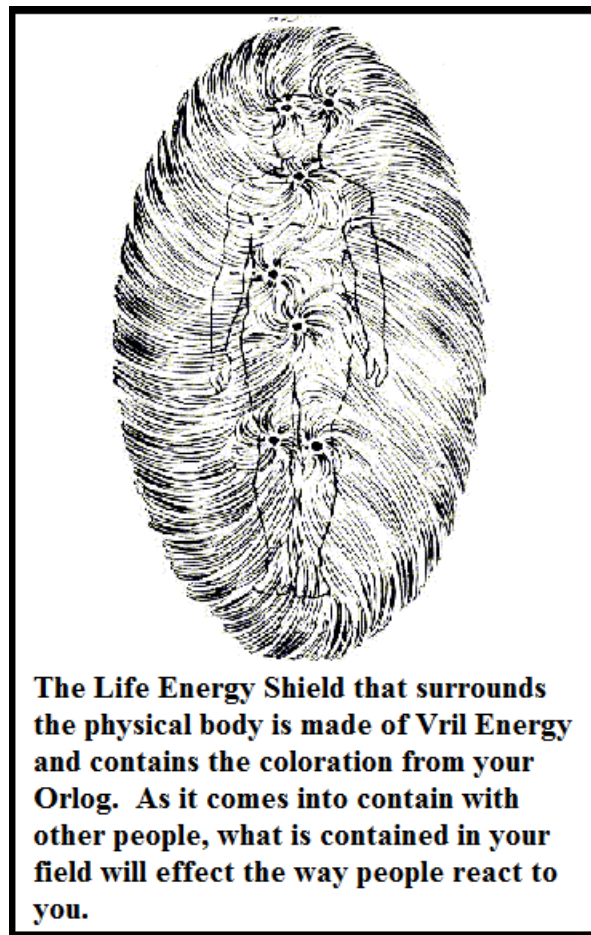


The hydrogen atom is truly a wonderful object because it has a single electron orbiting a nucleus of one proton. Magnetic resonance imaging, known as MRI, can measure the way different concentrations of positively charged hydrogen protons vibrate within the human body after being subjected to a powerful rotating magnetic field. Whenever we look at the electron, it flashes conveniently into view. In its true state it is a blur-like wave or string, but whenever we look at it, it changes its reality into a ball-like object that we refer to as a particle, or sub-atomic particle. The reason for this transformation is that when we look at it, it is actually aware of our observation and makes itself easier for us to observe because of its sensitivity to our thoughts. But what is most interesting is that we are made up of these transforming atoms, and whenever we look at ourselves, they are forming themselves into solid objects. So—are we really entities of

energy that are being transformed into solid objects when the atoms become aware that our consciousness is observing them? Is there consciousness within the atoms?

Remember, atoms are made up of Vril energy; 99 percent or more is made up of Vril energy, which is the Life Force of the Gods. Thus, the atoms are the Gods, or the realm within which the Gods dwell—Asgard!

The electrons within our atoms come from somewhere else. They are actually wavy lines or strings, vibrating sound frequencies, that come from large wavy lines or strings, or what are known as superstrings. No one knows where superstrings come from, but we can hypothesize that strings (or waves) are to humans what superstrings are to the Gods.



If we examine our inner space, we discover that it is very much like outer space. It is really made up of vast amounts of nothingness, but that's not exactly correct. For the nothingness is actually made up of Vril energy, both within the inner space of our bodies and the vast distances of outer space. We know that energy and matter make up less than 5 percent of the universe, and that the rest of the universe is made up of what science refers to as dark energy and dark matter (Vril).

But let's get back to the atom. Atoms actually "talk" to each other. How they perform this feat is still a mystery, but it has come to be described as "entanglement" by the scientific community. But just what is entanglement?

When we observe an electron, it settles into a spinning rotation around the atomic nucleus in one direction. The direction appears to be random. Entanglement occurs when a twin atom's electron instantaneously spins in the opposite direction. Thus, if one spins clockwise, the twin spins counterclockwise. What must be made clear is that one atom *does not* cause the twin atom to spin in the opposition direction, because that would imply a time delay. ***Entanglement happens instantaneously, together in unison outside our known dimension of time.***

This phenomenon has been tested in the same laboratory over and over, but what really amazed scientists has been the same result happening when tested over longer and longer distances. This has led them to conclude that entanglement is not only a phenomenon that exists outside our known understanding of time, but also one that is independent of distance. The conclusion is amazing. Entangled electrons exist anywhere in the universe, even when separated by millions of light years, and yet the entanglement happening is not weakened by distance. ***It is as if distance does not exist.***

The sub-atomic world of electron behavior gives credence to the belief that psychic abilities function on this level of reality, which is the realm of quantum physics. This is the realm of higher consciousness in which the Gods dwell.

Rupert Sheldrake, a British evolutionary biologist, has come up with an interesting theory that explores the existence of ***morphic fields***. These are invisible energy fields of information that all living creatures possess. They are made up of what we refer to as Vril energy and are part of the extended Soul. In Northern Magic, we understand the Soul as an energy in which the physical body—the Lyke—is inside of. Sheldrake believes these energy fields exist in a dimension apart from the physical realities of the known universe, and thus they possess quantum qualities. These fields interact with each other among different individual members of the same species, and are the reason why flocks of birds fly in coordinated formation, or why fish swimming in schools turn spontaneously without any of the hundreds of individual members colliding into each other.

Sheldrake theorizes that these living fields exist in the past, present and future simultaneously and govern both human and animal behavior, forming a living matrix upon which their physical bodies are formed. Thus, this would fit the description Vrilology gives of the physical body existing as one of many parts of the Soul.

In the world of medicine, there is the image of the caduceus that is commonly used as an emblem to denote the medical profession. This is a rod with twin serpents entwined on the rod, climbing towards spreading winds that signifies the Greek god Hermes (Mercury to the Romans and Odin to the Norse). The caduceus is frequently confused with or substitutes for the Rod of Asclepius, which has a single snake wound around a staff. Either symbol can be found on many medical logos and the caduceus is also used to denote communication and travel. One or the other has been used for many centuries by many diverse people, including the Sumerians over

four thousand years ago to represent the emblem of their god, Enki, the Lord of the Sacred Eye (Odin); by the Greeks, as a symbol of healing; and by alchemists such as Sir Isaac Newton, as a symbol representing the power of transformation. The serpents also look very much like the coils of electricity that one notice in the Tesla Coil that Nikola Tesla invented and claimed could harness infinite amounts of electricity and send it over vast distances. The coiling serpents also represent the twin coils of energy (Kundalini fire) represented in the diagram representing Chakras or Hvels. Our spiritual, mental and physical well-being depends on the unfettered movement of Vril energy through the body and its passage through the nine Hvels, representing the nine worlds of the Yggdrasil. The image of Vril energy coiling down and up once more along the cosmic axis of the Yggdrasil that the human spinal cord represents is seen in the snakes, coiling about each Hvel and then reaching the uppermost realm of Asgard, which is depicted as the open wings, denoting the highest obtainment of higher consciousness, and thus, oneness with the Gods.

We can see this process clearly in the image of the caduceus, as the twin serpents wrap around the Hvels, controlling the flow of Vril energy entering and exiting each Hvel. This process is rooted in the universal principle of Male-Force and Female-Form. The twin coiling streams of energy are the female form wrapping itself about the male force of the rod or staff. It is interesting that in the Norse cosmology, the first man and woman are described as beings created by the Gods from living trees (representing the Life Force or Vril energy) and are named Ask and Embla. Ask is thought to be the ash tree and Embla is the elm tree. But some believe Embla is actually a vine that grows by wrapping itself about the trunk of a tree. This would fit nicely with the symbolism of the caduceus and the relationship between the universal principle of Male-Force and Female-Form.

