

# 5 MAGIC RITUALS NEVER SEEN IN PRINT BEFORE

## RUNE MAGIC RITUALS

Learn how to develop your own runic rituals updated to the 21st century.

RUNE-MAGIC allows you to develop your spiritual and psychic powers. With these new powers you can attract health-wealth-happiness into your life.

Runes are an energy! As a Northern European you can now attract the virtues of your Viking ancestors into your daily life today.

Strength (Rune UR) --- Courage (Rune Tyr) --- Victory (Rune Sig) --- Wisdom (Rune Os) and Individuality (Rune Is)

They are very powerful Universal Energies of Creation. They reside in the infinite Quantum Ocean where time does not exist. There is no past present nor future. Only the NOW!

"The murmuring Runes of the Universe, the sacred symbols of Salvation of the Cosmos are deeply buried within ourselves, in our soul as inherited memories. They call, murmur and rush within us, and we could not get them outside of us by imitation, if they were not built into us since eternity.

You will find on this page Rune Magic as practiced by Ragnar Storyteller. I am a Practicing Rune master using Rune Magic in my everyday life.

May the murmur of the Runes Call us to action.

Today we must use the Sword of the Mind (Quantum Physics), it is more polished and sharper and makes victory certain.

## **WAKE THEM UP!**

One thousand years ago, Odin the All-Father of the Northern pantheon of gods/goddesses hung 9 days from a tree. He finally reached into the Quantum Ocean and rediscovered the Runes for us. Christianity, the religion of intolerance, destroyed them.

Guido Von List, a German occultist (circa 1908) while lying blinded on his bed after a cataract operation, rediscovered them for us. He also dipped into the Quantum Ocean to get them.

My website <http://www.runes-for-health-wealth-love-now.com> is a RUNE ENERGY site filled with practical information. Information you can use to attract these marvelous powerful rune energies into your life. To attract health-wealth-happiness now.

RUNE-MAGIC uses Runes as keys to Universal Energies. Runes were originally used for higher spiritual purposes long before they were used for writing or divination. RUNE-MAGIC will help you to get in touch with worlds and energies beyond the scope of your everyday life.

Runes are energies that preceded the use of language by humans. RUNE-MAGIC combines numbers, colors, sounds and images.

Runes are creative energies and therefore they are limitless in what you can do with them. They are safe because you will be tapping directly into the Quantum Ocean with a pure Runic symbol. You won't be traveling through the Qabalistic or Egyptian or Hermetic worlds to get your energy. These worlds are peopled with dangerous beings.

The thousands of years that they were used for rituals, both black and white have polluted them terribly.

With the Runes, which are pure creative energy, the RUNE-MAGIC you will be using will be direct. Direct between you and the infinite Quantum ocean.

Quantum Physics is the new high technology. What the Quantum Ocean did for us was to give us a basic easy understanding of how reality works. It also gives us the rules for recreating our own lives.

The Rune symbols are the keys to the runic energies that exist in the Quantum Ocean. We no longer need to rely on magicians, priests, rabbis, shamans, healers and secret societies to be able to use the RUNE SECRETS OF CREATION. We have the laws of the Quantum Physics at our disposal.

# RUNE MAGIC RITUAL #1

## ODIN'S-OAK-TREE-RITUAL

I will now share with you three of my favorite ODIN Rituals. I practiced these when I was living in Arizona years ago and I still do them occasionally. By using them over the years I have made a real solid contact with ODIN and I don't need them to contact him anymore.

These are what I call New Rituals. You won't find them in any of the modern day viking books. They are not rote memorization or stale dogmatic murmurings that you hear around the camp fires of Viking kindred outings. These are not 10Th century outdated rituals.

They are unique Odin Rituals because I CREATED THEM. Not Stephen McNallern's Rituals of Asatru which in my opinion are out of date and useless. Nor any other of the out of date asatru rituals.

They are telling you that you need to cling to a godi or a self appointed leader to tell you how to contact ODIN and the gods/goddesses of the north.

