

# the PATH of WOTAN



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The everyday customs, ceremonies, and beliefs of our pre-Christian Germanic Forefathers varied considerably from tribe to tribe all across northern Europe. The rituals and ceremonies of the Germanic tribal religions were never organized nor institutionalized, and so they did not survive the onslaught of organized Christianity. With the vicious forced conversions during the dark ages, the sacred icons, holy days, and spiritual beliefs of our Forefathers were either Christianized (such as Yule transformed to Christmas and the Yule Tree transformed to the Christmas tree), or propagandized into something evil and loathsome (such as the once sacred number 13 denounced as an unlucky number).

Although most of the rites and rituals were obliterated and lost, the ignorant and intolerant were never able to completely suppress the Germanic spiritual consciousness, and it has always lingered deep within. The Germanic Gods and sacred icons of old survive today as the very names of the days of the week: Sunday, the day of the sun; Monday, the day of the moon; Tuesday, the day of the God Tyr; Wednesday, the day of the God Woden or Wotan (Odin); Thursday, the day of the God Thor; and Friday, the day of the Goddess Frigga.

Moreover, a number of ancient allegories which were held sacred by all Germanic tribes have survived. These had been passed on through an oral tradition from very ancient times. Along with a few of the later Sagas, they were written down and preserved by Christian clerics who could not comprehend their allegorical nature. Although these ancient allegories, known today as the Eddas, are almost all that remains of the religions of old, they are enough to allow us to discover our true spiritual heritage.

The true meanings of these allegories were probably not understood even during the Viking age, which was in the midst of the dark ages of the world (see the section on Evolutionary Cycles, page 27). But today, we are no longer in the dark ages. Philologists and anthropolo-

gists have determined a definite commonality between the allegories of northern Europe and those of their kinfolk in Aryavarta (the ancient homeland of Indo-Aryans in the Himalayan mountains). Their studies clearly indicate that both were derived from a common Aryan source, thousands of years ago, during the last golden ages of this earth.

The allegories of our Euro-Aryan Forefathers indicate that, like their Indo-Aryan Kinfolk, they had developed a science which could accelerate human evolution. Wotan (Odin), the chief Euro-Aryan deity, and his Indo-Aryan counterpart, *Shiva*, both symbolize mankind's struggle for higher evolution from human to Superhuman. The stories of Wotan, Tyr, Thor, Yggdrasil, the Frost Giants, the Nine Worlds, the sacred mead, etc., are allegories which symbolize various physical, mental, and psycho-physiological techniques which our Forefathers had developed and used to accelerate human evolution to Superhuman levels. Since Wotan symbolizes the highest evolutionary level of mankind, we have called this ancient Euro-Aryan science *The Path of Wotan*.

Please note: To avoid any confusion, I have used the popular forms of the allegories. I am aware that there may be some differences from the original forms, but none of these differences would have any affect on this commentary.

***"And this is the great noontide: it is when man stands at the middle of his course between animal and Superhuman, and celebrates his journey to the evening as his highest hope, for it is the journey to a new morning."***

***— Friedrich Nietzsche***

## **Cosmology Yggdrasil**

Our Forefathers allegorically placed all existence in nine worlds which were protected and sustained by a great tree called *Yggdrasil*. Today's "Christmas Tree" is merely a Christian adaptation of the pre-Christian Yule Tree, which was traditionally brought in from the forest, decorated, and adorned our Forefather's homes during the celebration of Yule. That Yule Tree of old symbolized Yggdrasil.

The allegory of Yggdrasil is the key to a complete understanding of all the allegories. A tree, plucked out of the ground and turned upside-down, is a perfect symbol of the human nervous system. The trunk represents the spinal column, the branches represent the afferent and efferent nerves, and the roots represent the brain. The greater development of the human nervous system is what gives us higher awareness and intelligence, and a clear separation from animals. In the allegories, the first man and woman came from trees, which symbolizes evolution to the human state through a more highly developed nervous system. Our Forefathers understood the significance of the human nervous system to higher evolution, not only from animal to human, but from human to Superhuman.

At the very top of Yggdrasil sits an eagle with a hawk perched between its eyes. A squirrel, *Ratatosk*, runs up and down Yggdrasil's trunk carrying insults between *Nidhogg*, the serpent gnawing at the root, and the eagle at the top. The eagle at the top symbolizes the intuitive faculties of the superconscious. The hawk perched between the eyes symbolizes the all-seeing eye of intuition, which is located at the point between the eyebrows. *Nidhogg* symbolizes the primordial life energy stored at the base of the spine which activates the senses, drawing the consciousness away from higher awareness. The squirrel represents the life energy traveling up and down the spine (see the section on Mead & The Golden Apples, page 8). The insults indicate the conflict between the demands of the senses and aspirations to higher awareness.

## The Nine Worlds

The nine worlds are situated on three levels, of which Yggdrasil is the axis. On the first level is *Asgard*, the world of the *Aesir*, the principal Gods of our Forefathers. Also on that level is *Vanaheim*, the realm of the *Vanir*, another, and perhaps older, family of Gods. In addition, this level contains *Alfheim*, the land of the Light Elves, a god-like race of Elves. This first level is connected to the second level by *Bifrost*, a flaming rainbow bridge of shimmering light. On the second level is *Midgard*, the world of mortals. With it is *Nidavellir*, land of the Dwarfs, *Svartalfheim*, land of the Dark Elves, and *Jotunheim*, land of the Giants. On the third level is *Niflheim*, the dark and bitter-cold realm of the dead, and *Muspellheim*, the world of fire.

Yggdrasil has three great roots. Each one of these roots are sunk into one of the three levels. Under the first root, which is in *Asgard*, is the *Well of Urd*, by which sit the three *Norns*, who are goddesses of destiny. Each day the Gods and Goddesses (*Aesir* and *Vanir*) gather there for council. The second root is in *Jotunheim*, land of the Giants. Under this root is the Spring of *Mimir*, which is a great source of wisdom. The third root is in *Niflheim*, and under this root is the Spring of *Hvergelmir*. It is the source of many rivers, and where the aforementioned *Nidhogg* and other serpents tear apart corpses and gnaw at the root.

Our Forefathers understood that there were three basic levels of consciousness: that of the conscious mind, with which we do all of our perceiving and reasoning; the subconscious mind, in which is stored all of our suppressed desires, emotions, fears, guilt, and vanities; and the superconscious mind, the mysterious intuitive faculty from which comes the unexplainable omniscient knowledge, premonitions, and other superhuman abilities. The nine worlds symbolize different aspects of these levels of consciousness.

*Asgard* is the realm of superconscious awareness, which is truly the realm of the Gods. *Valhalla*, the hall of Odin or Wotan is the joyous realm which is reserved for all true warriors who fall in

battle: those who have, by will and self-discipline, overcome the barrier of the subconscious and evolved beyond the narrow ego to the first stages of superconscious awareness. *Vanaheim* and *Alfheim* are other levels of superconscious awareness. The Well of *Urd* in *Asgard* symbolizes the intuitive faculties of the superconscious mind. This is the highest source of knowledge and wisdom, appropriately symbolized as the place of council of the Gods. The *Norns* symbolize destiny. For most, destiny is determined by hidden desires and other baggage of the subconscious mind. For the highly-evolved, those who have obtained super-conscious awareness, destiny is self-directed, and is always in harmony with the natural order.

*Midgard* is the realm of the conscious mind, the everyday world which we see, hear, taste, smell, and feel. But also in this world, and just as significant to our existence, are our material desires, selfishness, fears, hatreds, vanities, and inhibitions. These are symbolized variously by the Giants of *Jotunheim*, the dark elves of *Svartalfheim*, and the Dwarves of *Nidavellir*. As our Forefathers depicted with their allegorical imagery, these are all detrimental to our evolution, and rightfully considered evil and in need of timely eradication. While the male Giants symbolize material desires, fears, hatreds, and other negative emotions, many of the female Giants symbolize spiritual desires, which can be beneficial to the path of higher evolution. Hence, in the allegories Gods are often married to, mothered by, or aided by, female Giants. The Spring of *Mimir* in *Jotunheim* symbolizes the all-seeing eye of intuition, also known as *The Eye of Wotan*, the use of which is obtainable only by purity and self-discipline (see the section on *Wotan*, page 12).

The *Bifrost* Bridge which connects *Asgard* to *Midgard*, or the superconscious to the conscious, symbolizes the channels and vortexes of life energy within the human spinal cord, which begin functioning at higher levels of evolution, connecting the conscious with the superconscious. Through the all-seeing eye of intuition, these energy channels and vortexes appear in shimmering, rainbow-colored light.

Niflheim symbolizes the deep desires, fears, guilt, and selfishness which lurk in the darkest corners of our subconscious. These greatly affect our personality, limit our abilities, and often warp our character. They are difficult to identify and overcome. The realm of the dead is an excellent symbol for this level of the subconscious mind. It is a great obstacle to higher evolution, and without cleansing it, one is "dead" to any higher evolution. Muspellheim symbolizes the fiery passions and emotions of the subconscious, especially the sexual urge. Uncontrolled, this natural instinct can cause great problems physically and emotionally.

The Spring of Hvergelmir is the point of concentration of the primordial life energy in the base of the spine (see the section on Mead, page 8). The many rivers are the channels through which this energy flows into the physical body. Nidhogg and the other serpents which rip apart corpses and gnaw at the root of Yggdrasil symbolize this primordial life energy which is stored in the base of the spine. Gnawing at the root indicates that this energy, uncontrolled, pulls our consciousness downward toward sensual aggrandizement and away from higher evolution (see the section on Thor, page 14). Ripping apart corpses symbolizes the uncontrolled desires for sensual urges which remain in our subconscious after death and cause suffering (see the section on Life After Death, page 9).

### Creation

Our Forefathers described creation taking place in *Ginnungagap*, a great void between the fiery realm of Muspellheim and the frozen realm of Niflheim. As the fires of Muspellheim and the ice of Niflheim pushed into this void, the melting ice from Niflheim produced *Ymir*, the first Frost Giant. Ymir in turn produced other Frost Giants. The melting ice also produced *Audumla*, a cow. Ymir fed off the rivers of milk which flowed from her teats, while *Audumla* fed off the ice itself. As the cow licked the ice, a man, *Buri*, came out of the ice. Buri had a son who married a daughter of one of the Frost Giants, who in turn mothered three children, all of them sons: Odin (Wotan), Vili, and Ve. The three sons be-

gan to dislike Ymir and the Frost Giants. They attacked and killed Ymir, and used his body parts to make the world of Midgard, Nidavellir, and Jotunheim in the middle of Ginnungagap. From two trees they made the first man and woman, and from the maggots of Ymir's rotting flesh they made dwarves. They then built Asgard for their own realm, and linked the two regions by Bifrost, the flaming rainbow bridge.

The symbolism of this allegory shows that the creation, or manifestation, of all existence, including physical matter, is really only the manifestations of a conscious process of evolution from the limitations of subconscious bondage to superconscious awareness. The gap of Ginnungagap represents the Universal Creative Consciousness, without beginning, without end, and beyond time and space. Like everything that exists, the Universal Creative Consciousness has a positive and negative aspect: force (repulsion) and feeling (attraction). The manifestation of this force and feeling produces the idea of change (time), the idea of division (space), and the idea of particles (atoms), things we take as real, but which are substantially nothing but ideas. It is this illusion of the reality of mere ideas which causes the idea of separate existence from the Universal Creative Consciousness (ego-consciousness), which is symbolized by the ice of Niflheim. This ego-consciousness attracts subconscious desires for sensual feelings, which are symbolized by the fiery realm of Muspellheim. When combined, they produce material desires, symbolized by the Frost Giants.

The cow, by reason of its plentiful milk and gentle nature, is an appropriate symbol for motherhood and Divine Love. Hence, *Audumla*, the cow, symbolizes Divine Love, which is the force of attraction of the Universal Creative Consciousness (see the section on Frigga, page 18). This force of Divine Love attracts superconsciousness, which is symbolized by Buri and his offspring, the Gods. The battle between the Giants and the Gods symbolizes the great struggle between subconscious desires and superconscious awareness. The first man and women appear from trees, again symbolizing the process of evolution through the nervous system.

The Gods (superconsciousness) create everything out of Ymir's rotting body (subconscious desires), which demonstrates that the material world of which we are all aware is a manifestation caused by the process of evolution from ego-consciousness to superconscious awareness. This process of evolution is nothing more than the result of the natural attraction and repulsion of the Universal Creative Consciousness. Thus, the nine worlds are not something separate from us, nor created by something separate from us. Everything is part of the universal creative consciousness, and really just manifestations of a conscious force of attraction back toward the Universal Creative Consciousness.

### **Mead & The Golden Apples**

Mead figures prominently throughout the allegories. Mead is symbolic of the subtle life energy which gives life to everything. Everyone knows that we require air, food, and water to sustain life. But a corpse cannot be revived by pumping air into the lungs, nor food and water into the stomach. There is something more that gives us life: life energy. Modern science is only beginning to be able to detect this life energy, called *Prana* by the Indo-Aryans. Our Forefathers understood that we are born with a concentration of this life energy in the base of the spine (the Indo-Aryan *Kundalini*), which they symbolized by the serpents Nidhogg and Jormungang. They realized that the body is like a battery. Fully charged at youth, our bodies bound with this life energy, but towards the end of life, like an old battery, we run out of energy and die. In the Golden Age, our Forefathers developed exercises to control this life energy, and to recharge their bodies with it, extending life and youthfulness.

In the allegories, Wotan needs no nutrition other than mead to sustain his life. This indicates that he had mastered the aforementioned exercises to recharge energy and extend youthfulness. The Einherjar are given horns of Mead by Valkyries at their arrival at Valhalla, and at their return to Valhalla from their daily battles. The horns of Mead symbolize the life energy which they acquire from their daily disciplines (see the section on Life after Death, below). The allegories also tell of Giants or Dwarves who covet

and hide the sacred mead. This symbolizes the drain of our life energy (hidden Mead) when used ignorantly in attempts to fulfill fleeting material desires (Dwarves and Giants).

The Golden Apples of youthfulness kept by the Goddess Idun also symbolize this life energy. An allegory relates how Idun and her apples were stolen by a Giant. Loki, who aided the Giant, was overcome by the Gods and forced to return the apples. It is illusion (Loki) which gives rise to our desires (the Giant) and depletes our life energy (the golden apples) in a vain attempt to satisfy them (see the section on Thor, page 14). But by overcoming illusion, we can control our desires and retain our life energy, and even learn to recharge ourselves with it.

### **Life after Death**

The allegories of our Forefathers indicate that they believed that our consciousness survives physical death. After death, the mediocre and the evil (those who don't "fall in battle") go to the dark, cold world of Niflheim. This symbolizes that the mediocre and evil are drawn to a particular lower realm of consciousness which corresponds to their subconscious desires, fears, and identifications. As indicated by Balder's return after Ragnarok (see the section on Balder, page 20), they continue their evolution there and can elevate themselves to a higher state of consciousness. (Balder's return after Ragnarok indicates that our Forefathers, like their Indo-Aryan relatives, understood reincarnation.) Niflheim is the Euro-aryan counterpart to the Indo-Aryan "astral" world.

Those who "fall in battle" are picked up by one of the Valkyries, who are warrior maidens and consorts of Wotan, and taken to *Valhalla*, Wotan's hall, where these fallen heroes are known as the *Einherjar*. At Valhalla, the Einherjar spend their days fighting battles and their nights feasting and drinking mead, while they await Ragnarok (see section on Ragnarok, page 25), when they will all join Wotan to battle the forces of evil.

The Einherjar are those who are on the Path of Wotan, those who, by will and self-discipline, have overcome many of the limitations of ego-consciousness and have experienced at least the initial states of superconsciousness. After death, they are carried to Valhalla, the realm of superconsciousness, which is comparable to the Indo-Aryan "Causal" world of pure consciousness. The daily battles at Valhalla symbolize the final struggle in this realm to overcome the last, lingering, egoistic limitations. The nightly feasting and drinking symbolizes their reward for the days struggle: greater and greater experience of the joyous, all-pervasive Divine Love inherent in this realm (see the section on Frigga, page 18).

The Valkyries, like the consorts of the Indo-Aryan Shiva, symbolize the various awakened vortexes of life energy in the spine (the Bifrost Bridge), each of which contribute to a certain degree of higher awareness and evolution. These vortexes are like doors, which are closed in the egocentric and limit awareness. They can be opened by certain techniques which require a high level of will and discipline. The more of them which are open, the higher the awareness and evolution of the individual. The fallen warrior is brought to Valhalla by the Valkyrie who corresponds to the highest energy vortex which he or she has opened. Joining Wotan at Ragnarok symbolizes reaching the ultimate goal of superconsciousness (see the section on Ragnarok, page 25).

The worlds of Niflheim and Asgard indicate that our life on this earth is only a part of a continuing path of evolution. If we spend our life aggrandizing and indulging ourselves, our death will mean no separation from the desires and fears we carry within, and Niflheim is our dismal destiny. If, however, we devote our life to will and self-discipline, we can shorten that path dramatically, and discover our true nature. For those who faithfully follow the path of Wotan, Valhalla and beyond are their destiny.

**"The Superhuman Species is the meaning of the earth."** — Friedrich Nietzsche

## The Gods of our Forefathers

The religion of our Forefathers is adorned with a rich pantheon of Gods and Goddesses. Four of these were so important that, in spite of the ferocity of dark age intolerance, the days of the week still bear their names. They, too, are clothed in allegory, and are symbolic of the very meaning of our existence — our evolutionary ascent to the Superhuman Species.

### Are the Gods Real?

Professor Carl Jung pointed out that Gods are personifications of very real psychic forces which remain in our subconscious. When not blocked by egoism, fears, or guilt, these psychic forces are very powerful, and they can be felt, measured, and utilized. Our Forefathers depicted everything in existence as conscious. Modern science is now beginning to realize that the universe, the atom, and all creation appear to be more like something conscious than something mechanical. The more aware we are of this all-pervasive consciousness, the more we are able to perceive the reality of the Gods, and manifest that powerful, creative force which the ignorant call supernatural, but which our Forefathers named Wotan.

### Tyr

Tuesday is named for the ancient skygod Tiu, or *Tyr*, the one-handed God, who is the lord of justice and patron deity of the ancient gatherings or *Things*. Tyr was the only God who had the courage to feed *Fenrir*, the awesome wolf sired by *Loki* which Wotan brought to Asgard. When it was decided that Fenrir must be bound for the safety of all the Gods, Tyr was the only God who was brave enough to sacrifice his hand -- his sword hand -- to the jaws of the wolf so that the beast could be bound. The North Star, the Polestar around which all the cosmos seems to revolve, was deemed to be the seat of Tyr, and our Forefathers carved the Tyr Rune on their weapons.

Tyr represents idealism. The welfare of any natural society such as a tribe or Folk is dependent on individual idealism, and all progressive life revolves around this virtue like the seeming revolution

of the cosmos around the polestar. Our Forefathers carved the Tyr Rune into their weapons to remind themselves that battles are won by, and the tribe survives by, heroism, which is a high form of idealism. But idealism is also the first step to overcoming the ego. It is the ego which blocks us from higher evolution. Fenrir, the terrible wolf which all the Gods but Tyr feared, is symbolic of the ego. Instead of destroying Fenrir (ego), Wotan (self-discipline) brought the Wolf with him to Asgard, reminding us that even while undergoing intensive spiritual disciplines there is always an underlying attachment to ego. It is interesting to note that the Gods could not make a chain strong enough to bind Fenrir. The only cord strong enough was made by the Dark Elves, who symbolize material desires. Desires are a consequence of our ego, and in turn they control, or "bind", our ego. While idealism (Tyr) can control ego (Fenrir), ego can severely damage or even destroy idealism, as indicated by Fenrir biting off Tyr's sword hand.

### Wotan

Wednesday is named for *Wotan* (Woden, or Odin). Wotan, the one-eyed God, is called *Allfather*. He is father of the Gods, the God of War, the dead, magic and poetry. Wotan is the Euro-Aryan counterpart of the Indo-Aryan God *Shiva*. Both came from the same ancient Aryan source, long lost in antiquity. Although their commonality has been obscured by the years, there are still many striking similarities: Wotan has one eye, while Shiva has three, the third at the point between the eyebrows, the designated position of the "single eye", the all-seeing eye of intuition; Wotan is associated with death and traditionally wears a blue cloak. Shiva is traditionally pictured as covered with blue or grey ash, which comes from funeral pyres in the crematory grounds which he frequents; Wotan rides a unique horse, while Shiva rides a unique bull; Wotan is associated with the Valkyries, women warriors, sometimes known as Wotan's consorts, who bring the chosen dead to his hall, Valhalla. Shiva also has women consorts, goddesses who symbolize the various aspects of higher evolution in the aforementioned energy vortexes of the spine; Wotan's favorite weapon is a spear. Although traditionally pictured with a trident, Shiva's favorite weapon is a spear, which he gave to Arjuna, his favorite

warrior; Professor Carl Jung called Wotan the "Seizer" or possessor of men. Shiva is known as "Hara", the seizer or possessor of men.

Wotan rides an eight-legged horse called *Sleipnir*, the "fastest of all horses". Sleipnir represents the most rapid vehicle or path to higher evolution. The eight legs symbolize the eight steps to higher evolution. This is similar to the eight steps of Yoga, an Indo-Aryan system of higher evolution, or the eight steps of Buddhism, another Indo-Aryan system for higher evolution. The eight steps are: 1) idealism and self-discipline; 2) physical and mental purity; 3) physical exercises for evolving the physical body; 4) control of breath and life energy; 5) interiorization of the senses; 6) one-pointed concentration; 7) cleansing the subconscious mind; 8) superconsciousness. It is interesting to note that some sources translate the name Yggdrasil as "Ygg's horse". Ygg is another name for Wotan, and the human nervous system symbolized by Yggdrasil is certainly the proper vehicle for rapid evolution.

Wotan had the courage (self-discipline) to trade an eye for a wisdom-giving drink from the spring of Mimir. This symbolizes the use of the "single eye" or all-seeing eye of intuition (the Spring of Mimir) located just beneath the frontal lobes of the brain (the "roots" of Yggdrasil). Wotan has a high seat, *Hlidskjalf*, from which he can see and hear everything that goes on in the nine worlds. The high seat also symbolizes the use of the all-seeing eye of intuition. Moreover, Wotan's blue cloak corresponds to the traditional color of the all-seeing eye.

To obtain even more wisdom, Wotan hung himself from Yggdrasil, was pierced by a spear, and asserted that he was sacrificing "himself to himself". The spear, Wotan's favorite weapon, is also symbolic of the spine. Being thereby pierced represents accelerated evolution through stimulation of the nervous system. Hanging symbolizes a cessation of, or control of, the breath, and when in conjunction with the spinal column (hanging from the tree and pierced by the spear) it symbolizes a psycho-physiological method of breath and energy control which rapidly evolves the nervous

system (see the section on Thor, below). Sacrificing "himself to himself" symbolizes overcoming the limitations of the ego (the small self) in order to obtain superconsciousness (the great *Self*).

On the shoulders of Wotan sit two ravens, *Huginn* and *Muninn*. Each morning they are sent out to fly across Midgard, the world of mortals. Wotan always fears for their safe return. Moreover, Wotan has two wolves, *Freki* and *Geri*, whom he feeds with chunks of meat, but Mead alone suffices for the nutritional needs of Wotan. The two ravens symbolize superconsciousness. Until the very highest level of evolution is obtained, there is always a danger of losing superconscious awareness from mingling with the ego-consciousness of the world. This is indicated by Wotan's fear of losing his ravens as they fly across the world of mortals. Wotan's wolves represent sensual demands, which Wotan has controlled. Wotan's abstention from all nutrition but the sacred Mead symbolizes a high level of evolution on which one no longer needs physical nutrition. Mead symbolizes the subtle life energy used by the highly-evolved to sustain and rejuvenate themselves (see the section on Mead & The Golden Apples, page 8).

Wotan symbolizes self-discipline and the path of higher evolution by self-effort -- right up to the very highest state of evolution: physical immortality without the need for food, drink, or even breath. As such, he is indeed the father of all "Godhood".

### Thor

Thursday is named for Thor, or Donar, the God of thunder, who is the friend of the landsman and of children. Thor is the Euro-Aryan counterpart to the Indo-Aryan deity, *Indra*. It is Thor, in the form of *Ruprecht*, who brings presents to the children. Thor fights the Giants of Jotunheim, and prevents them from invading the earth and destroying mankind. Another important task of Thor is to seek out and destroy *Jormungang*, the terrible World Serpent, which threatens to destroy the world. Thor's great weapon is *Mjollnir*, his mighty, invincible hammer.

Thor is symbolic of that which, after idealism, is most necessary to propel us on our way toward the *Übermensch*: *Will*. To overcome the enemies of higher evolution, our desires, hatreds, vanities, and fears, which are symbolized by the Giants of Jotunheim, one needs to develop a dauntless, powerful will.

*Jormungang*, the World Serpent, represents the primordial life energy stored at the base of the spine (also symbolized by the serpent *Nidhogg* and the Indo-Aryan *Kundalini*; see the section on Mead, page 8). Uncontrolled by wisdom and self-discipline, this energy flows outward through the senses, always demanding sensual aggrandizement and reinforcing ego-consciousness. It flows especially strongly through the nerves of the reproductive organs, ever calling us to indulgence.

Thor is the great will needed to control the serpent, that is, to channel this energy from the base of the spine, where it is concentrated, up the spine through the energy vortexes to the brain. When channeled to the brain, this energy no longer reinforces sensual gratification and the accompanying ego-consciousness, but instead it produces superconscious awareness. Our Forefathers developed psycho-physiological techniques to control and redirect this energy to the brain, thereby rapidly accelerating evolution (see the section on Wotan, page 12). This energy, *controlled*, is symbolized as Thor's mighty, invincible Hammer. The Swastika is an earlier (Golden Age) icon representing the spiral motion of this controlled energy as it rises up the spine.

### Some Popular Stories of Thor

One of the best known of our Forefather's allegories is Thor's journey to Utgard. Thor goes to Utgard, citadel of the Giants, to pit himself against their might. Significantly, he is accompanied by Loki, and as well, the Lord of the Giants is named Utgard-Loki. Thor has difficulty in besting, or even annoying, any of the Giants he meets. Finally, it is revealed to Thor that the Giants have all been hiding behind a power of illusion which makes them seem much greater than they really are. They admit their fear of the

Thunder God's great power and disappear in fear. The symbolism here is that our desires, fears, and vanities (the Giants) are empowered only by our emotional entanglement, which is really only an illusion (Loki and Utgard-Loki). Hence, they are not really as powerful, necessary, or fearful as we believe. In the face of great will (Thor), they always flee into insignificance (see the section on Loki, page 19).

Thor's duel with Hrungnir, strongest of all the Giants, is another allegory symbolizing the power of will over desire. Hrungnir shows no fear of Wotan, and comes into Valhalla to drink with him. He becomes very drunk and threatens to kill all the Gods, except the beautiful Goddesses, whom he desires for himself. When Thor arrives, Hrungnir suddenly realizes he is in danger, and in order to keep the Thunder God from killing him on the spot, he stalls for time by challenging Thor to a duel. Thor accepts this challenge, and the time and place are set. In fear of losing their leader to the power of Thor, the Giants build a huge Giant of clay, in a desperate attempt to try to scare Thor. Thor arrives at the appointed time, but he ignores the clay giant and hurls Mjollnir, his mighty hammer, at Hrungnir. At the same time, Hrungnir hurls a great whetstone which breaks to pieces as it collides with Thor's hammer, but the hammer continues its course and smashes the skull of Hrungnir. However, a piece of the smashed whetstone hits Thor in the head, wounding him. After the battle, a seeress, Groa, is engaged to sing charms to remove the piece of whetstone from Thor's head. But before she finishes her task, she learns that her long-lost husband is returning, and the excitement of this causes her to forget the charms, and so, the piece of stone remains in Thor's head.

This allegory symbolizes the constant struggle between our will and the desires which block our evolution. Hrungnir, strongest of Giants, symbolizes the strongest of our desires: procreation (indicated by his desire for the Goddesses) and self-preservation (indicated by his fear of Thor). While Hrungnir (desire for procreation) has no fear of Wotan (self-discipline), he does have a great fear of Thor (will). The piece of whetstone embedded in

Thor's head is a reminder that we must be ever vigilant in developing our will, because some desires, such as procreation, may always linger within. It is fitting that the seeress forgets her charms because of the excitement caused by desires for her lost husband, once again indicating the delicate struggle between our will and the deep, inner desires which hold back our evolution.

The Lay of Hymir opens with the Sea God Aegir offering to brew sufficient ale for the Gods if they are able to furnish a cauldron large enough to hold it. Thor and Tyr offer to go to the land of the Giants to fetch a large enough cauldron. The cauldron is at the home of Tyr's mother, a Giantess, but her husband, the Giant Hymir, is guarding it. After Thor and Tyr arrive at the hall, Hymir, desiring to test Thor's strength, invites Thor to go fishing. The two row out into the middle of the sea where Thor throws in his line and catches none other than Jormungang, the World Serpent. But just as Thor is about to smash the serpent with his trusty hammer, Hymir cuts the line, releasing Jormungang from Thor's control. In a final test of strength, Thor, after receiving advice from Hymir's wife, smashes a seemingly unbreakable goblet against the Giant's head, thereby draining Hymir of all his strength. Thor and Tyr then return with the great cauldron.

This allegory reminds us that a combination of idealism (Tyr), spiritual desires (Tyr's Mother), and dynamic will (Thor) can overcome the limitations imposed on us by our material desires (Hymir). When this self-imposed barrier is breached, we can evolve to higher levels of awareness and a greater capacity (the cauldron) for life-energy (ale). Hymir cutting Thor's line symbolizes how material desires (Hymir) keep our will (Thor) from controlling the stored energy in the spine (Jormungang) which, properly controlled, could rapidly evolve us.

Thor, our will, is truly our closest friend, who protects us from being overcome by our desires, vanities, and harmful emotions, while quickening our evolution by control of the life energy within.

## Frigga

Friday is named for the goddess of Nature, Frigga, wife of Wotan and mother of the Gods. (Some feel that Friday was named for the Vanir Goddess Freya, but if so it makes little difference since Freya is also a Nature Goddess and a consort of Wotan).

Frigga and Freya symbolize the all-pervading force of Divine Love, which is the ultimate essence of everything that exists. This Divine Love is clearly realized only in superconsciousness, and so, the complete realization of Frigga or Freya, that is, Divine Love, may rightfully be described as the goal of our evolutionary ascent.

Unless perceived in superconsciousness, this Divine Love is difficult for most people to understand. It has little to do with the sensual love of passion, which is fraught with desires, attachments, and conditions. Sensual love has little duration, and ultimately turns into indifference. When the desires are thwarted, it quickly turns to jealousy and hatred. But Divine Love is completely without attachment or condition, and its perception is indistinguishable from a nearly overwhelming feeling of continuous, ever-new joy.

The joyousness of Divine Love is felt, although fleetingly, in the fulfillment of desires, in the early stages of excitement of the aforementioned sensuous love, in heroic deeds, and in acts of kindness. But it is reflected most aptly in the enduring natural love of a mother for her child -- hence, it is appropriately symbolized by Frigga, mother of the Gods.

In superconscious awareness, where all reality is perceived, Divine Love is realized as a conscious force and the essence (the building blocks) of not only the energy particles which constitute physical matter (protons & electrons), but also of the life energy which sustains all life (see the section on Mead and The Golden Apples, page 8). Divine Love, often described as conscious bliss or eternal, ever-new joy, is the essence and true nature of the Universal Creative Consciousness (see the section on Creation, page 6).

Divine Love is realized and experienced continuously by superconscious awareness. But its all-pervading nature is hidden by the blinding wall of ego-consciousness, which is what keeps us tiny, insignificant, and ignorant of reality. The more that the ego is dissolved, the more aware of reality we become, until we finally are able to experience the Universal Creative Consciousness, or Divine Love. We are then "reborn" in our true nature of superconsciousness by our divine mother, Frigga (Freya). While Wotan (self-discipline, the path of higher evolution) is the father or conceiver of "Godhood", Frigga (Divine Love, the Universal Creative Consciousness) is the mother of, or bearer of, "Godhood".

## Loki

Loki is a mischievous, often malicious, and ultimately evil demigod who has the ability to change shape and sex. He is the father of Fenrir the Wolf, Jormungang the World Serpent, and Hel, who rules the realm of the dead. Moreover, he is the mother of Sleipnir, Wotan's eight-legged horse. Loki is the counterpart of the Indo-Aryan *Maya*, who personifies cosmic illusion, our ignorance, or our imperfect perception of reality.

Science has only recently discovered that the building blocks of all matter, protons and electrons, are particles of energy. Perceived through our limited five senses, various groupings of these energy particles appear to us as gases, liquids or solids, although in reality, there is no difference between the protons and electrons of any gas, liquid or solid. Moreover, by far the greatest part of the structure of everything, even the densest of materials such as steel or uranium, is neither protons nor electrons, but just empty space. With this in mind, one can begin to understand that it is only our imperfect perception that gives material objects their significance.

Misunderstanding the reality of the physical world, we identify ourselves completely with these illusions. This brings about our ego-identifications. What we believe to be objects or positions of value continuously excite our nervous system with desires. It is our desperate attempts to satisfy these myriad desires which cause us pain and anguish (anger is caused *only* by thwarted desires).

But when our ego-consciousness begins to dissolve, our awareness expands and our desires dwindle, thereby greatly increasing our health, happiness, abilities, and power. When the last constraints of the ego are overcome, we enter superconsciousness and perceive reality, vanquishing Loki once and for all.

Allegorically, the offspring of Loki are appropriate. As noted earlier, Fenrir the Wolf represents that which is most dangerous to the Gods, or Godhood: ego. Jormungang the World Serpent represents the uncontrolled life energy in the spine which limits higher awareness by pulling the mind toward sensual desires. Hel, the ruler of the realm of the dead, symbolizes the fate of the mediocre, whose awareness is limited by ego-consciousness and its accompanying desires, fears, and vanities. Loki and his offspring are the great barriers to higher evolution, barriers which are within us all, and which must be overcome. However, Loki, illusion or ignorance, appropriately gives birth to Sleipnir, Wotan's horse, which symbolizes the path or way to higher evolution. This path is "born from", that is, only necessary because of, our ignorance of reality -- illusion or Loki.

### **Balder**

Balder is the most beloved son of Wotan and Frigga, and the most handsome and noble of the Gods. When Balder is troubled by dreams of doom and death, Wotan rides Sleipnir to Niflheim to consult a dead seeress, and learns that Balder is destined to die. In a desperate attempt to save her beloved son's life, Frigga secures an oath of harmlessness from everything in the nine worlds. Suddenly elevated to invincibility, Balder allows himself to be pelted with all sorts of stones and shafts. Loki discovers that mistletoe has not taken the oath of harmlessness to Balder. He makes a shaft of mistletoe and guides the hand of Hoder, Balder's blind brother, who throws it at Balder. The mistletoe kills Balder and, since he does not die in battle, he must go to Niflheim. Hermod, another son of Wotan, rides Sleipnir to Niflheim where he beseeches Hel to release Balder. Hel promises to release Balder if everything in the nine worlds proves their love for Balder by weeping. But it is

Loki, once again, who refuses to weep for Balder, thereby condemning Balder to remain with Hel until *Ragnarok*, the final battle and end of the Gods.

Balder symbolizes mankind, and his dreams of doom and death are the desires, fears, guilt, and vanities of the deep subconscious which are blocking his further evolution. Wotan is able to go to the citadel of the deep subconscious by means of Sleipnir (powers acquired by the path of higher evolution) and discovers (through superconsciousness) Balder's destiny, that is, the particular subconscious fears and desires which are impeding his progress. Frigga's attempt to shield Balder from his destiny represents the all-pervading force of Divine Love which is ever attracting us away from the dangers of ego-consciousness toward higher awareness. But Balder is destroyed by a combination of Loki, illusion, and Hoder, his blind brother, who symbolizes our ego, which is "blinded" to higher awareness.

Nothing external prevents our higher evolution, it is only that which is within. When everything in the nine worlds shows love for Balder by weeping (the all-pervasive attraction of Divine Love), it is only Loki (illusion) who refuses. Even the all-pervasive Divine Love cannot save us from our ignorance. We must overcome it ourselves. Balder resides in Hel with those not slain in battle, that is, with the mediocre who have made little or no effort to elevate themselves by will or self-discipline, and are still enslaved by ego-consciousness and its accompanying desires and fears. He must overcome his own limitations in that realm of consciousness (see the section on Life after Death, page 9).

### **Heimdall**

Heimdall is best known as the watchman for Asgard, positioned near the Bifrost Bridge with his great horn, *Gjall*, which can be heard in all the nine worlds. The horn Gjall will be sounded before Ragnarok, the final battle between the Gods and the forces of evil (see section on Ragnarok, page 25). Heimdall represents the sound of the Universal Creative Consciousness, which is audible during

superconsciousness. This sound is also an indication (or watchman) of superconsciousness. As each of the energy vortexes in the spine (the Bifrost Bridge) are opened, the sound of the creative consciousness (the horn Gjall) becomes clearer and clearer until the energy moves freely through the spine and superconsciousness is attained.

### The Rigsthula

Heimdall is also the prominent character in another important allegory, the *Rigsthula*. Since the culture, religion, and values of the Indo-Aryans and Euro-Aryans came from a common source, it is no surprise that the true nature of the caste system was also understood in pre-Christian Northern Europe.

The *Rigsthula* describes how Heimdall came to earth and, using the name *Rig*, visited with three different couples. Rig's first visit was to a rickety shack in which lived, under the most primitive conditions, *Ai* and *Edda* (Great Grandfather and Great Grandmother). After partaking of their scant and somewhat degenerate food and lodging for three days, Rig left. Apparently, during his stay Rig had slept with Edda, and nine months later Edda gave birth to a dark and deformed raven-haired son, whom they named *Thrall*. Thrall became the forefather of all Thralls, which corresponds directly to the Hindu *Sudra* caste, the caste of servants.

Rig's next visit was to a farmstead inhabited by *Afi* and *Amma* (Grandfather and Grandmother). After partaking of their ample, and more agreeable, food and lodging for three days, Rig left. Nine months later, Amma gave birth to a light-eyed and ruddy-cheeked son whom they named *Karl*. Karl became the forefather of all Karls, which corresponds directly to the Hindu *Vaisya* caste, the caste of yeomen, artisans, and merchants.

Rig then visited a great hall in which lived *Fathir* and *Mothir* (Father and Mother). After partaking of their very agreeable food and lodging, Rig left. Nine months later, Mothir gave birth to a fair-

haired son whom they named *Jarl*. Jarl became the forefather of all Jarls, which corresponds directly to the Hindu *Kshatriya* caste, the caste of kings and warriors.

However, Rig returned to the great hall and identified himself as Jarl's real father. He then taught Jarl the mysteries of the Runes. Jarl transmitted this wisdom to his youngest son, *Kon* -- but not to any of his other children. Unfortunately, the rest of the *Rigsthula* has been lost and the story ends here. But we can reasonably assume that Kon transmitted the mysteries to his youngest son, and that Kon corresponds to the Hindu *Brahmin* caste, the caste of priests and seers.

Some have interpreted this poem as the creation of the races of man, and this may well be one level of its meaning, as such allegories of old often had meanings on several levels. However, the poet's imagery of the progression of castes from *Great Grandmother's* Thrall to *Grandmother's* Karl to *Mother's* Jarl, and then from Jarl to his *youngest* son, Kon, gives us a feeling of mankind's natural evolution through the ages. Moreover, observation indicates that each individual, regardless of race, is at a particular evolutionary level, and that there are four basic evolutionary levels, which closely correspond to the four castes.

The caste which our Forefathers called Thrall is the lowest evolutionary level, and individuals on this level lack the desire or energy for any motivation beyond satisfying the most primitive human needs: food, shelter, procreation, and diversion. Hence, their inclinations are toward servant or laborer positions which provide close supervision. Thralls generally have medium to low intelligence, few abilities, and very little capacity for skills or self-reliance. They are noted for their desires for indulgence and their lack of ambition. Thoughtless breeding and drug and alcohol consumption are dramatically raising the number of Thralls.

The caste which our Forefathers called Karl is at a higher evolutionary level. Individuals on this level are motivated by self-interest and personal gain. Their desires lead them toward accumu-

lation of possessions and status, and they have the capacity and energy to satisfy these desires. Karls are epitomized by the self-reliant yeoman, and they are inclined to become artisans, businessmen, farmers, and entrepreneurs. Karls vary from medium to reasonably high intelligence, are basically self-reliant, and have the capacity for all sorts of skilled occupations and management positions. Highly-developed Karls account for much of the world's civilization and economic stability. Unfortunately, this caste is diminishing today from thoughtless breeding, and drug and alcohol consumption.

The caste which our Forefathers called Jarl is at a high evolutionary level. Individuals on this level have begun to evolve beyond the desire for the accumulation of possessions and status, that is, beyond ego-centric desires. While Jarls have the capacity for any position sought by the Karl, and they often hold such positions, their desires lead them toward higher ideals, and in the true spirit of the warrior, they are often willing to give their lives, or sacrifice their possessions and status, for these ideals. Jarls are highly intelligent, and are inclined toward idealistic fields such as political activism, social welfare, and, of course, the true warrior. Unfortunately, many Jarls have succumbed to thoughtless breeding, drugs, or alcohol consumption, which has reduced them and their heirs to Thralldom. Also, many have been misguided into dark age activism which has been detrimental to the earth's evolution.

The caste which our Forefathers called Kon is at an extremely high evolutionary level, having evolved completely beyond ego, and capable of thinking and acting in accordance with the inner awareness of their intuitive faculties. They are highly self-disciplined, of extraordinary intelligence, indomitable will, and often exhibit seemingly superhuman powers of mind and strength. Kon is the Überschensch, the Superhuman Species, and there are many different levels of this caste. We can see that many of the heroes of old (looking beyond the superstitious embellishments of ignorant men over the ages) had reached this evolutionary level. Today, however, the caste of Kon is rare. Kons usually prefer to work in seclusion to elevate and guide mankind back into harmony with Na-

ture. Working openly for humanity on the political or social level is difficult in this age, as the dark age forces still control the world's information sources and would spare no effort in vilification to turn the masses against such a benefactor.

While caste, or evolutionary level, should correspond to occupation, economic position, education, or birth, this is not really a good indicator. In today's society, position, education or birth can be very misleading. A true Jarl may hold a laborer's job, not being interested in money or status, but reserving his or her energies for higher ideals. Meanwhile, a simple Karl may be leading an idealistically-oriented organization, but actually only taking advantage of being a "big fish in a small pond", being much more interested in the status it gives than in any true idealism. The real indicator of evolution is true idealism and the amount of egocentricity -- whether or not the energy and desires are focused on self or beyond self.

### **Ragnarok**

Ragnarok is the time of the final battle between the Gods and the forces of Evil. When Heimdall blows the horn Gjall, the Gods, the Light Elves, and the Einherjar are engaged in the final struggle with Hel and the army of the dead from her citadel, which includes Loki, Fenrir, Jormungang, all the Giants, and Surt, the fiery lord of Muspellheim. Although the Gods destroy these enemies, they perish themselves as well, and the nine worlds are consumed by fire. But the nine worlds return in a purified state, and the sons of the Gods take the places of their fathers. Balder comes back from the world of the dead with his brother Hoder, who is no longer blind, and a man and woman survive, protected by Yggdrasil, to repopulate the earth.

Ragnarok does not symbolize the end of the world, but rather the ultimate overcoming of ego-consciousness. The sound of the horn Gjall represents the sound of the Universal Creative Consciousness which is heard even in the initial states of superconsciousness, and "signals" our awakening to higher awareness. The forces of evil

all represent the various barriers to our higher evolution (ego, desires, delusion, etc.), while the Gods represent the various virtues necessary for the path of higher evolution (idealism, will, self-discipline, etc.). The destruction of the Gods themselves in the process of destroying the forces of evil symbolizes that the techniques and disciplines necessary for the path of higher evolution (the Gods), are no longer needed when the goal of superconsciousness is reached. In superconsciousness, we become the "sons of the Gods" and take their place in the new, purified realm of superconsciousness. Balder's return indicates that higher evolution can come about even from the lower realms. Hoder's loss of blindness also indicates evolution from ego-consciousness to superconsciousness. The man and woman who survive, protected by Ygdrasil, symbolize the attainment of superconsciousness through disciplines which rapidly evolve the human nervous system (Wotan's "hanging from the tree").



***"Our way is upward, from the species across to the superspecies. But the degenerate mind which says 'all for me' [ego] is a horror to us."***

***— Friedrich Nietzsche***

## Evolutionary Cycles

To thoroughly comprehend the Path of Wotan, it is necessary to understand something about mankind's natural evolution throughout the ages. Today, the scientists and religionists of the western world view time as linear, and they offer blatantly edited archeological studies to show mankind's evolution as a slow, steady climb from ape to modern man. But in reality, time is cyclic, and when this is recognized, we can see that mankind's evolution is also cyclic. This gives us an understanding of all the great historical inconsistencies and mysteries, as well as the turmoil embroiling the world today.

Our Forefathers understood that moons revolve around planets, and that planets with their moons revolve around the sun. As well, they understood that our sun, with all its planets and moons, revolves around another star in the galaxy, which we call its "dual". It is this revolution around its dual which causes the backward movement of the equinoctial points around the zodiac. This revolution, which takes about 24,000 years, varies the position of the earth in proximity to the center of the galaxy. There is a great concentration of energy at the galactic center, and this energy concentration is the seat of the Universal Creative Consciousness in the galaxy. The proximity to the galactic center greatly affects the physical and mental evolution of humankind, in much the same manner as the distance from a broadcasting station affects the quality of reception on radio or television receivers. Hence, these 24,000 year cycles are called Evolutionary Cycles.

When our sun, in its Evolutionary Cycle, is at the point nearest the galactic center, the majority of humankind is highly evolved. They are large and tall, their life span is extended, and their mental capacity is developed enough to comprehend the true nature of all existence. For the following 12,000 years, our sun gradually revolves to the point farthest from the galactic center. During this descending arc of the Evolutionary Cycle, mankind slowly devolves. As our sun gets farther away from the galactic center, the mental capacity of humankind is more and more reduced, gradu-

ally losing scientific and technical abilities, awareness of the laws of Nature, and all true idealism. At the farthest point, the majority of humans are small and short, their life span is very brief, their mental capacity is reduced to such an extent that little more than crass materialism can be grasped, and egoism becomes the ruler of the planet.

But in the same manner, when our sun begins to advance toward the point nearest the galactic center, the mental capacity of humankind once again begins to increase. Physical stature and life spans increase, scientific and technical abilities develop, idealism grows, and mankind becomes more and more aware of its proper position in the realm of Nature. This ascending arc of the Evolutionary Cycle is gradually completed in another 12,000 years. Each period of 12,000 years brings a complete change, both in the material world (i.e. changes in land masses and climate), and in the physical and mental evolution of mankind.

Thus, the Evolutionary Cycle of 24,000 years is divided into an ascending arc of 12,000 years during which the evolution of mankind advances, and a descending arc of 12,000 years during which the evolution of mankind dwindles. Each of the 12,000 year arcs are further divided into four ages: An Axe Age of 4800 years, a Sword Age of 3600 years, a Wind Age of 2400 years, and a Wolf Age of 1200 years. This is comparable to the Greek Golden Age, Silver Age, Bronze Age, and Iron Age, and to the Indo-Aryan Satya Yuga, Treta Yuga, Dwapara Yuga, and Kali Yuga.

During the Wolf Age (Kali Yuga or Iron Age) mankind can understand matter only in its gross material or solid form, and only crude, physical means to move or manipulate matter are developed (levers, animals, wheels, etc.). Mankind's physical stature is small, life spans are short, and ego-consciousness is prevalent. This is the dark age of the world, a time of strife, violence, and war.

During the Wind Age (Dwapara Yuga or Bronze Age) mankind begins to understand that matter is energy, and to comprehend the electricities and atomic energy. During this age, mankind becomes

taller, life spans increase, there are rapid technological developments, and the barrier of distances and space is breached. Moreover, there is less war and violence, and ego-consciousness begins to give way to idealism. Although the Wind Age is also an age of materialism, it serves as a transition period between the dark or materialistic age and the beginning of the golden or spiritual ages.

The Sword Age (Treta Yuga or Silver Age) is the beginning of the golden or spiritual ages. During this age, mankind begins to understand the true nature of magnetism, and the barrier of time is demolished. Physical stature and life spans increase yet further, and matter and energy are now perceived as consciousness. During this age, mankind begins to evolve beyond the need for technology, war becomes a thing of the past, ego-consciousness diminishes, and idealism becomes prevalent in the world.

During the Axe Age (Satya Yuga or Golden Age) mankind's earthly evolution reaches its completion. The true nature of all existence is comprehended, physical stature is much larger and life spans are greatly lengthened (in many cases achieving immortality), ego-consciousness is largely non-existent, and mankind lives in harmony with Nature's immutable laws.

Thus, the ages of this earth move in cycles of ignorance and enlightenment. There are golden ages when the earth is inhabited primarily by the highly-evolved. During these golden ages truth and idealism prevails, and humankind lives in harmony with Nature, ultimately beyond the need for technology and instrumentation. There are dark ages, times of indulgence and degeneracy, when the earth is dominated by the lowly-evolved who are slaves to egoism and who fear and despise the truth. (It is during the dark age periods that the notion of linear time appears.)

The height of the last Axe Age (Satya Yuga or Golden Age) was about 11,500 B.C. The surviving records of that time are the awesome, unexplainable and unequalled monuments throughout the world: Stonehenge, Tiahuanaco, the pyramids of Egypt, etc. Mod-

ern-day archeological examinations bear witness to the years of devolution as the mental capacity and physical stature of mankind dwindled. The earliest known civilizations endured the longest. The civilization of Ancient Egypt, for instance, lasted several thousand years until the inhabitants gradually succumbed to the decaying influence of time, allowing ego-consciousness to become dominant over idealism. Ultimately, indulgence prevailed over self-discipline and they interbred themselves out of existence. The same fate destroyed Sumeria, Greece, Persia, India, and Rome. The further away from the height of the Golden Age, the shorter the time they endured, succumbing more and more quickly to ego-consciousness. At the height of the last descending Wind Age (Dwapara Yuga or Bronze Age), the mental capacity of mankind diminished to the point that alphabets, writing, record keeping, and calendars became necessary (hence, we find that the oldest calendars, Indo-Aryan, Mayan, etc. all begin at about 3100 B.C. -- the beginning of the last descending Wind Age). In the descending Wind age, ego-consciousness once again became dominant, bringing empires and kingdoms into existence, and with this, armies and destructive wars. The lowest point of the last descending Wolf Age (Kali Yuga or Iron Age) was about 500 A.D. This indeed was a dark age and a woesome period on earth. Human societies were unsanitary and unstable, and the dark-age religions of superstition and intolerance arose and began to function as political empires.

But from the depth of the dark age, our sun again began advancing toward the galactic center, and the mental capacity of humankind began to gradually increase. By 1600 A.D., the last ascending Wolf Age began to give way to the Wind Age and mankind had once again begun to develop intellectually and socially. This was the age of the Renaissance and the discovery of distant continents. Telescopes and microscopes were invented. Newton discovered the laws of gravitation, and the steam engine was invented. As time advanced, science and technology developed, from railways and telegraph wires to radio waves, atomic energy, and space travel. In the political world, advances were made as well, stabilizing civilization and fostering an awareness of human needs and

rights. Societal stabilization opened channels for artistic geniuses such as Da Vinci, Michelangelo, Bach, Mozart, Beethoven, and Wagner.

Today, we are well into the third century of the ascending Wind Age (Dwapara Yuga or Bronze Age), and mankind's awareness is growing.

### **The Science of Accelerated Evolution**

The actual techniques of the Path of Wotan (the science of accelerated evolution) were all lost during the dark ages and the forced conversions. However, it is evident from the allegories that these techniques were quite similar to, if not the same as, the techniques of the Aryavartan science. Fortunately, the Aryavartan science of accelerated evolution has been preserved through the ages by initiates and masters who have remained secluded in the Himalayan mountains, and it is now available once again to sincere seekers. If you are interested in more information about this ancient science, send for our booklet, *The Aryan Science of Accelerated Evolution*, 31 pages, \$4.

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## ÜBERMENSCH

I am one with Wotan, none can injure me!  
The world turns aside to make room for me.  
I come O blazing light, the shadows must flee!  
Hail, O ye oceans, divide up and part,  
or parched up and scorched up, be dried up! Depart!

I am one with Wotan, none can injure me!  
Beware, O ye mountains, stand not in my way!  
Your ribs will be shattered and tattered today!  
Friends and counselors pray waste not your breath!  
Take up my orders, devour up ye death!

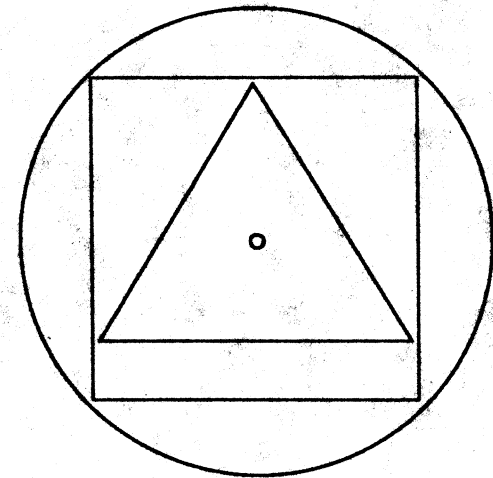
I am one with Wotan, none can injure me!  
I ride on the tempest, astride on the gale.  
My gun is the lightning, my shots never fail.  
I chase as a huntsman, I eat as I seize,  
The trees and the mountains, the land and the seas!

I am one with Wotan, none can injure me!  
I hitch to my chariot the fates and the Gods.  
In the voice of thunder, proclaim it abroad!  
Howl O ye winds, blow bugles blow free!  
Übermensch! Übermensch! Übermensch! Wotan!

# PURIFICATION

OF

# Body AND Mind



--jost--

# PURIFICATION OF BODY AND MIND

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*To Allfather,  
who has guided me in  
writing this booklet,  
as he has guided me  
all through life.*

*- JOST*

*For those who realize that to change the world,  
you must first change yourself!*

**NS Kindred**

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# Purification of Body and Mind

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## Developing the Will

To succeed in raising our evolution it is necessary to understand and to develop the power of our will. It will take at least above average willpower to master the prescribed exercises. The exercises themselves are not particularly difficult, but mastering them requires routine practice, and it often takes above average will just to keep up a practice routine. But eventually, dedicated practice of the Kriyas will in itself develop a dynamic will.

Our will is a necessary part of our being. Without using our will, we cannot walk, talk, think, work, or feel. Even the slightest movement or act of thinking is initiated by the use of our will, and we are almost always thinking and moving some part of the body.

Will produces a flow of energy, and this energy, in the form of mental and physical activities, accomplishes the desire. So it is with anything we do, whether getting up in the morning, digging a hole, writing an essay, or changing the course of history. Everything is accomplished by a flow of energy generated by the will.

Most people have a very limited will. The slightest obstacle curtails their flow of energy. Most people do not have the will to change themselves — often even if their health or life is in jeopardy. But nothing is impossible to the man or woman of dynamic will. Dynamic will is continuous, undiscouragable, unceasing effort to fulfill a desire, until it produces the result. No matter how impossible the accomplishment of the goal may seem, one of dynamic will never stops repeating conscious acts of determination to achieve it, as long as he or she lives. The key to the development of our will is attitude.

Enthusiasm or willingness creates a greater flow of energy — a greater will. We can see this in the education of children. When children greet a new problem or subject with enthusiasm and confidence, they invariably solve the problem in short order, while visibly abounding in energy. But unwillingness to confront a new problem blocks their flow of energy. When discouragement or laziness causes the children to be unwilling to tackle a new problem, they become visibly drained of energy, unable to discern any sort of logic, and finally unable to solve even familiar problems. It is readily observable in the education of children that when the energy is blocked by unwillingness, even the simplest of problems become insurmountable.

We can develop our will by facing each problem or objective with an attitude of willingness. No matter what the problem, if we engage it with an attitude of willingness the strength and energy necessary for accomplishment readily flows through us. The greater the will, the greater the flow of energy! But remember that dynamic will does not mean physical or mental strain. It is a cool, calm, determined effort of the whole being toward attaining a definite goal. The determined direction of physical activities and thought force by a developed will power can accomplish many things which might be considered impossible.

## The Physical Body

Now that we are well into the Wind Age, the intellect of mankind has once again advanced enough to discover that all matter is really only energy. With this discovery, mankind has reached the point where the ancient Aryan science can be understood and utilized, because this incomparable Aryan science of old is based on energy.

Not only is matter energy, but there is no difference at all between the energy particles which form one type of matter and those of any other. The only difference in the various atoms, molecules, or organic compounds is the pattern of its energy particles. Various patterns of energy, held together by a subtle magnetism, constitute the different forms in which matter appears.

In organic compounds, such as the human body, the actual energy particles are constantly changing. The body constantly sustains and regenerates itself through the intake of energy in the form of food, water, air, and sunlight. The cells of the body receive their necessary nutrients from this intake and thereby create the necessary energy to live and grow. After a period of time their energy form changes -- they die and become waste material -- and they are excreted from the body in this altered form. Meanwhile, the energy entering the body changes its form as it develops into new cells. Thus the body, like everything else in the natural world, continues in cycles. This process of cycles ultimately replaces every energy particle of our body. We are, in fact, not the same mass of energy today as we were earlier.

As energy is recycled through our bodies during the natural processes of living (intake, excretion, and death) it is never destroyed. It only changes its pattern. Energy has passed through many different patterns and it continues to do so. Not only is the energy in our bodies constantly changing, but it is the same energy which has, at one time or another, been rocks, plants, animals, and even other humans. The uniqueness of our bodies is not the energy, but the magnetic patterns.

### **Health Problems**

The common health problems from which humans suffer are caused by alterations to the natural energy patterns

in our bodies. Besides genetic defects, improper diet, lack of exercise, or exposure to or indulgence in irritating or poisonous substances can cause alterations in these patterns of energy. For example, the continuous intake of smoke or some other unnatural substance in the lungs will usually cause an alteration of the energy patterns which make up the lung tissue. We call these alterations tumors. Once the new, altered pattern is formed, then all the energy that comes into the body to normally service that area through its natural intake channels is magnetically attracted into the altered energy pattern -- the tumor grows. To cure the growth of tumors, we must either remove the energy pattern from the body or change the pattern back to its natural form. Often, surgically removing or chemically destroying the tissue itself does not remove the energy patterns and the tumors reappear. But if the energy patterns are changed back to their natural form, then the disease vanishes once and for all.

The Siddhas understood how to reverse alterations of the energy patterns by stimulating various energy centers. Instruction in these methods will be given in the next steps. But the Siddhas declared that the best way to eliminate disease and health problems was to prevent them. If the body and mind are kept pure by completely natural living, the body remains healthy and resistant to disease. Of course, most people today do not live naturally at all, and few even understand what natural living entails. Therefore, an important part of the process of accelerating evolution is the purification of the body and mind. This is done by living as naturally as possible.

