

The  
Thunder Wizard  
Path

A guide to personal  
transformation working with the  
primordial energies of pre-Christian  
Northern Europe

By  
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# Preface

I have been researching, practicing and teaching esoteric spiritual technologies from different parts of the globe for most of my adult life, but recently I have been led to research the spiritual myths of my ancestors, the Teutons of pre-Christian Europe. The details of how I was led to research the path of my genetic ancestors is almost unbelievable, even to myself, and I will share them with you later in this book.

When I was drawn into reading the Norse scriptures, I was shocked to find hidden within those texts a very similar recipe for alchemical energy transformation as I had studied in the Hindu and Taoist esoteric paths. In fact the Norse scriptures actually filled in some gaps that had been annoying me for years.

Before being led in meditation to investigate the Norse scriptures in regards to universal energy work, I had absolutely no practical experience in Western magical traditions outside of reading a few books in the 1980's. I was disappointed with the practices in those books that claimed to be of pre-Christian European origin, and I had thus come to the conclusion that the mystical practices of pre-Christian Europe were dead. I had also given up any hope of finding a practical Western tradition of energetic power and transformation. I have been happily surprised, however, to discover that the spirits of our ancestors still wish to speak to us and still do so from within the mythological lore of the pre-Christian Teutons.

If you are like me, you may have felt that in order for a Westerner to learn a powerful, authentic, mystical practice, one must go outside of Western culture. I highly recommend this course of action to anyone who feels a calling to do so. Studying a practice that still retains a connection to its prehistory is invaluable in its ability to teach us how our polytheist ancestors may have thought. Christianity was extremely successful in destroying the animist mindset of Europe; however, this course of action is no longer necessary. Westerners do not need to learn to read or speak another language in order to access powerful, "native" spiritual knowledge. It is not necessary to adopt another culture to experience the power of "tribal Earth religions." This knowledge is deeply ingrained in the European mindset and has been for fifty thousand years. In fact, in my experience, the ancient European mindset is among the most powerful and magical of traditions. I have found it is far more intuitive for those of us living in English-speaking countries to utilize our own language and cultural history than to adopt those of another.

Even though much of the ancient Teutonic spiritual practices were lost through the conquest of the Romans, and later by the suppression of institutionalized Christianity, the mythology of the Northern Europeans is still very much alive in the minds of anyone living in the Western world, and as such is extremely accessible.

In the pages of this book, I will share my personal mystical experiences that led me back to study the path of my ancestors. I have created a mystical, shamanic and energetic practice based on my personal experiences combined with the mythological principles within the pre-Christian Teutonic lore that I call the "path of the thunder wizard." This path utilizes the mytho-magical concepts of the Norse scriptures, but can also be applied to any valid working spiritual philosophy. I will also focus on sharing my personal experiences with the spirits and deities of my ancestors, and I will give some introductory exercises of the thunder path. I am writing a second book entitled "Mounting Sleipnir" which will focus on a more in-depth practical look at the shamanic and mystical practices of the thunder wizard path for those who wish a modern, practical how-to book of Teutonic shamanism.

This book is not at all meant to be exhaustive or final in its scope. I strongly encourage you to experiment and prove for yourself, through experience, the practicality of any spiritual path, including the path introduced in this text.

It is my deepest desire that you find the master wizard within you.

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# Introduction





In the spirit of Tiw, who is the namesake of the Teutonic people (Tiw is the Teutonic deity of truth, justice, war, spiritual purity, fidelity, bravery...), I must first be completely truthful concerning the term “thunder wizard.” (Ahem)...I made it up. Period. To say anything else would be inaccurate and dishonest. Historically, I do not know if such a term as “thunder wizard” ever existed in the ancient Teutonic culture. There are wizards in other cultures that practice thunder magic, and this is one of the paths that I have studied. Although I cannot say if there ever were any thunder wizards in ancient Teutonic society, the same principles of thunder magic and thunder shamanism are strongly represented in the Teutonic myths. It is from this vantage that I have organized the techniques that are found within the discipline I have called the “path of the thunder wizard.”

The word “wizard” simply means “wise one” (wise-ard). In this sense it has the exact literal meaning as the Siberian term “shaman,” so if you like you may accurately call this the “path of the thunder shaman.” The term “wizard,” however, is more accurate to the language of the Teutons. A wizard is a true shaman in the original sense of the word because a wizard communicates with other spiritual dimensions, and channels those energies into this dimension for the sole purpose of transmitting valuable power, knowledge and understanding for practical application in the “real world.” I am a modern person living in a Teutonic culture. (So are you, if your primary language is English). I am using the term “Teutonic” rather than “Norse” or “Germanic” for a very important reason. The terms “Norse” and “Germanic” convey to me more of an ethnic and geographic connotation, rather than a spiritual one. The word “Teuton” literally means “someone who follows the sky god, Tiw.” The Romans called (Old Norse Tyr) Germanic tribes Teutons because Tiw was the primary deity of the tribes of Northwest Europe. The word “Deutsch” is the modern German pronunciation of what in modern English would be pronounced *teut-ish* or *tiw-ish*. The words “Teuton,” “Deutsch” and “Teutish” refer to spiritual essence, not ethnicity. The literal meanings of these words indicate that anyone who chooses to follow the ways of Tiw is by definition Teutish, Teutonic or Deutsch. So, for the purposes of this book, while someone can be of Germanic ethnic descent, if that person practices a spiritual path outside of the Odinic mythology, then, by my definition, that person is not a Teuton. Conversely, anyone who is a follower of Tiw, Odin, Thor, Freya, Hulda or any of the other pre-Christian Teutonic deities is, by literal definition of the word, a Teuton regardless of ethnicity or geographical location.

I have found that Teutonic spiritual concepts are universal in their application. For me, if these concepts weren't universal then they would be useless. Many persons of Germanic descent (like myself), however, may very well find within these practices a source of deep

pride and personal fulfillment in rediscovering the power, nobility and dazzling poetic beauty of the philosophy and spiritual beliefs of their ethnic ancestors. This is to be greatly encouraged.

The Teutonic psyche has been deeply damaged by two thousand years of cultural and spiritual brainwashing. I believe it is imperative that those of us in modern Teutonic cultures be able to regain our cultural and spiritual memories, as well as our ancient spiritual legacy, for the health of our personal and communal psyches. When institutionalized Christianity began its systematic and brutal destruction of the Old Ways of Europe, it decimated fifty thousand years of spiritual and cultural heritage and replaced it with a false spiritual history infused with a deep sense of guilt and unconscious self-hatred. The resulting damaged Western European psyche has been the source of much pain and destruction in our world, so I absolutely encourage followers of this path who are of European descent to use this path to help heal their personal and ethnic identities.

As I myself have benefited immensely from studying spiritual paths of other ethnic cultures, I can absolutely declare, in my experience, that universal spiritual powers are not prejudiced in any way whatsoever, and spiritual truths are freely available to all who are called to them regardless of ethnic background. I have nothing against anyone who peacefully seeks to create a solely ethnic or culturally centered path. I am, however, a universalist by nature and I seek to find ways that can help ALL peoples of the Earth evolve to the next level of spiritual existence. The path of the thunder wizard, as I call it, is such a path for me.

If you live in the Western world and have felt a deep longing for a tribal Earth religion, you need not look outside of your own cultural heritage. As you will see, the traditional pre-Christian spiritual beliefs of the Europeans were as profoundly Earth-based as any other in the history of our planet, and the uniqueness of the Teutonic spiritual heritage need not be discarded for that of another.

# Teutonic Spirituality in Modern Times



The truth is, we have very little idea what all of the specific religious rituals and practices of the pre-Christian Teutons were. We DO, however, have a very detailed source of Teutonic spiritual and magical mythology recorded in the Norse scriptures. If you speak English every day as I do, you are using thought patterns and words that directly connect us to our Teutonic magical and spiritual heritage. Our days of the week are powerful reminders of the basic functions of the Teutonic gods. If we know the astrological vibrations of each day, this also gives us valuable information as to the function of each deity in the Teutonic religion.

Monday is "Moon's Day." Moon was a male Teutonic deity. Our present day English word is not only the name of the celestial body orbiting our planet, but also the actual name of the god himself. The moon is symbolic of the mind, and reflects the light of the sun, which is symbolic of the soul. By calling on the power of the moon (or Moon), we are able to access deeper realms of our subconscious mind and "reflect" on spiritual concepts in meditations and contemplations.

Tuesday is "Tiw's Day." Tuesday is universally recognized as the day of the planet Mars, which is the planet of war, science, engineering and leadership. By naming Tuesday after the ancient Teutonic deity, Tiw, the Teutons were acknowledging that Tiw was the Teutonic deity of war and physical sciences. There is also evidence that Tiw was the original head of the Teutonic pantheon. By recognizing Tiw as being connected to the planet Mars, the Teutons were revealing the importance of justice and engineering in their society. It is from the power of Tiw that the Teutons earned their reputation as fierce warriors.

Wednesday means "Woden's Day." *Woden* is the English pronunciation of Odin, the leader of the Norse gods. Wednesday vibrates with the power of the planet Mercury. Mercury was the Roman deity that was the messenger of the gods; the deity of communication, magic, poetry and language. The fact that Odin is associated with the planet Mercury tells us that the Teutons considered him to be a master communicator. Odin travels to all nine realms of existence and communicates with all of the deities and powers of the multiverse. In addition, the fact that Odin became the chief of the Teutonic deities around the time of the Roman conquest of Europe shows how the primary focus of the Teutons was shifting from Mars' vibration of warfare to Mercury's vibration of communication, poetry and magic. The Roman invasion of Northern Europe and the subsequent spread of Christianity interrupted that psychic shift. We have an opportunity again to continue that shift by working directly with the Teutonic deities anew. The gods have not halted their evolution, and by honoring them we can participate and share in their evolution.

Thursday is “Thor’s Day” and is connected with the planet Jupiter. Thor is the lightning god and a protector of the human race and the planet Earth. As a protector, the planet Jupiter in our solar system acts as a giant magnet for asteroids. Its massive gravitational field literally sucks asteroids into itself and away from our planet. In this way, Thor also protects humanity from harm. As the god of lightning, Thor has connections to the Roman god, Jupiter, who was also the hurler of lightning bolts.

Friday is “Frigg’s Day.” Frigg is the queen of the gods and Odin’s wife. Friday is astrologically connected to the planet Venus. The Norse name for the planet Venus was *Friggjarstjarna*, meaning “Frigg’s star,” so we see her powerful connections with fertility, magic and love, which are attributes of the planet Venus.

Saturday is “Saturn’s Day.” Saturn is a Roman god similar to the Greek Chronos. Some have suggested that the Teutonic version of the Saturnian god would be Njord, god of the sea and father of the elder gods, so possibly a Teutonic version of Saturday would be “Njordsday.” The fact that this day does not reflect a Teutonic deity is evidence that it wasn’t until after contact with the Romans that the Teutons used these names for the days of the week.

Sunday is named after the sister of Moon, that of course being Sun. Once again our English word for the center of our solar system is also the name of the goddess herself. In English, when one speaks of the human soul in the third person, we poetically call it by the feminine. This is because the sun is recognized in most cultures as symbolic of the human soul. For the Teutons, Sun was a female deity. She is the center of our solar system and the center of our spiritual essence. By communing with the powers of the sun (or Sun), we strengthen our personal essence, our self, our *soul*.

One of the most commonly used words used in our everyday language is “weird.” We use this word to describe something that is unusual or strange. Weird (Wyrd) originally meant the cosmic web of life force and destiny. When we describe an event that we perceive as unusual by calling it weird, we are unconsciously acknowledging that we are part of a web of spiritual forces beyond our conscious understanding. Regardless of our religious affiliation, all English-speaking people retain the deep understanding of the Teutonic spiritual concept of Wyrd (pronounced *weird*). We may have forgotten the names of the Teutonic deities, but we cannot forget the one force of cosmic destiny that even the gods had to obey which is the universal law of action-reaction, the spiritual law of Wyrd.

We are all very familiar with the Teutonic mythological creatures of elves, dwarves, giants, trolls, goblins, etc. These words represent very powerful Teutonic spiritual powers that Christianity was unable to eradicate from our cultural memories and language. Thanks

to writers such as J.R.R. Tolkien who gave us *The Lord of The Rings* books and films, the entire globe is fascinated with the power and beauty of Teutonic spirituality. Video games and comic books are filled with wizards, elves, dwarves, etc., and millions of people all over the world spend more time honing their online wizarding skills than they do in their jobs or religious activities. Teutonic spirituality is more alive and intertwined in our global society than ever before in history, and it is poised for a return to religious, spiritual and magical legitimacy. It is from this perspective that I write this book, because I believe the Odinic understanding of the internal and external universe to be the most powerful, beautiful, practical and workable spiritual and magical framework for those of us living in the English-speaking world today.





# The Calling of a Teutonic Thunder Wizard



I have been practicing energetic, mystical practices from other cultures for almost twenty years. My main experience is in Taoist mysticism, qigong (energy work), internal alchemy and martial arts. I also studied and teach Sanskrit mantra meditation and mysticism, as well as West African shamanic drums. These practices WORK. I had every intention of continuing to practice and teach these paths in their original cultural context, and I had no conscious intention of unearthing or researching Teutonic spiritual methodologies at all. I was convinced that the old European magical ways were lost – dead and buried. Esoteric energetic practices by definition are hidden to everyone except a very few. Most often, there are very strict instructions for the practitioner to never reveal their methods upon pain of curse or death. Even today in China and India (which still have an unbroken link to their prehistoric spiritual past), the vast majority of the native population has little or no knowledge of the deepest energetic and magical traditions in their own culture. The Taoist tradition in which I was trained is one of these practices. I have learned energetic techniques of a dying magical tradition that is lost to China and will most likely die with the last living master of this tradition. I was quite sure that the most powerful esoteric magical and energetic techniques from ancient Europe followed the same rules and were never written down. And I believed that any scant written references from the time that had survived were probably useless without a living master to personally transmit the teachings. In any case, it didn't matter because I was progressing very well in my Taoist, African and East Indian spiritual studies. The power I was gaining was indescribable and I saw no need to mess with what I considered "New Age intellectual fantasy." My spiritual guides, on the other hand, had other ideas for me.

As I said, I was progressing very well in my practices, but as I got closer to actual mastery I had begun to encounter obstacles to my continued learning because of cultural and linguistic barriers. I realized that if I wanted to master these practices in their entirety and in their original contexts, I needed to learn the languages and culture of these practices. I have seen a lot of Westerners adopt a different cultural persona while studying the language and culture of these paths. I suppose this is understandable. I myself always felt a little fraudulent having to wear traditional Chinese clothing and being referred to as "Sifu" while teaching Taoist spiritual and martial practices, but I always told myself that I was being respectful of the tradition.

As noted earlier, in the early 1980's I attempted to connect with my own ancestral spiritual heritage and sought to find pre-Christian spiritual practices of the Northern Europeans, but I was unsuccessful. Undaunted in my quest, I turned to the only surviving uninterrupted Indo-European spiritual practices from prehistory – I turned to the meditative and mantric practices of India. The Hindu myths and deities

were more akin to my Western mindset, and I felt a sense of deep fulfillment knowing I was connecting with myths and deities that must have originated with our common Indo-European ancestors. However, even though I felt a close connection to the Indian myths and the education I received was invaluable, I still felt a sadness that I was not learning the energetic traditions of my pre-Christian European ancestors. From time to time I would imagine what my ancestors' practices might have been like, and then, with a sigh, I would resolve myself to learn what was available to me.

Years later, one afternoon while wasting time on the internet, I stumbled upon a You Tube video of a protest being held outside of a shamanic retreat. The young man in the video claimed to be of Native American descent, and he began accusing the organizers of the seminar who were of European American descent of "stealing his religious rituals for money." I was infuriated at this accusation. I knew for a fact that the seminar in question was not teaching any Native American rituals. In fact, the seminar was only teaching core shamanic principles not directly related to any specific culture or tradition. It was obvious that this naive college kid had no idea what was being taught in that seminar, or what shamanism actually was, or that spiritual teachers deserved to be paid for their time, etc., etc. For days I wandered around the house arguing with this kid in my head (and out loud), and I realized that this was no ordinary passing resentment. That kid had really struck a nerve in me, and I knew from past experience that I needed to really investigate why I was so upset by his remarks. Lingering resentments provide dynamic opportunities for spiritual growth, so I decided to face the source of my anger.

After some meditation, I was forced to admit that deep down inside I agreed with much of what he said. Not that anyone can "steal" another's spirituality, that's ridiculous; they might try to replicate it, but nothing another person does can take away what you have. But I realized that I agreed with some aspects of what he was saying. I realized that I was deeply embarrassed by the actions of my Anglo-Saxon ancestors during the last fifteen hundred years. I realized that, in my heart, I secretly believed that in order to be "spiritual" I had to replace my "barbaric" Anglo-Saxon heritage with a more Earth-friendly "spiritual" heritage from some other "more enlightened" culture. I realized that I was deeply prejudiced against my own ethnic background. This devastated me. I had always prided myself on being unbiased and rational. The last thing I wanted to be was a bigot, and this was the worst kind of bigotry because it was *self-hatred*. I knew from experience that self-hatred was the most destructive form of hatred, one that harms all it touches. And this self-hatred in me was deeply embedded in my psyche from many years of my scholastic and religious education and upbringing.

Ever since I was a small child, I was taught in Sunday school and church sermons that my pre-Christian ancestors were barbarian devil-worshippers who were worthy only of the eternal fires and damnation of hell. As a person of Northern European descent, I actually had absolutely NO awareness of my cultural, ethnic or spiritual identity before the Middle Ages. Think about it – in school we are taught that Western civilization began with the Mesopotamians, then the Greeks, then the Romans, and then, suddenly, Northern European Christians instantly emerged out of the ground during the Dark Ages of medieval Europe. At a very deep psychological level, we Europeans see ourselves spiritually as being created as Christians during the Middle Ages. What happened to the previous fifty thousand years of European history? These revelations were overwhelming to me and I needed to sort this all out, so I went for a walk and had a serious talk with my spiritual guides.

To give some background, a year prior to this You Tube incident I had asked my spiritual guides while in meditation for additional teachings. They obliged and I received some very powerful energy practices and sacred sounds that boosted my practice up to another level of power. I began researching my Asian and East Indian practices in order to verify my meditative visions. (I always verify my visions in the “real world.” A good wizard never teaches what he/she learns in meditation without verification.) Because I had spent so many years studying Taoist and East Indian mysticism, I assumed that these practices I had received were originally from China, India or Tibet, but I could not find them anywhere in Asian practices. This was confusing, because after a year of practicing these techniques and sounds, I knew they WORKED, big time, so there was no denying that these were legitimate energetic practices. Either these concepts were unknown to the world, or I just hadn’t found their original source yet. (But I was about to find out where these practices *really* came from.) So, back to the story . . .

I earnestly asked my guides why this kid had upset me so much, and while I was talking to them and still feeling a little cranky, I impatiently asked them, “And where the heck did these meditations you guys taught me come from? I can’t find them anywhere. They are really powerful, but I don’t know what they mean. You know, this kid is right, I hate having to try to decipher other peoples’ languages and cultures in order to learn universal energy principles.” And then I blurted out a request that would change my life. I said, “If there are any spiritual masters out there floating around the ethers from my own ethnic heritage who want to teach me ancient European energy practices, I’m open to learning from you.” The air became very still and charged with energy and suddenly I knew that my request had been heard. You know what they say about being careful for what you ask?

Well, I clearly felt a powerful response coming. In my spirit, I felt a voice say back to me, *“Are you sure? Because if we come and teach you, it will turn your understanding of the universe upside down and there will be no going back. And you will be responsible for what you learn. Are you sure about this?”* After a moment of consideration, I said, *“Yes, I am sure. Bring it on!”* *“Alright, you asked for it. Hang on. It’s going to be a bumpy ride.”* was the response.

You can ask my wife, the next few weeks were very transformative for me as spiritual information was literally downloaded into my brain and spirit. It was coming as fast as I could assimilate it. Much of the information was downloaded into my spirit in concentrated chunks that I am still decompressing and digesting. I followed up on the clues given to me and I was absolutely blown away with what I found. I was led to research the Norse scriptures, and I learned that these newfound powerful energy practices I was receiving actually had their roots in the ancient prehistoric beliefs and practices of the Teutonic and proto-Teutonic peoples of Europe. My entire sense of self and of my ancestors was drastically altered. I found a source of spiritual wisdom and power and a source of intense cultural pride. As it turned out, my ancestors were extremely spiritual people with a profound respect and love of nature. I was elated to find that these scriptures that were from authentic European traditions were laid out in similar fashion as the East Indian and Taoist scriptures I had studied. I saw that the universal spiritual and energetic principles in Taoist and East Indian traditions were reflected in the Teutonic traditions of Old, and (for me at least) the Norse symbolism was even clearer and more complete!

I finally began healing that empty spot in my soul that had ached for a personal connection to a spiritual history and heritage. I no longer felt embarrassed about my ancestors. I did, however, feel great pain and sadness at the tragedy of almost having that history and heritage destroyed forever. Had it not been for the fact that Iceland was the last European country to convert to Christianity and had written down these oral teachings, we might very well have lost them for eternity. Because of Iceland’s distance from continental Europe, it was easier for them to avoid religious persecution, and so Icelanders were more tolerant of the European traditional ways.

My research of the Teutonic spiritual teachings revealed to me that they are not just important, they are necessary for the well being of the world. All spiritual paths have their rightful place in human society, and each culture’s spiritual heritage is necessary for the continued existence of the planet. The Teutonic deities are still very much alive and interested in the fate of Earth. In my opinion, they are very unhappy with much of what has been done by some Europeans and their descendents over the last fifteen hundred years. What I have

come to learn from these Mighty Ones is that all genuine spiritual paths are important, valid and necessary *including* the Teutonic practices. In order for the world to be balanced and whole again, we in the West need to practically apply the lessons of the Odinic myths. European-derived culture is extremely powerful and will have a lasting impact on the world, for good or for ill. Many of us of European descent or cultural affiliation have forgotten our original spiritual heritage and it has cost us and the entire world dearly. It has been made clear to me that the gods of the Old Ways want very much to help us regain our spiritual power so that we, as a culture, may do our part in bringing back balance and healing to this beautiful planet.





# Mother Hulda



I would like to introduce you to my initiator into the Teutonic tradition. Her name is Hulda and she is my spiritual mother. She is very old. Most sources list her as being the oldest of the Teutonic deities and among the most powerful, possibly *the* most powerful source of all the gods. She is thought to be the source of all magic, healing, wisdom and spiritual power.

While on that walk before I began the conversation with my spiritual guides, I remembered a magical technique for solving problems. I will teach it to you. It is important to give credit where it is due. As I understand it, this is a technique from Native American spirituality. Here it is: When you have a persistent problem for which you are having difficulty finding a clear solution, try this method. Go outside and find a rock a little bigger than your fist. It has to be a rock that has lots of pits in it. A smooth rock will not work. The perfect rock is a volcanic rock, but any rock with a rough surface will do. The rougher and more uneven the surface, the better it is. After you have found a suitable rock that you feel comfortable with, think of your problem or formulate a question in your mind. Ask your higher self or spirit guides or whatever source you use for guidance, and then empty your mind, look at the rock, and breathe deeply. Take note of whatever image seems to manifest in the pits and nooks on the face of the rock. The image may not have any relevance to your conscious mind at the moment. Once you see the image, you may return the rock to the place you found it, or you can keep for later if you'd like. The answer to your problem lies in the image you saw in the rock. The image may seem totally irrelevant to you at the time. The idea is to meditate on the image and research as many of the implications as you can find and allow the image to take you on a journey. The process is not immediate. The image is meant to be meditated on for days or even weeks. Here is my experience with this exercise that launched me into the realm of my ancestors:

As I was taking my walk before I began ranting at my spiritual guides, I was asking myself why I was so angry over this kid's You Tube video. I was clearly taking his comments personally even though they were not directed at me specifically. I tried to figure out the root cause and what lesson it contained, and even though I was able to come to some superficial conclusions, I was still quite upset on a deeper level. I decided to try the problem solving rock technique on my issue. Now, I had never tried this technique before. I had read about it and quite frankly I was suspicious of its efficacy, but I was already outside and there were volcanic rocks all over the ground, so what the hell. I immediately found a rock at my feet that was embedded in the dirt. I left it in the ground and knelt over it and asked for guidance to understand the deeper significance of this issue. I was prepared to begin breathing deeply and was ready to put myself into a deep

hypnotic trance so the image would “appear” in the rock, but before I could complete my complicated ritual, I immediately saw a picture in the rock. I wasn’t having a vision or hearing angelic choirs; I was in a completely normal, conscious frame of mind. It is just that I could easily see an image created by the shadows of the pits in the volcanic rock at my feet. I saw the outline of what appeared to be a mole digging it’s way out of the rock. *A mole? Is that a mole?... Yup, that looks just like a mole.* (I have since gone back and looked at that rock and for the life of me I can only see a rock.) I tried to interpret the meaning of a mole. *Let’s see... That kid is burrowing into my feelings blindly like a mole?* No, that was clearly my intellect grasping at straws. So, I stood up and said out loud, “I have no idea what a mole means. If you guys have a message for me in that, it’s up to you make the meaning clear to me. If this image doesn’t spark any revelations, I will just assume it was my imagination and nothing more. I repeat, it’s up to you guys to make this relevant to me.”

I learned a valuable lesson in working with spiritual teachers that day. I was relieving myself of the responsibility to figure it all out, and I was trusting in my guides to communicate to me. I was also getting out of the way. Our brains can manufacture all kinds of things if we are trying too hard, and I believe that when we are thinking too much we can block any messages from our guides.

The fact is, I was disappointed that I saw a mole. Where’s the fun in that? An eagle or a dragon maybe, I could really dig my ego into the grandeur of those images, but a *mole*? How boring. My annoyance at such an uninspiring image helped fuel my angry rant at the gods you read on page 19.