I will tell you how to contact them without a godi or middle man.

I may sound harsh but this is the 21st century and we must bring Odin and the gods and goddesses of our ancestors into the 21st century, if we are to have a chance for our ancestral soul and culture to survive.

We must think out of the box, about our relationship with ODIN.

These modern day thoughts of mine about Odin and godi's have made me an outcast, among the existing kindreds who are still practicing 10Th century rituals.

Ever notice the similarity between them and the Christian Church which is still practicing their 2000 thousand year dogma although the walls are falling down on them.

I don't want the walls to fall down on ODIN or our Viking Culture.

I promised you that when you came to my website you would find writings that are not anywhere else.

I want and have built a one-on-one relationship with Odin, the All Father. There are no self appointed godi's or priests or intermediaries between Odin and I.

This powerful bond with Odin has led me to write three books about and with him.

## **ODIN'S OAK TREE RITUAL**

When I lived in Payson Arizona and I was a member of the Arizona Asatru Alliance (before I was outcast) I enjoyed going into the woods alone.

One day I was in a very strange mood, as if something very powerful was about to happen. I felt there was something very important I had to do.

I parked my truck on the side of the road and walked into the forest for about 100 yards. I always picked a different part of the forest to explore.

There it was! What I was looking for. A copse or nine oak trees in a circle. There was an opening in the middle of the oak trees. The opening was about 25 feet in diameter.

I stepped inside of the circle of oak trees and dropped my knapsack and sat down.

Then it came to me. What I should do.

I stood up and took off my jacket and took out the bag of trail mix I had inside of my knapsack.

I opened it up and took out a handful of nuts and raisins.

I faced North and murmured an Odin thank you and tossed the trail mix in that direction.

Then, clockwise, east, south and west with the same tossing of trail mix and Odin thank yous

When I felt that I had sufficiently made sacrifice and the oak tree circle was tiled, I picked up my gander walking stick. I made this out of a branch off an oak tree that had been struck by lightning. I hand carved all of the runes on it. It was very stout and a good five foot long..

Remember what Odin told us about not getting very far from your weapon. We cannot carry around guns or axes, but a good stout gander walking stick will work just fine if a Loki type showed up.

I walked to the oak tree in the North of the circle. I stopped for a moment, thought of what to do, then touched the oak tree with my gander and said Odin guide me out loud.

I continued clockwise to the next oak tree, touched it with my gander and said out loud. Odin heal me.

Then to the third tree, touched it with my gander and said out loud, Odin protect me.

I continued clockwise around the circle of nine oaks trees touching each one with my gander and repeating the Odin invocations in sets of three (one of Odin's favorite numbers.)

When I completed one circuit of the oak trees I said mentally to myself one.

I knew that nine was a sacred number of Odin's. The same number as the oak trees in the circle.

I made the decision to make 90 trips around the oak trees because it was a multiple of nine.

I remember keeping track in my mind and adding one every time I completed a circle of the oak trees. I also remember walking faster and faster around the circle of nine oaks.

When I finally reached ninety trips I was in such a heightened state of awareness that I felt that my feet were not touching the ground.

I decided to continue and go for the next multiple of 900 trips around the oak trees.

I kept circling and circling faster and faster. I now was only saying Odin. Odin, Odin, Odin, Odin, Odin, Odin, Odin, Odin.

I don't really know how many times I circled the sacred oak trees for the next thing that I remember I was lying on the ground in the center of the circle of oaks.

I sat up and looked around. It was deathly still and quiet.

All of a sudden a great wind came out of the north and shook the oak trees furiously. It lasted only a few seconds, but a few powerful seconds.

I knew that Odin had heard me, for is Odin not also the God of the winds?

Suddenly two ravens, came squawking and circling about 100 feet above the oaks in the center where I could see and hear them.

They squawked and circled as if they were talking to me.

They circled one more time, squawked and headed north.

