

USING RUNES TO HARNESS VRIL TO HEAL

The Mechanism of Vril

We understand that the universe is filled with Vril, and Vril is not manufactured within the human body. It is a universal force which every atom in the universe is pulsating with. Is there a limit to the quantity of Vril? One might think that if there is a limit to the universe, then that is the limit to the amount of Vril, but some believe Vril, like subatomic particles, blinks in and out of our universe, which would mean there is no limit to the quantity of Vril.

Our bodies have the capacity to absorb Vril and store up a reserve supply, and use and transform Vril into various forms necessary for a variety of purposes in maintaining and ensuring the function of the many organs of the body. We also have the ability to increase the amount of Vril our bodies can store up, and use it for such purposes as increasing our supply of personal luck. But the Vril gathered, stored and transformed is never created by the human body, though it can be shaped and transformed. And just as Vril cannot be created, it cannot be destroyed.

The Nervous System

The mechanism by which Vril is passed throughout the body is the nervous system. The nervous system is divided **structurally** into two great systems:

- 1) the cerebro-spinal system and
- 2) the peripheral system.

The cerebro-spinal system consists of the brain and the spinal cord. The spinal cord runs down the trunk line of the spine, through the center of the twenty-four vertebrae of the spine (not counting the sacral region), the backbone. The peripheral nervous system branches off it at each vertebra, and also directly from the brain through the skull, to connect with every other part of the body.

The nervous system is also divided **functionally** into two systems. One functional system is called the autonomic nervous system, while the other has no good name but will be discussed here as the non-autonomic nervous system.

The functions of sensation, movement, consciousness, volition, will, and all higher processes of thought and reason are the domains of the non-autonomic system. The five senses of feeling, taste, hearing, sight and smell are conveyed through it to the brain. Awareness of the outside world is received and transmitted to the brain and processed. The brain is divided into three parts: the medulla oblongata, the cerebellum, and the cerebrum. The medulla oblongata is situated at the base of the brain and considered the upper part of the spinal cord. It is often referred to as reptilian in nature, controlling certain functions of the autonomic nervous system, such as the activities of the lungs, cardiovascular system, and abdominal organs. It also modulates some of the subconscious activities of the mind. The cerebellum, whose name means "little brain," is situated just above the medulla oblongata. It modulates muscular movements of the body. Without it we would not be able to smoothly walk, run, or move our legs, arms, or fingers without conscious thought. These are actions that we learn, usually as an infant, and then perform without much thought, automatically and unconsciously. It is only when we desire to perform specific tasks of complexity that the cerebrum takes charge.

The cerebrum, or larger brain, comprises the greater part of the skull cavity. It is the seat of conscious thought, reason and reflection on new ideas, cognitive thought, memory and perception. It is the seat of intelligence and inspiration. The connection between the rest of the nervous system and the cerebrum must be maintained if sensation is to be felt throughout the body. This part of the

brain is most important when dealing with consciousness and intelligence, and the seat of these functions rests in the cortex. The cerebrum sends out orders that control the motor functions. This is done by transmitting Vril to different parts of the body. It is done through the spinal cord, which occupies the spinal column or backbone. Spinal nerves spring from either side of the column, and then divide and subdivide, transmitting Vril to every part of the body. Without this complete system of nerves reaching into every tiny corner of the body, Vril would never reach out and fill every cell in the body. Parts of the body would be without connection to the brain and be cut off from the flow of Vril—the Life Force that animates the human body.

The spinal cord is actually a continuation of the brain. They form two parts of the same system. The spinal cord occupies the center of the spinal column running up and down the center of one's back. Though it is composed of both white and gray matter and separated into two parts by fissures, there always remains a ridge of connecting nerve matter, shaped like the letter "H." There are thirty-one pairs of spinal nerves, emerging from either side of the cord. Each nerve has two roots, an anterior and a posterior. The way these two nerves work is simple. If one's foot was pricked, a sensory impulse would be transmitted to the spinal cord by way of the posterior root. A motor impulse would then be sent from the spinal ganglia to the foot by way of the anterior root causing a reaction. If the posterior root was cut, the foot if it were pricked would not feel any sensation, but could still move. If the anterior root was cut, the foot could still feel pain, but could not move. So we can see that the spinal column and its nervous system is essential to both movement and sensation throughout the human body. Breaking the spinal column would cause paralysis and lack of all sensation through a part of the body depending on where the spinal cord was severed.