Our health depends on the continuous and uninterrupted flow of Vril through the Hvels and throughout the body. This can be achieved by maintaining a balance of forces, by cleansing one's Orlog, and thus creating harmony throughout the body. We need to understand the flow of this energy through the body and how it affects every cell, gene and atom.

If you examine the shape or model of DNA, you will discover the similarity between it and the caduceus. But interesting enough, the DNA strand also resembles a series of Dagaz runes aligned side-by-side. It can also resemble a variation of the Ingwaz rune.

Ingwaz represents Frey, the God of fertility and thus DNA, while Dagaz represents enlightenment. Once again, the combination of these two Runes represents the principle that *the Gods dwell within us*. We remember that the double helix of caduceus represents the flow of Vril energy into us, moving down the spinal column (Yggdrasil) and then, undergoing transformation at the junction where the bottom two Hvels (Niflheim and Musspellheim) are located, it flows back upward through the spinal column, undergoing additional transformation as it passes through each of the other seven Hvel, representing the other seven worlds of the Yggdrasil, and then is disseminated



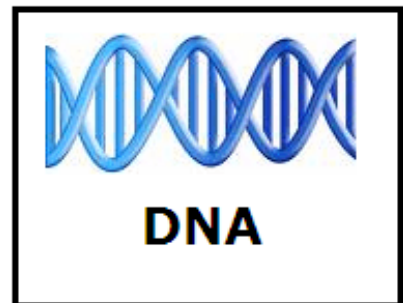
throughout the spirito-physical matrix of the Soul. We can see that within DNA, which possesses a form similar to the variant forms of Ingwaz and Dagaz, behaving like billions of tiny superconductors, or collectively as one great superconductor.

Briefly, let us describe what a superconductor is: ***“A superconductor is a substance that conducts electrical current incredibly fast because there is little or no resistance.”*** For instance, if you freeze mercury at 269 degrees C below zero, it loses all its electrical resistance and becomes a superconductor. Other elements, such as tin, aluminum, titanium, zinc and tungsten, also become superconductors at extremely cold temperatures. Science began to look for a superconductor that functions at a warmer temperature so that they could be incorporated into computers, making them extremely fast.

Scientific American magazine ran an article in 1995 describing how a strand of DNA became ten thousand times more conductive in the presence of the superconductor ruthenium. Additional experiments demonstrated that a combination of DNA and carbon coated rhenium, another superconductor, achieved this state at room temperature. Thus, when DNA is extracted from a living thing, being dried and added to a superconducting compound appears to enhance the compound’s superconductivity at temperatures nature prefers. Thus, we can speculate that when DNA is nestled in its friendly environment within the nucleus of a cell, it behaves as a superconductor, acting as a balancer of opposing magnetic forces, allowing another dimension of energy (Vril-the Life Force of the Gods) to enter into its midst.

Vrilology believes that Odin spoke three Runes into Balder’s ear as he laid dead on his funeral pyre. These Runes were Dagaz, Nauthiz and Ansuz, and they were the runic formula for Balder’s resurrection, and with this resurrection the rebirth of the Gods. Dagaz is enlightenment that one achieves with Vrilology (a thorough understanding of Galdor Magic), Nauthiz, the need to reestablish the connection or bond between the Gods and their children, and Ansuz, the state of spiritual ecstasy one achieves with the ability to communicate with the Gods.

The secret of achieving this state of higher evolutionary consciousness is rooted within our DNA, a realm where the Gods dwell. If we accept the notion that our DNA is an advanced form of superconductor, generating Vril energy throughout the spirito-physical body or Soul, then we can understand the principle behind the runic formula that Odin spoke to Balder.



DNA--WHERE THE GODS DWELL

If we examine closely the structure of DNA, we discover that only 10 percent of our DNA is directly involved in setting the genetic structure of our bodies. Scientists have puzzled over the function and purpose of the other 90 percent, often labeling it “junk DNA.” Many hoped that this mystery would be solved once we had completed the Human Genome Project, and while this pioneering research has revealed much about the nature of our genetic heritage and nature, we are still in the dark as to the purpose of “junk DNA.” But we are slowly beginning to

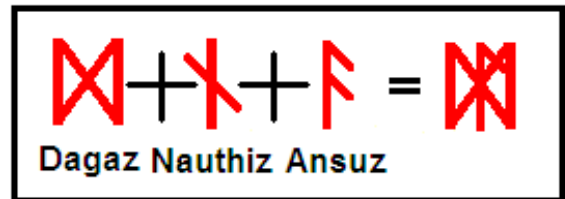
look beyond the mere chemistry of the DNA and its mathematical coding, into a world of quantum dimensions, a realm where the Gods dwell.

For a long time, scientists in Russia have examined DNA with a more holistic vision. They have examined its nature from outside the box, so to say, by exploring its electrical and vibrational qualities instead of just exploring its chemical nature. With the understanding that light is necessary for life, their research has revealed that DNA molecules respond to photons of light. Their research has led them to claim DNA molecules actually receive, harmonize, store and transmit light. This is done mostly in the blue spectrum of color that we see in the rainbow, which corresponds to the fact that it is the same shade of blue as the sky.

What is interesting about the nature of light is that its smallest particles or quanta can also be considered to be waves that travel at the speed of light, but stranger still is the issue of color. A red rose is not red because its surface is red. When light shines on a red rose, the red color of the spectrum is reflected. It is this reflected red light that we see when we look at a red rose. The rest of the color spectrum is absorbed. With white objects, all colors are reflected and thus white objects tend to be cooler because they are reflecting the energy of the light. Black, on the other hand, absorbs all colors and thus is hotter because it is absorbing all the energy of the light.

Light has healing qualities that can have a positive effect on the body because it is energy that enhances the healing process. Russian research has shown that our DNA, which acts as a receiver and transmitter, is involved in this process. They have included the assistance of linguists in their research. They discovered that the so-called “junk DNA” is constructed in precisely the same way that our languages are with syntax and grammar. We can conclude from their research that human language has its origin in the life encoded within our very DNA, and has been transmitted into our consciousness. Could this be the result of the Gods providing us with consciousness? Empowering us with the ability to communicate with them and each other?

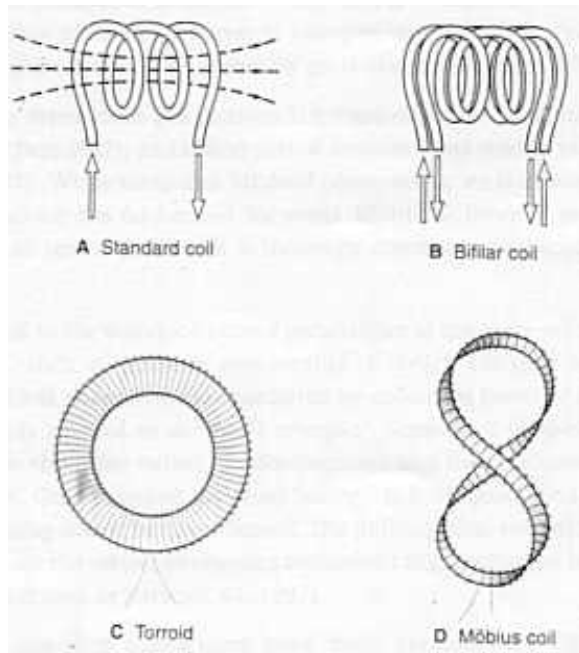
If we take the three Runes representing DNA—Dagaz, Nauthiz and Ansuz—we discover that the first of these Runes, Dagaz, represents light and the God Heimdall. Heimdall is known as the “White God,” and white is the totality of the light spectrum. Heimdall also is the guardian of Bifrost, the rainbow bridge. The rainbow is what we have when we break white light up into the various colors of the spectrum. Another nature of light is heat, and the rainbow bridge is often referred to as the fiery bridge. This is the second Rune, Nauthiz, the Rune of Need-Fire. The third Rune is Ansuz, the rune of communication, which is sound and the transmission of thought and consciousness. We can understand that Dagaz, light or enlightenment is transmitted through communication, Ansuz, and between them is the need to do so, which is Nauthiz. Thus, within our DNA, is the need and means to communicate with the Gods.



