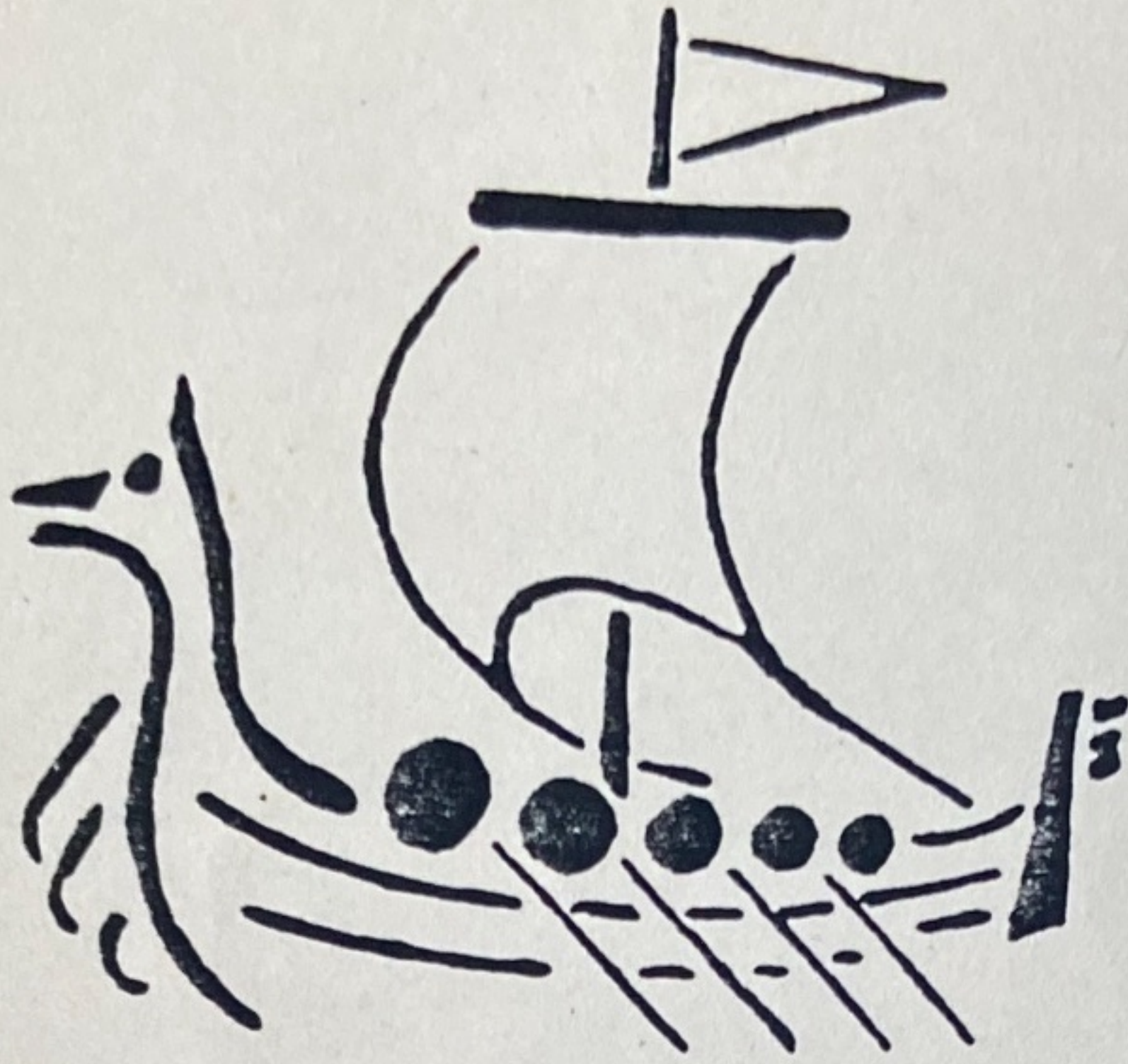




THE SACRED ORDER
of the
KNIGHTS of RUDES

P. O. Box 2070
Decatur, GA
30031



THE SACRED ORDER
of the
KNIGHTS of RUSS

P. O. Box 2070
Decatur, GA
30031

C O N T E N T S

Introduction	1
What are Runes?	7
The Symbolism of the Runes	11
Characteristics of Esoteric Symbolisms	16
The Path of Initiation	18
The 18 Sacred Futhork Runes as an Esoteric Symbolism	19
Odin's Rune Song and the Magical Poem	20
Access Keywords, Meanings, Correlations of Runes	25
Healing with Runes	36
Traditional Correlations between Runes and Hermetic Medicine	39
Invocative and Evocative Processes	40
The Rune Realms	44
The Outer Rune Realm	44
The Inner Rune Realm	47
Preliminary Practice	49
Additional Hints	52
Sounds of Runes, or Rune Mantras	53
About Pronunciation	54
Rune Readings (Introduction)	55
Rune Staves	57
Rune Readings	61
The Reading Ceremonial	63
Example of Rune Reading	68
Divinatory Meaning of the Runes	70
Appendix: Crystals and Runes	76
Conclusion	79

I N T R O D U C T I O N

During the past few years, the interest in Runes was increasing continuously. However, those persons who became seriously interested in Runes and in practicing this ancient art of harnessing cosmic energies from the realms of the Runes, were soon confronted with a problem: there is hardly anything tangible known about Runes in the English speaking world.

This unfortunate situation is well reflected on the shelves of metaphysical bookstores. Until not so long ago, there was virtually no book available at all, where the serious student could find information about the esoteric aspect of Runes, let alone practical suggestions that teach how to harness the incredible powers that come forth from the realms of Runes.

At present, you may find a few books about Runes. The authors of such books limited themselves in the main to describe some methods of divination with Runes, Rune readings, and a few hints about how to use Runes in some other ways, most of them quite material-worldly. Others indulge in reveries of re-awakening the old Odinic religion.

It is unfortunate but true that those well meant publications do not contain the 18 Sacred Futhork Runes, which are based on the HEXAGON with the three inscribed diameters.

In those books you will find descriptions of some incoherent arrays of 20, 24, or even more, "Runes" which have little to do with the 18 Sacred Futhork Runes. One of the authors even includes a blank "Rune" in his system, which, of course, is quite unknown to true Runic tradition. Those incoherent arrays of "Runes" can by no means be acknowledged as symbolisms, since they have none of the criteria of a true symbolism. In a true symbolism, the position of each symbol in relation to every other symbol is of key importance. Where no such interrelation can be found, we speak of an incoherent array of symbols.

Such arrays of Runic symbols are of a much younger date than the 18 Sacred Futhork Runes. Some authors perform even the historic acrobatics to label their array "the elder Futhark!" Needless to say, they refrain from showing authentic Runic documents, such as the many Runestones which can be found all over Scandinavia. Practice with Runes will provide you with better insights than mere discussion of the matter, and this even more if the practice is based on the symbolism as a whole rather than on individual Runes.