The nerves emerging from the spinal column divide and subdivide until their "fingers" reach into every part of the human body. It functions like a great telephone system, with wires reaching into every point, no matter how important or insignificant. It is through this extensive system of expanding nerves that the brain is in contact with every part of the human body, and thus with every cell of the body. Through this extensive system of nerves, a supply of Vril is constantly sent to nourish every cell and every atom within each cell, just as blood is sent through the human body by way of the circulatory system of arteries, veins and capillaries. As mentioned before, these nerves convey sensations from every part of the body to the brain, and in return send orders for movement, and supply Vril from the brain. There are two classifications of nerves:

1) **The afferent nerves**, which carry a stimulus from a part of the body to the central nervous system and within it to the brain.

2) **The efferent nerves**, which transmit motor impulses or incentives for movement to different parts of the body from the central nervous system and within it from the brain.

The sensory nerves are afferent nerves while the efferent nerves are motor nerves. There are other nerves that do not fall into either category. The peripheral nervous system includes *ganglia*, which might be described as "little brains." They can be described as tiny knots of bunches of nerve matter, connected with nerve fibers.

The Sympathetic Nervous System

The autonomic nervous system is divided into the sympathetic and parasympathetic nervous systems. The sympathetic nervous system is connected to the spinal cord by ganglia that run down both sides of the spinal column of vertebrae, within the protective cusp of the vertebral bone on both the right and left sides of the spinal cord. Unlike the non-autonomic nervous system, the sympathetic nervous

system does not carry the objective intelligence from the brain to every part of the body, but instead transmits the psychic or inner consciousness of the subconscious mind to all parts of the body. It is the sympathetic nervous system which connects with the psychic energy centers known as the Hvel, which are discussed in the Yggdrasill Training Program.

Most of the involuntary processes of the human body are controlled by the autonomic system. Among them are processes dealing with nutrition, growth, repair, elimination of wastes, digestion, the immune defenses, respiration, circulation, and perspiration. The sympathetic nervous system has a double chain of ganglia, situated on both sides of the spinal column as described above. The parasympathetic nervous system has scattered ganglia in the head, neck, chest and abdomen, but situated principally in the area of the thoracic, abdominal and pelvic cavities, and as well as throughout the internal organs. Each ganglion helps to distribute Vril energy to various parts of the body. They increase and intensify Vril energy flowing through the sympathetic nervous system to whatever section of the body that has need of additional Vril. Some of the ganglia are related to the various Hvel. A network of very fine filaments connects the ganglia to the cerebro-spinal system and the sensory and motor nerves. From these ganglia, numerous fibers branch out throughout the body, reaching even the tiniest and most distant limbs, blood vessels, organs and muscles. Nerve-masses are formed throughout the body at various locations that are named *plexi*.

The plexi, or plexus for singular, are ever-expanding networks of nerve endings that fan out through various parts of the body to deliver Vril energy to every section, even the most remote and tiniest regions. For instance, the sympathetic nerves that go to lungs will not just touch it, but from where they do touch it, spread out in ever-multiplying fingers that spread into every section of the lungs, so that every cell within the lungs is able to receive Vril energy directly from the sympathetic nerve endings.

The principal plexus is the *solar plexus*.

It must be remembered that the autonomic nervous system acts on instinctual or subconscious instructions from the brain, but can be directed by the conscious mind if the conscious mind has been trained to properly send suggestions. Once the conscious mind has been trained to achieve this level of command over the body, the sympathetic nervous system can be utilized to direct Vril in ways that can be very beneficial to the health and well being of the body. Vril can even be sent to every cell in the body. Currents of Vril energy can be strengthened, directed and concentrated to help develop one's muscles as a form of internal exercise, to repair damaged tissues, or to eliminate illness, foreign bacteria, disease, and other maladies harmful to the human body.

Paul Tice writes in *Vril or Vital Magnetism*: "The man or woman who understands the art of suggesting to the subconscious mind, and of directing currents of vril to the parts of the body, may keep his or her system in perfect condition and functioning power, and thus reach an old age of health, vigor, and vitality."