We know now that our DNA resonates not just with light, but also with sound. Remember—*everything vibrates!* This is how we can chant the Runes and use their frequencies

to transform the world around us, as well as transform ourselves. *Since our DNA resonates with both light and sound, it is possible to actually change our DNA through the vibrational qualities of the Runes.* Thus, we can discover the soothing or harmful effects of all forms of music, as well as the spoken word. Here we have the nature of the Rune Ansuz revealed to us.

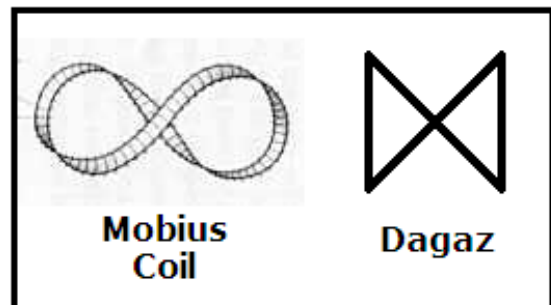
Experiments were conducted in Japan using water crystals. Water crystals were exposed to different types of music. Dr. Masaru Emoto noticed that the shape of the water crystal changed when exposed to different types of



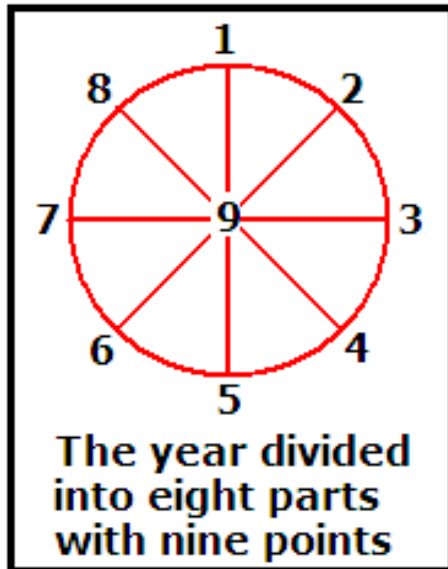
music. This was true even when they were exposed to different words. Words would be written on a piece of paper and suspended on the water. Loving and kind words and certain types of music, such as classical music, produced beautiful crystalline shapes. This was true even when the same word was written in various languages. Angry and hateful words, and music such as gangster rap or hard Rock music produced bizarre images. Even the intention of the way the words were used caused different effects. It was as if the water “knew” the emotional intention of the way words and sounds were employed. This principle is behind the practice of chanting and prayer.

Before going on with our exploration of DNA as a conductor, we need to take a look at the standard electrical coil that we find in our electric kettle. It has a conducting cable through which

passes an electrical current. This produces an electromagnetic field, which in turn heats the water. This is illustrated for you in the picture to the left as the “Standard Coil.” But if we double the coil, by wrapping the coil in tight circles around a ring, some North and South electromagnetic fields cancel each other out. We see this in figure B, the “Bifilar Coil.” But if we configure the coils into a figure-eight shape known as the “Möbius Coil,” all the magnetic fields cancel each other out, leaving a magnetic vacuum. The same effect is produced by the “Torroid Coil.” This is a space beyond magnetism, like the space created between the MagLev train and the rail it rides over. *This space is “entangled space” where connecting electrons of opposing spin open to another dimension outside our concepts of space and time, where energy exists known to science as “free energy,” “zero-point energy,” and “scalar energy,” but which Vrilogy refers to as Vril.*



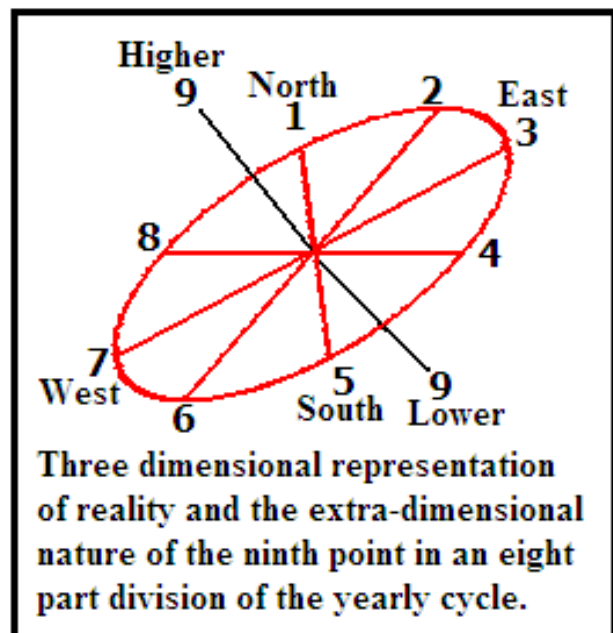
You might ask, “What has this to do with the DNA?” Well, the double helical DNA is constructed of many tiny but extremely powerful Mobius coils laid end to end. We now know that Vril energy is being transmitted by every molecule of DNA within each of 50 trillion cells continuously to



receptors all around the body. You can imagine it working similarly to an old-fashioned slide projector, which puts tiny transparent images onto a large screen. But unlike the slide projector, DNA is projecting Vril energy, which is other-dimensional scalar energy, instantly and holographically. But Vril is not being directed onto a flat screen, but throughout the entire the matrix of our three-dimensional body. A good analogy of how the DNA molecule holds its fields, the total data of the entire body, is the hologram, where the smallest part holds all the information of the whole. The microscopic double helix of the DNA therefore leaves its imprint within the matrix of the whole body.

Some scientists believe that there are differences between the 3-dimensional hologram and the DNA model, which acts as a projector for a 4-dimensional reality, as time itself is processed by this molecule. This takes us into speculation on its relationship to the shape of the Mobius Coil, which is a figure-eight, and Dagaz.

In both the Mobius Coil and Dagaz, we have the figure “Eight.” It is interesting that the Norse year is divided into eight parts. Thus, if we draw a circle and divide it into eight parts which is the symbol for the Norse year, we actually have a circle with nine points. The ninth point is located in the center with all other eight meet. These nine points represent, once again, the nine worlds of the Yggdrasil. The ninth point, located in the center, is Midgard, which is at the center of the cosmological diagram that the Yggdrasil represents. It is here that the natures and influences of all eight other realms converge and manifest themselves collectively. Thus this is the center of reality, the place where consciousness can be transformed. But we inhabitants of Midgard might not necessarily recognize our realm as a place where we can achieve higher consciousness, because it exists in a dimension



that is “other-worldly.”