The original 18 Sacred Futhork Runes were a system of mantramistic sounds, connected with symbols. Some researchers of our times would say that Runes are a system of archetypal symbols. No doubt, from the very beginning those symbols were used as triggers which gave access to cosmic energies, when practiced properly. There was NOT one Rune for every sound that language could produce, which no doubt points to the fact that Runes were originally used for sacred purposes only, not as an alphabet. At a much later date, Runes were used to write names, short messages, and Rune Stones. The Vikings of Denmark, Norway, and Sweden preferred to write with the sacred symbols only, rather than develop common script, even though their sacred symbols did not include all the sounds of their language, but obviously were rooted in a much older tradition of the Atlantean North, perhaps remainders of a very old global tradition. Those Vikings did not invent new letters to accommodate their linguistic needs, for they were aware of the initiatory character of the Runic symbolism. After the Vikings expanded into England, Iceland, Greenland, Northern Canada, Russia, Normandy, Sicily, and many other countries, some new developments led to the introduction of new symbols as well as to the concealing of the old symbolism. New conquests brought in contact with new languages, and the need arose to write new words as accurately as possible. New letters had to be invented to account for new sounds, as well as for the "missing" sounds. Consequently, some 35 or more local Runic alphabets developed.

Another reason for the introduction of new letters, as well as the distortion or even omission of older ones was a religious one. The Vikings were the last people who had Runes incorporated in their religious system. At the time of expansion, the socio-economic structure of the Viking peoples changed significantly, and at the same time the Vikings came in contact with the then relatively young and very fanatic Christian religion. To understand this fanaticism better, you need to know that the Christian religion is the only religion on this planet which never allowed any "pockets" of other religions within their own domain.

There is a historic law which says that the religion of a people reflects its socio-economic structure. If the socio-economic circumstances change, then the structure of the religion changes. This change would have taken place within Viking society, had it not been for the impact of the Christian religion at the same time. If there are two or more competing religious systems, then another historic law is valid: In such a case, the religion will be victorious which best reflects the socio-economic structure of the people. The old religion had no chance under those circumstances. The cause was lost from the beginning, even though the struggle between both religions lasted for centuries, with a total of 15 million people killed, burned, tortured, etc., by the followers of the winning religious system, which soon managed to seize absolute power and to push the old religion into the defensive.

Even though the followers of the new religion condemned the Runic system since it was part of the old religion, many of them knew very well of the powers inherent in this system, and its potential to help their goals. Soon those people tried to get hold of some of the Runic knowledge. At the same time when the converted Norwegian king Olaf burned all Rune Masters of his country and had all Runic monuments which could be found destroyed, priests of the young Christian religion began to try using Runes as well as they could. To prevent such misuse by unworthy and ruthless people, Rune Masters decided to protect the original symbolism by adding new symbols and by changing old ones.

As a result, only initiated persons were capable to understand the system and to successfully use Runes. For those who lacked the proper background, work with the new arrays of symbols became ineffective and sometimes even hazardous. For: "Runes shall a man not score, lest he knows them very well!"

Since true Runic traditions are lacking in the English speaking world, most modern metaphysical writers in this country are still confused about the true Runic symbolism and the 18 Sacred Futhork Runes.

Such confusion appears even more unfortunate, if we consider the fact that many of the Rune Students who try to magically use the "Runes" which they find in the few available publications, expose themselves to unnecessary difficulties. Ignorance and lack of knowledge are no safeguards against the consequences of improper use of Runes. When somebody touches a high voltage wire, then it is of absolutely no importance what theory this person cherishes; it is of no relevance whether such a person "believes" in electricity, or whether some kind of "logical academic thinking" leads him to refute the crazy metaphysical idea about the existence of electricity for good. Similarly, effects of Runes are quite independent of personal belief structures.

Knowing of the very origins of the confusion about Runes will make it easier for the Rune Student to understand the meaning and intricacies of the Runic symbolism. You will learn to appreciate the benefits of a true symbolism, and you will understand what may happen to the "Rune" experimenter who is unfamiliar with the symbolism of the 18 Sacred Futhork Runes and with the initiatory meaning and content of this symbolism.

Egill, a Rune Master who lived more than 1000 years ago, rightfully warned:

"Runes shall a man not score
Lest he knows them very well!"

As I have already pointed out, we

experienced a tremendous increase in interest in Runes during the past few years. After many years of ineffectual mind-games, many of those who are interested in metaphysical matters experienced a need for practical experience and a desire to gain access to realms of which their teachers were only talking. Those persons now want to get in touch with realities beyond their every day life rather than indulging in often fruitless logicistic metaphysical analysis, or worse yet, the endless listening to others proferring creeds and dogmas. Many persons are ready to probe into those realms, where thoughts are beginning to take shape, and where subtle cybernetics of formation on many levels are continously shaping and re-shaping the laws which govern our universe. Those are the realms which can be experienced with the help of Runes

The need to approach and to experience un-speakable realms of continous creation is apparent in every workshop that I conduct. Participants have dramatic and powerful first experience of the workings of Rune Realms, unless karma, perhaps resulting from misuse of Runes in past lives, prevents a person form such experience temporarily. If the latter is the case, then the student needs to resolve the karmic ties. Practice of Runes under skilled guidance of an experienced Rune Master is strongly recommended in this case, lest mistakes of previous lifetimes may be repeated inadvertently.

Those persons who are truly open minded need no longer suffer the schizophrenic attitude which is so typical in much metaphysical thinking found in the West: While Tibetan Magic, Hindoo psychism, lately even Native American conjuring (the latter acceptance perhaps resulting from collective guilt feelings), are considered desirable and widely accepted, most systems which originated in Europe or in Africa are all too often considered to be "evil." Besides coming from a general fear of the public of that which is truly effective and powerful, this schizophrenic attitude has its roots in a time, when followers of a very fanatic and intolerant Christian religion sent

missionaries into those territories and considered it an advantage to exterminate and slander all other religions and their followers.

We have to thank our Creator that such trends made way for a bit more tolerance. We know too well that there are still a great many people out there who consider themselves being the followers and true believers of the true and only true religion, but at least those fanatics have no longer the political power (they would LOVE to have it again!) to torture, burn and kill all those people who happen not to share their narrowminded, bigot, and hopelessly distorted opinions.

To all people who are aware of the importance of Runes, this book will give long needed information. It is designed to teach you the meaning of the Runic symbolism, the meanings of individual Runes, and to give you an overview of many applications of Runes. After you have read this book, and after you had your first results with Rune Magic, you may decide to study with a Rune Master in order to get the full benefit of this ancient system of initiation and of harnessing psychic and spiritual powers.

WHAT ARE RUNES?

Runes are an ancient esoteric tradition of harnessing cosmic energies ...