I sat there for some time wondering what it was that Odin was trying to tell me through his two ravens.

Several days later I got my answer.

I wrote my first book about Odin, called "Odin's Return." I wrote the whole thing at one sitting, so quickly as if it were being told to me.

## **THAT WAS A RITUAL.**

That is the kind of ritual I want you to learn how to do. Leave Stephens books alone, I believe they are dead and outdated.

Do your own thing!

When the Native Americans go into the woods for a ritual or a Vision Quest, they go alone. It is just them and the great spirit. They don't go with a crowd, beer and dead words out of a book.

Native Americans are not the only ones who know how to go on a vision quest. Our ancestors did and so have I.

Contact them and Odin when alone and see the amazing results.

While I was still in Payson I went to my sacred space several times and repeated my Odin Oak Tree Ritual.

All had wonderful results.

That's the kind of rituals we need for the 21st century. Throw the ritual books away and become spontaneous

Come into the 21st century.

## RUNE MAGIC RITUAL #2

### USE THE RUNE FA TO ATTRACT MONEY

Money is magnetic energy.

You are a magnet attracting to you all things, via the signal you are emitting through your thoughts and feelings and the Runic energies you start into motion.

#### RUNE-FA-MONEY MAGIC

Runes are Universal Creative Energies

The New Laws of Quantum Physics tell us that everything exists in an infinite ocean of energy called the Quantum Ocean

Therefore, when you meditate, look at, do a runic yoga exercise or a runic circle or a runic healing you are touching the Runic Energy Field inside the Quantum Ocean

One of the most powerful Laws of the Universe is The Law of Attraction

This tells you that whatever you think about or place your attention on will eventually be attracted to you

So when you do Rune Work you attract the Runic Energies to you out of the Quantum Ocean.

In our case we want to attract the energies of Rune FA Money

Now when these Rune FA Money Energies come to you they will come in waves (like Quantum Physics). These will be waves of possibilities and opportunities

**YOU MUST STILL ACT ON THESE POSSIBILITIES AND OPPORTUNITIES TO TURN THE WAVES INTO MONEY**

The Rune FA MONEY waves will enter your aura.

The Rune FA MONEY MAGIC SECRET is this: If you have thought forms in your own mind of what you are going to do with this money, the Runic Money Energy will fill these thought forms and make their manifestations quicker and surer.

The Law of Attraction also tells us that whatever you think or say in the "I AM..." form will be attracted to you

Whenever you say "I AM THIS OR I AM THAT..." or think the same way ... you will attract that into your life

Therefore using the Rune FA and the Laws of Quantum Physics, the Laws of Attraction, and the "I AM" statements listed below you will **ATTRACT MONEY INTO YOUR LIFE**

**IT IS LAW .. IT IS GUARANTEED!**

## **RUNE-FA-MONEY-MAGIC-SECRETS**

Repeat them as often as possible during your day. Write them down and repeatedly look at them

### Rune FA Money Magic Secret #1

MONEY is a magnetic energy and "I AM an attraction for this energy."

### Rune FA Money Magic Secret #2

"I AM a money magnet attracting to me all the things I want via the signals I am sending out through my thoughts, feelings and RUNES."

### Rune FA Money Magic Secret #3

"I AM clear about the amount of MONEY I want to receive. I state it and I Intend it"

Example: "I INTEND to have \$5000 cash by Dec 1st."

### Rune FA Money Magic Secret #4

"I AM in love with MONEY."

### Rune FA Money Magic Secret #5

"I AM now visualizing and imagining myself spending all the MONEY I want as though I had it already."

### Rune FA Money Magic Secret #6

"I AM speaking, acting and thinking from the mindset of being WEALTHY now."

### Rune FA Money Magic Secret #7

"I AM never going to speak of the lack of MONEY for one moment."

Rune FA Money Magic Secret #8

"I AM grateful for the MONEY I have. I appreciate it and touch it"

Rune FA Money Magic Secret #9

"I AM making a list of the things I will buy with my abundance of MONEY.