After all that, I went home and promptly forgot about the mole until a few weeks later when the full effect of the teachings of my spiritual guides was released in me. When I arrived home from my walk, I felt the energetic prompt to resume my research into the origins of the mantric seed sound I had received in meditation the year before.

I should probably explain what a mantric seed sound is for those readers unfamiliar with the phrase. We are all familiar with mantras. Any word or phrase that one repeats to oneself is by definition a mantra. Mantra is a Sanskrit word that means mind-savior. *Man* means “mind,” and *Tra* is the root for “vehicle.” So the entire literal translation of the word “mantra” means “the vehicle which transports the mind to safety.” This definition explains what a mantra actually does. By repeating a phrase or sound, the mind is forced to focus on the vibration of the words or sound, and over time the signature, meaning and energy of the mantra penetrates into the subconscious where the mantra takes hold and can transform the individual at the subconscious level. This is how the mantra “saves” the mind. Normally the mind left to itself will simply project the ramblings of latent

subconscious patterns and fears bouncing around in the psyche. This subconscious rambling is seen as the main cause of emotional unhappiness, bad luck and chaos in most peoples' lives. It is thought that the task of the individual is to use the discipline of spirit to reign in the animal mind and transform it into a true human mind. Yogis believe that if a person does not use discipline to control the animal mind, then that person is no different from an animal being led from one urge to another, but by using a mantra the process is reversed and the individual can then program the subconscious to focus on and manifest the vibration of the mantra rather than illusory fears. In the Teutonic tradition, our task is the same, to *become* Odin on Earth. This is no easy task, so the Teutonic yogi employs tools such as sacred sounds in this fight for his/her soul. Okay, back to my story . . .

A year prior, I had asked my guides in meditation to teach me a seed mantra to push my training to the next level. A seed mantra is a one-syllable word that contains the seed of a deity's power. I had been researching seed sounds and was not sure which deity to work with, so while in meditation I asked for the seed sound that I needed most which would help me evolve to the next level of my training. An answer came. The sound I heard was a deep, resounding "HUUUL." I wasn't hearing audible voices. This kind of communication is very subtle. I believe this is because we are being given freedom of choice to listen or not. Big flashy visions or audible voices can happen, but they are rare. Anyway, as I listened to my spirit I was given instructions, energetic prompts actually, on a specific breath and meditation to go with the sound I was intuiting. I had never heard of this mantra before and I wondered if I had heard it correctly or if I was just imagining it, but when I tried the mantra according to the energetic prompts, I felt a blissful, cooling energy descend through the top of my head, percolate through the center of my being, and flow like water out my feet into the depths of the Earth. As I started to run out of breath I made the "L" sound with my tongue touching the palette behind the teeth to complete an energy circuit within me, and I felt the energy stimulate the glands in the upper energy centers of the brain while simultaneously sensing a bubbling spring of water under my feet at the center of the Earth. In my mind's eye I sensed this cool, ice blue, bubbling water release a cool mist that rose into the atmosphere above my head and condensed into icy clouds. After breathing in, I began the chant again. The icy clouds released a blissful rain that permeated my being, and the whole sequence repeated itself again and continued to do so with each repetition of chanting.

Delighted with and curious about my new meditation and mantra, I began researching its origins. There is a very similar seed sound of "HU" (no L) in a few different traditions, so I assumed this was a variation of that seed sound. As it turns out, it is related but not

identical. In Taoist mysticism, HU is the sound of the earth elemental spirit. In Sufi tradition, HU is a name for God. In Sikh mysticism, HU is also a name for God. In Sanskrit, HU means libation and is considered to be a name for God. However, I could find no HUL mantra in any tradition that I was familiar with. Because I trusted that I would eventually find the source of this sound, I stopped looking for the time being and continued my daily practice of the sound and the meditation techniques I was given. The vibration of *HUUL* began to intensify the power of my meditations and qigong practice considerably, so I began using the *HUUL* breath in all my Taoist energetic work and began teaching variations of it to my students with equally powerful results. I knew I had “stumbled” onto something very powerful. This all happened a year prior to the You Tube incident. So, back to the story . . .

I returned home from my walk and felt an energetic prodding to resume my search for the source of the *HUUL* mantra, which I did, and again I had no success. This was getting very frustrating. I sent out a prayer to my guides for help and the thought came to me that I had only been looking into Asian and East Indian traditions. It had never even occurred to me that this sound would come from anywhere else in the world. I mean, only Asians and East Indians were into self-transformation through mantra, right? So I began searching in other cultures for a deity named Hul, Huul, Holl or Holle, which were some variations of the sound I heard as I practiced the meditation. (Now some of you may have already heard of this name. I promise you that I had never before seen or heard of it insofar as I could remember.) When I typed those names into search engines, I was blown away to find that these are all names of a powerful, primordial Earth Goddess of the ancient Teutonic people of Northern Europe! **What?!** . . . I remembered that I had boldly asked any immortals of my European ethnic heritage to teach me. Could this mantra have been transmitted to me from my European ancestors? The hair on the back of my neck stood up at the thought that there might be a council of spiritual masters from ancient Europe watching us and ready to teach those who ask. I will be honest, I got scared. I mean, this spiritual guide stuff is fun and interesting as long as it is a concept that stays comfortably vague and open to interpretation, but when it becomes a reality where ancestral spirits can actually teach and interact with us mortals in very specific ways, it gets a little spooky. One might even call it Wyrd!

But wait . . . there was a problem. As far I knew I was not of Germanic descent. To my knowledge I was Irish and Welsh. Sure, there was some English and French in there from my mom's side of the family, but we take our heritage from the father, right? What's more is that I had spent a lifetime hating the barbarian Germanic invaders of Britain. I had created a mythology around my ancestors that involved

having my innocent, tribal, Earth-friendly, Celtic ancestors pillaged by those Anglo-Saxon murderers! I became aware that I actually harbored intense racist feelings toward anything that even partially resembled Germanic heritage. I was born in the 60's and grew up watching World War II movies on television that portrayed all the bad guys as being German. As a little kid, the nurse in my pediatrician's office was a big, stoic German lady with a thick accent who always stuck me with needles; she scared me. Every time I heard words spoken with a German accent, I thought of Secret Service agents and concentration camps. It seems that in order to make myself feel less guilty of the sins of slavery, The Holocaust, the slaughter of Native Americans and the destruction of our planet's ecosystem, I conveniently created a history that blamed only those of Germanic descent for all the problems of the world. Since I did not want to be responsible for any of these horrible things in the world's history, I convinced myself that *my* ancestors were not to blame and I created a very tidy, personal ethnic history for myself so that I could relate only to those peoples I considered victims. I realized that this had happened at a very young age and at a very deep level of my unconscious psyche. This new HUUL mantra discovery threatened to destroy my convenient psychological safety net.

Well, there was no doubt Mother Hulda was a German goddess, and she was the deity of the mantra I had received, and this mantra was one of the most powerful and liberating energies I had ever experienced. I wasn't going to give her up. No way! I had to follow wherever this journey led me and face whatever emotional agendas I was carrying that might be hindering my spiritual evolution, so I did some digging into my family background.

On my mother's side I am directly descended from English Puritans. In fact, through my mother's side (whose maiden name is Clark), I could trace my ancestry back to William Clark of the Lewis and Clark Expedition and also to Daniel Boone who apparently is my great, great, great (*ad infinitum*) uncle. I had known this about my mother's heritage, but I conveniently forgot this fact whenever I thought about my racial background.

On my father's side was the Denney lineage. I had been emotionally linking myself to this name because of the Celtic sound of it, but I was in for a shock there too. At first the trail led to a Denney in Ireland. Yay! Oh, wait. It turns out he immigrated to Ireland from England, prior to which he was an esteemed member of the English court, possibly from the Highlands of Scotland, but that was not clear either. Linguists contend that the name comes from Norman Vikings. So, as it turns out, my last name is NOT an Irish transliteration of the French pronunciation of Dionysius as my college professor had told me. The best evidence I have found is that my last name Denney is

the French pronunciation of the word “Danish.” My ancestors on my father’s side were most likely Viking Norsemen from Denmark who invaded France and founded the kingdom of Normandy, and who later invaded and conquered Anglo-Saxon England! The local Anglo-Saxon population called them by their French name Denney. I wasn’t Irish or Welsh. I was a VIKING! It doesn’t get much more Germanic than Danish Viking raiders.

So there it was. I was very likely a Viking on my dad’s side and an English Puritan colonial and “Injun fighter” on my mom’s side. (So much for being descended from the innocent victims.) However, as I did more and more research into the pre-Christian history of the Teutons, I discovered that they too suffered their fair share of victimization, slavery, forced conversions and genocide by numerous barbaric invaders. When I looked at the history of Europe from the time of the beginning of the Christian era, the Germanic tribes people suffered countless atrocities at the hands of the “Christian” Romans. It was during this time in history that the Germanic people were dispersed through the entire continent of Europe. I learned that my ancestors suffered the same types of atrocities as those with whom I previously sought to identify, and I learned that the cycle of abuse is like a disease. It is contagious. But there are cures for this disease.

One cure is to listen to our ancestors, whoever they may be. When we trace the genetic lineage of ANYONE on this planet, we will find that we are ALL descended from one female human from Africa approximately 2.5 million years ago. This means we are all from one family. And even though my Teutonic ancestors were given stewardship of their own unique spiritual knowledge that I believe is essential to the health of the human race and the planet, it is important to remember we are all cousins descended from the same human mother. Spiritually, we Teutons are no different.

We are children of Mother Hulda. She may manifest in different forms to different ethnic groups, but she is the Mother of ALL. She has made this fact very clear to me. So if we want to learn magical power to heal our race and our planet, I believe it is a good place to start with the Mother. Her name is HUUL and she is the source of all things. I encourage you to seek her out and ask her blessing. With her on your side, you have an awesomely powerful ally. And since we in the thunder path are wizards of the thunder god, Thor, we should be polite and meet his Mother first and get her blessing. Because, truth be told, no one can progress on the path of thunder magic without her consent and help.

You may be asking, “What about that whole mole thing? Did you ever figure out what that was all about?” Yes, I did, actually. Weeks later, after I was already well onto my new Teutonic path, I was on my computer one afternoon and decided to do an internet search on



the name Hulda. A link for baby names came up, so just for fun I clicked on it and there were two entries. The first one was a Germanic name meaning “fair, lovely, graceful.” The other one was a Hebrew name that meant “mole.”


## **HUUL and Runes**

As soon as I discovered that HUUL was the name of the ancient Earth Mother of the pre-Christian Teutonic tribes, I decided to investigate the interpretation of that name in runic letters. The word “rune” means “mystery” or “whisper.” Runic symbols are a Teutonic talismanic symbology representing the eternal spiritual mysteries contained in sacred sound. Evidence of the use of magical symbols in Europe dates as far back as the Neolithic age. It is reasonable to assume that the use of sacred symbols in Europe extends far into pre-history. The runic alphabet was used as a means of written communication up through the medieval period when the Latin alphabet replaced it, but the use of runes in talismanic magic has persisted through present times. At the time I began my research, I had almost no knowledge of the runes other than that they were used in divination, and I had little faith that they were much more than just another New Age curiosity. In any event, I looked up the letters H U L in runes, which look like this in runic script:



When I read about the meaning of each letter and connected the meanings in the order of the spelling, once again the hairs on the back of my neck stood up. The runic explanation of the letters corresponded exactly to my experience with the energetic effect of the sounds it produced, as well as the actual flow and movement of the energies involved (see page 33).



The First letter  (H) is Hagalaz or hail. This sound represents the original matrix of primordial creation. It is the static perfection of the blueprint of the universe as embodied in the primordial ice from whence all life originated.



The second letter (U) is Uruz, an extinct European bison. This is the same animal seen in prehistoric European cave paintings, and is also called the Aurochs. It was extremely fierce and quite large (almost 7 feet high at the shoulder), and became extinct in 1627. Uruz can also mean rain or drizzle. The Uruz rune signifies the raw primordial power of life force descending to Earth in rain. This is the power of the unmanifest universe as it descends into manifested form. It is used for both healing and for protection.



The third letter (L) is Laguz. This rune represents the primordial waters of creation under the earth. This is the water of life that bursts forth in springs. It is the immensity of the ocean. It is the essence of the waters of life. It represents nourishing, cleansing and healing.

Each one of these runes independently is a powerful and healing rune, but when put together in this order they represent an extremely powerful combination of primal energy and immense power. If Hulda is the primordial Mother of all creation, I can think of no more appropriate runic name for her than HUL. When I chant this sound, I imagine her powers unleashed onto the planet in a primordial rain that washes away the pollution in the physical realm as well as on the psychic and emotional realms. For me, I can think of no better sacred sound to use as a remedy for the soul-sickness of modern human civilization. HUL is a sound that can heal us from detachment from Mother Earth and from the cancer of unconscious self-hatred. Below is one meditation for using the power of HUL as a means of empowerment and healing. It can also be a powerful form of magic when used as a weapon against unconscious destruction.

### **Hulda Meditation**

Sit comfortably in a chair with your feet flat on the ground. Your back should be comfortably straight but not rigid. Look downwards in front of your feet. This will naturally extend the back of the neck. Place your hands at your sides next to your hips with the palms facing down, fingers pointing forward as though you are going to push yourself up from a bench.



*Figure 4.1 Hulda Standing Posture*

Imagine that you have tennis balls in your underarms, so that your arms will not be flush against your ribs. Opening the underarms will stimulate energy flow in the arms. Feel the earth beneath your feet and simultaneously put your concentration on the center of your palms and on the soles of your feet. On the inhale, imagine a cool mist entering through the crown of your head and descending to your heart center. Then exhale while slowly and silently chanting the sound "HUUL." As you chant the sound, feel the healing mist of Uruz trickle down through your body and exit through the palms and the heels all the way to the center of the Earth where it forms into a large subterranean lake. As you are completing the exhale and making the "L" sound with your tongue touching the roof of your mouth (allow your tongue to touch the actual roof of your mouth, this will stimulate the pineal gland), imagine the subterranean lake bubbling and creating a mist that rises up into the atmosphere and freezes into clouds high above your head. Then inhale and allow the icy snowflakes to descend and melt into a cool, healing mist that once again enters your crown. And the cycle repeats itself. Continue like this for as long as you wish. This is a very healing meditation. You can also imagine the power of HUUL healing and restoring the Earth while simultaneously healing the communal psyche of humanity, bringing society back to Earth consciousness.

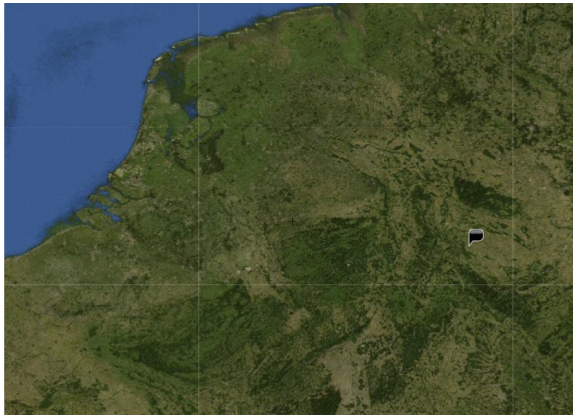


# The Serpent of Europe



One of the first things I did when I arrived home from my talk with my guides was to undertake a shamanic journey to further clarify what the meaning of all this was. I went into my bedroom, closed the curtains, lied down and closed my eyes. I sent out a clear mental request to be given some clear sign, a clue to guide me or give me some direction in my new spiritual direction. At this time, I did not know that European masters were teaching me. I still did not know where these teachings were coming from. I allowed myself to drift into the state between dream and wakefulness. I spent a long time in this state waiting for a lucid dream or vision. I waited. Nothing. I was beginning to think that this was going to be one of those shamanic journeys that led nowhere. I stopped worrying and just began to relax and was preparing myself to simply go to sleep.

I drifted into a dream. I found myself floating through clouds. I had stopped consciously monitoring my thoughts and was almost completely asleep. Since I was no longer monitoring my perceptions, this was probably just going to become one of those dreams that is absorbed into the subconscious and forgotten by the time I woke up. It was just another dream to me. At some point, I emerged from the clouds to see the Earth below. I was very high up. As I remember it now, it reminds me of satellite photos of the Earth. I saw a western facing coastline and a deep green land.



At this point, this was not an unusual dream. But then, the green earth began to stir as it morphed into an enormous writhing snake! It had to be hundreds of miles long. The snake raised its head; it was the distinctive diamond-shaped head of a venomous snake. It was a viper! The leviathan raised itself miles into the air, and turned its head to look directly at me. Then it flicked its tongue at me as if to smell me. The shock of this sight woke me with a start. *“What the*

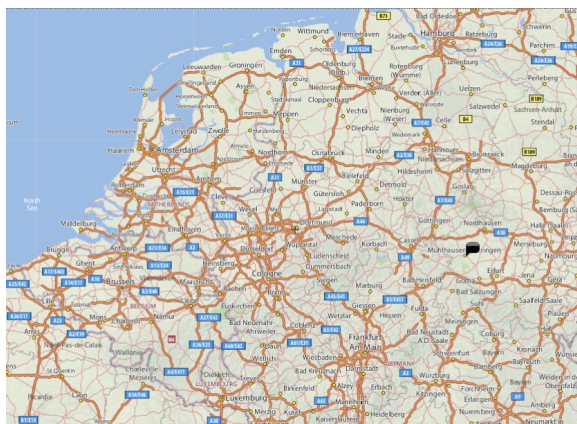
*heck was that all about?"* I asked myself. I had awoken something very ancient and very powerful out of the earth and its attention had been drawn directly to me! I was a little unnerved at the sight of that enormous viper. What did that mean?

Christian symbolism has taught us that snakes and vipers are signs of evil, so either the viper was a sign of danger or I needed to alter my understanding of the symbolism of snakes. Feeling a little freaked out by the dream, I took some time to absorb the impact of it, and after a while I got up the courage to investigate the meaning of the enormous earth viper.

The first thing I felt I needed to do was to find out where that snake was from. Was that vision of a west-facing coastline a real geographical place or just a figment of my dream? I decided to try and find the location of that coastline and determine whether or not it was a real location in the external world. Since I had asked for any masters of my own ethnic heritage to teach me energy practices of my ancestors, I figured if I could determine the location of that coastline, I could then research the mythological meanings of snakes in their pre-Christian cultures. Remember that I thought I was of Celtic descent, so the first thing I did was to look at satellite images of west-facing coastlines of Celtic countries. No match. The west coasts of Ireland, England, Scotland, Spain and France were not at all similar to the coastline I saw in my vision. I grew up in Southern California, so I looked at that image. That was not a match either. At this point, I stopped looking. It was becoming obvious that in my vision I might have been looking at Northern Continental Europe, but at that time I was still in denial of my Teutonic heritage, so I conveniently got caught up in other things.

Some time later, after I had concluded that the HUUL mantra was the sound for the Teutonic Earth Mother goddess Hulda, I decided to look at the coast of Continental Europe. Well, you guessed it – it was a perfect match. The enormous serpent that emerged from that coastline in my vision was centered in what is now Germany.





I was starting to get a pretty clear picture of what was happening to me, and while I certainly appreciate personal mystical experiences, as I've mentioned before I always try to verify my experiences in the "real world," so before making any firm conclusions I reviewed the facts:

1. The HUUL mantra I had received two years prior was for a prehistoric, Northern European Earth goddess.
2. I had asked to be taught by ascended masters of my ethnic heritage.
3. I had the vision of the mole on the volcanic rock, which tied into the name Hulda.
4. I had the dream of the Germanic earth viper.
5. I had, by now, determined that I was in fact descended mostly from the Teutonic peoples.

Was I resurrecting an ancient mystical path of the pre-Christian Teutons, or was I perhaps being taught a new Teutonic path? I have already shared the personal catharsis this realization precipitated within me, so I won't belabor the point here again.

My next choice in this investigative path was to research the symbolism of the earth serpent. My Christian upbringing had impressed upon me the notion that serpents are considered evil. Satan himself is referred to as a serpent and a dragon. In many cultures, dragons are actually large serpents. The Teutonic word "wurm" is often translated as "dragon" when it is actually referring to a serpent. Our

modern English word “worm” is from this ancient word for serpent and dragon. In the biblical story of Genesis, the serpent in the Garden of Eden is the one responsible for granting Adam and Eve the knowledge of good and evil that, according to the serpent, will make them equal to God. If I remove my Christian bias about this story, the serpent appears to actually be an agent of evolution and wisdom. Our ancestors perhaps felt the same about the snake. This isn't to say that snakes are not also known for their dangerous aspects. The knowledge of the serpent can also be risky. This explains the connections with the serpent to magic and mystery; true power is dangerous if misunderstood or mishandled.

If I were to try and interpret this symbol as I think a pre-Christian Teuton might, I would likely conclude that I was being taught some very powerful, ancient, magical, Earth wisdom with which I needed to be very responsible. I needed to appreciate the power of the serpent and proceed cautiously and with awareness. It also meant to me that I was being given ancient knowledge for evolution and self-transformation.

I also felt and still feel a very strong impulse to share this knowledge with people of European descent. I continue to get the feeling that this knowledge is critical for Westerners to remember. We have been forced to look outside of our culture in order to re-learn mystical Earth wisdom. If my experience is indicative, then no matter how much we may learn from other cultures, we will still feel like adopted foreigners. And as long as Earth-based energetic spiritual disciplines are considered alien to Western society, then this knowledge, which I believe is critical to the evolution of the human race, will always be viewed as an exotic luxury that Westerners need not heed. I believe it is imperative for Western society to re-integrate their ancestral Earth wisdom and adopt it as their own again. Otherwise, as long as we retain the anti-Earth mindset that we have inherited from imperial Christianity, the evolutionary process will be stunted in the Western world and that could be disastrous.

As I write this book, the knowledge keeps coming to me from my guides and I continue to verify my experiences and intuitions with external historical and mythological sources as well as cross-reference them with other spiritual disciplines in other cultures. I try to stay objective and treat this experience with the same attitude as a scientist. Yet, every time I receive a new technique or understanding from my guides and am able to verify its authenticity in the Teutonic myths and in real life experience, I am quite frankly blown away by all the synchronous connections. This is big. As I have already said, I have been practicing this kind of stuff for almost twenty years and the knowledge that is emerging in this “new” Teutonic path is more

complete and fulfilling for me than much of the other practices I have learned from other cultures.

I am not saying it is superior knowledge. I am saying that (at least for me) it complements knowledge from other cultures. When I view this complementary knowledge together, they form a synchronous whole; the sum is greater than the parts. I feel it is essential that we Westerners continue to flesh out this native ancestral European knowledge and make it available for the rest of the world to experience, and together with energy practitioners from other cultures we can forge a new direction for the world. We need each other. We Westerners have benefited greatly from those other cultures that have kept their ancestral spiritual knowledge intact, and I believe our European ancestors have communicated that it is now our turn to return the favor and give back to the world with our ancestral knowledge.

As I continue to construct my Teutonic sacred space within me, I feel a power, a sense of connectedness and a feeling of belonging in the spirit realm that I have never felt before. My Teutonic ancestors were among the most powerful, wise and profoundly magical people on the planet, and I believe it is time for Western civilization to reclaim its rightful place among the other valued spiritual systems of the world. My conclusion is that the Teutonic masters are very eager to resurrect a Teutonic mystery path. I do not know if the techniques I am receiving are what were practiced in pre-Christian Europe or not. There are virtually no records of the magical practices of my ancestors. Perhaps this is a new path for a modern world. Perhaps it is a combination of both old and new. I honestly don't know. I do know that it works. My experience is that the elves, deities and ascended masters of our race are ready and desirous to commune with their descendents. All we need do is call them and they will come to us.



What is Thunder Magic?



So, what exactly is “thunder magic?” Thunder magic is the practice of gathering the spirit power of thunder and lightning for the purposes of healing, spiritual cleansing, spiritual warfare and spiritual evolution. Thunder magicians are traditionally called on publicly for the purposes of defending the tribe against spiritual negativity, black magic and disease. But privately, a thunder wizard uses the powers of thunder and lightning for his own spiritual evolution and to help balance nature. The thunder path is a path of dynamic self-transformation and power.

The word “thunder” is the modern English pronunciation of the Norse deity commonly known as Thor, so to better understand thunder magic it will serve us to take a look at Thor himself. Thor is the Teutonic god of thunder and lightning. We know him best by the Old Norse name Thor, but his other names in other Teutonic dialects include: Thunor (Old English), Tor (Norwegian), and Donnar (German). The Indo-European root for thunder is *ton-r*. The Persian word for thunder is *tondar*. The Celtic thunder god is called Taranis. The Teutonic god Thor is the son of the god Odin and the goddess Earth (Jord). According to some, Thor’s mother is Hulda herself.

Odin can be translated as “divine inspiration,” and Earth is fairly obvious. Odin represents the highest of ethereal divinity (heaven), and Earth represents the complete physical manifestation of matter, so Thor is the result of dynamic, passionate, intense (sexual) interaction of heaven and Earth. We can see in this pairing that Thor has the dynamic power of the combination of universal opposites, the uniting of the proverbial yin and yang. It is not difficult to see how Thor is the god of thunder and lightning, as this weather phenomenon is the result of the dynamic combination of hot and cold, dry and wet, etc.

It was well known in the ancient world and in all current “primitive” as well as in modern science that lightning is necessary for activating life on Earth. Lightning actually generates life. Ancient farmers would pray to Thor for lightning in their fields in the spring so that their crops could be naturally energized and fertilized.

Thor represents intense spiritual power and energy. Lightning can travel at a speed of 130,000 miles per hour and can reach a temperature of 54,000 degrees Fahrenheit. That is 5.4 times hotter than the surface of the sun!

When lightning strikes wet ground it melts the earth into hollow glass tubules called fulgurites. Fulgurites are the original wizard’s wand in ancient Europe. This is the reason why we see depictions of wizards with scraggly “branches” as wands. They were not tree branches at all, but fulgurites! So Thor is also the power behind wizards’ magic.

