



RAGNAR'S RUNIC EMPOWERMENT SERIES

INVOKE FREYA'S VALKYRIE PROTECTION AND DEFENSE

FOR ALL WOMEN VIKINGS!

How To Invoke Freya and Her Valkries and her Elkhaz Rune for Protection and

Defense of You and Your Loved Ones!

Who is Freya?

1. Freya is one of the Vanir Goddesses (earth goddesses). She is the twin sister of Frey, God of Masculinity and daughter of Niord, God of the Seas.
2. She is a triune goddess. Her powers are multiple since she is the Goddess of Love, Goddess of Magic and Goddess of Valkyries. We shall use her role as Valkyrie goddess in this invocation.
3. Her main function as Goddess of Valkyries is to collect the dead heroes from the battle field and bring them to Valhalla to live and dine with Odin until Ragnarok when they will march out to battle Loki, Surt and the evil Frost Giants.
4. Freya has many Valkyries that ride with her and in addition to collecting the dead after a battle they actually engage in battle with the Viking warriors as Shield Maidens guarding their backs.
5. Loki, giants and trolls are evil beings who want to destroy all that is good, beautiful, and sane in our world of Midgard.
6. There are Loki's, Giants and Trolls walking the streets of our cities right now, intimidating and scaring good people. Learn to recognize them and protect yourselves and your families from them. You will find them in business, in politics, in the pulpit, in the media and in the alphabet police forces. In these days of Loki's rule don't believe anything that you read and only half of what you see.

IT IS TIME TO INVOKE ALL THE GODS AND GODDESS OF YOUR ANCESTORS FOR PROTECTION.

TIME TO USE ALL METHODS OF COMMUNICATION WITH THEM

RADIONICS

MAGIC

SORCERY

INVOCATION

RUNE MEDIATATIONS

ORGONE GENERATOR TECHNOLOGY

PRAYER

SACRIFICE

THIS IS NOT A TIME TO BE TIMID!

7. WOMEN YOU NO LONGER NEED TO FEAR OR STEP ASIDE FROM GIANTS AND TROLLS WHEN YOU ENCOUNTER THEM.

8. When you learn how to invoke Freya's Valkyries to walk alongside of you the Lokis, giants and trolls will scatter and cross the street to get out of your way.

How To Invoke Freya and Her Valkyries Into Your Life

1. First of all you must believe that Freya and her Valkyries and all the gods/goddesses of the North still exist. All gods/goddesses exist. Call on them.

2. Modern 21st Century science has finally discovered Quantum Physics.

3. They have explained this in a way so that even the layman can now understand how the energies of the Universe work and how we can create our own realities.

4. Quantum Physics tells us that all reality, all gods/goddesses, all ideas past present and future exists in an infinite pool of energy called the Quantum Ocean.

5. All magic and invocation takes place here.

6. Time does not exist there.

7. The shamans, healers, magicians, runemasters of our ancestors knew this though they called it by different names.

8. Freya and her Valkyries are there in all their greatness and magic.

9. Freya is more than willing to come into your reality with her Valkyries and act as Shield Maidens to help protect and defend you and your family.

Think of the Gods/Goddesses and They will think of you!

How To Think of the Gods/goddesses

1. Study the print of Freya. Read up on her and her Valkyries.

2. Buy, make or obtain her tools. Get her Freya's Magic Rune Box sold in my bookstore. You cannot be a powerful magician and protect yourself and your family without your tools. A soldier does not go to battle without his

weapon Make or buy a magic wand.

3. Learn her Seidr Magic. Go to the internet and find out more.
2. See her in your minds eye in all her majesty. Use your Freya Magic Rune Box with orgone generator to help you invoke Freya
3. The print you have is one of Freya the Valkyrie. Meditate on it.
5. Freya goes into battle with her battle chariot pulled by her two cats which are as big and ferocious as Siberian Tigers.
6. Whenever the Valkries ride war horns and trumpets can be heard thundering across the sky. Viking warriors hearing this fought even harder to earn a place inValhalla.
7. Study the print, meditate on it (no pain no gain) till you can close your eyes and see the Valkries riding alongside of you.
8. Make Freya your personal powerful friend who will send her Valkyries to ride with you on a daily basis clearing your path of all Giants, trolls and predators.
9. Where you place your attention, your energy flows and if you place your attention on Freya she will feel it and reciprocate.

Enter Lory Martin

1. I learned this Viking Magic of invoking Freya and the Valkyries from a true Valkyrie Warrior named Lory Martin.
2. She is a daughter of Freya and a fine accomplished Asatru Artist.
3. She creates the Freya, Thor and Odin Magical Rune Boxes. She also creates marvelous wood plaques of all the Norse Gods and Goddess. You can see them on my website.
4. One Evening when I was teaching a Rune class in my home and Lory was in attendance, she pointed to the balcony above the living room and said, "Ragnar do you know that you have 3 warriors watching and listening to you?"

5. I looked up and could not see them.
6. She said she was a daughter of Freya and had the sight to see warriors both dead and alive.
7. I asked her who they were and what they wanted. She said one was a Samari warrior, one a Cheyenne dog soldier and one a Zulu warrior.
8. I asked her what they wanted. She said they felt the warrior energy in the room due to the rune invocations and came to investigate. Other than that she did not know.
9. They showed up every wednesday for 6 weeks throughout the rune course. When the rune course ended they stopped coming.
10. I am powerful enough in my own rites as a rune master and a Godi of the Pennsylvania Asatru alliance but I did not have the feminine Seidr Magic that women Valkyries possess for seeing. Lory did.