Rune FA Money Magic Secret #10

"I AM doing whatever it takes for me to feel WEALTHY."

Rune FA Money Magic Secret #11

"I AM affirming to myself every day that I have an abundance of MONEY and that it comes to me effortlessly."

Rune FA Money Magic Secret #12

"I AM appreciative of all the RICHES around me."

Rune FA Money Magic Secret #13

"I AM certain that MONEY is coming to me NOW!"

Rune FA Money Magic Secret #14

"I AM in love with myself and know that I am deserving and worthy of an abundance of MONEY."

### Rune FA Money Magic Secret #15

"I AM reminding myself every day that I am a MONEY magnet, and I ask myself often during the day if I am attracting MONEY or pushing it away with my thoughts and feelings."

### Rune FA Money Magic Secret #16

"I AM always paying myself first!"

### Rune FA Money Magic Secret #17

I repeat to myself over and over every day:

"I AM A MONEY MAGNET AND MONEY COMES TO ME EFFORTLESSLY AND EASILY!"

### Rune FA Money Magic Secret #18

"I AM writing out a check NOW to myself for the sum of MONEY I would like to have and I AM carrying it with me in my wallet and I LOOK AT IT OFTEN!"

### Rune FA Money Magic Secret #19

"I AM doing whatever it takes to feel good. I AM emitting the emotions of JOY and HAPPINESS for they are powerful MONEY MAGNETS

### Rune FA Money Magic Secret #21

"I AM in love with myself."

## Rune FA Money Magic Secret #22

"I AM repeating:

I LOVE MONEY

MONEY LOVES ME

whenever I am driving my car."

Wealth is a mindset

MONEY is literally attracted to you or repelled from you.

it's all about HOW YOU THINK!

Let RUNE FA MONEY MAGIC, help you get rich.

Meditate and look at the FA RUNE as oft en as you like.

## RUNE MAGIC RITUAL #3

### ODIN'S PRISON RITUAL

First things first. I was having so much more success doing my personal Odin Rituals that I dropped all the stale Asatru rituals that were being performed at the blots. These rituals were all taken out of one outdated book.

I instinctively knew that big changes had to be made.

How did I know? For two reasons.

(1) There were never any manifestations of the presence of Odin or any of the other gods/goddesses of the North at the Asatru kindred festivals.

Oh the Godi went through all the words and movements; the drinking horn was passed around and around and around; mead flowed; the shallow oaths were made, etc, etc, etc.

But --- no one kept still enough to see if any contact with Odin had been made, or if there were any other Odin signs.

(2) But, I felt the power of my personal one-on-one rituals to Odin. I saw and felt the signs. They were real.

So, I took it upon myself to create more of my one-on-one personal Odin rituals.

At that time I was still in charge of the Arizona Viking Alliance Prison Outreach Ministry. (I was eventually outlawed, but that is another story.)

I kept that position working out of my "VIKING BOOKSHOP" in Payson Arizona.

In those two years I contacted and wrote to and sent free literature (that cost me several thousand dollars out of my pocket) to over 600 inmates.

I received hundreds of letters in return.

One in particular came from a locked down young viking in Leavenworth Federal Prison.

He wanted to know if he could make contact with ODIN even if he were locked down in maximum security. And would I give him a ritual to do it.

I went into the woods and performed my Odin Oak Tree Ritual.

Three days later the ritual came to me.

I wrote him and told him to do the following.

At 9 AM he was to face North and murmur

ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN ODIN, ODIN,

in sets of nine for exactly nine minutes.

Then at 9PM he was to face north and murmur

ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN

for 9 minutes.

He was to do this chant every day, twice a day till contact was made.

I was busy answering other mail and completely forgot about the ritual I had given him.

About 6 weeks later I got another letter from him.

He said:

"Ragnar you are not going to believe this, this is what happened.