Runes are a system of switches, or triggers, which allow you access to otherwise inaccessible transcendental energies ...

Every Rune combines a triple aspect: it is

1. A hieroglyph, a symbol, or letter;
2. A number (as result of its position in the symbolism of the 18 Sacred Futhork Runes), and
3. An idea (understood in the meaning Plato gave this term).

Thus, to combine Runes means to combine ideas and to act creatively upon the universe.

Any one of those descriptions given, and many more descriptions, show but one aspect of Runes. In fact, we can not exactly define what Runes are. We can not define Runes, because definitions are verbal. Language describes things on the various material levels "after they are created." Definitions describe what we perceive in the world of forms. Runes belong to the levels of creation. Those levels do not belong to the worlds of forms. the levels of creation are deeper levels which can not be described with words. Those levels are not accessible by language of logics, or by verbal mappings. The only thing that language can do for those persons who want to explore the realms of Runes is to give triggers which connect with Runes. Another way of exploring and using those realms of creation is with the help of a symbolism. Each of the symbols of Runes has a symbolic meaning, and an evocative meaning. The symbolic meaning is found in the outline of the Runic symbols, and gives a basic idea of a specific part of the Realms of Creation. The evocative function of the Runic symbols can lead to direct experience of the specific Realm of the Rune. Added to the system of Runic symbols are various other "triggers" that can give you access to the energies of Creation. One such system is given by the Song of Odin, and by the Magical Poem, which in each of its 18

stanzas describes, again in symbolic language, some of the effects that can be produced when the specific Rune is brought to act on the material planes. A more intricate system of access to the various Runes is given in the 18 Rune Songs. Those songs, one for each of the 18 Sacred Futhork Runes, were handed down mouth-by-ear from Rune Master to Rune Student throughout the centuries. They contain a significant initiatory value. In other words, those songs help the Rune Student develop his or her skills of Runic practice effectively and in a relatively brief time. Needless to say, that those powerful tools of harnessing cosmic energies are only accessible to those persons who are devoted to stride the path toward being a Rune Master. Those songs have never been published, so misuse could be prevented.

We have to be aware that, whatever we say Runes are, this describes but an aspect of Runes: Generally but one of the many effects that Runes can have upon the material planes. Whatever we say, Runes are, it is not totally Runes. Regardless of how many statements we make of Runes, they are not Runes. Even if we were satisfied with only describing effects of Runes, there would always be things left out in our descriptions, regardless how much we attempted to describe and regardless how much accuracy we succeeded to give those descriptions.

Runes are not accessible to logicistic mind games. The student and practitioner of Rune Magic will find this out soon. Likewise, Runes escape the many games of esoteric speculation, often under the guise of "channeling" of which especially our days abound. Runes do not fit any other known esoteric or metaphysical system. They can not be explained satisfactorily within the framework of any of the existing esoteric or metaphysical systems. Runes are of a much deeper level of human experience. While most known hyperphysical energies, or entities, are well defined, Runes are not. Runes are undefinable with our language as well as they are undefinable with other metaphysical mappings, or languages. However, Runes can be experienced on levels which are not accessible to logical and

verbal description. Once the link of experience is connecting you with the Realms of Runes, then you will experience some thought forms, which you may then express with words. You will know that those words are not the Runes, but they will help you to gain access to the Runes again and again, whenever you desire so. Words of this kind will then be your tools which you use to dynamize your specific wishes and intentions with Runic energies. You may experience Runes more directly on levels where thoughts begin to take shape. Runes belong to the eternal NOW of continuous creation.

In the following, we will give you many methods of access to the Runic realms and to the individual realms of specific Runes. Those tools are descriptions of Runic effects, systemic stanzas, Rune Songs, mantras, hand positions of Runes, body positions of Runes, special meditations, etc. In every case, you need to be aware that you are given triggers of access to Runic energies. The Rune itself we cannot describe. It will always escape attempts to describe it, yet it can be experienced.

Using the methods that we give you, you can develop your understanding of Runes step by step as well as you will develop your skills of harnessing Runic energies. You will gain access to the realms of the Runes, you will learn to interact with Runes on non-verbal levels, on pre-logical levels of creation.

The word, "Rune," can give you a clue to what is meant in the preceding: "Runa" in old Germanic language means murmur. Wulfila, the Gothic bishop who translated into Gothic language the Latin version of the Bible (the Vulgata), used the word "runa" to translate "mystery." We are getting the idea of a mysterious murmur, or a murmur which did not shape yet any logical words. A hunch which is not expressed in words, which cannot yet be expressed in words, yet which carries already sound: Sacred sound of creation. Runa, or murmur, evokes in us the idea of a creative act, expressed by undefinable sound, set in action by a voice which comes from the depths of creation, which penetrates everything: Invisible sound which links us

THE SYMBOLISM OF THE RUNES

There are some people who claim that a symbol becomes an active symbol (i.e. having an effect on the material levels) once it is made a true symbol: By charging it with energy. Others claim that every symbol emanates some kind of radiation by itself, and that charging is not necessary. They corroborate their claim by pointing out the results of extensive research which has been done with pyramids, pentagram, hexagram, talismans, and other symbolic structures. In those experiments, energies were found to emanate from symbols without them being previously charged. Opponents of this view still claim that the charge had been done subconsciously: in other words, expectation of the effects provided the symbols with sufficient charge to be effective.

We find various polarizations of belief systems in connection with symbols. One group emphasizes that the symbol contains the energy. The second group insists on the necessity of the symbol needing to be charged for it to emanate any energy, the third group sees in the energetic effect of symbols the result of millennia old beliefs, projected on the symbols, consequently a collective charge, another group claims that only the belief of the person who works with the symbol is the reason for the symbol's energy. Needless to say, each one of those groups also claim that they are able to furnish proof, and as far as I know, they are able to do so within their own framework, intellectual structure and mapping of their world. The arguing between those groups goes on and on. It cannot be decided as long as the arguing is based on their respective theories of the workings of the universe. Whenever we examine those arguments from a more general mapping of the universe, the various theories become meaningless: Whenever new basic facts are not used to expand the theories, they are forced into a preconceived structure, and cannot contribute to overall progress.

Since all points of view seem to be correct, we have to develop a new picture of how things interact, and which can include all

opinions that we know of. Most people who theorize in metaphysics have yet to reach the scientific level of, say, quantummechanics which IS CAPABLE of incorporating various phenomena in one general theory, or mapping.