### **Natural Living**

The basics of living are the selection of food, dwelling, and company. With the help of their natural instincts and the organs of sight, smell, hearing, touch, and taste, the lower animals select their natural food, dwelling, and

company without difficulty. But during the dark ages, the instincts and sense organs of humankind in general have become perverted by unnatural living from very infancy. Few today can discern what is natural. However, by observation, experiment, and reason we can see beyond our perverted senses and determine what is truly natural for us.

### **Natural Diet**

A great many of our health problems are caused by an unnatural diet. Even the medical establishment is finally admitting that improper diet goes a long way to account for severe health problems such as cancer, diabetes, arthritis, heart disease, etc. The food industries will gladly provide us with anything that pleases our palates, whether it is harmful or not. Meanwhile, the drug industries are happy to develop expensive drugs to ease the symptoms of our ailments, while surgeons await our diseased bodies with the knife. All this may be good for the economy, but it certainly hampers higher evolution.

But there really is no mystery to a natural diet. We can determine what is natural for us to eat by simply examining the design of the organs which aid in digestion, the teeth and digestive canal, and the natural tendency of the organs of sense which guide animals to their food.

If we compare the teeth of humans to the teeth of various lower animals — which are instinctively attracted to their natural food — we find that human teeth do not in any way resemble the teeth of carnivorous animals. Neither do they resemble the teeth of herbivores nor omnivores. They do, however, resemble exactly the teeth of frugivorous animals.

By observation of the digestive canal we find that the stomach and bowels of carnivorous animals do not at all

resemble that of humans. Neither do the stomachs and bowels of herbivorous and omnivorous animals resemble that of humans. But the stomach and bowels of frugivorous animals resemble human organs exactly, even including the duodenum.

By observation of the natural tendency of the organs of sense — the guideposts for determining what is nutritious and by which all animals are directed to their natural food — we find that carnivorous animals are attracted by the sight, smell, and taste of blood. When they have killed their prey, their instincts lead them to devour the brain and internal organs first of all, and only secondarily to eat the muscle tissue, which they often leave for scavengers. Humans are not attracted to blood, brains, or the internal organs of animals, unless cooked and the natural taste concealed by salt and spices. Even the muscle tissue (the natural food for scavengers) is not at all attractive to humans in the raw state. It too must be cooked and the taste concealed by salt. Since human digestive organs are not designed to digest flesh, and the organs of sense do not attract us to the flesh or organs of animals, we can reasonably infer that humans are not carnivorous. Similarly, our digestive organs do not resemble, nor are we attracted to the natural food of herbivores or omnivores, and so we can reasonably infer that humans are not herbivorous or omnivorous.

However, the very fragrance of fruits and nuts is attractive to us. Even the youngest of weaned children immediately recognize that fruit and nuts in their natural state are readily edible. In addition, many grains, beans, and roots possess an agreeable odor and taste even when unprepared. Obviously, the mother's milk is the natural food of the newborn, and abundant milk is not supplied in the breasts of the mother if she does not take fruits, grains, and vegetables as her natural food.

Since human digestive organs are identical to those of frugivorous animals, and we are attracted to the natural food of frugivores, we can reasonably infer that humans were intended to be frugivorous, and that various grains, fruits, nuts, roots, and, for beverage, milk and pure water are decidedly the natural food for humans.

Unnatural foods, such as flesh, processed foods, and food industry chemicals are not properly assimilated when they go through the digestive system. They accumulate in the excretory and other organs not adapted to them and unable to excrete them properly. They ferment in the tissue crevices and produce toxins, which in turn cause diseases, mental and physical, which ultimately lead to premature death.

We should note here that a significant number of medical doctors have come to the same conclusions about a natural diet. Researchers have documented literally thousands of case histories of patients with diabetes, heart disease, arthritis, and even cancer whose maladies have been eliminated merely by a change to a natural diet as described above. These men and women have broken through the veil of AMA and drug industry censorship (drugs and surgery are financially lucrative compared to organic food) to proclaim that a low fat, high carbohydrate, high fiber diet will prevent most of today's diseases.

For purity of body and mind, one needs to have as natural a diet as possible. We recommend a vegetarian macrobiotic diet, and, if possible, that all one's food be organically grown. There are many good sources for advice on diet and recipes. One which we have used is Dr. Julian Whitaker, whose clinic, *The Wellness Institute*, has helped thousands to reverse the effects of heart disease, arthritis, diabetes, cancer, etc., and whose *Health and Healing Newsletter* (7811 Montrose Road, Potomac, MD 20854) is

loaded with important information and advice about diet and treatment of disease. In addition, there are substantial references on the subject (books and magazines) available in health food stores and public libraries.

Many of the sources, including Dr. Whitaker, recommend the use of vitamin supplements. They point out that there is evidence that our food supplies today are sorely lacking in essential vitamins and minerals due to synthetic methods of agriculture. Just as we receive vital nutrients from what we eat, so plants get all their vital nutrients from the soil in which they are grown. Agribusiness makes exclusive use of chemical fertilizers and pesticides, but makes no attempt whatsoever to revitalize the soil with organic matter. Hence, plants are grown in soil which lacks virtually all the vital nutrients except for a few synthetic ones from the chemical fertilizer. Researchers have found essential nutrients lacking in commercially grown produce. Moreover, there is some evidence that chemical pesticides may cause health problems. Organically grown produce rarely lacks essential nutrients since without the use of chemical fertilizers the soil must be organically revitalized with nutrients in order for the plant to produce at all. Organic gardeners and farmers have pointed out that organically grown crops have a natural resistance to insects and diseases. If organic or homegrown food is consumed, there seems to be little need for vitamin and mineral supplements. However, we've seen no problems with the use of supplements, and if one is not able to obtain wholesome food, we would recommend their use.

We recognize that some people may have difficulty in obtaining natural foods. People in institutions or prisons simply may not have the option of a natural diet or to obtain vitamin and mineral supplements. Do not let this stop you from practicing the Kriyas. The exercises and

techniques themselves, if practiced regularly and properly, are powerful enough to ultimately transcend problems caused by unnatural living. Practice of the Kriyas may even set in motion circumstances which will change your environment. Many amazing, awesome, and seemingly impossible occurrences accompany the practice of Kriya. Wotan watches over his own. After more than 20 years on the path, nothing could ever surprise us.

### **Cleanliness**

A natural diet will cleanse the body internally, but as well, the body must also be kept clean externally. The skin is the largest organ of the body, and for the body to function properly the skin must be kept clean. With the accumulation of dirt, oils, chemicals from our polluted air, and dead cells cast off from the pores, it is advisable to bathe the body every day. Be careful about soap, as many are made with strong, toxic ingredients. Use soaps made of natural ingredients such as Aloe Vera, Jojoba, etc. which will moisten and soothe the skin as it cleans.

### **The Hair**

The hair should also be washed each day, and special care should be taken to use a non-toxic shampoo. Again, Aloe Vera or Jojoba are recommended.

Be very cautious about hair dyes. Most dyes are very toxic, and research has now confirmed an increase in brain tumors among those who dye their hair. There are organic, non-toxic dyes available. If you dye your hair, make very sure the dye you use is non-toxic.

Another note on hair: The Aryans of Aryavarta wore their hair and beards very long. Hair length was also important to American Indians, who believed that long hair increased their power. The Berserkers of Viking days, who were pledged to Wotan, also kept their hair long,

again believing that it increased their power. There was good reason for such beliefs. Hair is energy and it is connected to the brain by nerves. The more energy surrounding the brain and higher energy centers (see the section on Energy Centers, page 14), the greater the awareness and sensitivity. Most Siddhas, including Babaji Nagaraj, wear their hair and beards very long for just this reason. Students of Kriya are encouraged to let their hair (and beards in the case of men) grow long. This is not a requirement, but it is recommended as it does help on the path.

For many years, I resisted growing my hair long. Being a Vietnam veteran and having experienced the hippie movement and the anti-war hair heads had left me with some prejudice on the subject. Although I never subscribed to white sidewalls, I did not let my hair get very long. Finally, about two years ago, I decided that I should at least experiment with long hair, and so I began to grow my hair. It took a couple of attempts before I finally could bear to let it get long enough to be manageable. The experiment has convinced me that the energy concentration of the hair does indeed make a noticeable difference.

### **Drugs and Intoxicants**

In general, drugs and intoxicants of all sorts should be avoided. Most are quite obviously detrimental to your health and to raising your evolution and need very little comment here. However, alcohol is in such common use today that some attention should be given to it. Alcohol is fairly mild, not immediately addictive, and quite socially acceptable today. Babaji Nagaraj has counseled his students that they need not be fanatical about alcohol. He says to go ahead and take a drink if you want one. But, of course, do so with great moderation and never let it get a hold of you.

Tobacco use is, of course, wickedly addictive and very detrimental to your health. But don't feel that you have to quit smoking in order to practice the Kriyas. The same can be said if you're a drinker or even an alcoholic. Don't feel that you have to give up alcohol before you can practice Kriya. Try to cut back your smoking or drinking as much as possible and mentally prepare yourself to quit. Regular practice of the Kriyas will greatly help the situation. As your body evolves from Kriya practice — as it will even if you are smoking and/or drinking — your mental patterns will alter and one day you will find that you no longer need to smoke or drink. It may take some time, but it will happen.

### **Family Life**

More often than not, eastern religion — much of which is derived from the ancient Aryan science of Aryavarta — prescribes sexual abstinence as a necessary prerequisite for spiritual advancement. This is strictly a dark age influence, and it affected European Christianity just as much as it did eastern faiths. For those who desire it, the Siddhas always encourage family life. In fact, most of the known Siddhas were married and had children. They feel that there is no reason why you should not have a life's partner and enjoy the pleasures of family life during Kriya training. But sexual activity, like eating, drinking, or anything else that is natural, should never become the focus of your life. It should be done with moderation and under your control.

### **Mental Hygiene**

Your mind greatly affects your body. There is no question that mental attitude can affect one's health for better or worse. Practice of the Kriyas will cleanse the mind of mental debris which affects the health of the body and hampers higher evolution. You will find that, little by little, your mind will be purified of fears, hatreds, self-

pity, prejudices, and dogmas which make one narrow. This will beneficially affect your health and your sense of well-being.

### **Ahimsa**

An important mental attitude which must be cultivated for higher evolution is called in the ancient Aryan language, *Ahimsa* (pronounced Ah-heem'-sah, which means "harmlessness"). This is an Aryan virtue of old which has survived the dark ages and was popularized in this century by Mahatma Gandhi. Gandhi extolled Ahimsa as the highest virtue and proceeded to demonstrate to the world his capacity to receive any form of injury or indignation without violent retaliation (actually Gandhi did retaliate, but in a manner seemingly not related to physical abuse: mass refusal to participate economically, which harmed the British far more than physical violence). Today, Ahimsa is looked upon by most people as a dogmatic injunction to do no harm to any living creature regardless of circumstances. This is far from the original Aryan meaning of Ahimsa.

Ahimsa refers to the *desire* to do harm. This earth is full of noxious creatures which mankind is often compelled to exterminate. Moreover, it is sometimes necessary to take up arms against oppressors (We should note here that Paramhansa Yogananda, who admired Gandhi and instructed him in Kriya, told his students that Gandhi succeeded only because the British were gentlemen. Yogananda said that Gandhi would never have succeeded if he had been up against the Soviets). But while we may be compelled by duty to harm or kill, we are under no similar obligation to feel animosity. It is important that our mind be kept clear of hatred, animosity, and any desire for revenge or harm. This is Ahimsa.

## **Honesty**

Honesty and the worth of one's word are familiar Aryan values, and they need little discussion here. Dishonesty or untruthfulness has a bad effect on the one's mental health. Every attempt should be made to be impeccably honest and truthful, and to honor the sanctity of your word.

## **Dwelling and Company**

The natural dwelling place for humans is not difficult to ascertain. Most of us readily feel displeasure in a crowded room or on a noisy city street. Few prefer the concrete, asphalt, and foul air of a noisy, crowded, crime-ridden city to the open fields, forests, or mountains. Mankind's natural environment is, as would be expected, close to Nature and in his own small community composed of those with common spiritual values. Cities and empires are dark age creations. During the golden ages the planetary population is small and mankind lives close to Nature with those of common spiritual values. (There are a few cities but little need, even for scientific investigations, of the technology or instrumentation which we deem necessary today).

Our physical environment has a definite effect on our nervous system. Foul air, noise, and the association with materialists, nonidealists, or those who harbor hatred, animosity, or negativity are all harmful and detrimental to higher evolution. Try to spend at least some time close to Nature, and certainly avoid association with individuals of the aforementioned qualities.

## **Music**

Music has a great effect on the nervous system of humans — as well as animals and even plants. Some music soothes and calms, while other music disturbs, makes one nervous, and can even cause injury. Music can also

reverse (or increase) the harmful effects of urban noise. Be sure to bathe your nervous system daily in music which calms, soothes, and rejuvenates your nervous system, such as Mozart, Bach, Wagner, Orff, and Strauss. Avoid "heavy metal", "rap", atonal jazz, and the like.

There have been some interesting experiments done with music here in California. A convenience store, the parking lot of which had become a hangout for gangs and drug dealers, put up some loudspeakers and began playing the music of Mozart. Within 24 hours the undesirable elements had all left without fanfare. The experiment was repeated on a notorious street corner. The results were the same. The gangs and drug dealers, who were used to rap and heavy metal music, could not seem to abide in the same area as the music of Mozart. This is because the sounds of certain music, that of Mozart, for instance, stimulate the higher energy centers (see the section on energy centers, below), while harsh or atonal music such as rap stimulate only the lower energy centers. Gangs and drug dealers, due to their primitive evolutionary level, operate primarily from the lower energy centers. Music which stimulates the higher centers is completely out of harmony with them. It repels them. They seek other hangouts which are in harmony with their primitive material desires.

## **The Energy Centers**

Purity of body and mind are important steps to higher evolution, but the actual process of accelerating evolution is by purifying, strengthening, and developing the centers and channels through which flows the subtle, but powerful, life energy: *Prana*. This is not the electromagnetic energy of atoms, molecules, and organic compounds. It is the energy source from which all electromagnetic energy originates. It is the energy which is called *Ki* or *Chi* in oriental martial arts, by which a few

expert martial artists have demonstrated amazing, superhuman physical accomplishments. The channels and centers of this energy are what are stimulated or manipulated by acupuncture to numb or heal the body.

Kriya techniques stimulate, purify, strengthen, and evolve (open) the energy centers and channels so that the powerful Pranic energy can flow freely throughout the body. This keeps the body free from disease and even from the unpleasant effects of aging. Once the centers and channels are opened, the energy begins to concentrate in the highest energy center of the brain, which brings about superconscious awareness and abilities — the Übermensch.

There are energy centers and channels all throughout the body. But the most important for accelerating evolution are the seven largest centers which are located along the spinal column, and the three channels which connect them. The seven energy centers are called in the old Aryan language, *Chakras* (pronounced Chahk'-rah, which means wheel or circle). These energy centers constitute the Highway to the Infinite. The most powerful of the Kriya techniques are directed toward these centers, so it is important to know where they are and something about each one.

### **Muladara**

The lowest spinal center is called in the old Aryan, *Muladara* (pronounced Muhl-ah-dahr'-ah, which means "root" or "foundation"). This energy center is red in color and in males it is located at the perineum (the muscle situated between the anus and the scrotum). In females it is located on the posterior side of the cervix (the root of the uterus). This center is the seat of the stored up energy in the body, the aforementioned Kundalini. This center acts as a main junction, or switching station, for Pranic

energy to the sexual, reproductive, excretory, and urinary organs. Psychologically, it is associated with sexual desires, guilt, jealousy, anger, and passions. When open, the Kundalini can move upward toward the brain.

### **Swadhistana**

The next higher center is called in the old Aryan, *Swadhistana* (pronounced Swah-dee-stah'-nah, which means "one's own home"). This center is orange in color and is located at the coccyx or tailbone. It is a specialized center which is the seat of the subconscious mind. The emotions of all life experiences are stored here. When open, forgotten and suppressed emotions and desires emerge.

### **Manipura**

The next higher center is called in the old Aryan, *Manipura* (pronounced Mahn-ee-puhr'-ah, which means "city of jewels"). This center is yellow in color and is located inside the spinal column, directly opposite the navel. It is a junction for energy to the digestive organs and the nerves of the solar plexus, and for the regulation of body temperature. Psychologically, it is associated with dynamic will, energy, and action. When open, one's spiritual perspective is reoriented and disturbances from the lower two centers are overcome.

### **Anahata**

The next higher center is called in the old Aryan, *Anahata* (pronounced Ah-nah-haht'-ah, which means "unstruck" or "unbeaten"). This center is green in color and is located in the spinal column at heart level. It is a junction for energy to the heart, lungs, and other organs of the chest cavity. Psychologically, it is associated with creativity, love, compassion, and the ability to overcome fate. When open, one gains the ability to master one's own fate through conscious will.

### **Vishudha**

The next higher center is called in the old Aryan, *Vishudha* (pronounced Vish'-oo-dah, which means "purification"). This center is blue in color and is located in the spine across from the hollow of the throat. It is a junction for energy to the throat, nose, eyes, and brain. Psychologically, it is associated with discrimination and evenmindedness. When open, the body regenerates.

### **Ajna**

The next higher center is called in the old Aryan, *Ajna* (pronounced Ahj'-nah, which means "knowing" or "commanding"). This center is indigo or opal blue in color and is a long, oblong center in the brain stretching from the medulla oblongata to the lobes behind the forehead at a point between the eyebrows. This center controls mental awareness. When open, extrasensory perception is developed.

### **Sahasrara**

The highest energy center is called in the old Aryan, *Sahasrara* (pronounced Sah-ha-srah'-rah, which means "one thousand"). This center is light violet in color and is located just above the top of the head. This is the seat of superconsciousness. When open, one attains superconscious awareness and becomes Übermensch, Superhuman, or one with Wotan.

You may notice that the colors of these centers correspond to the spectrum of light, like a rainbow. Hence, in the Euro-Aryan allegories these centers were symbolized by Bifrost, a rainbow colored bridge which stretched between Midgard, realm of mortals, to Asgard, realm of the Gods, that is, between ego-consciousness and superconsciousness.

### **Ida and Pingala**

The normal, everyday flow of Pranic energy moves up and down these spinal centers through two nerve channels, called in the old Aryan, The *Ida* (pronounced Ee'-dah) and the *Pingala* (pronounced Peen'-gahl-ah). These channels intertwine around the centers, but basically the *Ida* is on the left and channels energy upward, while the *Pingala* is on the right and channels energy downward. During a normal life span, energy stored at the Muladara supplements the energy entering the body through breath and food intake. During sleep, the stored energy is somewhat recharged, but over a period of years it is depleted and the body becomes weak and ultimately dies.

### **Sushumna**

When the energy centers are opened by Kriya techniques, the stored Pranic energy at the Muladara is able to rise through a central channel in the spine which is otherwise unused except in the highly evolved. This channel is called in the old Aryan, the *Sushumna* (pronounced Soo-shoom'-nah). As each energy center is opened, the energy travels up the *Sushumna* to that point. This increases the awareness and regenerates the area of the body which that center services. When the energy reaches the higher centers, superhuman abilities begin to manifest, and finally, when the *Sahasrara* is reached, superconsciousness is attained. This is the process which accelerates our evolution.

The process takes different lengths of time for different people. Some reach the goal in a few short years, others may require a lifetime. But regardless of the length of time it takes to reach the goal, you will experience continuous growth of awareness and abilities on the path. It is a great adventure with constant rewards along the way.

## **Hong Sau**

*Hong Sau* (pronounced Hahng'-sah, which in old Aryan means "I am He", i.e. I am Wotan, Donar, Shiva, or whatever icon of the Übermensch you prefer) is a psycho-physiological exercise which will begin moving Pranic energy in the spine. It will enable you to become aware of, and to feel the flow of, Pranic energy as it enters the body through the breath. It will also strengthen your concentration. This exercise uses an *Asana* (pronounced Ah'-shah-nah, which means "position" or "posture"), two *Mudras* (pronounced Mood'-rah, which means "symbol" or "gesture"), and a Mantra.

## **Swastikasana**

Our bodies lose Pranic energy through a number of channels: eyes, ears, nose, mouth, anus, genitals, hands, and feet. Some *Asanas* and most *Mudras* are designed to circulate Pranic energy back into the body. *Swastikasana*, the Swastika position, is an important sitting position which circulates energy back into the body which is normally lost through the feet. All of the psycho-physiological *Kriya* exercises should be done in *Swastikasana*. Always sit in *Swastikasana* on a folded, woolen blanket or a cushion. Do not sit directly on the ground, or on a concrete or wooden floor unless it is carpeted.

Sit on a blanket on the floor in a cross legged position. Keep the spine straight by pulling the hips in and the shoulders back, and keep the head and neck in line with the spinal column. For men, place the right heel against the perineum (area between the anus and scrotum) and the left foot on top of the right thigh. For women, it is just the opposite with the left heel against the vagina and the right foot on top of the left thigh. (See illustration, page 20, which shows the woman's position.)

You will probably find that it will be easier to sit comfortably in this position if you place a small cushion under your buttocks to slightly elevate them above the legs. This tilts the pelvis and makes sitting in the *Asana* easier.

If you cannot get into this position, sit erect with the spine straight on a stool or chair, preferably without back support. Gradually train yourself to sit in *Swastikasana* by assuming it, or as far as you can get into it, for short periods of time. With perseverance, even very infirm bodies can be trained to sit comfortably in *Swastikasana*.

## **Swastik Mudra**

*Swastik Mudra*, the Swastika Mudra, is an important position which circulates energy back into the body which is normally lost through the hands. It should be used in all psycho-physiological techniques except *Pranayama* techniques, which have a different position for the arms and hands. (See illustration, page 20.)



**Swastikasana & Swastik Mudra (woman's position)**

First, hold the hands and fingers out straight in line with the wrists, fingers held close together. Join the thumb and forefinger of one hand so that it forms a circle. Join the thumb and forefinger of the other hand so that it forms a square. Leave the remaining three fingers of each hand straight. For men, fold the arms across the chest or solar plexus so that the heel of the right hand is on the left forearm at the crook of the left elbow, and the three straight fingers of the right hand are extended across the left upper arm. The circle or square should be up against the inside of the left upper arm. The left forearm should cross in front of the right forearm and fit in a similar manner at the crook of the right elbow. Other than the bend at the elbow and fingers forming the circle and square, keep the wrists, hands, and fingers in line with the forearms. The arms may be twisted a bit to lock them into position. For women, the position should be opposite, that is, with the right forearm in front of the left forearm. With practice, this position can be held for long periods of time.

During the exercises, hold the Swastik Mudra as long as you are able to comfortably do so, gradually training yourself to hold it longer. When the arms become fatigued, place them in your lap for a while, but keep the spine straight at all times, even if you must use a back support. With perseverance, you will easily train yourself to hold this position for as long as you like.

### **Ajna Mudra**

The Ajna Mudra, the eye lock, should be used with all the Kriya exercises. This is an extremely important Mudra which circulates energy into the Ajna Chakra which is unnormally lost through the eyes. This greatly stimulates the Ajna Chakra — the Eye of Wotan — and it will in itself ultimately develop paranormal vision and superconscious awareness.

With the eyes closed or half open or even completely open, physically raise the eyeballs and focus them at the point between the eyebrows (the Ajna Chakra — the Eye of Wotan). Keep them locked in that position. At first this may be very uncomfortable, but in time it will become almost second nature, and the eyes can be held there comfortably for any length of time.

### **The Double Breath**

The double breath burns out carbon from the lungs and gets you mentally and physically ready to practice the Hong Sau technique (or any other psycho-physiological exercise). We recommend you begin each practice session with it.

Sit in Swastikasana and assume Swastik Mudra and Ajna Mudra. Let the body be relaxed, but keep the spine straight and the eyes focused at the point between the eyebrows.

Breathe in through the nose forcibly and audibly with a quick double breath, one short and then one long ( sort of UH, UHHH). Then immediately throw out the breath through the mouth, forcibly and audibly, with another quick double breath, one short and then one long (sort of HAH, HAHHH). Hold the breath out only as long as comfortable and focus all your attention on the opal blue Ajna energy center between the eyebrows — the Eye of Wotan. While the breath is out and you are focusing on the Eye of Wotan mentally chant Wotan (or Shiva, or any spiritual icon you wish), slowly, over and over until you feel the need to inhale. When you feel the need to inhale, inhale and exhale with the double breath another time, again holding the breath out only as long as comfortable while mentally chanting Wotan to the Eye of Wotan. In all, do three double breaths. When you feel the need to inhale after the third time, then begin breathing normally and go into Hong Sau.

## Hong Sau

Sit in Swastikasana, Swastik Mudra, and Ajna Mudra. Breathe normally and begin watching your breath. As the breath goes in through the nose, feel the cool sensation in the nasal cavity. As the breath goes out through the nose, feel the warm sensation in the nasal cavity. Now, as the breath goes in and you feel that cool sensation, mentally chant the Mantra *Hong* (rhymes with "song"). Chant it as one long word for the entire length of the inhalation. As the breath goes out and you feel that warm sensation, mentally chant the Mantra *Sau* (rhymes with "saw") as one long word for the length of the exhalation. Continue to watch the breath, but do not make any attempt at all to control it. Let it go as fast or as slow as it will and simply watch it from the Ajna Chakra as you feel the sensations in the nasal cavity and chant the Mantras.

After you've done this for five minutes, transfer your attention to the spine. As you breath in, still chanting *Hong*, feel a cool, soothing sensation going up the spine, from the base of the spine all the way up to the base of the skull, then bending forward and to the point between the eyebrows — the Eye of Wotan. As you breath out, chanting *Sau*, feel a warm, trickling sensation coming back down the spine, beginning at the point between the eyebrows and coming all the way down the spine to the base. With each breath, feel the cool soothing sensation going up the spine and the warm, trickling sensation coming back down the spine. This is the movement of Pranic energy from the breath moving in the spine. Do not try to control the breath or the energy flow in any way. Simply watch it, feel it, and chant the Mantra to it. Do not get discouraged if your mind wanders. Be patient with your mind, and calmly bring it back, again and again, to the object of concentration. Use your will to hold your mind on the energy in the spine.

## The Ah and Ee Mantra

After you have progressed with this technique, you may wish to change the Mantra from *Hong* and *Sau* to *Ah* and *Ee* (*Ah* as in the word *saw*, and *Ee* as in the word *see*). Simply substitute *Ah* and *Ee* for *Hong* and *Sau* respectively (*Ah* going up and *Ee* going down) during your regular practice. Like many Mantras, *Ah* and *Ee* have no meaning. The Siddhas discovered that the *Ah* sound specifically stimulates the Ida channel and the *Ee* sound specifically stimulates the Pingala channel.

*Hong Sau*, or any psycho-physiological exercise, should be practiced in a room or area secluded from noise and distractions. It is best if your practice is always done in the same place and at the same time. This will greatly help you to build a routine. You should routinely practice the *Hong Sau* technique twice daily, at least 15 minutes each morning and each evening. You may, however, practice it as often or as long as you like, but wait at least an hour after meals before beginning your practice.

*Hong Sau* is very powerful, and it is, in fact, possible (and has been done) to raise your evolution all the way to superconsciousness with *Hong Sau* alone. By deeper concentration, you will begin to feel the spine magnetize and draw energy into it from all parts of your body (this is the magnetization of the Ida and Pingala channels). When this happens, all sensation will leave your body and you will find your consciousness completely in the spine itself. The breath may very well stop altogether, but this is nothing to worry about. If you achieve the breathless state, whereby your body will be living directly from Pranic energy, you will be entering the first stages of superconsciousness, and you will be far along the path!

### **Cleansing the Subconscious Mind**

Moving the Pranic energy in your spine will eventually open up the Swadhistana energy center. When this storehouse of the subconscious mind is opened, suppressed or long forgotten emotions, some perhaps very unpleasant, are able to suddenly surface. This can not only cause some great mental anxiety, but possibly even mental damage. Therefore, a very important and necessary part of Kriya training is to learn how to cleanse the subconscious of suppressed emotions which are harmful or in any way restrict your evolution.

Emotions are not really part of us. They are simply identifications and mental entanglements which we have with the objects of our senses. So long as we identify with these fears, angers, desires, etc., we are subject to their effect, and in fact, it could rightfully be said that we are enslaved by them. Our opinions, aspirations, relationships, abilities, etc., are a product of past or present emotions. But any emotion can be completely eliminated by simply severing our identification with it -- detaching from it. Once our mind has severed the relationships, the feelings cease to exist. After the practice of Hong Sau, or any other psycho-physiological exercise, it is important to remain still for another few minutes and practice the following cleansing exercise.

### **The Cleansing Exercise**

Focus all your attention at the point between the eyebrows. Try to see the opal flame of the Ajna Chakra. It is round and dark blue, with a great golden aura all around it and a tiny, dazzling bright light in the center. It takes great concentration to see it clearly, and it may take some time to develop sufficient concentration. At first, you may see only solid golden light, or blue light, or even violet light. Don't worry if you can't see any light at all. Some people never see any light until they reach

superconsciousness, but this doesn't hamper their progress at all. If you don't see any light, simply use your imagination and visualize the opal flame.

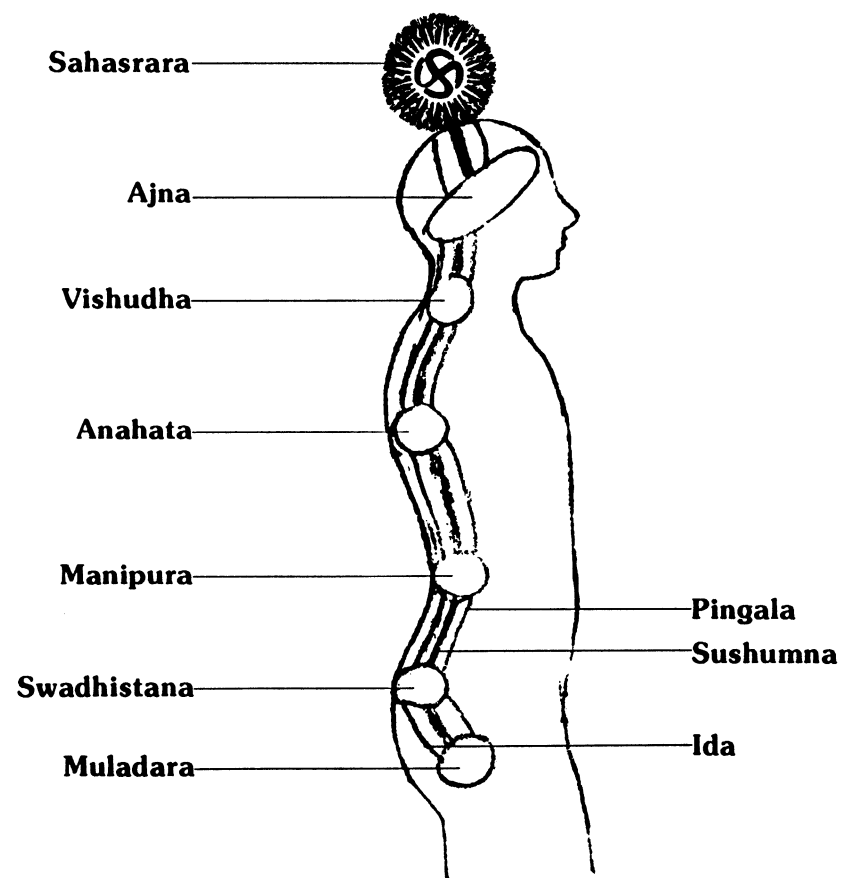
Hold your gaze on the opal flame, or whatever light you see, and mentally chant over and over, "I am one with Wotan!" (If you don't want to use Wotan, you can use any spiritual icon you wish). Feel as if you are casting everything — your fears, your worries, your weaknesses, your desires — into a sacrificial fire of golden, blue, or violet light. As you practice the cleansing exercise, you will identify more and more with the Übermensch and become less and less subject to emotional entanglements.

Unpleasant suppressed emotions can surface unexpectedly at any time during the day or night. If you should feel any such emotion, simply assume Ajna Mudra in whatever position you are in, gaze hard into the opal flame, and identify yourself completely with Wotan (or any other Übermensch icon) by affirming over and over to the Opal blue flame, I am one with Wotan! The emotion will vanish.

Note: The opening of the Swadhistana energy center is what causes severe problems with the use of psychedelic drugs such as LSD or peyote. Psychedelic drugs break down the natural barriers of the subconscious. This can indeed give you some pleasant spiritual experiences, but it can also bring about the sudden emergence of long suppressed, painful subconscious emotions. This can overwhelm the drug user, and even cause severe mental damage.

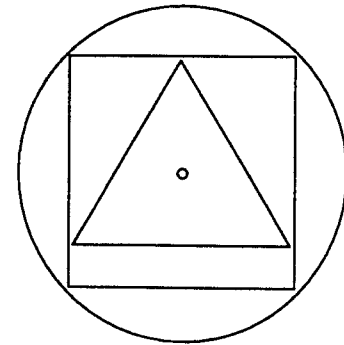
Opening the Swadhistana Chakra and cleansing the suppressed emotions stored there is an important and necessary part of accelerating your evolution. Kriya

techniques do this gently and naturally. They channel energy on past the Swadhistana Chakra to the higher energy centers. This balances the opening of the lower Chakras with a centering of awareness in the higher Chakras. When your awareness begins to be centered in the higher energy centers and you are using the cleansing exercise, it is not at all difficult to detach from and neutralize unpleasant emotions. When you have neutralized all the enslaving emotions of the subconscious, you are well on your way to becoming one with Wotan!



**The Highway to the Infinite**

The  
Aryan  
Science  
of  
Accelerated  
Evolution



lost

# **The Aryan Science of Accelerated Evolution**

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<b>Evolution: Advancing consciousness</b>	<b>1</b>
<b>The Evolutionary Process</b>	<b>1</b>
<b>Human Evolutionary Levels</b>	<b>2</b>
<b>Evolutionary Cycles</b>	<b>3</b>
<b>Equinoctial Cycles</b>	<b>4</b>
<b>Galactic Cycles</b>	<b>8</b>
<b>Accelerated Evolution</b>	<b>8</b>
<b>Nagaraj</b>	<b>11</b>
<b>Babaji Nagaraj's Mission</b>	<b>13</b>
<b>Kriya Returns to its Aryan Heirs</b>	<b>15</b>
<b>Arya Kriya</b>	<b>19</b>
<b>The Path of Kriya</b>	<b>20</b>
<b>Other Aspects of Kriya</b>	<b>23</b>
<b>Arya Kriya Initiation</b>	<b>24</b>
<b>About the Author</b>	<b>25</b>
<b>Postscript: The Origin of Aryans</b>	<b>29</b>

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### **Evolution: Advancing Consciousness**

Life is a struggle for higher evolution. The evolutionary level of any form of life is not measured by size, brute strength, nor physical agility. It is measured by its level of consciousness. All forms of life are anxious to realize a higher level of consciousness, and the actual nature of evolution is a steady advancing of consciousness.

Plants and animals have evolved mental faculties with a capacity for a rudimentary form of consciousness of emotional feelings (the natural instincts of animals are emotional responses). The more highly evolved the plant or animal, the greater the development of its mental faculties. But the mental faculties of even the most highly evolved animals, the frugivorous apes (gorillas, chimpanzees, etc.), is still only sufficient for a consciousness of emotional feelings, and they have no capacity for intellectual development.

Humans have evolved enough to develop mental faculties with a capacity for a more advanced level of consciousness, in which there is an intellect that is capable of reason and logic. This advanced consciousness gives humans a tremendous advantage over the lower animals, even those of much greater strength and agility. Hence, the lower animals are easily subjugated by the more advanced humans.

### **The Evolutionary Process**

While life is dependent on an ample intake of air, food, and water, these are not the basis for life. We cannot revive a corpse by stuffing food and water into its stomach nor air into its lungs. There is something else necessary to creating and sustaining life, and that is the subtle life-energy called in the ancient Aryan language, *Prana* (pronounced Prah'-nah).

Modern science has discovered that all matter is in reality only a manifestation of energy. Pranic energy is not only the basis of all life, but also of all electromagnetic energy, and hence, all

matter. Protons and electrons are the manifestation of a concentration of Pranic energy. Various concentrations of these electromagnetic energy particles form all the elements of physical matter. Combinations of these elements form molecules, which in turn form inorganic and organic compounds, all of which manifest the physical world as perceived through our five senses. Greater and greater concentrations of Pranic energy manifest more and more complex forms of matter. This is Nature's process of evolution.

When an organic compound has a sufficient concentration of Pranic energy, a rudimentary consciousness appears, and a life form has evolved. As the life form evolves further, it develops mental faculties which provide a capacity for higher concentrations of Pranic energy, which advance its level of consciousness. The greater the development of mental faculties, the greater the concentration of Pranic energy, and the higher the level of consciousness. The mental capacity of animals presently allows only enough concentration of Pranic energy to provide a consciousness of emotional feelings. In humans, the mental capacity has evolved enough for a concentration of Pranic energy sufficient for intellectual development.

### **Human Evolutionary Level**

As human evolution advances, the mental faculties continue to develop, and the capacity for Pranic energy concentration increases. Like the lower animals, all humans are at different levels of evolution, depending on the individual's capacity for concentration of Pranic energy.

Although humans have evolved the mental faculties of logic and reasoning, they still retain a consciousness of emotional feelings comparable to the consciousness of the lower animals. This is called the subconscious mind, and it is a repository of all past feelings and emotions, including many common to creatures of much lower evolution. The combination of the human conscious and subconscious minds produces a narrowness of identification, a peculiar sense of separateness, known as ego.

In the early stages of human evolution, the consciousness is only moderately above animal consciousness. There is only a small capacity for intellectual development, and the conscious mind is enslaved by the passions, fears, and desires of the subconscious mind, which strengthens egoism, making self-aggrandizement the focus of life. When this level of evolution is prevalent in a society, that society is repressive, chaotic, unsanitary, and has few technological capabilities.

As human evolution advances, the faculties of the intellect develop, which helps to subdue the grosser passions of the subconscious mind and lessen the strength of egoism. Values beyond self-aggrandizement develop, and there is focus on creativity and idealism. When such a higher level of evolution is prevalent in a society, that society is less repressive, becomes stable, sanitary, and develops technological capabilities.

But when human evolution arrives at the highest level, the subconscious mind is cleansed, ego dissolves, and the highest level of consciousness, superconsciousness, is awakened. Superconsciousness is beyond the consciousness of intellect, logic, and reasoning, as much so as ordinary human consciousness is beyond animal consciousness. Superconsciousness is infinite, omniscient, all-pervading consciousness, and in the highest level of human evolution it completely replaces the conscious mind. (We occasionally observe aspects of superconsciousness in flashes of intuition, in those with psychic abilities, and often in the abilities of subjects under hypnosis.) When the highest level of evolution is prevalent in a society, that society exists completely in harmony with Nature, beyond the need for technology, physical communication media, or even agriculture.

### Evolutionary Cycles

The process of evolution on this planet is not limited to gradual organic mutations from plant to animal to human. Evolution on this earth, like everything else in the universe, is also cyclic.

The evolutionary level of life forms is affected by their proximity to large concentrations of energy, much in the same manner as a coil of copper wire is affected by its proximity to a strong magnet, or a radio receiver is affected by its proximity to a broadcasting station. There is a tremendous concentration of energy at the center of our galaxy. The elliptical orbit of our stellar system varies the proximity of the earth to the center of the galaxy. Like the aforementioned magnet and coil of copper wire, the proximity to the galactic center affects the energy concentration in the nervous systems of all life forms. The closer to the galactic center, the greater the energy concentration and the higher the level of evolution (up to that permitted by physical capacity). The farther from the galactic center, the more diminished the energy concentration and the more retarded the level of evolution, sometimes even below physical capacity.

There are two main stellar cycles which affect our distance from the center of the galaxy. The most readily observable are the 24,000 year equinoctial cycles. Less noticeable are galactic cycles which take hundreds of thousands of years, and which affect the intensity of the equinoctial cycles.

### Equinoctial Cycles

Our sun, with all its planets and moons, revolves around another star in the galaxy, which we call its "dual". This revolution, which takes about 24,000 years and causes the backward movement of the equinoctial points around the zodiac, varies our solar system's proximity to the great concentration of energy at the center of our galaxy.

When our sun is at the point nearest the galactic center, the majority of humans are highly evolved. They are large and tall, their life span is extended, and their mental capacity is developed enough to comprehend the true nature of all existence. For the following 12,000 years, our sun gradually revolves to the point farthest from the galactic center. During this descending arc of the equinoctial cycle, humankind slowly devolves.

As our sun gets farther away from the galactic center, the mental capacity of humans becomes more and more reduced, gradually losing scientific and technical abilities, and awareness of the laws of Nature. At the farthest point, the majority of humans are small and short, their life span is very brief, their mental capacity is reduced to such an extent that little more than crass materialism can be grasped, and egoism becomes the ruler of the planet.

But when our sun again begins to advance toward the point nearest the galactic center, the mental capacity of humans once again begins to increase. Physical stature and life spans increase, scientific and technical abilities develop, idealism grows, and humans become more and more aware of their proper position in the realm of Nature. This ascending arc of the equinoctial cycle is gradually completed in another 12,000 years. Each period of 12,000 years brings a complete change, both in the material world (i.e. changes in land masses and climate), and in the physical and mental evolution of humans.

Each of these 12,000 year arcs are further divided into four evolutionary ages, called in the ancient Aryan language, Yugas (Yoo'-gahs). They are called Kali Yuga (Kah'-lee), Dwapara Yuga (Dwah-pahr'-ah), Treta Yuga (Treh'-tah), and Satya Yuga (Sah'-tyah). They are comparable to the Wolf Age, Wind Age, Sword Age, and Axe Age of the ancient Germanic tradition, and to the Iron Age, Bronze Age, Silver Age, and Golden Age of the ancient Greek and Roman tradition. The Kali Yuga lasts 200 years, the Dwapara Yuga lasts 2400 years, the Treta Yuga lasts 3600 years, and the Satya Yuga lasts 4800 years.

During the 1200 years of the Kali Yuga, humans can understand matter only in its gross material or solid form, and only crude, physical means to move or manipulate matter are developed (levers, animals, wheels, etc.). The physical stature of humans is small, their life spans are short, and ego-consciousness is prevalent. This is the dark age of the world, a time of strife, violence, and war.

During the 2400 years of the Dwapara Yuga, humans begin to understand that matter is energy, and to comprehend the electricities and atomic energy. During this age, humans become taller, their life spans increase, there are rapid technological developments, and the barriers of distance and space are breached. Moreover, there is less war and violence, and ego-consciousness begins to give way to idealism. Although the Dwapara Yuga is also an age of materialism, it serves as a transition period between the dark or materialistic age and the beginning of the golden or spiritual ages.

The Treta Yuga is the beginning of the golden or spiritual ages. During the 3600 years of this age, humans begin to understand the true nature of magnetism, and the barrier of time is demolished. Physical stature and life spans increase yet further, and matter and energy are now perceived as consciousness. During this age, humans begin to evolve beyond the need for technology, war becomes a thing of the past, ego-consciousness diminishes, and idealism becomes prevalent in the world.

During the 4800 years of the Satya Yuga, humankind's earthly evolution reaches its zenith. The true nature of all existence is comprehended, physical stature is much larger and life spans are greatly lengthened, ego-consciousness is largely non-existent, and humans live in harmony with Nature's immutable laws.

The highest point of the last Satya Yuga was 11,501 B.C. The surviving records of that time are the awesome, inexplicable and unequalled monuments throughout the world: South American Megalithic structures such as Tiahuanaco, the pyramids of Egypt, and even the somewhat later Stonehenge. Modern-day archeological examinations bear witness to the years of devolution as human mental capacity and physical stature dwindled. The earliest known civilizations endured the longest. The civilization of Ancient Egypt, for instance, lasted several thousand years until the inhabitants gradually

succumbed to the decaying influence of time. When ego-consciousness became dominant over idealism, degeneracy was allowed to prevail over self-discipline, which resulted in the destruction of the civilization. The same fate destroyed the great civilizations of Sumeria, Greece, Persia, India, and Rome. The further away from the height of the Golden Age, the shorter the time they endured, succumbing more and more quickly to ego-consciousness. At the beginning of the last descending Dwapara Yuga, human mental capacity had diminished to the point that alphabets, writing, record keeping, and calendars became necessary (hence, we find that the oldest calendars, Indo-Aryan, Mayan, etc. all begin at about 3100 B.C. — the beginning of the last descending Dwapara Yuga). In that descending Dwapara Yuga, ego-consciousness once again became dominant, bringing empires and kingdoms into existence, and with this, armies and destructive wars. The end of the last descending Kali Yuga was about 500 A.D. This indeed was a dark age and a woesome period on earth. Human societies were unsanitary and unstable, and dark-age religions of superstition and intolerance arose and began to function as political empires.

But from the depth of the dark age, our sun again began advancing toward the galactic center, and human mental capacity gradually began to increase. By 1600 A.D., the last descending Kali Yuga gave way to the Dwapara Yuga, and humans once again began to develop intellectually and socially. This was the age of the Renaissance and the discovery of distant continents. Telescopes and microscopes were invented. Newton discovered the laws of gravitation, and the steam engine was invented. As time advanced, science and technology developed, from railways and telegraph wires to radio waves, atomic energy, and space travel. In the political world, advances were made as well, stabilizing civilization and fostering an awareness of human needs and rights. Societal stabilization opened channels for artistic geniuses such as Da Vinci, Michelangelo, Bach, Mozart, Beethoven, and Wagner.

Today, we are well into the third century of the ascending Dwapara Yuga, and although human technological abilities and social awareness are growing, they are not nearly as advanced as they should be.

### Galactic Cycles

There is another, more subtle, effect on our evolutionary level which is caused by the natural elliptical revolution of the whole galaxy around its center. This also varies our proximity to the galactic center, but much more gradually. Although the effect is not nearly so dramatic as the 24,000 year equinoctial cycles, these galactic cycles nevertheless impact noticeably on the evolutionary level in the equinoctial cycles. It so happens that we have entered into a descending Kali Yuga, or dark age, of the galactic cycle. This is adversely affecting our entry into the equinoctial Dwapara Yuga, making selfishness and materialism on this earth much more intense. (The duration of this galactic dark age is more than four hundred thousand years.) As our evolutionary level is being drawn more and more upward by the ascending equinoctial Dwapara Yuga, it is also being pulled more and more downward by the descending galactic Kali Yuga. Today, on account of this galactic dark age, the evolutionary level of the earth is about 400 years behind its natural schedule. Although we have realized many of the technological advances normal for a Dwapara Yuga, our social and economic progress have been stunted by the influence of the galactic dark age.

### Accelerated Evolution

But fortunately, human evolution does not need to be dependent on either the genetic process or the stellar cycles. Thousands of years ago, during the golden ages, when humankind was highly evolved, a science was developed which could rapidly accelerate human evolution, so that even during the dark ages of this earth men and women of sufficient physical development could, by self effort, attain superconsciousness in their lifetime.

This ancient science of accelerated evolution originated in *Aryavarta*, which in ancient Aryan means "land of the Aryans". *Aryavarta* constituted much of modern-day Tibet, Nepal, and northern India, and it bordered on Tamil Nadu, the homeland of the ancient Tamils, which encompassed modern-day southern India and a great deal of submerged land southward. *Aryavarta* flourished during the last Satya Yuga, and its inhabitants had evolved beyond the need of technology, written language, record keeping, or even agriculture. Most had achieved some level of superconsciousness, and a few had even reached the very highest state of human evolution, attaining complete physical immortality. This highest state of evolution is difficult to achieve even during a golden age. One who achieved the highest state was called a *Siddha* (pronounced See'-dah), which means "one who has achieved perfection".

A *Siddha* is comparable to Friedrich Nietzsche's *Übermensch* or Superhuman. Nietzsche pointed out that "man is a rope, fastened between animal and Superhuman". Human is indeed the middle position in an evolutionary chain (or rope) between animal at the lower end and *Siddha* (or *Übermensch*) at the upper end.

It was Aryan *Siddhas* such as Nandi Deva, Manu, Patanjali, and Agastya who, through superconsciousness, developed the science and techniques of accelerated evolution. (Note: it was the *Siddha* Manu, remembered today for the caste system, who calculated the aforementioned equinoctial and galactic cycles.) Aryan *Siddhas* brought this science to other parts of the world, especially neighboring Tamil Nadu. The surviving allegories of ancient Iran, Greece, Rome, and northern Europe leave no doubt that it was known in these lands as well. Many of the terms and practices of east Indian religion today come from this ancient Aryan science of accelerated evolution, although more often than not their meaning and usage have been misunderstood or corrupted, as should be expected of anything which came down to us through the dark ages.

For example, the title *Guru* (pronounced Goo'-roo, which means "elder" or "dispeller of darkness") came from the golden age times. Only one who had himself reached the very highest level of human evolution (a *Siddha*), and was willing to train others, was considered a *Guru*.

Those few who obtain the highest state rarely care to remain on the earth for very long — especially during a dark age. This is because when complete superconsciousness is reached, one is easily able to perceive the vast realms of energy and pure idea which are far more attractive than the physical realm. A *Siddha* (and those who are approaching this exalted state) is perfectly capable of withdrawing all the life energy from the physical body at will and entering the higher realms in the form of pure energy. Fortunately, however, a few remain on earth to help others to advance their own evolution.

When the dark ages descended on the earth, human physical and mental structure waned, social and technological achievements disappeared, and the earth devolved into violent, unsanitary, degenerating social orders. Realizing that this equinoctial Kali Yuga was coinciding with a galactic Kali Yuga, a few Aryan *Siddhas* decided to remain on earth during the dark ages in order to help maintain some sense of order, and to preserve the ancient Aryan science until human consciousness again had the capacity to use it.

Here we should note that *Siddhas* rarely intervene directly into the affairs of the world. Humanity would certainly not advance if everything was done for them. Most of us have seen examples of children whose parents shelter them, do everything for them, and keep them from getting their own knocks in life. Such children usually grow up to be spoiled, childish adults, who cannot keep a family together nor function properly in society. The situation would be similar if *Siddhas* intervened to seize government power, or stop wars, famines, or pestilence. We would learn nothing, and at best become

nere puppets in a pre-conceived drama. But Siddhas operate primarily through their students, inspiring and guiding them to lead the earth back into harmony with Nature. As the student evolves, those within his or her circle of influence advance as well, and this, in turn, affects the advancement of the whole world. However, direct intervention does happen, usually to protect, direct, or inspire students. An awesome example of this, a sign recognizable by only a few, was the fall of the Berlin wall on the extremely unlikely date of November 9, 1989.

### Nagaraj

On the 30th of November, in the year 203 A.D., a boy of fair complexion and copper-colored hair was born in Parangipettai, a small village in Tamil Nadu. He was named *Nagaraj*, which in ancient Aryan means "King of the Serpents". His name refers to control of *Kundalini*, the great concentration of Pranaic energy which is stored in an energy center at the base of the human spine. His father, a descendent of Brahmins from the north, was the village priest who tended a Shiva temple, and so at a very early age Nagaraj was introduced to the mysteries of Shiva, Tantra, and Yoga.

At the age of five, Nagaraj was kidnapped, taken to Calcutta, and sold as a slave. But Nagaraj's new owner felt a great attraction to the boy, and soon gave him his freedom. This kidnapping incident effectively freed him from the customary obligation to succeed his father as village priest.

Nagaraj joined a group of wandering *sannyasins* (those who have taken a vow to dedicate their lives to a search for spiritual realization). For the next few years he wandered from place to place, studying ancient spiritual writings. Soon, he became well-known as a scholar, and he was often invited to speak and debate with pundits from various schools of thought.

At the age of eleven, Nagaraj and a small group of sannyasins made a long journey on foot and boat from the north all the way to the sacred shrine of Katirgama in Sri Lanka (Ceylon). There, Nagaraj met the Tamil Siddha, *Boganathar*, who was a disciple of the famous Aryan Siddha, *Agastyar* (stories of Agastyar, a great master of Tantra and Yoga, are recorded in the Rig Veda, Ramayana, and Mahabharata).

For four years, Nagaraj remained with Boganathar and learned the *Siddhantham* (teachings of the Siddhas). Then Boganathar sent him to seek initiation in an advanced technique of the ancient science known as *Vashi Yoga* or *Kundalini Pranayama*, from his own Guru, Agastyar, who had originally brought the ancient Aryan science from the north into Tamil Nadu, and had remained there in seclusion throughout the dark ages.

Nagaraj returned to Tamil Nadu and travelled on foot to the Shakti shrine at Courtrallam, which was near where Agastyar was secluded. There, he sat in an Asana (a sitting posture) and began chanting the name of Agastyar, summoning the great Siddha from his seclusion. He remained there, locked in the Asana, chanting the name of Agastyar, for 47 days and nights. On the 48th day, when Nagaraj was on the verge of complete collapse, Agastyar suddenly appeared out of the forest.

Agastyar gave Nagaraj food and drink, and when he had recovered from his ordeal, the great Siddha initiated him into the ancient Kundalini Pranayama technique. After his initiation, Agastyar sent Nagaraj back to the north, to Badrinath, in the upper range of the Himalayas - the very heart of ancient Aryavarta. He instructed his 15 year old disciple to practice the ancient technique intensively in the solitude of the Himalayan mountains, and to become the greatest Siddha the world had ever known.

Nagaraj went to Badrinath, which is well over 10,000 feet in elevation. In this vast mountain seclusion, he practiced the Kundalini Pranayama technique as instructed by Agastyar. After eighteen months of intensive practice, and at the age of sixteen, Nagaraj achieved the very highest state of human evolution, manifesting complete physical immortality. To attain the highest level of evolution at the age of sixteen - especially at the height of the Kali Yuga - is a singular achievement. Nagaraj had done just what Agastyar had directed him to do: he had become the greatest Siddha the world has ever known.

Nagaraj remained in the Himalayas, and founded a small Ashram which is secluded in the rugged mountains a few miles from Badrinath. He is there today with a small group of about 15 disciples, including his paternal cousin, Nagalakshmi Devi also known as "Mataji"), a woman of astounding beauty who, through Nagaraj's intensive training, has also become a Siddha. There are also two Americans in the group, a woman and her daughter. (This was the "immortal Ashram" which Miguel Ferrano, the National Socialist writer, philosopher, friend and confidant of Carl Jung, was seeking when he journeyed to Badrinath in the 1960s). Nagaraj still appears as a beardless youth, because, of course, he stopped aging at the age of sixteen. Today, he is popularly known by the simple, unassuming name of *Babaji* (pronounced Bah'-bah-jee), which is ancient Aryan for "revered father". His close disciples refer to him as *Kriya Babaji* or *Babaji Nagaraj*.

### **Babaji Nagaraj's Mission**

Babaji Nagaraj's mission is to preserve, clarify, and make the ancient science of accelerated evolution available to those who have the capacity to use it. This is an especially important mission because of our solar system's entry into the descending galactic Kali Yuga which is retarding the natural evolution of all humanity. He works in a number of ways, sometimes in person, but usually through his students. He trains those who

have the capacity to accelerate their own evolution, and these, in turn, are able to serve with him in the great struggle to advance the evolution of the whole earth.

He has written no books, since the written word is so subject to misinterpretation in this age of ignorance (those of us who have written can testify to the astounding misinterpretations and ridiculous extrapolations which are given to even the simplest of written ideas). Instead, the great Siddha has synthesized the ancient science into 144 essential techniques, which he calls *Kriyas* (pronounced Kree'-yah, which means "rite" or "ritual"), and which constitute a comprehensive training program to rapidly accelerate human evolution. (These techniques are a form of Tantra. The words Kriya and Tantra have almost the same meaning. Since Tantra had become almost completely identified with sexual rituals during the dark ages, Babaji Nagaraj called his techniques Kriya.)

Kriya is not meant to become a new religion, and Babaji Nagaraj does not want a religion built around him. He prefers to remain in the background while his advanced students teach Kriya to all who have the capacity, regardless of religious preference, if any. He wants some form of Kriya to be practiced in a number of different social and religious circles so that there will be a much greater effect on the general upward evolution of humanity.

### Kriya Returns to its Aryan Heirs

By the 20th century, the equinoctial Kali Yuga was long past, and human intellect had advanced enough for the ancient science to be introduced to its Aryan heirs. The great Siddha had arranged for a variation of Kriya to reach the west early in this century.

In 1861, Babaji Nagaraj initiated a Bengali Brahmin householder, Lahiri Mahasaya (pronounced Lah'-hree Mah-hah'-shaye) into Kriya, and directed him to teach it to others in northern India. Lahiri Mahasaya practiced Kriya for many years and attained a very advanced level of evolution. He synthesized the original Kriya Kundalini Pranayama technique (the 19th Kriya) into several, somewhat different Kundalini Pranayama techniques which he called "Kriya Yoga" and taught in a series of progressive initiations. We should note here that the original Kriya Kundalini Pranayama technique has many possible ramifications, and a Kriya master like Lahiri Mahasaya may wish to adapt it to the particular evolutionary level of his students. In fact, Lahiri Mahasaya taught different variations of his Kriya techniques to different students, including a different variation to each of his two sons. Even though different from the original form, Lahiri Mahasaya's Kriya techniques are definitely very powerful. Several of his disciples attained a very high level of evolution through Kriya practice, and they became famous teachers with students of their own.

One of Lahiri Mahasaya's most advanced students was another Bengali, Sriyukteswar (pronounced Shree-yook-tesh'-vahr). In 1894, Babaji Nagaraj met with Sriyukteswar and told him that he would send him a special student to be trained to teach Lahiri Mahasaya's Kriya Yoga in America and Europe. This was yet another Bengali, Paramhansa Yogananda (pronounced Pahr-ahm-hahn'-sah Yoh-gah-nahn'-dah), who, after several years of intense training by Sriyukteswar, attained a very advanced level of evolution. In 1920, Babaji Nagaraj

personally asked Yogananda to go on a special mission for him — to go to live in the United States and teach Lahiri Mahasaya's Kriya Yoga to the Aryan heirs of the ancient science of accelerated evolution.

Yogananda had an extremely difficult task. America of the 1920s, 30s, and 40s was steeped in fundamental Christianity — often intolerant and inflexible, and sometimes even dangerous when defied. But the very magnetism generated by his advanced state of evolution assured an astounding success. Yogananda traveled across the country, filling lecture halls with enthusiastic audiences. But there were also efforts to stop him. On one occasion, a group of Christian ministers hired a gunman to kill Yogananda. But the assassin was completely unable to carry out his task. When he approached Yogananda, he dropped his pistol and ran away. On another occasion, the owners of slum tenements, irate at Yogananda after he dared to publicly denounced them, also hired assassins. But this attempt failed in a similar manner. Yogananda had evolved beyond the power of anyone to do him harm.

In order to make Kriya as palatable as possible for Christianized Americans, Babaji Nagaraj instructed Yogananda to further simplify and Christianize Lahiri Mahasaya's Kriya Yoga. But in spite of the simplification, the techniques are still very powerful, and many of his students attained advanced states of evolution. To help accomplish his difficult mission, Yogananda founded an organization based in Los Angeles, *Self-Realization Fellowship*, which publishes his books and teaches his Kriya Yoga techniques to students all around the world. Yogananda remained in the United States, training students, for over 30 years. In 1946 he wrote his famous and very readable *Autobiography of a Yogi*, which was the first public reference to Babaji Nagaraj (whom he called "Mahavatar Babaji"). In 1952, Yogananda announced to his close disciples that he had completed his mission for Babaji Nagaraj, and that he would be leaving this world shortly. At the end of a public

speech in Los Angeles, he slumped quietly to the floor as he withdrew the life energy from his physical body. The authorities conveniently pronounced him "dead of a heart attack". The incident became even more astounding when officials at Forest Lawn Cemetery announced that Yogananda's body showed no signs of decomposition, apparently in a phenomenal state of incorruptibility.