At first sight, when we observe the year divided into eight parts, we might not recognize the center as the ninth point. Nor would we understand its significance because its nature exists in a dimension that is beyond our three-dimensional sense of reality. But if we take the diagram of the Norse year circle divided into eight parts, we can grasp a better understanding of its nature.

The illustrations of the nine points of the eight part division of the year and its significance in the extra-dimensional reality can help us to better understand the extra-dimensional nature of the Dagaz Rune. If we take the DNA helix, which is made of two strands coiling about each other like the Mobius Coil, and view it head-on, we can see that it looks like the eight-part yearly circle. Running down the center of the helix would be the ninth point, which would form an axis around which the double helix would twirl. Thus this would form the Yggdrasil. It is this vortex nature that Victor Schauburger, the Austrian engineer who tried to harness Vril energy mechanically, used as the principle in his experiments, creating a convecting double vortex that created an implosion, and thus releasing infinite amounts of “free Vril energy.”

We can see that our DNA, in addition to coordinating the construction of the physical structure of our bodies, using runic principles dynamically constructs a map of the spiritophysical Soul, which the physical body is a part of—its multi-dimensional nature—in the form of a holographic matrix. This ensures that the building blocks know where to piece themselves together both within the physical realm of Midgard and within the extra-physical realms of the other eight worlds of the Yggdrasil, which is depicted in the shape of the whirling double helix of the DNA. It is remarkable that our most ancient ancestors grasped the significance of the double helix of DNA, and the fundamental truth of our physical and spiritual growth and relationship with the Gods, long before Watson and Crick won their Nobel Prize for their discovery of the nature of DNA.

The nature of the complexity of this double helix structure involves trillions of information fields, that are projected by our DNA interacting with each other on a scale that is really beyond our wildest imagination, which send ripples of morphic fields of Vril (Life Energy) reverberating, not only throughout our physical body, like ripples on the surface of a lake (our bodies are made up mostly of water) but also throughout the Vril-powered energy field or Soul that extends outside or beyond the physical body. This creates a bond between the microcosm that exists within ourselves with the macrocosm of the universe. So as our understanding of our DNA deepens, we can begin to perceive it as a vital link between our earth-bound (Midgard) mortal/physical body and the more ethereal realms (the other eight worlds of the Yggdrasil) of our immortal, timeless Soul, and the Gods who dwell within our DNA. It is no coincidence that the Mobius Coil, as well as Dagaz, have shapes similar to our double-helix DNA and the classical sign of infinity.

If we could turn the double-helix DNA on its side and look through it, we would see a toroid coil, and like the toroid coil, the magnetic fields are cancelled out. *The center, where the*

magnetic fields are cancelled out, becomes an opening or window to another dimension—Asgard—where the Gods dwell. If we could shrink ourselves down and enter this realm, we would experience perfect alignment with the Gods. This would be a dimension of perfect peace, while all around us we would witness a fierce electrical storm raging. This perfected state is the order that the Gods establish and work to maintain. The electrical storm whirling about it is the forces of chaos that is represented by the Giants, who seek to storm Asgard but are unable. *It is this realm of perfect alignment with the Gods that we seek to establish in Midgard. Thus, to become a Vril Being is to evolve into an entity governed by peace and contentment, impervious to the world of pain and suffering whirling about you.*

Achieving this state is what we mean by—BALDER RISING!

MORPHIC FIELDS AND VRIL

Biologist Rupert Sheldrake proposes that there is a field of energy within and around a morphic unit which organizes its characteristic structure and pattern of activity. This energy field is made of Vril. Essential to Sheldrake's model is the hypothesis of *morphic resonance*. This is a feedback mechanism between the field and the corresponding forms of *morphic units*. The greater the degree of similarity, the greater the resonance, leading to habituation or persistence of particular forms. So the existence of a morphic field makes the existence of a new similar form easier. According to this concept, the morphic field underlies the formation and behavior of holons and morphic units, and can be set up by the repetition of similar acts and/or thoughts. The hypothesis says that a particular form belonging to a certain group which has already established its (collective) morphic field will tune into that morphic field. The particular form will read the collective information through the process of morphic resonance, using it to guide its own development. This development of the particular form will then provide, again through morphic resonance, a feedback to the morphic field of that group, thus strengthening it with its own experience resulting in new information being added (i.e. stored in the database). Sheldrake regards the morphic fields as a universal database for both organic (living) and abstract (mental) forms.

In layman terms, the theory proposes that any form looks always alike because it "remembers" its form through repetition, and that any new forms having similar characteristics will "use" the pattern of similar forms already existing as guide for its appearance.

That a mode of transmission of shared informational patterns and archetypes might exist did gain some tacit acceptance, when it was proposed as the theory of collective unconscious by renowned psychiatrist Carl Jung. According to Sheldrake, the theory of morphic fields might provide an explanation for Jung's concept as well. Also, he agrees that the concept of Akashic Records, a term from Vedas meaning the "library" of all the experiences and memories of human minds (souls) through their physical lifetime, can be related to morphic fields, since one's past (an Akashic Record) is a mental form, consisting of thoughts as simpler mental forms (all processed by the same brain), and a group of similar or related mental forms which also have

their associated (collective) morphic field. (Sheldrake's view on memory-traces is that they are "non-local" and not located in the brain.

What creates these morphic fields? Perhaps the consciousness that creates its own reality creates its own morphic field, and the collective consciousness of a particular species or race of beings generates its own group energy fields that are maintained as a group awareness. Within this morphic energy field, new data banks are constantly being downloaded with new information or learning, which helps to fashion the nature of the morphic fields. Eventually, a critical mass is reached from the new data that results in a transformation within the DNA of the group that generates the collective morphic fields. The entire race or species that represents the group will simultaneously become aware of the new patterns created by the new information or behaviors. This feedback is what is known as morphic resonance.

An experiment was conducted using a species of white rat. It was bred over many generations to learn the swimming skills needed to swim a maze immersed in water. It was discovered that after many generations, the descendants of the original rats were born with an innate knowledge of how to run the maze, even if they had never seen the maze. All the rat descendants were able to swim the maze as well as or better than the trained rats of the previous generations. In time, all members of this species of white rat seem to be born with this innate ability without having to be taught.

The DNA is the tuner from which the morphic resonance of each species or race receives instructions to determine the correct biological entity. Vril energy is constantly flowing into the organism, replenishing the supply of energy that powers the atoms. From the frequency of the vibrating atoms, Vril energy powers every cell within the organism, including its DNA. The overflow of Vril energy creates a morphic field around the organism. The mind is taking Vril, tainting it with the thoughts and feelings that it experiences, and transforming the morphic field. Since the DNA of all members of a given species and race is almost identical, or at least much closer to the frequency of the morphic fields of all members of the same genetic group than to the morphic fields of those organisms belonging to a different genetic group, the collective morphic fields of a genetic group can easily exchange and share the data that is shaping the nature of the morphic fields of all individuals belonging to the same genetic group. Here we have the scientific basis for the Kin-Fetch.

Morphic fields are associated with the properties of life. Each cell, tissue, organ and structure within the body has its own individual field, which determines the qualities and characteristics expressed by the individual organs. By this principle, your DNA is merely the hardware, but the energy field, made from Vril, determines your characteristics that you inherit from your parents. From the collective field of your family, race and species, you download the biological traits that determine what you are. Your morphic field is linked to the morphic field of your parents, relatives, families and other individuals who are genetically related to you. The closer the relationship, the greater is the connection between your morphic field and theirs. Thus you inherit those characteristics of mind and body through the morphic field. Morphic fields are, after all, made of Vril energy.