Thunder is a cleansing agent both physically and spiritually. What do we say about the atmosphere after a thunderstorm? We say it

smells “fresh and clean.” Thor has the power to cleanse decay (evil) and transform it into new life. He is a transformer.

Thor is the guardian of the east, which is the direction of new beginnings and the regenerative power of spring. The east is also the land of the primordial giants. Thor is the protector of the human race against the violent tendencies of trolls and giants (unconscious violent instincts). He stands in the east at the gateway to the ancient dimension of primordial creation, and can be called upon to safely channel the power of the Titans.

One excellent way to discover the function of a thunder wizard can be found in the study of the nature and deeds of Thor as found in the Norse scriptures. Another way to learn about the function of a thunder wizard is to study the scientific properties of thunder and lightning. In short, the function of a thunder wizard is spiritual regeneration, cleansing of decay and negativity, protection of the human race, and the spiritual and energetic revitalization of oneself and one's tribe.



# Thor's Belt



Before we get into any in-depth magical teaching, we must first become acquainted with our most important ingredient – POWER. The thunder path, like its namesake Thor, is a path of power. Without the knowledge and use of it, nothing can be accomplished whatsoever. Now, as I have already indicated, my experience is predominantly in the Taoist magical, energetic and martial traditions. In my experience, the Taoists are unrivaled in their mastery of universal energy power. In Taoism, spiritual power is referred to as qi. Qi can be translated as “breath” or “life force.” For the Anglo-Saxons, the term for life force through breath is the word “aethem.” This comes from the same root as the elemental word “aether.” For the Norse, aethem power is called “ond” and was given to the first humans by Odin himself.

I have found that these universal principles function under the exact same laws regardless of the language used. Having said that, I would like to further examine the properties of energy in different disciplines. Modern English-speaking culture does not have a modern equivalent word for qi. We usually refer to universal energy in the language of a different culture. The two most prominent words for energy that we use in the United States are either “qi” or “prana.” Prana is the word for “breath energy” borrowed from the East Indian yogic disciplines. There are actually quite a few different types of energy in both yoga and Taoism, but in a pinch the words “prana” and “qi” can be universally applied to all of them.

A more recent equivalent of these words we have in English, borrowed from Latin, is the word “spirit.” In modern Western culture, however, this term has become confused with the word “soul.” This is largely because (in my opinion) over the last fifteen hundred years, Christianity has removed us from our physical connection with universal energy to such an extent that any energetic concept that is of a non-physical nature has been reduced to an intellectual concept. Just walk into any church and ask the pastor or priest to explain the difference between spirit and soul. You will not get the same answer twice, and whatever answer you do get will be so intellectualized as to be useless in any practical energetic work. The original meaning of the word “spirit” was also “breath.” It is a universal concept in any culture, if you dig far enough back, that the concept of breath and spirit is the same.

In modern English we use this concept in medicine. The medical term for breathing is respiration. “Re-spiration” literally means to “re-spirit” or “re-breath” oneself. When a patient dies the doctors say, “He expired.” The prefix ex in Latin means “out” or “from,” so “ex-(s)pired” literally means “out-spirit(ed)” or “spirit-removed.” While we still have the concept of breath/universal life spirit in our culture, we no longer have a term that is universally understood, which is why we

borrow from other cultures that still have a connection to their prehistoric tribal roots.

In modern Teutonic magical teachings, aethem seems to be the closest in nature to qi, prana and spirit. Aethem is the Teutonic variant of the Latin *aether*. Aether is the first element, which provides empty space wherein the other four elements can manifest. Aethem is the divine breath of spirit. In this way aethem is very close to the Taoist concept of qi.

Now that we have addressed the concept of energy to the left brain, we are ready to engage the right brain and start learning how to physically work with aethem, so here is some basic information: Aethem (spirit energy through breath) is the most abundant source of spirit energy at our disposal. With conscious abdominal breathing, we are able to absorb aethem directly into our navel center. The navel area is the storehouse of aethem energy in the body. In Taoist energy work this reservoir is called the lower dan tien. In yoga, this area is called the Nabhi, which retains the same linguistic term as proto-Germanic *nabalan* where we get our modern English word “navel.” This center is located about three fingers’ width below and two fingers’ width behind the actual belly button. Many energy teachers get very particular about the exact location of this center, and teach their students that they must know and feel the precise location of this center for proper meditation technique. However, in my experience of almost twenty years of teaching and practice, focusing on the belly button itself works just fine. After some practice, you may be able to feel its location in your body, but it is not necessary at all. Just making the decision to store or send energy to the navel area works perfectly well. The navel is very literally the energetic storehouse of the physical self.

This understanding of using the navel to store energy is already written in the Teutonic scriptures. Thor is the symbol of universal magnetic spirit power, and by his actions he teaches us ways to enhance and store this aethem energy. Thor is depicted as possessing a special belt that is said to double his magical strength when he wears it. This belt is called “Meginjjord,” which means “power belt.” “Jord” is also the name for Thor’s mother, the giantess Earth (Jord), so if I understand the language here correctly, Thor’s belt also alludes to the idea of Earth power, which is also magnetic power. This means that Thor’s source of strength is the magnetic life force energy of the Earth that he stores in his navel. It then follows that if we want the power of Thor, the first thing we need to do in the thunder tradition is to start gathering and storing aethem energy in the navel to create our own Meginjjord or magnetic power belt.

The belts of Old were not like the belts of today that we use just to hold up our pants (or hold them down, depending on how stylish you

are). The traditional belts were usually big, broad leather belts that covered the entire navel area and abdomen similar to the weight lifting belts used by bodybuilders to support their lower back and kidneys. For energetic purposes, these belts had a similar function. In ancient times, men and women wore tunics that hung down to the knees, so it was more practical to use a large belt not on the hip bones as we do today (or at least when I was a kid), but around the actual waist which includes the navel area. The other reason is an energetic one. Have you seen Kung Fu uniforms? The wide sash in traditional Chinese martial arts is not just for decoration. These belts are traditionally used to wrap the navel and wrap the kidney area on the lower back. This is because the kidneys are the generators of energy in the body and have a close connection to the navel center. The sash is wrapped around the midsection to keep the kidneys and the navel center supported and warm. This is the most conducive environment for gathering and storing spirit (aether) energy in the navel center. Since the Chinese culture has not lost its connection to its roots, we can still see practical energetic aspects in the design of traditional Chinese clothing. However, this practice in clothing is not limited to China. If we look at depictions of how Europeans dressed fifteen hundred to two thousand years ago, they dressed in very similar fashion as the Chinese did and for the same practical and energetic reasons. Thor's belt, therefore, is a clear instructive example of how to increase the magnetic Earth power within our bodies. In short, he's telling us to strengthen and protect our kidneys and navel center.

This method of instruction through symbolism in myth and sacred scriptures is not unique to the Norse myths. In East Indian scriptures, there are two ways to study sacred writings. The first way is to read it as a story and allow the images to enrapture the reader (or listener) to increase their devotion. The second method is to understand the symbols contained in the story and use them as an instruction in internal alchemy. The Hindu magician or yogi knows that the symbols in the story are providing precise instructions for spiritual mastery. The details of the story are a hidden blueprint of energy systems detailing exactly how to absorb and channel energy through the meridians or "ley lines" of the body in order to become a master wizard. The Teutons are cultural, linguistic and ethnic cousins of the Hindus, and it is reasonable and logical to assume that the Norse mythological scriptures also employ this same technique of magical instruction. I have found from reading Norse, Vedic and Tantric scriptures that there is a definite similarity in style and content. To me, the cultural similarity to our Indian cousins is undeniable. For many who follow the Odinic gods in solely a religious way, the story of Thor's belt is an interesting detail that increases their devotion to him, but for us thunder wizards, we know that this interesting detail is a hidden clue

that we can follow to be like Thor. Here is our first lesson in creating our own Meginjord.

### **Meginjord Breath**

Stand facing east. Stand straight with feet hip-width apart, with shoulders relaxed, spine straight and neck straight. Slightly pull the chin inward to lengthen the neck. *(Do NOT arch the head back; this will cause energy to get stuck in the head.)*

While in this position, place the palms in front of the navel center as if you were holding a large pillow in front of your belly button. *(See Figure 7.1)*



*Figure 7.1*

While in this position, imagine that there are two small tennis balls under your arms allowing space under your armpits. This will stimulate energy flow to the hands. *(See Figure 7.2)*



*Figure 7.2*

Now, inhale deeply through the nose. Be sure to breathe from your lower diaphragm, not your chest. While inhaling, imagine those tennis balls under your arms inflating with air, causing your palms to “expand” out from your belly button. *(See Figure 7.3)*



Figure 7.3

Exhale slowly while silently chanting the name “THUUUNNOORR” allowing your palms to “compress” back again toward your navel. (See Figure 7.4)



Figure 7.4

Continue exhaling and chanting until you have collapsed the diaphragm completely and are out of breath. You may do this chant out loud in the beginning if you wish. Later, you may do this breath silently. Feel your chant vibrate all the way to the ends of the horizon and back to you. As you inhale again, hear the chant reverberate throughout the cosmos. Imagine you are drawing the power of thunder and lightning into your navel center with your inhalation. Repeat.

Continue like this for a minimum of three minutes. Over time, you may extend the time for a maximum of forty-five minutes, but *do not overdo it in the beginning*. Slowly extend the time until you can do

the maximum time comfortably. It is not necessary to reach the maximum time limit, but it is there for those ambitious types.

Be sure to keep your legs slightly bent, keep your shoulders relaxed, and make sure that your weight is on your heels, not the toes. Feel the energy flow down your heels into the earth and likewise flow from the earth through your heels up through the legs. This posture will release the titanic power of lightning and increase the aethem (aether) element in the body.



# The Five Elements



We are all familiar with some version of the five element theory. This theory states that the universe is manifested by means of the five elements of nature. Most of us know the elements as being from European and East Indian beliefs as earth-water-fire-air-aether/spirit (Old English aethem). Taoists use slightly different imagery for the elements: earth-water-fire-metal-wood. Wood corresponds to aethem and metal corresponds to air. It is important to understand that the elements are not just the actual phenomena of fire, etc. These are names to describe the *function* of each element, so let us first examine the functions of the elements, and then we can work with descriptions.

Within the three dimensions of Midgard, where we humans experience life, energy is manifested within the framework of five different functions. The five functions of universal energy when manifested are expanding, contracting, rising, descending and centering. Aethem/spirit is the expanding, air is the contracting, fire is the rising, water is the descending, and earth is the centering. Each element is also defined by the degree of density it has. The expanding element is the least dense and the centering is the most dense.

I believe the symbolic names of the elements in each culture came about as an attempt to explain the general function. Let's look at how the different descriptions may have come about in different cultures. When I compare my experience with Chinese mysticism and Indo-European mysticism, I find the Indo-European mindset to be more poetic and the Chinese to sometimes be more pragmatic. I imagine a Chinese boy asking the local Taoist master to explain the function of the expanding element. In an attempt to explain this phenomenon practically, the Taoist says, "Hmm, let's see... Ah! See that tree over there? As it grows, it expands out, so let's call the expanding element the wood element instead." As the boy grows up, he can actually see the tree expanding year after year and this gives him an experiential rather than an intellectual understanding of that element and how it functions. A Teutonic wizard, being more a poetic sort, might explain it this way, "Hmm, let's see... The expanding element is like that cloud billowing on the horizon, like an ethereal spirit floating on the wind." This way, every time the Teuton boy sees a cloud in the sky and watches it billow, he is reminded of the expanding aethem element. For the practical Chinese, wood is a better description of that particular element, and aethem fits better with the European poetic mindset.

In modern times, we don't use the word "ether" (aether) except usually when referring to the chemical solvent, but in times past ether had the connotation of spirit energy. We still use the term in the original sense when we say things like "floating in the ethers" or "ethereal." In traditional Indo-European magical work, as energy descends into matter it gains more density. Energy first appears as ether/spirit/aethem, then descends to the next level of density and

becomes air, which descends into fire, which descends into water, and then earth. As matter ascends and loses density, it returns to the state of void and the sequence is reversed as matter transforms back into pure energy.

I have learned that how one uses these powers in energetic work matters a great deal. Each element is connected with different internal organs, seasons and emotions. In order to be a successful thunder wizard, one must become proficient in gathering and using elemental energy. To do this, we need to have an intimate working, personal relationship with of all five elements.

According to the Norse scriptures, north is the cardinal direction of Niflheim (Mist World), which is the world of ice, mist and water. It is also clearly stated in the Norse scriptures that Niflheim is the source of the primordial waters of all of creation. The word “north” comes from the proto-Germanic word *nurtha*, which means “left” or “under.” This tells us two things: First, that the traditional default orienting position for prehistoric Germanic peoples was to face east (in the direction of the dawn), which would make north to our left. Second, that north is considered to be located under or beneath Midgard (Middle Earth) where we live. This is important because in the Norse scriptures the primordial waters in the mist world of the north is located *below* in the primordial depths or under our world.

Today we think of north as being up. This is because we modern folk live our entire lives orienting ourselves by two-dimensional maps. This is a very recent development in human history. Before using maps, we oriented ourselves from our three dimensional environment and by *feel*. This indicates that at one time we Northern Europeans had the innate ability to feel the magnetic poles and orient ourselves by feel alone. This ability is still alive among “primitive” peoples all over the world. We civilized folk have lost this ability because we have trained ourselves to orient by means of an intellectual two-dimensional map. This trend is increasing exponentially with the advent of GPS units. Many people today can no longer navigate by sight or two-dimensional map; they have become dependent on a voice in a box to direct their every move for them. People have even driven into ditches because their GPS units were operating from outdated information and these people were unable to NOT follow the voice commands even when such commands were contradictory to the actual visual information right in front of their eyes!

By looking at how ancient peoples oriented themselves we will see that it is in our instinctual nature to view the world as a three dimensional sphere rather than a two-dimensional map. In ancient times, all peoples in the northern hemisphere considered traveling north to be going downward and traveling south to be going upward. This may sound extremely strange to us moderners, but if we look at

the curvature of the Earth, in the northern hemisphere where our Teutonic ancestors evolved, north moves down and away from the sun and away from the equator. The equator is the closest point on the globe to the sun, which is located up in the sky. The North Pole is the farthest point from the sun. In this thinking, if the sun is up, then north must be down. If we move toward the south, we are climbing up the curvature of the Earth toward the fire of the sun, and if we move northward, we are moving down and away from the equator, and if we keep going north we will eventually reach the land of ice and snow. If we are to apply a unique Teutonic interpretation it could be said that water often turns to ice in Northern Europe, but it doesn't stop being water, it's just frozen, so it is entirely possible and logical to assume that the Teutons would characterize the water element as ice. With this understanding we can see how the Teutons developed the primordial polarity as being between the fire of the sun in the south and the ice of the north.

The Norse scriptures are in complete agreement with Taoist and East Indian scriptures when defining the elements. Aether (aethem) is also called "akasha" or "space" by the East Indian Indo-Europeans because it is the empty space of aether that allows the other four elements to manifest. The cardinal direction for aethem is in the east where the spiritual dimension of Jotunheim (or Giant Home) is located. The giants represent primordial forces of creation. The forces of lightning and thunder are also in the east. Directly opposite the primal (unconscious) powers of Jotunheim in the east are the elder powers of consciousness and wisdom in the west. This is the home of the Vanir, or wind masters, who control the power of air/wind. The word "wind" comes from the proto-Germanic root verb *wendanan* which means to turn or twist. The word "Vanir" is pronounced "wanes" in English, so even the name Vanir means "the wind people – those who move or twist the air."

In the Norse myths, the kingdoms of Jotunheim and Vanaheimr (Wind Home) are constantly at war. This is symbolic of the dynamic balance between the expansive force of aether and the contracting force of air. Aether and air are just opposite sides of the elemental coin. Both of these elements are aspects of life giving breath in the body. When a person inhales, the lungs expand and absorb oxygen and the life force of aethem. On the exhale, the lungs contract sending the life force of breath out to strengthen the aura while also sending oxygen through the blood stream to nourish the cells. The Vanir and giants are at "war" because one cannot inhale and exhale at the same time. For the human being who is the central axis of all the nine worlds, one cannot survive without keeping the balance of expansion and contraction. If we ceaselessly inhaled, we would explode, if we

continuously exhaled, we would implode. The “wars” of the myths are there to remind us humans to seek a healthy balance.

In the south we have the dimension of Muspelheim (or Fire Home). This is obviously the direction of the fire element. Fire is the rising of heat, which releases the potential energy within the static ice realm. This fire releases the nourishment of the life-giving waters of Niflheim from its primordial ice state. Simultaneously, the contracting/cooling force of the ice world prevents the expansion and heat of fire from consuming the entirety of creation. Here we have another dynamic balance between the descending power of water and ascending power of fire. In the Norse myths, the worlds of fire and ice are also at war with each other, which illustrates in the uniquely poetic Teutonic mythology – the dynamic balance of fire and ice.

So, in the four cardinal directions we can see the dynamic balance of the elements. Wind and aether “battle” in the east/west polarity of the life force (inhale/exhale) of breath. And the fire and ice polarity underscores the battle of conservative life force with destructive entropy. It is the dynamic balance of the yin and yang of cold/wet/internal with the hot/dry/external.

Finally, we come to earth. The earth element is located in the center of the sacred circle. The wizard stands in the center of the circle and becomes Odin and signifies the earth element. Earth is more than just the ground you stand upon. Earth is the door through which all of the dimensions of the multiverse converge. Similarly, the human body is where all the dimensions of the spirit realm converge. All the other four elements arise and are absorbed by the earth. Earth is also the realm of Midgard (Middle Earth), which is, of course, where we humans experience this mortal life.

We can see from the Norse myths that the Teutonic element paradigm is: north (water/ice), south (fire), east (aether/spirit), west (air/wind) and center (earth). In the next chapter we will connect the five elements with the eight directions in Teutonic cosmology. The five elements are universal energetic principles. I can attest from extensive personal experience that the elements are very real and, like the law of gravity, exist and function independently of our opinions of them. They operate according to fixed laws whether we believe in them or not. Ultimately, the elements have to be experienced to be understood, so our next task in the thunder path is to begin to physically experience the power of the elements through physical exercises. Once you have personally experienced the power of the elements, they will no longer be just intellectual concepts, they will be living, real powers that you will be able to summon for magical work.

*(Note: You are responsible to check with a physician to determine if you are healthy enough for these exercises.)*

## The World Tree Stance

The first energy posture I want to show you is called “Yggdrasil” or the “World Tree” stance. This is a fundamental key practice in the thunder path. This posture will open the ley lines of the body and the hands. It also will open the heart and solar plexus centers in the body. To begin, stand with your legs about shoulder width apart and feet pointing straight ahead. (See *Figure 8.1*)



*Figure 8.1*

Bend the knees slightly and imagine you are sitting in a saddle. (See *Figure 8.2*) This will open the thighs slightly and open the meridians in the legs.



*Figure 8.2*

Simultaneously, allow yourself to sit slightly down and back as though you are sitting with the edge of your buttocks on an imaginary barstool. (See *Figure 8.3*)



*Figure 8.3 Sitting on Barstool*

Keep your spine straight and relax the shoulders. Slightly tuck in the tailbone to straighten your spine. Imagine there is an invisible energy line flowing from the top of your head straight down through your spine into the earth. Relax the toes and feel your weight and energy flowing out the heels down into the earth. Slightly tuck in your chin; this will lengthen the neck. (*Do NOT tilt your head back; this will cause energy to get stuck in the head.*) Look down at the ground a few feet in front of your toes. Raise up the arms with palms facing up as though you are holding a plank over your head. (See *Figure 8.4*)





*Figure 8.4 World Tree Posture*

Fingers point directly to the side. For maximum effect, hold the palms as flat as possible. Upper arms should be horizontal and forearms should be vertical. You may feel some stretching in the tendons. This is good. The tendons are the conductors of magnetic energy.

Breathe long and deep from the abdomen. You may feel a stretch in the chest and solar plexus areas. As you inhale, pull energy from the heavens down through your crown (top of the head) and down through the center of your body into your heart and solar plexus. Hold the breath for a second or two allowing the energy to expand in the chest, and then exhale slowly sending the energy down through the heels into the earth.

Feel a connection being made between heaven and Earth through the central channel of the body. On the exhale, you can silently chant the “*HUUL*” mantra or the Runic sound “*Eihwaz*.” *Eihwaz* is the sound for the World Tree.

Start with three minutes and slowly add more time to the exercise. If you wish to master this posture and open all the ley lines of the body and fill them with power, you can increase time until you reach 45 minutes. Stop this exercise immediately if you feel ANY pain other than slight muscle fatigue. If you feel any joint pain whatsoever, stop the exercise until you can train with someone experienced with standing energy postures. If you are new to standing energy postures,

you can stand up straight but make sure to keep the knees slightly relaxed and weight going out the heels.

## **Moving Breath and Galdor Exercises**

Next I wish to share moving breath and galdor (chant) exercises for the five elements. It is important that you follow this exact sequence I am outlining here.

Aethem-Fire-Earth-Air-Water (repeat)

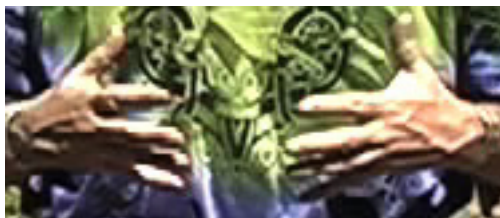
In this sequence, each of the elements will be used as fuel for the next element in the sequence, which will result in a powerful method for absorbing magical power for health, magic, meditation or ritual. You can do this exercise before any ritual or just by itself for health.

### **Aethem Exercise**

We start with the moving exercise for the expanding element of aethem. This exercise you have already learned. It is the exercise we read in the chapter called “Thor’s Belt.” I will repeat it again here.

Stand facing east. Stand straight with feet hip-width apart, with shoulders relaxed, spine straight and neck straight. Slightly pull the chin inward to lengthen the neck. *(Do NOT arch the head back; this will cause energy to get stuck in the head.)*

While in this position, place the palms in front of the navel center as if you were holding a large pillow in front of your belly button. *(See Figure 8.5)*



*Figure 8.5 Position of Aethem Hands*

While in this position, imagine that there are two small tennis balls under your arms allowing space under your armpits. This will stimulate energy flow to the hands. *(See Figure 8.6)*



*Figure 8.6 Aethem Breath Step 1*

Now, inhale deeply through the nose. Be sure to breathe from your lower diaphragm, not your chest. While inhaling, imagine those tennis balls under your arms inflating with air causing your palms to “expand” out from your belly button. (See *Figure 8.7*)



*Figure 8.7 Inhale and Expand Navel*

Exhale slowly while silently chanting the name “THUUUNNOORR” allowing your palms to “compress” back again toward your navel. (See *Figure 8.8*)



Figure 8.8 Exhale and Compress

Continue exhaling and chanting until you have collapsed the diaphragm completely and are out of breath. You may do this chant out loud in the beginning if you wish. Later, you may do this breath silently. Feel your chant vibrate all the way to the ends of the horizon and back to you. As you inhale again, hear the chant reverberate throughout the cosmos. Imagine you are drawing the power of thunder and lightning into your navel center with your inhalation. Repeat.

Continue like this for a minimum of three minutes. *Do not overdo it in the beginning.*

Be sure to keep your legs slightly bent, keep shoulders relaxed and make sure that your weight is on your heels, not the toes. Feel the energy flow down your heels into the earth and likewise flow from the earth through your heels up through the legs. This posture will release the titanic power of lightning and increase the aethem (aether) element in the body.

### **Fire Exercise**

Next we move to the fire element. Face south with feet hip-width apart, knees slightly bent, and weight over the heels. Start with the palms facing up in front of the navel center as though holding a bowling ball. Eyes start out looking down at the palms.

*(IMPORTANT: Keep head level throughout the exercise.)*

Allow the imaginary tennis balls under the arms to inflate. This will bring the elbows out slightly away from the body. (See Figure 8.9)



*Figure 8.9 Gathering Fire at Navel*

Inhale and allow the palms to rise up in a circular pattern as though tracing a large beach ball until the palms are up in front of the forehead as though holding a smaller ball. Let the eyes follow the hands until the eyes look up through the palms. Keep head level. It will feel like you are looking through your eyebrows. (See *Figures 8.10-8.13*)



*Figure 8.10*



*Figure 8.11*



*Figure 8.12*



*Figure 8.13*

Hold the breath for one second, and then exhale slowly, allowing the hands to float up and apart as though dispersing a mist. (See *Figure 8.14*)



*Figure 8.14*

Allow the hands to float back down to the original position and repeat. (See *Figures 8.15-8.16*)



*Figure 8.15*



Figure 8.16

On the exhale, you can silently chant the sound “Fiiiire.” This exercise will ignite the celestial fire of the soul and connect it to the pituitary gland (also known as the third eye). It is important to connect the conscious mind located in the heart center with the spiritual centers in the brain. This exercise achieves this. Continue for at least three minutes.

### Earth Exercise

Next we move to earth. Once we have ignited the celestial fire, we then must ground this energy. Stand facing southwest with feet shoulder-width apart. Sit down as though resting buttocks on a barstool. Feel the perineum at the base of the spine connect to the earth. Hold arms at the sides with palms flat, fingers pointing to the sides, focusing your attention on the center of your palms. Feel the centers of the palms connect to the earth. (See Figure 8.17)



Figure 8.17



Inhale and allow the arms to float up as though flapping your “wings.” (See Figures 8.18-8.19). Hold breath for one second.



Figure 8.18



Figure 8.19 (hold breath for one second)

Then, slowly exhale allowing the arms to float back to the original starting position. (See Figures 8.20-8.22). On the exhale, you can silently chant the sound “Uuuurrth.”



*Figure 8.20*



*Figure 8.21*



*Figure 8.22*

Start with three minutes. The earth exercise is very important, so feel free to stay as long as you wish with this exercise, but at least for three minutes.