Self-Realization Fellowship still produces Yogananda's books and gives instruction in his Kriya Yoga. Unfortunately, they have become a church, and since their main market is among the new age group, they present Yogananda as a somewhat effeminate and politically-correct, new ager, which is considerably different than he actually was.

Yogananda was a close friend of Luther Burbank, a supporter of the human eugenics movement popular in those days. He was also a supporter of Burbank's close friend, Henry Ford, who was outspoken about the power of international Jewry. Yogananda was scathing about Roosevelt and his "New Deal" policies, predicting that they would damage the country in the future. Moreover, Yogananda did not see Adolf Hitler as the incarnation of evil which he is painted as today. While visiting Germany in 1936, he requested an interview with the German leader, confiding to his close disciples that if he could see Hitler, he might be able to prevent the coming war. However, Hitler was not available at that time and Yogananda's schedule did not permit the possibility of a later meeting. He later confided that he realized that he was not supposed to interfere in this matter. As disagreeable as the future was to be, it had to be so. His own mission was otherwise. After his return to the United States, he told his students that "selfish politicians are pushing America into war". He admired and supported Charles Lindbergh and Senator Taft, and he supported the America First Movement which was trying to prevent Roosevelt from involving this country in a needless war with Germany. When the Roosevelt administration finally manipulated Japan into

attacking, he used his powers, which were considerable, to keep his students and their families from having to be involved in the fighting. After the war, he publicly exhorted Americans to "Turn in Communists! You have no idea what they are trying to do to your country!" In stark contrast to his opposition to World War II, he called the Korean War "a holy war against the forces of evil".

Yogananda asserted that the future social order would be what he termed "spiritual socialism", which he defined as people of like spiritual values living together on their own land in small, rural, cooperative communities. He called for people to form such communities now, in order to escape the future social chaos and collapse which he foresaw. He told one of his disciples, who was from Boston, that within a hundred years all of the people in Boston would be dark-complected. Clearly, Yogananda foresaw the multi-cultural trend of the country, and the massive problems it would generate.

But Yogananda realized that anything at odds with the coming political-correctness would restrict the spread of his Kriya Yoga, and keep it from many who could use it not only for their own benefit, but for that of all humanity. It was not his mission to combat political degeneracy, but to see to it that the Kriya techniques were available on a wide scale. And so, he instructed his disciples to edit his *Autobiography of a Yogi* and other writings to make them as acceptable as possible to prevailing public attitudes. This, of course, gives a somewhat distorted picture of Yogananda and his teachings. But in spite of the editing, we highly recommend Yogananda's *Autobiography of a Yogi*. This is a fascinating book which gives a clear view of the awesome power and abilities inherent in Kriya practice.

Today, there are others from the lineage of Lahiri Mahasaya, Sriyukteswar, and Yogananda who are teaching variations of Lahiri Mahasaya's Kriya Yoga in the United States and Europe. Some of these forms are Christianized, while others are very

traditional. Some even seem to be locked in a 19th century Bengali time warp. But now, as we are advancing even farther into the Dwapara Yuga, Babaji Nagaraj has opened another path, one which offers training in his original 144 Kriyas.

Shortly after Yogananda's mission had ended, Babaji Nagaraj summoned his Tamil disciple, S. A. Ramaiah, to Badrinath, where he trained him in the original 144 Kriyas. After six months of training at Babaji Nagaraj's Ashram, Ramaiah returned to his home in southern India and began giving intensive training to a small number of students. Over the years he journeyed to the United States and trained a few students here as well. One of his American students, a young man from Los Angeles known today as Marshall Govindan, received intensive training for 18 years, and then settled in Canada with his French-Canadian wife. In December of 1988, Babaji Nagaraj asked Govindan to begin teaching the original 144 Kriyas in North America and Europe. And so, beginning in 1989, the original 144 Kriyas were made available in this country. Like Ramaiah, Marshall Govindan calls his training *Babaji's Kriya Yoga* to distinguish it from the Lahiri Mahasaya and Yogananda variations already available.

### Arya Kriya

In this country, the various Kriya paths are tailored to appeal to their largest (and perhaps their only) market, the new age crowd. But the Great Siddha certainly does not want access to Kriya to be so limited. It is critical that we make up for the 400 years of evolution in which we are behind, and to do that will require many more idealists to begin raising their evolutionary level. Babaji Nagaraj wants there to be a Kriya path to appeal to any sincere idealist who has the capacity to make use of it. His new channel is for idealists among the small and little-known groups of Odinists, Aryanists, and National Socialists. This Kriya training is from an Aryan perspective, and is called simply: *Arya Kriya*.

### The Path of Kriya

Kriya is not a religion. It is a comprehensive training program to accelerate human evolution, so that one can realize and experience the infinite consciousness, or "God", in the context of any religion -- or none at all.

Kriya techniques accelerate human evolution by concentrating Pranic energy in the brain. The physical body is like a battery. We are born with a great concentration of Pranic energy which is stored in an energy center near the base of the spine. This energy supply is somewhat recharged through the intake of natural energy sources: air, water, food, and sleep. For many years we abound with energy. But usually after we enter middle age the energy charge begins to be depleted. As we grow older we have less and less energy, and the body becomes weaker, begins to deteriorate, and becomes more subject to diseases and injury. Finally, when the energy is exhausted or very weak, we die.

Unlike lower life forms, the human body consists not only of the brain and spinal column, but of a number of developed Pranic energy centers, called Chakras (pronounced Chahk'-rah, which means "wheel"), which function as storage areas and switching stations to direct the energy throughout the body. These Pranic centers, and the Pranic energy channels which connect them, are utilized in acupuncture and in the control of the *Ki* or *Chi* in oriental martial arts. The seven largest of these Pranic energy centers lie along the spinal column and direct this energy as needed or desired to various parts of the body and the senses.

These seven Pranic energy centers along the spine are known as *The Highway to the Infinite*. When these energy centers are stimulated by the psycho-physiological techniques of Kriya, the Pranic energy is redirected away from the sensory organs, up through these energy centers into the brain. When Pranic energy is sufficiently concentrated in the brain, superconsciousness is attained and human evolution is advanced.

Kriya is an integrated series of techniques which are grouped into five major categories:

### **Asana Kriya**

There are 18 essential physical exercises which are designed to completely eliminate illness and the infirmities of old age. These relax and rejuvenate the muscles and tendons, massage the internal organs and glands, and most important, they stimulate and strengthen all of the important Chakras, or Pranic energy centers. This eliminates blockages and permits the transmission of increasing amounts of Pranic energy, keeps the body free from impurities, functional disorders, and diseases, and advances evolution. These exercises are called *Asana Kriyas* (pronounced Ah'-shah-nah, which means "position"). They are similar to some of today's Hatha Yoga postures, but the Asana Kriyas are far more dynamic and powerful.

### **Kriya Kundalini Pranayama**

*Kriya Kundalini Pranayama* (pronounced Koon-dah-lee'-nee Prah-nah-yahm'-ah, which means control of Kundalini, the concentration of Pranic energy stored in the energy center near the base of the spine) is a powerful psycho-physiological technique which is the very heart of Kriya. This technique consciously directs Pranic energy up and down the Pranic energy channels of the spine, stimulates all the Pranic energy centers along the spine, and moves the Kundalini energy up through these energy centers and into the brain. This concentrates enough Pranic energy at the brain to bring about superconsciousness and to accelerate evolution. In addition, this technique slows down the breath and heart beat, which relaxes these organs and increases the natural length of human life.

### **Dhyana Kriya**

*Dhyana Kriyas* (pronounced Dee-yah'-nah, which means control of the mind) train the individual to control mental restlessness and to awaken the latent higher faculties of the mind.

Another important purpose of Dhyana Kriya is to cleanse the subconscious mind. The subconscious mind carries a great deal of hidden mental baggage (fears, suppressed desires, likes and dislikes) which control our character, influence our decisions, and cause mistakes and misunderstandings.

### **Kriya Mantras**

The Siddhas realized that sound was a powerful force which could be utilized in many beneficial ways. From their superconscious awareness, they observed that certain tones can affect our mental faculties or stimulate various Pranic energy centers. They called these tones or sounds *Mantras* (pronounced Mahn'-trah, which means "mind protector"). There are Mantras which can change one's consciousness, protect one from negative influences, cleanse subconscious emotions, heal various physical maladies, and even cause damage or kill. Babaji Nagaraj has developed powerful Kriya Mantras which change one's consciousness from ego-centered to spiritual-centered. Ultimately, the Kriya Mantra itself completely replaces the individual's self-centeredness, and cleanses the subconscious mind of all harmful emotional detritus.

### **Bhakti**

When superconsciousness is attained (Pranic energy is concentrated in the higher Pranic energy centers), one can completely experience—feel, see, hear, and smell—the infinite consciousness of which even the all-pervading Pranic energy is only a manifestation. The actual perception of this infinite consciousness is an intense, almost overwhelming, feeling of never-ending, ecstatic joy. The ancient Aryan word for this feeling is *Bhakti* (pronounced Bahk'-tee). But some degree of Bhakti can be experienced even before superconsciousness is attained. Certain spiritual activities or associations can temporarily concentrate enough Pranic energy in the higher centers to bring about an experience of Bhakti. This can happen during fellowship with other Kriya initiates, such as during Kriya retreats or group Kriya practice. It is not uncommon while chanting

Mantric songs, and especially during Mantra Yagnas (group chanting of Mantras around a fire). The more often that Bhakti is experienced, the longer the Pranic energy will remain in the higher centers (especially in conjunction with the daily practice of Kriya techniques), and the more rapidly evolution will advance. An important part of the Kriya path is for the Kriya initiate to experience Bhakti through such activities and associations as often as possible.

### Other Aspects of Kriya

- Babaji Nagaraj also recommends that each Kriya initiate perform serviceful work to help raise the evolution of humanity and bring the planet back into harmony with the immutable laws of Nature. The type of work, of course, varies with the natural abilities or desires of the individual. Daily practice of Kriya dramatically increases one's abilities, and so the combination of Kriya practice and serviceful work not only advances the individual, but his or her circle of influence as well.

- Although Babaji Nagaraj clearly qualifies as a Guru in the original sense of the word, he requires no Guru-disciple relationship from students of Kriya. He is perfectly content to remain in the background, and he encourages students to focus on any appealing spiritual icon. He has no desire to be the center of anyone's attention. His only concern is the upward evolution of this earth.

- Kriya is not limited to the young. Kriya practice may be started at any age so long as due caution is used with some of the physical exercises. Also, even ill and infirm individuals have used Kriya to heal themselves and then progress. Even a little practice of Kriya is amazingly beneficial.

- Kriya does not encourage renunciation of involvement in the world, but rather stresses the individual's duty to make contributions to the welfare and higher evolution of humanity.

- Kriya encourages family life and having a life partner with whom to advance on the path.

- Kriya does not denigrate the physical body. The proper care of the physical body is very important to achieving higher levels of consciousness.

- The ultimate goal of Kriya is not the transformation of the individual, but the transformation of the world.

### Arya Kriya Initiation

Initiation into Arya Kriya is offered through our written training course, which is designed to be studied and practiced in the privacy of your own home. We offer three progressive levels of initiation.

The first level initiation covers purification of body and mind, the 18 essential *Asana Kriyas*, and *Hong Sau*, an ancient Aryan psycho-physiological technique to develop concentration and control Pranic energy.

The second level initiation is the very heart of Arya Kriya, the *Kundalini Pranayama* technique, which accelerates human evolution and extends the normal span of human life.

The third level of initiation is a series of *Dhyana* techniques to develop the mental faculties.

Arya Kriya initiates at all levels receive *Arya*, our monthly newsletter which provides additional information and training and serves to network our circle of initiates.

Applications for Arya Kriya initiation are available from:

Jost  
PO Box 256  
NSJ, CA 95960 USA

### About the Author

For the interest of the reader, I have included some details about my own life, experiences, and training.

I was born in California in 1946. My first real spiritual training was at the age of 16, when I received training in Shotokan Karate (which was far less commercialized at that time) under the great master, Hiditaka Nishiyama. This gave me an understanding of the necessity of, and some good training in, discipline and will — something which I would soon sorely need just to survive.

After the completion of high school I joined the Army and was assigned to a reconnaissance platoon of the 101st Airborne Division. Within a year, my unit was sent to Vietnam where I spent two years in combat. My experiences there were pretty traumatic, and to this day I recognize the great effect which they had on me. My view of life went through a sobering transition in those steaming, insect-ridden jungles of Vietnam. All around me was pain, disease, death, and disfigurement. More fortunate than many, I left Vietnam with only minor damage. I returned embittered, confused, and thirsting for truth.

The transition back into American society of the late 1960s was not an easy one for me. I had no interest in the status quo, and with some exasperation I watched the flowering of the drug-culture. The jungles had taught me the speciousness of politics and politicians. I knew that truth must be sought elsewhere. I began a spiritual search. Having rejected Christianity long ago, I browsed through occult and new age literature, but found little of interest or of value. I first focused on Edgar Cayce, an astounding American psychic famous for his psychically prescribed medical treatments which were tried and proven. His spiritual view was fairly Christianized, but with very strong east Indian overtones. But what fascinated me most was his assertion that in the prehistoric past there were civilizations on the earth that were far more advanced than those today. The

details he gave on this went far to explain a great many historical mysteries, and I began to perceive the reasons for the chaos around the world today.

But the most influential book I ever read was Yogananda's *Autobiography of a Yogi*. Although also somewhat Christianized and from a Bengali perception, the information therein opened up vast new vistas for me. It all seemed strangely familiar to me, like something forgotten from ages long past. But the one thing in the book that most transfixed me was a drawing of one who, unlike the others illustrated, was clearly not a Bengali. This was the great master who Yogananda called *Mahavatar Babaji*. I was drawn to him immediately.

I received training in Kriya Yoga from Yogananda's Self Realization Fellowship. I was fortunate to be living near one of their centers, and so I regularly attended group practice of the Kriya techniques. It wasn't long before I noticed that the psycho-physiological techniques were having an effect on me. By this time I had entered college on the GI Bill. I had never been much of a scholar, which was amply reflected by my high school grades. But I found that after a year of more of Kriya practice my abilities had greatly increased. Unless required, I did little or no homework and rarely studied for a test. Yet I remained on the Dean's List throughout college.

By the time I finished college, I was tired of the degeneracy and chaos of the city, and I longed for more training in the Kriyas. I moved to a small intentional community in northern California which was founded by one of Yogananda's direct disciples. He had not only received training directly from Yogananda, but had spent some time in India with disciples of Lahiri Mahasaya. He was a fountainhead of knowledge and information, and very articulate as well. He foresaw the importance of Yogananda's cooperative communities, and he realized that it was his mission to fulfill that vision. Today, his intentional community is probably the largest and most successful in the world.

From this disciple, I learned a great deal more about Yogananda and Lahiri Mahasaya's Kriya techniques, and I noticeably advanced on the path. However, I was somewhat disconcerted that even here, just as with Self Realization Fellowship, "Mahavatar Babaji" was kept in the background, as something of an enigma. No details of his life or mission, other than what was described in *Autobiography of a Yogi*, were known, and he was treated somewhat as a legend. I have since learned that the Great Siddha wished it to be this way, and had instructed Yogananda to keep him in the background. He wanted no religion built around him. Later on, he would come to his own.

After a while I moved to a remote, secluded spot in the forest, where I lived with my family in a simple canvas Tipi for more than five years. This primitive life-style did much to strengthen my Kriya practice. More and more I attuned myself to the Great Siddha, and my awareness and perception increased. However, I was aware that something was missing. I was certainly not a Christian, but neither was I a Hindu nor an American Indian. Yogananda had said that he had not come here to make Hindus out of Americans, but that his Kriya Yoga would enable everyone to come to spiritual realization in their own native religion. Thinking in terms of Christianity being my native religion, Yogananda's assertion sent cold shivers down my spine.

But the truth is not hard to find. It took only a little research for me to discover that the originators of Kriya were of the same blood as myself. In ancient times, Aryans, men and women of fair skin and hair, had built a great civilization in what is now northern India, and it was they who developed the powerful Kriya techniques. Finally, I understood fully the truth of Yogananda's words. Kriya is actually our own heritage, and Yogananda had simply brought it back to us.

At about that time, I also became involved with the revival of the pre-Christian religion of northern Europe, Odinism or

Asatru. I immediately recognized that the Kriya path of accelerated evolution was what was symbolized by the allegories of Wotan, Thor, Yggdrasil, etc. I realized that the hand of the Great Siddha had carefully guided me to an awakening undreamed of. Kriya was my own spiritual heritage from both the east and the west.

As my Kriya practice became stronger and more focused, I discerned that Babaji Nagaraj was drawing me nearer to him and guiding me to take part in the great struggle against the dark age forces. After I was initiated into the original form of Kriya Kundalini Pranayama, and into all of the other 144 Kriyas, he inspired me to open this new Kriya path, Arya Kriya, especially for Aryanists, Odinists, National Socialists, and other true heirs to the ancient Aryan science of accelerated evolution (who would understandably miss its significance if adorned with new age or east Indian trappings).

Please note: I am not a Siddha. I am just a pilgrim on the Kriya path and my life is dedicated to the great struggle. But I have witnessed many awesome transformations and events, and I have directly experienced the great power of this ancient Aryan science. I would never, ever, even consider leaving the path. Moreover, I am not a wordsmith by any stretch of the imagination, and in fact, I do not even like to write. But for whatever reasons, I have been selected to write this information down and to distribute it to other sincere seekers. This I do as a sacred duty and as serviceful work on the Kriya path. But I must point out that all credit should be given strictly to Babaji Nagaraj. Any errors or omissions are my responsibility.

--lost

### Postscript: the Origin of Aryans

A number of scholars assert that Aryans originated somewhere in central Asia, and then immigrated both westward toward Iran and Europe and eastward into what is now India. But here are others who contend that Aryans originated in Europe, and from there immigrated eastward into the middle east and Asia. However, these theories are all based on evidence which dates from time periods of around 2000 to 4000 B.C., which was left from the migrations of some Aryan tribes during the early part of the last descending dark age.

But astrological references in the earliest of written records confirm that the time period of Aryavarta was long before this. Its origin was at least 15,000 B.C., and it endured until its predictable disintegration when the earth's equinoctial cycle entered the dark ages.

The evidence of advanced civilizations such as Aryavarta is ignored or suppressed because the research, evaluations and conclusions of today's scientists are affected by their own social, religious, and political orientation, and their environment in today's industrial-agricultural civilization — a civilization based on the very dark age cultures and civilizations on which their investigations are focused. For the most part, their strong intellectual and scholastic identities do not allow them to conceive of a civilization where matter is not only recognized as energy, but also manipulated as such. Few seem to be able to conceive of a civilization beyond the need for written records, roads, wheels, machinery, agriculture, or apartment complexes. Yet the records are there.

The earth abounds with historical impossibilities such as, for example, the pre-historic megalithic structures in South America (and many others throughout the world) — structures made of huge stones weighing hundreds of tons, transported from distant quarries without the use of roads, wheels, or any other means necessary to do the same today, and erected at great

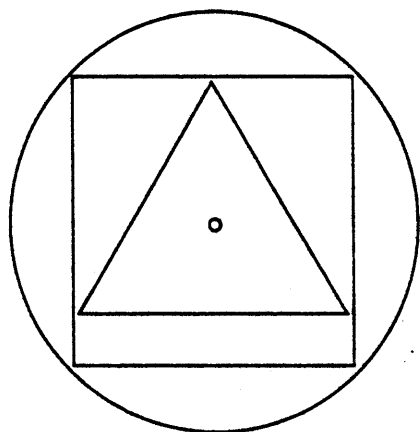
heights, fitted together, often at completely random angles, with astounding accuracy (accomplishments which would be extremely difficult — and some impossible — with the technology available today). Unable, or unwilling, to conceive of such advanced civilizations, most investigators continue to base their theories on easily explainable artifacts left from the dark ages. And so, until scientists focus their investigations much further back in time, the true origin of Aryans remains unknown.



**Babaji Nagaraj**

***To Babaji Nagaraj,  
who has guided me in writing this booklet,  
as he has guided me all through life.***

***--lost***



### **The Yantra of Babaji Nagaraj**

**The Yantra is a geometric symbol which represents the mission of the great Siddha. It is in many ways like his signature, and in fact, he uses it as such when writing to his advanced disciples.**

***For those who realize that to change this world,  
you must first change yourself!***

**NE Rindred  
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NSJ, CA 95960**

# ARYA KRIYA



**Guidelines  
for  
Arya Kriya Training**

Welcome to the fellowship of Arya Kriya initiates. We are happy to have you join us on this great path which will take you beyond human mediocrity to the crowning glory of human evolution, the Übermensch or Siddha -- truly life's greatest adventure!

The enclosed booklets contain all the information you will need to begin your journey on the path of higher evolution -- *The Path of Wotan*. The Kriya techniques are the tools which, when mastered, will enable the Arya Kriyaban to accelerate his or her evolution beyond all limits imaginable. We have made every effort to write these booklets as clearly and comprehensibly as possible, but if you have any questions, please do not hesitate to write us. Please enclose a stamped, self-addressed envelope with your correspondence.

Arya Kriya is an integral discipline, that is, the different components of it (natural living, Asana, Pranayama, Dhyana) complement each other, and all of them need to be practiced together each day. When Kriya is practiced faithfully, it becomes a way of life and you will advance rapidly in health, vitality, and evolution.

We recommend that you learn Kriya one step at a time, using the following guidelines:

\*1) Begin your training by carefully reading *Purification of Body and Mind*. Begin applying the principles of natural living to your daily life. For many people this may be a drastic change and difficult. Don't ever get discouraged. Simply apply the principles of dynamic will with patience and determination, and slowly begin changing yourself while you practice the Kriya techniques. The very practice of the Kriyas will pull you toward natural living.

\*2) Read the section on *The Energy Centers*. There is no need to memorize the names of the centers, but be familiar with their location and the areas which they service.

\*3) Read the section on *Hong Sau* and on through *The Cleansing Exercise*, and begin learning Hong Sau and the Cleansing Exercise. Practice these techniques twice a day as prescribed.

Note: You do not need to master Hong Sau (or any of the techniques, including natural living) before you proceed to the next one. As soon as you are reasonably comfortable with the technique, begin learning the next. You can perfect all the techniques at once during your daily practice. Some will be easier than others.

\*4) Read the booklet on *Asana Kriya* and begin learning the Asana Kriyas. Practice them at least once a day as prescribed, along with Hong Sau and the Cleansing Exercise.

\*5) Read the booklet on *Kundalini Pranayama Kriya* and begin learning Kundalini Pranayama Kriya. (See the Dhyana Kriya booklet for instruction in Kechari Mudra.) Practice this powerful technique as prescribed along with your practice of the Asana Kriyas, Hong Sau, and the Cleansing Exercise.

\*6) Read the booklet on *Dhyana Kriya* and begin learning the Dhyana Kriyas. Practice these techniques as prescribed along with your practice of the Asana Kriyas, Hong Sau, Kundalini Pranayama Kriya, and the Cleansing Exercise. [The section on *Kriya Routine* in the old editions of the Dhyana Kriya booklet does not mention Kundalini Pranayama Kriya. This is because these booklets were written before the Kundalini Pranayama booklet was complete. The new editions read: *The Asana Kriyas should be practiced at least once a day, followed by Hong Sau, Kundalini Pranayama, one of the Dhyanas (alternate Asa Dhyana one day and Chakra/Omkara Dhyana the next), and ending with the Cleansing Exercise...If there are time constraints...practice at least Kundalini Pranayama and the Cleansing Exercise.*]

Note: It is important to periodically reread all of the booklets again for renewed inspiration and to be sure you are still practicing the techniques correctly.

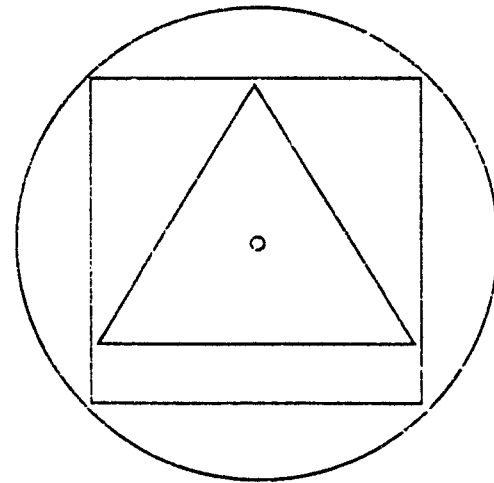
\*7) Arya, our quarterly journal especially for Arya Kriya initiates, continues where the lessons leave off: linking together Arya Kriya initiates around the world; supplying more information on Kriya, more Kriya techniques, questions and answers; and group and individual programs to change this degenerating world. We recommend that all Arya Kriyabans subscribe to this journal.

\*8) We are in process of building a seclusion retreat for Kriyabans here at Volksberg (our secluded 80 acre homestead in the mountains of northern California). We hope to offer personal instruction and group training here in the near future. We recommend that all Arya Kriyabans attend.

**OM KRIYA BABAJI NAMA AUM**

(The Mantra of Babaji Nagaraj, explained in the Asana Kriya booklet)

# KUNDALINI PRANAYAMA KRIYA



--jost--

# KUNDALINI PRANAYAMA KRIYA

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*To Allfather,  
who has guided me in  
writing this booklet,  
as he has guided me  
all through life.*

*- JOST*

*For those who realize that to change the world,  
you must first change yourself!*

**NS Kindred**

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## Kundalini Pranayama Kriya

Some of the many "new age" religions, cults, spiritual paths, or new "isms" are based on some aspect, segment, or branch of the ancient Aryan science of accelerated evolution — more often than not, partially or completely misunderstood. They abound with such terms as "spiritual enlightenment", "Self-realization", "God-realization", "God-consciousness", "one with God", "Nirvana", merging with or absorption into the "Universal Consciousness", etc. These terms are used to describe the goal of their new religion or spiritual path, which, they affirm, is to attain a higher state of consciousness or awareness. But call it whatever you may, what is being referred to is one thing and one thing only: an advanced state of human evolution.

The term *evolution* is virtually never used (except perhaps "spiritual evolution") since this opens up a political can of worms which few who subscribe to the new age movement would ever want to face. The very idea of accelerating human evolution, of course, presumes that humans are on different evolutionary levels, some very high, most completely mediocre, and many very, very low. This, of course, would be only the proverbial tip of the iceberg. Once it is admitted that individuals are on such vastly different evolutionary levels, then it becomes reasonable to ask if the various races (subspecies) of humans might not also be on lower and higher evolutionary levels, and if each race's readily observable social and scientific development might be a good measure of the height of that race's evolutionary level? But since this threatens today's political fantasies, the word evolution has been completely avoided and the aforementioned benign terms substituted. While this makes the product more readily marketable, it also creates a great deal of confusion, obscures the true purpose and goal of the

path, and, worst of all, it puts up an intellectual barrier which keeps out many who could excel and who would apply the results of their discipline toward the true goal: bringing forth a new golden age on this earth.

But the golden ages were not encumbered with political taboos which create chaos and physical degeneration while serving the labor and marketing interests of the financial elite. The Siddhas recognized that individuals were on different evolutionary levels, and that the races — which are really only an outward physical manifestation of groups of individuals with common values, desires, and aspirations — were, as a whole, also on different evolutionary levels (there are always individuals of the highest and lowest evolution in every race, but some races have more individuals on a higher level, while others have more on a lower level. Hence, each race as a whole manifests a particular level of evolutionary development).

The Siddhas recognized that evolution was what this world was all about — the struggle for higher and higher evolution. They understood that in this planet's chain of evolution, plants and animals have a rudimentary form of consciousness which is sensitive to feelings and emotions. When animals (and even plants) are trained, their reactions are not based on any sort of reason, intelligence, or logic, but are simply conditioned responses of feeling and emotion. The natural instincts of animals are conditioned emotional responses which are in place genetically as part of their consciousness. The more highly evolved the animal, the more perceptive their consciousness of feeling and emotion is developed. Even the most highly evolved of animals, the frugivorous apes and monkeys (Gorillas, Chimpanzees, etc.), are governed entirely by this consciousness of feeling and emotion.

Humans are the highest evolved creatures on this planet, and this higher evolutionary state is measured neither by brute strength nor physical agility, but by a more advanced consciousness. Humans have developed a mind which has an intellect and which is capable of reason and logic. This gives humans a tremendous advantage over the lower animals, which are locked in a world of feeling.

However, human consciousness is still encumbered with the rudimentary animal consciousness of feeling and emotion, which is called the subconscious mind. In less-evolved humans, this repository of emotions, brought over from the lower forms of evolution, is still a dominant factor, and it controls the individual with animal passions, fears, and desires, bolsters ego-consciousness and makes self-aggrandizement the goal of life. When this level of evolution is abundant in a society, that society is repressive, chaotic, unsanitary, with few or no technological advances. In higher evolved humans, the faculties of intellect, logic, and reason are more developed, and they are able to subdue many of the grosser passions of the sub-conscious mind. They begin to see beyond egoism, and goals of idealism are perceived as the purpose of life. When this level of evolution is abundant in a society, that society is much less repressive, stable, sanitary, and with noteworthy technological developments.

But actually, the highest state of evolution is the Superhuman or Übermensch. When this level of evolution is reached, the emotions, fears, and desires of the subconscious mind have been cleansed so that the conscious mind is able to operate unimpaired. This allows the faculties of the Superconscious mind to develop, which gives the Superhuman a level of consciousness which dwarfs human consciousness as much as human consciousness dwarfs animal consciousness. This level of

consciousness is very rare today, but it is abundant in the golden ages, when Superhumans live in harmony with Nature, beyond the need of, or desire for, technology, cities, written records, and other such things which are deemed essential today.

The Siddhas of ancient Aryavarta recognized that higher evolution is the sole purpose of mankind's existence. They also recognized that humans of high evolution were absolutely indispensable to keep the planet from degenerating into chaos and complete destruction during dark ages. To ensure that there would be individuals of high evolution even during the darkest of ages, the Siddhas developed various methods of accelerating an individual's evolution. Along with Asanas, Mudras, Mantras, and Dhyana techniques, they also developed the most powerful and rapid technique for accelerating human evolution: *Kundalini Pranayama*.

#### **Accelerated Evolution**

Through their superconscious perception, the Siddhas realized that the Pranic energy system of the human body is interrelated with the physical cosmos, particularly the sun and the twelve constellations of the Zodiac. The Sahasrara corresponds to the sun, and the positive and negative poles of the six lower Chakras correspond to the twelve constellations. The Siddhas discovered that if Pranic energy is mentally directed in a half minute revolution upward and downward around the Sahasrara and the six lower Chakras, that half minute revolution of Pranic energy would accelerate the natural physical evolution one full solar year. With the Kundalini Pranayama technique, an initiate could accomplish in one half minute by intelligent self-effort that which Nature brings to pass in one year of completely natural living. In eight and a half hours of concentrated Kundalini Pranayama practice, an expert Kriyaban could

advance his or her evolution 1000 years. However, one who wishes to engage in extensive Kundalini Pranayama practice must prepare his body and mind to cope with the tremendous energy generated by this technique. In the beginning, the Kriyaban should practice this technique only twelve to twenty-four times, twice a day.

Revolving the Pranic energy up and down the spine will magnetize the spine and draw energy into the deep spine from the rest of the body and also from outside the body. This magnetization of the spine also draws the Kundalini, the stored-up Pranic energy in the Muladara Chakra, up the spine, ultimately filling the Sahasrara with enough energy to bring about superconsciousness.

### **The Law of Inverse Proportions**

Another important aspect of Kundalini Pranayama is its regenerative effect. This is called *The Law of Inverse Proportions*. The Siddhas recognized that the span of life is inversely related to the rate of breathing. This is proved from the study of modern zoology. The shortest lived creatures on this planet have the fastest respiration, while the longest lived creatures have the slowest. Sea turtles and giant tortoises easily live to an age of three hundred years, yet they breathe only about four breaths per minute. Humans breathe at about eighteen breaths per minute and live only about seventy years, while monkeys breathe at thirty-two breaths per minute and live less than half of a human life span. The rate of the heart beat is directly related to the rate of respiration. The faster the respiration, the faster the heart beats, and the faster the energy supply is depleted, the heart wears out, and the creature dies. The slower the heart beats, the longer the energy supply, and the longer the life span.

Kundalini Pranayama slows the respiration rate to about two breaths per minute. This, in turn, slows the heart

beat and allows that organ to rest from its constant labor. Kriyabans are thus able to rest the heart and conserve (and recharge) the vital Pranic energy. This increases their life span. When full superconsciousness is attained, the body is filled with Pranic energy, and so there is no need at all for breath or heart beat, and the body thereby ceases to age. By manipulating the Pranic energy in superconsciousness, the advanced Kriyaban can also rejuvenate the physical body at will.

### **The Pranayama Position**

Kundalini Pranayama is also practiced sitting in Swastikasana, and with your eyes in Ajna Mudra. However, the arms are not held in Swastik Mudra. Instead, the hands are placed on your crossed legs (or in your lap if you are sitting on a chair), against your abdomen. The hands are held open, palms up, fingers together, thumbs away from your abdomen. One hand is placed on top of the other (right hand on top of left for men, left hand on top of right for women). Your shoulders should be held back to keep your spine straight, but you may let your elbows bow out somewhat more in line with the position of your hands. (The drawing of Babaji Nagaraj shows the great Siddha in the correct Pranayama position). As in the Dhyana position, other than the slight tension necessary to hold the spine erect, keep the body relaxed.

### **Kundalini Pranayama**

Kundalini Pranayama is similar to Hong Sau. In Hong Sau you *watch* the breath and the energy flow in the spine, but in Kundalini Pranayama you *control* the breath and the energy flow in the spine.

Sit in Swastik Asana, with your hands in Pranayama position, your tongue in Kechari Mudra, and your eyes locked in Ajna Mudra. Inhale through your nose, completely filling your lungs. The breath should be done with

enough force so that you can make a slightly perceptible sound of Ah as you breathe in. When your lungs are full, exhale, with your throat a little constricted so that you can make a slightly audible sound of Ee. Exhale until your lungs are completely empty. As you breathe, there should be a continuous, slightly audible Ah sound with the inhalation, and a continuous, slightly audible Ee sound with the exhalation. Here again, these sounds are Mantras which stimulate the Ida and Pingala energy channels.

In Kundalini Pranayama you control not only the sound, but also the length of your inhalation and exhalation. Each inhalation should take from 10 to 15 seconds (at least 10 seconds, preferably 15 seconds), and each exhalation should take the same amount of time as the inhalation. As the breath goes in, making the slightly audible sound of Ah, count from one to ten or one to fifteen at about one count per second, and then the same count at the same speed as the breath goes out, making the slightly audible sound of Ee. After practicing this technique for a while, you will no longer need to count. If you have trouble breathing slowly (many people do at first), then shorten the length of your breath (shorten your count) as is necessary. But train yourself to slow your breath by gradually lengthening your breath (lengthening your count) each day until you are able to breathe somewhere near the prescribed length. The more relaxed you are, the easier it is to breathe slowly. Watch for unnecessary tension in the body, and keep your mind clear of mundane thoughts, concentrating on the breath and the feelings in the spine.

As in Hong Sau, feel the cool, soothing sensation of the energy going up the spine with your inhalation, beginning at the base of the spine as you start the breath, traveling up the *left* side of your spine (Ida energy

channel), and reaching the Ajna energy center in the forehead at the end of the inhalation. When the energy reaches the Ajna and your breath is complete, immediately begin your exhalation and feel the warm, trickling sensation of the energy going back down along the *right* side of your spine (Pingala energy channel), beginning at the Ajna with the start of your exhalation, and reaching the base of your spine at the end of your exhalation.

Each inhalation and exhalation is one Kundalini Pranayama. You should practice twelve Kundalini Pranayamas twice a day during your Kriya practice routine. When you are able to comfortably practice the technique, you may increase the number to twenty-four.

Always practice Kundalini Pranayama after your practice of Hong Sau, feeling and watching the energy moving up and down the spine (this will prepare you for moving the energy with Kundalini Pranayama). Then practice your twelve Kundalini Pranayamas. After you have completed your Kundalini Pranayamas, practice the Cleansing Exercise, focusing on the Opal Blue Flame, casting your fears, insecurities, weaknesses, and narrow identifications into this sacrificial flame, and identifying yourself more and more completely with the Übermensch. You may practice the cleansing exercise for as long as you like.

### **Advanced Form**

Once you are able to comfortably practice the Kundalini Pranayama technique, controlling the breath so that it is at the rate of about two breaths a minute, and you definitely feel the energy going up and down the spine, you may begin practicing the technique in the advanced form.

As you inhale and direct the energy up the spine, focus your attention on the rising energy, and as it reaches

each Chakra, mentally chant the Mantra *Aum* one time. Chant the Mantra *Aum* to each Chakra as the energy goes up through that Chakra. When you reach the Ajna Chakra in the forehead (lungs completely filled), chant the Mantra *Aum* twice to that Chakra and then immediately begin your exhalation, chanting the Mantra *Aum* once to each Chakra as the energy descends through that Chakra. To successfully do this technique in the advanced form, you must, of course, be very familiar with the location of each Chakra. Try to feel the vibration of the *Aum* Mantra in each Chakra as you mentally chant. Do not pause at any Chakra. Chant *Aum* to the Chakra as the energy goes up or down the spine at its usual rate. In time, you will feel a definite sensation (and perhaps even see the color) in each Chakra as you go through it. When you are able to do this technique comfortably, increase the number of Kundalini Pranayamas you practice to 48, twice a day.

### **The Kriya Mantra**

The Kriya Mantra, *Om Kriya Babaji Nama Aum*, is a powerful Mantra, specially formulated by Babaji Nagaraj, the greatest Siddha the world has ever known. This Mantra can help you tremendously to advance on the path. Make this Mantra a part of your life. Chant it often, mentally or audibly, to any rhythm. Chant it once, slowly and with feeling, before you begin your Kriya practice, and then again after you complete your practice. Chant it as you drive in your car, or as you walk along the street or on a trail. Chant it while you work or while you play. Chant it before you eat a meal, before you go to sleep, and when you awake from sleep. There is massive power in this Mantra, and the power grows and grows with repetition. The more you chant it, the more it becomes part and parcel of your being, and the more you will notice the awesome, elevating effect on your Kriya practice, your work, your friends and loved ones, and your entire life.

### **Kriya Routine**

Make every effort to practice your Kriyas each morning before breakfast, and each evening before going to bed (but at least an hour after any meal). Start with the Asana Kriyas. When you finish the Asana Kriyas, practice Hong Sau for a short period (at least 5 minutes) and then begin your Kundalini Pranayamas. When you have finished your Kundalini Pranayamas, go immediately into the Cleansing Exercise (for as long as you like, but at least as long as it took to do the Kundalini Pranayamas). Then practice one of the Dhyanas for 15 or 20 minutes (alternate Hong Sau, Asa Dhyana, and Chakra/Omkara Dhyana each day so that you practice each one. If you wish, you may practice all of them, one after another). All of the Kriyas are important, and should be practiced together. However, Kundalini Pranayama Kriya is without a doubt the most important of all, and even if you cannot manage to practice the others, make sure you find time to practice your Kundalini Pranayamas and the Cleansing Exercise each and every day, no matter what!

Always remember your pledge to Babaji Nagaraj to practice Kundalini Pranayama Kriya to your last breath, and not to reveal this technique to any one under any circumstances. Kundalini Pranayama Kriya is a powerful technique which, if practiced faithfully, will dramatically accelerate your evolution. It is a precious gift from our cherished ancestral heritage. Never neglect it for any reason. Never fail to practice it each day. The great Siddha is counting on all of us to use this technique to advance our own evolution so that we can advance the evolution of the world and pull it out of its tailspin into degeneracy. This is a sacred Aryan duty, and one in which we dare not fail.

**OM KRIYA BABAJI NAMA AUM**

**"Kriya is an instrument through which human evolution can be quickened. The ancient Siddhas discovered that the secret of superconsciousness is intimately linked with breath mastery. This is Aryavarta's unique and deathless contribution to the world's treasury of knowledge. Prana, which is ordinarily absorbed in maintaining heart action, must be freed for higher activities by a method of calming and stilling the ceaseless demands of the breath."**

**--Sriyukteswar**

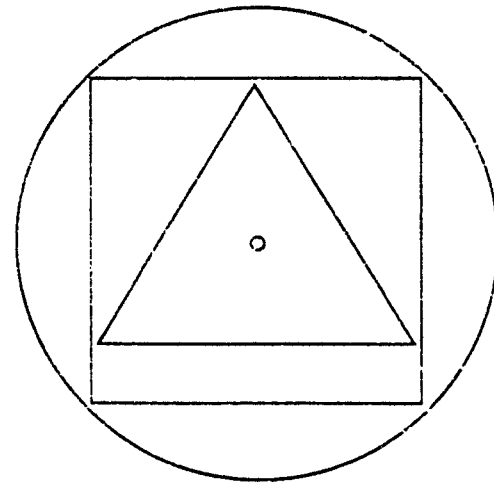
**"Kriya is a simple, psychophysiological method by which human blood is decarbonated and recharged with oxygen. The atoms of this extra oxygen are transmuted into life current [Prana] to rejuvenate the brain and spinal centers. By stopping the accumulation of venous blood, the Kriyaban is able to lessen or prevent the decay of tissues."**

**--Paramhansa Yogananda**



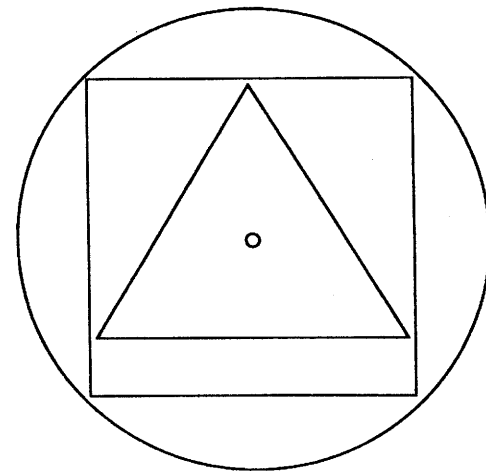
**BABAJI NAGARAJ**

# KUNDALINI PRANAYAMA KRIYA



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# ASANA KRIYA



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# ASANA KRIYA

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*To Allfather,  
who has guided me in  
writing this booklet,  
as he has guided me  
all through life.*

*-- JOST*

*For those who realize that to change the world,  
you must first change yourself!*

**NS Kindred**

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# Asana Kriya

The path of the Siddha, the path of Wotan, is to evolve to the highest state, and to use that advancement to help raise the evolutionary level of the entire planet. The physical body is an integral part of the individual, and it must be evolved along with the mind. If the body is neglected while the mind evolves, the natural deterioration of the body will hamper progress. (In fact, evolving the mind without the body will actually accelerate the deterioration of the body.) But the physical body, even if presently weak or infirm, can be used to great advantage to rapidly accelerate the individual's evolution. The Aryan Siddhas discovered that certain physical motions and positions greatly stimulate the energy centers while at the same time healing, purifying, and evolving the physical body. Hence, many of the Kriyas are oriented to the physical body.

The Siddhas of Aryavarta developed many physical exercises to heal and evolve the body and to keep it healthy and toned. Babaji Nagaraj selected eighteen of these for a simple exercise routine which services all the essential areas of the body. This unique exercise routine, *Asana Kriya*, was designed to heal, purify, and keep the student's body in perfect health and agility, as well as to move the energy upward toward the higher centers. The daily practice of *Asana Kriya*, along with a natural diet, will eliminate illness and infirmity (even the infirmity of old age) from the life of the student once and for all.

## How Asana Kriya Works

*Asana Kriya* keeps the physical body free from functional disorders and diseases by relaxing and rejuvenating the muscles and tendons, massaging the internal organs and glands, and strengthening all of the energy centers in the body to permit the unobstructed transmission of Pranic energy.

Besides the seven large energy centers along the spine, there are hundreds of smaller energy centers throughout the body which service particular muscles, joints, organs, etc. The ultimate cause of all disease or infirmities is always an obstruction to the natural flow

of Pranic energy through these centers and channels (caused by injury, toxins, or improper diet). Removing obstructions and allowing the Pranic energy to flow naturally will permanently heal illness and infirmity.

The physical motions of *Asana Kriya* not only strengthen particular muscles, joints, ligaments, and internal organs, but also stimulate, strengthen, and remove obstructions from the energy centers and channels which service that area. Stimulation of the energy centers amplifies any physical stimulation. Over a period of time, the daily practice of *Asana Kriya* will heal and recondition the entire body, slowly but steadily bringing all the muscles, joints, and internal organs back to their natural state.

## Healing and Purifying the Body

*Asana Kriya* is truly remarkable. There are many examples of how faithful practice of *Asana Kriya* has cured even severe diseases such as diabetes, arthritis, and cancer. I have practiced these exercises daily for several years, and I have realized many amazing regenerative effects on my own physical body. One noteworthy example of this concerns a chronic lung condition from working with toxic materials:

After I had returned from Vietnam, I worked as a longshoreman in San Francisco. During that time I loaded raw asbestos, literally working in the midst of a cloud of white asbestos dust. Years later, the fibers in my lungs began to take a noticeable toll on my health, strength and endurance. I resigned myself to a continuing physical degeneration caused by this condition. However, after learning *Asana Kriya* and several years of daily practice, I found to my surprise and delight that all symptoms of fibrosis had disappeared. My strength, endurance, and agility has returned to a level as good as it was 20 years earlier. Needless to say, I continue to practice *Asana Kriya* daily.

I also reversed another lung disorder with *Asana Kriya*: Just before I learned *Asana Kriya*, I had developed a severe case of asthma. My condition was so bad that I wouldn't dare leave the house without my lung spray. I could not be anywhere around dust or smoke. The

medical profession offered no cure for my condition. But after I had learned Asana Kriya, I not only practiced the routine every day, but I further practiced Viparita Karani (Asana Kriya 7), along with special Mantras for the Anahata energy center, for 10 minutes each morning and 10 minutes each evening. Within 2 weeks, the asthma vanished and I have had no problems with it since. I am no longer bothered by dust or smoke.

Make time in your life for daily practice of these amazing exercises. Regardless of your age or your physical infirmities, you will realize dramatic changes in your health, a steady purification and rejuvenation of your body, and advancing evolution.

### **Guidelines for Practice of Asana Kriya**

Obviously, the best method of instruction for Kriya is direct initiation. But considering the very few who even have the desire, let alone the self-discipline necessary to effectively use this ancient Aryan science, and the dire need for more Aryans of advanced evolution to pull this earth out of dark age chaos, it is necessary to offer this instruction in written form. We have done our best to explain each Asana Kriya, and we have included an illustration. Fortunately, there is a video available as well. Marshall Govindan has produced a video demonstrating Asana Kriya (reasonably termed Kriya Hatha Yoga in the Tamil tradition). Of additional interest, the video was made in the Himalayas at Badrinath (the very heart of ancient Aryavarta), near the abode of Babaji Nagaraj. Although this video is oriented toward the new-age audience, it is still an excellent aid for learning Asana Kriya, and we highly recommend it. The video is available through Kindred Publications.

[Note: In the aforementioned video on Asana Kriya, Marshall Govindan gives us a panorama of the Himalayan mountains, the heartland of ancient Aryavarta, and tells his viewers that "Babaji Nagaraj is a great broadcasting station, sending vibrations of peace and love throughout the world". While many may consider this simply some new-age jingoism, there is, however, great truth in his words which we should all understand. As we noted in *Kriya: The*

*Ancient Aryan Science of Accelerated Evolution*, the earth is now in a great galactic dark age cycle, which has noticeably retarded mankind's natural evolutionary advancement by 400 years. This is the first time this has happened since humankind has been on this earth, and the increased distance from the Galactic energy center is having a sorely degenerative effect on humanity. But this effect would be much, much worse if it were not for a few great Siddhas such as Babaji Nagaraj. These advanced beings are tremendous generators of energy, and their presence on this planet adds materially to the world's energy level, and this actually counteracts and lessens some of the dark age effects. If it were not for this, we would be in much worse shape today. Moreover, by practicing the Kriyas and advancing our own evolution, we add even more energy to the energy field of the great Siddhas, thereby raising the level — and the consciousness — of the whole planet. We are all desperately needed for this important task! But Babaji Nagaraj is not just sitting around sending out energy. He and his major students are very, very busy with important activities to change and uplift this degenerating world. As we advance on the path, we, too, will not only add to the energy field, but also become more and more active in the struggle against the dark age forces.]

The following are some important points to remember in learning and practicing Asana Kriya:

\* Each Asana Kriya is uniquely designed to heal, tone, and regenerate a certain area of the physical body, and stimulates one of the seven large energy centers, helping to open that center and move the energy up to the higher centers. Other areas of the body and other energy centers may also be affected and benefited, but the description of each Asana Kriya below will usually note only the primary area and the primary energy center which it affects.

\* The Asana Kriyas should always be done in pairs, each Asana Kriya with its own counter Asana Kriya, so that the stretching of muscles and joints in one direction will be balanced by stretching in the opposite direction.

\* Asana Kriya is always done in stages, and these stages are numbered in the descriptions below. Never force yourself into a stage which you are unable to do comfortably. Remain in the former stage, gently training yourself over a period of time to perform the more difficult stages. It is not necessary to do the exercises perfectly to realize the benefits. Do them only as far as you can, steadily limbering and stretching your body, and you will eventually be able to master all of the exercises. If you have old injuries which prevent you from assuming some of the more difficult positions, do not let this discourage you. Simply go as far as you are able and perform as much of the exercise as you are able. You will still receive many of the benefits. There are some infirmities which certain of the Asana Kriyas could aggravate. These are noted under "Cautions" in the descriptions below. If you have such infirmities, be especially cautious in doing the Asana Kriya, or if the condition is severe, omit that Asana Kriya from your practice for the time being.

\* Always breathe normally during practice of Asana Kriya. Never hold your breath. Holding your breath during exercises will actually shorten your life. The lungs function to extract oxygen from the air and replace it with waste materials. If the air is held in the lungs -- especially while tensing or exercising the body -- then the waste materials accumulate and begin to take the place of oxygen in the process. Hence, the body is toxified in its own waste materials, which will rapidly degenerate the organs, leading to premature death.

\* All of the Asana Kriyas are begun from the standing position (erect, heels together, toes apart, and arms at the sides). After completion of each Asana Kriya and a period of relaxation, always return to the standing position before beginning the next Asana Kriya.

\* Generally, each Asana Kriya should take about one minute to do. If there are variations, then the variations should all be done within one minute. Some Asana Kriyas can be done for longer periods of time, especially if done for therapeutic reasons (such as Viparita Karani for Asthma), but never exceed 10 minutes at any one time.

\* Each Asana Kriya should be followed by a period of

relaxation equal to the period of exercise (one minute, unless the Asana Kriya was done longer). This is done laying on your back or on your stomach or in a relaxed standing position depending on the instructions. Relaxation allows the all the Pranic energy which was released from the stimulated energy centers to flow throughout the body, regenerating and healing it.

\* The first Asana Kriya stimulates the Sahasrara energy center, which polarizes the energy flow toward the higher centers. The second Asana Kriya also polarizes the flow of energy by stimulating each of the major energy centers. At the same time it gently loosens and stretches the body, preparing it for the rest of the exercise routine.

\* Mudras and Mantras are done in conjunction with the first two Asana Kriyas. The hands are placed in Mudra position -- palms together, fingers together and extended -- at the energy center in order to increase the energy field around that center, which, of course, strengthens the center. Then *The Kriya Mantra* is chanted audibly. This stimulates and further strengthens the center. The Kriya Mantra, *Om Kriya Babaji Nama Aum* (Ohm Kree'-yah Bah'-bah-jee Nah'-mah Ah-ohm'), has been designed by Babaji Nagaraj to especially stimulate the energy centers. All the sounds in this Mantra stimulate the flow of Pranic energy. *Om* is a specific Mantra for stimulating the Vishudha energy center, and *Aum* is a specific Mantra for stimulating the Ajna and Sahasrara centers. The *Ah* and *Ee* sounds stimulate the Ida and Pingala energy channels respectively. *Nama* means salutations, that is, Salutations to *Kriya Babaji*, another name by which Babaji Nagaraj is known.

\* The entire Asana Kriya routine should be practiced at least once a day, preferably in conjunction with your other Kriya practice. If you have a busy schedule, you can split your practice, for instance, doing one half of the Asana Kriyas in the morning and the other half in the evening.

# The Asana Kriyas

## Asana Kriya 1

### (A Variation of) Sasamgasana

(Sah-sahm-gahsh'-ah-nah, the Hare Asana)

Counter Asana: Asana Kriya 18, Purna Shanti Savasana

Energy Center: Sahasrara

Physical Benefits: The sole purpose of this exercise is to stimulate the Sahasrara and to polarize the energy flow of the whole exercise routine to the higher energy centers.

Cautions: collapsed or slipped spinal discs

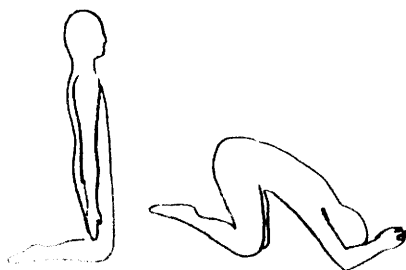
1. From the standing position (from which all the Asana Kriyas begin), kneel down, knees and legs together.

2. Place the crown of the head on the floor, keeping the hands at the sides.

3. Place the palms together in front of the head, increasing the energy field of the Sahasrara. Raise the feet, balancing on the knees and forearms. (This applies gentle pressure on the Sahasrara.)

4. Chant the Kriya Mantra, *Om Kriya Babaji Nama Aum*.

5. Lower the feet. Brings the arms and hands back to the side. Raise the head and stand up. Relax.



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## Asana Kriya 2 Suryanamaskara

(Soor'-yah-nah-mahs'-kah-rah, the Sun Salutation)

Counter Asana: This exercise contains its own counter Asana

Energy Centers: All

Physical Benefits: Further polarizes the energy flow. Prepares the body for the rest of the exercise routine by gently stretching and loosening all of the joints, muscles, and ligaments.

This is a very, very ancient ceremonial exercise which comes from pre-Vedic times in Aryavarta. It is designed to be done outside in the sun, with little or no clothing on, before 9:30 AM or after 3:30 PM, when the harmful rays of the sun are filtered. This allows the body to safely produce the necessary vitamin D from the sunshine.

1. Stand straight up with your heels together, toes apart, and the palms of your hands together above your head. Chant the Kriya Mantra, "Om Kriya Babaji Nama Aum". (The hand position increases the energy field while the Mantra stimulates the energy center.)

2. Place the hands, palms together, at the Ajna energy center at the forehead, between the eyebrows. Chant the Kriya Mantra.

3. Place the hands, palms together, at the Vishuda energy center at the throat. Chant the Kriya Mantra.

4. Place the hands, palms together, at the Anahata energy center at the heart. Chant the Kriya Mantra.

5. Place the hands, palms together, at the Manipura energy center at the navel. Chant the Kriya Mantra.

6. Kneel down, knees and legs together, and place the hands, palms together, on the top of the head. Chant the Kriya Mantra.

8

7. Assume the variation of Sasamgasana (Asana Kriya 1). Chant the Kriya Mantra.

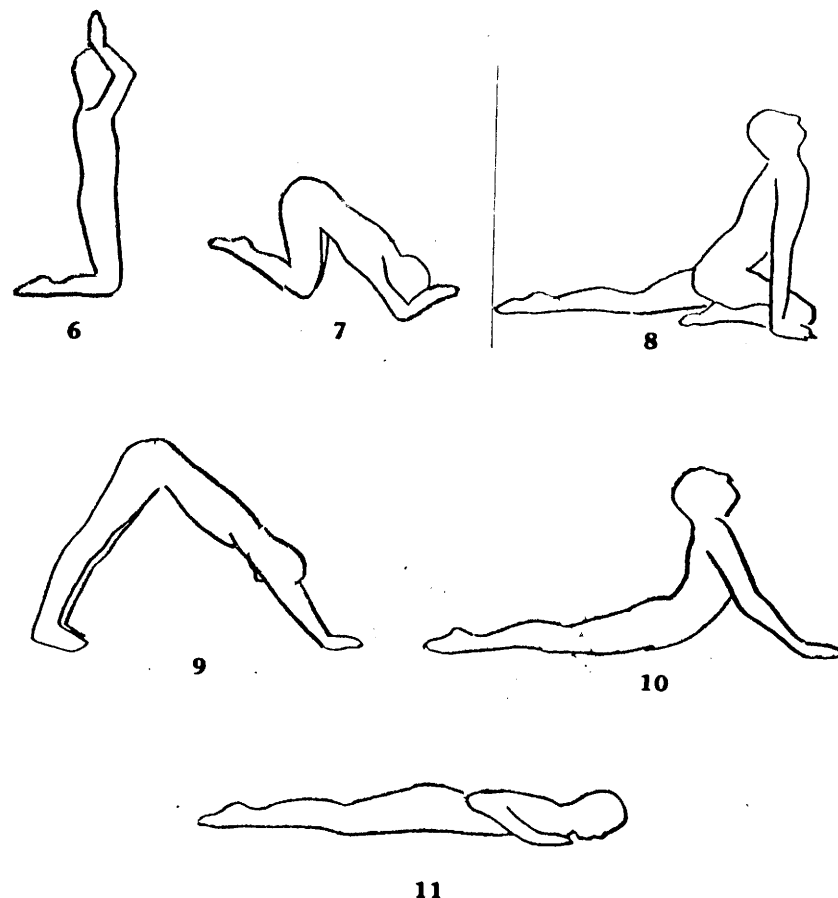
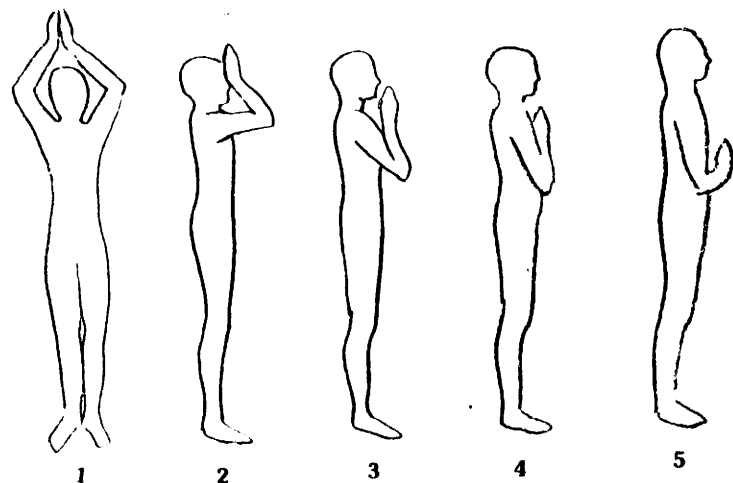
8. From the kneeling position, place your right knee forward with the top of the foot on the floor, your left leg stretched back with the top of the foot also on the floor, your back arched and your head looking up. Chant the Kriya Mantra.