Every form of life, from the tiniest cell to the great blue whale, has a morphic field. Sheldrake writes, ***“The whole point about morphic fields is that nature as we know it is mutable and adaptable. Anything which influenced or imposed a pattern upon chance could bring about a causative influence in nature not violating any of the laws of physics.”*** Richard Barlett, in his book, *Matrix Energetics*, describes an experiment involving chicks. “In it, day-old chicks were put in the same room with a robot that had a picture of a mother hen on it. The robot had been programmed to move randomly; however, when the baby chicks looked at it, the randomness was disrupted. When observed by the baby chicks, the robot’s patterns of movement deviated toward the chicks to a statistically significant degree.”

Sheldrake sees morphic fields as the underlying force behind the psychology of crowds. Organized rituals, both social and spiritual, will manifest a certain spiritual mental outlook that will come to dominate and influence the entire society, affecting the way everyone within the community, especially if they are genetically closely related, comes to act, feel and think pretty much the in the same way. The Catholic Church survived two thousand years, even when faced with spiritual challenges from within and outside the spiritual body, because of the continuous ritual acts performed everywhere within the Church, in a uniform way. It is only in the last fifty years that the Catholic Church has seen a breakdown of the uniformity of its rituals due to the ever-expanding diversity, culturally and racially, within the ranks of its members. The Catholic morphic field is dividing into many different morphic fields that do not communicate with each other. The cause is Vatican Two, which abandoned the two thousand year traditions and rituals that were the glue that held the Catholic Church together. Rituals must be performed in the correct movements, gestures, words and music throughout the world. This morphic resonance creates the correct conditions for morphic resonance to reinforce the spiritual unity among those who perform the ritual, even if they are spread out across the face of the earth. This would be true even if there were human settlements on different planets in other solar systems, separated by hundreds of light-years.

This can be explained through an understanding of quantum physics, which has shown that effects in the quantum realm are non-local in character, because information is transmitted or “entangled” at the proton level of reality, making it available to other protons everywhere in the universe, and possibly in the multiverse. This is the foundation for the phenomena of telepathy. Thus we now can understand that all information, thus all knowledge, in the universe, is available to everyone through the power of our minds. This is what we mean by Mimir’s Well. It is the well of knowledge. Odin drank from it. He gave up one eye, which was placed in the well. This is metaphor for his ability to tap into the quantum ocean of infinite knowledge. Richard Bartlett writes: “My point is that when you free up your thinking from its normal linear patterns, you can begin to access and integrate new information directly from Zero Point Energy Field: what some physicists have referred to as the Mind of God.” (Or, the Eye of Odin.)

We must understand that the longer a technique has existed and practiced, and the more people who practice this technique, the greater will be its power to change reality. Let’s use the methodology that Vrillology employs, the Runes. The Runes are gifts from the Gods. They possess a natural power to harness Vrill energy, and each Rune has its own character, which shapes Vrill in unique and individual ways. This power of the Runes that is invested in the runic

symbols, and their ability to harness and channel Vril by Rune Masters, is similar to the principle behind morphic fields, which are created by Vril energy. The truth is, *morphic fields are not active just in organic entities or biological species, but in systems of thought and belief.* Everyone who uses Runes will have full access to the specific morphic field associated with the use of Runes, and will be able to call on and use the vast ocean of knowledge that existed in the past, exists in the present, and will exist in the future, right now. Remember there is no time, no present, past or future in quantum reality. There is only now! The same is true for Norse cosmology. Odin knows the future as well as the past, and this explains the confusion of time that exists within the myths. Many have commented on the confused nature of the chronology of the myths.

The experiences, knowledge and traditions dealing with the use of Runes by anyone and everyone who has ever mastered their use and discovered and understood their mysteries is available to those today who are practitioners of Runes. *Creating a bond with the Runes, by absorbing their essence within us, causes them to resonate so completely within us, within every atom within us, that we must employ them because their nature becomes our nature.* This creates a link between those who master the Runes, absorbing their resonance within our morphic field, and thus changing the resonance of our morphic field so that it is in harmony with that of the Runes. This causes us to be linked with the power grid of runic energy, and this is when real Runic Magic manifests itself in miraculous ways, because you have created a link with the infinite source of data concerning the Runes that exists within the infinite Quantum ocean of information known as Mimir's Well.

BODY ENERGY WORK

Now that you have a greater understanding of how Vril energy functions in passing through your spiritual-physical self by creating morphic fields and regenerating your atoms, you need to learn how to expand on your ability to increase and control the flow of Vril energy throughout your body. Learning how to increase the flow of Vril energy throughout your body and strengthen your morphic field is essential if you wish to master many of the types of Magic practices that are part of Northern Magic, such as faring-forth or out-of-body travel and remote viewing. Muspellheim is the realm of fire, or expansive energy. Some of the techniques that you will need to learn are:

- 1) Deep Physical Relaxation
- 2) Breathing
- 3) Shadow Memory Recall
- 4) Energy Body Stimulation
- 5) Quieting the Mind
- 6) Primary Energy Center Stimulation

7) The Hel State of Consciousness

8) Energy Body loosening

If you have been practicing Northern Magic, you should have already developed the ability to enter a deep relaxation where you become so comfortable that your mind and body will almost disassociate, which will take you to that “fuzzy” edge between sleeping and waking, which is referred to as both the Alpha (Asgard State of Consciousness–ASC) and Theta (Gladshiem State of Consciousness–GSC). This ability to enter a deep physical state of relaxation is the foundation which the rest of the work requires, eventually permitting you to induce a deep trance state, Delta or the Hel State of Consciousness. *The Yggdrasil Training Program is designed to teach you how to master these techniques, which include entering the Asgard State of Consciousness and the Gladshiem State of Consciousness, but we need to begin exploring how to enter the Hel State of Consciousness, the Delta mind, which we experience when we enter deep sleep. This is why we refer to it as “deep trance.” This is the condition where you remain in a self-aware, lucid state while working in a deep physical relaxed state or Delta mental state.*

Work to control your breathing is something that you need to become proficient in performing. Deep, full or reverse breathing helps to increase the intake of Vril (vital breath) into your body. It promotes relaxation, helps to clear the mind and increases the flow of Vril energy.

The lesson nine of part five (Midgard) explores the way Vril energy flows into your body and passes through the nine primary Hvels, which is especially when dealing with stimulation of your energy body. This is the energy matrix that feeds Vril energy with the underlying spiritual, biological, emotional, and mental processes that are associated with the complexities of living. The ability to stimulate, raise and manipulate your personal supply of Vril energy is invaluable in your evolution into a Vril Being.

The entire collection of exercises in The Yggdrasil Training Program is designed to provide you with the ability to deliberately manipulate the flow of Vril energy that one might refer to as your energy body, which permits you to store, build up, activate, use, shape and project Vril energy to cause manifestations within yourself and the world around you. Once you have developed this ability, you can join the ranks of the Einherjar and Sessrumnir, or both, in alignment with the Gods, assisting them in maintaining order and harmony in the universe.

BODY AWARENESS EXERCISES

Learning to become aware of your physical body is the first step in becoming aware of your energy body. By “energy body,” we are referring to the matrix of Vril energy that is flowing throughout your physical body through your nervous system, thus creating a network or matrix of energy that duplicates your physical body. Through the nervous system through which Vril energy flows throughout your spirito-physical form, thus regenerating every cell in you, you can stimulate Vril by physically stimulating your physical form. This can be done in the most simple method of scratching and rubbing different parts of your body.