I started my 9AM Odin, Odin, Odin, Odin, Odin, Odin, Odin, Odin, Odin for 9 minutes. And again at 9PM.

About a week later I could hear a low murmuring through my small window. I listened while I was doing my ritual.

Several days later it got louder and louder. It sounded as if there were several of the other locked down brothers had picked up my murmurings and were murmuring Odin, Odin, Odin, Odin, Odin, Odin, Odin, Odin, Odin, at exactly 9AM and 9 PM

It got louder and louder.

The guards became very agitated and more than once threatened me.

But I kept going.

After three weeks more and I could of sworn that with all the chanting going on the walls of my cell started to shake.

You know the story about the walls of Jericho from the Christian bible.

Well we were having the Walls of Odin right here in our cell block.

One night the door to my cell flew open and I was dragged out roughly and put in the hole, no watch, no window, no explanation.

I was sent back to my cell with a warning and I will lay low for a while. Then I will pick up where I left off. Odin. Odin. Odin. Odin. Odin. Odin. Odin. Odin, Odin."

Believe it or not.

Reader, have you ever seriously tried to contact Odin or one of the other gods/goddesses in a one-on-one situation?

Try it you will be surprised.

**ODIN LIVES!**

ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN, ODIN

TRY IT 9000 TIMES.

I HAVE!

## RUNE MAGIC #4 USING COLORS

Use the Power of Color in Your Rune Magic

RUNES ARE UNIVERSAL CREATIVE ENERGIES

The 21st century Laws of Quantum Physics have told us that everything is energy. I am energy, you are energy, the Norse gods/goddesses are energy, the runes are energy.

All this runic energy exists in the Quantum Ocean.

It is time to understand Quantum Physics and bring the Norse gods/goddesses and the runes into the 21st century.

Let us take a look at the tools that Rune Magic uses to attract energies.

Color, Number, Sound, Rune Symbols and Thoughts.

Color has been one of the most powerful of all the tools that a Rune Magician can use. It is extremely powerful when doing Runic Visualizations and creating Bind runes and Charms.

Colors carry their own set of vibrations. They have their own little corner of the Quantum Ocean, to be used for creation. And they have their own set of correspondences in the Norse World of Mythology.

For our purposes I will give you the color that is correspondingly attached to each rune.

How did these correspondences start? The original color of the runes was always red. This is because the viking shamans would chop a branch off of a sacred tree, scratch in the runes with their knives and color them with their blood.

But the red color of the runes is only 1000 years old. The runes are Universal Creative Energies that have existed since the dawn of man.

Think this way and the secrets of the runes will be opened even wider for you.

RUNE MAGIC - RUNE COLORS

RUNE FEHU ----- FIERY RED

RUNE URUZ ----- RED

RUNE THURISAZ ----- RED

RUNE ANSUZ ----- INDIGO

RUNE RAIDO ----- RED

RUNE KENAZ ----- RED/ORANGE

RUNE GEBO ----- BLUE GOLD

RUNE WUNJO ----- GOLD

RUNE THURISAZ ----- GREY

RUNE NAUTHIZ ----- BLACK

RUNE ISA ----- WHITE

RUNE JERA ----- GREEN

RUNE EIHWAZ ----- GREEN

RUNE PERTHO ----- SILVER

RUNE ALGIZ ----- RAINBOW

RUNE SOWULO ----- GOLD

RUNE TEIWAZ ----- RED

RUNE BERKANA ----- GREEN

RUNE MANNAZ ----- GREEN

RUNE EHWAZ ----- BLUE

RUNE LAGUZ ----- SEA GREEN

RUNE INGUZ ----- GREEN

RUNE OTHILLA ----- RED

RUNE DAGAZ ----- RED

When you perform your ONE RUNE RUNE READING concentrate on the runic energies and the rune colors.

We live and move and have our being in a world of energies not a world of words.

The more runic energy information you can incorporate into your ONE RUNE RUNE READINGS the more accurate it will be.