9. Bring your feet together with your heels close to the floor, legs straight. Place your hands about shoulder width apart. The body is bent with the hips raised and the head down. Chant the Kriya Mantra.

10. Lower your hips to the floor. Arch your back and look up and back as far as you are able. Chant the Kriya Mantra.

11. Lower the back and head to the floor (relaxed position). Chant the Kriya Mantra.

Now repeat the positions in reverse order, starting with #11 and going all the way to #1. Reverse the leg positions for #8 (left leg forward, right leg back). Chant the Kriya Mantra with each position. Relax.



### Asana Kriya 3 Sarvangasana

(Shahr-vahng-ahsh'-ah-nah, the Shoulder Asana)

Counter Asana: Asana Kriya 4, Matsyasana

Energy center: Vishudha

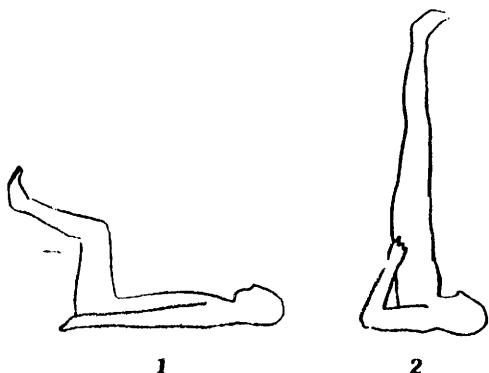
Physical Benefits: Relieves chronic sinus conditions, hay fever, sore throats, eye disorders, headaches, and dental disorders. Improves eyesight, hearing, memory, varicose veins, and maintains the reproductive organs in a healthy condition. Regenerates entire physical body.

1. Lay down on your back. Raise your legs perpendicular to the floor, keeping your hips on the floor and leaving your knees a little bent. Move your toes around. This relaxes and stimulates the legs, getting them ready to elevate further.

2. Raise the trunk straight up, perpendicular to the floor, so that you are on your shoulders and your chin into your chest. Support your back with your hands and keep the legs straight. Hold this position for one minute. (Do not force yourself into this position. If you have difficulty getting into this position or in holding it, go back to, or remain in, step 2 above, which will give many of the benefits of the full position. Gradually train yourself to assume the full position.)

3. Lower the back, leaving the legs perpendicular, legs bent, arms at your sides. Move your toes around. Lower the legs to the floor, rock your head from side to side a few times (relaxing the neck), and relax on your back for one minute.

4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



## Asana Kriya 4 Matsyasana (Meenasana)

(Mahts-Yahsh'-ah-nah or Mee-nahsh'-ah-nah, the Fish Asana)

Counter Asana: Asana Kriya 3, Sarvangasana

Energy Center: Vishudha

Physical Benefits: Relieves rheumatoid arthritis in the back, hyperthyroidism, kyphosis, activates the pituitary and pineal glands.

Cautions: Pinched nerves in the cervical vertebrae or knee contractures.

1. In the sitting position, place your right foot on your left thigh. Massage the right knee and move it up and down. (If you cannot get into this position, place your left foot under your right thigh and your right foot under your left thigh and go on to step 3 in this simple cross-legged position.)

2. Place your left foot on your right thigh. Massage the left knee and move it up and down. (If you cannot get into this position, place the left leg under the right and continue in this half-position.)

3. Grasp the toes (or your ankles if your legs are not fully crossed) and bend forward, then roll backwards on to your back. Move the crossed legs gently up and down toward the floor (if the legs are not completely crossed, you will have to hold them together during the movements in this exercise).

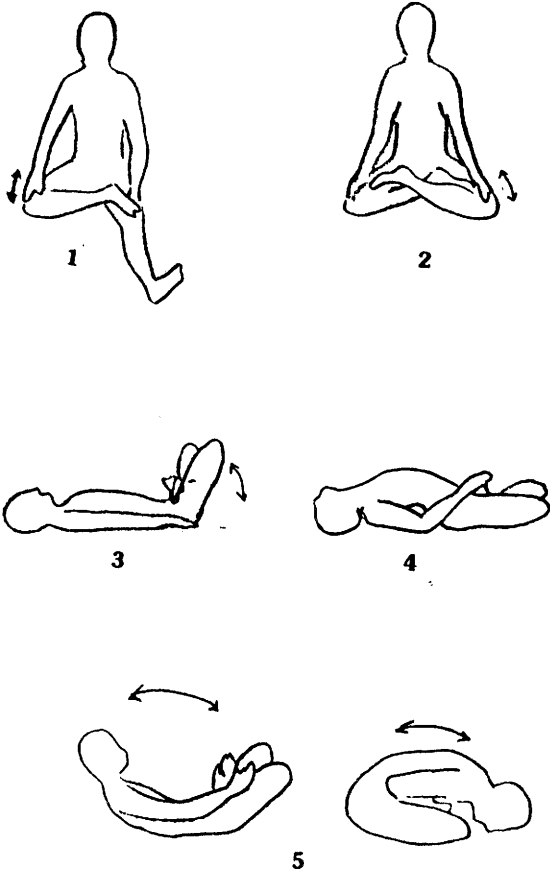
4. Lower the crossed legs to the floor. Arch your back and place the top of your head on the floor, making a bridge between your buttocks and the top of your head. Keep your hands on your thighs or holding your toes (or on your thighs if your legs are not fully crossed), elbows off the floor. Hold this position for about 30 seconds.

5. Lower your back and raise your crossed legs, bringing them back over the head. Then rock and roll forwards and backwards on your back, keeping your head in close to your crossed legs so that you won't bang your head on the floor. This is an excellent exercise which beautifully massages the whole length of the spinal column, the

ankles, knees, and hips, and all of the internal organs.

6. After rolling back and forth several times, stop at the sitting position, uncross the legs, stand up, and relax.

If this exercise is too difficult for you to do, substitute Asana Kriya 8, Ardha Matsyasana while you train yourself to master this exercise one step at a time.



## Asana Kriya 5

### Padahastasana (Nindra Kokkuasana)

(Pah-dah-hahsh'-ah-nah, the Standing Posterior Stretch Asana)  
(Tamil: Neen'-drah Koh-koo-ahsh'-ah-nah, the Standing Crane Asana)

Counter Asana: Asana Kriya 6, Dhanurasana

Energy Center: Swadhistana

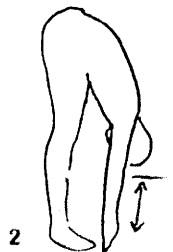
Physical benefits: Stretches all the posterior muscles (lower back and back of legs). Excellent for gently removing contractures from the hips and knees, increasing memory, and stimulating digestion.

1. Stand with your heels together and toes apart. Raise your hands above your head, stretching as far above the head as you are able. Bend all the way forwards so that your fingertips are on or near the floor (or as far down as you are able). Keep your knees as straight as possible.

2. Begin a motion, gently moving your hands up and down from about knee height, stretching your fingertips closer and closer to the floor (at least 18 times).

3. Stop the motion. Grasp your toes (or hold the hands down as far as you are able) and stretch, holding the position for a few seconds.

4. Stand back up, stretching your arms up over the head as high as possible. Lower your arms and relax.



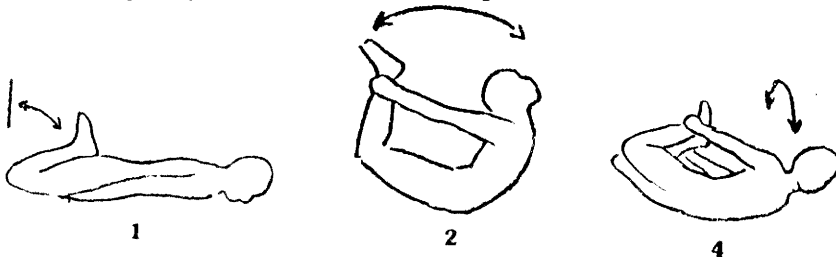
**Asana Kriya 6**  
**Dhanurasana (Vilasana)**  
 (Dahn-oo-rahsh'-ah-nah, The Bow Asana)  
 (Tamil: Vee-lahsh'-ah-nah)

Counter Asana: Asana Kriya 5, Padahastasana.

Energy Center: Manipura

Physical Benefits: Massages, stimulates and regenerates the internal organs of the abdomen. Prevents and cures diabetes (massaging, stimulating, and regenerating the pancreas and the corresponding energy centers which ensure the proper production and use of insulin). Some relief from prolapsed discs.

1. Lay down on your stomach, legs together, hands at your sides. Begin moving the lower legs up and down, trying to touch your heels to your buttocks. This is a very important part of the exercise which gently massages and lubricates the knees, while stimulating the energy centers in the knees.
2. Grasp your ankles, pull up your legs, head, and shoulders, arching your back. Begin a rocking motion on your abdomen forwards and backwards. Rock back and forth several times.
3. Stop the motion and lower your back.
4. Pull up again into the arched position and roll from side to side several times.
5. Stop the motion. Lower your arms, legs, and head. Relax for one minute laying on your stomach. Stand up.



**Asana Kriya 7**  
**Viparita Karani**  
 (Vee-pah-ree'-tah Kah-rah'-nee, The Inverted Asana)

Counter Asana: Asana Kriya 8, Ardha Matsyasana

Energy Center: Anahata

Physical Benefits: Asthma and other lung disorders, heart disorders, throat and sinus disorders

Cautions: prolapsed discs or spinal bifida.

1. Lay down on your back. Raise your legs into position 1 of Asana Kriya 3, Sarvangasana.
2. Raise your back and place your hands on your hips, holding the hips directly above the elbows, which remain on the floor. Hold your hips in your hands, legs straight and perpendicular to the floor, with all the weight supported by your elbows. Hold this position for one minute.
3. Lower the torso, legs, and arms back into position 1.
4. Lower your legs to the floor, arms to your sides, and gently rock the head from side to side a few times. Relax on your back for one minute.
5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



### Asana Kriya 8

#### Ardha Matsyasana (Pathi Meenasana)

(Ahr'-dah Mahts-yahsh'-ah-nah, the Half Fish Asana)

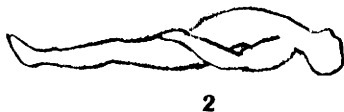
(Tamil: Pah'-tee Mee-nash'-ah-nah)

Counter Asana: Asana Kriya 7, Viparita Karani.

Energy Center: Vishuda

Physical Benefits: Many of the same benefits of Kriya 4, Matsyasana. It is also very good for insomnia. If you have problems with insomnia, practice this position for one minute before going to sleep.

1. Lay down on your back.
2. Raise your shoulders and arch your back, placing the top of your head on the floor, making a bridge between the top of your head and your buttocks. The legs remain straight and together, with the sides of the feet pointed toward the floor. The hands are placed on the thighs, elbows off the floor. Hold the position for one minute.
3. Lower the back, arms at your sides, and relax for one minute.
4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



### Asana Kriya 9

#### Halasana (Kalapoyasana)

(Hah-lahsh' ah-nah, the Plow Asana)

(Tamil: Kah-lah-poy'-ahsh-ah-nah)

Counter Asana: Asana Kriya 10, Bhujangasana

Energy Center: Vishudha

Physical Benefits: Stretches the muscles, ligaments, and vertebrae, relieves contractures and pinched nerves in the vertebral column, massages the heart and other internal organs of the upper chest cavity.

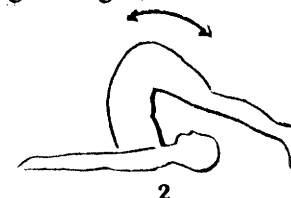
Cautions: Women who are more than four months pregnant should not do this exercise.

1. Lay down on your back, feet together, hands at your sides. Raise your legs into position 1 of Asana Kriya 3, Sarvangasana.
2. Stretch your legs back over your head, touching your toes to the floor, legs straight, arms on the floor in the opposite direction as the legs. Rock back and forth on your shoulders, pushing against the floor with your toes.

If you cannot get your toes on the floor, leave your legs over your head and gently rock on your shoulders so that the toes rock closer and closer to the floor. In time, the body will stretch enough that you can get your toes on the floor.

3. Lower your back and bring your legs back to position #1 above. Lower the legs to the floor. Rock the neck from side to side a few times and relax on your back for one minute.

4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



## Asana Kriya 10

### Bhujangasana (Paambuasana)

(Boo-jahng-ahsh'-ah-nah, the Cobra Asana)

(Tamil: Pahm-boo-ahsh'-ah-nah, the Serpent Asana)

Counter Asana: Asana Kriya 9, Halasana.

Energy Center: Manipura

Physical Benefits: Stretches, lubricates, and strengthens the lower back muscles, ligaments and vertebrae, massages the internal organs of the lower abdomen, stimulates the arms, hands, and shoulders.

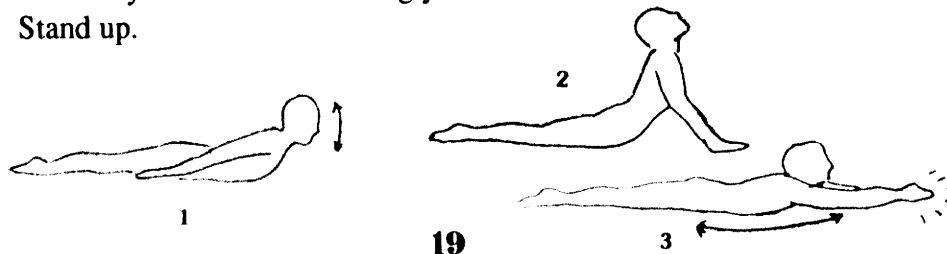
Cautions: Lordosis, pinched nerves in the spinal column, or spinal bifida.

1. First variation: Lay down on your stomach, legs together, arms at your sides. Begin a motion lifting your head, shoulders, and as much of your trunk as you are able up and down, undulating like a serpent. Do not use your hands or arms. Use the muscles of your abdomen and lower back, and keep your legs on the floor. Do this several times.

2. Second variation: Place your hands by your shoulders, arch your back and straighten your arms, elevating your arched back. Leave your hips on the floor and stretch your neck back as far as you are able.

3. Third Variation: Lower your back, arms back to your sides. Keep your forehead on the floor and stretch your arms out along side your head with your palms together in front of the top of your head. Sweep the arms back to your sides, arch your back, elevating your head and shoulders as in the first variation, then lower your head and shoulders back to the floor and your arms back forward together, audibly clapping the hands together. Do this several times.

4. Place your hands back along your sides and relax for one minute. Stand up.



## Asana Kriya 11

### Yogamudrasana

(Yoh'-gah-moo-drahsh'-ah-nah, the Yoga Mudra Asana)

Counter Asana: Asana Kriya 12, Ardha Chakrasana

Energy Center: Manipura

Physical Benefits: Massages, lubricates, and regenerates the knees, ankles, hips, and lower back, massages the internal organs. Excellent for rheumatoid arthritis in the back, constipation, and relief of contractures in the shoulders, elbows, and wrists.

Cautions: knee contractures.

1. Sit on the floor. Place your left foot on your right thigh. Move your left knee up and down several times with the left hand to massage the left knee, ankle, and hip.

2. Place your right foot on your left thigh. Move your right knee up and down several times with your right hand to massage the right knee, ankle, and hip.

Note: If you cannot get your foot on your thigh, place the right leg under the left and continue. If you cannot get either foot on your thighs, cross your legs with both feet under your thighs in the simple cross-legged position and continue. In time, you will be able to train yourself to get at least one foot on your thigh.

3. First variation: Grasp your great toes (or your ankles if your feet are not completely crossed) and begin a motion bending forward and back, trying to touch your forehead to the floor. Keep your spine straight so that the stretch will be in the lower back. Do this several times.

4. Stop the motion and sit up straight.

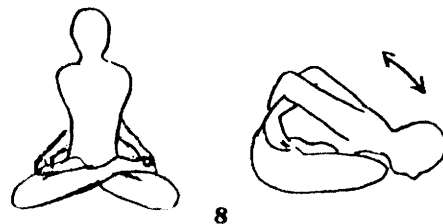
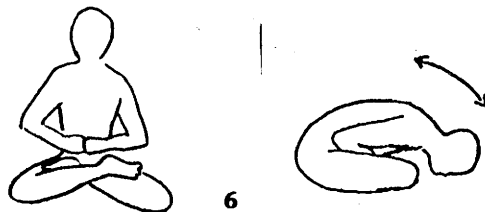
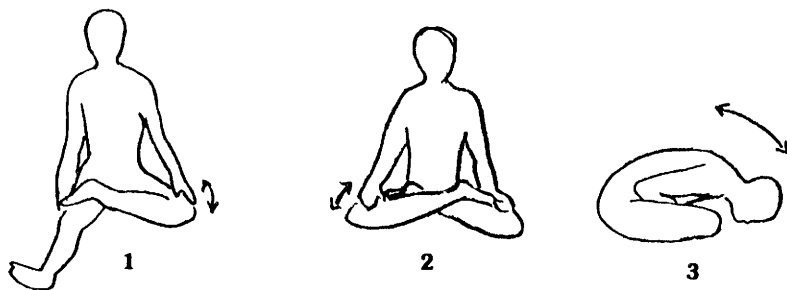
5. Second variation: Nabi Mudra (Nah'-bee Moo'-drah). Make a fist with both hands, with your thumbs inside of the fists. Put the two fists together, knuckles to knuckles, and rotate the knuckle areas against one another, gently massaging the nerve endings at the base of the fingers.

6. Place the fists behind the heels, into the abdomen, and bend forward and back several times as in the first variation.

7. Stop the motion and sit up straight.

8. Third variation: Cross your arms behind your back and grasp (or reach towards if your are unable to stretch that far) your right great toe with your right hand and your left great toe with your left hand. Bend forward and back several times as in the first and second variation.

9. Uncross your arms and legs, stand up, and relax.



## Asana Kriya 12

### Ardha Chakrasana (Pathi Chakrasana)

(Ahr'-dah Chahk-rahsh'-ah-nah, the Half Wheel Asana)

(Tamil: Pah'-tee Chahk-rahsh'-ah-nah)

Counter Asana: Asana Kriya 11, Yogamudrasana.

Energy Center: Sahasrara

Physical Benefits: Very good for herniated or slipped spinal discs, Kyphosis, and restoring spinal agility. Improves the memory and prevents senility.

1. Lay down on your back. Place your feet flat on the floor near your buttocks with your knees up. Place your hands near your shoulders with your elbows up.

2. Raise your body up, arching your back and placing the top of your head on the floor, somewhat between your hands. Hold this position for one minute.

3. Lower your body back into position #1 above. Lower your legs to the floor and your hands to your sides. Rock your head from side to side a few times and relax for one minute.

4. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



### Asana Kriya 13

#### Paschimotanasana (Amarantha Kokkuasana)

(Pahsh-ee-moh-tah-nahsh'-ah-nah, the Posterior Stretch Asana)  
(Tamil: Ah-mahrn'-thah Koh-koo-ahsh'-ah-nah, the Sitting Crane Asana)

Counter Asana: Asana Kriya 14, Salabhasana

Energy Center: Swadhistana

Physical Benefits: Stretches all the posterior muscles, joints, and ligaments of the back and legs, massages the internal organs of the lower abdomen. Excellent for relieving hemorrhoids and problems with prostate and kidneys. Also excellent for rheumatoid and osteoarthritis in the vertebral column and sciatic nerve pain.

Cautions: Kyphosis (hunch back).

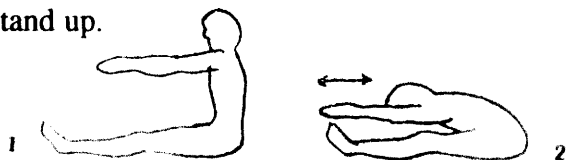
1. Lay down on your back, legs together and arms at your sides. Stretch your arms above your head and sit up, your trunk perpendicular to the floor and your arms stretched out parallel with your legs.

2. Begin a motion bending forward and back at the hips, stretching your hands out over the tops of your toes and your head toward your knees. Keep your knees straight. Continue this motion for one minute.

3. Stop the motion. Grasp your great toes (or reach as far as you are able toward them) and pull your head toward your knees, holding this stretch for a few seconds.

4. Lay back down with your arms stretching above your head. Lower your arms to your sides and relax for one minute.

5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



### Asana Kriya 14

#### Salabhasana (Vittelasana)

(Sah-lah-bahsh'-ah-nah, the Locust Asana)  
(Tamil: Vee-til-ahsh'-ah-nah, the Grasshopper Asana)

Counter Asana: Asana Kriya 13, Paschimotanasana

Energy Center: Muladara

Physical Benefits: Strengthens the muscles in the groin and lower abdomen, strengthens and regenerates the hips, massages, tones, and regenerates the genital and reproductive organs, kidneys and liver.

1. First variation: Lay on the floor on your stomach. Place your right hand a few inches away from your right hip. Raise your left arm and left leg and roll over onto your right side, keeping your left hand on your left thigh, your right arm on the floor behind your back. You may bend the right leg for better support.

2. Begin a scissors motion with the left leg, lifting the leg up and down as high as you are able. Do this 18 times.

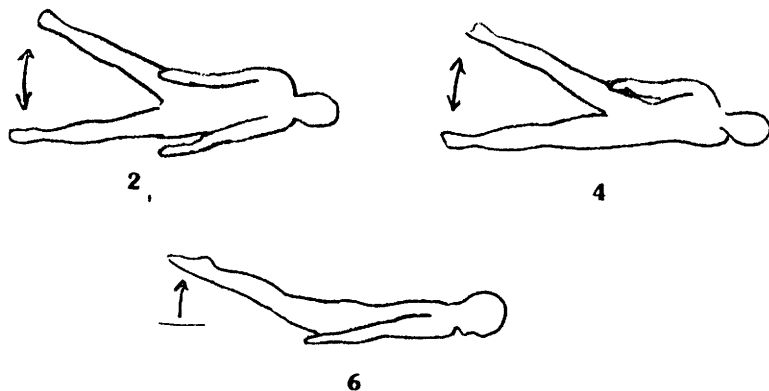
3. Stop the motion. Roll back on your stomach and lower your left arm and leg. Place your left hand a few inches away from your left hip and roll over onto your left side in the same manner as in step 2 above.

4. Begin a scissors motion with the right leg, 18 times, as in step 3 above.

5. Stop the motion. Roll back on your stomach and lower your right arm and leg.

6. Second variation: Keeping your hands relaxed at your sides, raise both legs together from the hips, using the muscles of your lower back and abdomen. Hold for a few seconds, then lower your legs and relax. Do this variation 3 times.

7. Relax on your stomach for one minute. Stand up.



### Asana Kriya 15

#### Vajramudrasana (Vajrolimudrasana)

(Vahj-rah-moo-drash'-ah-nah, the Firm Mudra Asana)

(Tamil: Vahj-roh-lee-moo-drahsh'-ah-nah)

Counter Asana: Asana Kriya 16, Supta Vajrasana

Energy Center: Muladara

Physical Benefits: Massages and regenerates whole length of the spine and all of the internal organs, stretches and tones the muscles, joints, and ligaments of the arms, legs, hips, and back. Energizes the whole body.

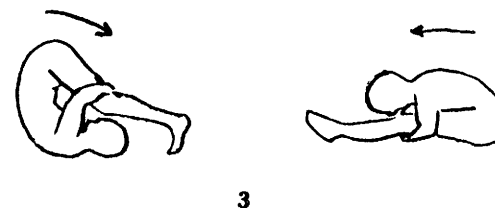
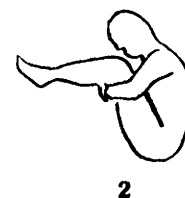
1. First variation, Mudra position: Lay down on your back. Raise your legs perpendicular to the floor, keeping your hips on the floor. Clasp your hands together, interlocking your fingers, behind your knees.

2. Sit up, balancing yourself on your buttocks, keeping your head close to your knees and your feet and lower legs held out to at least eye level. Hold this position for about 15 seconds.

3. Second variation: Roll backwards into a position similar to Asana Kriya 9, the Plow Asana, touching your toes to the floor behind your head. Then immediately roll forwards into a position similar to Asana Kriya 13, the Posterior Stretch Asana, with the backs of your legs on the floor and your head touching your knees. Keep your head close to your knees so that you do not bang your head on the floor. Continue rolling back and forth in this manner for several times.

4. Stop the motion at the Mudra position. Lower your back to the floor. Lower your legs and arms and relax for one minute.

5. Reach back over your head and stretch and tense the whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.



## Asana Kriya 16 Supta Vajrasana

(Soop'-tah Vahj-rahsh'-ah-nah, the Supine Firm Asana)

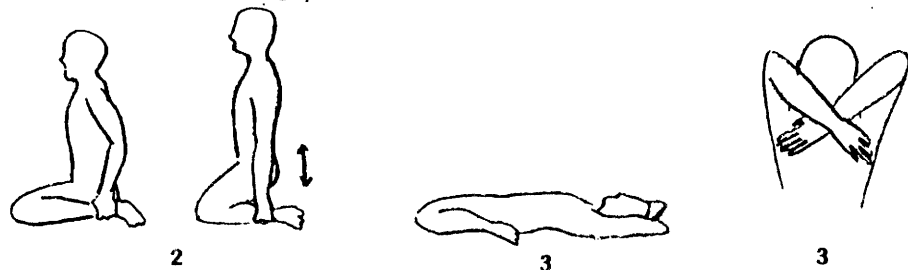
Counter Asana: Asana Kriya 15, Vajramudrasana.

Energy Center: Muladara

Physical benefits: Strengthens the knees, hips, ankles, and shoulders.

Beneficial for slipped discs and contractures of the ligaments of the knees.

1. Kneel down on the floor with your knees and feet together. Spread your feet apart, but keep your knees together.
2. Gently begin sitting down, moving the body up and down as you do so (which massages and loosens the knees and ankles), until your buttocks are on the floor between your feet.
3. Lay back, slowly lowering the head and shoulders to the floor. (If you are not able to do this, remain in the kneeling position, gently bouncing up and down, massaging the knees).
4. Cross your arms behind your head, reaching toward the opposite shoulder blades. Clap your back with your hands several times. This stimulates the energy centers in the hands. (If you have remained in the kneeling position in step 3, clap your back with your hands in this manner while in the kneeling position).
5. Uncross the arms and sit up. Raise up onto your knees, bring your feet together, stand up, and relax



## Asana Kriya 17 Trikonasana

(Tree-kohn- ahsh'-ah-nah, the Triangle Asana)

Counter Asana: this exercise has its own counter Asana.

Energy Center: Swadhistana

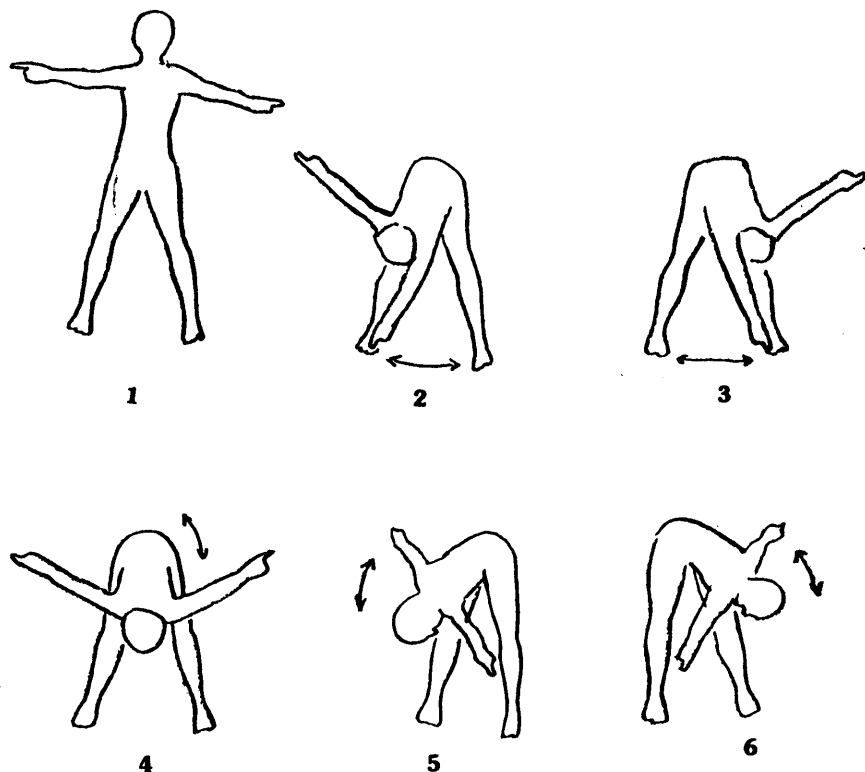
Physical Benefits: Massages, strengthens, and tones the spine and the internal organs of the abdomen, stretches and tones the muscles of the sides, legs, and lower back.

1. Stand up straight, with the feet spread about shoulder width apart. Stretch the arms out to your sides, in line with your shoulders and hold them in that position during all the variations.
2. First variation: Turn your head and look at your right index finger. Hold your eyes on your right finger as you reach down and: a) touch your left foot with your left index finger; b) rotate your hips and touch your right foot with your left index finger; c) rotate your hips back and again touch your left foot with your left index finger. Return to the standing position in step 1.
3. Turn your head and look at your left index finger. Hold your eyes on your left finger as you reach down and: a) touch your right foot with your right index finger; b) rotate your hips and touch your left foot with your right index finger; c) rotate your hips back and again touch your right foot with your right index finger. Return to the standing position in step 1.
4. Second variation: Bend forward to waist level. Begin a motion bobbing your head from waist level to the space between your knees. Do this 18 times. Stop the motion. Slowly push your hips forward and bend back as far as you are able. Return to the standing position in step one.
5. Third variation. Keeping your hips straight, twist your head, shoulders, and torso above the hips 90 degrees to the right. Bend down to the right to waist level. Begin a motion bobbing your head from

waist level to your right knee. Do this 18 times. Stop the motion. Slowly bend back as far as you are able, still twisting to the right. Return to the standing position in step one.

6. Keeping your hips straight, twist your head, shoulders, and torso above the hips 90 degrees to the left. Bend down to the left to waist level. Begin a motion bobbing your head from waist level to your left knee. Do this 18 times. Stop the motion. Slowly bend back as far as you can, still twisting to the left. Return to the standing position in step one.

7. Lower your arms and relax.



## Asana Kriya 18 Purna Shanti Savasana

(Poor'-nah Shahn'-tee Shah-vahsh'-ah-nah, the Complete peace and relaxation Asana)

Counter Asana: Asana Kriya 1, Sasamgasana.

Energy Center: Allows the Pranic energy released from the stimulated energy centers to flow throughout the body, regenerating and healing.

Physical benefits: Regeneration

1. Lay down on the back, arms at the sides a few inches from the body, legs spread so that the feet are about a foot apart.
2. Rock your neck from side to side. Stop the motion and relax.
3. Grasp your right thumb in your right fist and tense your whole right arm so that it vibrates with energy, then relax.
4. Raise your right forearm a few inches off the floor and then let it fall limply to the floor.
5. Raise your whole right arm a few inches off the floor and then let it fall limply to the floor.
6. Repeat step 3, 4, and 5 with the left arm.
7. Move the toes of your right foot back and forth, spreading them apart. Stop the motion and relax.
8. Repeat step 7 with your left toes.
9. Rotate your feet side to side, rolling on the heels. Stop the motion and relax.
10. Raise your whole right leg a few inches and let it drop limply to the floor.

11. Repeat step 10 with the left leg.

12. Chant the Shanti Mantra (audibly): *Aum Shanti Shanti Shanti*. (Ah-ohm' Shahn'-tee Shahn'-tee Shahn'-tee) Shanti is old Aryan for peace. Each Shanti should be chanted softer than the one before. *Aum* stimulates the Sahasrara energy center, while *Ah* and *Ee* stimulate the Ida and Pingala energy channels.

13. Relax for one minute

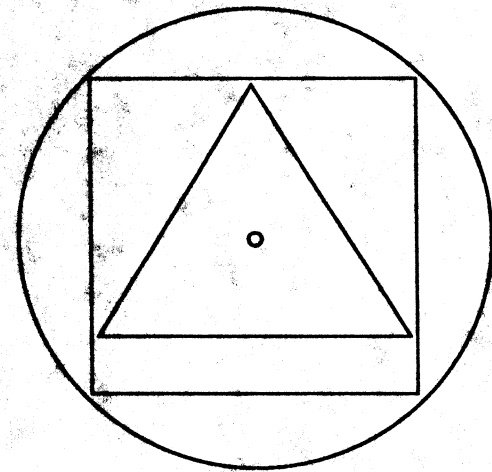
14. Reach back over your head and stretch and tense your whole body, sit up, keeping your legs straight, and reach toward your toes as far as you can. Stand up.

Practice Asana Kriya daily and say good-bye to illness and infirmity!



Om Kriya Babaji Nama Aum

# DHYANA KRIYA



--jost--

# Dhyana Kriya

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*To Allfather,  
who has guided me in  
writing this booklet,  
as he has guided me  
all through life.*

*- JOST*

*For those who realize that to change the world,  
you must first change yourself!*

**NS Kindred**

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## Dhyana Kriya

Integral with the training of the body is the training of the mind. However, there is probably nothing more difficult than to control your mind. The ability of most people to concentrate their mind is dismally minimal. In spite of our efforts to concentrate on one thought, our restless minds tend to wander hither and yon as they will, and hence, the vast majority of our mental capabilities are lost or never developed.

But the power of a controlled or concentrated mind is immense. It can be readily observed that virtually every great leader, general, musician, composer, writer, scientist, etc. had an exceptional ability to concentrate. Clearly, the ability to concentrate is absolutely necessary to attain any advanced state of evolution. And so, the Siddhas developed a number of simple exercises by which one can train oneself to concentrate and hold the mind on one thought. These exercises are known as *Dhyana* (pronounced Dee-yah'-nah, which means "control of the mind")

The Siddhas understood very well the great difficulty in controlling the mind. They realized that it is easiest to train the mind by practicing concentration on something natural, like the breath. Hence, they developed Hong Sau as a powerful concentration exercise, or Dhyana. Once the concentration is shifted to the sensations of the energy along the spine, the power of Hong Sau increases even more.

Naturally, it takes strong concentration to raise the Pranic energy toward the highest center. But your ability to concentrate must also be strengthened to cleanse the emotions which are stored in the Swadhistana.

Training yourself to visualize the opal flame and holding your mind on the affirmation of oneness with Wotan strengthens the mind beyond the power of your suppressed emotions to disturb your inner calm. The cleansing exercise is also an important and powerful Dhyana.

Hong Sau and the cleansing exercise are extremely important Dhyanas, and that is why they were taught early in the course. Never neglect them. The exercises that will be taught in this step are specific techniques to train your concentration in visualization, perception, feeling, and sound.

Always remember that the purpose of these exercises is to train your mind to concentrate. Do not get discouraged if your mind keeps wandering away. That is usually what will happen for some time. Be patient. Use your will to lead your restless mind back to the object of concentration again and again.

We recommend keeping a daily journal of your Dhyana practice. After each practice session of Dhyana, write down in a notebook what you experienced during your practice. Note the date and the exercise, and then jot down what you felt, or where your mind wandered to, or any success or failure to hold your concentration. This will help to orient you to the proper attitude of Dhyana — a training program to advance your evolution.

### Asa Dhyana

This simple exercise will strengthen your ability to concentrate on a visual image. For most people, this is the most difficult form of concentration. However, this is an important and necessary ability which will develop the latent abilities of the mind: clairvoyance, clairsentience, and clairsentience. The Asa Rune, the Rune of Wotan, is

used in this exercise not only because of its spiritual significance, but also because of its simplicity of form. In visualization training, always focus on a simple form. Complex forms, such as faces or figures, are difficult to visualize, and concentrating on such forms should not be attempted until after you are more advanced in your Dhyana practice.

Sit in Swastikasana, arms in Swastik Mudra, and hold your eyes in Ajna Mudra. Gaze into the Ajna Chakra and visualize the Asa Rune, which is illustrated below. Use your will to hold the image of the Asa Rune in your mind's eye. If your mind wanders, do not get discouraged. Training the mind is what this exercise is all about. Patiently bring your mind back to the Asa Rune. Concentrate on the Asa Rune for 10 to 15 minutes.



**Asa Rune**  
**(Rune of Wotan)**

The second stage of this exercise is to develop your direct perception, that is, your ability to obtain information intuitively from the superconscious mind. A staggering amount of information — far more than we realize — comes to us through inference or conjecture, either our own or that of various authors, journalists, teachers, researchers, or politicians. Scientific theories, historical “facts”, and our ideas about such things as diet, civilization, health, etc. are far more determined by inference than direct experience. That is why, of course, these “facts” are always changing! Nobody really has enough information to make good inferences (or the information is distorted or suppressed for political or financial reasons). But the individual of advanced evolution obtains information directly from the superconscious mind, which is irrevocably linked with the infinite consciousness, the storehouse of all knowledge and absolute truth. The next stage of the Asa Dhyana will train you to begin using the superconscious faculties of your mind.

After 10 or 15 minutes of practicing visualization of the Asa Rune, let the image fade. Keep your eyes focused in Ajna Mudra. If the image of the Asa Rune remains without effort, you may keep your gaze focused on that, but do not use any energy to keep it visualized. Begin thinking about the Asa Rune, what it means, where it came from, its significance to family and Folk, etc. Ask yourself questions about it. Leave your mind open for any information on the Asa Rune, or answers to your questions, which may come to you.

It is helpful if you supplement this exercise with some research on the Asa Rune. But do your research only from sources which are devoid of pseudo-mysticism and specious interpretations which will confuse your efforts. We recommend Wardle's *Rune Lore* (available from Kindred Publications). During your Asa Dhyana you can

contemplate Wardle's commentary and ask about any deeper meaning of the Rune.

Spend 10 minutes contemplating the Asa Rune. After your practice is over, write in your Dhyana journal how you fared in your visualization of the Asa Rune, and what you perceived in your contemplation of the Asa Rune.

Note: Everything that "comes to you" about the Asa Rune may not be from the superconscious mind. It may be from the subconscious mind, and not be valid at all. Don't let this worry you. Remember that this is a training exercise, not a test. With practice, you will begin to realize what is and what isn't from the superconscious mind. It will take time to cultivate this ability, so don't get discouraged. Moreover, information about the Asa Rune may occur to you sometime after your Asa Dhyana practice, or even at night during sleep. This is normal. In time, you will be able to summon information at will, but at first it may come to you at most any time.

After you have developed sufficient visualization skills on the Asa rune, and you feel that you have perceived sufficient information or answers to your questions, you can begin working on one of the other Runes. After you have visualized and contemplated all the Runes, then you can start on other spiritual symbols such as the Swastika. Gradually, you can train yourself to be able to visualize and concentrate on more and more complex forms such as faces, persons, etc. But do not get discouraged if it takes you a long, long time to master the Asa Rune. Controlling the mind is extremely difficult. But never give up! Remember that every time you practice this exercise you will be a little more in control of your mind, and your mind will be a little more powerful.

### Kechari Mudra

The next Dhyana requires another Mudra, *Kechari Mudra* (pronounced Keh-chahr'-ee). This is probably the most important of all Mudras. Unfortunately, however, it is also the most difficult to master. The tongue must be brought back behind the soft palate and locked up into the nasal passage. The Siddhas discovered that this position creates a cycle of Pranic energy in the head which generates a magnetic field, and this magnetic field stops the usual downward flow of energy to the lower energy centers, and draws energy upward from the lower centers to the highest center in the brain. This energy can be actually experienced in the mouth as a sweet, nectar-like taste, which is called in the ancient Aryan tongue, *Sama* (pronounced Sah'-mah, which means nectar, i.e. nectar of the Gods). In fact, one of the ancient Aryan writings, the *Sama Veda*, is named after this tasteful energy field.

The correct practice of Kechari Mudra eliminates the need for food and drink. In Kechari Mudra, the physical body begins to extract Pranic energy directly, without the medium of food or drink — and ultimately even breath. I have experimented with Kechari Mudra at times when I was very thirsty, and I found that as soon as I assumed the Mudra the thirst indeed vanished. Even after I removed my tongue, it was some time before I felt thirsty again. I had the same results with hunger. (It is said that bears assume this position during hibernation.) However, the importance of Kechari Mudra is in generating an energy field to draw energy up to the highest centers, thereby accelerating our evolution. Other effects are only of secondary importance.

There are three stages of Kechari Mudra, the simple, intermediate, and advanced. Each of the simpler stages have some of the benefits of the advanced stage, so be sure to always practice at least the simple stage. But for

maximum advantage, however, we highly recommend that the advanced stage of Kechari Mudra be mastered and practiced.

The first stage almost everybody can master fairly easily. Simply press the tip of your tongue against the roof of your mouth at the soft palate (the soft area back toward the throat). Initially, you may only be able to comfortably press the tip of the tongue against your hard palate at the center of the roof of your mouth. But with practice you will be able to push the tongue farther and farther back until it presses comfortably against your soft palate.

The intermediate stage is to push the your tongue farther back and press the tip against the uvula. The uvula is the soft, fleshy appendage that hangs from the back of your soft palate at the entrance to your throat. It looks somewhat like a hanging grape, hence, it is called the uvula, which in Latin means grape. Just the constant practice of the simple stage of Kechari Mudra will eventually enable you to get your tongue to this position.

The advanced stage will take some effort to master. You must insert your tongue past the uvula, back upward into the nasal passage, and hold it there. This will push the soft palate down, allowing the tongue to move forward into a more relaxed position. The natural tension of the tongue against the inside of the soft palate will hold the tongue in place comfortably.

The obstacles to mastering this technique are the shortness of the average tongue and the phrenum (the cord that holds the tongue to the floor of the mouth). Note: there are a number of seemingly knowledgeable sources which recommend that the phrenum should be cut to facilitate the mastering of Kechari Mudra. This is yet another example of dark-age influence on the ancient

Aryan science. Under no circumstances should you cut your phrenum! The phrenum was put there by Nature to prevent us from swallowing our tongues. To cut it may also sever an important nerve which goes to the tongue. Cutting the phrenum is foolish, dangerous, and unnecessary. Both the tongue and the phrenum are only muscles and they can be stretched to accommodate the position of Kechari Mudra.

One method of stretching the tongue is by "milking" it with a damp cloth. Hold your tongue with a damp cloth and pull it outward and downward several times. The phrenum can be stretched simply by turning your tongue back, and pressing the base of it against the roof of your mouth. The best method that I know of (and the one I used) is to stretch the tongue by "clicking" it out of the mouth. Suck your tongue up against the roof of your mouth as you open your mouth. When your mouth is all the way open, thrust out your tongue and try to touch your chin with the tip of your tongue. When the tongue pulls away from the suction against the roof of your mouth it makes a clicking sound, and so this is called "clicking out your tongue". This will stretch both the tongue and the phrenum. After you have clicked out your tongue fifty times, roll your tongue back (tip toward the throat) and push against the base of your tongue with your fingers, pushing the tip of your tongue back as far as you can towards your throat. If you can, massage your uvula with the tip of the tongue. This too will help stretch the tongue and the phrenum, and it will get you used to the tongue in the throat area, eliminating the gagging reflex. Eventually, you will be able to push your tongue past the uvula and upward into the nasal cavity. If you click out your tongue at least fifty times each day for six months, you should be able to push your tongue into full Kechari Mudra position. Eventually, you will be able to place the tongue into position without the use of your

fingers, although some people have such a short tongue that they always have to push their tongues into the Kechari position with their fingers (I still use my fingers).

### Chakra Dhyana

The Siddhas discovered that there are certain Mantras which affect each energy center, and that the energy centers could be stimulated and strengthened when the subtle vibrations of these Mantras were focused into the centers. The Chakra Dhyana is an extremely powerful concentration exercise which not only trains your ability to visualize, hear, and feel subtle sensations, but stimulates and strengthens each energy center, and moves the Pranic energy upward toward the higher centers.

Sit in Swastikasana, with your arms in Swastik Mudra. Lock your eyes into Ajna Mudra and your tongue into at least the simple stage of Kechari Mudra. Breathe normally through your nose and begin focusing your attention on the Muladara Chakra (energy center), which is at the perineum in men or in the vagina in women. Visualize the Muladara Chakra as clearly as you are able. It is red in color and round in shape (Chakra means "circle" or "wheel"). Visualize it as any size you like, and as if you are looking at it from and through the Ajna Chakra. Begin *mentally* chanting the Mantra *Lum* (rhymes with *come*) into the Muladara Chakra. Concentrate on feeling the vibration of the Mantra in the Muladara. Hold the image of the Muladara as you chant the Mantra 108 times. Chant the Mantra at whatever speed you like, so long as each Mantra is clear and distinct. You can calculate 108 times by chanting it rhythmically in 3 sets of 4, for 9 times:

"Lum Lum Lum Lum, Lum Lum Lum Lum, Lum Lum Lum Lum, one";

"Lum Lum Lum Lum, Lum Lum Lum Lum, Lum Lum Lum Lum, two";

"Lum Lum Lum Lum, Lum Lum Lum Lum, Lum Lum Lum Lum, three";

and so forth up to "nine", which will give you 108.

When you have completed 108 Mantras to the Muladara, focus on the Swadhistana Chakra (energy center), about an inch above the base of the spine. Proceed just as you did with the Muladara, except that this center is orange in color and the Mantra is *Vum* (also rhymes with *come*).

After you have finished mentally chanting 108 Mantras to the Swadhistana, focus on the Manipura Chakra (energy center), across from your navel. Proceed just as you did with the other Chakras, except that this Chakra is yellow in color and the Mantra is *Rum* (also rhymes with *come*).

After you have finished mentally chanting 108 Mantras to the Manipura, focus on the Anahata Chakra (energy center), across from the center of your chest (heart). Proceed just as you did with the other Chakras, except that this Chakra is green in color and the Mantra is *Yum* (also rhymes with *come*).

When you have finished mentally chanting 108 Mantras to the Anahata, focus on the Vishudha Chakra (energy center), across from the hollow of your throat. Proceed just as you did with the other Chakras, except that this Chakra is blue in color and the Mantra is *Hum* (also rhymes with *come*).

After mentally chanting 108 Mantras to the Vishudha, focus on the Ajna Chakra (energy center), in your forehead at the point between your eyebrows. Proceed just as you did with the other Chakras, except that this Chakra is indigo or opal blue in color and the Mantra is *Aum* (pronounced Ah-ohm').

After mentally chanting 108 Mantras to the Ajna, focus on the Sahasrara Chakra (energy center), at the crown of your head. Proceed just as you did with the other Chakras, except that this Chakra is light violet in color. The Mantra is also *Aum* (pronounced Ah-ohm').

The following chart will help you learn the Chakras (energy centers), colors, and Mantras:

<b>Chakra</b>	<b>Location</b>	<b>Color</b>	<b>Mantra</b>
<b>Muladara</b>	<b>Perineum/Vagina</b>	<b>Red</b>	<b>Lum</b>
<b>Swadhistana</b>	<b>Coccyx</b>	<b>Orange</b>	<b>Vum</b>
<b>Manipura</b>	<b>Navel</b>	<b>Yellow</b>	<b>Rum</b>
<b>Anahata</b>	<b>Heart</b>	<b>Green</b>	<b>Yum</b>
<b>Vishudha</b>	<b>Throat</b>	<b>Blue</b>	<b>Hum</b>
<b>Ajna</b>	<b>Eyebrows</b>	<b>Opal Blue</b>	<b>Aum</b>
<b>Sahasrara</b>	<b>Brain</b>	<b>Light Violet</b>	<b>Aum</b>

When you have completed this exercise, remain in position and practice the following exercise, Omkara Dhyana:

### **Omkara Dhyana**

*Omkara Dhyana* (Pronounced Ohm'-Kahr-ah, which is a name of Shiva meaning "the one who produces the sound of Om) requires that you block out as much external noise as possible. The easiest method is to use ear plugs or ear muffs, but the position described below is preferred, as this position is a Mudra position in itself. If you use ear plugs or muffs, keep your arms in Swastik Mudra.

Remain in Swastikasana and keep your eyes in Ajna Mudra. You may relax your tongue from Kechari Mudra, or remain in Kechari Mudra as you like. Remove your arms from Swastik Mudra. Place the tips of your thumbs against the flap of skin which is just forward of your ear canals. Close off the ear canals — and outer sounds — by pressing on this flap of skin. Gently press the tips of your little fingers against the corners of your closed eyes, holding the eyeballs in the Ajna Mudra position.

Rest the tips of your other fingers gently against your forehead. Holding this position for any length of time is difficult and can be distracting, so you may wish to rest your elbows on a pillow placed on a table. Arrange the height so that your spine can be held straight. In ancient times, a T-shaped elbow prop was often used. You can make such a device of wood, and to the proper length to use when you are sitting in Swastikasana.

Focus your gaze on the opal blue Ajna Chakra and begin mentally chanting the Mantra *Aum*, over and over. Concentrate on listening carefully in your right ear for a low pitched vibrating sound, like a motor or the roar of the ocean. It should sound similar to the sound of the Mantra. When you hear this sound, concentrate on it until you feel the vibration of this sound throughout your whole body. This is the sound of the flow of the Pranic energy. As you perceive this sound more and more, your awareness will elevate. In superconsciousness, this sound is always audible.

Practice the Omkara Dhyana for as long as you like, but at least 10 minutes after the Chakra Dhyana. When you have finished your practice session, jot down in your Dhyana journal, any experiences, sounds heard, or feelings you had during your practice of Chakra Dhyana and Omkara Dhyana.

### **Kriya Routine**

Your practice routine must, of course, be tailored to your individual schedule and family life. However, we recommend that you make every effort to practice your Kriyas each morning before breakfast, and each evening before going to bed (but at least an hour after supper). The Asana Kriyas should be practiced at least once a day, followed by Hong Sau, one of the Dhyanas (alternate Asa Dhyana one day and Chakra /Omkara Dhyana the next),

and ending with the cleansing exercise. It is best if you can repeat this whole routine at your second practice session, but if there are time constraints which necessitate shortening one of your practice sessions, practice at least Hong Sau and the cleansing exercise.

Note: Once you are familiar enough with them, practice the Asana Kriyas with your eyes locked in Ajna Mudra. This will increase their effect noticeably.

### Ego

When Pranic energy is concentrated in the Sahasrara, we attain superconsciousness. That is the highest state of human evolution — the Übermensch — and the goal of Kriya. The Übermensch lives without limitations in Superconsciousness, while the lower-evolved lives in, and is limited by, ego-consciousness. When superconsciousness is attained, ego-consciousness vanishes.

Ego is Latin for *I am*, and it is simply our persona, or self-identification. Many people who do not understand the true nature of ego are actually terrified at the very thought of losing their ego. They seem to be convinced that the loss of their ego would be the loss of all identity and individuality — they would become nothing and nobody, and disappear into oblivion. Some psychologists and philosophers have even proffered concepts of “higher egos” and “lower egos”, and pontificate about getting rid of a troublesome lower ego while embracing a benevolent higher ego. This, of course, betrays their own fears and insecurities. The lingering dark age influence on this planet continues to beguile them, and they completely misunderstand the true nature of ego. The fact is that there are no higher or lower egos. Ego is our entire persona — high or low, good or bad.

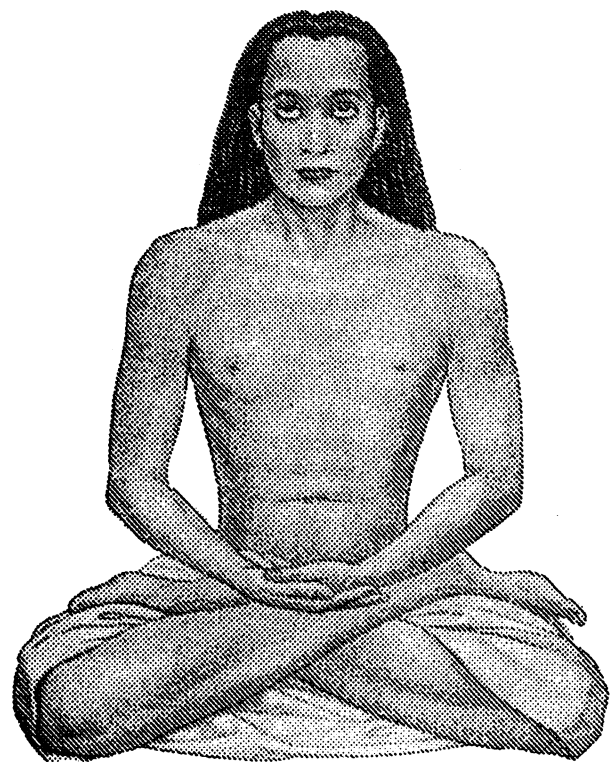
We pointed out that the suppressed emotions stored in the Swadhistana shape and limit our personality and individuality, and that all of our opinions, aspirations, relationships, abilities, etc., are merely a product of these stored emotions. Our personality, individuality, opinions, abilities, etc. are all part and parcel of our persona, or ego. The cold, hard truth is that our self-identification, our persona or ego, is completely limited by our subconscious emotions. Our ego is not really an identification, it is a severe limitation! We certainly cannot attain the state of Übermensch when we have limited ourselves to an emotionally-controlled persona.

Once we understand the true nature of our ego, we should be able to realize that we are simply not at all who or what we think we are. Losing a limitation is certainly not going to mean oblivion, nor loss of identity, nor loss of individuality. The loss of limitations can only mean expansion — greater identity, greater individuality, greater abilities, and greater powers.

We can see this clearly if we look back at ourselves as children. When we were children, we identified ourselves by our very limited perception of the world. Our world was one of toys and games and childish delights, most of which had no interest at all to any adult. When we became teenagers, our world changed. We identified ourselves with very different aspirations, and we were in fact quite different from all that we were before. But in losing our childhood persona, we did not lose our personality or individuality, nor did we disappear into oblivion. We were still the same person as the child, but our persona had expanded and developed. When we reached adulthood, our persona had again expanded and we had again changed. But we were still the same person as the child and teenager. We had lost nothing but our limitations, in that case imposed by ignorance and immaturity,

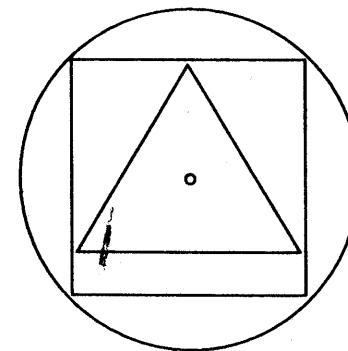
and we didn't disappear into oblivion. So it is when we attain Superconsciousness. We are the same person as we were, but we lose all of our limitations which are imposed on us by simple ignorance and our suppressed emotions. Ego is strictly limitations. It is the bane of the masses. The Übermensch has transcended limitations, and so for the Übermensch, ego no longer exists.

We cannot change and purify this degenerate world of chaos until we have purified ourselves of our emotional limitations. But once we have purified ourselves, we will be able to lead thousands to purification, and those thousands will lead millions of others. This is the path of Wotan — the path of higher evolution for the whole planet!



**BABAJI NAGARAJ**

**Aryan  
Cosmology  
and the  
Science  
of  
Mantras**



**lost**

# **Aryan Cosmology and the Science of Mantras**

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<b>Introduction</b>	<b>1</b>
<b>Part 1: Aryan Cosmology</b>	<b>4</b>
The Infinite Consciousness	4
Time, Space, and the Idea of Particles	4
The Ideational Universe	5
The Energetic Universe	6
The Physical Universe	8
The Earth	10
Cycles of Physical Embodiment	11
<b>Part 2: The Principles of Cause and Effect</b>	<b>13</b>
Karma	13
Chitta Vritti	13
Ramifications of Karma	15
Mental Attitudes	16
Karmic Implications of War	16
Desire for Atonement	17
Group Karma	18
Care of our Physical Bodies	19
<b>Part 3: The Science of Mantras</b>	<b>21</b>
Mantras	21
Bija Mantras	21
Aryabhasha: the Language of Mantras	22
Sattvic Mantras	23
Rajasic Mantras	25
Tamasic Mantras	25
Mantra Initiation	26
Techniques for Establishing your Mantra	29
Transmission of Mantras	31
The Mantras	34
The Gayatri Mantra	35
The Shiva Mantra	37
The Maha Mrtyunjaya Mantra	38
The Rama Mantra	39
Babaji Nagaraj's Mantra	39
<b>Some Notable Past Lives</b>	<b>40</b>

## Introduction

Thousands of years ago, our Aryan Forefathers developed a civilization in the foothills of the Himalayan mountains known as *Aryavarta*. This civilization was far more advanced than anything conceivable today. They had advanced beyond the need for industrialization, agriculture, or even instrumentation, and they lived in harmony with the natural order. But the greatest of their achievements was the perfection of an extraordinary science by which human evolution could be accelerated to the most advanced levels. The history and details of this science are discussed in my booklet, *The Aryan Science of Accelerated Evolution*.

I was initiated into the techniques of this ancient science in 1970, and I have practiced them daily ever since. I can testify that over the years I have experienced health and vitality, a steady purification of my values and character, and a dramatic expansion of my awareness and intuitive faculties. But there was more to come. A few years ago, I was initiated into another aspect of the Aryavartan science, one which added exponentially to the growth of my awareness and my personal power: the science of Mantras.

Mantras are just simple invocations, a few words with little or sometimes no meaning at all. New agers and east Indian savants have always claimed that these invocations had miraculous powers of healing, renovation of character, protection, and personal power. I had always been skeptical of these claims, but since my initiation into Mantras and some years of experience and observation of their effect on myself and others, I am skeptical no longer. I now fully realize the awesome possibilities of this science, not only for individuals and their families and friends, but most of all for its potential to help bring order and harmony to this present age of chaos and degeneration. This is the primary reason I have written this booklet.

To adequately explain the science of Mantras, it is necessary to cover three different, but closely related, subjects, and I have

divided this booklet into three parts accordingly. The first part covers ancient Aryan cosmology. Our Aryan Forefathers were able to develop this science only because their advanced level of evolution allowed them to completely realize the origin and true nature of humankind, the earth, and indeed the whole universe - a cosmology which dwarfs the investigations, theories, and understanding of today's scientists.

The second part of this booklet covers the principles of cause and effect which seem to rule our destiny. Our Aryan Forefathers realized that every human condition, whether fame, beauty, health, and fortune, or disease, disaster, ugliness, and misfortune, was not just chance, but always an exact principle of cause and effect. It was to take charge of their own destiny in this unpredictable world that our Forefathers developed the science of Mantras.

These are both large, complicated subjects, and in order to explain them as simply and concisely, yet as comprehensibly, as possible, I have omitted many minor aspects which are not necessary to understanding the science of Mantras.

The third part covers the actual science of Mantras, and with this I have been as comprehensive as I could. However, one aspect which I did not cover is the subject of *Yantras*, which are geometrical diagrams inscribed on various materials for use with certain Bija Mantras. This is a fascinating subject, but it is not at all necessary to the use of Mantras, and I am not sufficiently familiar with it to include it here.