EXERCISE ONE:

The first step is to scratch your skin at different points of your body to cause a light tingling sensation that helps you become aware of the energy coursing through you.

1) Begin by scratching your knee, either right or left, with the nail on your index finger. Do this long enough to cause a tingling sensation. Close your eyes and focus on this point and forget about the rest of your body. Center all your attention on your knee. Continue to do this for about thirty seconds.

2) Do the same for the other knee.

3) Once you have successfully performed this on both knees, begin to explore other parts of your body. Do the same on your big toes, your thumbs, elbows, your thighs, your nose. Perform this procedure anywhere on your body as often as you like. The more you do it, the better you will be able to sense Vril energy within you.

4) Next, using the nail on your finger tip, trace a line from your big toe up your leg, over your kneecap, along the insides of your thigh, to the top of your leg. Do this several times on both legs. As you do this, feel the tingling sensation on your skin as you run your fingernail over it.

5) You can perform this same procedure on your arms. Beginning with your thumb, run your finger nail along the insides of your arm (the skin there is more sensitive) over the insides of your elbow to the top of your shoulder.

6) Once you have performed these exercises, you should be able to replicate the same sensation along your skin with your mind, without touching your skin with your fingernail.

EXERCISE TWO:

The next step is to familiarize yourself with the energy within your hands.

1) With the fingertips of your right hand, gently rub the top of your left hand. Begin with your thumb. Run your fingers up and down your thumb, from the fingernail to the top of your hand, where it meets your wrist. Do this nine times. Close your eyes and concentrate, with your mind, on the tingling sensation on your skin as you rub your fingers over your thumb and hand.

2) Do this with the index finger, rubbing it with the tips of your fingers along the top of your finger, over your hand to where it meets your wrist.

3) After you did this nine times, perform this same brushing action on each of the other fingers.

4) Perform the same procedure on your right hand with the fingertips of your left hand.

5) With the fingertips of your right hand, return to your left hand and gently run them in a circle over the top of your left hand, between your knuckles and wrist, with your eyes closed. As you do this, feel the tingling sensation. Concentrate your mind on that sensation. Then do the same with your right hand.

6) Gently brush the palm of your right hand it over the top of your left hand, up and down, from your fingertips to your wrist. Do this with your eyes closed and concentrate on the tingling sensation within your skin. Repeat the same procedure on your right hand with the palm of your left hand.

7) Finally, hold both hands before you (you can rest them on your knees or the arm of your chair) and *feel* Vril energy within both hands pulsating within them, as if energy is sweeping along your hands, from your fingertips to your wrists and back to your fingertips. Do this with your eyes closed and feel the pulsations bouncing up and down your hands, as if someone was brushing out the insides of your hands.

EXERCISE THREE:

We are going to perform the same procedure on your feet you just did on your hands.

1) Sit in your chair. Rest your right foot on your left knee and with your eyes closed, gently rub the palm of your left hand over the top of your right foot from the tips of your toes to your ankle. Do this just as you did with your hands. Feel the tingling sensation in your foot as your palm gently runs along the top of your foot, over and over.

2) Do the same with your left foot, resting it on your right knee. Rub the top of your foot with the palm of your right hand.

3) Placing your right foot once more on your left knee and with your eyes closed, gently rub your fingertips in a circular motion over the top of your foot, just as you did with your hands. Repeat this circular rubbing action on your other foot.

4) Place both feet on the floor and *feel* Vril energy within both feet pulsating within your feet, as if energy is sweeping along your feet, from the tips of your toes to your ankles and back to the tips of your toes. Do this with your eyes closed and feel the pulsations bouncing up and down your feet, as if someone was brushing out the insides of your feet.

EXERCISE FOUR:

Now we will concentrate on the soles of the feet. Remember, your Musspellheim Hvel is located at the soles of your feet, while the top of your feet is the location of the Niflheim Hvel. So your feet, as a source of Vril energy stimulation, are very important.

1) Begin with either foot, and brush all of your toes simultaneously. Then perform this exercise on the other foot.

2) You should scratch or rub the sole of your foot. Be gentle, as the sole is very sensitive to tickling. Begin with one foot and slowly move your fingertips in a circular motion about nine times. Then, begin to brush your fingertips along the entire sole of your foot, from your toes to the heel. Then switch feet and do the same to the other foot. If you wish to spend more time on the soles of your feet, please do so. It is important to feel the surge of energy.

3) Next you can use the entire hand, using both fingers and palm, to brush the entire sole of each foot from the toes to the heel. This entire exercise, up to this point, should take you three or four minutes. If you wish to take longer, please do so.

4) Once again, place your feet on the floor and feel the surge of energy pulsating in both feet at the same time, moving back and forth between toes and heels. Close your eyes and concentrate your mind on the sensation of pulsating energy.

EXERCISE FIVE:

Once your feet have been properly stimulated, you will begin working on the stimulation of energy in your legs.

1) Begin with either leg. With your fingertips placed on your toes, rub, scratch or stroke the whole length of your leg, by moving your fingertips up the top of the foot to your ankle, over your shin to your knee and then, continue to move up the front of your thigh to your hip. Then, retrace the path down your leg, back to your toes. Perform this stroking action about nine times.

2) Repeat this stroking motion on the underside of your leg, beginning with the ankle and moving up until you reached the back of your buttock.

3) Repeat the two stroking techniques on the other leg. Avoid touching the genitals, as stimulation of this area can cause erotic sensations that might cause distractions.

4) Repeat the entire stroking of the top and underside of your legs, but this time, perform the stroking stimulation of both legs at the same time. You can close your eyes, but whether you close them or keep them open, concentrate on the tingling sensation of Vril energy coursing up and down your legs.

5) Finally, you can sit with your legs stretched out before you or even lay down, but make sure you do not fall asleep. Begin at your toes and, with your mind, feel Vril energy coursing up your leg to your hips and then feel it coursing back down to your toes. Repeat this over and over. Feel the energy coursing through both legs at the same time. Begin slowly and eventually increase the speed of Vril energy coursing up and down your legs, from your toes to your hips and back down your toes without touching your legs. Continue this “bouncing” action for about five minutes.

THE DEVELOPMENT OF YOUR BODY’S ENERGY

The exercise should be practiced over a much longer period of time than you have performed them up to now. **Take your time.** You should have a sense of your ability to stimulate and command Vril energy. When you begin the exercises on how to manipulate Vril energy, you should have a strong sensation of the flow of Vril within them. You will feel a surging, bubbling and rushing sensation that will cause your skin to tingle. It will be as if water is rushing through your body. This is one reason why the Rune for Vril energy is Laguz, which means “Lake” and represents “water.” Over time, these sensations will decrease, causing many to think they are doing something wrong. **Actually, it is the reverse. The greater your ability to control and manipulate your personal supply of Vril, the more likely the sensations will decrease.** The strong energy sensations you experience early in your lessons are the results of resistance within your energy body to the increased flow of Vril. But as the energy body adjusts to the increased flow, the sensations will decrease because the pathways in which energy flows will have expanded.

Some of the sensations you might experience will be:

- 1) a tingling or vibration sensation in the soles and toes of your feet
- 2) a sensation of water rushing through your legs and arms
- 3) tingling within your bones, arms, hands, feet and legs
- 4) tingling up and down your spine
- 5) spasms and cramps in your muscles
- 6) the sensation that ants are crawling all over you, similar to the sensation one gets when parts of one’s body “falls asleep”
- 7) prickling sensations
- 8) hot and cold sensations, especially in the palms of your hands and the soles of your feet.