The Solar or Celiac Plexus

The nervous system is very complex, and this is not the place to go into detailing the entire system, but there is a section of the system known as the solar plexus, which is a mat of sympathetic nerves that are situated at the epigastric region on either side of the spinal column, right behind what is sometimes known as "the pit of the stomach." It plays a very important part in the unconscious processes of the body and contains both white and grey matter. It has been referred to as "the abdominal brain." It is this region where the body stores up Vril supplied for use throughout the

body. It acts like a great storage battery used by the brain, drawing on the supply of Vril that is sent throughout the body to power its functions.

What is important to keep in mind is that the human mind unconsciously draws on the Vril to power the body. But we have to understand that it is possible to consciously draw on Vril and cause the flow to increase or decrease to any part of the body, thus affecting the organs' abilities to perform properly. The conscious mind can be trained to affect the sympathetic nervous system, causing it to send supplies of Vril to different sections of the body through the use of thought and concentration. Thus, the trained individual can direct the flow of the Vril throughout the body, causing currents of Vril to strengthen and build up the body. We should not confuse the solar plexus with the Hamingja. The former is a physical organ of the body, which draws Vril into it and stores it before disseminating it up the spinal cord to the brain and other parts of the body. The Hamingja is a part of your multi-dimensional soul, which draws on Vril from the solar plexus and transforms it into Megin, or Personal Luck.