The reader may notice that many of the terms and concepts in this booklet are similar, or the same as, those of today's east Indian religions. I want to emphasize that what is presented here is neither a form of east Indian religion nor a synthesis of the old Vedic religion. These are all original Aryan concepts which were realized at a time of much higher human evolution, and long before the idea of religions (a product of the dark ages) came into existence. Our Aryan Forefathers viewed all these concepts just as we view the concepts of today's astronomy and physics: as

scientific facts. However, as the earth entered the dark ages and human intellect waned, it became necessary to preserve the science for the future, and so it was written down in allegorical form in what became the Vedas, Upanishads, Agamas, Puranas, etc. But at that point, a priesthood took over, Vedic religion was born, and, of course, everything went down hill from there. Since east Indian religions are based on the old Vedic religion, and Vedic religion is based on allegories of the ancient science of accelerated evolution, it is no surprise that there are many terms and concepts in common.

The language of our Aryan Forefathers was called *Aryabhasha*, and since this language is part and parcel of the science of Mantras, there are, of course, a number of Aryabhashan words in the text of this booklet. I have transliterated Aryabhashan words as simply as possible considering the complex Aryabhashan alphabet. To indicate the approximate pronunciation and accented syllables, I have given a phonetic spelling in parentheses after the Aryabhashan word. The Aryabhashan vowels and consonants which differ from English are pronounced as follows: short a = u as in *but* (written phonetically as a); long a = a as in *father* (written phonetically as ah); e = a in *made* (written phonetically as e); short i = i in *fit* (written phonetically as i); long i = i in *machine* (written phonetically as ee); o = in *rope* (written phonetically as o); short u = u in *put* (written phonetically as u); long u = u in *prudence* (written phonetically as oo); ai or ay = ai in *aisle* (written phonetically as ay); c = ch in *choose*; g = g in *gong*; v or w = v in *Viking*. Examples: *Aryavarta* (Ahr'-ya-vahr'-ta); *Aryabhasha* (Ahr'-ya-bah'-sha); *Yantra* (Yahn'-tra). Translation of Aryabhashan into English can be somewhat subjective. Five different scholars may very well translate the same phrase five different ways. I have translated the words and Mantras as simply as I could to reflect their meanings.

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## Part 1 Aryan Cosmology

### The Infinite Consciousness

Our Aryan Forefathers declared that everything that exists, mankind, the earth, the universe, and countless other dimensions beyond physical matter, are in reality nothing more than various manifestations of one great, unending sea of pure consciousness. This consciousness is without beginning or end, and it is the origin and true nature of everything that exists. Everything is simply a manifestation of this infinite consciousness, just as waves and bubbles are merely a manifestation of the ocean.

Our Aryan Forefathers called this great Infinite Consciousness, *Sat* (Saht'), which means eternal truth. Like virtually everything in existence, the Infinite Consciousness has polarity, that is, it consists of a negative force, or force of repulsion, and a positive force, or force of attraction. The repulsion force is called *Shakti* (Shahk'-tee), which means force or power, or *Ananda* (Ah-nahn'-da), which means eternal, ecstatic joy, and the attraction force is called *Chit* (Cheet'), which means consciousness of feeling. *Sat*, *Chit*, and *Shakti*/*Ananda*, are the nature of the Infinite Consciousness: Eternal truth, Consciousness, and force or power.

### Time, Space, and the Idea of Particles

The actions of repulsion (*Shakti*) and attraction (*Chit*) produce a peculiar, subtle vibration, which is called *Pranava* (Prah'-nah-va). This vibration of *Pranava* brings forth the idea of change in that in which there is no change (in *Sat*, the Infinite Consciousness). This is called *Kala* (Kah'-la), which means time. *Pranava* also brings

forth the idea of division in that in which there is no division (in Sat, the Infinite Consciousness). This is called *Desa* (De'-sa), which means space. The ensuing effect of Kala and Desa (the ideas of time and space) is the idea of particles. This is called *Anu* (Ah'-noo), which means atom (not the physical atom, but the idea of particles). En masse, Anu is called *Maya*, (May'-ya), which means delusion, as Anu is really nothing more than ideas in the Infinite Consciousness, which obscure its true reality.

Under the influence of Chit, the force of attraction, Anu is polarized. The polarized Anu forms *Chitta* (Chee'-ta), the consciousness of feeling at one pole, and *Ahamkara* (Ah'-hahm-kahr'-a), the idea of separate existence, at the other pole. The consciousness of feeling and the idea of separate existence bring about will and desires.

### The Ideational Universe

Our Aryan Forefathers called the sphere, or realm, of the polarized Anu, *Swarloka* (Svahr'-lo-ka). This is the Ideational Universe, a universe which consists only of pure ideas. It is far more vast than the physical cosmos, and it is the fusion point between mind and matter. It is also known as the Causal universe because the modifications of the Infinite consciousness there (Kala, Desa, and Anu) are nothing but pure consciousness in the form of ideas, and these ideas are the basis (or cause) of all further modifications.

One particular point within the Ideational Universe with its own idea of separate existence and its own particular desires to create and experience becomes (manifests) an Ideational Being. By the force of its will, the desires of an Ideational Being are manifested into

ideas. In this manner, the Ideational Universe is manifested and adorned with galaxies, stars, planets, etc., all in the form of pure ideas.

Ideational Beings have desires only for the manifestation of pure ideas. The bodies of Ideational Beings can be identified only as points within the Ideational Universe surrounded by their various idea manifestations. These Beings remain in the Ideational Universe as long as they wish. When all of their desires have been fulfilled, they merge back into the Infinite Consciousness, discarding the idea separate existence, but retaining all the memories of their ideational experiences. Anytime they wish, they may return to the Ideational Universe and manifest new idea desires. But some Ideational Beings foster desires that lead them beyond the sphere of pure ideas. These desires bring them into another universe, one which consists of pure Pranic energy.

### The Energetic Universe

The action of Chit, the force of attraction, on the polarized Anu produces five types of subtle energies, all of which have a positive, negative, and neutral attribute. These subtle energies and their attributes constitute all the various forms of Pranic energy. Like the polarized Anu, from which they come, the Pranic energies are also possessed of polarity, which generates a strong force of attraction between Pranic energy of like attributes. Through this force of attraction of like attributes, Pranic energies of like attributes concentrate, and this produces further modifications of the Infinite Consciousness: a universe of pure Pranic energy.

Our Aryan Forefathers called the universe of Pranic energy *Bhuvvarloka* (Boo'-vahr-lo'-ka). The Energetic Universe is also many times more vast than the Physical Universe. It is often referred to as the Astral (shining) Universe because it is so bright and colorful compared to the Physical Universe. The natural process of attraction of like attributes follows the patterns of the Ideational Universe and adorns the Energetic Universe with galaxies, stars, planets, etc., all of pure Pranic energy.

Ideational Beings with energetic desires are attracted to what ever realm of the Energetic Universe which corresponds to their particular desires. There, they manifest bodies of Pranic energy which are also delineated by their own particular desires, thereby becoming Energetic Beings. There are many different realms in the Energetic Universe. They extend from realms with golden planets of indescribable beauty inhabited by noble, joyous Beings, to realms of dark, gloomy planets inhabited by loathsome, evil Beings. In between, there exists realms of every degree of beauty or wretchedness, all according to the particular desires of the inhabitants.

Most Energetic Beings become so absorbed in their desires that they begin to identify completely with their energetic bodies and soon completely forget their origin in the Ideational Universe. Convinced that they are solely a Being of Pranic energy, they accumulate more and more desires for which they remain in the Energetic Universe to fulfill. But when an Energetic Being has finally fulfilled all of its desires, it remembers its ideational origin, dissolves its body of Pranic energy and returns to the Ideational Universe, where it fulfills any ideational desires. If there are no ideational desires, the Being discards the idea of separate existence and merges back

into the Infinite Consciousness with all the memories of its energetic and ideational experiences.

But some Energetic Beings foster desires that lead them beyond the Energetic Universe into the Physical Universe.

### **The Physical Universe**

Following the natural force of attraction of like attributes, some Pranic energy concentrates into manifestations of protons and electrons, which, in turn, also through the force of attraction of like attributes, concentrate to form physical matter in the form of atoms. The same force of attraction of like attributes forms molecules from atoms, and then inorganic and organic compounds from molecules. Thus, the Physical Universe is manifested. Although much of the Physical Universe is perceivable through our five physical senses, it is really only a further modification of the Infinite Consciousness. Our Aryan Forefathers called the Physical Universe, *Bhuloka* (Boo'-lo-ka). It is adorned with galaxies, stars, planets, etc., which follow the patterns of the Ideational and Energetic Universes.

Physical matter, being really nothing more than a modification of the Infinite Consciousness, begins to form a rudimentary consciousness of feeling when it is concentrated enough. By the attraction of like attributes, organic compounds concentrate to evolve into microscopic life forms, and then plants and animals. As the life form evolves, it develops greater and greater capacity for a more developed consciousness of feeling. When advanced enough, organs are developed for a sub-conscious mind. This is the normal evolutionary path for physical matter.

Like the Energetic Universe, there are also many different realms in the physical Universe. There are solar systems and planets of every degree of beauty or darkness, each according to its distance from the energy concentration at the centers of the galaxies. Solar systems and planets near the galactic centers are affected by the tremendous concentration of energy there. The high concentration of energy forms planets of great beauty with an expansive natural order (Nature) which is balanced by a consciousness of cooperation. But solar systems and planets farther from the galactic centers are affected by their distance from the energy concentration. At the edges of the galaxies, the low energy forms dark planets which attract many noxious, ignoble, and aggressive creatures. The contractive natural order (Nature) on these planets is balanced by a heartless, cut-throat competition for survival.

Energetic Beings with physical desires are attracted to the particular galaxy, solar system, and planet which correspond to their particular desires. Those which have mostly noble, selfless, desires are attracted to the higher planets near the galactic center. Those with more selfish, ignoble desires are attracted to the darker planets further from the galactic center. In accordance with their desires, Energetic Beings are attracted into the embryo of an existing physical life form and thereby become a physical Being. The life form they enter depends on their individual desires. It is possible, but very unlikely that any would enter into the embryos of plant or animal forms. They usually enter higher forms, such as humans on this planet or comparable forms in other parts of the universe, some higher, some lower, depending on their desires.

### The Earth

Our earth is situated toward the outer edge of our galaxy, and it is, in fact, considered to be one of the darker, less advanced planets. As would be expected of a darker planet, the earth attracts lower energy forms which manifest as noxious creatures, such as germs, diseases, lice, ticks, fleas, mosquitoes, poisonous snakes, aggressive, flesh eating animals, etc., which are less common or completely unknown on planets nearer the galactic center. In order to accommodate lower energy forms, Nature on the Earth is balanced by a fairly brutal competition which we call survival of the fittest. But the Earth is not the darkest of planets. There are much darker planets even further away from the galactic center which are homes for far more noxious creatures. The Earth still attracts beauty, nobility, and cooperation, especially during the times when its orbit brings it nearer to the galactic center (Treta and Satya Yugas).

But Humans on this Earth have a special origin. Millennia ago, advanced Energetic Beings altered and advanced the genetic patterns of some of the existing species of apes on this planet into human form to provide more advanced physical bodies which have the capacity for a conscious and superconscious mind. This was done so that Energetic Beings could enter a sufficiently advanced physical form in order to experience the trials and tribulations of a darker planet and, learning by experience, advance their evolution more rapidly there than by basking around on an advanced planet of high energy. Different physical bodies were provided for Energetic Beings with different desires. The races of humans are a visible manifestation of groups with different desires, values, and aspirations.

### Cycles of Physical Embodiment

The manifestations of physical matter are far less stable than Pranic energy. Hence, the Physical Universe changes form through the course of time, that is, changes (deteriorates) back and forth from solids to liquids to gases, or, as in organic matter, appears to decay and die.

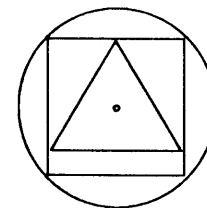
Unfortunately, like Beings in the Energetic Universe, Beings in the Physical Universe usually become so completely identified with their physical desires that they forget their true nature. As they go about fulfilling their physical desires, they also create many new desires. Unlike an energetic body, a physical body changes form: deteriorates and dies. But the energetic body of the Being does not die. When the physical body dies, the Being usually remembers that he or she is actually a Energetic Being. The Being returns to the particular realm of the Energetic Universe to which it is attracted by its energetic desires.

However, most have accumulated many physical desires which will ultimately draw them right back to the Physical Universe. The Being is attracted to and drawn into a physical embryo which has the proper genetic pattern, and which is conceived in the proper physical circumstances (during the proper Yuga, associated with former family or friends, and other circumstances which coincide with its own evolutionary level and at least some of its particular desires).

The Being soon becomes identified completely with this new physical body (once again forgetting its energetic nature) and fulfills as many of its physical desires as possible, and probably accumulates a number of new desires. When the physical body dies, it again becomes

aware of its energetic nature and returns to the Energetic universe until drawn again into the physical Universe by its unfulfilled physical desires.

The cycles of physical embodiment, which are also called reincarnation, are repeated over and over until all physical desires are fulfilled. Then the Being may leave the Physical Universe forever and remain in the Energetic Universe (with the memory of all its physical experiences) to fulfill desires in those realms. The Being goes on to the Ideational Universe after fulfilling all its energetic desires, and then, in turn, into the Infinite Consciousness after fulfilling its ideational desires.



## Part 2

### The Principles of Cause and Effect

#### Karma

Cycles of embodiment, or reincarnation, are a consequence of what our Aryan Forefathers called Karma (Kahr'-ma), which simply means action. Nowadays many east Indian religionists and a gaggle of new agers refer to it as "the law of Karma", but Karma is not a law at all. It is the natural effect of (or action caused by) desires we had in the past, either in this life or some past life. Karma is an effect of either physical actions performed with the desire for results, or mental actions such as thoughts, moods, or emotions.

#### Chitta Vritti

Since we are all merely manifestations of one great Infinite Consciousness, our true nature is beyond all relative concepts of time and space. Therefore, every single desire we ever have, large or small, good or bad, transcends time and space and will, sooner or later, be fulfilled (or otherwise neutralized). Each desire we have actually produces a modification in the Infinite Consciousness. Our Aryan Forefathers called these desire-modifications *Chitta Vritti* (Chee'-tah Vrit'-tee), which means a vortex or whirlpool (Vritti) of a consciousness of feeling (Chitta). Every one of these Chitta Vritti, or vortexes of consciousness, which we manifest by our desires becomes part and parcel of our body (ideational, energetic, and even physical through genetic manifestations). Every single one of these Chitta Vritti remain with us until the desire which manifested them is fulfilled or until we neutralize them by manifesting an opposite Chitta Vritti, or vortex of consciousness, of equal or greater force.

The great Aryan Siddha Patanjali used the term Chitta Vritti in his *Yoga Sutras* to describe modifications of the subconscious mind which need to be cleansed before higher evolution can be attained. But there is much more to the term Chitta Vritti than just that. Although rarely termed as such, a Chitta Vritti is what is manifested for every single desire we ever have, including Energetic and Ideational ones, right on back to the initial manifestation of Anu. The very idea of separate existence itself manifests a vortex of the consciousness of feeling, a Chitta Vritti within the Infinite Consciousness. In fact, our Ideational, Energetic, and Physical bodies are nothing more than concentrations of various Chitta Vritti. Our bodies are literally made up of our own particular desires.

The Physical Universe is manifested by a process of the natural attraction and concentration of consciousness/energy of like attributes. This same natural attraction of like attributes also causes these Chitta Vritti in our bodies to attract other Chitta Vritti of like attributes. When the concentration of these Chitta Vritti of like attributes are great enough, they manifest energy which causes action. The action caused may be social, economic, or physical circumstances, relationships, physical or mental traits, or just about everything else we can imagine. This is why our lives so often seem to be prescribed by a destiny or fate. What seems to be our fate is actually only the end result of the attraction and concentration of Chitta Vritti which are manifested by our own desires.

Our Aryan Forefathers realized that there were three basic types of Chitta Vritti, and that these three types correspond to our evolutionary progress. The type

which produces very undesirable circumstances in our life and may retard our evolutionary progress they called Tamasic (Tah-mah'-sik), which means obstructing. This type is usually a reaction of very selfish past desires which, because of our self absorption, were completely unforeseen at the time. The type which expands our awareness and raises our evolutionary level they called Sattvic (Saht'-vik), which means expanding. By far the most common type is what they called Rajasic (Rah-jah'-sik), which means activating. This type simply reflects common everyday desires (past or present) which shape our present life but have only moderate effect on our evolutionary progression. There are also combinations of the basic types, Rajasic-Sattvic and Rajasic-Tamasic, which effect our evolutionary progression in various degrees, depending on the combination. Although all types of Chitta Vritti are considered collectively as Karma, they called the Sattvic type Dharma (Dahr'-mah), which means proper virtue. Our present situation in life is a result of the Karma and/or Dharma which we have accrued in the past.

#### **Ramifications of Karma**

Obviously, there are many possible ramifications of Karma. The intricate variations and combinations of these Chitta Vritti make it very difficult to figure out the Karmic reasons for an individual's situation in life. There is no way I could present a comprehensive exposition in the space available here, but I will give some examples from which you can extrapolate possibilities.

Generally, such seemingly unpreventable things as birth defects, major illnesses, physical and mental weaknesses, severe accidents, sudden deaths, environments of cruel parents, violence, and poverty, etc. are usually the result

of Tamasic Chitta Vritti which have attracted those circumstances. For example, if an individual constantly worries about physical illness or having an severe accident, Tamasic Chitta Vritti may be created which attract other Tamasic Chitta Vritti of like attributes which concentrate to manifest an energy which creates illnesses or accidents. If an individual is cruel to his or her children, Tamasic Chitta Vritti are created which may very well attract the individual to others who have Tamasic Chitta Vritti of like attributes: parents who are cruel to children.

#### **Mental Attitudes**

Our past mental attitudes can affect our environment and situation in this life. For example, those who had a lighthearted or joyful mental attitude in the past usually manifest Sattvic Chitta Vritti. This Sattvic Chitta Vritti will attract them to situations and the company of others who have similar mental attitudes of joyousness and lightheartedness — and away from the situations and company of those who have dissimilar mental attitudes: negative (problem oriented), miserable, or hateful. In contrast, those who had negative (problem oriented), miserable, or hateful mental attitudes manifest Tamasic Chitta Vritti which will attract the situations and the company of others of such mental attitudes, and away from the lighthearted and joyful.

#### **Karmic Implications of War**

Since I served two tours in Vietnam, both in actual combat, I have a special interest in the Karmic implications of war. Those who are involved in war (or calamities) are usually attracted to it by Chitta Vritti created in their past. The actual physical actions of killing and destruction have far less to do with creating Chitta Vritti

than the accompanying mental attitudes. Participation in war with the consciousness of duty and selfless service usually creates Sattvic Chitta Vritti (Dharma) which will neutralize further attraction to such violence and calamity. However, animosity for our enemies, in war or otherwise, creates Tamasic Chitta Vritti which will attract us to others with animosity (usually our enemies). This can keep us locked together with our enemies in mutual animosity, violence, hatred, and cruelty for countless lives and retard our evolutionary progress. This relationship is severed only when our (or their) Tamasic Chitta Vritti is neutralized by an opposite Sattvic Chitta Vritti of equal or greater intensity.

#### **Desire for Atonement**

Another aspect of Karma is the desire for atonement. We are all part of the Infinite Consciousness, and as such, we are all inwardly aware of the reality of right and wrong (despite all the squawking nowadays about everything being relative). The deep, inner consciousness of our ideational bodies, which is much closer to our true nature of Infinite Consciousness, judges all of our desires and actions on a much more advanced level than our physical consciousness. All of us have probably experienced a pang of "guilty conscience" for something we have done in the past. Perhaps it is only an occasion where we made a complete ass out of ourselves, or perhaps it was an injury or injustice we did to another. By a little introspection we can often see that not only do we wish we hadn't have done that, but as well, we harbor a genuine desire to go back and undo it, or to some way atone for it. Unknown to us consciously, our ideational bodies may foster desires to atone for all of our thoughtless, cruel, or selfish actions. These de-

sires also manifest Tamasic Chitta Vritti which will attract us to other Tamasic Chitta Vritti of like attributes. Hence, if we were cruel or we injured unjustly, it is likely that a hidden desire for atonement will attract us to circumstances of cruelty or unjust injury.

#### **Group Karma**

More often than not, physical embodiment occurs in groups. This is because the particular group has so many Chitta Vritti in common. Families have usually been together before, and they usually work through their desires together. If the family has good fortune or great misfortune it is because all of the members have that Chitta Vritti in common. The harmony or disharmony in each family is no accident nor quirk of mindless fate. It is a natural consequence of common Sattvic or Tamasic Chitta Vritti. Usually all of our friends and even our enemies have been with us before, and we are together again in this life, attracted by common Chitta Vritti.

It is the same with larger groups as well. Nations, for example, also have this sort of "group Karma", that is, a particular concentration of Chitta Vritti which governs the Nation's fortune or misfortune. Racial groups also have group Karma. We can see this fairly clearly in our racial problems today. The reasons for the degeneration of the White race are probably many, but a large part of it stems from the second world war, when so many of our race hurled unjust hatred and violence toward those who sought the betterment of the race and harmony with the natural laws.

There are different evolutionary levels in each race, but the overall common desires, values, and aspirations of

the individuals give the whole race its own particular evolutionary level which is different from other races. One of the duties of the members of each race is to produce the highest quality physical bodies possible for others of that evolutionary level. However, in today's chaotic, confused, selfish environment (caused partly by the reasons above and also by our entry into a galactic Kali Yuga) there is often a great deal of thoughtless miscegenation.

A mixed-race physical body may attract one who has Tamasic Chitta Vritti from a thoughtless or selfish act of miscegenation in the past. But it may just as well serve only as a channel for someone to fulfill a few particular physical desires. Unfortunately, in some cases mixed-race physical bodies can attract Energetic Beings who have some very mixed-up desires and problem personalities. There are lots of Karmic possibilities.

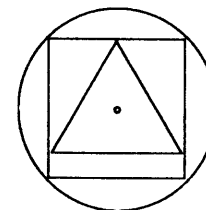
We have a duty to create quality physical bodies for the advancement of evolution. Miscegenation usually hinders human evolution, and that is why it should be avoided and discouraged. But while it may be our duty to discourage miscegenation, we are certainly under no similar obligation to show animosity to those of mixed-race. Showing hostility, animosity, or violence to those of mixed-race will probably create Tamasic Chitta Vritti which could one day draw us into a mixed-race physical body.

### **Care of our Physical Bodies**

The care we have given our physical bodies in past lives can be responsible for our health or ill health today. For instance, a person who damages his physical body by consumption of alcohol creates Tamasic Chitta Vritti

which may manifest a sickly body in future. This may be why some people have serious problems with their livers or kidneys for no apparent reason. A poor diet in a past life may create problems in this life. Even though a person is careful and eats only natural food today, he or she may still have physical problems from Tamasic Chitta Vritti accrued from past indulgences.

The realization that the unknown actions and desires of our past controls our present status and may at any moment wreak havoc on us is indeed depressing. But if this gives you a feeling of hopelessness, fear not. Our Aryan Forefathers not only understood the problems of Chitta Vritti, but they also figured out how to completely neutralize the undesirable ones and create desirable ones. They were able to create Sattvic or Rajasic Chitta Vritti which could change their own social and economic conditions. They were also able to create Chitta Vritti which could neutralize any enemy, no matter how strong or how well armed. They developed a science more powerful than bombs or marching armies: the science of Mantras.



### Part 3

## The Science of Mantras

### Mantras

Mantra (Mahn'-tra), means mind protector. Mantras are specially formulated invocations which can effect great changes in the natural order or in one's own inner nature. The proper use of a Mantra can, for example, heal or strengthen the mind or physical body, bring about social or financial changes, attract a good wife or husband, protect you from accidents, illnesses, enemies, governments, and there are some which can even kill or do great harm to an adversary. There are four types of Mantras: Bija Mantras, Sattvic Mantras, Rajasic Mantras, and Tamasic Mantras.

### Bija Mantras

During the last Satya Yuga, or golden age, on this earth, the great Aryan Siddhas of Aryavarta discovered that there were certain sounds in the Energetic Universe which, when intoned with adequate concentration, could effect changes in the fabric of Pranic energy, thereby creating changes in physical matter as well. They found that these sounds could be used effectively in a number of ways, such as: stimulate and open the Chakras and Nadis; open higher (and lower) energetic realms to the conscious mind; attract powerful psychic forces (which later in the dark ages would become Gods and Goddesses); heal the physical body; do great harm to the physical body; manipulate and change physical matter. They called these sounds Bija (Bee'-ja), which means seed, and the beneficial ones were called Bija Mantras.

### Aryabhasha: the Language of Mantras

Our Aryan Forefathers of the Satya Yuga were at a very advanced level of evolution, and so, their spoken language was conceived and developed from a much higher level of awareness than is common today. They were able to incorporate all of the important Bija Mantras into their spoken language, so that their spoken word would have significance and power. Their language was called Aryabhasha (Ahr'-ya-bah'-sha), which means language of the Aryans.

In the Satya and Treta Yugas, human mental faculties were so developed that there was no need at all for a written language. But as the earth entered the dark ages, a written language became necessary to preserve as much of the ancient knowledge as possible. To be able to adequately convey their complex spoken language into writing, the Aryans of the last descending Dwapara Yuga developed a very advanced alphabet. For a long time there were several different versions of the alphabet, and the language had begun to splinter off into dialects. But finally, in the second century AD, Panini, a learned Aryan scholar, refined and codified Aryabhasha into the form it is known today. Panini's codification is called *Sanskrit*, which means polished, and that term is used today far more often than the language's proper name of Aryabhasha.

Aryabhasha is probably the most complex and advanced language ever to have been developed. The extraordinary alphabet consists of 48 letters which allows the finest distinctions in sounds. The grammar, which is designed to allow the speaker or writer to express the most subtle thoughts, is, compared to modern languages or even Greek and Latin, nothing less

than mind boggling! This is, of course, because Aryabhasha comes from the highly evolved Aryans of the Satya Yuga.

Since Aryabhasha is based on Bija Mantras, it was a natural language from which a science of Mantras could be developed. It has always been known as the language of Mantras. There are, however, some very effective Mantras which have some Tamil words as well. This is because millennia ago the great Aryan Siddha, Agastyar, revised the Tamil language into a Mantric language. So far as I know, no other known languages are old enough (or designed) to be Mantric languages.

#### **Sattvic Mantras**

The ancient Aryan Siddhas were, of course, aware of the problems caused by the Tamasic Chitta Vritti which individuals had unwittingly accumulated. But they knew that any Tamasic Chitta Vritti could be neutralized by an equal or greater Sattvic Chitta Vritti. With a language based on Bija Mantras, they were able to empower certain words to create a very powerful Sattvic Chitta Vritti which could remain indefinitely on its own as a powerful modification within the great web of the Infinite Consciousness. By concentrating their highly advanced mental faculties as they intoned certain Aryabhashan words, they created special invocations which they called Sattvic Mantras.

For each Sattvic Mantra there is a powerful Sattvic Chitta Vritti which remains independently in the fabric of the Infinite Consciousness. When you intone the Mantra (orally or mentally) you begin to generate that same Sattvic Chitta Vritti. This in itself begins to neu-

tralize any Tamasic Chitta Vritti you have. But, of course, unless you are a Siddha, the Chitta Vritti you generate with the Mantra will not be anywhere near as powerful as the original. But continuous repetitions of the Mantra will increase the strength of the Sattvic Chitta Vritti. In addition, the strength of the Chitta Vritti generated by repetitions of the Mantra will, by the natural force of attraction of like attributes, attract a portion of the Mantra's original Chitta Vritti of equal strength. In this way, the strength of a Mantra's Chitta Vritti is always double whatever you can generate yourself.

As the Sattvic Chitta Vritti generated from the Mantra grows in intensity, your Tamasic and Rajasic Chitta Vritti are lessened and neutralized, and as these are neutralized, you will find that your health, strength, capabilities, social and financial circumstances will all begin to change for the better, and your evolution will advance noticeably. Eventually, you can, simply by repetitions of the Mantra, create a Sattvic Chitta Vritti as powerful as the one created by the Siddha of old. This will neutralize all your Tamasic and Rajasic Chitta Vritti and protect you against generating new ones. Hence, the word Mantra, meaning mind protector, is indeed appropriate, since the primary function of Mantras is to protect you from Tamasic Chitta Vritti, either old ones from the past or the possibility of generating new ones.

There are a number of very powerful Sattvic Mantras. Although any of them will neutralize all of your Tamasic Chitta Vritti, each one has a specialty of its own. Some are designed to attract the power and attributes of various psychic forces which were deified during the dark ages into Gods and Goddesses. Others attract the

power and attributes of the Siddha who created the Mantra. Each Mantra usually consists of a simple invocation in Aryabhashan to the particular psychic force (God or Goddess) or Siddha along with one or more Bija Mantras.

### **Rajasic Mantras**

Rajasic Mantras are designed to produce very specialized results, such as attract wealth, success, or material goods, attract a lover, or protect you from enemies. They generate a particular Rajasic Chitta Vritti which attracts the desired result. However, Rajasic Mantras were designed for people of the Satya and Treta Yugas who were at a sufficient level of consciousness to avoid or neutralize the many pitfalls of generating Rajasic Chitta Vritti. Moreover, use of a Rajasic Mantra will also attract any problems related to the desired result which you cannot foresee. Use of Rajasic Mantras may very well impede your evolution by keeping your consciousness in a Rajasic state (materialistic). A Sattvic Mantra will accomplish virtually anything a Rajasic Mantra would, and without attracting any unforeseen problems. You should avoid the use of Rajasic Mantras.

### **Tamasic Mantras**

Tamasic Mantras, which some call "black magic mantras", are designed to do harm or injury, or to control or force others to your will. Many were designed for use in warfare, probably during the late Treta Yuga. Their use is extremely dangerous. They generate a Tamasic Chitta Vritti which will ultimately attract the same thing to you, unless you know how to neutralize it. Moreover, if you try to use a Tamasic Mantra on someone who is protected by the use of any Sattvic Mantra, the Tamasic Mantra will boomerang back to you with disastrous

results. Tamasic Mantras are being used today in some circles, and I suspect their use will spread. I have witnessed their use and effect, and they are indeed effective and dangerous. However, any Sattvic Mantra will protect you from all Tamasic Mantras. There is no need to ever use Tamasic Mantras. Sattvic Mantras will neutralize any enemy, and they can be used to change the circumstances of others without any danger to yourself.

### **Mantra Initiation**

Our Aryan Forefathers established definite procedures for Mantra initiation, that is, learning and using a Mantra. Often, the prospective initiate would be required to practice Dhyana or Kundalini Pranayama techniques for a period of time before initiation. This was to build concentration abilities and to open the latent mental faculties so that the effect of the Mantra would be much faster and more dramatic. Sometimes, Mantra initiation was done in conjunction with Kundalini Pranayama initiation, so that the Mantra could neutralize any of the Tamasic and Rajasic Chitta Vritti dislodged by intensive Pranayama practice.

Many Mantras can only be learned during a formal initiation from a Mantra Master. A formal initiation involves a Mantra Yagna (Yahg'-na), which is a fire ceremony during which a certain Mantra is chanted around a fire for several hours, usually by teams of participants. A Mantra Master is an initiate who has completed certain requirements and has, by long practice of Mantras, experienced a renovation of his or her nature. During the Yagna, the Mantra Master teaches individuals who have taken part in the chanting the correct pronunciation and rhythm of the Mantra of their choice, and instructs them in its proper use.

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There are, however, some very powerful Mantras which can be taught without formal initiation. These Mantras should be taught in person, but with today's audio or video technology, it is possible to teach them long distance as well. Of course, this will require more effort on the part of the initiate.

The first step is to choose a Sattvic Mantra for yourself. This is pretty much a matter of desire or special need. Once you decide which Mantra you want, you must learn its correct pronunciation from a Mantra Master or someone who has a great deal of experience with Mantras. Once you have received instruction in your Mantra, then you begin the process of establishing it in your consciousness. The procedure which our Aryan Forefathers prescribed for this is to chant your Mantra, mentally, (at any speed you like so long as each word or syllable is distinct), 108 times, at least once each day for 108 days. Chanting your Mantra 108 times is called a *Mala* (Mah'-la), and Mantras are chanted in Malas. It takes 108 Malas to establish the Mantra in your consciousness. During your chanting, you need to keep your mind sufficiently focused on the Mantra so that you are aware of each word. The greater the concentration, the greater the Chitta Vritti manifested.

You must do at least one Mala (round of 108) each day, and until you complete that first 108 Malas you must not miss a single day. If you miss a day, you must start all over again with the 108 Malas. This is because missing a day allows more than 24 hours to pass between two Malas, and this will break an important psycho-physical cycle necessary for establishing the Mantra in your consciousness. However, you may do more than one Mala per day, and this will count toward your total of

108 Malas. For example, you could do 2 Malas a day for 54 days, or 3 Malas one day, 4 the next, and then 1 the next, etc., until you reach 108 Malas, or you could even do all 108 Malas in one day. But don't miss a day until you have completed the first 108 Malas.

It is, of course, difficult to keep count of 108 on your fingers. Our Forefathers kept count of their Mantras on a garland of 108 Rudraksha seeds (or sometimes beads of sandalwood, crystal, garnet, or some other semi-precious stone). These were also called Malas, by virtue of their number and their purpose. Our Forefathers discovered that the Rudraksha seeds, which grow only in the Himalayas (the heart of ancient Aryavarta), have a singular property which holds some of the Sattvic Chitta Vritti of the Mantras. This makes it very beneficial to use Rudrakshas and to keep them close to your skin at all times. The ancient Siddhas always wore strings of Rudraksha Malas (for them, more powerful than a 44 magnum!). Rudraksha Malas are available here and there in east Indian and new age shops. But you can simply use any string of 108 beads, and that will do the job of keeping count.

After you have done your 108 Malas, the Mantra will be established in your consciousness. You should still chant at least one Mala of your Mantra each day, although at this point it is not so critical if you happen to miss a day. But the more you chant the Mantra, the sooner you will realize the renovating effects. There is no set time limit as to when you will begin to experience the effects of your Mantra, as everyone has a different Karmic pattern. Some people will see great changes almost immediately. Others may take many hundreds of Malas. After your Mantra is firmly established, you

may wish to chant it continuously. You can chant the Mantra anytime you like during the day or night, while your working, eating, driving, etc., and this does not need to be in Malas. The more you chant it, the greater Mantra's strength.

To get the maximum effect of your Mantra, you need to continue to chant it, preferably at least one Mala a day, until you complete 1008 Malas (regardless of how many times you chant it other than in Malas). Completion of 1008 Malas is called the Minor Siddhi (See'-dee). At this point you will certainly have noted many changes in your health, strength, and circumstances. After you reach the Minor Siddhi, you may want to learn a different Mantra, establish it in your consciousness with 108 Malas, and begin taking it to the Minor Siddhi to realize its benefits. Otherwise, you should continue with your first Mantra for 10 times 1008 Malas, which will bring you to the Major Siddhi. At that point the Sattvic Chitta Vritti of the Mantra will have replaced virtually all of your Tamasic Chitta Vritti, and you will witness profound renovations of your nature.

### **Techniques for Establishing your Mantra**

The following are Tantra (Kriya) techniques which will build your concentration and dramatically accelerate establishing your Mantra in your consciousness:

Sit in Swastikasana and Swastik Mudra if you know these positions, otherwise, sit in any upright position that is comfortable. Focus your eyes on the tip of your nose. Yes, this is a cross-eyed position. At first, this will be very uncomfortable, but within a few minutes your eyes will relax and they will feel just fine. In fact, it will actually relax and strengthen the eyes. Our Forefathers

did this exercise for great periods of time. Blink your eyes as often as you need, but hold your eyes in this position and chant your Mantra, mentally, 108 times. Then, relax your eyes. You will notice that while your eyes are held in this position (which takes some concentration) your breath will get very shallow and slow. This technique builds your concentration, while it slows the breath and rejuvenates the body.

Sit in Swastikasana and Swastik Mudra (or in any comfortable position, if necessary). Breathe in through the nose, slowly, with the throat constricted so that you make a slightly audible sound of Eeee. Breathe in until your lungs are completely full. At the same time you begin to breathe in, begin chanting your Mantra, mentally, at a speed so that your Mantra will end at the end of the breath when your lungs are completely full. Then, without holding the breath at all, begin exhaling slowly (again, through the nose), with the throat constricted, making the slightly audible sound of Eeee. Exhale at the same rate of speed as your previous inhalation. When you begin your exhalation, begin chanting your Mantra, mentally, at a speed so that your Mantra will end just as your lungs are completely empty. Continue this until you have chanted your Mantra 108 times (54 inhalations and 54 exhalations). If your Mantra is short, you may want to chant the Mantra twice during each inhalation and twice during each exhalation. But do not rush the breath to accommodate the Mantra, and make sure your inhalations and exhalations are the same length. Lengthen the Mantra to accommodate the breath. (The slower the better! This is a powerful Pranayama technique which concentrates Pranic energy in your body.) But however many times you chant your Mantra per breath, do so until you chant the Mantra 108 times. Do

this technique for only one Mala of 108 (regardless of how many times you chant your Mantra per breath). You may do it several times during the day or night, but always relax a bit between Malas.

You can combine both of the above techniques. Focus your eyes on the tip of your nose while chanting the Mantra during the inhalation and exhalation of the Pranayama technique.

### Transmission of Mantras

The renovations and benefits accrued from the use of Mantras is not limited just to the individual who chants the Mantra. It is quite feasible to transmit Mantras to others, giving them a Sattvic Chitta Vritti which will affect their health, evolution, and material circumstances. To accomplish this requires only a simple technique of concentration and visualization while mentally, or orally, chanting the Mantra. The better trained the mind in concentration, the greater the results of transmitting a Mantra to others. Students of Tantra/Kriya, Yoga, or other meditation techniques should be very effective at sending Mantras. My wife and three children are all Kriya initiates and they have been trained in the use of Mantras. Together, we have experimented with transmitting Mantras to others in need. The results have been astounding.

Our first experience with this was some years ago when we learned that the children's grandmother, who lives in England, was diagnosed with cancer of the lymph system. We began a daily vigil of sending a healing Mantra to her, but we did not tell her what we were doing. The British National Health system being what it is, it took, of course, some time before any treatment

could begin. We had been sending her Mantras for about two weeks when she finally got in for her treatment. The doctor examined her, and then canceled the treatment because there was no sign of any Cancer! Although delighted at the outcome, we recognized that it could be just a coincidence, and so we decided to experiment further. We selected subjects which we knew fairly well, so that we could keep tabs on their condition, and we never told them what we were doing. Some had health problems and some had family problems. But, in case after case, their health or family problems vanished or improved dramatically after we began sending them a Mantra. Although this was hardly any sort of double blind test, our experiences convinced us that Mantra transmissions could change the health or circumstances of others. By the use of a Mantra, we had been able to create a powerful Sattvic Chitta Vritti for them, which neutralized the Tamasic Chitta Vritti that caused the problems.

The excellent results we had with sending healing Mantras inspired us to experiment sending Mantras to political activists who, with little support and even less finances, struggled for truth and justice against the overwhelming dark age forces. We wanted to see if we could send them a strong enough Sattvic Chitta Vritti to neutralize the awesome Tamasic Chitta Vritti of their enemies. Myself and two of my children began the experiment.

We picked a subject who we knew had a good and noble heart. Many political activists are filled with hatred and animosity for their opposition, which creates tremendous Tamasic Chitta Vritti. Any Mantra sent to them would first have to neutralize all of their Tamasic Chitta

Vritti before affecting that of their opposition, and that could take a long time. Our first subject was a German-American revisionist who, during a trip to Germany to see his family, had been jailed and charged with the usual "hate crimes" for daring to question the authorized version of history. He was an older man who was probably not up to the rigors of a German prison, and his chances against the German legal establishment looked pretty hopeless. We sent him a Ganesha (Gah-nesh'-a) Mantra each day. (Ganesha, or Ganapati, is a son of Shiva. The speciality of the Mantra is to overcome all obstacles.) It was some time before we got word about his situation, and we were astounded to learn that when he got to court the judge, against all precedence and very strong objections from the prosecution, granted him bail on his own recognizance! Prudently, he hightailed it for the USA and out of the reach of the dark age forces. Although we had no idea at the time, we learned that we had begun our transmissions about two weeks before his court appearance. He later noted that about two weeks before his court appearance he began to have the feeling that he was going to get out of prison (he had been in prison for many months). We knew that this could just be simple coincidence, and so we began a second experiment.

Our second subject was a well-known revisionist, a very noble and idealistic man who fights hard for truth and justice, yet exhibits little or no animosity to those who have persecuted him for years. He faced being charged under the new Canadian hate crimes law, again, for daring to question the authorized version of history. He had been prosecuted earlier and convicted, but on appeal the law was ruled unconstitutional and his conviction reversed. This time, however, the prosecutors had

made sure that the law would stand up under appeal, and, under the pressure of powerful special interests, they prepared to charge him again. We began sending him the same Ganesha Mantra. After some time, we learned that the prosecution had suddenly, completely unexpectedly, and in the face of hysterical remonstrations by very powerful special interest groups, decided to drop all charges against him for lack of evidence. The revisionist, amazed at the sudden turn of events, called it a divine intervention. But the dark age forces were not beaten. They moved to have him deported, so we continued to send him the Mantra. He soon won a very important legal decision, which will probably nullify any deportation attempts. Now, all this, too, could have merely been a coincidence, but, since our healing Mantras were beyond any probability of coincidence, it seems reasonable to believe that our efforts had at least some effect on the legal situations of these revisionists.

This has led us to begin a daring project. If myself and two small children can have results of this sort, what would be possible for ten, twenty, fifty, or a hundred individuals trained in Mantras? It is completely feasible for a small group of Mantra initiates to be instrumental in protecting honest and noble political activists from legal harassment by the all powerful dark age forces, or insuring the success of honest political ventures, or perhaps the failure of dishonest ones. Our project is to do just that! This booklet is written especially for idealists across the country, or even around the world, who are interested in combining their efforts to transmit Mantras to selected individuals. If you are interested in joining this project, write me for information and an application.

### The Mantras

Our Aryan Forefathers created a great number of Sattvic Mantras. Each is designed with special attributes for transforming or empowering, and they are all capable of neutralizing all of your hidden Rajasic and Tamasic Chitta Vritti. The following are some very powerful Sattvic Mantras which have been tried and proven over thousands and thousands of years. Make no mistake about it, if you properly use any one of these Mantras you will see some dramatic transformations in yourself. In addition, once the Mantra is properly established in your consciousness, you will be able to transmit Mantras to others in need.

### The Gayatri Mantra

This is the oldest and most important of the Vedic Mantras. Although termed a Vedic Mantra, its origins are far older than Vedic times. The Mantra was originally an invocation to *Savitur* (Sah-vee'-tur), which means procreator, and is the Shakti aspect of the ancient Aryan Sun God, *Surya* (Soor'-ya). Allegorically, the Shakti aspect is always considered to be feminine, and so as time went on Savitur apparently became *Savitri* (Sah-vee'-tree) which was the Goddess of the Sun and the Mantra was allocated to her. (Savitri Devi, the well known National Socialist philosopher and writer, chose this name as her spiritual name.) To confuse matters even more, at some point it was decided that the Mantra itself, even then considered the highest of Mantras, had incarnated in physical form as a maiden by the name of *Gayatri* (Gay'-a-tree), who became the consort of the God *Brahma*. Anyway, Gayatri won out and the Mantra has come down to us today under this name. In spite of the ravages of time on its name, the Mantra itself has not been changed (although there are several different ver-

sions for ritual use which probably originated in the dark ages). Like all Sattvic Mantras, this Mantra will neutralize your Rajasic and Tamasic Chitta Vritti, but its specialty is for advancing your evolution. It is an invocation, that is, both an affirmation and an appeal, to the Infinite Consciousness (*Surya*) in the aspect of *Savitur/Savitri/Gayatri* to advance your evolution.

**Aum Bhur Bhuvah Svaha**

(Om Boor Boo'-vah Svah'-ah)

**Tat Savitur Varenyam**

(Taht Sah'-vee-tur vah- ren'-yahm)

**Bhargo Devasaya dimahi**

(Bahr'-go De'-vah-shyah dee'-mah-hee')

**dhiyo yo nah pracodayat**

(dee-yo' yo nah prah- cho'-day-aht)

The Mantra means: Aum. Savitur, procreator of the Physical, Energetic, and Ideational Universes, highest aspect of the Infinite Consciousness. We meditate on the spiritual light of the shining ones (Gods and Goddesses) which is able to illumine our intellect (evolve our consciousness).

*Aum* = Bija sound included in many Mantras. Sort of a "so be it". *Bhur* = Physical Universe. *Bhuvah* = Energetic Universe. *Svaha* = Ideational Universe. *Tat* = creative principle. *Savitur* = Savitur, Shakti aspect of *Surya*. *Varenyam* = highest aspect of the Infinite Consciousness. *Bhargo* = spiritual light which bestows wisdom. *Devasaya* = of the shining ones (celestial Gods and Goddesses). *dimahi* = we meditate on. *dhiyo* = consciousness or intellect. *yo* = which. *nah* = our. *pracodayat* = to illumine.

Vyaas Houston, a recognized (Euro-Aryan) expert in Sanskrit has made a recording of the Gayatri Mantra. The beauty of this audio tape is absolutely beyond description. I know of no one who has listened to this tape who has not been noticeably moved. It transports the listener back thousands of years to the golden age of ancient Aryavarta. I highly recommend that you obtain a copy and play it often, especially during times of stress or negativity. An audio cassette of Vyaas Houston's Gayatri Mantra is available for \$10 from *American Sanskrit Institute*, 73 Four Corners Road, Warwick, NY 10990. You can also order it by phone at 1-800-484-7112, ext. 1008.

#### **The Shiva Mantra**

This is an ancient Tantric Mantra, which is also known as the six syllable Mantra. It is considered by the followers of Tantra to be the supreme Mantra. Its specialty is to bestow the powers and attributes of that powerful psychic force which is known today as Shiva (Indo-Aryan counterpart to the Euro-Aryan Wotan or Odin), which overcomes all obstacles and represents the highest of human evolution. There are many different variations of this Mantra. The following are the most common:

**Aum namah Shivaya**  
(Om na'-mah Shee-vay'-a)

The Mantra means: Aum. Salutations to Shiva. *Aum* = bija sound. *namah* = salutations. *Shivaya* = to Shiva.

Another somewhat less popular variation is:

**Shivaya namah Aum**  
(Shee-vay'-a na'-mah Om),

Some prefer to combine the variations:

**Aum namah Shivaya, Shivaya namah Aum.**

#### **The Maha Mrtyunjaya Mantra**

Maha Mrtyunjaya Mantra (Mah'-hah Mrit'-yun-jay'-a) means the great Mantra for victory over death. This is without doubt the most powerful healing Mantra ever conceived. It is also a Shiva Mantra, and its specialty is to banish all disease, illness, and fear of death.

**Aum Tryambakam yajamahe**  
(Om Tray-am'-ba-kam ya-jah'-ma-he)  
**sugandhim pushti vardhanam**  
(soo-gan-dim' poosh'-tee vahr'-da-nam)  
**urvarukam iva bandhanan**  
(oor-vahr'-ook-am iv'-a bahn'-da-nahn)  
**mrityor mukshiya mamritat**  
(mrit'-yor mook-shee'-ya mahm'-ri-taht)

It means: Aum. We meditate on the three eyed one (Shiva) of sweet fragrance who expands our growth (evolution). Like a cucumber from its stem, may I be free from death, but not from immortality. *Aum* = bija sound. *Tryambakam* = three-eyed one (Shiva). *yajamahe* = we meditate on. *sugandhim* = sweet fragrance. *pushti* = growth. *vardhanam* = expanding or increasing. *urvarukam* = cucumber. *iva* = like. *bandhanan* = holding (on the stem). *mrityor* = from death. *mukshiya* = may I be free. *mamritat* = not from immortality.

Vyaas Houston has just released an audio cassette of the Maha Mrtyunjaya Mantra which is every bit as beautiful and moving as his Gayatri Mantra. I highly recommend that you get a copy of this too. It is available for \$10 from the above address (or phone).

### **The Rama Mantra**

This Mantra's specialty is the power and attributes of Rama (Ramachandra), the most famous Aryan hero of all times: strength, courage, honor, and the nobility of the warrior. Besides a warrior-king, Rama was a Siddha and considered to be a Vishnu Avatar, an incarnation of the old Aryan God Vishnu. Those who properly use his Mantra not only neutralize all their Rajasic and Tamasic Chitta Vritti, but attain the power and attributes of this famous Aryan warrior-king.

**Aum Shri Ram jai Ram jai jai Ram**  
(Om Shree Rahm jay Rahm jay jay Rahm)

It means: Aum. Lord Rama, victory to Rama, victory, victory to Rama. *Aum* = bija sound. *Shri* = title of respect; *Ram* = Rama; *jai* = victory.

### **Babaji Nagaraj's Mantra**

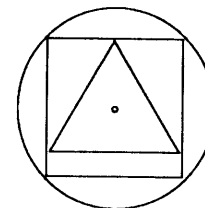
This Mantra's specialty is the attributes of Babaji Nagaraj, which is the highest level of human evolution.

**Om Kriya Babaji Nama Aum**  
(Om Kree'-ya Bah'-bah-jee nah'-ma Om)

It means: Om. Salutations to Kriya Babaji. Aum. *Om* = a bija sound which primarily affects the Vishuddha Chakra. *Kriya Babaji* = one of Babaji Nagaraj's names. *Nama* = salutations. *Aum* = a bija sound.

I have made a special audio tape on which I have chanted each Mantra slowly so that you can learn the correct pronunciation. In addition, I have chanted each Mantra in a popular rhythm. If you would like to learn one or more of these Mantras, write for information on

this tape. Many prisoners are unable to receive audio tapes. Careful analysis of the phonetics I've indicated for each Mantra should enable you to learn and effectively use the Mantras.



### **Some Notable Past Lives**

Any discussion of the cycles of physical embodiment, or reincarnation, always brings about speculation on individual past lives. Occasionally we run into fairly ordinary people who are quite convinced that they had once been an Egyptian princess, a Roman Caesar, a Druid high priest, or some other glamorous former incarnation. However, an ordinary life today usually indicates an ordinary past life. Ordinary people are ordinary because of their ordinary Chitta Vritti. A dramatic or famous incarnation almost always indicates an extraordinary and advanced individual. Great heroes and leaders of historical note are such because of their powerful Chitta Vritti.

In times of great need, extraordinary individuals are often attracted to the earth to assume dramatic leadership positions. World War 2 was one such time, and it attracted many of the greatest military and political leaders of history. Over the years, I have learned some fascinating details about the former lives of a few of the leaders and notables of the World War 2 era which I believe you will find of interest.

- In a former life, Josef Stalin had been the great Mongol leader, Ghengis Khan. The great Khan had the desire to conquer all of Europe, but he died before he could fulfill it. That desire attracted him to return as Josef Stalin, who, in the spirit of the great Khan, employed his Siberian and Mongol troops to ravage Europe. But to fulfill his desire turned out to be a two edged sword. Stalin had to sell his soul to International Finance, which may have accounted for his sudden demise.

- Winston Churchill had been Napoleon. The great French Emperor apparently harbored both admiration and animosity toward his enemy, England. The complexities of this attracted him to incarnate as Winston Churchill, who was instrumental in starting and escalating World War 2 (his inner guilt about this may have caused his growing drunkenness). Ultimately, Churchill's unnecessary war destroyed the empire and turned England into a third rate power - something which Churchill either hadn't foreseen or didn't care about, but which Napoleon would certainly have desired.

- Benito Mussolini had been Marc Anthony. The great Roman General desired to rule Rome, but was thwarted by Augustus. His desire was gloriously fulfilled in his incarnation as Il Duce.

- Charles Lindbergh had been Abraham Lincoln. The "great emancipator" had done the bidding of International Finance, manipulating the Civil War by sending Federal troops into the Southern States. But then he foiled their plans to make profits by lending money to finance the war when he, like John F. Kennedy, printed his own currency (Greenbacks) instead. Also like Kennedy, he was assassinated in retaliation. Although it is little known today, Lincoln had great apprehensions about Negroes sharing this country with Whites, and he

avored Negro repatriation to Africa. As Lindbergh, he showed considerable concern about the future of the White race, and wrote articles on his fears of Asian expansion. He was quite friendly to Adolf Hitler, and he strongly opposed Roosevelt's manipulations to get us involved in World War 2. When Lindbergh became popular enough to threaten Roosevelt's presidency, his old adversary, International Finance, moved against him once again, kidnapping and murdering his child.

- Adolf Hitler had been probably the greatest commander and warrior in history: Alexander the Great. Alexander wanted to create a mono-cultural empire, and he encouraged his officers and soldiers to intermarry with the conquered ethnic groups. However, after his early death, his empire collapsed mainly because of this ethnic diversity. During his march into India, Alexander became a student of Kalyanos, a Hindu Yogi, who no doubt taught him the ancient Aryan science which advanced Alexander's evolution considerably. When Alexander returned as Adolf Hitler, he launched a great crusade against the efforts of the dark age forces of International Finance to create a global empire. He had learned from his mistakes in the past, and, contrary to the perspective of a global empire, he encouraged the natural separation of ethnic and racial groups, gave autonomy to the conquered nations and encouraged their own Folk cultures. Hitler did what he could to avoid war and to isolate it or end it after it started. But like Lincoln before him and Kennedy after him, he had flaunted the dictates of International Finance by printing his own money. Unable to assassinate Hitler, International Finance manipulated their vassal states into launching the most destructive war in history, and they keep the true issues concealed to this day.

Hitler's death in the Berlin bunker apparently did not end his mission. Believe it or not, he is already back again. For

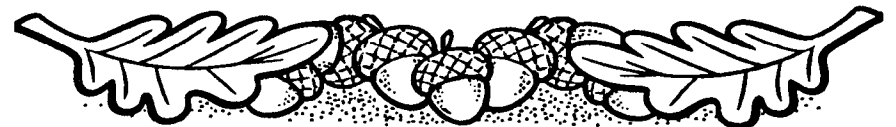
obvious reasons of personal privacy and possible political implications, I will not give any specific details here. He was born shortly after the war into a family of great social and financial means. Although very unprecedented in his particular social position, he is still an ardent vegetarian (which would be normal for one of his evolutionary level). He still enjoys painting with watercolors, and his paintings show a close resemblance to those he did as Hitler. He is in a position to become a national leader should that need arise. However, as unlikely as it may seem, this time he has returned to a position of significance in a major branch of International Finance! I suspect that he has returned to continue his battle with International Finance from the only place it could ever be toppled in today's climate of degeneration and devolution: from within. I have seen a photograph of him reading a revisionist book, and, even more amazing, none other than Mussolini has returned as one of his siblings! The next few years should be very interesting!

- Also of interest is that Babaji Nagaraj, the great Siddha who has revived and clarified the ancient Aryan science of accelerated evolution for us today, had been Rama (ca. 6000 BC), the great Aryan hero and king of the Solar race (a highly evolved Aryan race) who led the Aryans of Aryavarta out of degeneration during the last Treta Yuga. Rama took Mantra initiation from Agastyar. Later Rama incarnated at the end of the last descending Dwapara Yuga as Krishna (ca. 700 BC) who trained the last of the Aryan aristocracy, the Pandavas, especially Arjuna, in the ancient Aryan science. He has now returned as Babaji Nagaraj, again initiated by Agastyar, to once again teach the ancient science, and perhaps in the future to lead a new Solar race into enlightenment and prosperity as he did thousands of years ago as the great Rama.

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# **NATIONAL SOCIALISM**



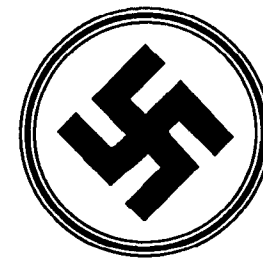
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# **NATIONAL SOCIALISM**



**ADOLF HITLER's**

**Revelations of the  
Eternal Laws of Nature  
for Family and Folk**

# FOLK

## The Only Doctrine of National Socialism

*For me and all true National Socialists there is but one doctrine:*

### Folk and Fatherland.

*What we must fight for is to safeguard the existence and reproduction of our race and Folk, the sustenance of our children, and the purity of our blood, the freedom and independence of the Fatherland, so that our Folk may mature for the fulfillment of the mission allotted it by the creator of the universe.*

*Every thought and every idea, every doctrine and all knowledge, must serve this purpose. And everything must be examined from this point of view, and used or rejected according to its utility. Then no theory will stiffen into a dead doctrine, since it is life alone that all things must serve.*

— Adolf Hitler

Mein Kampf, Volume 1, chapter 8

The preceding quotation clearly shows that the most important concept and the emphasis of the National Socialist Movement should be on *Folk*. It shows us clearly that every decision, every action should be based on the answer to one question: *is it good for the Folk?*

A Folk is of common heritage, common blood, common values, and common ideals. While a Folk must necessarily be of one race, it is not necessarily all of that race. There can be several different Folk, all of common race.

Today, most of the White Race have heritage and blood in common with us, but their values and ideals — if any at all — are alien to us, deadly to us! They are not our Folk, and there is really very little that we can do to convince them to become Folk.

But that doesn't stop us from our task. Today, true National Socialists are a Folk of their own, a *Hitler Folk*! A National Socialist Folk is growing within the great degenerating mass of selfish white materialists.

National Socialism is simply modern-day Aryan tribalism. It is a living, growing, evolving, way of life. As such, it must necessarily change its tasks and priorities with the ever changing times. Before 1945, our Folk was substantial in number, so a free and independent Fatherland was certainly a priority. Today our Folk is few in number, and scattered around the world. There is little need for us to worry about a Fatherland, old or new. Today we need to concentrate our efforts on building our Folk. *As such, our*

*number one priority must be the protection and education of our children!* For unless our Folk has control over the development and education of our own children, both Folk and Race are doomed to quick extinction.

National Socialist families need to form their own communities, in suitable areas where they can preserve and develop our values and ideals, and take control of the development and education of our children — the future of our Folk!

Today, it is urgent for National Socialists throughout the world to focus their attention on, and begin putting all their efforts into, our most desperate need: building our Folk! As our Folk grows, so grows the power and spirit of Adolf Hitler. Where the Folk is Hitler is!

## HIGHER IDEALISM

*The essence of National Socialism*

"We may therefore state that not only does man live in order to serve higher ideals, but that, conversely, these higher ideals also provide the premise for his existence. Thus the circle closes."  
Adolf Hitler

The basis of the great economic and social miracle of National Socialist Germany cannot really be attributed to a pre-designed political program, getting off the international banking system, or an iron-clad command economy. Over the years these and a number of other reasons have been cited, and many certainly contributed to this amazing historical event. But the one ingredient least understood, and yet by far the most responsible for the success of every National Socialist program, even including the miraculous near-success in a war against the most insurmountable odds, was *higher idealism*.

It was this higher idealism to which the writers and thinkers of National Socialist Germany referred when they termed National Socialism a *revolution in thought*. They freely told all who would listen just how they solved their overwhelming problems of massive unemployment, critically high crime rates, collapsed economic and social welfare systems, and their alien-controlled educational system. Nothing was solved by pumping more inflated money into it. Nothing was solved by passing more unenforceable laws. Nothing was solved by creating still more purposeless bureaucracies. Nothing was solved by building

more prisons, restricting personal freedoms, or controlling firearms! No, the miracle of National Socialist Germany was accomplished with incredible speed by simply *changing the way the people were thinking*. This change in thinking was higher idealism!