## Air/Wind Exercise

Next we move to the air element. Start facing west. Stand with feet hip-width apart with arms at sides. Allow imaginary tennis balls under arms to inflate. (See *Figure 8.23*)



*Figure 8.23*

Inhale and allow the arms to float up with the palms facing down and fingers pointing straight ahead. (See *Figures 8.24-8.25*)



*Figure 8.24*



Figure 8.25

Hold for one second. As you exhale, allow the fingers to stretch forward and feel your lungs collapse, sending cleansing energy out through your fingers.

On the exhale, rise up slightly on the toes, extend the fingertips and chant the sound “Wiiiiind.” As you extend the fingertips on the exhale, allow your chest to collapse inward. This will stimulate the thymus gland and promote physical cleansing. (See Figure 8.26)



Figure 8.26

On the end of the exhale, shift your weight back onto the heels and sink back into your “barstool” posture while simultaneously allowing the hands to float back down to the original position. (See Figures 8.27-8.29)



*Figure 8.27*



*Figure 8.28*



*Figure 8.29*

Repeat for three minutes.

## Water Exercise

Next we move to the water element. Stand facing north. Stand with feet shoulder-width apart, bend the knees and sit down as though resting buttocks on a barstool. Imagine you are standing in water up to your hips. During the exercise, you are going to imagine you are “stirring” water with your palms. To begin, arms are at your side with palms facing forward held. (See *Figure 8.30*)



*Figure 8.30*

Then, inhale and “push” the water forward with your palms. (Palms facing forward.) (See *Figures 8.31-8.32*)



*Figure 8.31*



*Figure 8.32*

As you exhale, reverse the palms so they are facing backwards and “push” the water behind you until you are out of breath, then return to original position. (See *Figures 8.33-8.38*)



*Figure 8.33*



*Figure 8.34*



*Figure 8.35*



*Figure 8.36*





*Figure 8.37*



*Figure 8.38*

This process will feel as though you are “paddling” with your palms. On the exhale, you can chant the sound, “*Wwwaaatterrrr.*” Continue for three minutes.

### **Grounding Breath**

Stand straight facing north. Close your eyes and place your palms over your navel center (right palm over left). (See *Figure 8.39*)



*Figure 8.39*

Breathe deeply into the navel center and allow the elements to mix into your navel. Continue for three minutes.

### **Self-Massage**

When you are finished, take a few minutes to stretch and massage yourself to bring yourself back to normal consciousness. Self-massage is very important after energy work to make sure no residual energy gets stuck. Here is a short self-massage routine:

Briskly massage eyes, face, scalp, ears, back of the neck, shoulders, arms, under the arms, hands and fingers, chest, stomach, lower back (very important), legs, buttocks and thighs, calves and soles of feet.

For detailed instructions on grounding and self-massage, please visit the [ThunderWizard.com](http://ThunderWizard.com) website. I have posted a video link with multiple grounding techniques. I cannot overstress the necessity for grounding and self-massage after energy work. That subject itself is enough fodder for many chapters, so I will simply state here that it is absolutely necessary. If you do not plan on grounding and self-massage, or don't have the time, then please don't do the practices until you can close down properly. You are responsible to use these exercises wisely. I have given them to you, and I have done my duty to warn you about the consequences of not closing down, so now you are responsible.

When you have finished your closedown and self-massage, take a moment to visualize and/or verbalize any affirmations. This time immediately after energy work is the best time to speak into existence any desires for health, money, job, relationships, etc. The energy you have just created can be used to manifest your desires.

Then take a short walk and breathe. And then promptly do something else and leave the ritual to do its work.

You can do this sequence of exercises on a daily basis if you wish, or just a few times a week. It is up to you. For those wishing to master the power of the elements, you can slowly increase time of each exercise to ten minutes. If done on a daily basis, this set of exercises will significantly increase your energy and increase your ritual and magical power considerably.

If you feel drawn to a particular element, you may focus on that element for a longer time or just by itself. However, make SURE to finish with the grounding breath to balance that element in the body. Grounding is extremely important. These exercises seem simple but they are VERY powerful. It is imperative that one ground these energies in order to avoid imbalance.

You can use these galdors (chants) and breaths to summon the powers of the elements whenever you need power or healing. Over time, you may find that these exercises are excellent ways to mentally connect and communicate with the spirits and deities connected to the worlds in each direction. In the beginning, you may find writing your experiences in a journal very revealing.

For those who find these exercises helpful and want to go deeper, there will be more exercises in my next book, "Mounting Sleipnir." In that book I will teach more standing postures and some very powerful hand sets. I hope you enjoy these practices.



# The Eight Directions



In Teutonic cosmology, the multiverse is comprised of nine dimensions. Each dimension is the home of a different class of supernatural beings or family of beings. Each of these nine realms can be located in each of the eight directions of the sacred circle. The wizard uses these eight “doorways” to call each of these dimensions into the circle to transform him/her self or to effect changes in the “real world.” These nine realms are (in clockwise order):

North – Mist World (unmanifest potential)

Northeast – Asgard, home of the celestial gods (static perfection)

East – Giant Home (direction of thunder and primordial power)

Southeast – Dwarf Home (realm of the subconscious and manifestation)

South – Fire Home (realm of heat, expansive power and destruction)

Southwest – Hel Home (realm of the unconscious and regeneration)

West – Wind Home (home of the terrestrial gods)

Northwest – Elf Home (realm of the ascended masters)

Center – Midgard (realm of humans – “objective” reality)

I have listed these realms in clockwise order because energy manifests in a clockwise fashion within the flow of magnetic fields of energy. This is why we have time flowing in a clockwise direction on our clock faces. This is a reflection of our unconscious connection to the clockwise flow of magnetic energy.

For the wizard, it is not only necessary to intellectually know about these dimensions, he/she must also be able to call upon the powers residing in these realms for personal empowerment. For the wizard there are always two teachings: internal and external. For the non-wizard all of these realms are outside of them in the multiverse at large. For the wizard, it is understood that the multiverse or “reality” at large is merely the holographic projection of our own internal reality. In short, all of the dimensional realms are also within us. A wizard is simply someone who takes responsibility for his/her own reality. This responsibility also brings with it power – the power to change reality itself. The only true roadblocks to mastering this reality are overcoming our own fears, pride, selfishness, etc. The demons we encounter in the

physical world are, at the very least, simply acting out our own unresolved unconscious emotional complexes.

### Cardinal Directions

The realms located in the four cardinal directions of north, south, east and west are directly connected to what we perceive as physical or external reality. The four intermediate directions of northeast, southeast, southwest and northwest correspond with what we perceive as internal or spiritual dimensions.

Using different images can stimulate different effects by looking at them in meditation. The Teutonic or crusader cross can be used to balance the elements in the external world and keep the dynamic balance between the “warring” worlds of the giants and the Vanir, and the fire and ice polarities. This symbol can be used as a talisman to bring balance, health or prosperity in one’s external environment.



*Figure 9.1 The Cardinal Directions & Physical Dimensions*

Images of the intermediate directions can be used to balance the internal world. When one’s goal is to stimulate change or balance in the emotional, spiritual and psychological dimensions, one can use a picture of the intermediate directions. This type of talisman is a



powerful symbol for deep meditation and to go deep within oneself for personal reflection.

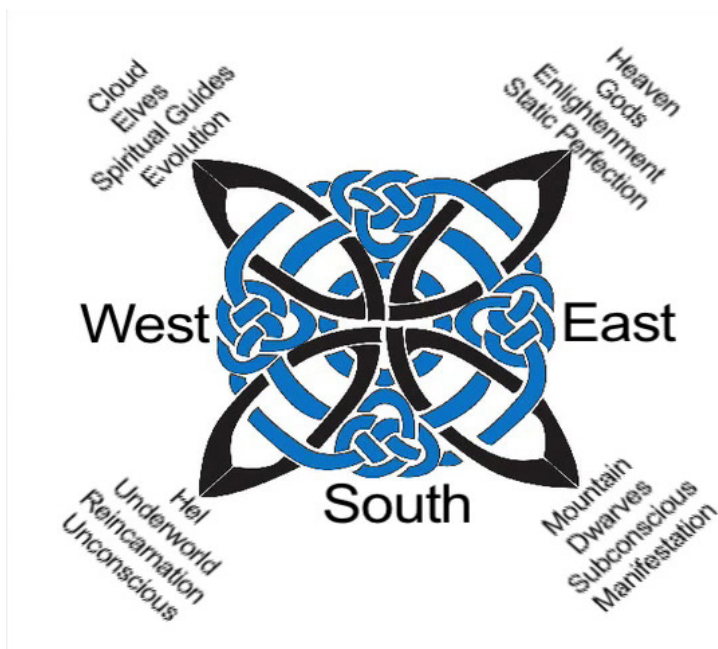


Figure 9.2 The Intermediate Directions & Psychic Dimensions

Images containing all eight directions can be used for balancing and cleansing the interconnectedness of all nine realms. Traditionally, this kind of symbol is used in many spiritual systems to cleanse a space or protect from spiritual negativity. If you have ever been to a Chinese restaurant, you may have seen an eight-sided mirror outside or over the front door as you enter the building. This is a ba gua (eight gate) mirror, which is designed to drive away evil spirits. The mirror in the center symbolizes the self. The mirror traps any negative entity and forces it to face itself. Demons are thought to be afraid of mirrors because they do not want to “face” themselves and recognize that they are out of balance. We see this in the symbology of vampires being unable to be reflected in mirrors.

The symbols of lines over the other eight sides (gates) cleanse and balance the other dimensions. Once a person or entity becomes trapped within the eight-sided symbols, they either flee or are forced to be brought into balance.

The ancient Teutons had a very elaborate system of talismanic magic that employed their own unique versions of these eight-sided

symbols that operated under the same universal energy balancing principles. One of the most famous of these symbols in the Teutonic tradition is called “The Helm of Awe.” (See *Figure 9.3*). This symbol was drawn on the forehead of a warrior and, when properly charged with intent, energy and verbal chant, was believed to make a warrior invincible in battle. Here we see the symbol sending power into all eight directions while insulating the center (self) in a sacred circle. This effectively protected the center, which symbolized the warrior him/herself, and simultaneously sent out energy into all other eight dimensions, protecting him/her from both physical and spiritual attack.



*Figure 9.3 The Helm of Awe*

The ninth dimension of Earth in the center of these symbols is the only dimension that intersects all other dimensions. The center is symbolic of the self. When we stand in the center of our sacred circle we project all eight dimensions out from ourselves from the realm of Midgard or Middle Earth.

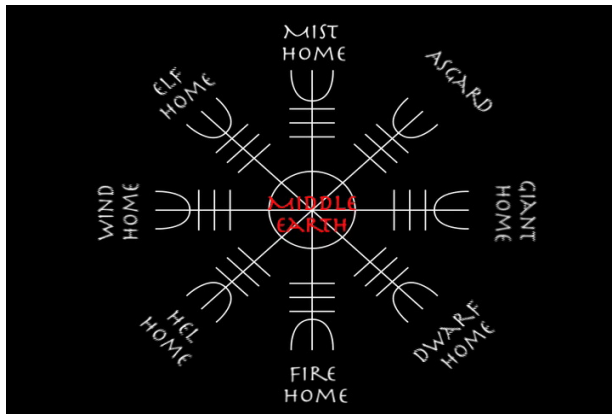


Figure 9.4 The Nine Worlds

### Connecting With The Nine Worlds

The exercises of the five elements can be used to shamanically connect with the external realms of Giant Home, Fire Home, Wind Home and Mist Home in the cardinal directions. Once that has been done, you may also connect with the internal or psychic environments of the diagonal directions of Asgard, Dwarf Home, Hel Home and Elf Home. If you look at Figure 9.4, you will see that each realm or home is counterbalanced by its opposite. For example, the expansive realm of Giant Home in the east counterbalances the contractive realm of Wind Home in the west. We have already discussed the dynamic balance of the five elements and the cardinal directions. Now let's look at the dynamic balance of the internal realms.

Moving clockwise, we start with Asgard in the northeast, the realm of the celestial gods. This is the realm of the super conscious, the realm of pure spiritual essence. Asgard means "fortress of the celestial gods." The beings in Asgard radiate a very powerful golden light, which creates awe in humans. The qualities of Asgard are purity, supreme consciousness, morality, justice and perfection. The gods of Asgard project pure perfection and represent the perfection of energy before it is manifested in the physical realm. The gods, since they live in pure perfection, do not like change or decay. They like things to be "as they were in the beginning." Valhalla is represented in Asgard and symbolizes ultimate awareness and pure consciousness. For humans, Asgard can be both blissful and overwhelming.

Directly opposite of Asgard in the southwest is Hel Home. This is the realm of the underworld. It is here that those who do not die "in battle" are sent. This is the realm of the unconscious, the realm of origins. In the myths, we read about three primordial giantesses called

Norns who weave the destinies of humans. These three destinies are named Origin, Present and Debt, which represent, respectively, past, present and future. It is from the karmic patterns of our origins, combined with the choices we make in the present, that we weave our destinies in the future. It is interesting that the future is called Debt. This indicates that we “pay” for our present choices in the future. Our present choices are usually dictated by the unconscious psychological patterns created in our origins, our past. Every choice we make creates a psychological pattern that is lodged in our unconscious mind. These patterns form energy grids, which act as templates for all subconscious patterns that guide our conscious thoughts, which determine our likely choices in the present. For most people this sequence of events continues unnoticed, but for the wizard, we have methods to uncover these unconscious psychological patterns. By using the eight-sided sacred grid, we can project the pure light of supreme awareness in Asgard directly into the unconscious underworld darkness of Hel. This will reveal our unconscious karmic psychological patterns and allow us to analyze their effects on our present lives, and then we can choose to resolve these patterns and allow ourselves room for new choice options that we may not have seen before. This is the dynamic balance struck between Asgard (super conscious) and Hel (unconscious).

Continuing clockwise we come to Dwarf Home in the southeast. Dwarf Home is dynamically balanced by Elf Home in the northwest. According to the myths, the dwarves are created from the blood and spare body parts of the giant Ymer whose body was used to create the physical universe. This myth tells us that the dwarves are made of pure ambient energy, which makes up the manifested universe. The dwarves are magical creatures that live “under the earth” and are known for their mastery of crafts and construction. Just as the external dwarves are said to live under the earth, our internal dwarves exist under our normal state of consciousness and are integral in creating our personal external worlds. The gods create dwarves to perform various works of construction and maintenance. It is said that the cardinal directions are actually dwarves created for those purposes. Many of the magical tools and weapons of the gods are created by the dwarves at the gods’ request. Dwarves represent the power of the subconscious mind to create our physical environments. They are builders and workers. They are morally neutral. They can be helpful or destructive depending from where they receive their instructions. They are respectful to authority but can be very nasty toward those without authority.

In the myths, we find oftentimes that if someone without divine authority encounters dwarves and seeks help from them, the dwarves may very well kill that person and devour them. This is similar to the

effect of our subconscious mind on our lives. If we are connected to our higher consciousness in Asgard and Elf Home, the dwarves who dwell “under the earth” in our subconscious are obedient to our desires and create our external world in a harmonious fashion. If, however, we are in denial about our destructive behaviors or thinking patterns or are otherwise disconnected from our higher self, the dwarves of our subconscious will act like gremlins and create all kinds of mischief and drama in our lives. A key to having control over what is created in our lives is to connect our subconscious dwarves to our higher consciousness. This is where Elf Home comes in.

Elf Home in the northwest is the realm of the ancestors. The elves I am referring to here are known in the myths as light elves. The dwarves are also known as dark elves. When we connect ourselves to the ancestral wisdom of the light elves, we can be empowered with divine authority and wisdom. The light elves are always available to advise us about our lives, but we have to ask them. By facing the northwest and making offerings to the ancestors and meditating, we can receive advice and instruction on aspects of our lives and actions we can take to better fulfill our highest destiny. This advice is empowered by the light elves. If we choose to listen and act upon that advice, the dwarves (dark elves) in our subconscious will readily obey these new commands and create more favorable conditions.

Chaos and pain in our circumstances are often created when we are disconnected from the ancestors. When this occurs, the dwarves in our subconscious are cut off from the advice and instruction of the light elves. As a result, the only directions they are able to receive come from the karmic, psychological patterns in the unconscious realm of Hel. In this disconnected condition, any effort we make to change our lives is thwarted because the dwarves are only listening to the “orders” they are receiving from our unconscious mind. Our human conscious mind by itself has no energetic authority. The two realms that carry energetic authority come from either the divinely empowered higher consciousness or the emotionally empowered unconscious mind. The human mind itself can only wish for things, but has little energetic authority to empower those wishes. Without the divine guidance of the light elves, any persistent thoughts that carry strong emotions are received by the dwarves as empowered commands, which they then manifest. That means if we are plagued by feelings of fear, doubt, anger, etc., the power of the negative emotions associated with those thoughts are the fuel which powers the dwarves.

Dwarves are fond of mead. Mead signifies spiritual aethem power. If we are connected to the gods and the ancestors, then we are filled with the “mead of inspiration.” The dwarves consume this mead in exchange for manifesting our consciousness-fueled thoughts and

desires. In absence of the mead of inspiration, the dwarves become addicted to high-powered emotions of any kind. If we cut ourselves off from the light of the gods and ancestors, we are fueling ourselves and our dwarves with the emotionally charged patterns and memories in our subconscious. This is a major cause for much of the chaos and unhappiness in the lives of many. By connecting the subconscious with the higher conscious mind, our powers of manifestation increase and we can have more power to create the lives we want.

To review, the dynamic balance of the internal worlds is: Asgard balances Hel Home, and Elf Home balances Dwarf Home.

## **Exercises for Balancing the Internal Realms**

### **Hallowing the Ve**

Before doing any shamanic work, you should first charge your sacred space (Ve) with divine energy. To hallow your Ve, start standing facing north and make your hallowing gesture to each of the eight directions in a clockwise direction: N-NE-E-SE-S-SW-W-NW. You are standing in the ninth world of Midgard already. The act of hallowing the Ve sanctifies the realm of Middle Earth. Feel free to use any sacred hallowing gesture you like. For those who do not have one, here is a very simple and effective hallowing gesture:

Stand in the center of your intended Ve (sacred space) facing north. With the tips of the fingers of the right hand, lightly touch the forehead and say "Odin" or the proto-Germanic *Wodanaz*. Then bring the tips of the fingers to the navel and say, "Villi" or "Willion." And lastly, bring the tips of the fingers to the heart and say "Ve" or "Weehaz." Repeat this gesture in each of the eight directions in a clockwise fashion. I also suggest doing this hallowing gesture to each of the eight directions after you are finished with your energy work or ritual.

These next two exercises are for balancing the relationship between the psychological realms. They are very powerful and should always be performed with consciousness and awareness.

### **Summoning the Light Elves to Command the Dwarves**

#### *Part 1: Summoning the Elves*

This ritual is best done at night before going to bed. This is when the elves are most active and your subconscious mind is most receptive.

Begin by standing or sitting facing toward Elf Home in the northwest, then set up your altar for the offerings to the elves. If you have experience with altars and offerings, you are free to experiment

as you see fit. Here is what I do: Lay out five offerings to signify the five elements – incense at the top (aether), candle in the middle (fire), small bowl of water on the left (water), small bowl with handful of nuts and raisins on the right (earth), and musical instrument (flute or drum) on the bottom (air).

After laying out the offerings to the ancestors, I begin by setting the mood. Elves are very subtle beings and the best way to access them is to act with quiet reverence. Whatever chanting or music is used in your ritual should be subtle and austere (no loud chanting or music). You can enhance your openness to them by playing ethereal flute music, humming or singing quietly, or quietly drumming. Any instrument will work as long as it is played meditatively. Meditative flute music is also very good at opening our crowns. You can play the music yourself or play a CD softly in the background.

When you have set the mood to your liking, focus your intention to the area just above your head. Lightly touch the fingertips of the right hand to the crown of the head (top of your skull) for three seconds or more, and invite the light elves or enlightened ancestors to come and speak to your higher self. There is no set rule here. You may simply send that intention or say something from your heart. Whatever you say or chant, do so in a low voice. You can say something like, “I open myself to the divine wisdom of the light elves that are the channels of timeless wisdom handed down to us from our ancestors. I invite the spiritual guides of my people here in this sacred space. Speak to me your words of wisdom.”

When you have sent your intention or spoken your invocation, if you play an instrument like a flute, drum, chimes or bell, you may do so now for a few minutes to invite the elves into your space. Then sit or stand and focus above your head. Breathe deeply from the diaphragm. If you begin to receive mental impressions or thoughts, simply flow with them. You may also feel or experience nothing. This is OK. The work is being done regardless of what you feel. If you get a powerful insight, you may want to write it down for later.

If you wish, you may end the ritual here to spend time to contemplate the advice or insight you have received. If you are clear on what the advice means and how it can be manifested, then you can continue with the second half of the ritual designed to “reset” the commands that the dwarves are acting on in your life.

## *Part 2: Instructing the Dwarves*

After receiving the empowerment of the elves, turn facing southeast toward the realm of Dwarf Home. Place your hands over your navel center and speak out loud your instructions to the dwarves. An example would be: If you received insight from the elves that you have been sabotaging your career with self-doubt, you might say something like, "From this moment forward, I instruct the dwarves to bring to me favorable circumstances and opportunities for advancement. I banish all negativity and doubt from me and invite confidence and prosperity. Money and opportunity now flows directly to me. It is hereby commanded. It shall be done!" This is just an example. You can create your own spell or simply speak from your "gut." It is best to keep the command simple and direct. You may be as specific as you like. You may also ask the elves to speak the command through you, at which point you simply speak as you feel inspired.

The main point here is that you are consciously transferring the empowered advice of the elves directly to the dwarves. You need not try to empower the command, simply allow the divine authority of the elves to flow through you. You need not feel anything as you perform the ritual. You may feel power flow through you. It does not matter either way. Have faith in your elves. They are doing all the work. You are simply acting as a channel. By performing this ritual you are simply giving the ancestors permission to help you. The ritual itself acts as an energetic contract or a contractual act of consent between you and the light elves that you wish to fulfill your highest destiny, and that you trust the gods and the elves to guide you in whatever way is best for both you and others around you. Don't worry if you get tongue-tied; trust your elves. They will amend or correct any commands for you energetically. If you have split the ritual up into two parts, you may write your command spell beforehand so you can read your spell directly from your notes.

When you have finished the chant, stay seated or standing with your hands on your navel for a few minutes. Breathe deeply to empower the commands you have given. When you feel the time is finished, thank the dwarves for their hard work and say, "I release you to manifest the commands of the elves." Then turn back toward the northwest and thank the elves for their guidance.

At this point, blow out any candles you have burning and extinguish any incense so as not to cause a fire, but you are not going to close the space yet. You are going to leave the space and carry on with your daily life, but you are going to allow the ritual to continue for another 8-12 hours. As you leave the space, back away reverently facing northwest and say something like, "I physically leave this holy



Ve, knowing that part of my energy will stay and participate in creating my highest destiny. I will return later.” If you have done this ritual at night, then go to bed and sleep. You may wish to take note of any dreams you have during the night. The ritual will continue while you sleep.

When you wake up, go back into your sacred space. Thank the gods, elves and dwarves for their help and guidance. Drink the water in the bowl that has been charged with elven power. This is your offering to the elves and it will cleanse you and open you to their divine guidance. Eat the nuts and raisins. This is the offering to the dwarves that has been empowered to fuel the dwarves in their task. Then remove the incense, candle and musical instrument you have laid on your alter and close your sacred space by once again thanking the elves and the dwarves. You can say something like: “I thank the ancestors for their wise guidance. I thank my dwarves for their hard work. May you dwarves be divinely empowered in your holy task. I now close this ritual; may nothing impede its holy work. So it is commanded, so it shall be!” Then close the Ve with your hallowing gesture to each of the eight directions in a clockwise manner.

Now, go about your day and do not focus on your ritual. Get immersed in some activity or task. If you do think of the ritual, say out loud or to yourself, “Thank you elves for your guidance and dwarves for your hard work. I summon my highest destiny into manifestation.”

It has been my experience that rituals done in this manner will create a powerful surge of energy throughout the next couple of days. You may feel some intense emotions and energy increase over a couple of days. Continue doing any meditation or energy work each day to ground the energies you have summoned. If you choose to continue working with this ritual consistently on a persistent problem, be sure to allow a few days or a week between rituals. Part of the power in this type of ritual is allowing it to work unseen by you. By leaving the ritual alone and going about your normal life, you are acting in faith that unseen forces are acting on your behalf. Throughout the period between rituals, if you think about your issue, simply repeat the phrase, “Thank you elves for your guidance and dwarves for your hard work. I summon my highest destiny into manifestation.” This will reinforce the new commands you have given.



# The Odinic Wizard



Odin is the symbol of the wizard. For the religious worshipper, Odin is the All-Father. This is true for the wizard as well, but the wizard takes this a step further. For the wizard, all things are a holographic projection from within. As such, the wizard seeks not to worship Odin but to *become* Odin. Odin is not just the leader of the gods. Odin is the triune source of all the gods. He is the synthesis of all consciousness. All the gods are contained within him. If you seek to become a wizard, Odin does not want your devotion or worship. He is not outside of you somewhere asking for prayers and sacrifice. He is within you. He IS you. You are Odin. The gods are within you. The Earth and everyone in it are within you. The entire universe is within you. When you look up at the night sky filled with stars, you are looking within yourself. The highest destiny of any human being is to become conscious of his/her infinity and omnipotence and literally become omnipotent god. Everything you see and experience is already within you and was created by you, either consciously or unconsciously. You are completely responsible for everything in your life . . . **everything!**

How does that statement sit with you? Sound blasphemous? It is blasphemy to any institutionalized religion that seeks to control you. If this concept is challenging for you, that is OK. As you continue on your path in the thunder tradition, continue to meditate on the idea. It will transform you. It can be frightening because this understanding will force you to take more and more responsibility for your outer world.