Everything you need to know about runic energies is in the Quantum Ocean (Mind of God.)

The runes are keys to all that information.

By meditating on the runes you bring these runic energies from the Quantum Ocean into your aura.

From your aura into your physical life. Whatever runic energies you carry in your aura will attract its physical equivalent into your life.

That is how you use runes to create more health-wealth-love-now into your life.

You get the runic energies inside of you.

## **RUNE MAGIC RITUAL #5**

### **INVOKE THOR'S PROTECTION AND STRENGTH**

Who is Thor?

Thor is the son of Odin (The All-father) and Frigga (The All-mother) which makes up the Trinity of the Northern Gods/Goddesses.

He is famous for his Strength and fighting ability.

His main function is to protect Asgard (Home of the Northern Gods/goddesses) from attacks by the Giants of Midgard.

Giants and trolls are evil beings who want to destroy all that is good, beautiful, and sane in our world.

There are Giants and trolls walking the streets of our cities right now, intimidating and scaring good people.

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

When you learn how to invoke Thor to walk alongside of you they will scatter and cross the street to get out of your way.

How To Invoke Thor and Thor's Hammer For Protection

First of all you must believe that Thor and all the gods/goddesses of the North still exist.

Modern 21st Century science has finally discovered Quantum Physics.

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.

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.

All magic and invocation takes place here.

Time does not exist here.

The shamans, healers, magicians, rune masters of our ancestors knew this though they called it by different names. (Mind of God, Grand Architect, First Cause, etc).

Thor is there in all his greatness and strength.

He is more than willing to come into your reality to help you and your family.

Think of the Gods and They Will Think of You!

How To Think of the Gods/goddesses

Study the print of THOR .

See him in your minds eye all in all his glory. Use your Thor Magic Rune Box with orgone ond generator to help you invoke Thor.

He is holding his magical hammer Moljinor (THORN/Thurisaz Rune) which he uses to bash the heads of Giants.

Whenever he throws his hammer at a giants head, it strikes and returns to him.

Study the print, meditate on it (no pain no gain) till you can close your eyes and see him there.

Make him your personal powerful friend who will go out into the world with you and clear your path of all Giants and trolls.

Where you place your attention, your energy flows and if you place your attention on Thor he will feel it and reciprocate.

Enter Stephen Trueheart

I learned this Viking Magic of invoking Thor from a true Viking Warrior named Stephen Trueheart, when I lived in Arizona.

He was fierce. Over 6 feet tall, blond top knot coming out the crown of his head and flashing blue eyes. He was Lithuanian by birth.

He was 60 when I met him and a retired world class kick boxer. He tells the story of how he met Chuck Norris in a heavyweight match in one of the Asian countries and beat him so bad, that Chuck dropped contact fighting and went to Hollywood.

Stephen was no angel and spent many years of his youth in prison. He was not a rapist nor a murderer. Just an overzealous Viking Warrior.

While he was in prison, being young and attractive, he was constantly being stalked by real hard core inmates. He had to protect himself at all times and keep a pair of eyes in back of his head.

He would get into fights ( and not always win) and it rewarded him 30 days of solitary in the hole where he could be alone and feel somewhat safe.

One night his cell lit up and Thor passed through the walls and stood there. Thor said "Take us with you when you leave this cell." And he shook his mighty hammer.

He then disappeared out through the walls.

Here Is How Stephen Learned to Invoke Thor For Protection.

He spent the next few months talking to the Odinitist inmates and reading their books of Norse Gods/goddesses. When he was with them the pressure from the predators lessened. But he was still fair game when alone.

He developed the following rituals:

Before he went out into the yard everyday he sat on his bunk for 15 minutes and he would visualize Thor, with his flashing blue eyes, red beard and powerful hammer. He would visualize himself leaving the cell with Thor and walking out into the yard.

Then he would visualize Thor walking in front of him with his hammer raised and the inmates fleeing in all directions. He would visualize Thor whacking the real predators in the head with his hammer.