Today, many things are considered idealism. Activity to preserve the many endangered species of plants and animals is rightfully considered idealism. Scientific research for the cure of disease is considered idealism — although there are some good arguments against it when considering its effect on world population growth. There are scores of humanitarian activities, many truly beneficial, and some highly detrimental, which are rightly or wrongly considered idealism. But all of these are merely a substitution for the higher idealism referred to in National Socialism.

Higher idealism within all mankind is an eternal law of nature. Without it, the ancient tribes from which modern mankind has come could never have been, and hence, we would not exist today. This higher idealism is inherent in all mankind, when mankind is in its proper environment in the realm of nature: *the tribe*.

We can see this higher idealism in some individuals during times of great need such as battle or disaster. We call it heroism, and we marvel at those few who exhibit it. However, it is really natural within us all. *This higher idealism of nature is the very same higher idealism of National Socialism. It is simply a different way of thinking, a tribal way of thinking. The individual places the welfare of the community*

*(tribe or Folk) far ahead of any conflicting personal interests or desires.*

In Aryan man, this natural higher idealism was subverted a thousand years ago during the forced conversion to an alien, mid-eastern religion. In order to effectively rule, the alien christian church had to destroy our ancestor's tribal bonds. Their natural idealism and their natural purpose in life were forcibly replaced by superstitious service to an alien institution with the promise of other worldly fulfillment and joy — after death! The alien mid-eastern philosophy of service in exchange for personal, individual salvation has led us to the modern, perverted notions of "individual sovereignty", which have fostered corporate capitalism, liberal democracy, and the growing racial, social, economic, and environmental chaos which we have today.

But on January 30, 1933, the process of Aryan degeneration was stopped. In National Socialist Germany, an Aryan Folk began to change their thinking, moving away from selfishness and materialism, back to their natural mental processes of higher idealism. It was this higher idealism which allowed an industrialized nation, paralyzed by economic, social, and political chaos to become the most amazing miracle in history.

*But it could have never been without Adolf Hitler.*

The German people didn't all suddenly decide to change their thinking. No political convention decided that the Germans would suddenly revert to their natural higher idealism. No, this revolution in thought was inspired by the greatest Aryan personality of all times: *Adolf Hitler*.

There were others who, like Adolf Hitler, understood the necessity of racial homogeneity for a people to prosper and evolve. There were certainly many others who understood the danger of international finance and its private army of international Jewry. But few, other than Adolf Hitler, really understood the importance of personality, and the necessity of higher idealism. And *only* Adolf Hitler had the will, the selflessness, and the dynamic personality to inspire an Aryan Folk to their natural higher idealism! With this, he gave them a sense of belonging which had been sorely missing for a thousand years, and he gave them back their natural purpose in life! It was the personality of Adolf Hitler which inspired the German people to once again become an Aryan Folk.

Adolf Hitler and the miracle of National Socialist Germany were destroyed by the forces of greed, selfishness, and materialism. The victory of these dark forces is the racial, social, economic and environmental chaos which is here today. The victory of these dark forces has only proved beyond doubt that *Adolf Hitler was right!*

National Socialism has already proved that it could solve today's chaos, and the growing degeneration of the

Aryan nations. This revolution in thought stands today, for all who dare to look, as the only salvation of our dying Aryan Race.

And how might Aryans today be inspired to higher idealism? We National Socialists know that Adolf Hitler inspires us to higher idealism as much today as he did during those golden years in the heart of our Aryan homelands. Today, we National Socialists are a league of human hearts, a growing Aryan brotherhood around the world, bonded by blood, higher idealism, and the inspiration of Adolf Hitler.

This higher idealism, which flows freely from our heart's natural love, the heavenly gift of nature, *is the very definition of a National Socialist*. It is not racial awareness or professed beliefs which make one a National Socialist. It is not eloquent words or esoteric historical knowledge which make one a National Socialist. It is not flamboyant donations, daring activism, or even organizational longevity which make one a National Socialist. *No, the true National Socialist, like Adolf Hitler himself, can only be identified by the higher idealism which comes from the sincere love of our Aryan Folk.*

Each day, more and more Aryans are turning away from the evils of selfishness and materialism. Each day, more and more Aryans are realizing that *Adolf Hitler was right*. As the racial catastrophe continues to grow, more and more Aryans will be inspired by the personality of Adolf Hitler, and one day we may see a number of miracles throughout our Aryan homelands.

# PERSONALITY

An Eternal Law of Nature *and* a Pillar in the  
Structure of National Socialism

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National Socialism is often denounced by racialists and anti-racialists alike as merely a "personality cult", and thereby something to be avoided. Here, we have to smile rather sadly in realization of just how far such individuals are removed from an understanding of the eternal laws of nature! Frankly, any Jewish psychologist knows the value, the power, and the necessity of personality. National Socialists certainly need a similar understanding of something of this importance.

No movement has ever materialized just from lofty ideas. It was not Karl Marx who led the Marxist revolution. Marx was a thinker and writer, but he did not have the personality of a leader. It was Lenin and Trotsky who instituted his unnatural philosophy. Similarly, in spite of the truth and great insights of Nietzsche, no Nietzschean movement sprang forth. Nietzsche was a great thinker and philosopher, but he did not have the personality of a leader. It took Adolf Hitler to put the Nietzschean philosophy into motion as National Socialism.

Truth and higher ideals by themselves are never enough to inspire the discipline and dedication necessary to realize a movement. Even persecution, privation, or pestilence are not enough to mobilize the masses. No, in every

case it is a leader who creates a change. It is a leader with a dynamic personality, a personality which can inspire discipline and sacrifice from his fellow men.

Personality is everything! It is more powerful than any degree of truth, idealism, or indulgence. Ronald Reagan was not elected president because of his grasp of politics. Billy Graham didn't become a leading evangelist by getting a university degree. Jim Jones didn't become a famous Kool-Aid connoisseur by any expert knowledge of the bible. Such success all comes from the individual personality.

*Personality is a law of nature.* After years of careful observation, scientists are now realizing that leadership, even within animal societies, is not based on size or brute strength, but on intelligence and personality!

The enemies of mankind know this only too well. That is why they have gone to such lengths to get control of our motion pictures and television. It was not well-written editorials in the New York Times or lectures by Harvard intellectuals which swayed our race to embrace the anti-nature stances of liberalism. No, it was the media-projected personality of an Alan Alda or a Bill Cosby that perverted them!

No longer does the semi-literate populace have to strain their brains on intellectual or scientific debates. Now, they simply listen to their favorite news commentator, or better yet, their favorite actor, singer, dancer, or quiz show host! These actors use their personalities, or their abilities to

project a phony personality, to persuade the masses to believe just what their masters wish.

We need to thoroughly understand that there is no such thing as a "grass roots movement". "Grass roots movements" such as the once much-touted "Nuclear Freeze Initiative" are created and pushed along by the media — specifically, by the personalities of carefully chosen news commentators. Such ideas would get nowhere by themselves. It takes the media personalities to get them rolling. The same can be seen throughout history. The Reformation could have never been without Martin Luther, Calvin, or Wesley. *It always takes a dynamic personality to affect any change.*

A dynamic and emotional personality has the power to transcend time. Just look at what our enemies fear most! If you want to really get them howling, wave a Swastika at them, or better yet, just let them see the three simple words: HITLER WAS RIGHT! Nothing else will cause them such hysterics as the name Hitler. Make no mistake about it, they are just as terrified of Adolf Hitler today as they ever were.

The dynamic personalty of Adolf Hitler transcends time to inspire aware Aryans to forsake the evils of materialism and selfishness, and to embrace a consciousness of love which will blossom into a great Aryan brotherhood. The dynamic personality of Adolf Hitler is the very soul of our Folk, and it is the magnetic power which is rapidly attracting, inspiring, and bonding together a new Aryan Folk.

## RACE

An Eternal Law of Nature *and* a pillar in the Structure of National Socialism

There are some truths which are so obvious that for this very reason they are not seen, or at least not recognized, by ordinary people. They sometimes pass by such truisms as though blind, and they are most astonished when someone suddenly discovers what everyone really ought to know. . . Thus men without exception wander about in the garden of Nature. They imagine that they know practically everything, and yet with few exceptions they pass blindly by one of the most patent principles of Nature's rule: *the inner segregation of the species of all living beings on this earth.*

— Adolf Hitler

There are volumes written on the subject of race. Some are very good, and we highly recommend them, but most are written for political and social reasons, and, more often than not, they are pure nonsense. Be that as it may, the importance of race should be obvious to everyone, simply by their own observation, and within their own experience.

A good example of this is to observe how uncomfortable we usually feel in a non-white area, especially if it is a black area. Even the most rabid negrophile will hardly deny the dangers to a person of the White Race who thoughtlessly ventures into a black area — whether in this country, or anywhere else in the world. The simplest of tests will dispel any doubts!

Every individual capable of any powers of observation knows that different breeds of chickens, dogs, horses, cats, etc. display vastly different abilities, intelligence, and even character. It doesn't take a doctorate in biology to see that this applies just as well to the human breed, or races as we call them. It is fairly easy to see the great differences in the values, cultures, and civilizations of the different races.

For example, it is easy to observe that political and social stability, lawfulness, hygienic and technological advancements, and a real trend toward individual freedoms prevail in those areas inhabited by the White race.

In contrast, we can readily determine that areas inhabited by the Black race are marked by lawlessness, political and social instability, poor hygiene, a complete lack of any technological advancements, and no consciousness of so-called "human rights", or even basic individual freedoms. We can further observe that even Black areas which are within White civilizations are marked with similar lawlessness and primitiveness—regardless of civil rights laws, years of "affirmative action" laws, or the billions of dollars of subsidies from White tax payers!

This alone should lead any honest observer to suspect that there are great differences in the races. However, if still skeptical, one could observe those areas inhabited by Asians in order to see once again some real differences in values, culture, and civilization.

While the Asians readily show ability to perfect and produce existing technology, they have invented very little on their own. Many Asian countries have a stable political and social system, but these systems are pretty devoid of any personal liberties. The Asian attitude toward their fellow Asians (not to even mention non-Asians) is very feudalistic, and while it certainly keeps a harsh, often savage order, it stunts the type of social, technological, and hygienic development seen in the White race.

Just as we can easily observe the great differences in the races, we can also observe the effects of racial mixture. Adolf Hitler pointed out that the Americas clearly showed the effect of racial mixture: *"North America, whose populations consists in by far the largest part of Germanic elements who mixed but little with the lower colored peoples, shows a different humanity and culture from Central and South America, where the predominantly Latin immigrants often mixed with the aborigines on a large scale. By this one example, we can clearly and distinctly recognize the effect of racial mixture. The Germanic inhabitant of the American continent, who has remained racially pure and unmixed, rose to be the master of the continent. He will remain the master as long as he does not fall victim to defilement of his blood"* (Mein Kampf volume 1, chapter 2).

Indeed, observation of the Latin American countries gives us a good example of the fruits of racial mixture. Although most areas of development are far ahead of the Black race, political and social stability are always in question, there is still no real technological development,

hygiene is often very poor, and there are always great problems with corruption, lawlessness, and usually a lack of individual liberties.

It is easy to observe that those Latin countries with a greater percentage of White racial inhabitants show much greater development and stability when compared to those countries with less White inhabitants.

With this in mind, an honest observer of history can readily see that many great civilizations, such as ancient Greece and Rome, decayed and collapsed after interracial breeding was allowed, and the original racial stock was diluted.

In a society such as ours, which at least gives lip-service to ecological concerns, we should be able to realize that the races are natural communities of mankind which have taken Nature millennia to create, and that to avoid yet another ecological disaster, there should be great effort to preserve them in their natural environment.

However, the present racial situation in this country, as well as all of the countries inhabited by the White race, is leading the earth into a dark age of lawlessness, degeneracy, disease, slavery, and probably the extinction of the White race. Each day that goes by proves more and more that Adolf Hitler, and all others who warned us about the dangers of racial integration, were 100 percent right!

One thing is for sure, the racial, or more properly the interracial, problem is going to take care of itself one way or the other!

But there is another aspect of race which we really need to consider. Part of the current Jewish myth of Adolf Hitler was that he was out to breed some sort of Aryan superman, and, like so many commercial animal breeders, he would heartlessly exterminate anyone who didn't have the required blond hair and blue eyes! Of course, what is being misconstrued here is the National Socialist concept of racial idealism.

The tall, blond-haired, blue-eyed Aryan from which we all have "devolved" is something to which an idealistic Folk would *want* to aspire. It is an ideal for the future, not some fanatical imperative which demands immediate racial experimentation. Let's face it, there is far more involved than physical appearance. Most of us know an individual or two with very blond hair, very blue eyes, and a very Nordic physique who lacks an extremely important ingredient called *character*. While character is greatly enhanced by a proper National Socialist education, it is without doubt a genetic consideration as well.

Aryan racial idealism is a noble aspiration for an idealistic Folk who are selfless enough to put the interests of the future of their Folk above their own physical desires. This sort of idealism was common among the American aboriginal tribes of the Midwest. It was not unusual for individuals within the tribe to refrain from breeding when

they were afflicted with some defect. This they did willingly for the benefit of the future of their Folk. How different are things nowadays in our "civilized" society! Today it is proclaimed an inalienable right for any two legged creature to breed, without regard to race, creed, or even sex! The real racial experimentation was not in National Socialist Germany, but is going on right here today within our own urban cesspools.

We have neither the credentials nor the desire to engage in a discussion of the scientific or historical technicalities of race. But we can rightfully point out that race is an important and necessary part of nature, and that it is the prerequisite of any higher evolution of humanity!

While an entire race may not be a Folk, a Folk must all be of one race! And to survive, grow, and evolve, that Folk must have the idealism necessary to protect the purity of its blood. Racial idealism is simple. We need only a conscious awareness of what is obvious about the question of race, and an attitude of selfless concern for the future of our Folk.

## LOVE

### An Eternal Law of Nature *and* the First Tenet of National Socialism

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We all know, of course, that love is natural among one's own immediate family. But it is less understood that love is just as natural among one's extended family, *the tribe*, which is mankind's natural, ecological, environment. The natural instinct of love had to be quite highly developed within the earliest pre-historic tribes. It *had* to be because love is an absolute necessity for our natural higher idealism: subordinating individual interests to the welfare of the tribe. Without true idealism, no tribe could have survived for very long, and without the survival of the tribe, it is unlikely that the earth would now be adorned with any human beings. Once we understand that love is an important and necessary natural instinct, we can see the truth in the old adage: *love makes the world go 'round*.

Unfortunately, an emotional appeal of love is often used as a cover for sinister designs. The christian churches have always hidden their intolerance and justified their murder and torture with the banner of love. Our new state religion, "secular humanism", which is really little more than christianity without the superstition, is following suit in the best traditions of the church. The cry for universal love of all mankind is used to justify the wholesale disenfranchisement and genetic suicide of an entire race — the entire White Race.

Of course, the slightest bit of awareness beyond our race's all-pervasive state of self-indulgence would suffice to see the pretension of it all. This doctrine of universal love comes complete with an appalling set of double standards which completely disregard even the most necessary welfare of the White Race. Can we imagine any White mother who would starve and abuse her own children while giving love and sustenance to the children of others — others who constantly pay back her kindness with contempt and abuse? Such an unnatural situation is just what is demanded by all of the deluded whites who are crying so loudly for love, brotherhood, and human rights.

But let us not make the mistake of dismissing the "wisdom with the wise." Love in its natural state is the most powerful of weapons, and it is the only thing which can get us out of this tailspin into racial oblivion. This we can understand when we see the importance and necessity of love in bringing about history's greatest miracle: National Socialist Germany.

The virtually overnight economic and social success of National Socialist Germany came about because it was just what the National Socialist leaders said it was: *a revolution in thought*. The personality, leadership, and sheer genius of Adolf Hitler inspired the German Folk away from selfishness and materialism. He inspired them to their natural higher idealism: putting the welfare of the Folk before their personal desires. This higher idealism was the revolution in thought that created the economic and social

miracle of National Socialist Germany. But in order to inspire his Folk to their natural higher idealism, Adolf Hitler had to bring out their heart's natural love: *the love that flows naturally from parents to children, to family, to Folk!*

Adolf Hitler was literally an evangelist of love. His words, his actions, his entire existence is testimony to his selfless love of his Folk. Anyone who takes the time to honestly examine Adolf Hitler's speeches and writings can readily see the great love he had for his Folk. His actions proved his words. Everything that he did was done for benefit of the Folk. *The welfare and higher evolution of the Folk is the only reason for the existence of National Socialism*. Every aspect of National Socialism, no matter how small or insignificant, is for the present or future benefit of the Folk. Every decision was based on the answer to one question: Is it good for the Folk?

But Adolf Hitler didn't preach a pretentious universal love of all mankind. Adolf Hitler didn't parrot that safe, socially-acceptable line which serves the sinister goals of International Finance and World Jewry. No, Adolf Hitler dared to expound the love which is natural among those of common heritage, common values, and common blood. Adolf Hitler uniquely understood that the awakening of this natural love is what brings about that higher idealism which melts away the delusion of selfishness and materialism. He knew that without the opiates of selfishness and materialism, the great power and sinister plans of International Finance and World Jewry would simply evaporate.

Here we should note that in a condition of natural, tribal love of our own Folk, we can begin to understand the significance of a genuine universal love of all mankind. From this natural condition, we can feel an honest love for other Folk: in their own natural environment; with their own values; working toward their own higher evolution, in their own way and in their own time. That is the true brotherhood of man!

With the flowering of our heart's natural love, we can clearly see the enemy. We can see that our enemy is not the Negro. It is not the Asian or Latino. Our enemy is not International Finance, or World Jewry. They are all just symptoms of a deadly disease, which is our only real enemy: *the deadly disease of selfishness.*

The all-pervasive control of International finance and World Jewry is only made possible by our race's complete lack of its natural idealism. The present situation of massive non-white immigration is only made possible because of our race's selfishness. We have created the situation ourselves. Plutocrats, international Jews, and non-whites are only doing what we are allowing them to do. As such, we have no right to hate them. Hating them is a complete waste of our race's dwindling time. We need to put our energy into restoring our heart's natural love! Only our natural love will cure our deadly disease. Love will inspire us all to the very essence of National Socialism: true higher idealism. No idealistic Folk could ever remain deluded by the forces of greed and materialism!

True love is contagious. The love exuded by Adolf Hitler naturally infected his Folk, awakening their natural love and their higher idealism, bringing about the miracle of National Socialist Germany. A true National Socialist can be measured by the very image of Adolf Hitler: by idealism and love of Folk. Love is something which cannot be faked. No amount of philosophical understanding can be substituted for it. No official organization, or any casual association with surviving notables of National Socialist Germany, can create the heart's natural love. The love in a true National Socialist is readily felt. It is contagious, and it will attract the true Folk. Where love is, the Folk is: and where the Folk is, Hitler is!

Adolf Hitler showed us the way to survival and to higher evolution — spiritual and physical. He gave us National Socialism, which is modern-day Aryan tribalism, a way of life in harmony with the eternal laws of nature. Let us follow the example of our great Aryan Preceptor and win the great struggle for preservation of the natural order, not by fruitless hatred of real or imagined enemies whom we ourselves have empowered, but by the first tenet of National Socialism: the flowering of our heart's natural love!

—  — jost —

All selections composed by Jost for our National Socialist Folk

If you feel as we do about the evils of selfishness  
and materialism. . .

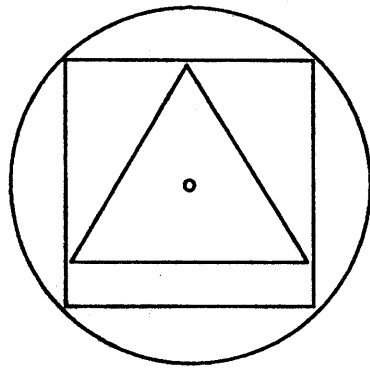
If you feel as we do about Family and Folk. . .

If you feel as we do about ADOLF HITLER and  
NATIONAL SOCIALISM. . .

Then we invite you to contact us!



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Om Kriya Babaji Nama Aum

# ARYA

JOURNAL  
FOR  
ARYA KRIYA INITIATES



SUMMER  
295 Wind Age

**ARYA -- Journal for Arya Kriya Initiates**  
**Dedicated to Truth and Advancing Human Evolution**

**Summer 295 Wind Age**

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<b>The Most Radical and Daring Program Ever Conceived</b>	<b>1</b>
<b>More on Natural Diet</b>	<b>5</b>
<b>Recepies for Higher Evolution</b>	<b>9</b>
<b>Übermenschen</b>	<b>11</b>
<b>Asana Kriya</b>	<b>13</b>
<b>The Whiskey Drinker</b>	<b>14</b>

***For those who realize that to change the world,  
you must first change yourself!***

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NSJ, CA 95960**

## **The Most Radical and Daring Program Ever Conceived**

The world is degenerating rapidly. Virtually everything is being systematically subverted, undermined, and destroyed: Ecological systems; economic systems; social systems, and with them social order; educational systems; legal systems; spiritual values; and racial homogeneity. We are all aware that this is an all pervasive effort to turn the world into one great market place of plentiful, readily available resources, and cheap, compliant labor — in reality, a one-world slave state for the benefit of the financial elite. Our mission, our sacred duty, is to stop the degeneration, and bring mankind back into harmony with the immutable laws of Nature. But we must be very aware that the aforementioned degeneration has been successful only because the majority of the population are receptive to it.

Even during childhood, I have always been painfully aware that everything, socially, legally, economically, etc., was all wrong. I saw it at home, in the neighborhoods, in school, in the military, and in the Vietnam war. When I returned home from Vietnam, I returned with a burning obsession to determine just what was wrong with life, and, if possible, to do something about it. I recognized the same problems everywhere, but the source of these problems eluded me. It seemed that virtually everyone was aware that something was very wrong. Everyone had their own ideas about it. Some people blamed big business, and presented ample documentation to support their assertions. Others blamed liberals or Marxists, and had equally good documentation. Still others harped on about God's laws and the second coming. I even encountered those who pointed out occult forces, both evil and good.

I was fortunate to discover the little-known path of accelerated evolution, although it was not presented as

such at that time. It was through years of study and disciplined practice of the Tantras (Kriya is an advanced form of Tantra) that, piece by piece, everything fell into place. It was by way of Kriya practice that I was introduced to the truth about Adolf Hitler and National Socialism. At this point, the reasons for, and the source of, the degeneration became clear. But in arriving at this conclusion, I had also discovered the way to reverse it — the sure way to win the great struggle.

Unfortunately, most people see National Socialism only as a glorified "white power" movement. Most neo-National Socialist organizations imitate its more overt methods, such as speeches, rallies, marches, and leaflets. Many also imitate it organizationally with the use of quasi-military uniforms. The more intellectual study writings and speeches of the time to determine what political or social aspects could be useful in today's activism. We have expounded the Folkish aspect, that is, that National Socialist Germany was a great Folk-community, the purpose of which was to provide an environment to bring forth a more highly evolved species of humankind.

But none of this is really the key to winning the struggle. Today, we don't have the numbers, the discipline, nor the public interest to make use of any of the aspects of National Socialist Germany. To prove this, all that we have to do is to stick our heads out of our front doors and count the number of our neighbors who even care, let alone who would ever support such a movement. No, it is not National Socialism nor any of its many aspects which will win this struggle. National Socialism will come later. The struggle today needs the very same thing it needed in Germany, the one and only factor which brought about the success of the National Socialist revolution: Adolf Hitler.

As I studied National Socialist Germany, I soon recognized the truth. It came as no surprise to learn that Professor Carl Jung and many others had also recognized it. Adolf Hitler, obsessed with a passion for truth and natural order, had done what no organization and no amount of capital could ever do. Without him, National Socialist Germany would have never come about. He had overcome nearly insurmountable opposition to create the Folkish State. But his awesome power was a product of his advanced level of evolution. He was a generator of energy whose very presence elevated the evolutionary level of others. His will was like a magnet, attracting whatever was needed in men, finances, or materials. It is not surprising that it took the combined strength of all the dark age forces on this earth to destroy National Socialist Germany, and even then, the forces of evil only succeeded by betrayal and treason from within the highest military circles of Germany.

Adolf Hitler, that is, an incarnate generator of evolutionary energy, was the only way to success then, and the same is the only way to success now. We must once again begin generating the energy to raise the general level of consciousness, first in the circle of our own influence, then throughout the country, and ultimately around the world.

This is indeed the most radical and daring program ever conceived. We are going to fulfill Professor Jung's prophecy and bring about the next incarnation of Wotan. We are going to change this degenerate world by elevating it beyond the influence and powers of the dark age forces. It certainly can be done. We saw it happen earlier in this century in Germany. It certainly will be done. We now have the means to accelerate and elevate evolution by self-effort: Arya Kriya. The ancient Aryan Tantric science is now available to modern-day Aryans — White people of European lineage who are aware of the degenerative forces, and who are determined to stop them.

Our program is indeed radical and daring. It is not for egoists, race haters, uniform freaks, or want-to-be fantasizers. It is not for the insecure or for sociopaths. What we need are determined, balanced Aryans who are willing and able to change themselves drastically in order to stop the forces of darkness. Even with only a few, we can succeed dramatically. And it won't matter whether those few are in government offices or in the deepest prison dungeons.

Our program is not something supernatural. We are working with the laws of Nature — some of which are yet to be discovered. The energy we generate will effect whatever changes necessary for success, like a magnet effects iron filings. Remember November 9, 1989! That was a sign for all of us. Whatever is needed will ultimately materialize. Prison walls may collapse, legislation may materialize, legal rulings may reverse, or dynamic leaders may appear. But it won't be magic. It will simply be the operation of the laws of Nature by advanced consciousness.

Arya is our tool to keep Arya Kriyabans linked together, informed, and inspired. It is an important vehicle to give us all a sense of purpose and a sense of belonging. We will not be asking for money or for campaigns to write letters or distribute literature. All that we want is your will and self-discipline. We want your daily practice of the Kriyas. This will not only ensure your own rapid elevation, but it will support the efforts of all Arya Kriyabans, and actually help in elevating every one of us! The power of Kriya is in practice. Make your daily practice a sacred duty which comes before everything. Become a fanatic! That is the way to success — your own, your fellow Arya Kriyabans, and our great struggle. The Übermensch is our destiny, and the great adventure is about to begin!

## More on Natural Diet

The following article is in response to letters we have received regarding the importance of a natural diet. This is an extremely important subject and we feel that it will be beneficial to clarify it and expand on it here.

There is a definite link between diet and evolutionary level. Let us first point out that it is not uncommon for the greatest of geniuses to be not just vegetarians, but fanatical vegetarians. Plato, Socrates, Plutarch, Leonardo Da Vinci, and Adolf Hitler are among the better known of fanatical vegetarians. We can also add Heinrich Himmler, Martin Bormann, and some of the other upper level National Socialists. It is also interesting to note that one of Adolf Hitler's proposed post-war projects was to begin to eliminate meat from the diet of Germany.

There is good reason why Da Vinci and Adolf Hitler were fanatical about meat eating. As the consciousness elevates, so does physical awareness. Those of advanced evolution soon recognize meat eating as unnatural and unpalatable. They are more likely to drink whiskey than eat meat. They realize, with body, mind, and soul, that meat eating is detrimental to body and mind. They are not wrong.

Consuming meat definitely affects your progress. The body works overtime to try to digest the unnatural food, and the nervous system is adversely stimulated by the toxins produced by improper digestion. The fact is that what you eat can affect not only your health, but your mental stability, your intelligence, your perception, and, of course, your evolutionary level. As you evolve, you must be more and more aware of your diet. (We understand that our prisoner initiates are probably not in a position to be able to control their diet. We counsel them to do the best they can and continue their practice without worrying about it.)

The following is some expansion on the subject of natural diet:

\*Other than humans, the most highly evolved creatures on this earth are the frugivorous apes: Chimpanzees, Gorillas, Orangutans, etc. Other than intelligence, there is not really very much physical difference between humans and these apes. The apes are not meat eaters. They are entirely frugivorous. All of their digestive organs are especially designed by Nature for selecting (senses) and processing (teeth, stomach, intestines, bowels, etc.) a frugivorous diet. Meanwhile, our human internal organs, especially our digestive organs, are virtually identical to those of the apes. There is not one single organ in the human body which is designed to select, procure, or process meat. Like the apes, our organs of digestion are designed for a frugivorous diet.

\*As would be expected, meat in the raw state (living, dead, or butchered) appeals to few, if any, humans. To be palatable to humans, meat usually must be butchered, cooked, and seasoned. But apples, oranges, nuts, berries, vegetables, and even many grains are immediately attractive to humans even in the raw state.

\*Simple observation shows us that carnivorous and omnivorous animals are directed by their natural senses to eat first of all the brain and internal organs of their prey. These parts are concentrated with vitamins and minerals. Only afterward, and if still very hungry, will the carnivore begin consuming the muscle tissue, which is full of uric acid and has little or no vitamins. Usually, the muscle tissue is left for scavengers such as jackals, buzzards, and worms. The meat diet consumed by most humans is, in fact, the natural diet of *scavengers*. Rarely do humans care to eat the natural diet of the carnivore — brains, intestines, stomach, lungs, etc. It is interesting to note here that "soul food", which was the

diet of Negro slaves, consisting of the brains and internal organs of cows and pigs which were discarded by the plantation owner, is a true carnivorous diet — although this was certainly not the choice of the slaves.

\*Carnivores, omnivores, and scavengers are able to eat and digest rotten meat. In fact, many prefer the meat to be very rotten. But rotten meat is poisonous and deadly to humans. Even raw meat is dangerous for human consumption. The human digestive organs do not have a strong enough stomach acid to destroy the toxins in rotten meat or the parasites common to raw meat.

\*Anthropologists who study fossilized human feces agree that the image of "man the hunter" comes from publishers and writers, not from scientists. Studies of the feces of primitive man reveal that his staple diet was always various nuts, seeds, cactus, fruits, and berries. Meat was only a small part of his diet. Hunting was primarily for skins, bones and feathers, used as clothing and tools. Even today, for the time and energy required to hunt a deer (let alone a mastodon) one could gather and process a much greater amount of nutritious wild staples.

\*Periodically we come across books and articles asserting that man has somehow evolved into a meat eater. We need to be aware that the meat processing industry is monopolized by the same clan that has monopolized Hollywood, the news media, and the publishing industries. But in spite of the bias, honest scientific studies have been piling up which confirm the opinions of Plato, Da Vinci, and Adolf Hitler. Even the Surgeon General and the AMA have been forced to admit that meat eating is definitely linked to cancer, diabetes, arthritis, and heart disease.

*\*\*Some "food" for thought:* We all know that the world is grossly out of harmony with Nature. We bewail ecological disasters, urbanization, 3rd world population explosions, racial miscegenation, and the destruction of our Folkways. But is it really any wonder that the world is so out of harmony with Nature when our very diets are so far out of harmony with Nature? Is it really any wonder that so little thought is given to the immutable laws of Nature concerning something as obvious as race when nobody gives any thought to the laws of Nature concerning something as obvious as natural diet? Philosophically, does it make sense to complain about miscegenation while we fill our bodies with food natural only to the lowest of scavengers? Does it make sense to denounce unnatural stimulants such as drugs, tobacco, and alcohol while we live on a substance as unnatural to the design of our internal organs as meat? Perhaps there is a close link between the degeneracy of the times and the degeneracy of our diets.

The path to higher evolution is difficult enough without overworking our bodies with an unnatural and unhealthy diet. We should all experiment with our diet and begin to change, slowly, but steadily, toward a natural diet suited to our constitution (not everyone thrives on the same diet). But if at all possible, we should eliminate meat from our diet. There are many good substitutes for meat which our bodies can process more easily. Do some homework. There are many excellent books on the subject of diet and health which are available at health food stores (be somewhat cautious of establishment publishers).

During the golden ages, mankind was highly evolved and would never consider eating meat. Even the highly evolved of today, such as Adolf Hitler, would not eat meat. If we expect to follow in his footsteps to bring about a new golden age, then obviously we must begin with ourselves.

## Recipes for Higher Evolution

### Volksberg Muesli

This has always been a staple breakfast for us here at Volksberg. It is simple to make, simple to eat, nutritious, and inexpensive. The proportions can be varied in any way desired, depending on taste or budget.

Mix together 8 cups of rolled oats or quick oats (preferably organic) and about 1/4 to 1/3 cup each of any or all of the following: raisins, chopped dates, dried fruit (apples, bananas, etc.), nuts (almonds, walnuts, or peanuts), and carob chips. 1 cup of granola if desired.

If you use a large number of different ingredients you will need to cut down the proportion of each enough to keep from overwhelming the oats. The finished muesli should be primarily oats and flavored to taste with your choice of other ingredients.

Serve like ordinary breakfast cereal in a bowl with milk or soy milk. Apple sauce can also be substituted for the milk.

### Walnut Sauce

This is an excellent, nutritious sauce to use with your favorite pasta. Blend the following ingredients in a blender or food processor and serve over pasta (preferably whole wheat and organic).

- 1/2 cup of olive oil
- 1 large clove of garlic (chopped or minced)
- 1/4 teaspoon of pepper
- 1 teaspoon of dried basil
- 1 cup of pameasan (403)
- 1/2 cup of water
- 1/2 cup of walnuts (shelled)

### Chili without Carne

- 1 tablespoon of Olive or vegetable oil
- 2 medium onions, chopped (1 heaping cup)
- 3 large cloves of garlic, minced (1 tablespoon)
- 1 green pepper, chopped
- 1 fresh jalapeno pepper, finely chopped (wear rubber gloves),  
or 2 tablespoons chopped canned hot peppers (jalapeno or green chilies)
- 1 28-ounce can of tomatoes in purée,  
or chopped tomatoes plus a 15-ounce can of tomato purée
- 1/4 teaspoon of ground coriander
- 1/4 teaspoon of whole cloves,  
or a generous pinch of ground cloves
- 1/4 teaspoon of allspice berries,  
or a generous pinch of ground allspice
- 2 teaspoons of orégano
- 2 tablespoons of brown sugar
- 2 tablespoons of mild chili powder
- 2 tablespoons of ground cumin
- 2 cups of cooked pinto beans (can also use kidney beans)
- 1 cup of raw rice (preferably brown rice)
- 2 cups of boiling water

1. In a dutch oven or large, heavy saucepan, heat the oil and sauté the onions, garlic, green pepper, and jalapeno pepper until they are softened.

2. Add the tomatoes (and purée), coriander, cloves, allspice, orégano, brown sugar, chili, cumin, and beans. Bring the chili to a boil, reduce the heat, cover the pan, and simmer the chili for 30 minutes.

3. While the chili is cooking, in a medium saucepan add the rice to the boiling water, reduce the heat, cover the pan tightly, and simmer the rice for 15 to 45 minutes, according to package directions on the type of rice you use (45 minutes for organic brown rice). Serve the chili over the rice.

## Übermenschen

Considering the great difficulties of the struggle against the dark age forces in which we are engaged, we feel it will be beneficial to relate some stories about individuals of advanced evolution which illustrate the awesome powers manifested by those who succeed in reaching higher levels of consciousness.

The ancient Aryan science of accelerated evolution was preserved in those areas which were once within the borders of ancient Aryavarta: Tibet, Nepal, and India. Naturally, a few individuals there have advanced their evolution to become Übermenschen (some even in spite of genetic handicaps).

The following story is one of our favorites, and when applied to today's situations, it fosters some interesting speculations! The story is about Trailanga (I do not know the meaning or origin of the name), who was well known in northern India during the latter half of the 19th century.

Trailanga was a Tantra master (probably a Tantric system very similar to Kriya). Records indicate that he was at least 300 years old, although he looked to be in his 40s or 50s. He weighed nearly 300 pounds, although he ate virtually nothing at all. He was a *Muni*, that is, one who kept habitual silence and would rarely speak. He was also a *Naga*, that is, he wore no clothing at all. Munis and Nagas are common in India even today. (I do not know whether or not these disciplines come from Aryavarta. Certainly in golden age times nudity was not objectionable at all, and the highly evolved rarely use the medium of speech, as they easily transfer their thoughts to others.)

In those days, most Nagas remained outside of Benares, as the British overlords, being Christians and a bit on the

prudish side, would allow no such display of nudity in the city. Trailanga apparently did not notice the prohibition and strode through town in his usual non-existent attire. The city police, of course, unceremoniously threw him in jail. The police soon noticed a crowd gathering outside, staring up at the roof. Investigation soon revealed that Trailanga was not in his jail cell, but was taking a leisurely stroll in his usual unattired state on the jail roof. Once again the police put Trailanga into his cell, this time carefully locking the door. Once again Trailanga appeared on the roof, the jail door still securely locked. The third time, the police posted a guard outside Trailanga's cell, but the guard soon found himself guarding an empty cell and Trailanga was back on the roof! In despair, the police decided it was better to turn a blind eye toward Trailanga during his strolls through Benares.

Trailanga used to sit by the banks of the Ganges river for days or sometimes even weeks at a time, in a position similar to Swastikasana, usually on a stone slab, and always completely unprotected from the sun. When he would finally arouse himself, the people would offer him food and drink. He would sometimes accept some clabbered milk.

Once, a skeptic decided to prove Trailanga a fraud. When Trailanga roused himself from an especially long period of sitting on the stone slab, the man came forward and begged him to accept an offering of clabbered milk. The skeptic had filled a pot not with clabbered milk, but with caustic lime. Without hesitation, Trailanga received the pot and proceeded to drink down every drop of the lime. The skeptic watched in awe as the Tantra master showed no sign of discomfort at all. Suddenly, the skeptic himself fell to the ground, clutching his stomach and screaming in agony. In between his frantic screams of agony, he begged Trailanga to forgive him and to spare his life. His internal organs were burnt away, and he was on his last gasp of breath.

Trailanga broke his habitual silence. As he spoke, the skeptic's agony ceased, and he began to feel whole again. Trailanga told him that he had now experienced the power of a spiritual boomerang. He explained to the poor man that his consciousness was far beyond identity with the paltry limitations of his physical body — which most of us identify with completely. In superconsciousness, he realized his own body to be nothing more than a pattern of electromagnetic energy, so he was able to instantly alter that energy pattern to absorb the poisonous lime. The skeptic left, shaken, but still alive and skeptical no more.

Although we've never witnessed anything quite so spectacular, we have often witnessed many amazing, unexplainable things — transformations, abilities, incidents, etc. — which were related to Kriya practice. I have no idea what Trailanga's mission was, or why he did what he did. But the above stories are well-known and offer an excellent example of the possibilities inherent in Kriya practice.

### **Asana Kriya**

The following is an excerpt from a letter we received from a young lady in Oregon which testifies to some amazing results of Asana Kriya practice.

"...I just wanted to tell you how much better I feel since I began the Asana Kriya. When I was 14, I was in an accident that shattered the right side of my skull and put a large break up the back of it. I was in a coma for two days, and had some temporary paralysis. I have had very severe migraine headaches ever since. I was on a vasodilator to help control the migraines. The problem was so severe that if I went off my medication for even a day, I would suffer a migraine that would keep me in bed.

I stopped taking the medication on the first day I started Asana Kriya, and I haven't even felt the tiniest twinge of a headache. I am even starting to regain some of my balance, something the doctors said I

would never do because of the injury to my right ear. I have been faithfully doing the Asana Kriya every day, along with the other practices, and I feel reborn!! Thank you so much for showing me a way to fix a problem that the medical community said was impossible."

We urge you all to practice the Asana Kriyas daily. It will make a tremendous difference in your life! We are not kidding when we tell you that faithful practice of the Asana Kriyas will eliminate illness and the infirmities of old age. Practice them faithfully, going only as far with them as you are able. Over time, you will find that you can get further and further into each position. Never get discouraged and never give up!

We also recommend practicing the Asana Kriyas with music. This can turn your practice session into a glorious meditation. Be sure to use music which affects the higher centers. We've used classical music for years. Some good selections we have used are: Bach's *Brandenburg Concertos*; Carl Orff's *Carmina Burana*; Beethoven's 9th Symphony, especially the chorus; Bach's *Magnificat*; Mozart's Piano Concerto Number 1, or his 25th Symphony; Wagner's overtures from the Ring Cycle or Tannhäuser. Make each practice session an inspiring part of your day — the high point of your day.

### **The Whiskey Drinker**

The following story is a good example of the transforming power of faithful Kriya practice.

One of Paramhansa Yogananda's students was a rather hopeless drunk. He protested to Yogananda that he would never be able to practice Kriya because of his drinking problem. Yogananda told him simply to faithfully practice 12 Kundalini Pranayamas twice every day, no matter how poor the results. The alcoholic agreed doubtfully.

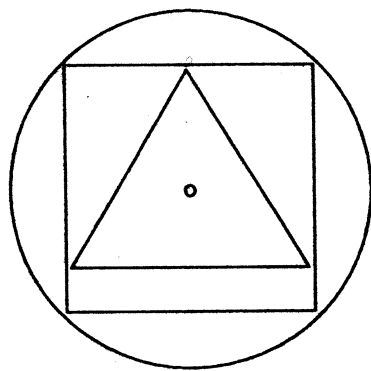
Regardless of his inebriated state, the man faithfully practiced 12 Kundalini Pranayamas twice each day. He would sit on the floor with a mala (a string of 108 beads to help keep count of the number of Kriyas done) in one hand and a bottle of whiskey in the other. He would pause briefly after each Kundalini Pranayama to take a good gulp of whiskey, and then resume his practice. As hopeless as the situation appeared, the man still kept his word and, using all of his sodden will, managed to practice 12 Kundalini Pranayamas twice each day.

For 6 months he continued in this manner. Then one day he sat down, did the first Kundalini Pranayama, paused, looked at his bottle of whiskey, and sat it down, asserting that he didn't need it any more. Indeed, he never picked up that bottle nor any other bottle of whiskey again. He was now addicted to Kriya practice, and he began to advance noticeably on the path.

The power of Kriya is in practice. When the energy begins to rise, and the energy centers begin to be cleansed, dramatic change comes about quickly. Never doubt or be discouraged. The ancient science is powerful beyond imagination. The Übermensch is our heritage. Like anything else, we need only the will and discipline to grasp it!

If you feel discouraged or in doubt, chant the Kriya Mantra, *Om Kriya Babaji Nama Aum*, over and over to any rhythm you like. This will center you and put you firmly back on the path. Never forget that we have a great and important mission, and we need everybody we can get — especially you!

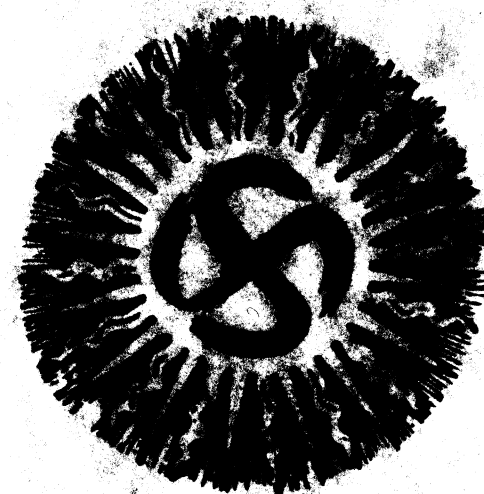
**For Family, Folk, and the Fourteen Words**



Om Kriya Babaji Nama Aum

# ARYA

JOURNAL  
FOR  
ARYA KRIYA INITIATES



FALL  
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**ARYA** -- Journal for Arya Kriya Initiates  
Dedicated to Truth and Advancing Human Evolution

**Fall 295 Wind Age**

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Asatru & The Path of Wotan	1
Revisions to our Arya Kriya Training	8
Übermenschen	11
Equinoctial Dating	18
Guidance and Help from the Siddhas	19
Natural Diet	21

*For those who realize that to change the world,  
you must first change yourself!*

**NS KINDRED**

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## Asatru & The Path of Wotan

From time to time, we have seen NS Kindred advertised in various publications as an Asatru/Odinist organization, and so, as would be expected, we receive a number of inquiries for more information on that subject. This is understandable since we produce some Asatru related publications, and we have advertised Wotanism or The Path of Wotan, which many people reasonably assumed to be some sort of a mystical form of Asatru.

First of all, we need to stress that although we do have some personal affinity and connections with Asatru, NS Kindred is *not* an Asatru group. Moreover, The Path of Wotan (Wotanism) is also *not* Asatru or Odinism. To avoid any confusion in the future, and to clarify the differences between Asatru, The Path of Wotan, and NS Kindred, we have written some new introductory publications. For further clarification and for the interest of our initiates, we are including the following expansion on the information in those new publications:

### Asatru

Since our acquaintance with it more than 10 years ago, we have always been interested in promoting the revival of the pre-Christian religion of our northern European Forefathers, which is known today as Asatru or Odinism. Asatru is a revival of pre-Christian Germanic spiritual consciousness and a Folkish way of life, along with a reconstruction of the basic religion, rituals, and ceremonies of the various tribes of northern Europe.

Over the years, a number of different Asatru or Odinist groups have sprung up, and some of these make some pretty wild claims about just what Asatru was, and what it should be today. There's a lot of fantasy and nonsense being peddled (both politically correct and racial!), and this makes it difficult for people to determine just what Asatru really is — and isn't.

A few years ago we did some German to English translations for the German Asatru organization, *Deutschgläubige Gemeinschaft*, which is certainly the oldest (founded in 1911) and probably the most prestigious of modern-day Asatru organizations. Our work with this organization gave us a rare opportunity to get a clear look at what the research of scientists and historians has actually revealed about the old Germanic religions.

We should note here that the ranks of the Deutschgläubige Gemeinschaft (DGG) are full of genuine scientists, scholars, and philologists. Their expertise has enabled them to separate authentic historical facts from the jungle of linguistic misinterpretations, unfounded extrapolations of self-styled Rune mystics, and the intrusion of oriental and pseudo-Wiccan mysticism, all of which have confused and obscured the true nature of Germanic religion today.

The DGG has always bent over backwards to connect with any true Asatru/Odinist organization. But because of their grasp of historical authenticity, many organizations, pseudo-scholars, and self-styled mystics give DGG wide berth. For example, a few years back we noted with some amusement that during his trip to Europe the much touted American runic scholar, pen-named "Edred Thorsson", ignored DGG's invitation to consult them in his research for his forthcoming book on Runes. As would be expected, his finished product, *Futhark: A Handbook of Rune Magic*, is loaded with the misinterpretations and unfounded extrapolations common to the German pseudo-mystical organizations whose invitations he did accept.

There are some pretty wild claims made by some Asatru/Odinist organizations and their self-styled mystical leaders. But their "authentic" magic, mystical rituals, or martial arts systems are usually Wiccan, oriental, or

often just specious, personal fantasies. One thing is for sure, if it is authentic, DGG would know about it. If you have any misgivings about the historical authenticity of an organization or publication, we suggest you check with them.

We learned from DGG that the everyday tribal customs, ceremonies, and beliefs of our pre-Christian Forefathers varied considerably from tribe to tribe all across northern Europe. Since the rituals and ceremonies of the various Germanic tribes were never organized nor institutionalized, few, if any, are known today after the onslaught of the intolerant, but very organized Christian conversions.

There were, of course, some sacred icons, holy days, allegories, and spiritual beliefs which were held in common among all the tribes, and many of these did survive, although most were either Christianized (such as Yule transformed to Christmas and the Yule Tree transformed to a Christmas tree), or propagandized into something evil and loathsome (such as the once sacred number 13 now held as an unlucky number). For some reason, the intolerant Christians did not succeed in completely obliterating the old Germanic Gods. Their names remain enshrined for us today in the very names of the days of the week: Tuesday, the day of the God Tyr; Wednesday, the day of the God Woden or Wotan (Odin); Thursday, the day of the God Thor; and Friday, the day of the Goddess Frigga (some sources say Freya).

Although the actual rituals and ceremonies are now long forgotten, the surviving Gods and Goddesses, values, and Folk-consciousness of pre-Christian times provide a foundation on which a viable revival can be built. *Deutschgläubige Gemeinschaft* recommends that modern-day Asatru groups go ahead and reconstruct and synthesize their own rituals and ceremonies (within the

guidelines of reasonable historical authenticity) to honor the Gods of old, promote Germanic values, and foster a growth of true Folk-consciousness. We recommend that Arya Kriyabans take part in authentic Asatru Kindreds whenever possible.

As noted earlier, some groups have blended Asatru with political correctness and new age, or Wiccan, philosophy. Others are steeped in unfounded 19th century Rune mysticism or superstitious Folk lore. Beware of and avoid such groups. They only serve to confuse and obscure our true spiritual heritage, and they will ultimately consign any revival of Germanic religion to oblivion.

For honest, no nonsense Asatru, founded by a respected and time proven Asatru leader, we recommend the *Asatru Folk Assembly*, PO Box 448, Nevada City, CA 95959. They are doing a good job of re-establishing Folk values and a Folkish philosophy of life, along with a modern-day synthesis of the basic religion, rituals, and ceremonies of the tribes of northern Europe.

Please note: In the past we recommended one Odinist group, the leader of which, much to our embarrassment, turned out to be completely specious, and is reported by knowledgeable Asatru/Odinist sources (who have met him and dealt with him) to be a want-to-be Jew (we don't know whether its really Jewish blood or just insecurity and a fragile ego, but our personal experiences of his wild extrapolations, untruthfulness, and lack of even basic Aryan honor clearly remind us of some of the chosen breed). We apologize for not harkening to the warnings we received.

### The Path of Wotan

We noted above that among the surviving artifacts of our spiritual heritage were allegories which were held sacred by virtually all the Germanic tribes. These allegories had been handed down orally from great antiquity. However, by the Viking age — in the midst of the dark ages — it is unlikely that anyone understood their true meanings. Fortunately, along with a few of the later Sagas, a number of these allegories (some of which are known today as the Eddas) were written down by Christian clerics who did not comprehend their allegorical nature. Thus, some of them, whole or in part, and probably full of mistranslations and misinterpretations, have been preserved for us today. These allegories, imperfect as they may be, have made it possible for today's philologists and anthropologists to determine that there is a definite commonalty between our ancient Euro-Aryan religion and that of the ancient Indo-Aryans. There is no doubt that they come from a common source, thousands and thousands of years ago.

Virtually anyone very familiar with the ancient Indo-Aryan practices of Tantra, Yoga, or Siddhantam can readily see their striking similarity to the Euro-Aryan allegories. But to an experienced practitioner of the ancient Indo-Aryan techniques, the Euro-Aryan allegories are as clear as an instruction manual. The allegories describe an ancient Aryan science of accelerated evolution, which is known and still practiced today.

This science of accelerated evolution, rather than the long lost rites and rituals of later times, is what we at first called *Wotanism*, in honor of Professor Carl Jung's coinage of that word. But later, we felt that it was even more appropriate to call it *The Path of Wotan*. Hence, our book on the interpretations of the allegories was at first titled *The Essentials of Wotanism*, but has now been changed to *The Path of Wotan*.

This science of accelerated evolution in the Euro-Aryan allegories may, or may not, be the same as the Indo-Aryan science. But if it is not the same, any differences would be of very little consequence. Since we were experienced initiates of the Indo-Aryan science, we certainly had the expertise to do a little synthesizing and reconstruct the old Euro-Aryan science. Considering the dismal situation of the world today, we realized that Euro-Aryans desperately needed access to this ancient science, and we knew that it was up to us to make it available to our Folk as fast as we could.

We wanted to get a training course produced just as soon as possible, and so we decided to send the course out one step at a time as it was written. Since we had planned on reconstructing the Euro-Aryan system, we at first advertised it as *The Path of Wotan*. However, we soon realized that such a reconstruction was really going to take much more time than we had to spare, and that a lot of good information and techniques would be lost in the translation. Moreover, we would not be able to reconstruct the original Mantras, since old Norse and the other known ancient Germanic languages were clearly not Mantric languages (the original language of the allegories was much, much older and probably very similar to the Indo-Aryan), and anyway no one today knows how they were really pronounced. So, in the interest of speed and sheer power, we abandoned the reconstruction in favor of the tried and proven Indo-Aryan science. More or less in mid stream, we changed the name of our course from *The Path of Wotan* to *Arya Kriya*. This, of course, caused some confusion. But we found that most people were just as happy with *Arya Kriya*, and there is some real interest growing in exploring our lesser-known Indo-Aryan heritage.

The Path of Wotan is the name we have coined for the lost Euro-Aryan science of accelerated evolution symbolized in the surviving allegories. Although certainly very similar, it is not Arya Kriya. Technically, the two are probably different systems. Of course, it is completely feasible for an experienced Kriya initiate to reconstruct, by synthesizing, trial and error, and his or her own inner realization, the original Path of Wotan. Although we are not undertaking it at this time, we would be happy to support anyone who wishes to undertake such an effort.

### **NS Kindred**

NS Kindred, like everything natural on this earth, is continually growing and evolving. In 1988, we stepped into the racial arena to offer our unique publications on the true nature of National Socialism: a Folk-community to bring forth a more highly evolved species of human-kind. We pointed out that it was the higher evolution of Adolf Hitler which was responsible for the awesome social and economic miracles of National Socialist Germany. We soon began experimenting with developing a Folk-community along with a training program for accelerating evolution, and we referred to ourselves as a community of National Socialists.

But over the years we had way too many problems with all the embarrassing "neo-nazis" and "white power" sociopaths who frequent the racial movement, and so we finally went underground, continuing our Folk-community and evolutionary efforts in seclusion. Soon, we had completed all of the National Socialist publications which we had planned to write (and they remain available throughout the racial movement). Moreover, since we were operating underground, reports on our Folk-community experiments could no longer be circulated. But anyway, now was the time for action, and time to separate the wheat from the chaff. So, we shut down our *Folkish Observations* (National Socialist Commentaries) and fo-

cused all of our energy on our Arya Kriya training course. We have now evolved again, to a much different, and much more powerful, level of activism. NS Kindred has now evolved into a unique *fellowship of Arya Kriya initiates*, who are involved in the most radical and daring program: to advance the evolutionary level of this earth. We knew that most of our old NS Kindred mailing list would have little interest in our new program (Most people know that there is only a tiny percentage of "doers" on any mailing list — especially racial ones). But we were not at all concerned about that. We weren't in business to sell newsletters. We were aiming to change this degenerate world once and for all! (We should note here that we were pleasantly surprised at the unusually large percentage of the old mailing list that was interested in our new training course — 10%!) We welcome all of you as part of that new, unique Aryan fellowship: NS Kindred.

### **Revisions to our Arya Kriya Training**

As mentioned above, Our Arya Kriya course was written and sent out one step at a time, which, of course, caused some incongruencies, omissions, and other minor problems. We knew we needed to revise it as soon as possible. This summer, we got the chance to revise our Arya Kriya course. We did some minor additions, deletions, rearrangements, and rewriting. Our revised course is now produced in a series of 6 booklets, entitled as follows: 1, Purity of Body and Mind, 19 pages, which covers will and natural living; 2, Chakras and Nadis, 7 pages, which covers the seven major Chakras, the three major Nadis, and a discussion of the Ego; 3, Hong Sau, 7 pages, which covers Swastikasana, Swastik Mudra, Ajna Mudra, the double breath, and the Hong Sau technique; 4, Asana, 31 pages, which covers the 18 Asana Kriyas and, except for a new cover, is the same as the original booklet; 5, Kundalini Pranayama, 14 pages, which covers the science of accelerating evolution, the law of inverse proportion, *Sarpa Mudra* (the proper name of the hand position

for Kundalini Pranayama), Kechari Mudra, the Kundalini Pranayama technique, and the cleansing exercise, which we have appropriately named in our edited edition, *Ajna Dhyana*; 6, Dhyana, 11 pages, which covers Asa Dhyana, the second Asa Dhyana, Omkara Dhyana, Chakra Dhyana, and a new Dhyana, *Mantra Dhyana*.

There are some major changes in the last booklet, *Dhyana*. We have not only added the new Dhyana technique, but we have changed the Dhyana routine into a weekly cycle, which we feel will make practice of the Dhyanas much easier.

### **Mantra Dhyana**

The following is the description of the new Dhyana technique in the edited edition: *"This Dhyana will develop your concentration and your intuitive (psychic) faculties. Ultimately, this Dhyana will enable you to communicate directly with Babaji Nagaraj (or any Siddha, deity, or Übermensch you wish). This Dhyana will also cleanse your subconscious mind, and, if you prefer, you may substitute it for Ajna Dhyana [formerly, the cleansing technique] after your practice of Kundalini Pranayama."*

*"Sit in Swastikasana, Swastik Mudra, and Ajna Mudra. You may use Kechari Mudra or not, as you wish. As you focus your gaze on the opal blue Eye of Wotan, mentally chant, over and over, at whatever speed you like, the Kriya Mantra, Om Kriya Babaji Nama Aum [Ohm Kree'-yah Bah'-bah-jee Nah'-mah Ah-ohm']. If you like, you may visualize the words being written as you chant them. Otherwise, simply listen to the words as you chant them. Use your will to hold your mind on the Mantra. If your mind wanders, patiently bring it back to the Mantra."*

### **Weekly Dhyana Cycle**

We now have 7 different Dhyanas, and so we have redesigned the Kriya routine so that each day of the week a different Dhyana is practiced (along with the Asanas and Kundalini Pranayama).

Sunday	Asa Dhyana
Monday	2nd Asa Dhyana
Tuesday	Omkara Dhyana
Wednesday	Chakra Dhyana
Thursday	Mantra Dhyana
Friday	Hong Sau
Saturday	Ajna Dhyana

### **Kriya Routine**

The following is the Kriya routine in the edited edition: *"Your practice routine must, of course, be tailored to your individual schedule and family life. We recommend that you practice your Kriyas each morning before breakfast, and each evening before going to bed (but at least an hour after an evening meal)."*

*"The Asana Kriyas should be practiced at least once a day, morning or evening. (Practicing them twice a day would be twice as beneficial.) Asana Kriya practice may be done either before or after your other Kriya practice."*

*"Practice Kundalini Pranayama twice a day in the following manner: 5 to 10 minutes of Hong Sau, 12 to 24 Kundalini Pranayamas, then 5 to 10 minutes of Ajna Dhyana (or Mantra Dhyana)"*

*"After your practice of Kundalini Pranayama, practice the Dhyana of the day for 15 minutes [as long as you like, but at least 15 minutes. Also, Dhyana practice, like Asana practice, could be done at a completely different time. If there are time constraints which necessitate shortening*

*one of both of your practice sessions, be sure to practice at least Kundalini Pranayama and Ajna Dhyana (or Mantra Dhyana)."*

We think that the edited edition is much easier to follow, and the weekly Dhyana routine will simplify and enhance practice. With the addition of the above information, the original edition is perfectly adequate. However, if anyone wishes to have a set of the new edition, we will be happy to furnish you with one for the printing and postage costs of \$5.50 per set if 6 booklets.

We have also revised our introductory booklet, *Arya Kriya, the Science of Accelerated Evolution* (originally the first step on "The Path of Wotan" course, but changed to an introductory booklet after our course was changed to "Arya Kriya"). The new edition has more information on evolution and the equinoctial and galactic cycles, and it is presented in much better sequence. Copies of the new edition are available for \$4 each.

### **Übermenschen**

One of the greatest problems we encounter today in our desperate attempt to present the truth is the absence of any free and open debate. The old adage, "truth likes questions" should make people very suspicious of the fervor with which the dark age forces censor those who dare to publicly question their social and historical proclamations. But unfortunately, few have the wit or the desire to consider anything beyond the prime-time TV menu. And so, truth activists such as Ernst Zündel, David Irving, Kirk Lyons, and Fred Leuchter encounter every form of censorship, and even violence and terrorism, to keep them silent, or at least distort their words. Even when one of these men does get a chance to speak in public, he is invariably muffled and intimidated by the age-old tactic of hecklers.