But after you have learned to command the flow of Vril, your body adjusts and the tingling sensations and other physical reactions decrease and disappear altogether. This is similar to what an athlete experiences as he exercises. His body will ache as his muscles develop, but eventually, he will be able to perform increased physical exercise with little or no physical pain.

THE FUNDAMENTAL ENERGY BODY

Each of us has a fundamental energy body that is a duplicate of the physical body. The two are intricate components of your multidimensional Soul. The physical body is dependent on the continuous flow of Vril energy to maintain its physical well being, as each atom requires Vril energy to maintain its atomic integrity. It consists of a certain amount of Vril energy that will

decrease in most people because of negative thoughts, actions and feelings that your mind obsesses on. ***This negativity requires huge amounts of Vril energy. As you obsess on these negative thoughts and feelings, your mind diverts valuable Vril energy needed to replenish your body. This causes aging and illness.***

On the flip side, when you perform the exercises that we have taught you, such as increasing your personal luck, this too will divert increased amounts of Vril energy from replenishing your body. This is why it is important to learn how to increase the flow of Vril energy and become masters in commanding its use and manipulation.

Learning to increase the flow of Vril will assure the necessary flow of Vril energy, so that your fundamental energy body can continue to properly perform its functions, which include maintaining the properly balanced biological functions and mental dexterity, assuring the maintenance of your Hvels' ability to cleanse and channel Vril energy, and providing the necessary amounts of Vril energy for your mind to assure necessary supply for your spirito-physical body.

THE EXPANSION OF YOUR ENERGY BODY

When performing the many different aspects of these exercises in these lessons, whether it is using Vril for personal luck, or faring forth (astral travel), remote viewing, or protection, you are using Vril energy that is necessary for the well-being of your spirito-physical body. When you are young, you naturally absorb huge amounts of Vril energy, and your requirements are not as great, even though your physical activities might be more strenuous, than when you are older. But as you age, your obsessions increase and your mind becomes more preoccupied by thoughts, feelings and actions that are negative, which might become so routine that it will be hard to break the pattern, and this results in the waste of greater amounts of Vril. Thus, you will need greater amounts of Vril energy to protect yourself from aging and becoming ill. Now, if you begin to practice the techniques we teach in Vrilology, you will need even greater amounts of Vril energy, but Vrilology also teaches you how to increase your flow of Vril, which actually increases your ability to do more with less. This is why you need to learn how to naturally increase your ability to expand the flow of Vril energy coming into you.

Once you have incorporated what you are learning in these lessons, your subconscious mind will adjust itself and your flow of Vril energy will increase without your even being aware of it. ***This is part of what we mean when you have achieved a state of Balder Risen. You have achieved alignment with the Gods, and you are like a leaf that rides the currents of a river, moving along the currents of Vril energy effortlessly.***

Let's continue with our exercises.

EXERCISE SIX:

We will return to your hands and proceed to apply the same method to your arms.

1) Begin with either hand, and brush the entire palm and underside of your fingers. Begin with one hand and slowly move your fingertips in a circular motion about ten times. Then, begin to brush your fingertips along the entire palm, from the tips of your fingers to your wrist. Then switch hands and do the same to the other hand. If you wish to spend more time on the hands, please do so. It is important to feel the surge of energy.

2) Place your hands, palms facing up, on either your knees or the arms of the chair if you are sitting, or next to your sides if you are lying down, and feel the surge of energy pulsating in both hands at the same time, moving back and forth between your fingertips and wrists. Close your eyes and concentrate your mind on the sensation of pulsating energy.

3) Now turn to your arms. Place the fingertips of your right hand on the underside of the fingers of your left hand, rub, scratch or stroke the whole length of your arm, by moving your fingertips over the palm of your left hand, across the wrist, up the inside of your arm, passing the inside of your elbow up to your shoulder. Then retrace the path down your arm and back to your fingertips. Perform this stroking action about a nine times.

4) Repeat this stroking motion on the top of your arm, beginning with the top of the fingers, over the top of your hand and moving up until you reach the top of your shoulder right to the base of your neck.

5) Repeat the two stroking techniques on the other leg.

6) Place both hands on your knees or the arms of your chair, or at your sides, and imagine the surge of energy moving up and down both arms at once. Concentrate on the tingling sensation of Vril energy coursing up and down your arms.

EXERCISE SEVEN:

We will now target your spine, the upper body region and finally the entire body.

1) You can sit comfortably in your chair with your hands placed on the arms of the chair or your knees. Keep your eyes closed so you can concentrate on what you are doing. Begin at the base of your spine, concentrating your mind at the tailbone, and move your awareness up the full length of your spine to the top of your head. Feel Vril energy slowly rising through your spine to the crown of your head.

2) Slowly feel the energy moving back down your spine to your tailbone. Repeat this over and over. Begin slowly and eventually increase the speed of Vril energy coursing up and down your legs, from your tailbone to the top of your head and back down to your tailbone. Continue this “bouncing” action for about five minutes. ***Make sure you breathe normally while doing this. The spine energy bounce tends to interfere with the natural breathing pattern. This can cause shallow breathing and intermittent breath-holding.***

3) You should lie down for this exercise, as you will want to keep your body straight. You might wish to keep your arms raised over your head and your legs together. Once you are

in this position, begin at the soles of your feet, and mentally trace your awareness up your legs, through your body, your torso, head, and arms, and finish at your fingertips. If you are unable to raise your arms over your head, you can rest them at your sides, but your awareness will rise no further than the crown of your head. Then trace your awareness back down to the soles of your feet once more.

4) Now repeat this by bouncing your awareness up through your entire body and down again, and as you do, *feel* the flow of Vril energy rising through your entire body and then retreat back down it once more. Repeat this bounce over and over, and slowly increase the speed at which it passes through your body. Do this for about five minutes.

HARNESSING AND STORING VRIL

You should by now have a good command of stimulating your energy body, as a result of these exercises. They were designed to help loosen up the flow of Vril energy, remove blockages and strengthen the network of pathways through which Vril energy flows throughout your body. The newly discovered sensation of Vril flowing through your body can be a fantastic spiritual awakening. If you have not already come to the realization that you are not just a physical machine but an energy entity, you certainly will come to accept this reality by the time you have completed this training program.

The first set of exercises was designed to loosen up your body so that Vril can more easily flow through you. Now we must learn how to harness this energy and store so that you can use it for whatever purposes you will need it for. We have shown you in previous lessons how to use Vril for protection, increasing your luck and so forth, but using Vril for such purposes can be costly and you will need to increase its flow so that your body, both physically and spiritually, will have a sufficient supply of Vril to power its normal activities. It might seem as if we have put the cart before the horse in demonstrating how to use Vril for protection, increasing your luck, and other uses before we demonstrate how to increase its flow and store this increased amount of Vril, but we needed to demonstrate how Vril can change your life for the better before we introduced you to the advanced techniques that will take a great deal of dedication and determination on your part for such activities as remote viewing, faring forth and mind control.

We cannot stress enough how important it is to master the art of increasing the flow of Vril for such activities. You cannot do too much energy raising. You should put aside a couple of hours each week for this purpose.