We come from this background when we state that it is of little relevance to us whether Runic symbols contain their own vibration, or whether we need to charge them, or what not... What is important to us is how we can practically use the Runic energies which we perceive. Logic is part of the verbal levels, the truth of Runes is beyond those levels. What we did observe is that when we work with Runes, then we can trigger specific energies, or vibrations. For our convenience, we talk about shape-vibrations which are found in Runic symbols, be those symbols drawn, visualized, posed with the body or hand, or sung, or heard with the inner ear. At present it is irrelevant to us whether Runes and their vibrations and energies result from the use of Runes for a long period of time, or whether the energetic natural laws connected with Runes are shape-specific, universal, just the same way as gravity is a universal force, or statistical average. What is important is the fact that we can work with Runes, that the energies of Runes have some relations to the material levels, which can be formulated by natural laws, and that we can use those natural laws to devise useful methods of applying Runic energies in order to have impact upon our universe. It does not matter to us whether a technology is "true" or "false", but solely whether it is useful.

Let's now explain what we mean when we talk about a symbol. Symbols have several aspects. They have an outline, or some kind of shape. This shape needs not to be limited to our visual senses, it can be auditive (such as a mantra), kinetic (such as dance), or be part of any of our access systems of perception. Furthermore, one of the aspects which a symbol contains is its symbolic aspect. By this, we mean that we can derive some meaning of the symbol by analysing and getting in tune with its shape. The symbolic meaning which we find

in
to
ene
of
nee
sha
nee
tri
evo
con
evo
Oft
res
ene
lon
cha
sym
can
evo

A s
we
arr
of
eac
sym
spe
alw
com
is
arr
alph
litr
of
inc
the
the
a
Rune
tho
"an
with
of
sur
man
enc
com
18
bey
arb
dim
sym

In

in such a symbol does not necessarily need to be active. It needs not to emanate any energy. Next, there is the evocative aspect of a symbol. This is an aspect which is not necessarily represented in the outline, or shape, of the symbol. The evocative meaning needs no context, but the symbol serves as trigger which gives access to the specific evocative realm and meaning which is connected with the symbol. Many of the evocative meanings of symbols are man-made. Often symbols have been misused, and as a result are "protected" so that the specific energies cannot be easily misused any longer, until the negative evocative characteristic is eliminated from the symbol. The energetic aspects of a symbol can be derived from the symbolic and evocative meanings of the symbol.

A symbol can be part of a symbolism. When we say symbolism, we mean an ordered arrangement of symbols, in which the order of symbols, or their respective position to each other, is important. Position of the symbol within the symbolism is a key to its specific energy. Also, the symbolism is always more than the sum total of its components, or symbols. If such a relation is not given, then we speak of an incoherent array of symbols. Many of the "Rune" alphabets which we find in metaphysical literature do not have the characteristics of a true symbolism, hence they are incoherent arrays of symbols. Correctly their authors describe them as such, since they seem not to be aware that there exists a Runic symbolism, the 18 Sacred Futhork Runes. It is also interesting to note that those authors speak of "elder", "newer", "anglosaxon" - and what not - Futhorks without apparently ever having looked on any of the many Runic documents which have survived intolerant centuries: namely the many Rune stones. The realm of a symbolism encompasses more than the sum total of its component symbols, which practice with the 18 Sacred Futhork Runes will prove to you beyond the shadow of any doubt, while an arbitrary array of symbols has hardly any dimension beyond the sum of its individual symbols.

In a symbolism which is called "linear"

(such as an alphabet), each symbol is numbered. The number given to the symbol determines its position within the symbol. However, such a number does not describe the symbol in a numerological way, nor does such a number add its own meaning to the meaning of the symbol. The Runic symbolism is more than linear, as you will find out during your studies. For now, we will mention that the symbolism of the Runes can be applied to the space around the Earth. Furthermore, it is based on the hexagon with its three inscribed diameters.

Symbolisms, in general, represent a form of mapping of the realms for which the symbols are relevant. The symbolism of chemistry, for example, is based on the periodic system of the elements. It is a valid mapping for the realm of chemistry. With its formulas, the person employing this system can make accurate descriptions of many phenomena for which the system is relevant. The fact that we do not know of anything material which we could not express with the help of chemical formulas, does not mean that this system constitutes a world formula, or an exhaustive mapping of everything which happens in the universe. There are other valid mappings, such as physics. In other words: WE DO NOT KNOW OF ANY SYMBOLISM WHICH COULD GIVE AN EXHAUSTIVE DESCRIPTION OF EVERYTHING THAT EXISTS. We need to add: WE DO NOT KNOW OF ANY SYMBOLISM WHICH DOES NOT IMPLY A FRAMEWORK WITHIN WHICH IT IS VALID. Yet, many occultists, astrologers included, are not aware of this simple fact. They are logically deducing "truth" as if their system described everything. It takes scientific training to be capable of properly handling symbolisms, and, I am sorry to say so, few, very few persons in the metaphysical field have such training. Let's go back to the symbolism of chemistry: It limits itself to descriptions of specific interaction of matter, as defined by this science, and it can be used to develop practical applications of this knowledge. Similarly, we do not know of any metaphysical or hyperphysical symbolism which could exhaustively be applied to ALL things. Runes are no exception. You may describe many phenomena in Runic terms, especially such phenomena which occur on

levels above the material planes, and you will gain knowledge which is useful to develop specific methods to be used on the material levels and on the levels above the material level. We do NOT know of any world-formula which would describe EVERYTHING, and we doubt that such a formula could ever be construed.

Obvious experience to the contrary, however, the world-formula syndrome permeates most metaphysical circles, probably a result of incapability of scientific thinking on the higher planes. People claim that everything is astrology, numbers, angels, and what not.

CHARACTERISTICS OF ESOTERIC SYMBOLISMS

Symbolisms which describe phenomena on the material planes can in general be expressed by mathematical formulas which are derived from logical mappings which reflect important characteristics of the field which is examined. If we work with metaphysical, or hyperphysical symbolisms, they are no longer as simple as those symbolism which describe purely material levels of experience. Besides characteristics of that which we label with "matter", we have also take into account phenomena which occur on levels beyond the purely material levels. Experience taught us for centuries, and we shall use this same mapping because of its usefulness, that, beyond the material levels, we have the astral planes, the mental planes, and the world of emanation. Symbolisms which encompass those levels are of necessity more complex. Purely mental descriptions will no longer do. They require "thinking", or "intuition" beyond the sleep-like "thinking" of the average person, or materialistic scientist. However, there is nothing to fear for the person who is at the threshold of penetrating those higher planes, since an important characteristic of esoteric symbolisms is that they LEAD the student into the kind of thinking which is required in order to master those symbolisms. Runes are no exception. In fact, they seem to have especially strong powers of introducing the student into those Realms. In other words: An important characteristic of esoteric symbolisms is that they have an INITIATORIC FUNCTION: As the student progresses with practice, the quality of his or her thinking, intuition, inspiration, and what comes beyond, is steadily increasing. This is the main difference to the mere materialistic symbolisms, whose main characteristic is quantitative increase. It is up to the student to find evidence of this which has been said here by PRACTICE of esoteric symbolisms, rather than purely mental "studies", as done with materialistic symbolisms. Again, practice is more important than material - planes based "logic" which never can get you free from

the bondage of the material levels! That which counts for us is not whether a method, or practice, is "true" or "false" according to logic and thinking which is rooted in the material planes, but whether this method, or practice, proves useful from a higher point of reference, which we will reach WITH PRACTICE.