If this idea of the entire universe as being your own holographic projection is too uncomfortable, this may simply mean that the path of the wizard is not for you at this time. I am currently working on materials for Teutonic shamans, priests and healers. If the path of the wizard does not yet resonate with you, put this book down and look into the other paths of the shaman, priest and healer. And when you feel the urge to investigate the path of the wizard, pick this book up again and see if your perception has changed.

If you are still reading, to progress on the path of the thunder wizard, one must embrace full and complete responsibility for one's existence. This is the first and last hurdle of the wizard path. The extent to which you are able to accept and absorb this concept, is the extent to which you will succeed as a wizard, so take a breath and think about that concept.

OK, back to the teaching. In the Norse scriptures, Odin travels to all the nine realms of existence and learns from all the gods and beings of the multiverse. This is what you will do as a wizard. Like Odin, you must unify the triune aspect of your being, experience all nine realms of existence, integrate these worlds into your being, and bring them under your conscious awareness and ultimately under your control. This can be a hazardous undertaking and should not be taken lightly. Many who have traveled this path of universal energy power

who acted from ego, fear, greed or cavalier ambiguity have paid for it with their health, their lives and sanity. I have seen it happen to others and I have had a few scary encounters myself, and it is not pretty. If you choose to follow this path, you must be prepared to act with rigorous self-honesty, responsibility, respect and humility, so at this time we will examine some basic spiritual physiology concerning the Odinic energetic structure of the human being.

We have already looked at some aspects of Thor's power within us, the nine realms and the five elements. Now we turn to the Odinic structures within us. The Norse scriptures very clearly illustrate for us the three selves of Odin. According to Teutonic myth, in the beginning of the multiverse, Odin defines and creates the manifest universe by means of himself and his other two selves, Villi and Ve. As has been stated earlier, you are Odin, so in order to re-awaken our Odinic nature, we need to understand the Odinic trilogy within our own bodies. The three aspects of Odin, Villi and Ve can be translated respectively as divine inspiration, willpower and sacred space. These aspects of Odin are actually three energy centers within our bodies. These centers are: Odin – the brain cavity (third eye), Villi – the abdomen (navel), and Ve – the heart center (center of chest). This energetic structure can also be found in esoteric yogic sciences and in esoteric Taoist mysticism, but in my opinion the Teutonic description is the most complete and beautiful.

In Shang Ch'ing Taoist mysticism, there is a teaching called "holding the three ones." In Taoist cosmology (in striking similarity with the Odinic), before the emergence of the universe there is only an empty void or wu chi (empty energy). From this void or unmanifest potential emerges the Three Pure Ones (a triad of supreme deities). From the Three Pure Ones come yin and yang (dynamic polarity); from yin and yang come the five elements; and from the five elements come the "Ten Thousand Things" (all of manifested reality).

In the Norse myths, we have an almost identical version of the creation of manifested reality. In the Norse version, there also first existed a state of undifferentiated potential called "Ginnungagap," which literally means "yawning gap." Out of Ginnungagap came the worlds of fire and ice (yin and yang). Out of the ice world arose an immense giant called Ymer. His body would become the structure of the physical universe. At one point, the head of the Norse pantheon Odin is self-generated from the ice world and he and his two "brothers" Villi and Ve do battle with the giant Ymer and "kill" him. They dismantle his body and use it to build the external universe. Odin, Villi and Ve become the supreme triad of gods. This mirrors the function of the Three Pure Ones of Taoist myth.

The method for achieving status equal to that of Odin is embedded in the Norse scriptures, just as the Taoists and Hindus use

their scriptures for similar purposes. The trick is to understand where these triune Odinic aspects reside in the human body so we can focus on releasing their innate potential for spiritual transformation. It is possible to become Odin by harmonizing the internal Odinic triad with the external Odinic triad. Without getting into too much detail, I have been practicing this method called “holding the three ones” for almost twenty years. It is a method of spiritual transformation that empowers the three main energy centers of the third eye, heart and navel. This is an esoteric technique found in multiple unbroken energy traditions and, coincidentally, it is also found in the Norse myths in the triad of Odin, Villi and Ve. However, it is important to examine the meanings of each of the names of Odin in order to understand the hidden teachings of immortality contained in the Teutonic myths.

To best understand what these three entities are in the body, we must again look at the definitions of each name. The name Odin can be translated as “divine inspiration.” This seems to refer to the capacity of the mind and of consciousness, so the obvious reference is to the upper energy centers of the brain cavity. The brain contains two very powerful glands that are necessary for achieving immortality – the pineal gland and the pituitary gland. When these glands are activated through energetic and meditative techniques, they release hormones that have a profound effect on the nervous system of the body. These glands are the keys to releasing latent psychic abilities. Therefore, the “third eye” is the most likely candidate for the aspect referred to as Odin.

The second aspect of Odin is referred to as Villi, which is translated as “willpower.” Since Villi is the second power to be mentioned, it is easy to assume that this willpower refers to the middle (heart) energy center, but it is important to look at the name Villi again. In yogic and Chinese mysticism, the power of will is connected to the navel center. The navel center is literally the energy generator and storehouse of the body and it is through this center that one generates the power to accomplish their goals. When we encounter someone with a very strong will or brave temperament, we refer to that person as having “guts” meaning willpower.

In Taoist cosmology, another description of the triune nature of the external universe is comprised of heaven, Earth and man. Heaven corresponds with the upper center, Earth corresponds with the navel center, and man corresponds to the heart center. Man is also translated as “spirit” which is synonymous with “sacred.” There is an important energetic significance in this particular order. Taoists never say heaven, man and Earth as we might suspect if they were following the logical vertical sequence of the words from top to bottom. The order of heaven, Earth and man is a deliberate one and, coincidentally, it corresponds exactly with the Norse sequence of Odin, Villi and Ve.

Which brings me to the third aspect of the Odinic trinity, Ve. Ve is translated as “sacred space” and also as “altar.” Within the human body, the heart is considered the sacred space where the soul lives, and where we dedicate the ritual of our daily lives to the consecration of the Divine. If we are in fact Odin incarnate, then our heart is the sacred altar upon which we sacrifice our consciousness in order to experience ultimate awareness. Just as Odin himself did for nine nights upon the World Tree, in his own words, Odin says “I sacrifice myself to myself.” So as we compare the Odinic trinity to the Taoist trinity, Odin, Villi and Ve correspond exactly to the Taoist trinity of heaven, Earth and man/spirit.

Some may object to using the Chinese model for interpreting the Teutonic scriptures, but it is important to remember that we do not have any living masters of the Teutonic energy tradition from ancient times, nor do we have an unbroken lineage of Teutonic masters from ancient times to interpret the Norse scriptures for us, so it is only logical for us to use other traditions that still have an unbroken chain of transmission for corroboration. Although it is understandable that we Teutons do not want to be seen as borrowing spiritual elements from other cultures, as a wizard my primary goal is efficacy, so from my perspective I do not see it as borrowing, rather I see it as corroboration. I find no reason to be unique just for the sake of being unique. If, however, another competent system can show us reasonable and logical similarities to our own, then it is only logical to use those proven systems to help us in recovering the Teutonic esoteric systems of Old for us.

For further corroboration in interpreting the person of Odin, let us look again to our Indo-European cousins, the East Indian yogis. According to Hindu beliefs, the highest trinity of gods is Shiva, Brahma and Vishnu. Lord Shiva is said to be the ultimate yogic guru. He is called the destroyer, which really means he is a transformer. In all energetic traditions, it is understood that the only way to achieve transformation by means of internal alchemy is by stimulating the pineal and pituitary glands in the upper energy center. Shiva is universally recognized as the embodiment of consciousness and awareness as well as lord of the “third eye” center in the brain. Odin, being defined as divine inspiration, can be very easily seen as resonating on the same frequency as the embodiment of conscious awareness, Lord Shiva (Odin). Brahma is the creator of the universe. When the universe was forming, Brahma is said to have emerged from the navel center of Narayana (ultimate existence). So here we have a clear indication that the power of physical creation (Earth/Villi) lies in the power of the navel center. For the heart center we have Vishnu. Vishnu is the protector of creation. It is Vishnu who repeatedly incarnates as a human being in order to save the human race from



imbalance. Vishnu literally creates a *space* for the universe to exist. This idea of holy space, as it so happens, is also the name of the third aspect of the Odinic trinity, Ve.

Buddha, Krishna and Rama are the most well known incarnations of Vishnu who protect the universe by “holding the sacred space” of the universe in place, otherwise the forces of expansion and contraction would destroy the universe. Why is only Vishnu the one who incarnates? Why not Brahma or Shiva? Because the name Vishnu means “that which pervades all existence.” This is another definition of the world of humans that we call Midgard (Middle World) in the Teutonic tradition. It is the earth (Midgard) element that contains all the other four elements, and it is only through the realm of Midgard that all the other nine realms converge in human beings. Ve is said to give humans the ability to see, hear and speak. It is through sight, hearing and speech that we interact with each other in Midgard, so it is reasonable to associate the idea of “sacred space” or Ve to the altar of the human body, which is the heart. The practice of stimulating and unifying the Odinic triad within the body is the most important technique in the thunder wizard tradition. Understanding how these three energy centers relate to each other and with the external universe is the core practice of the wizard. In the next chapter we will look in more depth into the actual nuts and bolts of how to use these three centers to manifest our external word. This is the master technique for what we in the West call “magic.”

## **Odin Meditation**

Before beginning this exercise, do the Five Element Breath Exercise to stimulate energy flow in the body. If you are experienced in formal meditation, you can sit on the floor. I prefer to sit on a chair. Make sure your spine is straight and your chin is slightly tucked in. This will keep energy from getting stuck in the head. Breathe deeply from the diaphragm through the nose. Allow yourself to become aware of the three energy centers of the body: the third eye (between eyebrows), the heart center, and the navel center. When you have a sense of those centers, begin imagining a divine light descending through the crown of the head into the center of the brain (pineal gland). This is the center of Odin. Imagine that energy in the pineal gland flowing out the pituitary gland (third eye) out in front of the forehead and making an arc connecting the body again at the navel center. This is Villi. Let this light from Odin penetrate into the center of the navel. This energy then moves up the center of the torso to the heart center. This is Ve. Now, chant the proto-Germanic chant of “*Wodanaz-Willion-Weehaz.*” Start with the chant being at normal voice level and when you can feel the energy of the chant increase, then

begin to lower the volume of the chant to a mere whisper, then allow it to become just a silent mental chant. You can practice this meditation for as long as you would like. When you are finished, massage the face, scalp, neck, shoulders, chest, lower back, legs and feet to bring yourself back to normal waking consciousness and to release any trapped energy.

# The Three Selves of Odín



Knowing intellectually that Odin is representative of the three main energy centers of the body is not enough. We must also know how these centers interact with each other and the whole. By knowing this we can begin the process of mastering the skills of meditation, self-transformation and manifestation. In the last chapter, I mentioned that the order in which Odin's names were listed was important. This is because this order shows the pathway of how energy is manifested through the wizard. By following the order of Odin, Villi and Ve, we can literally create our external world.

Ve is the realm of the heart center, the location of the immortal soul within. It is our innermost self. This is the realm of Midgard where we experience our lives. In the external world, however, the realm of the soul is the place of least power. The soul cannot physically manifest anything in the external world. Ironically, however, it is the soul that makes all the decisions about what is manifested. The heart center is like the office of the CEO. The soul is the chief executive of the body that oversees all the important decisions about the intended course of the company. The CEO cannot physically do all of the specifics he envisions, so he delegates the actual details to subordinates who go out and do all the work for him. For this service, the company pays the workers.

In the body, the process is the same. Within the human being are many different entities that work synergistically for the whole. If the soul is in its proper place as CEO of the body, the subordinate energies will serve the soul, but the soul must also provide for these other entities; they must be "paid" for their service. This payment is not in money but in aether energy. The soul has authority to extract infinite amounts of aether energy from the ambient environment through breath and intention. Through sacred ritual (which includes meditation), the soul acquires aether (spirit) energy through breath and "pays" the workers in the navel center to go out and manifest in the physical realm the desires of the CEO (soul) of the body. In order for the soul to actively take action to create its external world, however, it must first make deliberate, conscious decisions about what it wants, and then (this is the most overlooked aspect) it must delegate these instructions to Villi (willpower) and the worker entities in the navel center to create those things it has chosen for itself.

If this process is not followed, then the soul is powerless to accomplish anything in the external world. It simply sits in its cage of the heart center and pines away for what it wishes it could have, withering away with the experience of itself as being a victim of circumstances. This is when the soul cries out to the gods begging for freedom and salvation. Sound familiar? This is the legacy of religion – praying and wishing from a place of lack and insecurity. It's like someone who hasn't been taught how to drive a car, and just sits in the

car wishing he/she could drive down the road. Until the individual realizes that the car will take them to their desired destination if they simply take the necessary action of grasping the wheel and stepping on the gas, the car won't go. The key to no longer feeling like victims in life lies within understanding how to unify the three selves within us. If the two centers of Odin and Villi are not connected to Ve in the heart center, then the individual experiences life simply as a passenger on a bus who watches the world go by and has no control over the destination. The soul, however, while in a human body, is merely the decision maker and cannot do anything else in the physical world. The job of the soul is to experience life and make decisions. It must then relay those decisions as commands to Villi (willpower) in the navel center, who then commands the energy of the navel center to go out into the external world and create the world according to the commands of the soul.

To further understand the role of life force energy and the navel center in creating our external universe, we must look at the role of the dwarf race as revealed in the creation myths of the Teutons. In the myth of the Voluspa (Seer's Prophecy), we are told about the creation of the dwarves. In Verse 9, the Aesir (celestial gods) ask ". . . Who shall fashion for us a host of dwarves from Brimer's blood and the limbs of the dead?" The phrase "limbs of the dead" refers to the "dead" body of Ymer the giant that was used as raw material to create the external universe. The Aesir fashion dwarves for the cardinal directions north, south, east and west. In other myths, we learn that dwarves were made from ocean water and from stone. So, dwarves consist of the elements water and earth. In the body this correlates with the energies of water and earth in the abdomen, namely the digestive organs and the kidneys.

Dwarves are said to dwell "under the earth" which can mean under the earth element in the abdomen. As wizards, we understand that the esoteric interpretation of mythological symbolism correlates with energies within the human body, so the myths clearly indicate that the dwarves are connected with the creative forces of water and earth in the lower center of the body. In the myths, we see that the dwarves are called upon by the Aesir (celestial gods) to finish the act of creating the external universe. Elsewhere in the Teutonic lore we find that when the gods need special, magical items, they call upon the dwarves to make these items for them. So the dwarves are creators and also masters of magic.

When I speak of dwarves living in the body, I am not just being metaphorical. The dwarves that dwell in the human being are not simply aspects of our subconscious that have no real existence outside of the psyche. These beings are part of us and are created by us, and they have real substance and can exist and act outside of the body and

manipulate our external environment according to the commands of the conscious and subconscious mind. Usually, however, the dwarves merely create our external environment based on whatever thoughts and feelings are rattling around in our subconscious and unconscious minds. This is one reason why so many peoples' lives are so chaotic.

Have you ever heard of poltergeist hauntings? Poltergeist hauntings are a class of haunting where unseen forces move physical items. Many times this phenomenon is mistakenly associated with demonic possession. When I was a younger man, while studying to be a minister I performed quite a few exorcisms. Let me tell you, these were very real and very frightening. I finally stopped doing all exorcisms when I came to understand that the possession phenomenon had its roots in the unresolved emotional issues within the individual. Many times after an exorcism the individual would experience temporary relief, but if the individual did not correct the underlying psychological issues, the phenomenon would return, sometimes with a vengeance. These occurrences can be very frightening even to the point where people are physically assaulted. Many times poltergeist phenomena are found to have no connection to a specific location nor are they actual entities of departed souls. In these instances, paranormal investigators are sometimes stumped as to the actual source of the phenomena. Many times these poltergeist occurrences are found to be a result of unresolved emotional issues within a person that are being projected onto their environment and immediate family.

For example, in one instance I heard of, a family was being terrorized by the ghostly figure of a little girl that would run through the house giggling and causing all kinds of serious mischief. She was seen attacking the father. These attacks were very serious. He would be scratched, burned and stabbed by unseen forces. The "ghost" would violently throw objects at people. At one point the little girl entity started a fire in the house almost killing the father and daughter. The family called in priests to perform exorcisms, but to no avail. The family moved from house to house seeking to escape the frightening phenomena, but eventually the "ghost girl" would follow them to wherever they moved and resume her supernatural campaign of terror and harassment. Finally, an astute parapsychological investigator realized that a ghost was not haunting the family, but that the mother of the family was projecting a mind-form entity that was causing the trouble. The "ghost" was coming from her subconscious mind. As it turned out she had a very high level of life force energy that was being used to manifest this thought form from within her own psyche.

In ancient times, a person with such a high level of life force energy would have been recognized at an early age and would have been sent to train with a wizard as an apprentice wizard or shaman.

Under such guidance, the master wizard would act as teacher and therapist allowing the person to learn how to face their emotional issues and control the phenomenon so it could be a source of healing rather than destruction. If that person chose to follow a path of consciousness, then they would go on to become a healing force in tribal society. If that person decided to use their power for selfish reasons, then they would become a practitioner of black magic and might one day be killed by the tribe.

However, this woman was completely unaware that she was creating the phenomenon herself. As it turns out, when the investigators did some digging into the woman's past, they discovered that she had been severely abused as a child and had suppressed these painful memories deep into her unconscious mind. The "little girl" that was manifesting as a ghost was actually her own subconscious memories of when she was an angry little girl. The woman had buried the rage she felt as a child very deeply into her unconscious mind, and when she was an adult those memories began to surface in the form of a thought-projection of an angry little girl having temper tantrums and acting out in all the different ways she herself had fantasized about when she was a kid. Many times the little girl ghost would appear when the mother was asleep. The investigators asked if the woman possessed any childhood photographs of herself. When the family looked at the old pictures of the mother as a little girl, they were shocked to see a striking resemblance to the "ghost" that was haunting them. The parapsychologists promptly recommended the woman seek professional counseling for her childhood abuse issues. Once she was seeing a therapist, the poltergeist phenomena ceased entirely and never returned.

In the human body, the navel center is directly connected to the subconscious and unconscious mind. It is also responsible for projecting our energies into our aura through our solar plexus. The navel is the source of our physical power and the power to follow through on our commitments. The navel is also the center of physical bravery. This is why someone who is seen as being brave is said to have "a lot of guts." On a magical level, if the navel center has enough aethem (life force) energy, it can project that power into the physical world through the solar plexus. This resulting subconscious projection actually has its own consciousness and can seemingly act on its own. A powerful wizard can use these self-generated spirits to act for them in beneficial ways. When the soul consciously makes decisions and sends commands to the navel center imbued with aethem power of breath, the dwarves are created or released from within the navel and sent out into the world to manifest our reality.

Dwarves are fueled by pure spirit energy. In the Voluspa, the first dwarf created is named Force-Sucker. Other dwarf names include



Magician, Yearning, Longing, Will and Illusion. Compare these names with aspects of our psyches and we can see a connection. It is no coincidence that the first and “master” dwarf is named Force-Sucker. The first secret to manifesting our desires is in absorbing life force energy, attaching that energy to our intent, and directing it to the navel center to be manifested. Since dwarves need a lot of energy to create the physical world, it is only natural that the chief dwarf be named Force-Sucker. That is what he does when he creates; he absorbs life force energy and uses it as fuel to create the external world.

Because the dwarves in the navel center can only create as they are commanded to do, if we imagine things of a high spiritual nature, the dwarves will create that for us. If, however, we imagine negativity and pain, that is what the dwarves will create for us. In the lore, we see over and over again that the dwarves are morally neutral. They will kill or steal just as soon as help or give. What is required is that they receive clear direction from a strong authority. If the dwarves are left to themselves, they will act only to feed their desires. This is why consciousness is necessary for a successful and fulfilling life. If the soul (Ve) has abdicated its role as the decision maker, then the dwarves in the subconscious are forced to improvise the best that they can in order to create the external world. In absence of communications from the soul, the dwarves are forced to obey the commands of the subconscious, psychological patterns surrounding them.

Do you know someone who is constantly complaining about how they are victimized by life? No matter how hard they try to succeed in life, they have little power and only experience life as helpless victims of circumstance. No matter how many times they decide to change their lives, they simply cannot do so. This is because they have never been taught how to connect their souls with their navel center, the home of Villi (willpower). If the soul is not consciously making decisions and sending those decisions to the navel center (Villi, dwarves), then the navel center simply makes decisions based on the ramblings of the subconscious mind (as we saw in the poltergeist example). If an individual is in deep denial and is not seeking to be conscious of their emotional issues, this sets up a scenario where the only things they manifest are their unconscious fears or repressed emotions. This is where ritual and meditation come in.

Very few people really understand what meditation is and what function it serves. Ancient Teutons instinctively knew what meditation was. It was so ingrained in their daily lives it was not even something they needed to think about or speak about. It is only in the modern post-Christian era that we even hear about this idea of meditation. The process of meditation is simply the ritual act of connecting the three selves of Odin (inspiration), Villi (subconscious), and Ve (conscious

self) together with the power of breath. Once this connection has been made and aethem (breath/life force energy) has been added to charge the intent (decision of Ve), then the forces of Villi (dwarves) are immediately sent out to manifest the decisions made by the conscious self. Meditation is not about simply calming the mind and finding peace. True meditation is about receiving inspirational advice from the elves (ancestors) directly from the upper centers in the brain. The upper centers have a direct connection to the navel center, which then relays that advice received from the elves directly to the soul. This follows the path of Odin-Villi-Ve. The soul then makes decisions concerning that advice, decides to breathe life into those decisions, and then, through ritual or energy work, commands the dwarves in the navel center to manifest those decisions in the external world.

This sounds complicated but it is very simple to do, and it is something our ancestors instinctively did all the time. When one sits down and concentrates on the breath, this temporarily shuts down the conscious mind in the heart center (Ve) and opens the lines of communication between Odin (upper center) and Villi (navel center). This is done by breathing steadily and focusing on the navel center, which allows the conscious mind to relax its control. This results in a state of relaxation and the brainwaves are altered to a trance state. Many people feel a powerful sense of connectedness. This is the power of the navel center where all power is held. This is usually as far as many people today get in terms of meditation, but this is only the first stage of the process.

Once this connection has been made, then one should concentrate on the crown chakra at the top of the head (or engage in ritual prayer or chanting to open the crown). This is the second step of true meditation, to connect the navel to the crown center. The crown is the gateway to the ancestors also known as "light elves" in Teutonic mythology. The elves are not just little pixie-like creatures. They certainly do manifest in this form but that is not their true essence. The light elves are the ascended masters, the ancestors. Christians or others would call them angels. These are our spiritual guides. They do not force themselves upon us without our permission. The upper center of Odin contains within it a very powerful gland called the pineal gland. This gland also acts as an antenna through which we can directly receive impulses from the light elves. Through the act of meditation we can make ourselves available to hear these messengers of light. The way the elves communicate is by subtle feelings, impulses, mental pictures, etc. By connecting to the elves, you may come to a different understanding of your current situation and develop a better idea of how to act. You may also become aware that some of your actions are not helpful to you. These are some examples of how the ancestors or light elves speak to us. This information comes in

through the pineal gland in Odin and is immediately transferred to Villi in the navel where it is transferred to the conscious mind in Ve.

Once we have been given this advice, we then have the option to decide whether or not we want to listen to that advice. This decision process is done by Ve (the conscious self). We can choose to do nothing or we can choose to imagine something different based on the advice of the elves. At this point in the meditation, we should make whatever decisions concerning our lives or specific desires and imagine exactly what we wish to manifest. This is the third step of true meditation.

It is OK to stop the meditation and write down what we believe the elves have said and take some time to think about what actions to take, or we can make decisions during the meditation. When we have decided what we want for ourselves, we then breathe aethem energy into that vision, energizing it with intent. This gets the attention of the dwarves in Villi (navel center). The aethem energy from our breath is the fuel or the “payment” the dwarves need to manifest this new vision into our external reality.

To finalize the meditation or ritual, we command the dwarves to create our reality. This is where prayers, spells, incantations, etc., are empowered. When we are finished with the meditation we say something like, “So it is commanded, so it shall be done.” This last statement, when done in this setting after having been empowered with aethem, is taken by the dwarves in the realm of Villi as being a direct, authoritative command and they immediately go to begin the process of creating this command in the external world.

When this process has been done, one should end the meditation by directing more breath energy to the navel center and then coming back into normal consciousness and then promptly doing something else. This is why people traditionally have a feast or some kind of celebration after rituals. The celebration is an act of faith that the ritual will be successful and it also engages the conscious mind in something else. This is necessary, because if we do not end the meditation or ritual clearly, the dwarves do not know when to start manifesting their new orders. Ending the ritual with a formal command and then promptly changing gears lets the dwarves know that they have been “dismissed” to begin their work of creation. So, to review, the act of true, traditional meditation is a five-fold process:

1. Disengaging the conscious mind in Ve (heart center) through breathing deeply.

2. Opening the crown chakra in Odin (upper center) to receive information from the ancestors (light elves), which is communicated directly to Villi and transferred to Ve.

3. Ve contemplates the information and makes decisions concerning the information. After having made a decision, Ve imagines a new reality and infuses that vision with more life force (aethem) power through breath.

4. Ve transfers this new empowered vision to dwarves in Villi (navel center) and continues to empower dwarves with aethem power.

5. The meditation or ritual is ended with formulaic command such as “So it is commanded, so it shall be done.” Dwarves are dismissed to manifest the new reality. Ritual is concluded.

The vast majority of emotional, physical and mental imbalance can be helped through regular meditation and ritual. These processes automatically align the three energy centers. It is imperative to understand the process of how the conscious mind (Ve) is used properly in creating our external environment. The ancients had an instinctual understanding of this, but when institutionalized religion suppressed the old rituals, we lost our connection to our three selves. This has resulted in much mental imbalance in our society. We also lost our skill for creating our environments. Our ancestors were not victims of circumstance. It was not in our ancestral Teutonic nature to “take up our crosses” and “bear our burdens”. This was a warped teaching meant to disempower us and keep us dependant on an external god (controlled by imperial religionists). Our rightful inheritance as children of Odin is to be able to create our own reality. We have the tools to do so.