But the future is ours if we are determined and disciplined enough to seize it. The awesome powers inherent in advanced states of evolution — our Aryan destiny — are far more than a match for the paltry tactics of the dark age forces. The following story illustrates very well one method by which an Übermensch can handle hecklers and other opponents of free speech.

One of Babaji Nagaraj's 19th century Kriya initiates was Shyama Charan Lahiri, a Bengali Brahman householder, later known as Lahiri Mahasaya (pronounced Lah'-hree Mah-hah' shaye. Mahasaya is a title bestowed on him by his students which means "great mind"). After his initiation in 1861, Lahiri Mahasaya practiced the 144 Kriyas for 12 years, and he attained an extremely advanced level of evolution. He then synthesized four progressive Kundalini Pranayama techniques (from the original Kriya Kundalini Pranayama technique), into which he began initiating students of his own. (This is known as the Kriya Yoga of Lahiri Mahasaya, a derivative of which was taught by Paramhansa Yogananda in this country.) To this day, Lahiri Mahasaya is very famous in Bengal and his Kriya Yoga has a large following. Both his great grandson and his great grand nephew teach his Kriya Yoga, and over the years a number of Bengalis have attained advanced levels of evolution through its practice.

Lahiri Mahasaya lived in Benares with his wife and children. He worked during the day as an accountant with the English military. In the evening, numbers of Kriya students came to his house for advice and training. One evening, one of his students told Lahiri Mahasaya that a famous Benares pundit with great political power had decided to make some radical changes in the traditional form of religious worship in a particular Benares temple (the actual proposed change is of no real interest

to us here). The pundit offered an open debate on the proposal, but since the pundit was so famous and had a large following of fanatical "yes-men" who were very vocal and could even be hostile and violent, nobody dared to speak against the pundit. Lahiri Mahasaya felt that the pundit's proposal was completely wrong, and so he went to meet the pundit and his followers in the open debate.

Lahiri Mahasaya attended the assembly, which was well guarded by the pundit's followers. After explaining the reasons for his proposal, the pundit offered the floor to those who disagreed. As expected, none of the Brahmans or priests dared to debate the pundit. So Lahiri Mahasaya stepped to the center of the assembly and addressed the pundit with due respect. But as he started to explain his disagreement, the pundit's followers began to heckle him, making a great deal of noise so that nobody could hear Lahiri Mahasaya speak. Try as he may, Lahiri Mahasaya could not get the pundit's followers to be quiet, nor get any authorities to quiet them. In an attempt to force Lahiri Mahasaya to leave the assembly, the heckling became more vicious.

Then Lahiri Mahasaya bent his mouth and jaw in a strange, distorted way. At once, every heckler was silenced as all their mouths and jaws became paralyzed in the same distorted position of Lahiri Mahasaya's mouth and jaw. When the assembly was quiet, Lahiri Mahasaya relaxed his face and stated his case to the astonished pundit. The heckler's faces remained paralyzed as he explained his disagreement with the pundit's proposal. The pundit evidently saw the light and withdrew his proposal with alacrity! As Lahiri Mahasaya turned to take his leave from the assembly, the shaken pundit called after him, respectfully asking him to heal his followers, who were all still quite paralyzed and mute. The Kriya master told the pundit to bring some water

from the temple in question and place a few drops in each of their mouths (the only significance of this was that the temple and water had something to do with the pundit's erroneous proposal). Sure enough, the drops of water restored each of the pundit's followers.

There is an interesting sequel to this story which we were told by Harekrishna Ghosh, the nephew of Paramhansa Yogananda. In 1936, Harekrishna was a teenage boy when his uncle, Yogananda, made a return visit to India from the United States, where, at the behest of Babaji Nagaraj, he was teaching Lahiri Mahasaya's Kriya Yoga. Harekrishna spent almost every minute of the visit (some months) by his uncle's side, and he witnessed a number of amazing occurrences. In 1993, during the centennial celebration of Yogananda's birth, Harekrishna visited some of his uncle's disciples here in California, and he gave a talk about his experiences with his uncle during that 1936 visit to India. We attended this talk, in which he related the following story:

When Yogananda arrived in Calcutta to see his family, he was honored with a large banquet in his father's home. As usual, Harekrishna got to sit next to his uncle. There were lots of people coming in and out of the house to pay their respects to Yogananda. But when a man with a grotesquely deformed face started to enter the doorway, Yogananda suddenly raised his hand and astonished everybody by ordering the man out of the house. He told the man that he would see him later, and the man meekly left the room. After the banquet, Yogananda summoned the man back into the house and spoke to him quietly. As Yogananda spoke, the deformity vanished from the man's face. The man gestured to Yogananda with great reverence and left the room.

Harekrishna soon learned that back in 1920, just before his uncle had left on his mission to the United States, this man had been publicly ridiculing Lahiri Mahasaya, calling him a charlatan and a phony (Lahiri Mahasaya was no longer incarnate, having removed the life energy from his physical body in 1895). Yogananda, an heir to Lahiri Mahasaya's Kriya Yoga, confronted this man and demanded that he apologize for his denigrations. The man refused and asserted the denigrations all the louder. Yogananda then distorted his face in a grotesque shape, which caused the man's face to do the same. Yogananda left the man in that condition, unable to straighten his face or speak coherently. The man's face had remained in that position for the next 16 years while Yogananda was in the United States. When Yogananda returned on the visit, the man sought him out to apologize for his denigrations of Lahiri Mahasaya.

The above stories are not about anything occult or supernatural. They are simply illustrations of the abilities inherent in advanced levels of human evolution. The consciousness (superconsciousness) of Lahiri Mahasaya and Yogananda were devoid of any limitations of ego, and so they could "absorb" or dominate any ego-limited consciousness. Lahiri Mahasaya linked his powerful mind with the weak minds of the hecklers, and then mentally suggested simultaneously to each and every one of their minds that their mouths and jaws were locked in the same position as his, and that they were completely unable to utter a sound. Later, he could mentally suggest to them that the drops of water would unlock their jaws. Yogananda apparently had known of the story of Lahiri Mahasaya and the hecklers — which is not very widely known, even among disciples of Lahiri Mahasaya — and decided to use the same technique on the man who was ridiculing Lahiri Mahasaya — giving him a somewhat drastic demonstration that Lahiri Mahasaya was no charlatan.

It is fairly well known that hypnotists can perform similar mental manipulations on good subjects by conditioning and oral suggestions. But the ability to give suggestions *mentally* to anyone (let alone to masses of people) is far beyond the potential of hypnosis. But in advanced levels of evolution there is such power.

Although very rare, such abilities are not altogether unknown in those with otherwise ordinary human consciousness. One amazing example is Wolf Messing, a Polish Jew who was famous as a mind reader. During World War II, Messing fled Poland and plied his trade in the Soviet Union. His abilities came to the attention of Stalin, who demanded that he be put to a test.

For his first test, Messing entered the bank of Russia and handed the bank teller a blank piece of paper. He mentally suggested to the teller that this was a valid check for a very large amount of money. The teller gave Messing an enormous amount of cash, which Messing turned over to Stalin's agents outside the bank. When the money was returned to the teller and he realized that the "check" he received was a blank piece of paper (which didn't even resemble a check), the man keeled over with a heart attack.

His second test was more difficult. He was told to try to enter Stalin's military compound, get past all guards, and reach Stalin. Stalin doubled the guards with his best and most trusted, gave all of them a photo of Messing, and probably threatened them with unspeakable punishments if Messing got through. But soon an astonished Stalin looked up from his desk to find Messing standing in front of him, while all the guards in the room paid him no attention at all. Messing explained how he accomplished the task: as he entered the compound, he mentally suggested to all the guards, "I am Beria. I am

Beria." No guard would have dared to question Beria, the notorious head of the CHEKA. Although both Messing and Beria were Jews, there wasn't any real resemblance between the two. But Messing's mind was powerful enough to convince every guard that he was indeed Beria, in spite of the photo and certain knowledge that he would be trying to enter the compound and must be stopped. Other than some strengthening by practice during his mind reading act, Messing's abilities were not a product of training. He was born with this one, particular superhuman ability. In his later years, Messing toured India and investigated several Yoga and Tantra masters. He publicly proclaimed their abilities to be far, far beyond his own.

Here, I will add a little story of my own. After I had been practicing Kriya for about ten years, I decided to conduct a little experiment to see if I could influence people by thought transference. At that time I was working the evening shift, and so I usually did my shopping late at night. The checkers were often pretty tired and groggy, which I knew would be an advantage for my experiment. As I handed the checker a five dollar bill, which was sufficient enough to pay for my purchase, I began mentally suggesting that I had given her a twenty dollar bill. Sure enough, she counted out change for a twenty. I immediately offered her the change back, and she then discovered her error. Over the next week, I repeated the experiment a few more times and the results were the same. Although I never kept any of the extra change, I soon began to feel bad about manipulating the checkers (and frightening some of them) and so I vowed to never do it again. I realized that I must use such powers strictly with inner guidance.

To use the powers of higher evolution frivolously, especially before the ultimate goal is reached, invariably

inflates one's vanity, which in turn limits further advancement of evolution, and then dwindles all such powers. Lahiri Mahasaya and Yogananda were Übermenschen, and as such they always used their powers with inner guidance. Anyway, the purpose of my story was to point out that Kriya practice continuously strengthens your mental faculties. Practiced as taught, the necessary inner guidance will grow along with the powers.

Many awesome powers accompany the advanced levels of evolution. The above stories illustrate one of them, and I'm sure the readers can extrapolate the potential of its use against the dark age forces. One day, the powers of advanced evolution can put an end to the chaos and degeneration once and for all. This is our destiny — an Aryan destiny which is up to us to realize.

### **Equinoctial Dating**

We've had some inquiries about how the date 295 Wind Age (Dwapara Yuga) was arrived at. The date is determined by astronomical reference: the distance of the Vernal Equinox from the first point of Aries. The dates of the ages have been calculated as follows:

Beginning of the last descending Axe Age (Satya Yuga or Golden Age): 11,501 BC.

Beginning of the last descending Sword Age (Treta Yuga or Silver Age): 6,701 BC.

Beginning of the last descending Wind Age (Dwapara Yuga or Bronze Age): 3,101 BC.

Beginning of the last descending Wolf Age (Kali Yuga or Iron Age): 701 BC.

Beginning of the last ascending Wolf Age (Kali Yuga or Iron Age): 501 AD.

Beginning of the last ascending Wind Age (Dwapara Yuga or Bronze Age): 1701 AD. of which this is the 295th year. Hence, we calculate this year astronomically (or astrologically) as 295 Wind Age.

The Wind age is an age of rapid mental development for mankind, involving the realization of matter as a form of energy, and the development of technology to manipulate energy. This should also be an age wherein mankind realizes his proper position in the realm of Nature (especially by 295!). However, as noted in our introductory booklet on Kriya, the normal development of this age has been stunted by our Solar system's entry into a dark age of the larger galactic cycle, the duration of which will be several hundreds of thousands of years in length, and which will have a negative effect on all the ages of the Equinoctial cycles for a long time. This is the reason we have such chaos and degeneration today. The dark age forces are still in power on this earth, and they are threatening the survival of the planet by using the natural technological advances of this age to manipulate (and destroy) Nature for their own selfish desires.

### **Guidance and Help from the Siddhas**

Considering the negative effect (indifference and self-aggrandizement) of the dark age cycle on the majority of our Folk and race, the only feasible way to combat these dark age forces is by actually advancing the evolutionary level of this planet up to, and perhaps even beyond, where it should be without the influence of the galactic dark age. This, of course, is not going to be easy, given the indifference and self-absorption of the dwindling number of genetically higher evolved humans on this earth.

Fortunately, we have help — very powerful help. Babaji Nagaraj and other Aryan Siddhas have remained on this earth for the express purpose of helping us in the struggle — although they won't do it all for us. For every step we take towards them (advancing our own evolution for the benefit of the struggle), they will take ten steps toward us. Already, they are doing a great deal. Sometimes their influence is obvious to us, such as the destruction of the Berlin wall on November 9, 1989! Other times their efforts may not be so obvious. For example, who knows how much influence they may have on Clinton's idiotic antics — rudely pushing even the usually indifferent public away from the disease of liberalism and multiculturalism. (Anyway, whether or not there is any outside influence, we couldn't have picked a more ridiculous boobus erectus than Clinton to alienate the public from our enemy's cause.) The Siddhas often work in that way, giving us an edge in the struggle by causing our enemies to make themselves look ridiculous. Sometimes, they may even act directly, as Lahiri Mahasaya did with the hecklers. But one thing is for sure, they are with us to the end, and the more we attune ourselves to their presence, the more they will do for us.

Adolf Hitler always felt that he was guided by a divine force. He was. The great German leader was closely guided by the greatest of Aryan Siddhas, the likeness of whom can be seen in the features of Adolf Hitler's face.\* [Adolf Hitler and National Socialist Germany were — and are — closely related to Babaji Nagaraj and the Kriya path. This will be discussed in more detail in later editions of Arya.] Adolf Hitler knew just what he was talking about when he said repeatedly that he was on a sacred mission. But human will can cause drastic changes — for good or for evil. The war was not meant to happen at all, and its loss was a consequence of the

influence of the galactic dark age cycle — an influence that aggravated and increased the selfishness and treachery of the German officer corps. Nevertheless, the loss of the war was only the loss of one small battle in the struggle. In the next battle, we will be much better armed.

\*Note: The Führer's high level of evolution, specifically, his complete lack of ego, caused his facial features to reflect those of anyone around him. That is why he often looks different in different photographs. In many photos it can be readily observed that his face strikingly resembles that of the person with whom he was photographed. This can be seen in other highly evolved individuals who are beyond ego-consciousness. Another example is Yogananda. A survey of photographs of Yogananda reveals that he, too, always resembles others in the photograph.

### **Natural Diet**

The following are some cookbooks which have good information on vegetarian cooking and some excellent, nutritious, vegetarian recipes.

#### *Basic Macrobiotic Cooking*

by Julia Ferré

Published by George Ohsawa Macrobiotic Foundation  
ILBN 0-918860-47-4

This is an excellent book for getting you started in vegetarian cooking

#### *Dr. Dean Ornish's Program for Reversing Heart Disease*

by Dr. Dean Ornish

Ballantine Books

ISBN 0-345-37353-7

Ornish has popularized the low, high carbohydrate diet for better health. The book contains a great deal more than vegetarian cooking, but the recipes it has are

excellent. The other information is good as well, but we are recommending the book only for its recipes.

#### *Simply Vegetarian*

Edited by Asha Parver and Sheila Rush

Dawn Publications, 14618 Tyler Foote Road, Nevada City, CA 95959

This book has excellent recipes.

#### *Moosewood Restaurant Cooks at Home*

by Moosewood Restaurant

Simon & Schuster

ISBN 0-671-87954-5 & 0-671-67992-9 PBK

This is an excellent book for home vegetarian cooking by a famous health oriented restaurant. (It also contains a few meat and fish recipes.)

#### *Jane Brody's Good Food Book*

by Jane E. Brody

W.W. Norton & Company

ISBN 0-393-02210-2

This is a real encyclopedia for all aspects of cooking, and it is very readable. Although it is not strictly vegetarian, there are many meatless recipes, as well as others that are adaptable.

### **Seaweed & Nut Snack**

This is a simple, but extremely nutritious snack. Nori, a seaweed, is full of necessary minerals, and is highly recommended by health-conscious nutritionists. It is available in most health food stores, oriental food markets, and nowadays even in some supermarkets.

Place 2 cups of cashew pieces or sunflower seeds on a cookie sheet and brown them in the broiler.

Place the Nori seaweed on top of the browned nuts, and brown it in the broiler for just a few minutes.

When cool, crush the nuts and seaweed together with your hands and salt to taste.

### **Portrait of Babaji Nagaraj**

There have been some requests for a better likeness of Babaji Nagaraj (our photocopier does not do a very good job). For those who are interested, we have some glossy, 8 by 10, bronze-toned, color prints of a portrait of Babaji Nagaraj, which are suitable for framing. This is the same picture we have attempted to reproduce - with varying success -- in our booklets. These come from the Great Siddha's Canadian disciple, Marshall Govindan. We would be happy to send you one for our cost (including postage cost) of \$6.50 (they are \$8 each from Canada).

These prints are of a portrait done by Yogananda's brother, Sananda Ghosh, who was the aforementioned Harekrishna Ghosh's father. Harekrishna as present when Yogananda spent two whole days directing Sananda, who was an accomplished artist, in making a precise drawing of Babaji Nagaraj, whom Yogananda had met in person earlier. The drawing by Sananda appeared in Yogananda's book, *Autobiography of a Yogi*. Later, Sananda turned the drawing into a color portrait, a bronze-toned print of which we have available.

THE STEDINGER PEASANT WAR  
An altercation of two value systems  
BY HANS DIRKS  
TRANSLATED BY JOST & TEFFY

The struggle of the Stedingers and its tragic end on the 27th of May, 1234 can be viewed in an historical continuity.

The old Germanic Order was democratic. In general there was no absolute ruler. All decisions, particularly those concerning war and peace, were taken up at the Things. A duke would be chosen only in the case of war. He marched in front of the army and all would submit to his rule for the duration of a martial altercation. His position ended when peace was restored.

Another way of life developed in the orient. Pharaohs and other rulers exercised absolute governmental power over their subjects. This order of sovereigns was adopted by the Roman Caesar and applied without fear or favor in the conquered regions. In Germany, there was an altercation between these two orders. The expanding Roman Order was forced back for the first time in the Teutoburg forest (9 C.E.). The collision between the orders renewed around 800 years later in the Saxon War between the Frankish King Carl (Charlemagne) and the Saxon Duke Widukind. This time the Roman Order was victorious.

The old Germanic way of life prevailed in Stedingen. The conflict resulted from secular and ecclesiastical princes trying to force the Stedingers into their sphere of power. That led to a bitter battle between a free way of life on the one hand, and rule by sovereigns on the other. The princely side did not hesitate to call for a crusade against the alleged heretics. Despite initial successes, the Stedingers finally gave way to the superior force of the princely order.

When we look back on the events of 750 years ago, we can admire the courage and bravery with which a small group of country folk defended its values and way of life, even to the sacrifice of their own lives. Although increasingly hard for men of our times to understand, in those days this saying had worth:

"LEVER DOOT AS SLAV"  
(better dead than slave)



# THE STEDINGER'S ⋈ FIGHT FOR FREEDOM

## THE CHARGE OF HERESY AGAINST THE STEDINGERS

BY BRUNO GLOGER  
TRANSLATED BY JOST & TEFFY

The priests and monks of the 13th century spread many stories about the "changing" of the host (a wafer of unleavened flour). The host was said to change into the body of Christ with all sorts of wonders. This "changing of substance" had been declared dogma in 1215 by a council in Rome, and the propaganda apparatus of the church took immediate advantage. For example, the "body of the Lord" was seen as a charm against heretics. In the mouth of sinners, the wafer could change into bloody flesh! With this background in mind, one can appreciate the following folk story:

On the day before Easter, the wife of a rich farmer from the village of Bardenfleth went to the neighboring village of Berne, which had a church, in order to go to confession and thereby be able to receive holy communion on Easter Sunday. She had given the usual confessional offering, one "silver coin", to the village priest. To him, the donation seemed far too small from such a well-to-do woman. So, at communion on the following day he laid this same silver coin in her mouth, instead of the usual wafer. When she felt the metal on her tongue, she was filled with terror, because she thought that the wafer had "changed". She hurried home, took the coin out of her mouth with a clean towel and sobbed out this terrifying experience to her husband.

Her husband clearly recognized the true facts of the matter and angrily went to the superior of the blasphemous priest, demanding that this priest be punished. However, he was refused admittance by the superior. On the next Sunday, the farmer called together all of his relatives and asked advice about how this disgrace could be atoned. His shaken and ailing wife sat covered at the fireplace. Two Dominican monks appeared, begging alms for charity. These monks were most unwelcome at this time and were roughly turned away. (Later, these two monks took their revenge by claiming that a gigantic toad was sitting at the fireplace.) The farmer and his relatives went to Berne and killed this criminal priest in short order.

For this, the Archbishop of Bremen decreed excommunication of all Stedingen, thereby stopping all church activities. But this worried the country folk very little.

## THE STEDINGER'S FIGHT FOR FREEDOM

BY HANS DIRKS  
TRANSLATED BY JOST & TEFFY

In the year 1106, five Dutchmen made a long journey from the mouth of the Rhine to Bremen. They wanted to talk to the Archbishop of Bremen about taking over settlingland on the Weser River, under certain conditions. They made an agreement whereby the Archbishop gave the farmers and their descendants the swampy regions south of the Hunte on both sides of the Weser for cultivation. This land was to pass from father to son in free hereditary possession. Every settler would pay a yearly tax of one pfennig, and in addition would pay the 11th sheaf of all fruits of the field and a 10th of livestock. In the administration of their lands and in secular jurisdiction the farmers and their descendants were free. When the Dutch farmers showed this agreement to their countrymen, after returning to their homeland, many young men eagerly set out to cultivate the new land on the Weser.

It was a difficult beginning. The troubled waters of the Weser flooded through moor and swamp. Heath, cotton grass and reeds covered the land and the river bank. But the settlers took the work in hand. They dug ditches to drain much of the water, and they built dikes to provide dry land and to prevent the flooding. At first, there was

little to gain from its soil. Often it was difficult for them to do their work. But they were free! And this freedom was worth all the difficulties. Other country folk had to



## 2

perform compulsory services for their Counts and their Lords.

After a decade, the settlers had won fruitful acres out of swamp and moor. New settlers came to Stedingen, as the land was named. After several generations, the settlers melted into one large society. They certainly knew how to handle weapons, and patterned themselves after the Rustringer Frisians, on the mouth of the Weser. Like the Frisians, they bore a particular provincial seal.

The freethinking Stedingers displeased the Archbishop of Bremen. He would have gladly seen them as dependent as most other peasants. In order to slowly force them under the Carolingian-Roman order, the Count of Oldenburg, with the agreement of the Archbishop of Bremen, built two fortresses in Stedingen: Lechtenburg and Lineburg. The character of the people who manned the fortresses soon showed itself. Women and young girls were suddenly attacked and carried off to the fortresses, and were only freed again for high ransom. For the first time in Stedingen, the rural Germanic order and the Roman order of sovereigns clashed. At the Thing, this situation was discussed, and it was decided that the fortresses should be removed, and judgment held on the evildoers, which was soon accomplished. This was in the year 1204, some 100 years after the first settling of the land.

In order to be secure from similar encroachments, the Stedingers built bulwarks and formed militia. The roads were protected by fortified gates and trenches. Finally, the country folk defiantly proclaimed their complete freedom and refused to pay any more taxes. Archbishop Gerhard I of Bremen silently yielded to this demand. The old German order reigned in Stedingen!

## 3

The new Archbishop, Gerhard II, wanted to force the Stedingers under the Roman order, and he demanded the tax which his predecessor had promulgated. Naturally, the Stedingers refused to comply with this demand. Then, an alms-begging monk traveled through the land and proclaimed to the selfassertive countryfolk, "Disobedience is idolatry!" This offended the honor of the Stedingers, and they condemned him. Now the war-like Bishop wanted to collect with force that which he demanded. In front of the borders of Stedingen he built Schlutterburg, in which his brother, Count Hermann von der Lippe, quartered himself. On Yule of 1229 came the first battle between the free country folk and the knights of the Archbishop. Hermann von der Lippe was killed. The rest of the knights turned in flight. Again, the Stedingers were able to uphold their freedom.

The Archbishop could not forget this battle. He was obsessed by the desire to subdue the Stedingers. On the 17th of March, 1230, he convened a great Gathering at Bremen. There, the Abbots and the high clerics of the Bremen Archbishopric were to judge the Stedingers on such crimes as worshipping images of wax, seeking counsel from soothsayers, and believing in evil spirits. The judges were only too glad to believe all these tales of horror. The Gathering decreed the excommunication of all Stedingen. The church doors were nailed shut and the priests left the heretical land.

The Archbishop himself went to Rome in order to persuade Pope Gregor IX to call for a crusade against the Stedingers. He succeeded in this and the Dominican Monks travelled throughout Northern Germany, announcing the crusade. In lurid colors, they described the eternal torments of hell for an ostensibly godless life. At the same time they promised the eternal bliss of heaven to those ready to take part in this crusade against the

# 4

Stedingers. The pope had promised the same spiritual rewards as for the crusades in the holyland. More and more crusaders assembled in Bremen. Such promises also deluded the people of Bremen into aiding this quest of destruction. It was then spring of 1233.

The West Stedingers, on the left side of the Weser, were on their guard, but the East Stedingers, on the other side of the Weser, had not prepared their defenses. So, the army of crusaders attacked them first. Not only men, but also women, the elderly, and the children were killed. The few survivors were burnt at the stake. The grisly shine of the fire let the West Stedingers foresee what would happen to them.

Great jubilation filled the mob of crusaders as they returned to Bremen. They prepared themselves for battle against the West Stedingers. But on the 6th of Haymoon, 1233, the crusaders were sent home with bloody noses. Many were dealt the deathblow by the freedom loving countryfolk. In winter, the Archbishop tried to bore holes through the dykes of Stedingen, in order to drown the rebels in the ice-cold water. But the dyke guards were alert, and he couldn't carry out his devilish plan.

In spring of the year 1234, the Dominicans went anew through the cities and villages, in order to incite the otherwise unalarmed people to the crusade against the Stedingers. They told even more horrible tales about these "fallen " people. "They must be exterminated!" A gigantic army assembled, which set out from Bremen on the morning of the 27th of Merrymoon, 1234, led by the Duke of Brabant.

But the Stedingers were willing to defend their freedom to the death. Their leaders were Bolko von Bardenfleth, Tammo von Huntrop and Detmar tom Diek. Determined, they stood

# 5

against the enemies of their freedom. The first clash took place at one of the fortified gates. The Stedingers under Bolko von Bardenfleth ventured out in front of the gate. Landsman and crusader collided terribly against one another. No one gave ground. Finally, a Knight forced his armored war horse all the way to the rear of the country folk and with that, he opened a path for the other crusaders. The country folk could no longer withstand the superior force and were ridden down and slaughtered.

The rest of the Stedingers were near Altenesch under Detmar tom Diek and Tammo von Huntrop. The final battle for the freedom of the Stedingers took place there. The country folk fought obstinately for every foot of ground, but the crusaders raged terribly against them. These proud, brave country folk, who had taken up arms for the defense of their homeland and their freedom, were killed. Nearly 5,000 Stedinger bodies covered the blood soaked earth of their land, where once the waters of the Weser had flowed. In the Saxon Chronicles it is stated objectively and realistically:

"ALDUS NAMEN DE STEDINGE EREN ENDE"  
(THUS THE STEDINGERS MET THEIR END)



## BACK TO THE LAND

by Jost

### American Nordic Idealist Preaches a Return to Countryside

In the late 1960's I had just returned from two consecutive tours of combat duty in the rugged mountain highlands of South Vietnam. California had become a very different place from the one I had left, and two years of isolation in the Asian jungles had not prepared me for that to which I had returned.

I was suddenly in an alien world of long hair and beards, drugs and sexual promiscuity, civil disobedience and racial color blindness. It was the day of the "Hippy", "do your own thing", and the encouragement to "drop out" of society.

For a while I was in a state of shock, but as I adjusted, I began listening and observing. I dismissed most of this "new age" philosophy as childish nonsense. However, two years in the jungles had given me a different outlook on life. I could now see the selfishness and materialism into which the White race had sunk, and I had some sympathy for my hairy co-racialists. I especially liked their idea of destroying the system by non-participation, and it has always remained in the back of my mind.

By the early 1970's there was a growing movement among these social drop-outs to go "back to the land", advocating self-sufficiency on the land, free from modern society's support, living simply like our ancestors. Their pioneering in this area has done our Folk an invaluable service.

By the mid 1970's I had given up trying to be part of the urban social and economic system. Already I could see the growing political power of non-whites, and the indifference and growing materialism of the white majority. Seeing no real alternative, I packed up my family and headed back to the land. There, I discovered a whole new world, a much better and more natural way of life, and an Aryan destiny!

In the isolated mountains of Northern California, there were already a number of individuals and families, many college educated, who had fled the cities and begun a new life of homesteading. They were all permeated with an anti establishment idealism which was directly descended from the hey-day of the hippy movement. Their philosophy of life was a combination of left-wing politics, oriental religion, Robin Hood and brotherhood, as well as a tolerance for drugs which ultimately led to an early destruction of the movement.

Nevertheless, these urban refugees had done a staggering amount of research, and a great deal of practical application in the field of self-sufficient homesteading. They learned to build their own simple shelters, everything from log cabins to yurts.

They learned the skills of organic gardening, animal husbandry, and home processing of foods. They revived the arts of midwifery, herbal medicine, and such skills of self-sufficiency as spinning, weaving, and leather craft. In the spirit of being anti-establishment, they put great effort into supporting themselves off the system, and made some great progress into the area of cottage industries. They spurned corporations and conducted their business exclusively with thrift shops and small businesses. They made great progress in pioneering alternative education for their children. As their numbers grew, they began manifesting a real spirit of community and Folk.

These modern-day pioneers were happy to help any newcomer, and I spent the next couple of years learning the many skills of homesteading and self-sufficiency. For the first few years our family lived in crude octagon cabins, barns and even tepees. We cut firewood with antique handsaws, used herbal medicines, raised organic gardens, and learned to process our own food. Our lives

were simple, yet fuller than ever before. Summer work was hard, but there was always ample recreation at the river swimming hole where numbers of locals from all over the mountain ridges would congregate to relax and cool off. Like our pre-christian ancestors of old, they were not burdened by christian puritanism. They saw nothing evil or dirty about the human body, and they swam and sun-bathed quite naturally unadorned by swimsuits or cutoffs. Winter was the time for enjoying the fruits of summer labor. We joined other modern-day homesteaders in rough-hewn cabins all over the mountains, sitting around

the wood stove, repairing tools, watching the rain and snow, and planning the next season's chores.

But these pioneers did not understand the importance of discipline to their own idealism and homesteading success. They generally failed to pass anything on to their children. They opted for Jewish permissiveness. The heirs of the movement can be seen here and there throughout the area - purposeless, undisciplined, drug-using youth. The end really came with the rise of marijuana cultivation.

Ideals began to vanish with the temptation of large amounts of easily acquired cash. Materialism and the greater supply of drugs destroyed both the community spirit and idealism. Today, the mountains are waiting for a new back-to-the-land movement, one imbued with a true idealism, and a sound spiritual philosophy. This time it will not be the pressures of White middle class materialism that will spur a back-to-the-land movement. This time it will be the awesome pressure of mass non-white immigration, and White second-class citizenship.

All of the elements for building an Aryan Folk community are here. The time is now ripe. There is little future for White youth in any city. The cities are becoming more and more non-white. Economically, it is getting more and more difficult to survive in the city. The social welfare system is becoming more and more anti-white. The schools are sorely anti-white. Today, the disenfranchised Aryan youth are beginning to stir. The Skinhead movement is a reaction to the growing non-white terrorism, and White indifference.

It pains me to see our youth sitting in government prisons for smashing a few degenerate heads in a futile attempt to fight back against overwhelming oppression. How much more useful it would be to put their energy into hewing themselves a homestead, and ultimately an Aryan community, out of the unsettled rugged mountains. There is still a great deal of open land in this country, and although it is not as easy as it used to be, it is still possible to live there simply, inexpensively, and reasonably independently. It is also quite possible to establish communities which are largely independent of the established system. Why not take up the old hippy slogan to "drop out", and begin destroying this anti-white system by non-participation?

Just as Adolf Hitler advocated the "Drang nach Osten" (the acquisition and settlement of the vast, unsettled lands in east Europe), we advocate a new Aryan back to the land movement. We hope that Volksberg, our family homestead in the secluded mountains of Northern California, will serve as an example, a viable alternative for the responsible and self-reliant of our Folk, to begin a new life, a simple, joyful, Aryan life, close to nature, and away from the degeneracy of the urban cesspools. As our Folk grows and grows, we hope to provide a viable destiny for Aryans: Back to the Land!

-Jost

Heritage - Mighty Thor Speaks to Us  
by Jost

The snow was fresh that mystic night,  
And sparkled in our fire's light.  
The scent and warmth of burning pine  
Had eased the chill of winter time.  
The moon was full and climbing higher,  
'though dimmed behind our smoking fire.  
The coyotes howled and barked and screamed,  
  
And water rushed through rocky streams.  
We sat around our fire and told  
Of heroes and of days of old.  
We taught our youth here on this ridge  
Their cherished ancient heritage.  
We spoke of music, art, and Folk,  
Within that frozen grove of oak.  
We talked of honor and of right,  
Expounding courage, strength and might!

But then we spoke of nowadays:

Our long lost tribe and alien ways,  
Of governments which worship gold,  
Of leaders who are bought and sold.  
But as we spoke of death and doom,  
A northern cloud obscured the moon!  
A frightful wind began to blow  
Which caused the trees to bend and bow.  
As thunder crashed beyond the oak,  
A form appeared in wind-strewn smoke.  
It was a giant of a man  
Who held a hammer in his hand!  
As he approached we came to feel  
The proper act would be to kneel.  
But as we knelt, our heads low bowed,  
His angry voice now thundered loud!

"Enough of this groveling and cringing!" he said  
"I've no holes in my feet and no thorns on my head!  
Why do you think that a God is a foe,  
A being who judges and brings weal or woe?"

You should understand that a God is a friend,  
Yes, someone who's like you, whom you comprehend!  
This bowing and scraping is not what we need,  
So pick yourselves up! Take a drink of my mead!"

Upright `fore him we stood in awe.  
A warrior tall and proud we saw,  
With fiery beard and sky-blue eyes.  
We now began to realize,  
Before us stood the mighty Thor,  
That God of old, so famed in lore!  
The wind now ceased, `though clouds remained.  
A dreadful mystic stillness reigned.  
He poured us mead, then shook his head,  
And with a fearsome growl, he said:  
"What's natural in life is what's sacred to me!  
So very few people perceive this, you see.  
Just look at the forest and see all these stumps!  
The oceans have all become chemical dumps!  
The beasts of the earth are all getting so rare!

Just look all around at the state of the air!"

He gnashed his teeth and flexed his arms,  
Then calmed himself and smiled with charm.  
The atmosphere now changed from fear  
To one which gave us joy and cheer!

"By living in harmony with nature, you see,  
All people can prosper as well as be free  
From all these afflictions which plague man today!  
They're one and the same: nature's laws and my way!  
The forces of nature must e'er be preserved  
For all to survive, this is truth, take my word!  
And that is why so many temples of yore  
Adorned the deep forest or graced the sea shore!"

He grinned as he looked up and down  
At starless sky and snow-clad ground,  
then stood there staring for awhile,  
Still on his lips a gentle smile.

His eyes were sparkling like two stars,

His stance relaxed, his gaze afar.

Then suddenly he stood erect,

With muscles bulging in his neck.

He raised his fist up in the air.

His voice rose like a growling bear.

"Eschew alien ways and the preachers they suit!

And look deep within for your spiritual roots!

Your values, your virtues, and what it compels,

Yes, that's your religion! You need nothing else!

Your heritage, culture! In this you should delve!

You must understand your religion's yourselves!

For you are the Gods and they're you, yes indeed!

I'm just a reflection of all you should be!"

Then Thor relaxed and gave a smile.

He spoke again with earnest style:

"Your purpose in life, like all creatures on earth,

Is insuring ennoblement, virtues and worth,  
And high evolution for your kind of man!  
For this aspiration do all that you can!  
By natural selection does all nature thrive,  
Insuring the best in each species survives!  
The next generations need planning and thought:  
Intelligence, character, strength should be sought!  
One thing you should learn now before it's too late:  
To exercise care when selecting a mate!  
Besides procreation you should realize  
Your ongoing purpose is to service the tribe.  
There's no higher virtue than such sacrifice.  
Without selfless service there's no joy in life!"

The voice of Thor now raised in pitch,  
And thundered through that forest niche.

"Remember your heritage rests with the youth!  
So teach them these values, these virtues, this truth!  
Your kinsmen of old placed much value in strength:

A virtue which should be considered at length!  
For weaklings are creatures which never survive,  
and that's not just muscles, but all that's inside!  
Extol self-reliance, and pull your own weight!  
Now make that your way or be slaves to the State!  
Adversity's seen as a challenge, you see,  
So meet it with zeal, an adventure indeed!  
Now fight to the death for what's deemed to be right!  
Your kinsmen of old never fled from a fight!  
Live life to the fullest! Enjoy all the best!  
And when you meet death, have a smile and a jest!"  
He paused a bit and took a drink,  
And then with sadness, said: "I think

That these days it's  
Just about gone out of mode,  
But in olden times we lived by honor's code!  
We need to revive it and make it our way.  
To live life with honor is needed today.  
Aspire to this virtue, don't let yourself fail!

It's so very simple, here's what it entails:

First loyalty to family, to Folk and to tribe,  
In all circumstances, where'er you reside!  
Of sanctity of word, let there ne'er be a dearth;  
Don't ever forget that your word is your worth!  
Now fairness in dealings is truly admired,  
Your honesty's certainly always required!  
Another requirement's to squarely face life  
With courage, no matter the trouble or strife!  
Yes, loyalty, honesty, worth in your word,  
And courage! They're all what your honor infers!"

We ventured now to question Thor  
About occult and mystic lore.  
He laughed aloud and slapped his side,  
His voice resounding far and wide.

"These matters were pondered by mortals for years.  
The answers they gave produced torment and tears!

Don't bother yourself with that hereafter lore,  
There's so much on earth to prepare yourselves for!  
Leave questions like that to the whimpering kind.  
Face death as adventure, fear not what you'll find!  
Forget all that dogma, it breeds only strife!  
Observance of nature solves mysteries in life."

Thor drank some mead and wiped his chin,  
Then winked his eye and spoke again:

"Yes, truth lives in nature and this I must say:  
Things only make sense when approached nature's way!  
By strength of the will and the power of mind,  
You'll understand all of the mysteries you find,  
For mysteries of death and the mysteries of fate,  
Your mind has the power. Explore and create!"

His voice then lowered just a tad.  
His gaze seemed just a little sad.

"Now this is no secret but ought to be said:

Although I'm a God I may one day be dead!

If Gods were immortal they could not inspire

A natural life with its zest and its fire!

If Gods were immortal they could not know fear,

Or courage, how boring, the thought brings a tear!

Remember: I'm just a reflection of you,

Of all that you are and of all that you do!

And I only live for as long as my tribe.

As long as you're living then I shall survive!"

But then he laughed and clenched his fist,

His hammer raised in smokey mist.

With beaming face, that mighty Thor

Elaborated still some more:

"Now each needs their own inspirational light

To guide them all on to those spiritual heights.

Some follow the warrior: to them life's a war.

To others the virtue of love offer more.

It makes little difference so long as we feel  
Inspired with joy and with spiritual zeal!"

He raised his horn up towards an oak,  
Then shook with joy and blithely spoke:

"For spiritual experience I must recommend  
An old universally uplifting trend!  
In feasting and dancing there's naught to annoy,  
Since these are all expressions of joy!  
For joy is a natural part of our being.  
Experiencing joy is experiencing me!  
So sing and be merry, yes, dance and have fun!  
It's natural and should be religiously done!  
But spiritual joy should not end at the fest.  
To realize joy is a spiritual quest!  
Don't ever be gloomy! Don't ever be sour!  
Be lighthearted always for spiritual power!"

We stood there silently entranced

And gazed at him with eyes that danced.

His inspiration had instilled

Determination, strength of will.

To us, he represented all

Our aspirations, great and small.

We saw within his sky blue eyes,

the joy of being strong and wise.

He now put forth one final thought:

The essence of those things he'd taught.

"You should realize though I have been concise

That all that I've said shows a great way of life!

Religion is something that binds you this way,

It's needed and useful and joyful each day!

Your religion's yourself, and you know what that means:

Your heritage! Values! The fruit of your genes!"

He offered one last drink of mead.

We knew 'twas time for him to leave.

He drained his horn and wiped his mouth,

As moonlight glimmered from the south.

We saw the clouds begin to clear,

The southern stars had reappeared.

But then a wind began to blow,

Again the trees did bend and bow,

And, as the thunder loudly spoke,

Thor faded back into the smoke.

Jost and Teffy 1986

## LOVE - An Eternal Law of Nature

by Jost Turner

We all know, of course, that love is natural among one's own immediate family. But it is less understood that love is just as natural among one's extended family, the tribe, which is mankind's natural, ecological, environment. The natural instinct of love had to be quite highly developed within the earliest pre-historic tribes.

It had to be because love is an absolute necessity for our natural higher idealism: subordinating individual interests to the welfare of the tribe. Without true idealism, no tribe could have survived for very long, and without the survival of the tribe, it is unlikely that the earth would now be adorned with any human beings.

Once we understand that love is an important and necessary natural instinct, we can see the truth in the old adage: love makes the world go 'round.

Unfortunately, an emotional appeal of love is often used as a cover for sinister designs. The christian churches have always hidden their intolerance and justified their murder and torture with the banner of love. Our new state religion, "secular humanism", which is really little more than christianity without the superstition, is following suit in the best traditions of the church. The cry for universal love of all mankind is used to justify the wholesale disenfranchisement and genetic suicide of an entire race - the entire White Race.

Of course, the slightest bit of awareness beyond our race's all-pervasive state of self-indulgence would suffice to see the pretension of it all. This doctrine of universal love comes complete with an appalling set of double standards which completely disregard even the most necessary welfare of the White Race. Can we imagine any White mother who would starve and abuse her own children while giving love and sustenance to the children of others - others who constantly pay back her kindness with contempt and abuse? Such an unnatural situation is just what is demanded by all of the deluded whites who are crying so loudly for love, brotherhood, and human rights.

But let us not make the mistake of dismissing the "wisdom with the wise." Love in its natural state is the most powerful of weapons, and it is the only thing which can get us out of this tailspin into racial oblivion. This we can understand when we see the importance and necessity of love in bringing about history's greatest miracle: National Socialist Germany.

The virtually overnight economic and social success of National Socialist Germany came about because it was just what the National Socialist leaders said it was: a revolution in thought.

The personality, leadership, and sheer genius of Adolf Hitler inspired the German Folk away from their selfishness and materialism. He inspired them to their natural higher idealism: putting the welfare of the Folk before their personal desires. This higher idealism was the revolution in thought that created the economic and social miracle of National Socialist Germany. But in order to inspire his Folk to their natural higher idealism, Adolf Hitler had to bring out their heart's natural love: the love that flows naturally from parents to children, to family, to Folk!

Adolf Hitler was literally an evangelist of love. His words, his actions, his entire existence is testimony to his selfless love of his Folk. Anyone who takes the time to honestly examine Adolf Hitler's speeches and writings can readily see the great love he had for his Folk. His actions proved his words. Everything that he did was done for the benefit of the Folk. The welfare and higher evolution of the Folk is the only reason for the existence of National Socialism. Every aspect of National Socialism, no matter how small or insignificant, is for the present and future benefit of the Folk. Every decision was based on the answer to one question: Is it good for the Folk?

But Adolf Hitler didn't preach a pretentious universal love of all mankind. Adolf Hitler didn't parrot that safe, socially-acceptable line which serves the sinister goals of International Finance and World Jewry. No, Adolf Hitler dared to expound the love which is natural among those of common heritage, common values, and common blood. Adolf Hitler uniquely understood that the awakening of this natural love is what brings about that higher idealism which melts away the delusion of selfishness and materialism. He knew that without the opiates of selfishness and materialism, the great power and sinister plans of International Finance and World

Jewry would simply evaporate.

Here we should note that in a condition of natural, tribal love of our own Folk, we can begin to understand the significance of a genuine universal love of all mankind. From this natural condition, we can feel an honest love for other Folk: in their own natural environment; with their own values; working toward their own higher evolution, in their own way and in their own time. That is the true brotherhood of man!

With the flowering of our heart's natural love, we can clearly see the enemy. We can see that our enemy is not the Negro. It is not the Asian or Latin. Our enemy is not International Finance, or World Jewry. They are all just symptoms of a deadly disease of selfishness.

The all-pervasive control of International finance and World Jewry is only made possible by our race's complete lack of its natural idealism. The present situation of massive non-white immigration is only made possible because of our race's selfishness. We have created the situation ourselves.

Plutocrats, international Jews, and non-whites are only doing what we are allowing them to do. As such, we have no right to hate them. Hating them is a complete waste of our race's dwindling time. We need to put our energy into restoring our heart's natural love! Only our natural love will cure our deadly disease.. Love will inspire us all to the very essence of National Socialism: true higher idealism. No idealistic Folk could ever remain deluded by the forces of greed and materialism!

True love is contagious. The love exuded by Adolf Hitler naturally infected his Folk, awakening their natural love and their higher idealism, bringing about the miracle of National Socialist Germany. A true National Socialist can be measured by the very image of Adolf Hitler: by idealism and love of Folk. Love is something which cannot be faked. No amount of philosophical understanding can be substituted for it. No official organization, or any casual association with the surviving notables of National Socialist Germany, can create the heart's natural love.

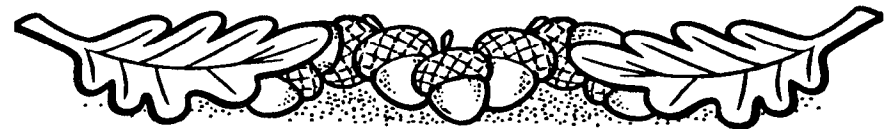
The love in a true National Socialist is readily felt. It is contagious, and it will attract the true Folk. Where love is, the Folk is: and where the Folk is, Hitler is!

Adolf Hitler showed us the way to survival and to higher evolution - spiritual and physical. He gave us National Socialism, which is modern-day Aryan tribalism, a way of life in harmony with the eternal laws of nature. Let us follow the example of our great Aryan Preceptor and win the great struggle for preservation of the natural order, not by fruitless hatred of real or imagined enemies whom we ourselves have empowered, but by the first tenet of National Socialism: the flowering of our heart's natural love!

-Jost



# **NATIONAL SOCIALISM**



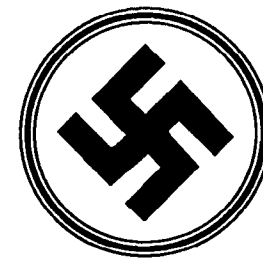
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# **NATIONAL SOCIALISM**



**ADOLF HITLER's**

**Revelations of the  
Eternal Laws of Nature  
for Family and Folk**

# FOLK

## The Only Doctrine of National Socialism

*For me and all true National Socialists there is but one doctrine:*

### Folk and Fatherland.

*What we must fight for is to safeguard the existence and reproduction of our race and Folk, the sustenance of our children, and the purity of our blood, the freedom and independence of the Fatherland, so that our Folk may mature for the fulfillment of the mission allotted it by the creator of the universe.*

*Every thought and every idea, every doctrine and all knowledge, must serve this purpose. And everything must be examined from this point of view, and used or rejected according to its utility. Then no theory will stiffen into a dead doctrine, since it is life alone that all things must serve.*

— Adolf Hitler

Mein Kampf, Volume 1, chapter 8

The preceding quotation clearly shows that the most important concept and the emphasis of the National Socialist Movement should be on *Folk*. It shows us clearly that every decision, every action should be based on the answer to one question: *is it good for the Folk?*

A Folk is of common heritage, common blood, common values, and common ideals. While a Folk must necessarily be of one race, it is not necessarily all of that race. There can be several different Folk, all of common race.

Today, most of the White Race have heritage and blood in common with us, but their values and ideals — if any at all — are alien to us, deadly to us! They are not our Folk, and there is really very little that we can do to convince them to become Folk.

But that doesn't stop us from our task. Today, true National Socialists are a Folk of their own, a *Hitler Folk*! A National Socialist Folk is growing within the great degenerating mass of selfish white materialists.

National Socialism is simply modern-day Aryan tribalism. It is a living, growing, evolving, way of life. As such, it must necessarily change its tasks and priorities with the ever changing times. Before 1945, our Folk was substantial in number, so a free and independent Fatherland was certainly a priority. Today our Folk is few in number, and scattered around the world. There is little need for us to worry about a Fatherland, old or new. Today we need to concentrate our efforts on building our Folk. *As such, our*

*number one priority must be the protection and education of our children!* For unless our Folk has control over the development and education of our own children, both Folk and Race are doomed to quick extinction.

National Socialist families need to form their own communities, in suitable areas where they can preserve and develop our values and ideals, and take control of the development and education of our children — the future of our Folk!

Today, it is urgent for National Socialists throughout the world to focus their attention on, and begin putting all their efforts into, our most desperate need: building our Folk! As our Folk grows, so grows the power and spirit of Adolf Hitler. Where the Folk is Hitler is!

## HIGHER IDEALISM

*The essence of National Socialism*

"We may therefore state that not only does man live in order to serve higher ideals, but that, conversely, these higher ideals also provide the premise for his existence. Thus the circle closes."  
Adolf Hitler

The basis of the great economic and social miracle of National Socialist Germany cannot really be attributed to a pre-designed political program, getting off the international banking system, or an iron-clad command economy. Over the years these and a number of other reasons have been cited, and many certainly contributed to this amazing historical event. But the one ingredient least understood, and yet by far the most responsible for the success of every National Socialist program, even including the miraculous near-success in a war against the most insurmountable odds, was *higher idealism*.

It was this higher idealism to which the writers and thinkers of National Socialist Germany referred when they termed National Socialism a *revolution in thought*. They freely told all who would listen just how they solved their overwhelming problems of massive unemployment, critically high crime rates, collapsed economic and social welfare systems, and their alien-controlled educational system. Nothing was solved by pumping more inflated money into it. Nothing was solved by passing more unenforceable laws. Nothing was solved by creating still more purposeless bureaucracies. Nothing was solved by building

more prisons, restricting personal freedoms, or controlling firearms! No, the miracle of National Socialist Germany was accomplished with incredible speed by simply *changing the way the people were thinking*. This change in thinking was higher idealism!

Today, many things are considered idealism. Activity to preserve the many endangered species of plants and animals is rightfully considered idealism. Scientific research for the cure of disease is considered idealism — although there are some good arguments against it when considering its effect on world population growth. There are scores of humanitarian activities, many truly beneficial, and some highly detrimental, which are rightly or wrongly considered idealism. But all of these are merely a substitution for the higher idealism referred to in National Socialism.

Higher idealism within all mankind is an eternal law of nature. Without it, the ancient tribes from which modern mankind has come could never have been, and hence, we would not exist today. This higher idealism is inherent in all mankind, when mankind is in its proper environment in the realm of nature: *the tribe*.

We can see this higher idealism in some individuals during times of great need such as battle or disaster. We call it heroism, and we marvel at those few who exhibit it. However, it is really natural within us all. *This higher idealism of nature is the very same higher idealism of National Socialism. It is simply a different way of thinking, a tribal way of thinking. The individual places the welfare of the community*

*(tribe or Folk) far ahead of any conflicting personal interests or desires.*

In Aryan man, this natural higher idealism was subverted a thousand years ago during the forced conversion to an alien, mid-eastern religion. In order to effectively rule, the alien christian church had to destroy our ancestor's tribal bonds. Their natural idealism and their natural purpose in life were forcibly replaced by superstitious service to an alien institution with the promise of other worldly fulfillment and joy — after death! The alien mid-eastern philosophy of service in exchange for personal, individual salvation has led us to the modern, perverted notions of "individual sovereignty", which have fostered corporate capitalism, liberal democracy, and the growing racial, social, economic, and environmental chaos which we have today.

But on January 30, 1933, the process of Aryan degeneration was stopped. In National Socialist Germany, an Aryan Folk began to change their thinking, moving away from selfishness and materialism, back to their natural mental processes of higher idealism. It was this higher idealism which allowed an industrialized nation, paralyzed by economic, social, and political chaos to become the most amazing miracle in history.

*But it could have never been without Adolf Hitler.*

The German people didn't all suddenly decide to change their thinking. No political convention decided that the Germans would suddenly revert to their natural higher idealism. No, this revolution in thought was inspired by the greatest Aryan personality of all times: *Adolf Hitler*.

There were others who, like Adolf Hitler, understood the necessity of racial homogeneity for a people to prosper and evolve. There were certainly many others who understood the danger of international finance and its private army of international Jewry. But few, other than Adolf Hitler, really understood the importance of personality, and the necessity of higher idealism. And *only* Adolf Hitler had the will, the selflessness, and the dynamic personality to inspire an Aryan Folk to their natural higher idealism! With this, he gave them a sense of belonging which had been sorely missing for a thousand years, and he gave them back their natural purpose in life! It was the personality of Adolf Hitler which inspired the German people to once again become an Aryan Folk.

Adolf Hitler and the miracle of National Socialist Germany were destroyed by the forces of greed, selfishness, and materialism. The victory of these dark forces is the racial, social, economic and environmental chaos which is here today. The victory of these dark forces has only proved beyond doubt that *Adolf Hitler was right!*

National Socialism has already proved that it could solve today's chaos, and the growing degeneration of the

Aryan nations. This revolution in thought stands today, for all who dare to look, as the only salvation of our dying Aryan Race.

And how might Aryans today be inspired to higher idealism? We National Socialists know that Adolf Hitler inspires us to higher idealism as much today as he did during those golden years in the heart of our Aryan homelands. Today, we National Socialists are a league of human hearts, a growing Aryan brotherhood around the world, bonded by blood, higher idealism, and the inspiration of Adolf Hitler.

This higher idealism, which flows freely from our heart's natural love, the heavenly gift of nature, *is the very definition of a National Socialist*. It is not racial awareness or professed beliefs which make one a National Socialist. It is not eloquent words or esoteric historical knowledge which make one a National Socialist. It is not flamboyant donations, daring activism, or even organizational longevity which make one a National Socialist. *No, the true National Socialist, like Adolf Hitler himself, can only be identified by the higher idealism which comes from the sincere love of our Aryan Folk.*

Each day, more and more Aryans are turning away from the evils of selfishness and materialism. Each day, more and more Aryans are realizing that *Adolf Hitler was right*. As the racial catastrophe continues to grow, more and more Aryans will be inspired by the personality of Adolf Hitler, and one day we may see a number of miracles throughout our Aryan homelands.

# PERSONALITY

An Eternal Law of Nature *and* a Pillar in the  
Structure of National Socialism

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National Socialism is often denounced by racialists and anti-racialists alike as merely a "personality cult", and thereby something to be avoided. Here, we have to smile rather sadly in realization of just how far such individuals are removed from an understanding of the eternal laws of nature! Frankly, any Jewish psychologist knows the value, the power, and the necessity of personality. National Socialists certainly need a similar understanding of something of this importance.

No movement has ever materialized just from lofty ideas. It was not Karl Marx who led the Marxist revolution. Marx was a thinker and writer, but he did not have the personality of a leader. It was Lenin and Trotsky who instituted his unnatural philosophy. Similarly, in spite of the truth and great insights of Nietzsche, no Nietzschean movement sprang forth. Nietzsche was a great thinker and philosopher, but he did not have the personality of a leader. It took Adolf Hitler to put the Nietzschean philosophy into motion as National Socialism.

Truth and higher ideals by themselves are never enough to inspire the discipline and dedication necessary to realize a movement. Even persecution, privation, or pestilence are not enough to mobilize the masses. No, in every

case it is a leader who creates a change. It is a leader with a dynamic personality, a personality which can inspire discipline and sacrifice from his fellow men.

Personality is everything! It is more powerful than any degree of truth, idealism, or indulgence. Ronald Reagan was not elected president because of his grasp of politics. Billy Graham didn't become a leading evangelist by getting a university degree. Jim Jones didn't become a famous Kool-Aid connoisseur by any expert knowledge of the bible. Such success all comes from the individual personality.

*Personality is a law of nature.* After years of careful observation, scientists are now realizing that leadership, even within animal societies, is not based on size or brute strength, but on intelligence and personality!

The enemies of mankind know this only too well. That is why they have gone to such lengths to get control of our motion pictures and television. It was not well-written editorials in the New York Times or lectures by Harvard intellectuals which swayed our race to embrace the anti-nature stances of liberalism. No, it was the media-projected personality of an Alan Alda or a Bill Cosby that perverted them!

No longer does the semi-literate populace have to strain their brains on intellectual or scientific debates. Now, they simply listen to their favorite news commentator, or better yet, their favorite actor, singer, dancer, or quiz show host! These actors use their personalities, or their abilities to

project a phony personality, to persuade the masses to believe just what their masters wish.

We need to thoroughly understand that there is no such thing as a "grass roots movement". "Grass roots movements" such as the once much-touted "Nuclear Freeze Initiative" are created and pushed along by the media — specifically, by the personalities of carefully chosen news commentators. Such ideas would get nowhere by themselves. It takes the media personalities to get them rolling. The same can be seen throughout history. The Reformation could have never been without Martin Luther, Calvin, or Wesley. *It always takes a dynamic personality to affect any change.*

A dynamic and emotional personality has the power to transcend time. Just look at what our enemies fear most! If you want to really get them howling, wave a Swastika at them, or better yet, just let them see the three simple words: HITLER WAS RIGHT! Nothing else will cause them such hysterics as the name Hitler. Make no mistake about it, they are just as terrified of Adolf Hitler today as they ever were.

The dynamic personalty of Adolf Hitler transcends time to inspire aware Aryans to forsake the evils of materialism and selfishness, and to embrace a consciousness of love which will blossom into a great Aryan brotherhood. The dynamic personality of Adolf Hitler is the very soul of our Folk, and it is the magnetic power which is rapidly attracting, inspiring, and bonding together a new Aryan Folk.

## RACE

An Eternal Law of Nature *and* a pillar in the Structure of National Socialism

There are some truths which are so obvious that for this very reason they are not seen, or at least not recognized, by ordinary people. They sometimes pass by such truisms as though blind, and they are most astonished when someone suddenly discovers what everyone really ought to know. . . . Thus men without exception wander about in the garden of Nature. They imagine that they know practically everything, and yet with few exceptions they pass blindly by one of the most patent principles of Nature's rule: *the inner segregation of the species of all living beings on this earth.*

— Adolf Hitler

There are volumes written on the subject of race. Some are very good, and we highly recommend them, but most are written for political and social reasons, and, more often than not, they are pure nonsense. Be that as it may, the importance of race should be obvious to everyone, simply by their own observation, and within their own experience.

A good example of this is to observe how uncomfortable we usually feel in a non-white area, especially if it is a black area. Even the most rabid negrophile will hardly deny the dangers to a person of the White Race who thoughtlessly ventures into a black area — whether in this country, or anywhere else in the world. The simplest of tests will dispel any doubts!

Every individual capable of any powers of observation knows that different breeds of chickens, dogs, horses, cats, etc. display vastly different abilities, intelligence, and even character. It doesn't take a doctorate in biology to see that this applies just as well to the human breed, or races as we call them. It is fairly easy to see the great differences in the values, cultures, and civilizations of the different races.

For example, it is easy to observe that political and social stability, lawfulness, hygienic and technological advancements, and a real trend toward individual freedoms prevail in those areas inhabited by the White race.