Let's summarize here: The function of initiation is a characteristic inherent in esoteric symbolisms.

Practice of those symbolisms leads to the mental, psychic, and spiritual capabilities which are necessary for the most effective uses of the symbolisms.

T H E P A T H O F I N I T I A T I O N

That the 18 Sacred Futhork Runes constitute an esoteric symbolism, and as such a path of initiation, is beautifully shown in Odin's Rune Song and the following Magical Poem. Odin's Rune Song shows you how to get Runic experience, and the magical poem provides you with a system of 18 triggers: One song, or stanza, for each Rune. Understanding and experiencing the depth of Odin's Rune Song is an important tool of access to the Rune Realms. After you experienced the Rune Song, and after you experienced the 18 Sacred Futhork Runes, you will no longer have any doubts about what you should give preference: Whether you should continue to work with the 18 Sacred Futhork Runes, which constitute an esoteric symbolism, or whether you still want to dabble with some of the many incoherent arrays of "Runes" which are promoted by unknowledgeable authors who indulge more in the lore of ancient gods rather than being aware of true symbolisms of an esoteric nature.

The symbolism of the Runes is multi-ordinal and stratified knowledge. First, you get acquainted with each individual Rune, and you will experience the realm of this Rune. With your first initiation, everything will fall in place, and the symbolism of the Rune system will communicate itself to you. From then on, the practice that you perform with Runes will be backed by your connection with the realm of this symbolism. After the first initiation, you will again go the path through each individual Rune, now with the contact to the realm of the symbolism, to a more advanced level, up to your next initiation. Initiations are best experienced as part of a specific Rune ceremonial, within a group situation and, best, in unspoiled natural surroundings.

THE 18 SACRED FUTHORK RUNES AS AN ESOTERIC SYMBOLISM

The Song of Odin, the Magical Poem, the graphical structure of the Runes, and, of course, individual experience of Rune Masters prove it beyond the shadow of any doubt: The 18 Sacred Futhork Runes are a true esoteric symbolism, of which they show many criteria, even to the student who barely knows of the existence of esoteric symbolisms and systems of initiation.

They have a common base from which the symbols are derived: The Hexagon with the three inscribed diameters.

They are ordered by position as a linear symbolism, or an alphabet.

They are ordered in a plane, as a two-dimensional symbolism. In fact, there are many two-dimensional arrangements of the symbolism possible, each of which arrangements points toward another facet of the symbolism.

They reach into dimensions beyond the material planes.

Their practice advances your thinking, psychic and intuitive capabilities.

As individual symbols, they have a number, symbolic, and evocative sets of dimensions.

The symbolism as a whole is more than the mere sum total of its constituting individual symbols.

The symbolism of the 18 Sacred Futhork Runes constitutes a set of mappings of specific characteristics not only in the material planes, but in the planes beyond, including the roots of those planes, the realms of creation. Practice of the symbolism will open up to you the specific natural laws of those realms of finer densities. As a result, your scientific thinking will be developed and it will be developed beyond the material levels, capable of working with the realms of creation, and putting them to use. It is the VISION of the magician which is limit. In other words: The magician who creates better (mathematical) mappings is the stronger magician.

ODIN'S RUNE SONG AND THE MAGICAL POEM

ODIN'S RUNE SONG

I know myself hanging on the windcold tree
for nine icy nights
Wounded by the spear, consecrated to Wodan
I consecrated to myself.
I was hanging on the mighty tree which
conceals man
Where man grew out of its roots.

They offered me neither bread nor wine
So I bent down in search.
I recognized the Runes, and shriekingly I
grasped them
Until I sank down from the tree.

Now, I began to increase and to be wise,
To grow and to feel well.
From the word, word grew after word
And work shaped on work to works.

Now I know the songs like no wise woman
knows and none of the children of man.
And should those songs, o human child,
Be unlearnables to you for sheer endless
times;
Grasp them, once you get hold of them; use
them, once you hear of them;
Bless you, if you retain them!

THE MAGICAL POEM

F A

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

U R

A second I know; quite useful to the
children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

O S

A fourth Song I know: If an enemy puts
A tie on pliable limbs;
Then I speak the spell, the shackles break
on the feet
And the fetters break on the hands.

R I T

This I know as a fifth: If in hostile
flight
An arrow shoots into the crowd;
No matter how it threatens, I block its
force
By grasping it tightly with the look of my
eyes

K A

A sixth one is mine: Should a warrior hurt
me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high

in flames
Above all the people;
No matter how it burns, I still save them
all.
The Magic I know to perform.

N O D

An eighth one is mine: quite useful to
hear
for all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

I S

A ninth one I know: I danger is out in the
sea
To protect my dear ship
I conjure the wind on the billowing floods
And I sing into slumber the sea.

A R

A tenth one I know: When ill wishing
spirits
Fligh high in the air; I cause them to turn
around
Back to their homes, deprived of their
covers;
Back to their roots, bewildered their minds

S I G

This I know as eleventh: When I lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in
battle
And luck around him everywhere.

T Y R

A twelfth one I know: If I see the hanged
man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the
tree.

B A R

A thirteenth I name: If I wetten the Son
With holy water
When he is facing the foes he cannot perish

And no blade can strike him into the dust.

L A F

A fourteenth I sing to all the assembled
people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

M A N

A fifteenth I count: That which Volkrast,
the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for
the Albs,
And to clear my own senses.

Y R

A sixteenth I know: If from wise maiden
I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

E H

A seventeenth I know: To join together two
lives
In love through wise law;
Both are willing, and no one will lightly
Part after this.

G I B O R

An eighteenth I learned, but I would not let
this
Know a just anyone else; for the best
Everyone keeps for himself. That which
leads to the end of the songs.
The one only knows who is in my arms as my
only lover.

To achieve a maximum understanding of those
Rune Songs, you need to open up to their
symbolic contents, plus their evocative
meanings, which will happen with practice of
the Runes. Needless to say, that the more
you practice, the more of the deep
symbolisms will be revealed to you.

Odin's Rune Song, and the eighteen stanzas of the Poem of Magic, show clearly the initiatory content of this mysterious ancient tradition. Personal experience with Runes will give you all the direct evidence you need about the 18 Sacred Futhork Runes. Runes are, in their outline, derived from the hexagon with the three inscribed diameters. The eighteen, number of the Runes, becomes apparent.

Singing Runes compares to singing mantras of power. Once you sing a Rune consciously, then you turn on a switch which gives you access to transcendental energies, whether you want this to happen or not. Slowly, the Runes will communicate to you how to manage and use those energies, provided you are spiritually ready to accept the Runes, and to overcome the bondage of your self-imposed limitations and restrictions, and of the world-tree.