Then he would get up and go out. He did this visualization as often as he could.

Want the Giants, trolls and predators to scurry away from you and your family? Then start visualizing Thor and his Thor's Hammer Moljinor going before you.

As the months turned into years, Stephen won his space and freedom from predators. But he was not satisfied because he knew that Thor was doing all the work.

He wanted to become as strong as Thor and beat the predators with his own strength.

Thurisaz (THORN) Rune

Stephen turned to the Runes.

He drew a copy of a Thurisaz/THORN Rune on a piece of cardboard and kept it with him at all times. Check out the Thurisaz Rune on the Thor Magi ck Rune box. You need your tools if you are to be powerful.

He told me the thoughts for this ritual came from the ancestral soul of the Northern peoples which was whispered into his ear by a caring ancestor,

Everyday, several times a day, he would take out his cardboard Thruisaz Rune and hold it in this hands while he sat on his bed.

Then he intoned the following: "I am now inhaling the power, strength and fighting ability of the God Thor into every cell of my body."

Then he took a deep breath and actually inhaled Thor's strength which came through the Thor's Hammer Rune.

He kept this up for 15 minutes three times a day.

You want the strength of Thor inside of you? Start the inhaling now!

Stephen could feel himself getting stronger and stronger. He took advantage of the prison gym when he could and worked out diligently when in solitary. The guards gave him 2 empty gallon water bottles and he filled them with water and used them as his weights. He designed a very difficult regimen in his little 8x10 cell.

When he got to Arizona he was still doing it. We bought a piece of 4x8 ply wood, placed it on the floor and we use to work out together. In the 6 months that I knew him he helped make me a more powerful viking. I learned his visualization and rune breathings and I have had predators cross the street away from me. When my 18 year old daughter came to visit and we went for walks any man who looked at here was beamed at.

She finally told me in good humor "dad I don't think I will walk with you today ... you are scaring all the good looking cowboys away. And I was almost 50.

When Stephen was at full strength he sought out his predators, and to make a long story short, he spent the next 5 years in solitary confinement where he continued his Thor visualizations and his Runic breathing as well as his exercise program as well as he could in a 8x10 foot cell.

When he finally go out of prison he took up kick boxing and when he went to Asia he became champion in several of the smaller countries.

You don't have to fight the Giants physically, but if you want to be safe on the city streets from all predators start now to do the visualization and runic breathing exercises. Within 30 days you will feel the difference within yourself and the reactions of bad guys when you walk down the street.

## **How To Protect Your Family With Thor's Strength.**

Whenever your family goes out, your wife shopping and your children to school take 5 minutes (several times a day) and visualize Thor walking alongside of them in the malls and in the school corridors.

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

Give them all a Thurisaz/THORN Rune to carry or better yet make then each a small Thor's Hammer to wear around their necks for protection. Buy them their own private Thor Magic Rune Box.

### **In Conclusion**

To invoke the strength and protection of Thor and Thor's Hammer:

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

(b) Draw yourself a THORN/Thurisaz Rune (or print out the one from this booklet) and start inhaling the strength of Thor by intoning "I am now inhaling the strength, power and fighting abilities of Thor into every cell of my body." Do it several times a day.

(c) When driving your car feel and see Thor riding in front in his goat drawn battle chariot clearing the way for you.

(d) When in a confrontational event that looks like it may go past the talking stage. Get quiet. Invoke Thor and then actually see him step forward and swing his mighty hammer at the predator. Do this till the predator feels this awesome power coming at him (and he will) and turns and runs.

(e) In the evening in the quiet of your room invoke Thor and send him to visit those who have been giving you a hard time. See him whacking them and chasing them away. Be careful with this one you do not want to harm innocent people.

(f) When you know that you are going to be in a difficult place, take a magic marker and draw a Thurisaz 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 danger may be coming and feel the power and strength of Thor 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 same name.

Invoke Thor and he will be glad to take up the job.