In contrast, we can readily determine that areas inhabited by the Black race are marked by lawlessness, political and social instability, poor hygiene, a complete lack of any technological advancements, and no consciousness of so-called "human rights", or even basic individual freedoms. We can further observe that even Black areas which are within White civilizations are marked with similar lawlessness and primitiveness—regardless of civil rights laws, years of "affirmative action" laws, or the billions of dollars of subsidies from White tax payers!

This alone should lead any honest observer to suspect that there are great differences in the races. However, if still skeptical, one could observe those areas inhabited by Asians in order to see once again some real differences in values, culture, and civilization.

While the Asians readily show ability to perfect and produce existing technology, they have invented very little on their own. Many Asian countries have a stable political and social system, but these systems are pretty devoid of any personal liberties. The Asian attitude toward their fellow Asians (not to even mention non-Asians) is very feudalistic, and while it certainly keeps a harsh, often savage order, it stunts the type of social, technological, and hygienic development seen in the White race.

Just as we can easily observe the great differences in the races, we can also observe the effects of racial mixture. Adolf Hitler pointed out that the Americas clearly showed the effect of racial mixture: *"North America, whose populations consists in by far the largest part of Germanic elements who mixed but little with the lower colored peoples, shows a different humanity and culture from Central and South America, where the predominantly Latin immigrants often mixed with the aborigines on a large scale. By this one example, we can clearly and distinctly recognize the effect of racial mixture. The Germanic inhabitant of the American continent, who has remained racially pure and unmixed, rose to be the master of the continent. He will remain the master as long as he does not fall victim to defilement of his blood"* (Mein Kampf volume 1, chapter 2).

Indeed, observation of the Latin American countries gives us a good example of the fruits of racial mixture. Although most areas of development are far ahead of the Black race, political and social stability are always in question, there is still no real technological development,

hygiene is often very poor, and there are always great problems with corruption, lawlessness, and usually a lack of individual liberties.

It is easy to observe that those Latin countries with a greater percentage of White racial inhabitants show much greater development and stability when compared to those countries with less White inhabitants.

With this in mind, an honest observer of history can readily see that many great civilizations, such as ancient Greece and Rome, decayed and collapsed after interracial breeding was allowed, and the original racial stock was diluted.

In a society such as ours, which at least gives lip-service to ecological concerns, we should be able to realize that the races are natural communities of mankind which have taken Nature millennia to create, and that to avoid yet another ecological disaster, there should be great effort to preserve them in their natural environment.

However, the present racial situation in this country, as well as all of the countries inhabited by the White race, is leading the earth into a dark age of lawlessness, degeneracy, disease, slavery, and probably the extinction of the White race. Each day that goes by proves more and more that Adolf Hitler, and all others who warned us about the dangers of racial integration, were 100 percent right!

One thing is for sure, the racial, or more properly the interracial, problem is going to take care of itself one way or the other!

But there is another aspect of race which we really need to consider. Part of the current Jewish myth of Adolf Hitler was that he was out to breed some sort of Aryan superman, and, like so many commercial animal breeders, he would heartlessly exterminate anyone who didn't have the required blond hair and blue eyes! Of course, what is being misconstrued here is the National Socialist concept of racial idealism.

The tall, blond-haired, blue-eyed Aryan from which we all have "devolved" is something to which an idealistic Folk would *want* to aspire. It is an ideal for the future, not some fanatical imperative which demands immediate racial experimentation. Let's face it, there is far more involved than physical appearance. Most of us know an individual or two with very blond hair, very blue eyes, and a very Nordic physique who lacks an extremely important ingredient called *character*. While character is greatly enhanced by a proper National Socialist education, it is without doubt a genetic consideration as well.

Aryan racial idealism is a noble aspiration for an idealistic Folk who are selfless enough to put the interests of the future of their Folk above their own physical desires. This sort of idealism was common among the American aboriginal tribes of the Midwest. It was not unusual for individuals within the tribe to refrain from breeding when

they were afflicted with some defect. This they did willingly for the benefit of the future of their Folk. How different are things nowadays in our "civilized" society! Today it is proclaimed an inalienable right for any two legged creature to breed, without regard to race, creed, or even sex! The real racial experimentation was not in National Socialist Germany, but is going on right here today within our own urban cesspools.

We have neither the credentials nor the desire to engage in a discussion of the scientific or historical technicalities of race. But we can rightfully point out that race is an important and necessary part of nature, and that it is the prerequisite of any higher evolution of humanity!

While an entire race may not be a Folk, a Folk must all be of one race! And to survive, grow, and evolve, that Folk must have the idealism necessary to protect the purity of its blood. Racial idealism is simple. We need only a conscious awareness of what is obvious about the question of race, and an attitude of selfless concern for the future of our Folk.

## LOVE

### An Eternal Law of Nature *and* the First Tenet of National Socialism

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We all know, of course, that love is natural among one's own immediate family. But it is less understood that love is just as natural among one's extended family, *the tribe*, which is mankind's natural, ecological, environment. The natural instinct of love had to be quite highly developed within the earliest pre-historic tribes. It *had* to be because love is an absolute necessity for our natural higher idealism: subordinating individual interests to the welfare of the tribe. Without true idealism, no tribe could have survived for very long, and without the survival of the tribe, it is unlikely that the earth would now be adorned with any human beings. Once we understand that love is an important and necessary natural instinct, we can see the truth in the old adage: *love makes the world go 'round*.

Unfortunately, an emotional appeal of love is often used as a cover for sinister designs. The christian churches have always hidden their intolerance and justified their murder and torture with the banner of love. Our new state religion, "secular humanism", which is really little more than christianity without the superstition, is following suit in the best traditions of the church. The cry for universal love of all mankind is used to justify the wholesale disenfranchisement and genetic suicide of an entire race — the entire White Race.

Of course, the slightest bit of awareness beyond our race's all-pervasive state of self-indulgence would suffice to see the pretension of it all. This doctrine of universal love comes complete with an appalling set of double standards which completely disregard even the most necessary welfare of the White Race. Can we imagine any White mother who would starve and abuse her own children while giving love and sustenance to the children of others — others who constantly pay back her kindness with contempt and abuse? Such an unnatural situation is just what is demanded by all of the deluded whites who are crying so loudly for love, brotherhood, and human rights.

But let us not make the mistake of dismissing the "wisdom with the wise." Love in its natural state is the most powerful of weapons, and it is the only thing which can get us out of this tailspin into racial oblivion. This we can understand when we see the importance and necessity of love in bringing about history's greatest miracle: National Socialist Germany.

The virtually overnight economic and social success of National Socialist Germany came about because it was just what the National Socialist leaders said it was: *a revolution in thought*. The personality, leadership, and sheer genius of Adolf Hitler inspired the German Folk away from selfishness and materialism. He inspired them to their natural higher idealism: putting the welfare of the Folk before their personal desires. This higher idealism was the revolution in thought that created the economic and social

miracle of National Socialist Germany. But in order to inspire his Folk to their natural higher idealism, Adolf Hitler had to bring out their heart's natural love: *the love that flows naturally from parents to children, to family, to Folk!*

Adolf Hitler was literally an evangelist of love. His words, his actions, his entire existence is testimony to his selfless love of his Folk. Anyone who takes the time to honestly examine Adolf Hitler's speeches and writings can readily see the great love he had for his Folk. His actions proved his words. Everything that he did was done for benefit of the Folk. *The welfare and higher evolution of the Folk is the only reason for the existence of National Socialism*. Every aspect of National Socialism, no matter how small or insignificant, is for the present or future benefit of the Folk. Every decision was based on the answer to one question: Is it good for the Folk?

But Adolf Hitler didn't preach a pretentious universal love of all mankind. Adolf Hitler didn't parrot that safe, socially-acceptable line which serves the sinister goals of International Finance and World Jewry. No, Adolf Hitler dared to expound the love which is natural among those of common heritage, common values, and common blood. Adolf Hitler uniquely understood that the awakening of this natural love is what brings about that higher idealism which melts away the delusion of selfishness and materialism. He knew that without the opiates of selfishness and materialism, the great power and sinister plans of International Finance and World Jewry would simply evaporate.

Here we should note that in a condition of natural, tribal love of our own Folk, we can begin to understand the significance of a genuine universal love of all mankind. From this natural condition, we can feel an honest love for other Folk: in their own natural environment; with their own values; working toward their own higher evolution, in their own way and in their own time. That is the true brotherhood of man!

With the flowering of our heart's natural love, we can clearly see the enemy. We can see that our enemy is not the Negro. It is not the Asian or Latino. Our enemy is not International Finance, or World Jewry. They are all just symptoms of a deadly disease, which is our only real enemy: *the deadly disease of selfishness.*

The all-pervasive control of International finance and World Jewry is only made possible by our race's complete lack of its natural idealism. The present situation of massive non-white immigration is only made possible because of our race's selfishness. We have created the situation ourselves. Plutocrats, international Jews, and non-whites are only doing what we are allowing them to do. As such, we have no right to hate them. Hating them is a complete waste of our race's dwindling time. We need to put our energy into restoring our heart's natural love! Only our natural love will cure our deadly disease. Love will inspire us all to the very essence of National Socialism: true higher idealism. No idealistic Folk could ever remain deluded by the forces of greed and materialism!

True love is contagious. The love exuded by Adolf Hitler naturally infected his Folk, awakening their natural love and their higher idealism, bringing about the miracle of National Socialist Germany. A true National Socialist can be measured by the very image of Adolf Hitler: by idealism and love of Folk. Love is something which cannot be faked. No amount of philosophical understanding can be substituted for it. No official organization, or any casual association with surviving notables of National Socialist Germany, can create the heart's natural love. The love in a true National Socialist is readily felt. It is contagious, and it will attract the true Folk. Where love is, the Folk is: and where the Folk is, Hitler is!

Adolf Hitler showed us the way to survival and to higher evolution — spiritual and physical. He gave us National Socialism, which is modern-day Aryan tribalism, a way of life in harmony with the eternal laws of nature. Let us follow the example of our great Aryan Preceptor and win the great struggle for preservation of the natural order, not by fruitless hatred of real or imagined enemies whom we ourselves have empowered, but by the first tenet of National Socialism: the flowering of our heart's natural love!

—  — jost —

All selections composed by Jost for our National Socialist Folk

If you feel as we do about the evils of selfishness  
and materialism. . .

If you feel as we do about Family and Folk. . .

If you feel as we do about ADOLF HITLER and  
NATIONAL SOCIALISM. . .

Then we invite you to contact us!



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## Proper Aryan Behavior Toward Non-Aryans by Jost

The alien-controlled media continuously labels racially aware Whites as "White Supremacists" - whether or not the Whites in question show any signs of supremacy whatsoever. We understand that the label of White Supremacist is intended only as some sort of political or religious slur, it nevertheless points out a truth which is the basis for all the hatred and violence which is directed toward our race. We realize that the White race is certainly the most highly evolved race on this planet. This is clearly demonstrated by our singular role in the creation of advanced technology, stable and sanitary civilization, and the very consciousness of "human rights" -something conspicuously absent from the indigenous societies of the non-White races. As would be expected, the lower races (including the one which controls the media) harbor a great deal jealousy towards the accomplishments and temperament of our race, and this festers into the aforementioned slurs and violence which we encounter so often today.

It is, of course, considered to be merely human nature to counter hostility with equal or greater hostility. Thus, we see more and more members of our race, especially our youth, committing various acts of violence on non-Whites, some deserving and some not. But while this aforementioned human nature is applicable to all the races, it is even more so to the lower races. In fact, it is easily observable that the lower the race, the more prone to hostility, violence, and vindictiveness. Hence, this particular human nature is something that a higher species of mankind would not exhibit.

Again and again we have pointed out that as the most highly evolved species of mankind, we Aryans have a duty to the lower races. We have the duty to lead them back to their proper, ecological position in the realm of Nature, where they too can reach their highest potential, and where they can begin evolving into a higher species of mankind. This leadership is not going to be accomplished with racial slurs, printed denigrations, fists, clubs or guns. It can be accomplished only by exhibiting the very nobility inherent in the name Aryan!

Far too many of those who call themselves Aryan exhibit the very speech, the very manners, and the very hostility and violence of the same lower races which they claim to abhor. Many of us have seen Swastika adorned White youth who, while claiming racial awareness, talked and acted as much

like Negroes as Negroes themselves. In other cases, we have seen those who, while refraining from talking or gesturing like non-Whites, exhibit the same hostility and taste for violence associated with the lower races. This may indeed be merely human nature, but it is nevertheless very unAryan behavior!

We are the elite of Aryans. They are the nobility of the noble. As such, we must understand that the lower races are much like children; that is, they don't really understand the ramifications of what they are doing, and they are only doing what we, the White race as a whole, have allowed them to do. How ridiculous it would be for an adult to assail children with slurs and denigrations of their developmental inabilities.

Even so would it be for an Aryan, the nobility of mankind, to lower himself by assailing less developed species with slurs and denigrations of their developmental inabilities! Certainly we have an obligation to be ready and willing to defend ourselves, our families, and our Folk, with the courage and strength inherent in our Aryan blood. As the nobility of mankind, we also have the obligation to have the courage and strength to stand up for the truth, and to support those who fight for the truth - whether they are Aryans or not. But we are under no similar obligation to ridicule, denigrate, bully, or show hostility to non-Whites. This behavior is common with the lower races, and as such it is definitely unAryan behavior. Similarly, we should never lower ourselves to the standards of non-Whites by ridiculing, denigrating, or showing hostility toward mixed-race couples, a dismally common sight these days. Here again, miscegenation exists only because we as a race have permitted it. It is not something that can be changed by slurs, written denigrations, laws, fists, clubs, or guns. It is something that can only be eliminated by Folk-consciousness, the lack of which is our own responsibility.

Racially mixed couples have a heavy enough price to pay. Nature exacts its own punishments; no other is needed. We will draw far, far more to our cause by attracting with the joyous magnetism of Folk-consciousness, rather than by trying to repel with simple-minded slurs and hostility!

It is important that we understand that an Aryan, should always treat non-Whites with respect, understanding, and compassion. Again, it is not their fault that they are here. They are doing only what we are allowing them to

do. It is up to us to lead not only our own race out of this social mess, but the other races as well. We are the only ones that are highly developed enough to do so!

However, regardless of the nature of any of the lower races, we must never believe that we can learn nothing from them. Evolution is not stagnation! Evolution is change, continuous change for the best. Just as the lower races are incorporating our discoveries, attitudes, and ideals toward their own evolution, they may very well have something which we need for our higher evolution. Our race would have been in a real fix if we had refused to use gunpowder because it came from China and was thereby dubbed "unAryan". But the same may well be said of certain attitudes, ideas, and even mental techniques. The lowest of races just might have something which could enhance our own evolution. A little observation clearly shows that even in the lowest race there are some who are more intelligent and capable than most of our race!

Although we are the most highly evolved of mankind, we must never look on the lower races with our noses stuck in the air (especially considering the mess into which we have allowed our race to get!), but rather with an eye toward mutual understanding and mutual benefit. Our ultimate goal is not one of dominion and subjugation, but one of leading all toward the highest of evolution, toward the Superhuman Species! We are the representatives of our race, our Folk. In all circumstances we should act like the higher species of mankind which we are. We must never allow ourselves to mimic the violence, intolerance, jealousy, and vindictiveness of the lower races. We must put all of our attention toward solving this desperate world crisis, rather than making it worse by joining the antics of the lower races!

-Jost

## **Revolutionary Fantasies** By Jost Turner

We all know that the White racial movement is adorned with a dismally large number of kooks, screwballs, sociopaths, and government informers. But it is less known that there are a growing number who live in a fantasy world of revolution and guerrilla warfare. An alarming number of White racial publications are either overtly or covertly advocating revolution or guerrilla war against the government as the only solution left for survival of the White race.

Recently, some racial writers have supported this position by proclaiming that the Weaver tragedy proved conclusively that the government was now out to exterminate all White racialists, leaving us with the clear connotation that our only recourse is to arm ourselves and prepare for violence, warfare and revolution. This, too, is fantasy. First of all, if any of these writers really believed that the government was out to exterminate them, they would hardly be making an easy target of themselves by publishing newsletters or appearing on talk-shows!

Even a little reflection would suffice to realize that if the government wanted to get rid of White racist leaders or otherwise, they would hardly have to resort to using assault troops. All of us would simply disappear, and, as the reaction to the Davidian tragedy clearly demonstrated, the public could care less. The fact is, of course, that the government likes having White racialists around, especially the more outrageous variety. Most of the White racial newsletters, demonstrations, and talk-show

appearances generously affirm the government's image of White racialists as hate-filled, violence-prone gun nuts, with a simple-minded racial philosophy. Sometimes we have to wonder if these Klansmen, neo-Nazis, or "White Power" advocates aren't working directly from a Hollywood script!

Enough of fantasy, let's get real! In this country, the possibility of any sort of White revolutions in the foreseeable future is infinitesimal. One only has to count the number of racialists in any given area to determine that people of our persuasion are few and far between. One only has to look at the paltry budgets of White racial organizations to determine that supporters are just as few and far between. One only has to look at the large number of organizations into which the few racialists are divided to realize just how unorganized and impotent we are. Let's face it, we are an extremely tiny minority of the population, statistically, financially, and organizationally insignificant. We constitute neither a threat to the government nor any possibility of revolution.

These advocates of revolution and guerrilla war would do well to throw away their copies of *The Turner Diaries*. *The Turner Diaries* is NOT by any stretch of the imagination a "blueprint for revolution", nor is it even a suitable handbook for such. It, too, is strictly fantasy. If you want to learn to play the violin, you seek a teacher who is the best violinist you can find. So it is with anything one wants to learn. In the case of revolution and warfare, one should seek the advice of those who have been successful in such activities. Both Che Guevara and Mao Tse Tung are successful revolutionary leaders, have been in combat, and their books on the subject are probably the best.

From the aforementioned authors, one will learn that the

most critical factor for revolution (and the one virtually never considered by our newsletter warriors), is SUPPORT. Necessary for any revolution is a support base among the population — a folk-base, if you will. The Viet Cong were highly successful in Vietnam primarily because they had the support of a large segment of the people. This folk-base provided them with supply, shelter, intelligence, and medical assistance. Hence, the revolution was bound to be a success in spite of the overwhelming firepower of the American armed forces. In contrast, the vast majority of Whites in this country have no sympathy for our cause. Most would turn us in, convict us, and execute us faster than any other race. We have no folk-base whatsoever and there is none visible in the foreseeable future!

In 1923 Germany was ripe for revolution. Adolf Hitler had 55,000 registered supporters, professional military officers (even Generals), the active support of hundreds of armed, trained, combat veterans, and public support, the like of which we could not even imagine!

On November 8, 1923, he attempted an armed revolution and failed. Think about it. If he failed in such an opportune situation, then why should we consider armed revolution in a country not ripe for it - with no public support, no trained veterans, no leaders, no military officers, and no organization with more than a hundred or so registered supporters? Even though in later years Adolf Hitler's support grew and the threat of Marxist take-over increased, he never again considered armed revolution. Instead, he carefully built a solid, Folk-based movement which ultimately could not be denied power! Adolf Hitler was solution-oriented.

Finally, I must point out that, so far as I can determine, not one of the writers, philosophers, or would-be leaders who advocate revolution or guerrilla warfare have the background or training necessary to even take part in such an activity, let alone organize or lead it!

As a veteran of two combat tours in Vietnam, I can safely say that I have a pretty good idea of what is necessary to wage guerrilla warfare — not only in individual training, but in supply, logistics, intelligence and a number of other necessities never thought of by most newsletter tacticians. I have painfully experienced the physical and psychological rigors of guerrilla warfare in blistering, insect-ridden, jungled mountains. I have personally killed other human beings at close enough range to see the look in their eyes as they left this world. I have myself “looked death in the face” on more than one occasion, and managed to survive some impossible situations. Nevertheless, I would never consider myself qualified to lead a revolution, or for that matter, even a small guerrilla force. I might add here, that I would not relish the thought of going back into combat, nor encouraging others to do so.

Beware of people who wave around a copy of The Turner Diaries and preach armed revolution! If in doubt, ask them what armed revolution they’ve taken part in, or what war they’ve served in, or what training they have had, or even what book they have read, written by a successful revolutionary, and on which they have based their proposed armed revolution!? Beware of those who live in a fantasy world. They can bring nothing but destruction on themselves, their followers, and the racial movement itself.

The call for revolution and violence is a natural

consequence of “problem-orientation”. White racial organizations invariably dwell on and whine about the blatant double standards, degeneracy, race- mixing, etc. Speakers and newsletters state and restate these depressing problems, and call for demonstrations and marches which, again, only state and restate the problems. This problem-orientation is extremely unhealthy, and can cause serious mental disorders (and fantasy worlds!) More and more White racialists are identifying themselves with persecution — just like the neurotics who identify themselves with exterminations and Holocaust memorials! Ultimately, the accumulated frustration of long-term dwelling on these problems culminates in a desperate cry for revolution and violence, and creates the appropriate fantasy world to support it.

We desperately need to become “solution oriented”, that is, dispassionately determining just what we can do, and using our Aryan will to do it successfully. It is a sad day when Aryans can do no better than tried and disproven marches and demonstrations, anachronistic robes and uniforms, ridiculous “White Power” stickers adorned with childish racial slurs, and the irresponsible call to arms and revolution by fantasizers who have no such abilities themselves.

Adolf Hitler was solution-oriented. He built his political movement on the foundation of a viable Folk-movement which he fostered and nurtured. He began in his own neighborhood, converting his own neighbors, and only when he had a large support base there did he expand his political efforts nationally. We should be giving thought to his tried and proven methods instead of listening to losers whine about a fantasy revolution.

Keep in mind that there is absolutely no support for armed revolution in this country at this time. Without public support, all violence is counterproductive. This is not a theory, it is a cold, hard fact!

For those who realize that to change the world, you must first change yourself!

## The Caste System: An important Awareness of Reality by Jost

Our Forefathers understood that the abilities and capacity of an individual varied directly with his or her evolutionary level. A somewhat corrupted form of this ancient wisdom has been preserved for us in the Hindu caste system. It is, of course, fashionable today to denounce the Hindu caste system as simple bigotry, and considering the present day Hindus, this is probably true. But the original caste system, as put forth by the Aryans who built the great civilization of Ancient India, was hardly bigotry. It was, and is, a most important awareness of reality. Here we might note that many historians feel that the Hindu caste system was designed only to prevent intermarriage between the Aryan ruling aristocracy and the darker aboriginal Indians. While the caste system was most likely applied in this manner, further investigation shows that the original concept of the caste system was the differences in evolution.

Recent archaeology has shown that the culture, religion, and values of the Aryans of ancient India came from a common source with that

of their Aryan brothers, our own Forefathers in Northern Europe. As would be expected, our Forefathers had a caste system very similar to their Indo-Aryan brothers. However, since our Forefathers were not living within a growing mass of dark-skinned aborigines, we can see that the original Aryan caste system, while obviously applicable to the races, was designed to gauge individual evolution - something that would be of incomparable value for today's National Socialists for recruiting, propaganda, or evaluating an individual's capacity for responsibility and trust. More than a thousand years ago, our Forefathers put forth their understanding of the caste system in the allegorical poem, Rigsthula.

### The Rigsthula

The Rigsthula describes how the God Heimdall (known as the "whitest" of the Gods) came to earth and, using the name Rig, visited with three different couples. The God's first visit was to a rickety shack in which lived Ai and Edda (Great Grandfather and Great Grandmother). Nine months after Heimdall left, Edda gave

birth to a son, , whom they named Thrall. Thrall became the forefather of all Thralls, which corresponds directly to the Hindu Sudra caste, the caste of servants and slaves.

The next visit was to a farmstead inhabited by Afi and Amma (Grandfather and Grandmother). Nine months after Heimdall left, Amma gave birth to a son whom they named Karl. Karl became the forefather of all Karls, which corresponds directly to the Hindu Vaisya caste, the caste of yeomen, artisans, and merchants.

Finally, Heimdall visited a great hall in which lived Fathir and Mothir (Father and Mother). Nine months after the God left, Mothir gave birth to a son whom they named Jarl. Jarl became the forefather of all Jarls, which corresponds directly to the Hindu Kshatriya caste, the caste of warriors and kings.

Heimdall returned to Jarl, and identified himself as Jarl's real father. He then taught Jarl the mysteries of the Runes. Jarl transmitted this wisdom to his youngest son Kon - but not to any of his other children. Here we can see that the highly evolved

Jarls have the capacity to realize oneness with the Gods, that is, to evolve even higher, to a Superhuman Species. Unfortunately, the Rigsthula breaks off here, the rest being lost. We can only assume that Kon transmitted the mysteries to his youngest son, and that Kon corresponds to the Hindu Brahman caste, the caste of priests and seers.

The poets imagery of the progression of castes from Great Grandmother's Thrall to Grandmother's Karl, to Mother's Jarl, and then from Jarl to his youngest son, Kon, gives us the distinct feeling of mankind's natural evolution throughout the ages, evolving from the lowest caste in ancient, times, to the highest caste in the future.

### Individual Evolutionary Levels

Each individual, regardless of race, is at a particular evolutionary level. There are four basic evolutionary levels, corresponding to the four castes. There are, of course, different levels of each basic level, and various combinations of these

levels as well - which can become somewhat complicated. However, with an understanding of the basic evolutionary levels and some intelligent observation, one can become a reasonable judge of any individual's evolutionary level. It is important to understand that individuals at a particular evolutionary level operate on a certain level of energy, and that this energy level corresponds to his or her desires and abilities, and that this limits, or enhances, his or her overall capacity.

The caste which our Forefathers called Thrall is on the lowest evolutionary level, and thereby the lowest energy level.

Individuals on this level simply lack the capacity (energy or desire) for any motivation beyond satisfying the most primitive human needs - food, shelter, procreation, and diversion. As a result, their inclinations are toward servant or laborer positions which provide close supervision. This caste is, of course, very common in the lower races, but it is growing steadily in our own race due not only to generations of thoughtless breeding, but to drug and alcohol consumption as well.

The caste which our Forefathers called Karls is on a much higher evolutionary level. Individuals on this level are motivated by self-interest and personal gain. Their desires lead them toward accumulation of possessions and status, and they have the capacity and sufficient energy to satisfy these desires. Karls are epitomized by the self-reliant yeoman, and they are inclined to become artisans, businessmen, farmers, and entrepreneurs. There have always been a large number of highly developed Karls in our race, which accounts for much of our high civilizations and economic stability. However, due to generations of improper breeding, excessive alcohol and drug consumption, this caste is diminishing within our race - and being replaced by nonaryan (Asian) immigrants!

The caste which our Forefathers called Jarls is on a very high evolutionary level. Individuals on this level have begun to evolve beyond the desire for the accumulation of possessions and status, that is, beyond self. While Jarls have the energy and capacity for any position sought by the Karl, and they often hold such positions, their desires lead them toward higher ideals, and in the

true spirit of the warrior, they are often willing to give their lives - or sacrifice their possessions and status for these ideals. Their desires lead them toward idealistic fields, such as political activism, social welfare, and, of course, the true warrior. While every race has its Jarls, they are not very numerous in any race. Traditionally, Aryans have always had more than others. However, many Aryan Jarls have been misguided into activism which has sabotaged their own race - this includes early christian activists as well as today's civil rights activists. Jarls too can be easily reduced to Thralls by drugs and alcohol.

The caste which our Forefathers symbolized by Kon is on the highest evolutionary level, having evolved completely beyond selfishness, and capable of thinking and acting in accordance with inner awareness. (We can safely say that Adolf Hitler was a good representative of this caste). This evolutionary state is very rare, and we will save further discussion of it for later.

While caste, or evolutionary level, can correspond to occupation, economic position, education, or birth, this is not always a good

indicator. In today's society such positions can be very misleading. A true Jarl may hold a laborer's job, not being interested in money or status, but holding his energies in reserve for higher ideals. Meanwhile, a simple Karl may be leading a hardcore racial organization, taking advantage of being a "big fish in a small pond", and much more interested in the status it gives him than in any true idealism. The real indicator of evolution is energy and desires. What must be ascertained is not just the amount of energy, but more importantly, how that energy is focused, that is, whether the energy and desires are focused on self, or beyond self.

A clear understanding of evolutionary levels is an important and valuable tool for determining an individual's capacity for responsibility and trust. We recommend that all Aryans, especially leaders and activists, be very familiar with it.

-Jost

Volksberg, JDF-103



## THE HOLOCAUST FRAUD: A GLARING SYMPTOM OF A DEADLY DISEASE

By Jost

There is a long-standing accusation that our Folk systematically exterminated an incredible six million Jews (give or take a million now and then) by gassing, burning, shooting, injecting, or just plain starving them to death. It is further averred that this incredible number of dead bodies was cremated in record time, miraculously leaving very little ash as evidence! This, of course, is what is known as "The Holocaust". When I was a child in school, in the 1950's, The Holocaust was little known, and cared about even less. We children loved to play "army" with toy guns and military surplus clothing and equipment. We would alternate being American soldiers or German soldiers, with little preference, although no one would ever consent to be a "Jap". The school walls were continually adorned with Swastikas, as were our notebooks and desktops, and nobody ever made any fuss about it. It is interesting to note that so soon after the war, and the Nuernberg "revelations", no one cared about Swastikas, Nazis, or The Holocaust. In those days things were pretty much as one would expect them to be after a war: people forgetting the recent carnage, and getting on with the business of living.

One would think that people would be curious as to why there is so much hysteria about The Holocaust today, so many years later. Few seem aware of how and why this escalation has occurred, but even more important, few care enough to even question it. It is the reason for this lack of concern that it is important to our Folk, and which we need to investigate further. There has been a great deal of unpublicized investigation into the Jewish claims of mass extermination. The Canadian trial of Ernst Zuendel has brought to light a wealth of information on the subject, as well as revealing just how spurious the extermination claims are. The Leuchter Report has pretty much discredited the possibility of homicidal gas chambers, and now David Irving, the respected and highly acclaimed World War Two historian, has stepped forward to denounce The Holocaust as a complete fraud. But for our Folk, the truth or falsehood of the Holocaust is not of great importance. Whether or not it happened, or even whether or not people believe it, is not what is most important.

What is most important is whether or not people of the White Race \*want\* to believe it! I have discussed the facts of The Holocaust with a number of people, and the reactions I received were astounding! More often than not, rather than having my discussion greeted with thoughtful questions and reasonable interest, it was greeted with pointless hostility. The more I investigated, the more I came to realize that: a great number of people - invariably of the White Race - \*want\* to believe it.

Indeed, it is clear that it is important to them that it did happen! This is the reason why it has been so easy for the Jews who dominate our media to turn this simple-minded fairy tale into a religious dogma. \*Many Whites want to believe in The Holocaust because they want to feel guilty.\* To understand this, we need only look back to the time shortly after the forced christianization of the White Race. When the bulk of the race was safely "converted" to this alien creed, the church fathers began an educational program to sensitize (or brain wash) their converts into submission to mid-eastern style self-abasement and superstition.

For a thousand years, men, women, and children of the White Race have been forced to endure this christian "guilt therapy". This "guilt therapy" starts with the ludicrous doctrine of original sin: we are born sinners, evil, corrupt, and there is nothing that we can do about it except to bow down and beg forgiveness to a good (but persecuted and martyred) Jewish god. The flesh is evil! Hate the flesh! Hate yourself! You're guilty, confess and be saved! In the early days of christianization the hysterical application of this guilt therapy took an awesome toll. Young girls despised their bodies, terrified that normal sex relations were evil, and would condemn them to eternal torment. Men castrated themselves to atone for their "sins". Men and women wandered across Europe torturing themselves, beating themselves with whips, hating life, and begging for death. It was disgusting and unnatural, but it is a fact that we need to know, because it greatly affects our race today.

Here we need to realize one important thing about christianity. The very word Judeo-christian says it all. The origins of christianity are, of course, Jewish. Of quite similar method, and just as Jewish, are communist brainwashing, ADL sensitivity training, and The Holocaust. The White Race is exceptionally conditioned for Jewish control. It is this guilt-conditioning which has made it so easy to manipulate our race into allowing Jewish domination of our media, professions, government, and courts. It has made it

easy for them to manipulate our race into suicidal racial integration, and allowing massive non-white immigration. It has made it easy for them to manipulate our race into accepting, without question, The Holocaust Hoax. The Holocaust is just another symptom of the deadly alien spiritual disease of our race. One does not have to be a professed christian to suffer from the disease. Those who profess secular humanism (which is really only christianity without the superstitions) are just as infected, often more so. The origins are all the same - Jewish.

Here we might note that there are christians who profess a love of race, understand the Jewish problem, and deny the veracity of The Holocaust. But in giving final authority to the christian bible, a highly interpretable book of questionable (and Jewish) origin, they are courting disaster. These racially aware christians have based their philosophy of life, and their future, on a foundation of sand. History clearly shows that in the long term, christians, no matter how racially conscious, have never succeeded in keeping the influence of the Jews out of their society. We don't need any empirical data to realize that The Holocaust scam would not have worked on Negroes, Arabs, Asians, so-called Latinos, or even the Jews themselves. Jews might be able to get people of these races to believe it, but they would never be able to get them to care - nor feel guilty about it! In fact, the reactions of people of these races would most likely be to give the Jews a real holocaust in short order! Although some of these races may be christianized, they have only been subject to it for a couple of hundred years, and they certainly didn't get in on the real hey-day of guilt therapy.

Our Folk must understand that our race's indulgence in selfishness and materialism stems largely from the loss of their natural, tribal values of love and idealism. It is a reaction to an alien, self-abasing philosophy of guilt and fear. While their desire for guilt and punishment is a conditioned reaction, it might also be some sort of subconscious atonement for our race's unnatural attachment to materialism and self-indulgence. As the bulk of the White Race tail-spins into racial oblivion, it is up to us to prepare future generations of our Folk for survival, strength, and spiritual ennoblement. We must purge from ourselves all that is alien and anti-Folk. Our philosophy of life must be Folk, and we must judge the utility of everything by the answer to one question: is it good for the Folk?

Today our priority is to build a new Folk of idealisits. There is no reason to undermine our efforts in this difficult task by dealing with anything as

Jewish and destructive as Judeo Christianity. Alien christianity has proven itself only too well. It is destructive to the Folk. The unbelievable success of the holocaust hoax is just a glaring symptom of this deadly spiritual disease.

## The Swastika

### By Jost Turner

In 1919 Adolf Hitler was serving as an agent for the army, observing various nationalist and Folkish political parties, when he decided to join the German Worker's Party (DAP), which later became the National Socialist German Worker's Party (NSDAP). Although not well known, there was a very good reason for his decision to join this particular party. The German Worker's Party was founded, protected, and secretly financed by the Thule Gemeinschaft, referred to henceforth by its common English rendering of Thule Society, which was considered to be the most prestigious and powerful secret Folkish organization in Germany.

### The Thule Society

The Thule society was a strongly anti-Jewish, anti-Marxist, Nordicist organization, which was dedicated to the creation of a Folkish State and the higher evolution of the Aryan race. They had a real understanding of the gulf between the working and the upper classes - and the necessity of closing that gap in order to realize the desired Folkish State. Its membership numbered a wide range of influential legal professionals, university professors, police officials, industrialists, physicians and scientists. Besides the German Worker's Party, The Thule Society subsidized the Oberland Freikorps and it controlled Bavaria's leading anti-Jewish newspaper; The Voelkischer Beobachter. It is quite revealing that Dietrich Eckart, Alfred Rosenberg, and Max Amann, who later became editor, assistant editor, and business manager of the VoelkischerBeobachter when it was sold to the NSDAP, were all Thule Society members.

The Swastika was the official symbol of the Thule Society. The Swastika was prominently displayed on the organization's letterheads and literature, and Swastika banners adorned its meetings. The NSDAP merely inherited the Swastika from its mentor, which, apparently, it ultimately absorbed as Thule Society members all became NSDAP members.

### The Meaning of the Swastika

The only official reference to the meaning of the National Socialist Swastika which we have encountered is in Chapter 7 of the 2nd volume of Mein Kampf: "As National Socialists we see our program in our flag. In the red,

we see the social idea of the movement, in the white, the nationalistic idea, in the Swastika, the mission of the struggle for the victory of Aryan man, and at the same time, also the victory of the idea of creative work, which in itself is, and will always be, anti-Semitic." This, of course, is probably only one aspect of a deeper meaning which was given to the Swastika, but we have never encountered reference to any such deeper meaning given by the Thule Society or the NSDAP. However, an investigation of some of the historical and esoteric uses of The Swastika certainly gives us some insight into its significance.

Most of us are aware that the Swastika is a sacred symbol in many lands and in many traditions. However, since the Thule Society was a Folkish Movement, and radically Nordacist, we can certainly assume that they would have derived the Swastika from Germanic traditions, either historical, or perhaps even pseudo-historical or mystical.

### 19th Century Runic Mysticism

Any investigation of Runes (the Germanic Swastika is considered Runic) needs to take into account that during the 19th century there were a few self-styled Runelovers who put some spurious mystical interpretations to the Runes of old. Much of this questionable information is still published today (often by Jews and Jew-in-laws who have become the "new-age" Runelovers and Rune magicians). The National Socialist Party, which was an ardent Folk-movement, incorporated a few Runes into its uniform insignia. Unfortunately, they accepted some of these unsubstantiated meanings of the 19th century Runelovers. For instance, the so-called "Life Rune", which, among other things, adorned the Hitlerjugend uniforms, was a 19th century reinterpretation of the greatly misinterpreted Akiz Rune. Turning the "Life Rune" upside down, some 19th century Runelover created the "Death Rune" (this is seen nowadays encircled and rather ironically dubbed the "Peace Symbol")! There is, however, no historical evidence to back up these 19th century interpretations of the Akiz Rune. It is possible that the Swastika may also have been adopted for a similarly spurious, and hence now long forgotten, meaning.

### The Symbol of the Sun

Savitri Devi, the well-known National Socialist writer and philosopher, interprets the Swastika as a symbol for the sun, and there was evidently

some use of it as such by at least one National Socialist artist. However, we know of no historical reference to it as a Germanic sun symbol, although some sources do believe that it could be derived from the well-known Germanic Sunwheel. It is possible that her interpretation is Indo-Aryan, or perhaps even from 19th century rune lore. Nevertheless, a symbol of the sun is reasonably appropriate for a Folkish organization: the sun shining through the darkness, bringing about regeneration and new life.

### The Hammer of Thor

Historically, the Germanic Swastika symbolized a swirling thunderbolt: a symbol for the famed hammer of Thor, long regarded as the greatest weapon against evil. Moreover, Thor is remembered as the most beloved Germanic God who uses his hammer to battle the deadly World Serpent. In National Socialist political allegory, the World Serpent was sometimes used to symbolize World Jewry. Hence, the mighty Hammer of Thor would be a fitting, and historically valid, deeper meaning for the National Socialist Swastika.

### A Symbol of Mystical Power?

Adherents of the politically-correct neo-pagan movement assure us that the Swastika is a symbol which has great mystical power, and that Adolf Hitler - no doubt in league with some sorcerer - tried to use it to obtain world domination. However, they happily add that the world was saved because he mistakenly turned it the wrong way, thereby bringing destruction on himself and Germany, rather than the victory which the opposite direction would have guaranteed. The Swastika to which they are referring is the Indo-Aryan Swastika of Saivism (a Tantric symbol), and we have often amused ourselves by pointing out to these same pseudo-pagans that this Swastika is rendered in exactly the same direction as the one which adorns the NSDAP banner! The Indo-Aryan Swastika is very ancient, and it comes from a common origin with that of Germanic traditions. It symbolizes the movement of evolutionary energy in the spine. We might note here that the Thule Society, especially Dietrich Eckart and Alfred Rosenberg, delved deeply into the esoteric rites of our pre-Christian Forefathers, with emphasis on higher evolution and a Superhuman Species. Considering the likelihood that the Thule Society was aware of its common origin, it is even possible that they adopted the Swastika for its Indo-Aryan significance.

## The Symbol for Wotanism

Wotanism, our spiritual heritage, is higher evolution by self effort, and for this, the Swastika is the most fitting symbol. Higher evolution is the greatest creative and regenerative force on this earth, and it is indeed the only thing which guarantees victory in our struggle against domination by World Jewry (thereby "anti-semitic"), and for the "victory of the idea of creative work" and the "victory of the struggle of Aryan man." (We might note here that whether we consider the Swastika to represent the sun, the Hammer of Thor, or the energy of higher evolution, it still cover the definition from Mein Kampf!). The ultimate goal of the Thule Society, National Socialist Germany, and Wotanism was, and is, the Superhuman Species, which is, of course, the ultimate victory of all creative work and of Aryan man, and which is rightfully symbolized by the Swastika.

The Swastika is the most sacred symbol of our Folk (and as well, of all mankind who strive to live in harmony with Nature). Never flaunt it! Never render it with specious words or with thoughtless, childish racial slurs! Keep it sacred and singular by sheltering it from the eyes of mankind's enemies until the day comes when all will gaze on it with honor and reverence!

White Power: We've Got it!  
Jost

"You can buy a White man for a compliment, let alone \$60,000 a year!" These words describe the frustration and disgust of an educator in the public school system after years of watching the predominantly White administrators and teachers unquestioningly affirm, expand, and implement with religious fanaticism, every new dictum of political correctness - the new State Religion -which slithers down from the educational hierarchy - regardless of logic or consequence! This is White Power in action. The words White Power adorn reams of White racist literature, posters, and stickers. They embellish telephone messages, tattoos, and quasi National Socialist salutes. White Power is a universal demand of much of the White racial movement, and it is looked upon with great longing as the final savior of a world gone mad. But the joke's on us, because White Power is exactly what we have today, and what we have had every day that this world has been going mad. It is time we faced some cold, hard facts.

Most any Jewish activist will happily point out that Bill Clinton is just about as White as they come, as has been every other president before him.. At no time in the history of this country has the vast majority of the Senate or House of Representatives been anything other than lily White. The Supreme Court has always been predominantly White, as are government police agencies such as the FBI. The Federal Bureaucracy is still largely White, and all no-Whites therein have been given their jobs by the White Federal hierarchy. State governments are White, as are most municipal and county governments. The courts on all levels are still predominantly White. A clear majority of the voters in this country are White, and the majority of the taxpayers are White. A majority of corporation CEOs and board members are White, and there are even enough Whites in positions of power throughout the media to counter Jewish influence. Finally, there are more wealthy Whites than Jews or other ethnic groups. All of our enemies would point out that this nothing more nor less than White Power!

The fact is that there are more than enough White voters, Whites in positions of governmental and police power, and White financial muscle to ship out every single Jew, Negro Asian, Latino , and other non-White on the next boat! But instead, every one of these elements of White Power encourage the immigration of still more non-Whites in the country and disenfranchise their

own White brethren-either by direct power (government, police and financial) or seeming indifference (voters). The situation we have today is a direct consequence of 200+ years of White Power. How the Jews and non-Whites must howl with laughter when they hear us shout "White Power". You want it? You got it!

At the rate that White Power is exuberantly staffing the government, courts, bureaucracies, and police with non-Whites, it won't be long before we see an end to White Power. Perhaps this will be for the better. Perhaps then a few more Whites will begin to reconsider their position. We definitely have White Power, but why does it serve only to destroy us? "As soon as egoism become the ruler of a Folk, the bands of order are loosened, and in the chase after their own happiness men fall from heaven into a real hell." Egoism is self-absorption. Today, most White are very self-absorbed, not only with financial accumulation, but even more with societal position or image. In this state of egoism, they can be easily manipulated and controlled by simple compliments or ego-strokes to their position, authority, identity, status, education, or intelligence. It's that simple, and it works! This, not to mention a salary in the five or six figure bracket, is how university administrators, instructors, and students are so easily manipulated into ratifying, embracing and further preaching virtually every nonsensical decree of political correctness as a new State Religion!. They go on to initiate the doctrines of this State Religion not all the different governmental, judicial, corporate, media and educational positions of power to which they gravitate. That's White Power.

The working class is just as susceptible. They are self-absorbed with their own status and intelligence, and, responding to ego-stimulation by television and motion picture media personalities, they too feel the gratification of the politically correct thinking of the new State Religion - not to mention social security, health insurance and retirement! That's White Power.

The great majority of Whites are far too self absorbed to consider the effect of all this political correctness on the future of their children. Most are far too self-absorbed to worry about the welfare of their children, let alone their Folk or arena are being denigrated by self-styled racial writers and leaders who have never made any comparable contributions to the struggle. This, too, is White Power.

Egoism in the White racial movement is not confined to the leadership. Virtually overnight, a handful of "Hollywood Nazis" destroyed years of careful, successful work which we had done to demolish media distortions and show the residents of a small California county the nature of (Aryan racial idealism). Almost as soon as they arrived, these "neo-nazis" wiped out everything we had accomplished with pointless flag burnings, intimidations, threats, violence (against Aryan women!), and, of course, parading around in their childish "White Power" tee shirts. These media-scripted, un Aryan "neo-Nazi" activities were not even aimed at non-Whites, Jews, or left-wing activists. There are few non-whites in that county, and none in the affected town. These childish antics were all directed at Whites, most of whom had no interests at all in urban racial problems. Any observer could see that everything done was to gratify fragile egos. Now, a whole county will never again be receptive to any message of (racial idealism). That's White Power.

If we are to survive as an Aryan Folk and as a White race, a portion of us must get beyond egoism. We must banish our self-absorption, and put all of our own personal desires, interest, and welfare of our Folk and race. To survive, we must begin right now to build a solid foundation of Folk-consciousness, first within our own lives, then educating others who are already racially aware, and finally offering it to those who become disillusioned by self-aggrandizement and egoism. We should replace that inappropriate, embarrassing slogan of "White Power" with one word which carries the connotations of a new consciousness and a new age: Folk!

# Who was Adolf Hitler?

By Jost Turner

April 20th is the birthday of Adolf Hitler, who is certainly unequalled as the most vilified and maligned individual in recent history. The current hate campaign against Adolf Hitler is so all-pervasive that even some who claim to be his ardent admirers are so only because they perceive him in the Hollywood and Time-Life image-a slobbering race-hater screaming for White Power.

But Adolf Hitler was hardly a White Power leader or a race hater. He was far too great, his insight far too keen, and his missions far too important for him to be afflicted with the petty hatreds and vanities common to lesser men. He was too selfless, too self-disciplined, too responsible to have anything in common with the Hollywood, and hence the White Power image of today.

Adolf Hitler came from the common Folk, and as a young man he lived in poverty in the slums of Vienna. But he was consumed with the vision of a Golden Age, a healthy, beautiful, peaceful time when mankind lives in harmony with the immutable laws of Nature. His vision of the Golden Age was intensified when he listened to the music of Richard Wagner. Through the music of Wagner and his highly developed intuition, he recognized that the purpose of all mankind was higher evolution, and that this had been long forgotten and replaced by selfishness and materialism. He clearly saw the great need for a true Folk-community where his Folk could live in harmony with the laws of Nature and begin the process of higher evolution, and he felt duty bound to bring this about.

During World War One, Adolf Hitler served in the German Army with great honor. He was wounded, gassed, and awarded the Iron Cross 1st Class for heroism. After the war, he worked for the Army, investigating the various political parties which were springing up in opposition to the Marxist movement-which he knew was created by International Finance to enslave his Folk once and for all. He attended a meeting of the German Workers Party, and was pleasantly surprised by their comprehension of the covert goals of International Finance. He learned that this party was secretly sponsored by the Thule Gemeinschaft (Thule Society), an impressive underground organization of German academics and businessmen who,

like Adolf Hitler, were interested in a Folk-community and the higher evolution of their Folk.

He joined the German Workers Party, which soon changed its name to the National Socialist German Workers Party. The party adopted the Thule Gemeinschaft's symbol, the Swastika, and in short order Adolf Hitler as the leader and primary spokesman. From every class and position of his Folk he built a disciplined and efficient political party, which also functioned as a Folk- movement. Party members were taught to look out after one another, and inter-party goods and services were provided whenever possible for those in need. Unlike the Marxists, who were bankrolled by International Finance, the National Socialist Party was financed by the meager, but freely given, contributions from the German Folk. In 13 years and 4 1/2 months, Adolf Hitler became the Chancellor of Germany. His popularity was such that he could not be denied political power. His popularity grew even more after he had come to power. Instead of persecuting his enemies, he converted them to supporters. He solved Germany's massive unemployment in short order, and then proceeded to build a new Germany of beauty, culture, and economic stability-much in the image of his vision of the Golden Age. Unlike other national leaders, dictators or democratic, he submitted all of his programs to the vote of the German Folk-and always received a staggering majority. The social and economic miracles of National Socialist Germany-which no honest investigator can deny-are a monument to his genius, insight, and leadership.

But the only way Adolf Hitler could transform Germany was to defy the dictates of International Finance by taking Germany off the international banking system and printing his own money, based not on gold, but on the productivity of the German worker. This was a deadly blow to the power of International Finance!

Using both the Marxist and Capitalist nations, both of which it controlled, International Finance soon retaliated by launching the most vicious and bloody war in history. In their fever to destroy Adolf Hitler and save their evil money monopoly, no method was too underhanded, no lie too loathsome. Women and children were butchered, raped, and burnt, and beautiful cities were turned into charred rubble. Even against such overwhelming odds, Adolf Hitler almost fought them to a standstill-which would have forced them to negotiate for peace. Unfortunately, the enemy within, egoism was silently at work. The German officer corps, many of

whom could not tolerate the accomplishments and leadership of a mere corporal, betrayed him-and Germany-at a crucial hour. They treacherously aided the armies of International Finance in getting a toehold on the coast of France. After that, it wasn't long before the raping and looting hordes overran Germany and her few allies.

But for those who understand his real significance, Adolf Hitler remains an inspiration for the survival of this world. It is not laws, demonstrations, nor armed revolutions, which shape the future of the planet. No, the change must be within. As can be clearly seen in the successes of our enemies, more has been accomplished in the classrooms than from any law, demonstration, or revolution. Laws can be changed, demonstrations are forgotten, and revolutions become corrupt, but the inner awareness of mankind-or the lack of it-molds the future.

Adolf Hitler inspired the German Folk to an inner change. He inspired them to selflessness, to will, to responsibility-a Golden Age consciousness. He led them in building a great Folk- community for future generations of their Folk, and he began the process of higher evolution through intelligent breeding, education, and investigation of the Golden Age methods of higher evolution by self-effort. Even toward the end of the war, National Socialist expeditions were investigating these methods in the mountains of Northern India.

His vision of a Golden Age, when mankind is much higher evolved and lives in harmony with Nature, gives us an indication of the true nature of Adolf Hitler. To so uniquely realize the importance of higher evolution for this world of chaos clearly requires one whose realizations come from a much higher state of awareness. His lack of egoism, his dauntless will, his astounding intuition, his amazing intellectual comprehension of virtually any subject, his overriding kindness, and his dynamic magnetism to friend and foe alike all indicate an individual of higher evolution.

Adolf Hitler was indeed the forerunner of a new race- a more highly evolved race which will come and which will lead all mankind back into harmony with Nature. Only one of higher evolution could have ignored the temptations of ego, selfishness, and materialism - - the motivations of the Churchill's, Roosevelt's, and Stalin's of the world-and make the awesome accomplishments which he did.

Unfortunately, there are too many today who claim to be National Socialists, but who only demonstrate their Time-Life National Socialism with fantasy uniforms, White Power T-shirts, Swastika banners, childish telephone messages, and rag-sheets with crude racial slurs and poorly thought-out political and revolutionary fantasies. All that these movement maggots accomplish is to play right into the hands of their proclaimed enemies by further obscuring the true nature of National Socialism. This accomplishes nothing at all toward the higher evolution of mankind. Neither does this honor Adolf Hitler nor the millions who died trying to defend a place on this earth where higher evolution could flower en masse.

Adolf Hitler's great significance is that he proclaimed and demonstrated the principles on which we must base our communities in order to survive, prosper, and to evolve. The task of National Socialism today is to continue in his footsteps toward the higher evolution of mankind. We must begin realistically, without fanfare, starting at the family level and slowly building to the community level, developing and raising our own evolution while inspiring our friends and neighbors to follow. National Socialism is the path of responsibility, will, and self-discipline toward a new Golden Age.

## Wotanism and Jung - Jost Turner

Professor Carl Gustav Jung, the renowned founder of analytical psychology, named the National Socialist movement Wotanism. In 1936, Professor Jung wrote an essay on this subject entitled Wotan (Wotan is the principle deity of the pre-Christian Germanic tribes). Copies of this essay are available today in libraries throughout the country, and it is very revealing to those who understand the true nature of National Socialism and the true nature of Wotan.

Professor Jung describes National Socialist Germany as a Folk possessed and motivated by a psychic force, which had been dormant within them from tribal times: "...a God has taken possession of the Germans and their house is filled with a 'mighty rushing wind'... Perhaps we may sum up this general phenomenon as Ergriffenheit - a state of being seized or possessed. The term postulates not only an Ergriffener (one who is seized) but also an Ergreifer (one who seizes). Wotan is an Ergreifer of men, and, unless one wishes to deify Hitler - which has indeed actually happened - he (Wotan) is really the only explanation... A mind that is childish thinks of the Gods as metaphysical entities existing in their own right, or else regards them as playful or superstitious inventions... the Gods are without doubt personifications of psychic forces..."

Professor Jung also notes that this power of Wotan was channeled to the German Folk by Adolf Hitler: "The impressive thing about the German phenomenon is that one man, who is obviously 'possessed' has infected a whole nation to such an extent that everything is set in motion and has started rolling..."

Professor Jung clearly saw that National Socialist Germany was a modern-day revival of (pre-Christian) Aryan tribalism. However, the true nature of this tribalism was kept hidden from him by the black hood of censorship. In his native Switzerland, Professor Jung was, of course, well sheltered from any truth about National Socialism. His only information came from an alien-controlled press, which ranted and raved with the usual falsehoods, exaggerations, and half-truths about National Socialist Germany. Hence, Professor Jung's information on National Socialism was really quite the opposite of its true nature.

Moreover, Professor Jung's essay indicates that his understanding of the allegories of Wotan was very limited, and so he was not at all aware of the true nature of Wotan. He uses a literal interpretation of what we understand to be allegory: "Wotan is a restless wanderer who creates unrest and stirs up strife, now here, now there, and works magic... He is the God of storm and frenzy, the unleasher of passions and the lust of battle; moreover he is a superlative magician and artist in illusion who is versed in all secrets of an occult nature."

A literal interpretation of the above does tend to correspond to the misinformation about National Socialist Germany spewed forth by the alien-controlled press. A literal interpretation of Wotan is just as opposite to the true nature of Wotan as the Jewish media myths are to the true nature of National Socialism. However, the true natures of both Wotan and National Socialism are just as easily correlated with each other as are their opposites!

National Socialist Germany was indeed a modern-day revival of Aryan tribalism, which sought to create a true Folk-community for the expressed purpose of bringing forth a more highly-evolved species of mankind. Like all true Folk-communities, National Socialist Germany was based on idealism, willingly placing the welfare of the Folk above all personal interests. The National Socialist values of idealism, selflessness, self-discipline, and aspirations to raise the evolutionary level of mankind are a far cry from the images dramatized by the alien-controlled information media.

A correct interpretation of the allegories reveals Wotan as a personification of mankind's rise to the highest evolutionary level: Godhood. Hence, it would certainly be fair to use the term Wotanism as a name for activities to raise the evolutionary level of mankind. Since the ultimate goal of National Socialism is to bring forth a more highly-evolved species of mankind, we must agree with Professor Jung, even though he was largely misinformed, that National Socialism can certainly be called Wotanism.

#### A Channel for Wotan

We have pointed out that Adolf Hitler was a Kon, a highly-evolved individual who had long since transcended the narrow confines of self-interest, thereby functioning primarily from a deep inner awareness. He was highly-evolved enough to serve as a channel for the powerful psychic force, inherent in all Aryans, which Professor Jung rightfully called Wotan.

Adolf Hitler pointed out in *Mein Kampf* that the only real mark of a higher species of mankind is idealism, and it was idealism, the very first phase of all higher evolution, which he brought forth from the German Folk. Although hardly understanding what was motivating them, the German Folk were inspired to create the social and economic miracles of National Socialist Germany. This was primarily the result of this power of Wotan, channeled through one highly-evolved individual, and this power was steadily raising the evolutionary level of all the Folk!

### Wotanism Today

The German Folk of the 1930s were uniquely suited to receive the power of Wotan from a single channel. Their state of material destitution afforded them little obstruction to the elevation of their evolutionary levels. Today, in this alien-controlled world of selfishness and materialism, this would be more difficult. But while it would be more difficult, great change can be effected by the power of Wotan. To change this degenerate, alien-controlled world will require more than one powerful channel. It will require many channels, many highly evolved individuals in all areas and in all walks of life, elevating all those around them to true idealism and back into harmony with the eternal laws of Nature. Jews and their familiars have infiltrated our government, schools, courts and media in order to destroy us by debauching our blood, our values, and our idealism. But we can defeat them by being channels of Wotan, affecting all, bringing their efforts to nothing, and ultimately bringing about that golden age of which Adolf Hitler dreamed.

Adolf Hitler was an awesome example of a highly-evolved individual. All of us can become just as highly-evolved, and even more so, by dedicated, disciplined self-effort. When your evolutionary level rises, you will know it! You will become a channel for a great and joyful force of energy which flows through you day and night. Like Adolf Hitler and many other lesser known individuals, you will become a force for change and regeneration in this degenerate world. This is our spiritual destiny. This is Wotanism.

Professor Jung studied not only the mysteries of the unconscious, but as well, the potential of higher evolution by self-effort (perhaps Professor Jung, of Germanic blood himself, was also affected by Wotanism). He not only studied this, but he put his discoveries to practice. In reply to those who complained that he did little to right the wrongs of the world, he pointed out that he had long since realized that to change the world he must first change

himself! Professor Jung shared many of his discoveries with two other individuals who had also spent considerable time investigating the potential of higher evolution by self-effort.: the renowned author, Hermann Hesse, and the leader of the Chilean National Socialists, Miguel Serrano.

The following are interesting and revealing excerpts from a letter written by Professor Jung to Miguel Serrano on September 14, 1960:

"...As we have largely lost our Gods and the actual condition of our religion does not offer an efficacious answer to the world situation in general and to the "religion" of communism in particular, we are very much in the same predicament as the pre- National Socialist Germany of the Twenties, i.e., we are apt to undergo the risk of a further, but this time worldwide, Wotanistic experiment."

"...When, for instance, the belief in the God Wotan vanished and nobody thought of him anymore, the phenomenon originally called Wotan remained; nothing changed but his name, as National Socialism has demonstrated on a grand scale. A collective movement consists of millions of individuals, each of whom shows the symptoms of Wotanism and proves thereby that Wotan in reality never died, but has retained his original vitality and autonomy. Our consciousness only imagines that it has lost its Gods; in reality they are still there and it only needs a certain general condition in order to bring them back in full force."

National Socialism is indeed Wotanism, an Aryan spiritual movement which seeks to raise the level of the Folk, and thereby the world, by raising the level of the individual. As Aryans, the noble of mankind, this is our destiny and our duty!

"Despite their crankiness, the Wotan-worshippers seem to have judged things more correctly than the worshippers of reason. Apparently everyone had forgotten that Wotan is a Germanic datum of first importance, the truest expression and unsurpassed personification of a fundamental quality that is particularly characteristic of the Germans (Aryans)."

Professor Carl Jung, Wotan, 1936