Here, I referred to Runes as triggers, and I said that Runes will communicate with you. Both of those mappings reflect but one aspect of Runes. Needless to say, whatever description of Runes we produce, such a description is not all of what Runes are. Runes are beyond mappings. Whether you see Runes as energies, as triggers to energies, as spiritual entities, as gods, as mantras, or all of this, is irrelevant. Runes will remain beyond any description. Rune experience includes realms beyond description, beyond words, on the un-speakable, objective levels of experience.

Every Rune connects with worlds of creation and formation. Therefore, when you connect with Runes, you may expect material effects that correspond to the specific Rune that you work with. Be aware that the most powerful methods are all too often also the simplest ones. In fact, they are of a simplicity which most people cannot comprehend: They practice for years until they master what they could have mastered right away. The deepest mysteries are often the simplest ones to penetrate, but they self-protect against misuse and profanation.

ACCESS-KEYWORDS, MEANINGS, CORRELATIONS OF
RUNES

The Rune FA

The Rune of original fire, Rune of the cosmos, of the universe. Symbol of fire that acts creatively in love. Will that sparks manifestation down to the material levels. FA rules the Salamanders. Symbol of change, symbol of the phoenix. Spiritual creation. FAS (fatum or fate), Divine law. Mobility, wealth, FREYR. Connection to the Rune KA.

Some uses of the Rune: To attract and to absorb Solar and Lunar energies, planetary energies and energies of the fixed stars. Strengthens personal magnetism and (on the etheric planes) the electric fluid. Strengthens spiritual powers. Useful at the beginning of psychic healings. Rune to transfer energies. Unfolding the original fire.

Time of the year: From December 22 through January 12.

Number: 1

Correlate in the Tarot: 1st card, the Magician. Activum, willpower.

mantras: ffffffff (visualize fire, or flaming FA-symbol.)

fffffaaaaa.

The Rune UR

Symbol of original cause of cosmic and planetary events, trends. Original time, original eternity, root of eternity. Time-less time where space-time is irrelevant. Cause of causes, original creation, original immortality, original law of vibration. PRIMA MATER MATERIAE. Original knowledge.

In UR are the roots of Yggdrasil, the world tree. Here the three norns, goddesses of fate and destiny, are spinning the threads of men and gods. Here the fountain of wisdom is running, here the gods descend in order to find wisdom and knowledge.

Some uses of the Rune: From UR is coming

forth continuously and continuous new
existence. Rune of healing orgonotic
energies on the etheric levels. Opening
clairaudience. Increases capability of
recognizing true causes. Strengthens
healing energies.

Time of the year: From January 13 through
February 3.

Number in the Futhork: 2

Correlate in the Tarot: 2nd card, the High
Priestess. Veiled knowledge between Jakin
and Boaz.

mantra: uuuuuuuuuuu (speak:
oo-oo-oo-oo-oo)uuuuurrrrrr.

The Rune THORN

Rune of activity, of the active mind
(symbolism Master of the sword), of active
exchange, Thor's Hammer. Rune of opposing
polarities: Life and death, hot and cold,
light and darkness, etc., and of joining
opposites. Rune of eternal return. Mystery
of the THORN which awakens from sleep.
Burning thornbush. Lightning and thunder.
Rune of the dowsing rod. Rune of magnetic
transfer. Rune of mental telepathy.

Some uses of the Rune: THORN awakens the
will to act. It helps to get in touch with
the continuous change of day and night, of
waning and waxing, of life and death.
Protection against attacks. Strengthens
Aura, especially the mantra.

Time of the year: From February 4 through
February 25.

Number in the Futhork: 3

Correlate in the Tarot: The empress.

mantra: ththththth, thththooooorrrrrnnnn.

The Rune OS

The fourth element. Rune of Odic energies.
Rune of leadership, kingship, government.
Rune that frees from the bondage of the
material world. Os brings strong Magical
powers. It teaches to recognize the laws of
nature which concern the Magical universe,
or Magical hyperspaces. Four = completion:

thesis - antithesis - energetic exchange - synthesis which becomes thesis of the nextfollowing system. Divine name - spiritual power frees you from the ties of the material worlds.

Some uses of the Rune: Growth of spiritual powers. Drawing of astral and mental energies.

Time of the year: From February 26 through March 20.

Number in the Futhork: 4

Correlate in the Tarot: 4th card of the Tarot: The emperor. Kingship.

mantra: oooooooooossssss, ooothththiiiiillll, ooodaaaalll.

The Rune RIT

RITA, right, the Rune of original law, of Divine law. All-justice, re-ligio, strength, ritual. Rune of the cosmic rhythm of the worlds. Rune of movement, rotation, wheels, of spiraling development and unfolding. symbol of the rolling Sun-wheel, Rune of rhythmic and of dance.

Some uses of the Rune: RIT allows you to tune into the rhythms of the worlds. It awakens higher powers. It strengthens inner guidance. Increases experience of ritual. RIT directs thoughts toward inner guidance. Strengthens the power of visualization.

Time of the year: From March 21 through April 12.

Number in the Futhork: 5

Correlate in the Tarot: Fifth card: The High Priest.

mantra: rrrrrrrr, rrrriiit

The Rune KA

Sexual Rune. Rune of capability. Rune of the occultist. Rune of higher mysteries.

Some uses of the Rune: Rune of protection against Magic. KA gives intuition, inspiration, and it connects with the universe. KA connects with higher polarity. KA increases courage.

Time of the year: From April 13 through May

5.
Number in the Futhork: 6
Correlate in the Tarot: 6th card of the
Tarot: The Lovers
mantra: k-k-k-k-aaaaa.

The Rune HAGAL

Fire refers here to "thirst, the fire of thirst. HAG-All+ take care of the universe. Symbol of the omnipresent and all-penetrating creative energies. Symbol of the builder of the worlds. The seven is the rhythm of the Solar symbol. The BNE ELOHIM, Venus-entities, who create the world in an eternal NOW (see Gen1,1). Rune of the worldtree, of the world, of the tree of life. Combines MAN and YR, NOD and EH. Symbolizes maintenance and equilibrium of the moving universe. Rune of the zodiac, and mother of all Runes. Continuous change. HAGAL leads to the spiritual leader. In the microcosm it represents man, and the universe in the macrocosm.

Some uses of the Rune: Hagal gives protection and harmony. It serves as the solid point within the flight of phenomena. It eliminates the burning thirst for things which are not important in life. It provides consciousness of Oneness with the Divine. It brings spiritual powers, wisdom. It increases the functions of the pineal gland and of the solar plexus.

Time of the year: From May 6 through May 28.