Here Is How Lory Learned to Invoke Freya for Protection.

1. This is what Lory, Valkyrie and daughter of Freya told me about her rituals.
2. Before she went out into the world everyday she meditated on Freya (her print and/or rune box). When she felt that Freya was there in the room with her she asked her to send her Valkyries for her protection.
4. Then she left the house..
5. Want the Giants, trolls and predators to scury away from you and your family? Then start visualizing The Valkyries riding before you if you are walking or around your car if you are driving.
6. You can personalize the Valkyries you wish to walk and ride with you.

Pick and choose your 4 favorites

Here are their names and their meanings:

Brynhild (The Battle valkyrie)
 Sigrdifa (The Victory Blizzard valkyrie)
 Sigrun (The Victory Rune valkyrie)

Hrist (The Shaker valkyrie)
 Skeggjold (The War Axe valkyrie)
 Hildeberg (The Battle Fortress valkyrie)
 Hildegund (The Battle War valkyrie)
 Thuor (The Power valkyrie)
 Goll (The Battle Cry valkyrie)
 Geirahod (The Spear of Battle valkyrie)
 Grimhildr (The Helm of Battle valkyrie)
 Gunnr (The Battle valkyrie)
 Gondul (The She-Were-Wolf valkyrie)

Invoke 4 battle tested valkyries to protect you and your family on a daily basis!

7. Lory does this visualization every day and now the Valkries are at her beck and call instantaneously.
8. At night before retiring she takes her runic crystal magic orgone wand and tiles (protects) her bedroom and whole house. (Use your tools!)
9. She does this by inscribing the Elkhaz Rune (I spelled this rune so that it would be easier for you to know which one it is. It is the rune that looks like the protective and defensive horns of an elk) .
 First facing the north wall of her bedroom she inscribes the Elkhaz in the air with her wand. Then clockwise, east, south and west, ceiling and floor. Six inscribed Elkhaz Runes in the six direction.
10. She visualizes the Elkhaz Rune forming a flaming wall of protection around her bedroom. Then she expands it to cover her whole house Then her neighborhood, her city, her state, the United States, the Western hemisphere, then the whole planet. In this way she does helps to keep the powers of the Runes circling and circling. It is far better than some passive visualization of peace and sweetness and sunshine. You can only combat evil power with a stronger force such as the Runes.
11. Then she visualizes four Valkyries standing guard on the outside of her home. One in the North with brown and green armour, one in the east with yellow armour, one in the south with red armour and one in the west in blue armour.
12. She acknowledges their presence and goes to bed safe and sound that she is protected from astral, mental and psychic as well as physical Lokis, trolls and giants.

13. She has one more bit of Valkyrie magic that she performs before she closes her eyes.

14. She sends a group of 4 Valkyries to protect the homes of each of her children and loved ones. She places one to the North, south, east and west.

This is Valkyrie Magic that you can start practicing and using today. The more you use the stronger will your connection with Freya and her Valkyries become and the safer you and your loved ones will be!

How To Protect Your Family With Freya's Valkyries

1. Whenever your family goes out, when you go shopping and when your children go to school take 5 minutes (several times a day) and visualize The Valkyries riding alongside of you and them in the malls at work, shopping and in the school corridors.

2. The more time that you spend on these family protection visualizations the stronger the connection will be between them and Valkyries and the safer they will be.

3. Give them all an Elkhaz Rune to carry or better yet buy them all their own Freya Magic Rune Boxes. They too need their tools.

In Conclusion

1. To invoke the strength and protection of the Valkyries

(a) Visualize walking with them in front of you when going out.
See the Giants and trolls and predators fleeing from you.

(b) Draw yourself an Elkhaz Rune and start inhaling the strength of the powerful Valkyries by intoning " I am now inhaling the strength and protection of the Valkyries into every cell of my body." Look at the rune and inhale it.

(c) When driving your car feel and see the Valkyries riding along side on their war horses. Get a Freya Valkyrie protection rear mirror car talsiman. (They are sold in my bookstore)

(d) When in a confrontational event that looks like it may go past the talking stage. Get quiet. Invoke The Valkyries; see their war horses rearing up and see the Valkyries poking at the predators with their spears. Then watch

them scatter and run. Do not be yourself.

afraid of using visualizations to protect

(e) In the evening in the quiet of your room invoke Freya and the Valkyries and send them to visit those who have been giving you a hard time during the day. See the predators cowering. See the Valkyries warning them to leave you and your family alone. Give them a good whack in the head for good measure.

(f) When you know that you are going to be in a dangerous place, take a magic marker and draw an Elkhaz Rune in each your palms. Then when you get to where you are going, open your hands and face them in the direction of where the danger may be coming from and feel the power and strength of Elkhaz pouring out of your palms and in the direction of the danger.

**Want to be safe in this unsafe world?
Then you need a body guard just like in the movie of the same name.**

Invoke Freya and she will be only too happy to send her Valkyries.

CHECK OUT MY WEBSITES FOR OTHER RUNE BOOKLETS

[HTTP://WWW.OLEVIKINGSOP.COM](http://www.olevikingsop.com)

[HTTP://WWW.RUNES-FOR-HEALTH-WEALTH-LOVE-NOW.COM](http://www.runes-for-health-wealth-love-now.com)