What many people unknowingly do to disempower themselves is to stay trapped in the conscious mind (Ve). This results in the individual abdicating the role of Ve as the king of the self. The entire personality then becomes trapped in the conscious mind. Emotional and psychological issues of the subconscious and unconscious mind can be resolved through ritual, meditation and counseling, but when ritual is removed from the life of an individual, this separates Ve from Odin and Villi and results in a fragmented and disempowered self. The lower center of Villi is left without any instructions as to how to create the external reality and this leaves the person a helpless victim of circumstance. The dwarves in Villi are then forced to merely respond to the subconscious psychological patterns running around in Villi. The longer the conscious mind in Ve stays disconnected from Odin and Villi, the more emotional and psychological complexes are created and unresolved. This creates a self-generating merry-go-round of imbalance and helplessness. The dwarves begin to believe that there is no one in control and they begin simply manifesting any and all

subconscious chatter they hear. They “suck force” from the body and manifest whatever stimulates the senses. Emotional drama is very draining for this reason. This is why people with “bad luck” seem to create everything they fear, because their dwarves only hear the negative fears in their subconscious.

However, once the individual connects their Villi to the light elves through Odin, the dwarves are able to distinguish between subconscious ramblings and divine inspiration (divine authority). Once we get in the habit of taking control of our conscious choices through Ve to only manifest the advice of the light elves received through ritual and meditation, the dwarves become trained to only respond to authoritative commands given to them in a ritualistic fashion. This is the failsafe embedded in ritual work. Ritual was once an intrinsic part of ancient living. The removal of ritualistic magic over the last two thousand years is possibly the main cause for much of the chaos so prevalent in our world today. By reconnecting our three selves in ritual and meditation, we are able to literally become Odin on Earth.



# The Medicine Wheel and The Northern Fire People





Before I begin this chapter I must state up front that I do not represent the Native American community and I am not authorized to speak for them or their beliefs. What I am sharing now is only my opinion based on my limited understanding of the following Hopi teaching as I heard it, and nothing more.

Some time ago, I watched a video of a Hopi man speak about his people's understanding of the teaching of the medicine wheel.



According to his story, the Great Spirit gathered all the peoples of the Earth together and told them that he would send them into four different directions in order to study and master the four elements of nature. Over time, each of these different groups would become the four major races: white, black, red and yellow. The people who went south would become the red people (Native Americans) and would master the element of earth. The people who went west would master the element of water and become the black race (Africans). The people who went east would master air/spirit through the knowledge of breath; they were to become the yellow race (Asians). And the people who went north would master fire and become the white race (Europeans).

The Great Spirit went on to explain to the people that at the appointed time he would bring all of the people of the world together again in order for them to share with each other the knowledge they had learned, and this would stimulate human beings to evolve into the next level of spiritual growth. If, however, the people did not come together and share with each other, that would result in great calamity for the entire Earth and all species on it.

I believe this teaching is very applicable to the Teutonic path. Let's take a look at each of the "races" in conjunction with each element and compare them with the contributions of each race to the world stage. Any achievements I list are, of course, only a small part of the entire contribution of that group. Bear in mind, too, that the elements

and the cardinal directions are also spiritual dimensions, not necessarily literal directions.

## **Africans**

The African people were said to have been sent to learn the power of water. Now remember, the elements are not just the physical symbols with which they are named; the names also represent the behavior of their essences. People of African descent have contributed immensely to modern society all over the globe. Here in the U.S.A., Dr. Charles Drew, an African American, pioneered the science of preserving blood through blood plasma and founded the first blood bank in Britain during World War II. Blood is the “water” of our human body. If the Hopis are correct, then it is no coincidence that a descendent of Africans pioneered this science.

In the modern Western world, peoples of African descent were oppressed and enslaved until only very recently, and yet the massive influence of African thought and culture on the whole of the world is undeniable. Water flows wherever it wants, nothing can stop it. Over time, water can infiltrate anything and overcome any obstacle. Water can also go around any obstacle, it is just a matter of time.

In the Norse myths, all creation comes from the primordial waters. Likewise, all humans are descended from a single African female. Black as a color is very potent because it contains within it all other colors.

Even with all of the social, geographic, linguistic and religious barriers separating the nations of the world from each other, there is one medium, like the water element, that is universal and overcomes all of these barriers. That medium is music. No one can deny that musicians of African descent today have massively influenced the popular music scene in all cultures on the planet. I have trained under traditional drum masters of the Yoruba tribe of West Africa. The Yoruba are the second most populous ethnic group in Africa. The vast majority of Africans brought to the Americas were of Yoruba descent. I have always intellectually known that much of our popular music is influenced by African American musicians, but I had no idea how deep this influence flowed until I studied Yoruba drumming. Now, every time I turn on the radio, I hear Yoruba rhythms in today’s songs. Basically, unless I am listening to classical music, I can hear the distinct influence of Yoruba rhythms dominating any song I hear.

In regard to dress, nowadays the signature fashion style is to wear clothing directly influenced by the hip-hop music scene that emerged during the 1980’s. When I was a young man, if a Caucasian male wore his baseball cap sideways, he was a “wanna be hip hop

poser.” Now, however, even in the most “white” areas of the U.S.A., wearing one’s baseball cap sideways is the fashion norm.

These are examples of the power of water to infiltrate all barriers of society. Even though those of African descent were denied any political power in the Western world until very recently, African descendents have still been able to contribute to the blood of the entire western world and enrich global culture and arts possibly more than any other of the four “races”. This is the power of water.

## **East Asians**

According to the Hopi myth, the people who went east and who would later become the “yellow people” were to study the power of air/spirit and learn to master the function of spirit through breath. Having studied Taoist qigong, mysticism, internal martial arts and meditation, I can attest that, in my opinion, the Chinese are unrivaled in their knowledge of the power of spirit through breath. The disciplines of tai chi and qigong are practiced in every major city in the Western world and Asia. Qigong literally means “breath work.” According to the prophecy then, it is clear that the “yellow race” has fulfilled their responsibility in regards to the mastery of the air/spirit element. I have already mentioned Taoist and Chinese practices in depth in this book, and I have already made very clear my tremendous respect for the Chinese contribution to the human race, so, I will not belabor the point here.

## **Native Americans**

The “red race” was sent south to master earth. Earth is the only element that contains the other four elements within itself; it is where all the other elements combine. As we saw in previous chapters, Earth is in the center of the sacred Teutonic circle. It is the ninth direction of the circle and the apex where the earthly and spiritual dimensions combine. Earth is the portal through which all dimensions interact in the sacred space of Midgard. The earth element brings us back to a state of wholeness and sobriety.

The mantric seed sound for earth in some cultures is “*HU*” or “*HO*.” All cultures use this sound to indicate intellectual comprehension. In Taoist work, intellectual comprehension (when you really “get it”) is a function of the earth element. No matter what country you are in, if someone comes to understand a difficult or previously unknown concept, the person will say, “Oh!” meaning the individual has deeply absorbed this concept into his or her spirit. We all understand this sound as meaning, “Oh, now I see!”

It has been the Native American people who have been the international spokespeople for the interconnectedness of all life on

Mother Earth. Native American culture and spirituality is respected and emulated in every country on the globe. If the Hopi prophecies are true, it is only fitting that the masters of the earth element bring us the message of reconciliation with each other and our planet. It is the Native people who have really brought this idea “home.”

## **The White Race**

Since this book's primary focus is on the traditional indigenous spiritual traditions of the Northern Europeans, I feel it is important to take an honest look at the Northern race in regards to the current state of the Earth. It is important that we rediscover what the purpose of European spirituality is, the mistakes we have made, and what we must do to heal ourselves and the planet.

In the video I mentioned earlier, the Hopi man went on to share that, according to the elders of his tribe, the Native People knew the northern race was coming to the Americas and that they would bring with them a symbol of the cross. If they came with a symbol of the cross within a circle (like the medicine wheel), that meant they remembered who they were and that they would share their knowledge of technology with the “red people” and it would usher in a time of great prosperity for the world. If, however, the northern man came with a symbol of a cross without the circle, it meant he had forgotten whom he was and would bring great disaster to the “red people” and to the whole world and all life upon it.

I realize this teaching probably brings up a lot of feelings, so please bear with me as I show you what one of the major symbols of the Northern European people was before Christianity came to Europe. It has been called “Odin’s cross” or “the eye of Odin.”



*Eye of Odin*

The similarity to the Medicine Wheel symbol is undeniable. This symbol of the “spoked wheel” can be found throughout pre-

Christian Northern Europe, and was a universal symbol of the balance of the forces of nature. More than a thousand ceremonial stone circles have been discovered that cover the landscape of Northwestern Europe, some of which are thought to be at least five thousand years old. Some of these circles were still being used just prior to the Roman conquest of Europe.



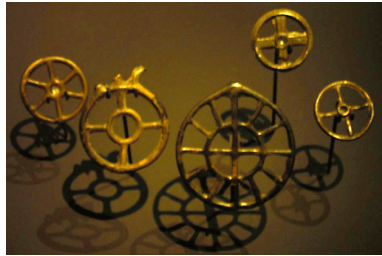
*Swinside Circle, England*

These stone circles are very similar to medicine wheel stone circles found in North America.



*Medicine Wheel, Wyoming, USA*

Bronze sun wheel pendant artifacts dating back to the second century B.C. have been found all over Northern Europe.



*Bronze pendants, Swiss National Museum*

It was not until the coming of Christianity that the symbol of the “sun wheel” was replaced with other versions of the cross without the circle.

You can see where I’m going with this. It is my belief that if Northern Europeans had not abandoned their traditional Earth-based teachings concerning nature, the “discovery” of the Americas might have been very different for both races. Instead of seeing the crusader cross hanging from the neck of a Spanish conquistador brandishing a sword and gun, the Hopis may have been greeted by a Norse explorer wearing a bronze sun wheel pendant pinned to his tunic offering his hand in friendship.

So where did things go wrong? And why, as the Hopis teach, is the world in such danger if the northern man forgets his true nature? The answer to this lies in understanding the fire element. To understand the full ramifications of this prophecy, we must first look at what the fire element is in connection with traditional teachings. It is obvious that if any of the five elements are out of balance, this will result in disharmony, but this is especially true with the fire element in relation to how the elements affect the human psyche.

## **Astrology and Fire**

In astrology, the element of fire is connected to the planet Mars. Mars as a deity is the god of war, justice, technology and engineering. In the days of the week, if you remember, Tuesday is “Tiw’s Day.” Astrologically, Tuesday is the day of Mars. This is true not only in European astrology, but in Vedic and Taoist astrology as well. Remember that the Germanic peoples of Northern Europe were called the Teutons. As previously discussed, the word Teuton means “follower of the god Tiw.” There is evidence in pre-Christian history that the Teutonic peoples originally worshipped Tiw as their primary deity, which is why they took on his name. The name for Germany in German is *Deutschland*, which is literally translated as “Teutland” or “Tiw’s land”,

so even today Germans still carry the vibration of Tiw and the planet Mars very heavily.

The connection of the Teutons to the fire element is fairly clear from objective historical data. The etymological origin of Tiw in proto-Germanic is *Tiwaz*. In proto-Indo-European the word is *Deywos* (shining one), from which Latin gets the word *Deus* (god). Sanskrit gets the word *Deva* (god). And Greek gets the words *Theos* (god) and *Zeus*. It is thought that Tiw was originally a sky god, and to this day Tiw is strongly associated with the North Star.

Coincidentally, in prehistoric China, the supreme deity was called *Ti (Di)*, which means “heavenly ruler.” Shang Ti (supreme heavenly ruler) resided in the center of heaven and was the creator of all things and deities. Historically, the worship of Shang Ti predates the worship of all other Chinese deities. Many Taoist deities are still given the appellation of “Ti” such as Guan Ti (the deity Kuan). With this striking similarity in mind, I wonder: Is it possible that all of us in the Northern hemisphere are descended from one tribe that worshipped the Sky Father in the North Star named Ti?

It has been discovered that Europeans, Asians and Native Americans share similar DNA sequences. Are the stone circles that are found in both Europe and the Americas remnants of a common worship practice used by the first humans who migrated from Africa tens of thousands of years ago? Or are they evidence of a universal spiritual principle that developed independently of each other? In either case, these commonalities make a strong argument for a common, universal Earth-based spiritual philosophy for all of us in the Northern hemisphere.

Let’s take a closer look at the characteristics of the fire element and its associated god, the planet Mars. As we have discussed, Mars is the planet of warriors, judges, engineers, scientists and builders.

## **War**

Sad as it is to say, there is no other race of people on the planet that have been more successful at warfare than the Northern Europeans and their descendents. It was the Germans and later the Americans who developed the ultimate weapon, the nuclear bomb. The Chinese first invented the gun, but it was the Europeans who perfected the gun and thus revolutionized warfare and the world.

## **Technology**

Mars is the planet of technology and physical sciences. Here again, Europeans were the most responsible for the technological revolution. Just about everything we use in our world including

automobiles, planes, computers, the light bulb, the telephone, electricity, etc., was either invented or perfected by Europeans. This is reflective of the properties of fire. Most technological devices use fire as the primary means of power whether that be electricity, natural gas or the combustion engine. Fire is the power behind modern technology. It was Europeans and their descendents who brought the fire of technology to the whole world. Fire spreads, and spreads quickly. Humans have been living in very primitive conditions for the last fifty thousand years, but technology has transformed the face of the planet in only the space of a hundred or so years. When my grandparents were born, people were still traveling in horse-drawn carriages and communicated by letter. Today, people communicate instantly by internet and satellite cell phones, and can travel anywhere in the world in a matter of hours by jet airplane.

## **Fire and Earth**

In Taoist energy work, fire is balanced by earth. In the constructive elemental cycle in Taoist energetic alchemy, spirit (wood/aether) is used as fuel for fire. As spring emerges into summer, the thunderstorms of summer ignite the excess plant growth (wood) of spring and produce forest fires (fire). The resulting ash from the fires is then absorbed into the soil (earth) and adds valuable nutrients to the soil, creating good growing conditions for the next spring. These minerals are compressed by the force of gravity (earth) and become metal (air), which creates pathways for water to percolate deep into the earth which nourishes more plants the next spring, and the cycle starts over again. However, if the conditions are right, that same forest fire is not grounded by earth, and it will burn out of control indiscriminately destroying everything in its path.

As previously discussed, we know the ideological shift in the Teutonic mindset occurred during the Christianization of Europe during the Middle Ages. It serves no purpose to rant and rave about the misplaced zeal of the Christian missionaries, but it does help us to understand the pre-Christian Teutonic mindset and what the necessary tactics of the missionaries were in order to be effective in converting the Northern European “pagans” away from their Earth-based religion to the Christian religion. Looking more deeply into the spiritual values of the Teutonic people will help us understand which of those values the missionaries needed to appeal to in order to gain converts, or which values they needed to destroy in order to change the spiritual values of their intended converts.

We do not have much written material from the pre-Christian Teutons themselves about what they believed (outside of the Norse myths which were written down in the eleventh century A.D.). We do,



however, have historical writings from the period of the Roman conquest of Europe near the end of the first century A.D. It is said that “history is written by the victors.” When reading history through the eyes of the Roman generals, it is helpful to remember that the Roman historians had an agenda. The Roman nobility was looking for land, slaves and raw materials to fund their extravagant lifestyles, and they used conquest and enslavement of foreign people and lands to fund their extravagance. (Sound familiar?) It was, therefore, in their best interests to characterize the peoples they were conquering and enslaving as uncivilized barbarians who needed to be saved by the superiority of Roman civilization. (Sound familiar again?) Keeping that in mind, it is thus generally viewed as being a truthful accounting whenever a Roman historian characterizes a group of people in a positive light.

The Roman historian, Tacitus, when describing the Germanic tribes, paints a picture of a people who had a deep love of the Earth and went to great lengths to live in harmony with their natural surroundings. “It is well known that the nations of Germany have no cities, and that they do not even tolerate closely contiguous dwellings. They live scattered and apart, just as a spring, a meadow, or a wood has attracted them. Their village they do not arrange in our fashion, with the buildings connected and joined together, but every person surrounds his dwelling with an open space.” In Tacitus’ description of their religion, Teutons appear similar in nature to what we would nowadays describe as “shamanic.” “The Germans, however, do not consider it consistent with the grandeur of celestial beings to confine the gods within walls, or to liken them to the form of any human countenance. They consecrate woods and groves, and they apply the names of deities to the abstraction which they see only in spiritual worship.”

From this historical account, it seems inherent in traditional Teutonic spirituality for a human being to be intimately connected to the Earth. Being people of the fire element, it is necessary for us Teutons to be balanced by the earth element. That is why I believe the Teutons were such lovers of nature. Earth was essential for them in order to balance the fire within them. As Tacitus says, they did not worship in temples. For them, the beauty and simplicity of nature herself was a superior temple. This animistic belief assumes that divinity is contained within and exudes from all of creation. It is my belief that this profound love and respect of the Earth was inherent in our very genes in order to counteract the effects of the predominant fire element within us. In my opinion, if the earth element were removed from fire people for any reason, it would prove to be disastrous for us and for those around us. The native Teutonic spirituality of Earth acted as a natural antidote to the intensity of the fire within us. If the Earth is our Mother, then the

Teutons (as Tacitus describes) loved her most of all gods, “They worship the Mother of the Gods. As the characteristic of their national superstition, they wear the images of wild boars. This alone serves them for arms, this is the safeguard of all, and by this every worshipper of the Goddess is secured even amidst his foes.”

For me, reading the words of Tacitus about my ancient ancestors was very eye opening. I had been so indoctrinated by my religious and educational upbringing (not to mention the last five hundred years of actual history) to assume that Europeans were inherently soulless and destructive. My own life experience has shown me without a doubt that many European Americans are downright hostile toward the Earth. So if Tacitus was correct in his observations, what the heck happened to us? Was it greed? Five hundred years of history would seem to agree with this assertion, but according to Tacitus, this was not the norm for Teutons before Christianity. “. . . (Goats and cattle) are in fact the most highly prized, indeed the only riches of the people. . . . You may see among them vessels of silver, which have been presented to their envoys and chieftains, held as cheap as those of the clay. . . . Of lending money on interest and increasing it by compounding interest they know nothing – a more effectual safeguard than if it was prohibited.”

Regarding the practice of slavery: “. . . Slaves are not employed after our (Roman) manner with distinct domestic duties assigned to them, but each one has the management of a house and home of his own. The master requires from the slave a certain quantity of grain, of cattle, and of clothing, as he would from a tenant, and this is the limit of subjection.”

Of generosity: “No nation indulges more profusely in entertainments and hospitality. To exclude any human being from their roof is thought impious; every German, according to his means, receives his guest with a well-furnished table. When his supplies are exhausted, he who was but now the host becomes the guide and companion to further hospitality, and without invitation they go to the next house. It matters not; they are entertained with like cordiality. No one distinguishes between an acquaintance and a stranger, as regards the rights of hospitality. It is usual to give the departing guest whatever he may ask for, and a present in return is asked with as little hesitation. They are greatly charmed with gifts, but they expect no return for what they give, nor feel any obligation for what they receive.”

A positive, grounded virtue of the fire element is generosity and hospitality. Tacitus goes on to write that what the Germans value most are bravery, selflessness, freedom, honesty and trust. He admits they were extremely warlike, but this is to be expected from the planet Mars and the fire element. Tacitus writes of many German tribes and respects some more than others, but of one tribe which seems to have

inhabited an area near what is now the border of Germany and the Netherlands, he writes this: “. . . A people of all the Germans the most noble, such as would rather maintain their grandeur by justice than violence. They live in repose, retired from broils abroad, void of avidity to possess more, free from a spirit of domineering over others. They provoke no wars, they ravage no countries, they pursue no plunder. Of their bravery and power, the chief evidence arises from hence, that, without wronging or oppressing others, they are come to be superior to all. Yet they are all ready to arm, and if an exigency require, armies are presently raised, powerful and abounding as they are in men and horses; and even when they are quiet and their weapons laid aside, their credit and name continue equally high.”

Mars is a planet of action. When the fiery energy of Mars aligns itself with a deeply held belief, it becomes an unstoppable force regardless of the accuracy of that belief. When Europeans' beliefs about the universe and their place in the universe changed during the Middle Ages, the symbol of the European psyche was changed to the cross without a circle. The connection to the Earth was broken. When the idea of spiritual superiority replaced the pre-existing idea of the interconnectedness of all life in the European mindset via medieval Christianity, the unstoppable fire element took hold of that idea and thrust itself into action and became a raging fire that burned all in its path indiscriminately. This is what fire people do when they get a belief firmly entrenched in their psyches.

When Christianity preached that worship of the Earth or of “created beings” was evil, the only choice for the fire/Mars psyche was to attack what it perceived as evil. Remember that Mars is also the deity of justice. The Roman historians are very clear that the Teutonic tribes valued justice and bravery above all else. As Mars/fire people, the foremost instinct of the Teutons was to defeat evil and injustice. Mars is a warrior. The job of a warrior is to fight to promote justice in the face of evil. Before Christianity, the Teutons were among the most devoted worshipers of nature, and their passion for protection of the innocent and love of Earth would surely have driven them to protect and defend her with their lives, but when Christianity successfully convinced the justice-loving, Earth-worshipping, animistic Teutonic psyche that the devil lived in the previously sacred trees, rocks, mountains and springs, this simultaneously created a feeling of guilt directed inward toward the Mother that they had loved and worshipped for fifty thousand years, and a desire to destroy that same evil. This created a powerful internal conflict that resulted in a psychological complex of extreme guilt and self-hatred. Since the Teutonic mindset is naturally one of identification with Mother Earth, that same mindset was now programmed to destroy the very Mother from whom it derived its nourishment and balance. When the warped message of the

missionaries had finally taken hold, the tether that rooted and anchored the fire element to the Earth element was severed, and the fire element now had no counterbalance and was unleashed to burn and destroy without limit.

# Earth and Fire



According to the Hopi prophecy, the time for all the four races to come together was pre-ordained. What was not ordained was whether the human race would remember their original purpose for reuniting.

Mars is also the planet of leaders – leaders of all kinds. Mars produces leaders of industry, of government, of armies, of religion . . . you name it. If you are a leader, you can bet there is some powerful Mars somewhere in your birth chart. Mars people will have great influence and power; the power to influence people and events. Whether or not that influence is healing or destructive is dependent on the maturity and motives of the individual, but the reality of having great influence is not in question. It is the responsibility of the individual to work toward maturity and responsibility. If the Mars individual discards their responsibility, it will not affect the fact that people will follow their example. People naturally follow the power of Mars.

Technology has been brought to the world through Europeans. This is an undeniable fact, which is simply the influence of Mars and the fire element. The entire world has followed the example of the Europeans in almost every way. Many peoples of the so-called “third world” are emulating the Western way and are rapidly catching up in terms of technology. They are following in the footsteps of Europe and the U.S.A. when it comes to the use of fossil fuels. We in the U.S. are just now beginning to contemplate ways to reduce industrial pollution, yet as the third world is implementing their industrial complexes, they find it hypocritical of America to tell them to be more Earth-friendly than they are. They are right. We fire people cannot go back two thousand years and change the decision our ancestors made when they decided to abandon the old ways, but we can make the decision to change how we live now. I believe in the Hopi prophecy. Not just because it justifies my personal projection, but also because the historical facts support it. Europeans unleashed technology on the planet, and it has started a chain reaction of destruction.

Technology is not at fault. It only does what we tell it to do. Technology can be a very good thing and I believe we were meant to develop technology to help humans live in the world more comfortably, while simultaneously developing technological methods for preserving the Earth. We just have to *choose* that path, but we cannot do so while being chained to an unconscious psychic and spiritual complex of self-hatred. The path of Odin is the path of liberation and transformation, and it is a path that can heal and restore the Earth.

There is a difference between destiny and fate. Fate is something that cannot be avoided. Destiny is what you are meant to do, but can choose to avoid it. The fate of the Northern fire people was to learn about the fire of technology, physics, engineering and the power to protect the innocent (which is the natural evolution of martial

ability and warfare). It was our unavoidable fate that we would once again meet our brothers and sisters of the earth element in the “new world” in 1492. This chain of events was unavoidable; it was written in the fabric of the universe. Our destiny, however, was different, I believe, than what actually occurred. What we were destined to do was to remember our connection to Mother Earth and use the combined wisdom of earth and fire to create technologies that would benefit the growing population that would one day cover the entire planet. It was our destiny to use the mercurial powers of Odin to travel and communicate these ideas to our fellow water, earth and air brothers and sisters and combine their wisdom with that of earth and fire and take our species to new heights.

In the earlier chapter “The Five Elements,” I taught you a powerful sequence of the elements used for power, healing and balance. This is called the “creative sequence.” In this sequence, the element of aethem (spirit) fuels the element of fire, which is grounded by earth, which then empowers air, which empowers water. Then the cycle starts again. It is my belief that our fate was that the power of the Gnostic gospel held the message of spirit (aethem) that was brought to the fire people of Europe by Rome. This was the start of the creative cycle. Unfortunately, this original message of freedom was hijacked by the imperial Roman mindset and was warped into a message of control and suppression of spirit. Nevertheless, this warped spirit message took hold and ignited the fire element within native Teutons, an imbalanced fire where they lost their primordial knowledge of Earth. It was after this imbalanced reaction that the northern fire people came to the Earth-attuned Americas, but instead of uniting with Earth as was our destiny, we had forgotten who we were. Thus, unable to ground our message of spirit with earth, we began to burn uncontrollably with the misunderstanding of spirit element that was brought to us by the warped understanding of Christianity.