Number in the Futhork: 7
Correlate in the Tarot: 7th card: The Chariot.
mantra: hag - all

The Rune NOD

Rune of karma and Rune of the Norn, goddess of destiny. Rune of karmic debts (the Norn SKULD). Rune of karmic law, of karmic need. Divine justice that balances. "Hate" in the song refers to unresolved karma. Nod helps to master your karma, after you have

accepted it. NOD symbolizes the appearance out of the infinite, out of the undefined. The Divine manifesting itself within the finite universe, for "a god who does not manifest itself is dead" (Feuerbach).

Some uses of the Rune: NOD makes you aware of your karmic debts, and it helps dissolve karma. It leads to truth and fitting into the cosmic order, or the Divine Plan. NOD brings the protection of high spiritual entities of our Solar symbol. Use your karma and live it consciously.

Time of the year: From May 29 through June 20.

Number in the Futhork: 8

Correlate in the Tarot: 8th card of the Tarot: Justice.

mantra: nnnnnnnnnn, nnnnnnooooooddddddd,
aepandi nam.

The Rune IS

Rune of the ego, of self-discipline, of discipline. Rune of the personality, of the magical powers of self-consciousness. Symbolizes will, action, power, and personality. The ego in the microcosm, the ONEness which connects everything created to ONE. The eternal Divine Love which transcends the lower ego. The Magical Rune of completion. The unicorn, the Magic wand, the number of the Moon.

Some uses of the Rune: IS strengthens the personality (ship) by calming emotionally charged thoughts (the wind on the billowing floods), controls thoughts. IS procures Magical powers through self-discipline and through elimination of that which is unnecessary. IS leads to Divine Magic

Time of the year: From June 21 through July 14.

Number in the Futhork: 9

Correlate in the Tarot: Ninth card, the Hermit.

mantra: iiiiiiisssssssss, iiiissssssiisss.

The Rune AR

Rune of the Light, of the Sun. wisdom, beauty, virtue, trust, honor, fame. Rune of the initiate. symbol of the Solar child which returns home from darkness.

Some uses of the Rune: AR allows control of subconscious thought patterns and recognizes their point of origin, or roots (meditate on the stanza!). Rune of reframing. Brings change from within. Rune of certainty which dissolves doubts. AR attracts Solar prana. Time of the year: From July 15 through August 7

Number in the Futhork: 10

Correlate in the Tarot: Wheel of life, 10th card. (look at the symbolism of this card!)

mantra: aaaaaaaaaarrrrrrrrr, rrrrrraaaaaaaaa

The Rune SIG

SIG is the Rune of the light, the Rune of the Sun, the Rune of victory, success, and good luck. It is the Solar Light in spiritual contemplation. It symbolizes the path "from God to God", the path of the soul. Rune of the spiritual ray, of inspiration.

Some uses of the Rune: SIG brings success, overcomes material limitations, increases power of the spirit. It gives knowledge, wisdom, illumination. It increases the power of visualization, and Magical powers. Time of the year: From August 8 through August 30.

Number in the Futhork: 11

Correlate in the Tarot: The 11th card, Force/Strength.

mantra: sssssssssssss, sssssssssssiiiiiiig

The Rune TYR

Rune of the god of swords. Rune of the god who sacrifices himself, certain of resurrection. Rune of initiation, of reincarnation, of being born again.

Some uses of the Rune: Hammer of Thor. TYR helps overcome the material world, the fear of material death. Brings victory of spirit

over matter. Recalling of past lives.
Time of the year: From August 31 through
September 22.
Number in the Futhork: 12
Correlate in the Tarot: 12th card of the
Tarot: The Hanged Man. Odin's Song (of
initiation): I know how I hanged on the
windcold tree for nine icy nights, wounded
by the spear, A shamanistic motif of
the dying and resurrecting god, found in all
religions.
mantra: t-t-t-t-tyyyyyyyrrrrrr

The Rune BAR

Rune of revelation, Rune of birth of the
spirit. Rune of birth, of spiritual
rebirth. Return to the Mothers, to the
empire of HEL. Life, hopes, wishes. Rune
of continuous transformation, death and
rebirth.

Some uses of the Rune: Development of
higher spiritual, mystical and Magical
capabilities. Leads to inner freedom and
outer independence. Helps birth, spiritual
birth.

Time of the year: From September 23 through
October 15.

Number in the Futhork: 13

Correlate in the Tarot: 13th card: Death -
Transformation - Metamorphosis.

mantra: b-b-b-b-baaaaaarrrrrrr

The Rune LAF

The ancients used the mythological method to
talk of that which is psychicological,
psychic, and spiritual. LAF is the Rune of
life, of the law of life, of the original
laws of the universe, of the original
waters. Rune of the sea. Rune of the
etheric part of the body. Rune of
initiation which experiences life on earth
as a process of initiation.

Some uses of the Rune: LAF brings
understanding of the life processes, of true
re-ligio.

Time of the year: From October 16 through

November 7.

Number in the Futhork: 14

Correlate in the Tarot: The 14th card of the Tarot: Temperance.

mantra: llllllllllllaaaaaaaffffff.

The Rune MAN

Man is symbol of man, of mankind, of humanity, of the resurrected god. It signifies the upper part of the worldtree Yggdrasil. Rune of spiritual powers, of directing Mana powers.

Some uses of the Rune: MAN leads to Divine Magic and unfolding of life (see symbol of MAN). It protects against enemies. MAN increases and strengthens the aura. It opens the mysteries of MIMIR, the mysteries of original memories, or of root-memories. use for levitation, elevation, reaching in the spheres of the Divine.

Time of the year: From November 8 through November 29.

Number in the Futhork: 15

Correlate in the Tarot: 15th card: The devil.

mantra: mmmmmmaaaaaaaannnnnnn,
aaooouuummmmmmm mmaaaannniiii paadmmmeeeee
huuummmmmmm

The Rune YR

Rune of the unio mystica. Desire for completion, and perfection. Rune of the night and of the Moon. Rune of karma and of karmic tests. The counterpart of MAN, the god with antlers. Roots of the worldtree, from which life springs ("the mighty tree which conceals man, where man grew from the roots...") God in the waters at the wintersolstice. God descending to the material world.

Some uses of the Rune: YR overcomes illusion of the material world, which is often a painful process bringing radical changes, and a sudden overturning of affairs. Overcomes the illusions of neuro-semantic environments. It recognizes

mappings as mappings.

Time of the year: From November 30 through December 21.

Number in the Futhork: 16

Correlate in the Tarot: The 16th card: The Citadel, Lightning.

mantra: yyyyyyyyyyrrrrrrrr

The Rune EH

Rune of cosmic union, which transcends the 16 Runes of the zodiac, or the octagon with its polarities. It is the Rune of ideal love, of twin souls, of soulmates. Two in one, Soul and cosmic. God and man.

Some uses of the Rune: Connects two lives, brings from the Two to the One. Helps find the soulmate. Brings together soultwins. Brings success and increase.