WE ARE ENERGY BEINGS

By now you should be familiar with the knowledge that we are energy beings. Every atom in our body is at least 99 percent Vril energy. Our physical form is just a reflection of this energy body. Though we might appear to be solid flesh and blood, underneath our fleshy exterior we are composed of the most highly structured matrix of Vril energy. This matrix includes your Hamingja, your many Hvels, the primary ones and the hundreds, even thousands of smaller Hvels, your entire multi-dimensional Soul, regions where Vril energy can be stored and parts of

your body that can be used to exchange Vril energy with other people. These are the palms of your hands, soles of your feet, eyes, lips, mouth, tongue and genitals.

Each of these energy circuits have various purposes and are all interconnecting, supporting each other's requirements, and are all integrated parts of the energy matrix's synchronicity. Each of us absorbs a small amount of Vril energy for our normal daily functions. This flow of Vril energy decreases as we age because of the negativity we accumulate through negative thoughts, feelings, actions and especially our obsessions. We absorb Vril in various ways: eating, drinking, breathing, from our environment, and from people we are in contact with. As we grow and mature, and our Orlog becomes filled with the negativity we store there, our requirement of Vril increases, but this increased negativity will actually cause the amounts of Vril flowing into us to decrease. This process assures aging and illness and eventually death. Think of it this way:

Imagine each negativity to be a lead bar you acquire and must carry with you at all times. As you accumulate more and more lead bars, the effort to carry them around with you increases. It will take more and more energy on your part to support their weight. It is the same with Vril. The more negativity you carry around with you in your Orlog, the larger amounts of Vril energy you will need. Eventually, it will not be enough and it will affect your Wyrd—your future pathways in life.

ASGARD, MIDGARD AND HEL

There are three major energy storage regions within you. The first is the subnavel region that corresponds to Hel. It is ruled by the Rune Kenaz, controlled fire. This region acts like a furnace, causing energy to increase in intensity, and sends it towards a given purpose of creation. The second region is near the heart region and corresponds to Midgard. It is ruled by the Rune Wunjo, and represents harmony. Thus, the fire sent by Kenaz is made harmonious to whatever tasks you set for it. The energy of Kenaz is thus used in a constructive way for manifestation. The third region is between the Third Eye and the Crown and is represented by Asgard. The Rune is Othala. This represents the highest manifestation spiritually, representing Odin himself in Othala. Thus, the Asgard region represents spirit, the Midgard region represents Vril itself, the Life Force, and Hel represents the sexual energy of creation or generation. Like this training program, in which the first level is Hel, where the sleeping self is awakened for the first time to its true heritage, so too is this region very important in raising energy that is stored in your body. Thus, of the three regions, only Hel should be filled with energy storage action, which we will describe in the exercises to follow. It is from here that "charged" or "shaped" energy flows upward, along the axis which represents the Yggdrasil, to the higher storage regions of Midgard and Asgard. This we have your awakening taking place in Hel, representing the subconscious, manifesting itself first in the conscious, or Midgard, which thus takes you to a higher manifestation of consciousness in Asgard.

CLEARING YOUR MIND

We are now going to discuss how to develop your ability to tame your mind. This is the ability to silence internal mental dialogue and keep your mind clear of vocalized thought. There

is a voice in your head that is constantly talking, making observations, reminding you of things, constantly restating the obvious to you over and over. This chatterbox is the biggest obstacle to developing your mental and psychic powers. It is sometimes referred to as *involuntary subvocalization*. It is the major cause for obsessive thought. If you cannot control this internal dialogue, you will never be able to prevent yourself from obsessing on the negative, which is the greatest obstacle to developing your powers of internal projection by which the expanded energy body is generated, which is the first step toward wake-induced faring forth. ***Before you can develop your powers of faring forth, you must first master the internal dialogue and relax and focus your thoughts for a sustained period of time.***

Let's us first state that by learning to clear your mind, or taming your thoughts, ***we are not referring to shutting down all thought.*** Your mind will still be aware of mental imagery, body awareness actions, visualization and so forth, but your mind will cease its chatter. You can observe an object and be aware of it and its characteristics, even examine it, but your mind will not discuss it. There will be no internal dialogue. ***You will learn to think and act without words.*** Thus, a tamed mind simply means no word-based chatter. The internal dialogue or involuntary sub-vocalization will be replaced by a relaxed state of mental silence, not unlike when you silently try to listen to a far-away or faint noise. ***You actually do this all the time, every day, without realizing it. Your internal dialogue is shut off whenever you are watching television or a movie, listening to music or daydreaming. This also occurs just before you fall asleep, when you enter your Alpha or Asgard State of Consciousness, which you should by now be an expert at inducing.***

It can be a little disconcerting at first, and might even seem somewhat lonely, because we are so conditioned to listening to the little voice in our heads chattering away over and over. Holding this relaxed mental state will take practice and concentration, but in time it will come much more naturally to you, and you will eventually become used to it and look forward to it.

The ability to tame your internal mental dialogue can be used for all sorts of positive purposes, including the reduction of worrying. The greatest cause of stress comes from our inability to quiet our mind. Our inner voice will constantly discuss problems we face every day and discuss them over and over until we become obsessive about them. This is the greatest problem we face as regards storing negativity in our Orlog. Our internal dialogue acts like a recording machine, typing into the files of our Orlog all the things that we should not be obsessing over. Once you have developed the ability to quiet your mind, you will be able to use this talent to reduce stress, eliminate obsession and create a clear-thinking mind for you to use to help you perform those tasks that you really should master for your own improvement and evolution, but spiritually in your physical reality.

A disciplined mind that has developed the ability to silence its own internal dialogue is not only stronger, but possesses greater powers of self-awareness and focus than other minds that are incapable of doing the same.

TAMING THE MIND

Many of the exercises dealing with meditation you have mastered in previous lessons have already laid the groundwork for taming your mind. In these exercises you have often practiced quieting your mind, shutting off the mental chatter, and concentrating your mental process into a narrow band. Therefore, you might find some of the exercises we are suggesting you practice to be redundant, but it is necessary to review them. Early attempts to master mental quietness probably caused tension headaches, especially when practicing entering your Alpha and Theta states, but by now you should be able to enter this state effortlessly. You probably noticed that the brain has quickly accommodated your needs as you practiced. Let us give some suggestions to help you further develop your ability to tame your mental chatter.

You can easily do this by focusing your mind on any physical or mental task. This will easily clear your mind and develop the ability to focus. Physical activity is especially effective in learning to shut down the mental chatter. Even the simple exercise of walking can be very effective. Take a long walk and as you do, turn off the inner speaker. Simply observe everything you see, as you walk. Use your senses of smell, sight and hearing to observe and examine. ***Do not mentally comment on what you perceive.*** Simply notice it all without talking about it to yourself in your mind. You should also avoid daydreaming as you walk, concentrating your mind on the things you pass and observe.

Other ways to practice are to listen to music and concentrate your mind on the sound without commenting about it to yourself. You might do the same while watching television. If you are physically exercising, concentrate on the physical efforts of your body without making comments. Just take in the physical exertions of your body. If at any time your mind wanders, simply refocus your attention back to the task at hand.

Another method we have taught you to enter a meditative state is to count backwards. This can be very effective in shutting off the mental chatter. By counting backwards, you are progressively causing your mind to retreat backwards toward a desired goal, as opposed to counting forward. Numbers are also very effective in shuttering off the verbal chatter. You can also use Rune chanting to the same effect. Runes are not words in the traditional sense. Though they have esoteric meaning behind them, they can be very useful in learning to concentrate your mental powers to eliminate the mental dialogue, by visualizing the form or shape of each Rune in your mind and holding the image without speaking. The best Rune for this exercise is Isa, which is the Rune of Concentration and used to quiet your mind.