It is my belief that if the Romans had not suppressed the true Gnostic message of Jesus, which is “The Kingdom of God is within you,” and if power-hungry warlords and emperors had not hijacked this message of empowerment, the original message of spirit would have empowered the fire element within us in a balanced way. I believe that the person of Jesus would have been absorbed into the Teutonic pantheon in the same way that Buddha was absorbed into the Hindu pantheon as a lesser god. Under this scenario, I believe we would have sought out our Earth brothers and sisters as equals, not conquerors. With our combined knowledge, we fire people, as leaders, would have begun a domino effect of technological and spiritual transformation that would have catapulted the human race into the realm of the gods.



The power of northern people is not limited to fire and Mars. There was another shift in the European psyche that would prove to be instrumental in increasing the power of the northern people to influence and communicate. This is the most powerful of tools we can use to change the dynamic of this planet. This shift involves Odin and the planet Mercury which is enhanced by understanding the organic mystery religion of Gnostic Christianity.



# The Original Gospel



Some may find this next statement incongruous with everything I have stated previously in this book. I am a follower of the Gnostic teachings of Jesus. I was a deeply devoted protestant Christian throughout my childhood and into my young adulthood. I even went so far as to enter Bible College. I preached on the streets and in church, went on missions – the whole nine yards. My plans were to enter seminary and become an evangelist.

However, the dogma of orthodox Christianity combined with the apparent disconnect between the actual teachings of Jesus and the teachings of the Church became an incongruity that I eventually could not resolve within myself. And in spite of the threat of eternal damnation, in order to preserve my own values and integrity as a follower of the teachings of Jesus, I left the Christian religion. The decision to formally leave Christianity in my early twenties was by far the most painful and frightening decision I have ever made. My personal ethics just would not allow me to continue following a god that went to such incredible lengths to create human beings for the sole purpose of hurling them into eternal punishment for simply having the “incorrect” intellectual understanding of god. I didn’t leave orthodox Christianity because I did not believe it. I left because I could not believe IN it.

Thankfully, my childish limited understanding of spiritual truth was not the true nature of the universe. Thankfully, the nature of spirit is very life affirming and has nothing whatsoever to do with the distortions found within some orthodox religions.

I have criticized the institutionalized religion of Christianity, but it is not my intention to denigrate any faith or spiritual path. Even though I believe the errors and abuses contained in institutionalized Christianity are the main reasons, or perhaps symptoms, of why Europeans have lost their true path of service in this world, I am not in any way disagreeing with what I believe to be the actual message and purpose of the “good news” originally preached by the man Jesus.

It is impossible to talk about the psychological shift of the Northern Europeans without examining the role of Christianity in Europe over the last two thousand years. When discussing Christianity, I find it is essential to first examine our underlying assumptions about what Christianity actually is, so when I speak about the mindset of modern Christianity, I speak as one who is intimately familiar with its beliefs and history. In order to fully understand the complex nature of Christianity and its influence on modern Western society, it is important to educate ourselves on what it was, how it changed, and what it is now in comparison to the actual message of the man Jesus.

## The Gospel

When modern Christians talk about the gospel, what they are referring to is *their* religious message of salvation from sins and eternal damnation by means of an intellectual belief in their interpretation of the message and mythology of Jesus. For those who have read the “New Testament,” you will know that forgiveness of sins through intellectual “belief” in Jesus is not the gospel that was preached by Jesus himself. Gospel means “good news.” And the good news that Jesus preached can be summed up in that most famous of quotes from the Book of Luke where Jesus is reported to have said, “The Kingdom of God is within you.” This was the message of Jesus, and it is diametrically opposed to the message of modern institutionalized Christianity. The message that the kingdom of God or heaven is within you is much more in sync with the beliefs of Hindus, Buddhists and Taoists than with modern, monotheist Christians.

When Jesus said “I and My Father are One,” he did not mean that he alone was one with the Father. This may have been the interpretation of the monotheist Jewish Pharisees that heard him, but that conclusion is based on a monotheist presumption. Jesus was operating from a completely different assumption about himself and everyone else. To prove this, we read further in the text where the Pharisees respond by accusing Jesus of blasphemy by “making himself equal with God.” However, if Jesus were making himself equal with God in the monotheistic sense, he would have replied by saying something like, “Yes, you’re right, I am equal with God, bow down and worship me.” Instead, he replies to them saying, “Do not your own scriptures say that you are all gods?”

Jesus accomplishes two very important things in this statement. First, he refers to the Jewish Torah as “your scriptures.” He does not refer to them as *the* scriptures, he says “*your* scriptures.” So he is clearly saying that he himself does not categorically accept the Jewish scriptures as being divine source material for his beliefs. Secondly, instead of confirming or denying their accusation, he redirects their attention to their own divinity and includes them with himself. He clearly posits the idea that *all* humans are equal with God including the Pharisees who are accusing him of blasphemy. He also does not deny the charge of blasphemy, but implies that the Pharisees themselves are guilty of their own understanding of blasphemy by including them with himself as being equal with God. This idea is in complete agreement with the Taoist and Hindu concepts that human beings are created in the image of God – as holograms of God.

According to the Christian scriptures, Jesus does definitely encourage “belief” in himself as a means of “salvation.” What does this mean? In modern understanding, belief means intellectual assertion.

Born-again, fundamentalist Christians preach that if one intellectually assents to their interpretation and mythology of Jesus' crucifixion and resurrection, then one will be "saved" from sin and eternal punishment in "hell." ("Hell" is an English transliteration of the Teutonic spiritual underworld realm of transformation and reincarnation "Hel," but I digress). The word translated as "belief" is the Greek verb *pisteuo*, which means "to trust." You can trust someone without intellectually believing or understanding him or her entirely. Trust implies committed action rather than intellectual assent.

In terms of action, Jesus taught the same message as Hindus, Taoists and Buddhists. He preached forgiveness, toleration, treating others as yourself and trust in the providence of the Divine. His message was if one lives from a trust in the Divine and acts with unconditional love, forgiveness and tolerance of others, one will be "saved" from the torment of their lower natures and be able to achieve the spiritual state that Jesus himself had, which was unity with the Divine. To "trust in" Jesus meant "to do what he did."

The message of believing in the story of his death and resurrection was a later addition to Jesus' message by his followers. When Jesus asks for trust in him, it was understood by his listeners that he was asking for them to trust in his message, which was "the Kingdom of God is within you." In ancient times, one's message was inextricable from their actual being, so to trust in Jesus meant to trust and act upon his message. It did not mean to worship him.

Another favorite scripture of institutionalized Christianity is John 14:6 where Jesus is reported to have said, "I am the Way the Truth and the Life. No man comes to the Father but through me." Under the monotheistic assumption that humans are isolated "creations" of God rather than the animistic assumption that humans are emanations *of* God, this statement would mean that Jesus was the *ONLY* way to the Divine, but if this same message were preached to Hindus or Taoists, the understanding would be quite different. The same exact message preached to animistic polytheists would be clearly understood to mean that Jesus was saying the way to union with the Divine is to follow the actions that he himself followed. In this way, anyone who follows the same path also becomes the way to the Divine.

Jesus is reported to have said, "Truthfully, I say unto you, he that trusts (*pisteuo*) in me (the message), the works that I do, shall he do also; and greater works than these shall he do because I am going to the Father." There are two assertions in this statement that are in direct opposition to the idea that Jesus considers himself to be the only source of Divinity. He first says that those who follow his message will do greater works than Jesus had done. That is pretty self-explanatory. The second assertion is that Jesus is going to the Father. If Jesus *were* the Father, he would have no need to go *to* Him. On this level,

Jesus makes himself not equal to God but equal to other humans. From this understanding, Jesus is identical to the East Indian Vedic understanding of an avatar of Vishnu. Jesus, by virtue of the transformative power of his actions, had achieved the status of union with the Divine Source within himself, and as a result had realized the infinite potential within all humans. His message was not "I am monotheist God." His message was "I am infinite Divinity and so are you."

It is actually simultaneously sad and hilarious to listen to fundamentalist Christian pastors and evangelists attempt to intellectually explain the meanings of these seemingly incongruous statements of Jesus. The degree of mental gymnastics involved in order to force these powerful, multidimensional statements of Jesus to fit within two-dimensional monotheistic interpretations of the "gospel" borders on lunacy. Institutionalized Christianity will tell you that in order to "properly" understand the words of Jesus in the four gospels, one must first filter them through the interpretations of the epistles, mainly the epistles of Paul. However, I strongly encourage anyone to reread the words attributed to Jesus written in the gospels and let them speak for themselves without the filter of modern monotheism. Imagine how a Hindu or Taoist would interpret these same teachings. With this understanding, there is no need to re-interpret the message of Jesus as the Christians would have us do by having to distort, add or mangle them with the interpretations of monotheists who (in my opinion) had no idea what Jesus was saying to them. I recommend that you make your own interpretation of the message of the gospel.

## **Jesus and Odin**

One reason that some Germanic tribes so easily accepted Christianity was because of the concept of the Heavenly Father. Odin is known as the All-Father who resides in Asgard (realm of the gods). To an Odinit, hearing the phrase "our Father in Heaven hallowed be Thy name," an ancient worshipper of Odin would have had no problem praying this prayer verbatim to his god Odin. In fact, the English word "god" is a Germanic variation for the word for the god Odin. In interpreting the Greek word *Theos* into English, it was replaced with the Germanic word *god*. It took hundreds of years of brainwashing, persecution, torture and genocide to drive out the Odinic understanding of the word "god" from the minds of Teutonic Europeans, but even after all this time, anytime someone prays to "God," whether they realize it or not they are linguistically calling out to the ancient deity, the All-Father in heaven (Asgard), Odin. The spiritual vibration of the word "god" still connects to Odin. This is why Europeans picture God as being an old man with a long beard sitting on a throne in heaven. This



characterization did not come from Hebrew monotheism, it came from polytheistic Germanic paganism. It is the ancient pre-Christian understanding of Odin, the leader and ruler of the gods, sitting on his throne in Asgard as he watches over the world of humans.



# Odin and Mercury



As already stated earlier, Tiw, which represents the vibration of Mars and the fire element in the Teutonic psyche, was most likely the original primary deity of the Germanic people. Sometime around or prior to the time of the Roman conquest of Europe, the god Odin began to replace Tiw as the primary god of the Teutons. By the time of the writing of the Norse scriptures, Odin had achieved absolute supremacy of the Teutonic pantheon. Odin is said to have discovered the runes through a vision quest ordeal where he hung himself on the World Tree for nine nights.

“I know I hung on the wind-swept tree nine full nights wounded by a spear and dedicated to Odin, myself to myself, on that tree of which none knows from where the roots come. They did not comfort me with the loaf nor with the drinking horn. I looked down below me and groaning took the runes up and fell back down thereafter.”

*Havamal 138-139*

The Runes were an early form of Germanic writing script during the Middle Ages, but in ancient times the runic script was a magical symbology used to tap into, summon and control the powers of existence. The runes are an extremely powerful means of communicating with the multiverse.

Odin's day of the week is Wednesday, which is universally recognized as the day of the planet Mercury. Mercury is the messenger of the gods. In Roman and Hindu cosmology, Mercury is also the master teacher, the master communicator and the master of magic and occult sciences. The fact that Tiw was replaced by Odin as leader of the gods in the Teutonic pantheon means that the Teutonic people were in the process of making a psychological and energetic shift from warfare to communication, engineering and spiritual mastery. I believe if this process had been allowed to continue organically, the Teutonic people would have used their inevitable power and influence to promote spiritual, pluralistic values instead of imperial, materialistic values.

A good example of what I believe was meant to happen in Europe is seen in the evolution of Buddhism in India. Today in India, Buddha is accepted as an avatar of Vishnu. Buddha's message took hold differently outside of India where he became the main focus of religion, but inside India, over time, his message was absorbed into the mainstream Hindu religion, and today Buddha is recognized as one of the ten avatars of Vishnu. I believe that if the message of Jesus were not altered to serve the political aims of emperors, senators and

generals, the Christian message would have organically evolved, over the centuries, to have a very different meaning than it does today.

The natural mindset of Europeans was animistic and polytheistic. The history of Europe clearly indicates that paganism would have continued into the present had institutionalized Christianity not been legally mandated under pain of death. Yes, I do believe that there would have been very serious religious debate, but if allowed to run its course, I believe, as previously mentioned, that the person of Jesus would have been absorbed into the pre-existing European polytheistic religion in a similar fashion as Buddha was absorbed into the Hindu pantheon.

I believe the key component that altered the way Christianity affected Europe was that Rome had transformed the personal Gnostic Jesus into a Roman Imperial god of war. This interpretation of Jesus is crucial to understanding the transformation of Europe during the Middle Ages. Anyone who reads the gospels can see that Jesus was no more an advocate of war than was Buddha. Looking back on the original teachings of Jesus, they were forgiveness, tolerance, individuality and self-empowerment. So how did he become synonymous with warfare? (As he still is to this day.)

Emperor Constantine I was the first Roman emperor to officially convert to Christianity in the beginning of the fourth century A.D. His conversion was not what many people think. Constantine was a worshipper of the Roman cult of sun worship. This cult believed in the sun as a supreme, omnipotent deity very similar to monotheism. On the eve of an upcoming battle, Constantine was worried that that battle could make or break him as emperor. He was not sure to which god to make sacrifice to ensure his victory. He is reported to have had a vision of a giant cross and he did not understand the meaning of this vision. Then, that night he had another vision where "Christ" appeared to him with a cross and told him "Conquer by this!" Constantine was not a Christian, so he went to a Christian priest (Eusebius) who interpreted the meaning of the omens to be that if Constantine converted to his (Eusebius') interpretation of Christianity, he would be victorious in battle.

It is crucial to understand that Eusebius belonged to only one of many differing sects of Christianity in existence at that time. He was of a sect that had incorporated the monotheist Jewish "Old Testament" into their version of Christianity. There existed other interpretations of Christianity that did not include the monotheistic, warlike ideas of Mosaic Law. As you may know, the Hebrew mythology contained a great deal of accounts of victory in warfare through the intervention of Jehovah. So Eusebius' version of the message of Jesus was heavily tainted with "eye for eye, tooth for tooth" philosophy, which is of course

antithetical to Jesus' message. However, at this same time, there were other versions of Christianity that resembled the Buddhist message of tolerance and non-violence. One could easily see that if Constantine had gone to one of these other priests, they might have told him to conquer his own bloodlust through self-sacrifice just as Jesus had done on the cross. (Now that I think about it, that interpretation is much more in line with the teachings of Jesus than to simply use the cross for a symbol of warfare. For all we know, since Constantine was determined to find a way to win this battle, he may have shopped around until he found a priest who told him what he wanted to hear.)

It is important to emphasize here that Constantine's conversion was not a product of intellectual investigation, personal soul-searching, or any other desire for spiritual liberation or self-improvement. His sole desire (according to the priest who converted him) seems to be only for victory in battle. Well, Constantine was victorious, and as you can imagine he believed his victory to be given to him by Jesus, so the Jesus of Constantine had no similarity with the Jesus of the message of "the kingdom of God is within you."

After his victorious battle, Constantine made Eusebius' version of Christianity a legally-sanctioned Roman religion and began to persecute all other religions as well as other sects of Christianity. It became virtually impossible to be successful in politics or commerce unless you were part of the religion of the elite, which quickly became Constantine's version of Christianity (which, apparently, he himself did not completely understand). He began stealing all wealth and property from pagan temples and giving it to state-sponsored "Catholic" churches, so almost immediately there was no money in being pagan.

Constantine also commanded a council be convened (the Council of Nicaea) to conclusively and definitively determine a universal (Catholic) Christian doctrine. Had this council not been officially sanctioned by the Roman Empire, there may not have ever been a universal "Catholic" Christian church. If Christianity managed to survive as a distinct religion, it would have continued to be a collection of different mystery sects and would certainly have been a minority religion alongside pagan beliefs.

In terms of the pagans in Northern Europe, we have a very similar story that is fueled by the conversion of Rome to Constantine's military version of Christianity. The pagan tribes outside of the Roman Empire were suffering considerably. The Roman Empire had a stranglehold on the continent of Central and Southern Europe making it very difficult for the non-Roman Northern Europeans to survive in the Roman landscape. The Romans had been militarily attacking, raiding and enslaving any and all tribes outside of Roman territory. When it was in its immediate interest, Rome would hire these tribes as mercenary soldiers to fight against other tribes. In many instances,

Rome would break their contracts and betray these same tribes who had sacrificed their lives for Rome. This went on for hundreds of years.

Northern Europeans were overcrowded and unable to trade with their neighbors inside Roman territory, and to make matters worse, they were being attacked by other marauding tribes from Asia and Mongolia. Until this time, the idea of massive empires was totally alien to the Northern European psyche; their mindset was one of tribalism. After hundreds of years of domination and exploitation, however, the Roman army began to erode the Northern European tribal psyche. Out of sheer survivalism under threatening circumstances, the pagan tribes were becoming more and more open to the Roman empirical value system, which was in some cases in direct conflict with their traditional tribal values. Pagan warlords were no different than anyone else when it came to wanting to succeed in battle. As Rome converted to Christianity and began sending Christian missionaries into pagan lands, the pagan chieftains were curious if the new Christian god could help them in battle. And just as Constantine had done before them, many pagan warlords would ask for Jesus to grant them victory in war. If these chieftains had a military victory after praying to the Christian god, their warrior code of ethics demanded that they change their religious allegiance. And, also like Constantine, they did so without any understanding of the beliefs of Christianity. To them, Jesus was just another war god, so the whole fundamental interpretation of Christianity in Europe unfolded into a religion of warfare that had very little resemblance to the original message preached by the man Jesus. To this day, the knee-jerk Christian response to any perceived threat is warfare.

This next quote is by Shaye I.D. Cohen (Samuel Ungerleider Professor of Judaic Studies and Professor of Religious Studies Brown University). This was on the PBS website in connection with their program "From Jesus To Christ:"

"There's a beautiful mosaic in Ravenna, a city in northern Italy, which I routinely show my classes. It's of a beautiful, very handsome, well-muscled, beardless man. He's dressed in a Roman officer's uniform. And he's stepping on the head of a lion, and he's holding a standard. And the standard says in Latin, 'I am the way. The truth. And the life.' And usually my students can't read Latin and I say, 'Who's this a picture of?' And they guess, 'The Roman Emperor.' But it's not. It's a picture of Jesus."



This illustrates the misunderstanding of the message of Jesus that had permeated the psyches of the European peoples who traveled over the Atlantic to “discover” the Earth people of the Americas.



# The Indo-European Myth



When I was in college back in the early 1980's, the established theory of the day for the history of Europe was that somewhere between four and five thousand years ago, an agrarian, war-like culture swept out of the steppes of Eurasia conquering the technologically inferior hunter-gatherers of Europe and the Near East. This theory contended that these technologically superior farmers brought their language, religion and culture and imposed them on the innocent, peaceful, primitive "native" nomads of Europe. Out of this vast conquest, the languages of Europe, Turkey, India and Iran are supposed to have evolved into their differing dialects from a supposed root language called "Indo-European." This theory supposes that the vast dialectical differences in the Indo-European languages emerged in only four to five thousand years.

Now, five thousand years may seem like a very long time to you and me; however, it is a mere tick of the clock for the history of the human race. Furthermore, the timeline of 2,000 - 3,000 B.C. for the emergence of this culture in Europe is purely speculative and remains unproven. There is very firm evidence that there was, in fact, a common root language for the European and Near East people, and it is very reasonable to assume, then, that there was also a common ethnic group that spawned all of these cultures, so the name "Indo-European" is not an inaccurate one. However, I believe the modern definition of "Indo-European" is flawed in the light of the scientific evidence.

I remember I did not like the idea that my ancestors were characterized to be war-like conquerors. Embedded within that theory, I sensed an unspoken pride by contemporary academia in the idea that the Indo-Europeans conquered the original "inferior" inhabitants of Europe through warfare. When I probed this theory further, I found that there really was no hard evidence of a military invasion (with the exception of the Aryan invasion of India). This idea, I believe, was an imposed assumption based on the archeological record that conclusively showed a rapid change in technology and lifestyle in Europe around seven thousand years ago. The assumption was that these hunter-gatherers of Europe must have had these technological advances thrust upon them by superior invaders.

With the advent of DNA testing, however, this invader theory is brought into serious question. According to DNA evidence revealed in the 1990's, European people evolved from a cluster of common ancestors *already in Europe* dating back at least fifty thousand years. "Indo-Europeans" had apparently been *in Europe* this whole time. They migrated from Africa into the Middle East and fanned out into Europe and Eurasia, so the general idea of an Indo-European migration into Europe is accurate, but the timeline is very different. The manner of

that migration is more likely a gradual, peaceful migration into a vast landscape.

There were Neanderthals already living in Europe at this time, and there is new DNA evidence to support the idea that humans and Neanderthals interbred in Europe. It is estimated that modern non-African homo-sapiens have anywhere from 1-4 percent Neanderthal DNA. But I digress.

The fact is, Indo-Europeans did not magically sprout out of the steppes of Eurasia and sweep into Europe overnight and impose their “superior” way of life on the “primitive” nomads of Europe as we have been taught. My first question, then, is: When the only evidence for the Indo-European invasion theory was evidence of a rapid change in technology about seven thousand years ago, why did modern academia assume that this shift must have been as a result of violent conquest from a superior civilization? There was no evidence for this. There was only archeological evidence of a lifestyle shift from hunter-gatherers to farming and herding.

Well, scientists are humans and humans are susceptible to emotional agendas. Modern science as we know it, which includes archeology, medicine, history and linguistics, was created only after the Middle Ages. By that time, the Roman conquest and the Christianization of Europe had a firm hold on the minds of Europeans. It is only natural that scientists would be influenced by any biases resulting from this influence. As I have suggested repeatedly in this book, I believe that the Roman conquest and the later forced Christianization of Europe resulted in an emotional bias of self-hatred in the northern European psyche, so it is only natural that the knee-jerk reaction of science was to automatically assume that the “primitive, barbaric, inferior, indigenous” Europeans were incapable of technological innovation on their own. And like the “barbarian pagans” of Europe who were “saved” from their wicked ways by the Roman civilization and Christian missionaries of the Middle Ages, it was assumed that these advances in technology must have come from somewhere else.

I believe this assumption reflects the unconscious desire of the European psyche to distance itself from its own primal history. Just as we Europeans have replaced our spiritual history with the spiritual history of the Hebrews of the Middle East, we replaced our linguistic and ethnic history with some mythical tribe of technologically and martially superior horse-kings who descended on an unsuspecting primitive native European culture. Coincidentally, this scenario reflects the actual history of the conquest of the “New World” by Europeans. In my opinion, the Indo-European theory is really one of many ways for the damaged European psyche to sanitize the conquest of Native Americans and justify that it was a way to “save” the American Natives

from their primitive ways, just as we had been saved from our primitive, barbaric ways by the Romans and Christians.

This theory conveniently allows us to create a myth where we never had a primal, indigenous, pagan past. We never really get an opportunity to relate ourselves to the Stone Age or to our ancestors' "primitive" animistic beliefs. For Europeans, we simply appeared out of the Eurasian steppes with our horses and wagons already possessing the knowledge of farming and metalworking. The fact that the Indo-European myth pre-supposes a military conquest reveals the unconscious self-hatred we have toward our primal ancestors. The theory could have just as easily assumed that if there were an influx of technologically superior foreigners, it could have been a peaceful assimilation. There is no physical evidence of any kind of military invasion. In fact, other than the aforementioned change in technology, there is no evidence whatsoever of any kind of massive ethnic change.

The DNA evidence, however, is unassailable. DNA conclusively proves that the people who inhabited Europe have been there for at least fifty thousand years. When you look into the face of someone of European descent, you are looking into the face of the mythical "caveman" of Europe.

What I find ironic about this is that the oldest known art in the entire world has been found in northern Europe dating back to around thirty-five thousand years ago. These pieces of art include the famous cave paintings and the recently discovered "Venus" figurines carved from mammoth ivory. The oldest known musical instruments were also recently discovered in Germany dating back to around the same time as the cave paintings and carved Venus figurines. The musical instruments were finely crafted, perfectly tuned flutes made from bones and mammoth ivory. Being an amateur flute maker and player, I can admire the craftsmanship and musical skill necessary to make perfectly tuned flutes from such meager resources. Back in the times when humans in Europe were thought to be mindless ape-like creatures scratching an existence from Ice Age Europe, we find an incredibly sophisticated, highly developed, artistic people with a profound ability to express their spirituality in very difficult circumstances.

These are our ancestors. Their art testifies to their deeply Earth-based spirituality and their animistic polytheist origins. The beliefs of the pre-Christian Teutons are directly descended from those early cave painters, those early musicians and those figurine carvers. These are the very people we have been trying to distance ourselves from. These people are us, and they hold the keys to regaining our spiritual and cultural heritage.





Valhalla



According to the Norse myths, after death the soul goes either to Valhalla or Hel. Hel is very a different place than the hell of Christianity. Hel is not a place of universal eternal punishment. It is the destination for all those people who do not die in “combat.” For many, Hel is a lavish paradise where one is comforted with many Earthly pleasures. There is punishment for those who cause harm to others, but it is more of an idea of purging the individual of their misplaced priorities. There is no dishonor for those who arrive in the underworld paradise. In fact, there is mention in the myths of those who are greeted with great honor upon their arrival in Hel. There is a very real sense that Hel is a place of regeneration where the soul is given ample rest and healing before returning to life via reincarnation.

When it comes to the Teutonic idea of an afterlife, however, there is far more talk among people about the dimension known as Valhalla. Many modern seekers of Valhalla romanticize violence and have a misunderstanding of the symbolism of what “dying in battle” really means in the myths. In order to truly understand what this symbolism represents, we need to look at the myths and, more importantly, look at the meaning of the Old Norse terms concerning Valhalla.

In the myths, Valhalla is the place where brave warriors go who are killed in battle. In Valhalla, these brave ones are fed copious amounts of mead and pork. There is feasting, celebrating and partying. Warriors can train in combat, and if limbs are hacked off they will regrow the next day so the training can continue. Valhalla is the place where the warriors of Odin train to defend Asgard (realm of the gods) from the fire demon Surt and his demons as they spread entropic chaos throughout the nine worlds initiating the apocalypse of Ragnarok.