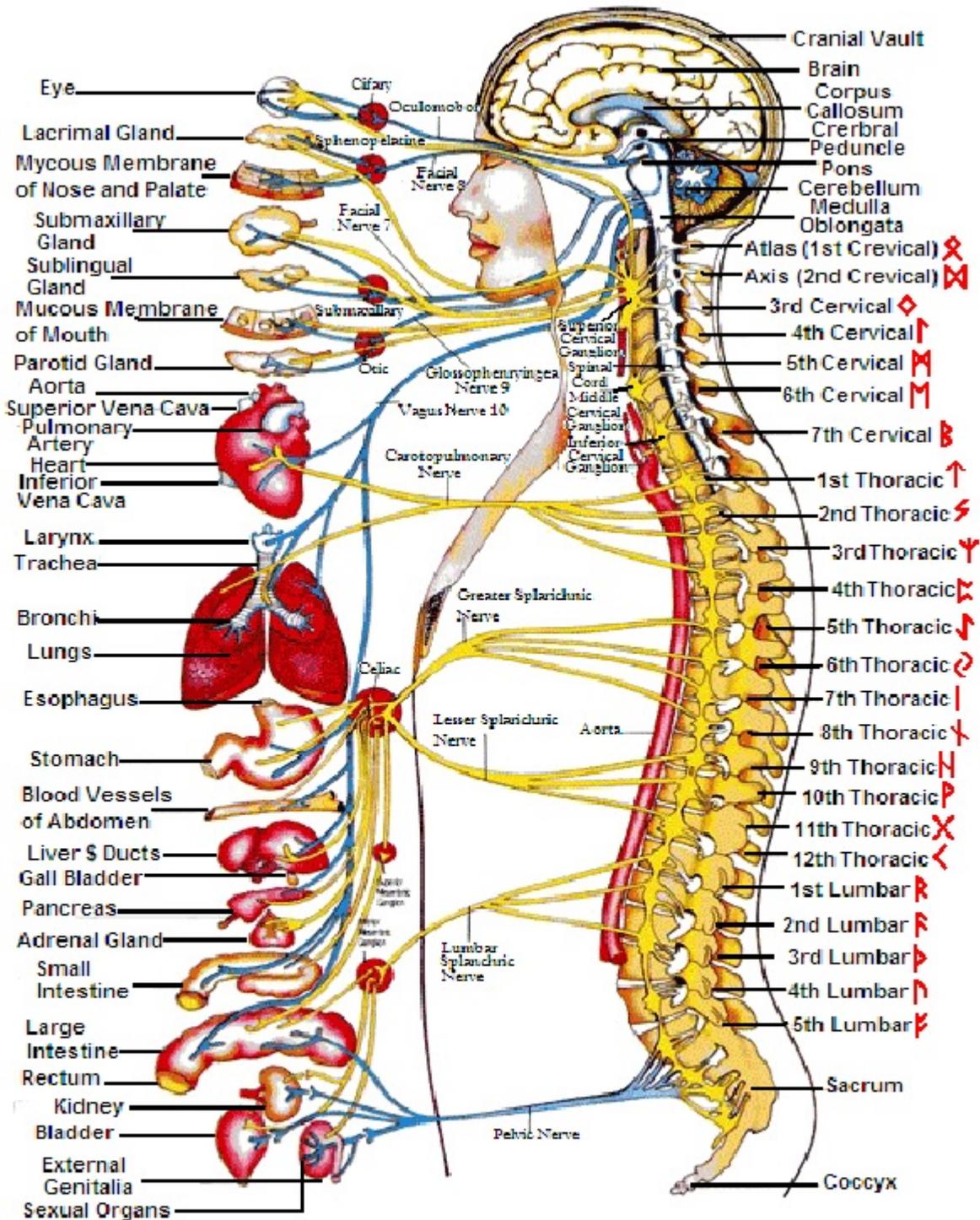
Eihwaz and the Spinal Column

Eihwaz is the Rune associated with the Yggdrasill, the vertical cosmic axis and Kundalini fire, as well as the spinal cord. This Rune causes Vril energy to travel between the different worlds in the Yggdrasill, and between the different levels of consciousness. Like the Yggdrasill's position in the Cosmos, so is the role the spinal column plays within the human body. And as you can use Eihwaz to enhance your awareness of the framework of the Yggdrasill, so too can you use Eihwaz to develop your abilities to be more aware of the way Vril flows through your body and the effects it has on your physical well being. Through Eihwaz you can discover mysteries, not only from deep within your inner perspectives, your microcosm, but also your outer perspectives, your macrocosm, and the relationship between these two different realities.

Eihwaz is also associated with the yew tree, which is a symbol of Yggdrasill and the spinal column. It is interesting to remember that in the Norse cosmology, Midgard is in the center of the World Tree diagram of the multi-verse. To rise upward is to enter the realms of higher consciousness, and to move downward is to enter the realms of lower consciousness. But we can also look at this from the perspective of macrocosm and microcosm. To rise higher is to explore the greater physical universe. The Yggdrasill Training Program teaches how to do this through remote viewing and astral projection. But these disciplines can also help us to explore our microcosm. We can enter the human body and explore this mini-universe. It is possible to mentally travel through the veins and arteries into the different organs, and even enter the individual cells, or even go so far as explore individual atoms within the body. This discipline can be very useful in the art of healing. This ability is symbolized by the yew, which is a symbol of the mysteries of life and death.

The form of the Rune Eihwaz is very instructive of this mystery. If we examine the flow of Vrilic energy, we can discover a duality that is instrumental in the way we can explore the macrocosm and microcosm, life and death, the outer and inner natures, and higher and lower consciousness.

The yew tree associated with Eihwaz is known as the tree of death because of its toxins. Yet it is a long-lived tree, and the most enduring of evergreens that live through winter. For these reasons it is associated with the Great Initiation of life, death and rebirth. It is the tree most affiliated with the shamanistic tradition of traveling to other realms, including the realm of the dead. Odin gained his power over life and death by hanging on the yew tree, the Yggdrasill. He sacrificed himself for himself as an initiation of death and rebirth.



How the 24 Runes of the Elder Futhark Corresponds to the 24 Vertebrae of the Spinal Column

Often water is the element associated with death. For this reason, the Goddess Ran, Aegir's wife, is, like Hel, the Queen of the Dead at sea. Those who die at sea are taken by her to her domain under the sea.

Eihwaz is also associated with fire, or the Kundalini Fire, because it is the Rune of the vertical axis, which corresponds to the human spine, which has twenty-four vertebrae, which in turn form a correspondence to the twenty-four Runes of the Elder Futhark. Kundalini fire is Vril energy that travels up and down the spinal column, and charges the different Hvel with Vril or Megin energy.

Exercise Using the Spinal Column for Healing

If you study the diagram of the spinal column on the previous page, you will notice that there are twenty-four vertebrae. We make the association of twenty-four vertebrae with the twenty-four Runes of the Elder Futhark. As you also know, the Futhark is divided into three parts, or Aetts, which means eights. One of the associations you can make is with the musical harmonic scale from the movie *The Sound of Music*. Remember when Julie Andrews sings, "Doe, ray, me, fa, so, la, tee doe." Begin with Fehu located at the base of the spinal column, and then move up the spinal cord and associate each vertebra with the sound of a musical note.