From a spiritual perspective, what is Valhalla and who exactly are these “warriors of Odin?” “Val” can be translated as “choice” or “death,” so Valhalla can be loosely translated as “the hall of preferred death.” The Teutonic ideal of bravery in battle is the symbol for the enlightened warrior. It must be remembered that Valhalla is an ingredient in a spiritual myth. The Norse myths are certainly not suggesting that the only way to achieve spiritual liberation in the next world is to die while attempting to kill another person. Murderers have never been viewed well in Teutonic society. To best understand the symbology of Valhalla, it is helpful to remember the entire context of the evolution of the Teutonic race and the inevitable influence our prehistoric history has had on us as a people.

According to DNA evidence, Europeans have been in Europe for at least fifty thousand years. Europe has been in and out of ice ages throughout that entire period, with the last ice age ending only ten thousand years ago. This means that modern human beings in Europe

have been dealing with ice age conditions for at least forty thousand years. When looking at ice age projections during those years, it can be seen that Europe was under more ice than most other parts of the globe. This is the backdrop for the first forty thousand years that modern humans have been in Europe. It is only in the last ten thousand years that Northern Europe has been free of year-round ice. This would account for the very light skin pigmentation seen only in the European races.

How does this relate to the ideal of the fearless warrior in the spiritual mythology of the Europeans? Not only did the ice age Europeans have to deal with the difficult task of simply staying alive in this hostile climactic environment, but they also had to constantly defend themselves against monstrous carnivorous animals. Unlike today where humans live separated from nature and animals, our ancestors lived surrounded by enormous monsters such as huge cave lions and cave bears that would dwarf a modern grizzly. There were also woolly rhinos, bison that stood seven feet high at the shoulder, giant elk that stood ten feet tall and had antlers which were eleven feet wide, ice age wolves, several species of elephants, saber-toothed tigers and other big, scary, nasty creatures few people in modern society have ever dreamed of, not to mention ever even seen in person.

In short, ice age Europe was no picnic for humans. It was absolutely essential that all able-bodied members of the tribe be able to pull their weight in defense of the tribe. It was crucial that hunters be willing to defend the tribe with their lives in case of attack by one of these creatures. Remember that for the ice age Europeans, the only weapons they had while hunting were spears or arrows tipped with stone. Death by animal attack was most certainly a common occurrence. It was highly possible that someone in the tribe may be killed while hunting an angry Aurochs or woolly mammoth. Cowardice in the face of danger was not only unseemly, it could mean the extinction of the tribe, thus cowardice in the face of danger could be more deadly than disease.

Since the last ice age ended only ten thousand years ago, it is only reasonable to expect that Europeans would still retain in their DNA the instinct for battle, and hold the ideal of bravery as a paramount virtue. In light of this context, the spiritual symbolism of dying in battle does not necessarily equate with killing fellow humans; it symbolizes one's willingness to face their fears and act courageously for the benefit of their fellows. Ten thousand years ago, that meant being willing to be gored by an Aurochs if necessary in order to help keep the tribe alive throughout the winter.

To further this investigation, let's look at the symbols contained within the myth of Valhalla. Before reaching Valhalla, the warrior must

first cross the river called Ifing (doubt). Self-doubt is the only thing we humans can be assured of constantly having to contend with. The myth states that the river of Ifing never freezes. In other words, there is never a time when doubt is not an enemy to the spiritual warrior.

Valhalla is protected by a moat called Tund (time), which is protected by a gigantic wolf named Tjodvitner, who is none other than Fenris who has been tethered with a magic rope until Ragnarok. Fenris is so powerful that he would have devoured the universe were it not for the bravery of the war god Tyr, who sacrificed his forearm in the wolf's mouth in order to enable the beast to be tied up to prevent him from swallowing heaven and Earth in his enormous jaws. Tjodvitner is said to be a fisher of men. The myth places him with the moat of time, which means that the warrior must be ever vigilant over his own violent animal nature that seeks to devour him.

The gates of Valhalla are guarded by magic, which means that only through spiritual progress can the warrior even open the gates to the heavenly hall. It is not just by physical prowess or intellectual knowledge that the gates of the chosen will be opened, but by spiritual discipline.

On the door of the hall hangs a wolf. The message here is that the animal nature (which includes violence, fear and greed) must be left at the gates before entering. Over the door hangs a blood-dripping eagle. This has been interpreted by some to mean that the warrior's pride must be sacrificed in order to enter the gates of Valhalla. If that weren't enough, the gate is guarded by Odin's wolfhounds named Greed and Gluttony. The symbolism here is obvious. All of these adversaries must be faced before even entering the hall of the chosen.

The roof of Valhalla is made out of warriors' shields and the walls are made from warriors' spears, so in order to enter one must surrender their weapons. This also suggests that the warriors have no psychological shields with which to defend themselves. As a martial artist myself, I can attest that many men who are willing to brave death at the hands of other men are as frightened as kittens when confronted with the prospect of facing or verbalizing their own emotions and needs. These guys would much rather take on a room filled with armed thugs than reveal their feelings. In other words, the most brave warrior on the planet must also be willing to be "naked and defenseless" on an emotional and psychological level while within the Hall of Odin.

So the symbolism of Valhalla being the place where only brave warriors who died in battle really means, the warriors who have died to their fears, animal natures and personal desires for the benefit of the human race, just as their ancestors were willing to die battling a fierce rhino or Aurochs in order to feed the tribe for one more winter.

When we see the symbols of Valhalla in this context, there is no difference here between the warrior of Valhalla and the mystic

hermit. Both must face spiritual death in order to achieve immortality. If one is unable to vanquish all of their demons, then at the time of their physical death, instead of going to Valhalla, they are escorted to Hel where they are allowed to rest before coming back to human life where they can once again renew their battle against their own internal foes. If they succeed in overcoming their fears and are willing to sacrifice themselves in spiritual service to the human race, they will be escorted to the Hall of Choice Death, where they will continue to train with other worthy spiritual warriors. And when the end of the universe is come, these brave warriors will stand alongside Odin to fight the entropic forces of destruction (transformation) led by the fire demon Surt and Loki.

This is what it means to be a warrior of Odin and it is the ultimate destiny of all humans. There is one cryptic quote about the nature of the Valhalla warrior that I would like to mention. It is found in the myth entitled "Grimner's Lay." Grimner is another name for Odin, and here he explains a very interesting fact about the warriors who are allowed into Valhalla:

Andrimner lets Sarimner  
Be steeped in Eldrimner  
The best of meat!  
Few know what the One-harriers eat!

Here Odin says that few understand what fuels the warriors in Valhalla. This is mythological-speak that means that this is an alchemical secret to spiritual immortality. To understand this, we must look at the names of the mythological boars eaten by the immortal warriors. The three boars Andrimner, Sarimner and Eldrimner correspond respectively to three of the five elements, aethem, water and fire. Andrimner is the boar (meat) of air (aethem/aether) or life force, divine breath. Sarimner is the boar of the sea (water), and Eldrimner is the boar of fire. Elementally, the verse is saying that aethem is a result of boiling (steeped) water with fire. Certainly there are multiple interpretations of this symbology. One philosophical interpretation is that the spiritual mind (aethem) is nourished by the refining of the emotions (water) with the fire of spiritual passion. This would indicate that the true food of the warrior is spiritual purity resulting from purification of the lower emotional nature.

There is another interpretation that corresponds directly to an alchemical meditative practice for physical and spiritual immortality. This process involves using breath and meditation to purify the elemental energies within the body. This process is used by Taoists for physical immortality and is called the practice of water and fire. It involves using the fire element to cook the water element, which

creates the “steam” of pure spirit (aethem). This refined energy is thought to be pure spiritual life force energy, and those who achieve success with this technique are said to be able to gain nourishment directly from the air; they no longer need to eat food. In this state their bodies stop aging and they are said to be able to live for hundreds of years.

In the mortal human, the element of fire in the heart is above the water in the kidneys. The practice of water and fire involves meditative and breathing methods wherein the fire element is brought below the water element, which purifies the sexual energy and creates a super purified life force that becomes the fabled nectar of immortality. This process requires diligent practice and a high degree of discipline. Throughout the process, the practitioner must purify their emotions and baser instincts to achieve ultimate success. It is very interesting to me that Odin cryptically refers to a spiritual process that only a spiritual warrior could endure. He very clearly states that only the warriors of Odin consume this “meat” and gain sustenance from it. Odin also proclaims that few know of this process.

Valhalla’s warriors are also treated to copious amounts of mead in Valhalla. Mead is symbolic of life force (aethem) energy. Alcoholic beverages in myths always refer to spiritual sustenance, and in symbolism pertaining to energetic alchemy alcoholic beverages refer to different types of energy work. Let’s look at what these different beverages symbolize.

Mead is made from honey. Honey symbolizes the power of pure aethem or life breath energy. Archeological finds have shown that bees were considered powerful spiritual totems for ancient Teutonic warriors. The reason for this is obvious when we look at what bees do. They are extremely hard working and work primarily for the benefit of the hive. Bees, besides being industrious, are brave defenders of the community and are willing to give their lives defending their community. This type of bravery was highly regarded by the ancient Teutons.

Bee nectar is highly nutritious. The diet of the ancient Europeans was not filled with all the readily available carbohydrates and sugars we have in today’s supermarkets. In the ancient world, honey and mead would have provided a rich source of highly digestible calories, sugars and carbohydrates and would have been a welcome delicacy providing much needed energy for the difficulties of prehistoric living. Valhalla’s spiritual warriors are fond of mead because it takes large amounts of life force energy to train in “battle” every day.

It is my belief that the battle training in Valhalla is really the act of honestly revealing ones’ true spiritual nature. In Valhalla, spiritual masters constantly test each other’s spiritual purity. If a warrior is found lacking in an area and has their spiritual limbs “hacked off” by another warrior, the power of spiritual life force (mead) is readily

available for the warrior to regain his strength and “grow back” a limb. Swords have always represented spiritual discipline and purity, so the clashing of swords in Valhalla is not about physical fighting but about spiritual purity. The warriors of Valhalla use the swords of their spiritual purity on one another and provide a valuable service of cutting off unnecessary ego and soul attachments. This is why when they are “defeated in battle” they survive. By being mirrors to each other, the warriors are providing a valuable service to their fellows. Mead represents the warrior’s capacity for infinite strength of spirit and is necessary in Valhalla, as spiritual training apparently does not stop even after death.

I am betting that some of you are wondering, “How can I learn the water and fire method of immortality?” You already learned one very powerful method of water and fire when you learned the five element moving breath and galdor exercises in the chapter “The Five Elements.” If you practice those exercises consistently, you will notice increasing health and spiritual power. This is a valuable step for preparing yourself for entering Valhalla.



# Religion vs. Spirituality



I heard a story about a fundamentalist Christian that was berating a scientist for speaking about the theory of evolution. When the scientist asked, "So if the world was created in seven solar days a few thousand years ago, how does the bible explain dinosaurs?" The fundamentalist replied, "God put dinosaur bones into the ground to test our faith." I laughed quite hard when I heard that story. It is truly amazing how far people will go to justify a deeply held emotional bias. The word "religion" literally means to "bind together." Religion, by its very nature, is not concerned with open-minded investigation. That is why we call it religion. It binds us to a particular belief, system, dogma, community, etc. Once a spiritual pathway becomes a religion, it is inevitable that those involved in the religion begin to think about the "right and wrong" ways of worshiping or believing. Religion is best used in the context of building a community. This was very applicable in earlier times when people had to form communities for physical survival. Religion and dogma served very well in those circumstances in order to strengthen the bonds of community. In order for communities to function coherently, there must be rules. In order for a religion to be specific, there must be dogma.

I spent my childhood and my early adulthood in institutionalized Christianity. I left all religion behind when I realized that intellectual religious beliefs are arbitrary lines of demarcation used to hold a community together, not for determining objective truths. If what one wants most is to belong to a group, then religion is the best way to fulfill that desire. The downside of a religious community is that in order to be a cohesive community it must begin to adopt exclusionary tenets or it may not survive as a distinct entity.

In today's world, dogmatic religions are no longer necessary for individual survival. We are a much larger and diverse community in today's planet Earth, and the Earth has become an interdependent community. One may want to be self-sufficient, but isolation in today's world is not very easy nor is it a workable means of survival. The world is now an interdependent matrix. Like it or not, it is a fact. In context, since religion is no longer necessary for community and personal survival, religions have become in reality just spiritual clubs. I would prefer that religions consciously recognize this idea. This idea to me is much more appealing than the idea of establishing a formal religion. It is not offensive to me if someone wants to start a club that has specific membership requirements, but when a group starts using the rules of club membership to exclude people from an entire spiritual path, then at that point, in my mind, they have discarded critical thinking for emotional biases and are at cross purposes with themselves, because at that point there is no way to avoid strife, bitterness and conflict from within and without.

In my opinion, the only kind of religions that serve a necessary, modern function as an institutionalized religion are universal religions where part of the spiritual path requires understanding and tolerance of other spiritual paths. This helps bind the global community together. If one of the main functions of religion is to bind the community together for mutual survival, the only kind of religion that will help the modern, global, multi-cultural, multi-ethnic culture of present day planet Earth is a religion that promotes universal ideas. If, however, one wants to celebrate isolated aspects of their culture or spirituality, then clubs serve a much better function than religions.

Religion, by its very nature, has within it the desire to find and practice spiritual “truths.” Truths are ideas and principles that must have universal probity or they are not truths at all. If the tenets of any spiritual path cannot be objectively proven as a universal truth, then it is only a personal *belief* and nothing more. That does not invalidate such beliefs, but with this understanding, one cannot project these personal biases on others.

The path of the thunder wizard is first and foremost a practical path dedicated to objective results. Objective results are results that are not subject to dogma, geographical location or special circumstances. Most religions, especially magical religions, start out this way, but somewhere along the way it becomes more important for those in positions of power to either keep the community cohesive or, on a baser level, to simply keep control over the community. When the desire to keep control over a community becomes more important than the objective efficacy of a practice, then that is when a spiritual path becomes a religion.

I have investigated numerous spiritual paths in my lifetime from different religions and cultures. In each one of those paths, I had profound personal spiritual experiences where I encountered entities, deities or energies specific to that practice. In each of those instances I felt welcomed into the tribe or culture by the gods of that path even though I was ethnically and culturally different. The only requirement of me by the deities was a sincere, earnest desire to connect with them. Each of those experiences felt like the “truth.” With each successive experience, my cohesive understanding of the universe began to crumble. I was posed with a conundrum: *If each of these religions is real, then which one is “true?”* The answer, of course, is that they are all true. Each of those experiences by themselves was powerful enough to prove the objective “truth” of that religion or the deities therein.

This is one reason I strive to be tolerant of all paths and religions, because I know that those who follow any given pathway have probably had powerful, personal spiritual experiences in those paths. My sole issue of contention with any spiritual path is when I feel

pressured to validate their personal experience as objective truth that excludes all others' experiences. A problem arises after someone has had a personal supernatural experience which draws them to a certain path or deity, and instead of sharing their experience of spirit, they seek to prove the "truth" of their religion. Just by seeking to prove their religion, this shifts them from using their entire brain to see the universal, holographic nature of the experience, and instead limits the person to using only the left hemisphere of the brain, which traps them into dualistic thinking of "right and wrong."

This thinking also engenders profound insecurity that further entrenches the mind in limitation. Whenever I go back to those spiritual experiences I had where I experienced deities and energies, never was there a moment when I was told by the deity in question that what I was experiencing was absolute truth that excluded other truths. Any thoughts or conclusions about the veracity of an experience didn't emerge until later when I had time to shift into my left brain. I also noticed that any conclusions made about the experience or the religion was colored very strongly by my own emotional biases. I realized that I had rejected certain spiritual experiences after the fact when the conclusions of those experiences differed from the belief patterns to which I held an emotional attachment at the time. This scenario immediately thrusts what first started out as an experience of personal gnosis into an intellectual process of competing with other faiths. And – PRESTO – religious rivalry is born.

In order to truly understand spirituality, I had to view spiritual truth as holographic. An example I like to use to explain this concept to my students is to take a large glass crystal and have the student put it up to his/her eye. The student is forced to look through only one facet. In that one facet, the student is able to see the reflections of all the other facets of that crystal. It appears that all other facets are offshoots of the facet through which one is looking. Then, I tell the student to look through a different facet. I then ask the student to put the crystal down and tell me which facet is the "true" facet. Obviously there is none. Then I ask which facet is the "most true." Obviously there is none. The answer is that the facet that is the most true is the one facet that you are looking through at any given moment, but it is only true *for you at that moment*. True spirituality is the same.

It is necessary at times to choose a specific spiritual path or even a religion. Without parameters, nothing can be accomplished in our three dimensional space of Midgard. However, we are best served in our paths that we choose if we remember that what we are experiencing is only one facet of an infinitely faceted crystal. Spiritual truths are holographic in nature or they are not truths at all.

When I began writing this book, I had no idea that there were other Teutonic heathen groups out there, not to mention

institutionalized heathen religions. I started this thunder wizard path as a direct result of personal gnosis. To verify my experiences, I went directly to the only sources of heathen spiritual concepts I knew of at that time, which were the Norse myths. In those myths, I found verification of the universal holographic truths I was experiencing. When I learned there were active heathen groups in existence, I was ecstatic. I was happy to know that I wasn't alone in seeking to connect with the deities and powers of my ancestors. However, I was quickly disappointed to find that some of the neo-heathen re-constructionist religions out there were mired in the same intellectual, ego-driven rivalry that has plagued the Christian religion for two thousand years. Worse than that, there was outright racism and aggressive criticism of other pagans and heathens simply because they didn't believe or practice in the "correct" way. I felt like I was right back in fundamentalist Christianity. The only difference between the behavior of the fundamentalist heathens and the fundamentalist Christians was the intellectual belief system.

I find it very ironic that those who seem to be fighting so hard for heathen rights and legitimacy have no problem criticizing fellow pagans and heathens for what amounts to intellectual and ritualistic differences. One would think that with a hostile enemy like fundamentalist Christianity out there seeking to devour the Northern gods, those who earnestly seek to follow the gods of our ancestors would rally around all others with the same passion regardless of sectarian or ritualistic differences. But, sadly, religion is religion wherever you go.

Notice that I didn't say I find it hard to believe. I find it ironic, but very believable. Instead of viewing one's path as a holographic emanation of truth, some are seeking to intellectually *prove* their personal experiences and biases, and as such, based on my experience, I believe these dogmatic religions are doomed to the same fate as all other religions. As such, I do not represent any institutionalized religion.

The thunder wizard path is a practice, not a religion. At first, I resisted labeling myself as a "heathen" or "pagan." These were terms of derision used by Christian missionaries to describe a backward, uneducated, ignorant, country bumpkin who still held on to primitive, silly superstitions. The path I follow is one that demands intelligence and fearlessness. These terms "pagan" and "heathen" carry with them the negative vibrations of those who invented them. My ancestors did not label themselves in this manner. However, I have decided that it is more important to promote healing within the Northern Traditions so I now refer to myself as heathen as a sign of solidarity with my fellow Teutons.

I hope I will always retain the understanding that spiritual truths, gods and powers can NEVER be held hostage by religion. As has happened to me, the gods will continue to independently inspire people, improvise and evolve their connections to the human realm. In my experience, the main desire of the gods is to help the human race evolve, and as such they will continue to speak directly to people and give new methods, if necessary, to aid them in this endeavor. That is my opinion anyway, based on my experience. You are free to disagree.





# What To Do Now?



The first priority of the thunder wizard is to seek personal transformation on the spiritual, energetic and psychological levels. A wizard is a self-sufficient microcosm of the entire multiverse. As such, there is no room inside a wizard for being a victim. It is OK to have such feelings; no human is without them, but wizards honestly acknowledge such feelings and seek to transform them through the powers of the gods. The path of the wizard is to confront and defeat the internal demons of limitation, anger, fear and self-sabotage.

The wizard understands that the entire physical universe is merely his/her own psychological projection. Whatever you experience in your life that you do not like or feel you are a victim of is merely the outward expression of your internal state. Becoming aware of these psychological patterns is the first step to wizardry. As one progresses on the path to energetic mastery, one will continue to uncover more and more of these unconscious belief patterns. This requires a great deal of bravery and honesty.

However, a wizard is not perfect or “enlightened.” The modern, New Age idea of an enlightened master who is free from all pain, anger, sadness etc., is a gross misunderstanding of the original concept of enlightenment. In an infinite universe, there is never a time when any being reaches a static “perfect” state where all growth ceases. Not even the gods have reached this state; they are still learning and growing too. The ascended masters are also still learning and growing. Part of their growth process is to continue to teach and guide us mortals.

I have trained with numerous Eastern masters. Some of them are extremely powerful wizards who are capable of bending the laws of physics. While their abilities are indeed impressive, not one of them is what I would consider to be enlightened in the New Age sense of the term. A few of them are kind, humble, honorable people whom I look up to, but none of them are beyond human imperfection. They all have personal and emotional challenges from time to time and are still learning and growing. In fact, a few of these masters are extremely immature and very unhappy. Their powers have only magnified their personal psychological failings. Sadly, some of them use their energetic prowess as a psychological shield and a means to control and manipulate their students. They attract emotionally frail victims and prey upon these students’ desire to be “saved.” This kind of spiritual predation is far more destructive to the student than whatever their life was like before meeting their teacher. The whole idea of enlightenment itself is, in my opinion, absolutely contrary to spiritual disciplines. It breeds dependence, laziness and self-delusion.

Along the lines of the concept of enlightenment is the oft-misunderstood practice of meditation. One reason why so many Westerners have difficulty with the idea of meditation is that there is a

general misconception that meditation is a practice where one “stills the mind and is at peace.” Utter nonsense! When students tell me that they can’t meditate because they immediately feel agitated, I say “Good, then it’s working! If you, as a complete beginner in meditation, immediately felt at peace, that would indicate that you were delusional and psychopathic.” The meditative state first connects the wizard to his/her own subconscious patterns. If someone is new to meditation, the FIRST thing they will feel is their unresolved emotional issues. Every meditator must first understand that the whole point of meditation is to face and conquer one’s unconscious destructive patterns that limit one’s ability to create their ideal universe. Instead, meditation has been hijacked by the modern New Age drug of denial and self-delusion. People are seeking to hide from their pain and fears by pretending that they are filled with love and light while simultaneously denying their very real pain and fear. While they may indeed be filled with love and light at their deepest essence, realization of this state is rarely possible without first doing some serious internal house cleaning.

The knowledge that the wizard projects his/her own reality is not an excuse for denial or delusional pride. This is merely the reality that the wizard accepts. Then comes the long work of confronting within oneself any emotional and mental patterns that prevent the wizard from realizing his/her Infinite Divine nature. This process will at times be very painful and frightening. If one seeks spirituality as a way of escaping pain, then he/she will have many challenges on the path of the wizard.

After seeking one’s own spiritual transformation comes the subject of serving the tribe. Serving others is deceptive because one cannot serve others without first serving themselves. The wizard realizes that every person he or she encounters in life, whether that is in person or even on television or the internet or in the news, is merely a projection of his or her own internal environment. This includes terrorism, climate change, political challenges, murder, wars, etc. If these events cause fear in you, it means you are allowing yourself to be victimized by your own unresolved issues. By resisting these issues, this creates a self-fulfilling prophecy where one unconsciously seeks to deny the underlying issue. This denial buries the issue deeper into the subconscious, and the issue becomes like an abandoned child who cries out for attention. The unresolved issue then manifests itself in the external environment of the individual which validates and increases their feelings of victimization which creates another round of denial and suppression and manifestation etc., etc. I myself am not immune to these feelings, so I do not stand on the high hill preaching. I myself am seeking to come to terms with my own psychological projections.

The wizard need not ignore disturbances in his/her life. It is appropriate to seek to change these things. Seeking to change undesirable events means that one wishes to change oneself. How to do it appropriately is the trick. Helping others is one powerful method of self-healing. The wizard seeks to be a channel of healing and evolution to others because the wizard knows that by changing him/herself, the people around him/her will change, and by being available to help others, the wizard is changing his/her own self.

A wizard is not an evangelist. We do not seek to convert anyone. However, we make ourselves available to any who are searching for healing or personal evolution. We especially hold out a friendly hand to anyone who is seeking to reconnect with the Native European spiritual heritage. In this way we not only heal ourselves, but we help the entire Western psyche heal from two thousand years of spiritual damage.

Ultimately, the wizard is selfish when they seek to be channels of healing for others. This is why the wizard seeks to conquer anger, because any anger that one harbors towards others is merely anger one has toward oneself. When anger arises, it does not mean that we deny that anger, it means that whatever actions we take in reaction to that anger is how we are acting toward ourselves. Acting out of a desire to punish or get revenge will only reinforce whatever feelings of victimization we already hold within us. The ultimate job of a thunder wizard is to use his/her powers to change the unconscious self-hatred of the world and use the mercurial powers of Odin to communicate the original wizard's message of "we are the gods."

If you feel a calling to investigate further the path of the thunder wizard, I am currently writing a second book called "Mounting Sleipnir" which will focus on the shamanic practices of the thunder path. I hope to do a lot less philosophizing in that book, and focus more on step-by-step energetic and Teutonic shamanic practices. That second book will be followed by a third book called "Odin Shaman" which will go even deeper into Teutonic shamanism.

For those interested in learning more about The Thunder Wizard Path or Modern Teutonic shamanism, please visit [www.ThunderWizard.com](http://www.ThunderWizard.com) On the website is free access to some powerful practices in Modern Teutonic Shamanism and Wizardry. The website also has information on how to become an Apprentice in the Thunder Wizard Path for those with serious interest in resurrecting the Teutonic Path of Spirituality.

I want to thank you for taking the time to read this book. My hope is that whatever information you find here can be shared with others so that we can heal ourselves, our culture and our planet.

May you find the wizard within.



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