If you know anything about the structure of harmonics and nature, you will notice the equivalent to the progression in nature of three-to-one. This means there is a three-step development followed by a plateau or fourth step. This plateau is when either further development can be derailed or a metamorphosis can take place, permitting or ensuring further development and growth. Thus we have: doe, ray, me *fa*, so, la, tee *doe*. You can clearly see the 3-1, followed by another 3-1. Now, if we look at the spinal column and begin to move up with the musical notes, we have the runic association of:

Fehu–doe
Uruz–ray
Thurisaz–me
Ansuz–fa
Raidho–so
Kenaz–la
Gebo–tee
Wunjo–doe

The first level is Freyja's aett. The first plateau is Ansuz. This is the Rune of speech, communication, knowledge and the "release of mental fetters through an ecstatic state." It is the Odinic state of ecstasy.

This is followed by three more Runes, and the next plateau is Wunjo—a state of joy and harmony among people. "The realization of truth!" Is this not the first step in the evolution toward a higher spiritual state?

But let's continue. We must begin again with the second aett.

Hagalaz–doe
Nauthiz–ray
Isa–me
Jera–fa

Eihwaz–so
Perthro–la
Elhaz–tee
Sowilo–doe

We can see this second set of musical notes nicely corresponding to the second aett, Heimdall's aett. The first plateau of this level is Jera. This is the rune of evolution. "The turning of the year. Natural cycles. Fertility."

This is then followed by the further progression to the next plateau, Sowilo. "Strengthening of the psychic centers (Hvel). The individualization of the Being." The Sun! We refer to Sowilo as the Rune of Balder Risen. It is the state one achieves from the regenerative powers of Balder's resurrection and the beginning of acquiring a State of Gimli.

Now for the final level, which looks like this:

Tiwaz–doe
Berkano–ray
Ehwaz–me
Mannaz–fa
Laguz–so
Ingwaz–la
Dagaz–tee
Othala–doe

The first plateau is Mannaz, the perfected human, which is the divine archetype structure that is reached when opening the third eye. This is part of the process the Church of Balder Rising refers to as *Balder Rising!*

And the final plateau is Othala. This is the Rune of the clan and inherited power, of the recreated bond between Asgard and Midgard.

So we have the following plateau Runes: Ansuz, Wunjo, Jera, Sowilo, Mannaz and Othala. Here we have a six-rune formula for spiritual rebirth and evolution.

We can use this process to help with healing, but more importantly as a Runic massage:

1) The patient can lie on his stomach. You should stand on the patient's left side. The patient should be naked from the waist up.

2) The masseuse then paints the Runes over the vertebrae, using a washable body paint. Give it a few minutes to dry.

3) Then the runic masseuse begins at the base of the spinal column, with Fehu, and sings the musical notes of doe, ray, me, fa, so, la, tee, doe. Remember, *me* and the second *doe* are the plateau notes.

4) The masseuse should place his left hand on Ansuz for *me* (a plateau note), and his right hand on Fehu for *doe*. The left hand connects with the right side of the brain, the left hand with the right brain. The masseuse should chant the note *doe*, holding it as long as he can while holding both index fingers on the Rune-painted vertebrae. As he does, he should visualize the Rune Fehu.

5) He next places the index finger of the right hand on Uruz and does the same. Then he does the same with Thurisaz.

6) When he comes to Ansuz, he places the index fingers of both hands on it.

7) When he completes Ansuz, he places the left index finger on Wunjo and the right index finger on Raidho and continues in the same way.

8) He should continue up the spinal column until he finally completes it with Othala. This should help the flow of Vrilic energy to rise through the autonomic nervous system to the different parts of the body, ensuring the regenerative powers of Vril not only heal different parts of the body, but also help cause improvement, regeneration, and the expansion of all powers, physical and psychic, associated with different parts of the body.

To use this method to heal is very simple. The runic masseuse can associate the proper vertebra with a given part of the body or organ that is in need of healing, and direct the healing energies to it by concentrating on the vertebra, such as the 14th, Eihwaz, associated with the lungs. The Yggdrasil Training Program has more about the nervous system in connection with this modality.