Number in the Futhork: 17

No connection with the year, referring to polarities unified. Also no connection with the Tarot.

mantra: eeeeeeeeeeeeeeeeeeh

The Rune GIBOR

Rune of the wheel of life, of union of the god and the world, of Creator and Created.

Some uses of the Rune: GIBOR harmonizes the relations of twin souls, unifies the energies of the I and YOU in a cosmic context, both reaching into the common universe, in a true cosmic wedding. Leads to cosmic consciousness, vision of God, unio mystica, the deepest mysteries of the universe.

Number in the Futhork: 18

GIBOR has no relation to any part of the zodiac, but it is symbol of wholeness. Likewise, there is no correlation to any single card of the tarot.

mantra: ggiiibbbboooorrrr

1870
1871
1872
1873
1874
1875
1876
1877
1878
1879
1880
1881
1882
1883
1884
1885
1886
1887
1888
1889
1890
1891
1892
1893
1894
1895
1896
1897
1898
1899
1900

HEALING WITH RUNES

Runes are a millennia old esoteric tradition and method of harnessing energies from the Realms of Creation. The Rune Magician has access to those energies by means of a set of 18 symbols, the Sacred Futhork Runes. The 18 Futhork Runes constitute a symbolism. When we say "symbolism", we mean that the position of each symbol in relation to every other symbol is of paramount importance. Where no such relation exists, such as in the many arrays of Anglosaxon "Runes," we speak of incoherent arrays of symbols. A typical characteristic of a symbolism is that it is based on some internal structure(s). In the case of the Runes, one of those structures is the hexagon with the three inscribed diameters. Another characteristic of symbolisms is that you are capable of applying them to specific parts of our universe. Here, we are interested in the correlation of Runes and various parts of the human body and its biological functions. Since such correlation is easy to demonstrate, the Runic system lends itself to healing of the human body and to balancing its energies.

To fully understand the mechanics of healing with Runic energies, you would need to reach an understanding of Runes, which you can only achieve with practice of Runes. However, what we describe in the following, will give you some ideas of what healing with Runes is about. Some experience with Runic exercises may be helpful.

Runes constitute a symbolic description of energies of the levels of creation. The symbolism of the Runes furnishes you with a spectrum of energies coming forth from the levels of creation. Even though there are some similarities with the color spectrum, Runes and colors are different things. If you practice Rune Magic, or Rune Healing, then you work with energies from the levels of creation. In other words, Runes allow you to creatively act upon your universe. To know the intricacies and characteristics of the Runic symbolisms, the Runic "spectrum", so to say, is a condition for

your participation in creation. When healing with Runes, you project energy upon the person to be healed. To this energy, you attach the specific Runic vibration from the levels of creation.

Unlike projection of Light, or of White Light, Runes allow the use of specific "colors" of the spectrum. In other words, there is one color, which is beneficial for a certain condition of disease, and there is another color which may block the beneficial effects. The person who projects Light alone without consideration of the characteristics of the various colors of the spectrum compares to the physician who, without diagnosing at all, simply prescribes every drug on the market, assuming that one of them will do the trick... Well, there may well be one of those drugs which counteracts any beneficial effects! Projection of Runes for healing purposes may yield spectacular effects. Yet, we caution not to fully abandon other treatment in favor of Runic Healing, or any other psychic or spiritual healing.

Only a Rune Master who is well familiar with esoteric (hermetic) medicine is qualified to select the proper Rune(s) for healing a certain condition. To the Rune Master who is trained in hermetic medicine, Runes can also be helpful in finding the very roots of a specific ailment, or undesirable body condition, such as too much fat.

The fact that Runes are not limited by our self-imposed limitations of space-time allows the skilled Rune Magician the establishing of beneficial mechanisms of cure which come from beyond our space-time continuum, and which can reach far into the future; thus Runes can be one of the best means of prevention of ailments as well as the overall condition of the organism can be improved for a long time to come.

Projection of Runic energies can happen in many ways. One of the most used methods is to project with the hands. Other methods include charging foods, water, or the air in which the person to be treated is living. Special diets, combined with Runic projection, will greatly enhance the

effectiveness of the treatment. Another important addition to the treatment is practice of Runic Yoga. Runic Yoga is a discipline, which helps attract beneficial Runic energies by means of establishing specific shape-vibrations which are in tune with vibrations of the energies that come forth from the Realms of Creation.

Another important addition to this kind of treatment, which deals with an ailment, or a condition, directly from the realms of creation, is observation of specific cycles and Runic trends: For millennia, astrologers were searching for an esoteric astrology, but in doing so, they based their research on the materialistic symbolism of astrology. As a result, they gained some deep insights, but they were incapable of gaining much else. The traditional astrologer tries to "rule the stars", or his destiny, by wisely adjusting to the existing trends, while the person who uses the Runic symbolism for his astrology finds the appropriate tools to actually MAKE TRENDS! Hence a much deeper impact upon destiny and, for our purpose, a much more thorough approach to overcome ailments and to improve the overall condition of the body, soul, and mind. Besides obvious material benefits, there are also valuable spiritual benefits from those methods.

TRADITIONAL CORRELATIONS BETWEEN RUNES AND
HERMETIC MEDICINE:

FA -- ailments of the head, feverish diseases, burns off fat, ailments of skin and bones, purification.
UR -- Healing Rune in general, finds roots of ailments, neck, liver, nervous system, (in combination with IS), chest and lungs (together with OTHIL).
THORN -- Aura of Health.
OTHIL (for OS) -- Chest, back, neck (with UR)
RIT -- Chakra of the throat.
KA -- Digestive organs (with IS), feverish ailments.
HAGAL -- Kidneys and bladder, loins.
NOD -- Infectious diseases and skin (with LAF).
IS -- Neck, liver, and nerfs (with UR); Digestive tract (with KA); Accidents and injuries (with MAN); Blood, gout, arthritis, arteriosclerosis (with TYR).
AR -- Strengthens life force, against hallucinations, against possession.
SIG -- Nerfs and tendons (with MAN).
TYR -- Blood, gout, arthritis, arteriosclerosis (with IS).
BAR -- Female sex organs, birth.
LAF -- Infectious diseases and skin.
MAN -- Accidents and injuries (with IS); Nerfs and tendons (with SIG).
YR -- Lower abdomen, sexual organs.
EH -- Against depression, balance, glands, lymphatic system.
GIBOR -- Procreation; Transmutation.

The preceding correlations are to be understood in many ways, depending on the level at which the Rune Magician is operating.

Besides the healing effects, Runes, and especially the shape-vibrations of Rune Yoga, have strong effects upon the chakras, or spiritual centres, in the body. Projection of specific Runes upon those centres will purify them and awaken them. The knowledge of which Runes are to be used on what chakras cannot be disseminated to everybody, for the danger of misuse and ensuing negative effects is too great.

INVOCATIVE AND EVOCATIVE PROCESSES

After your excursion in "heavy science" in the preceding chapter, now something lighter. If you could not fully follow what has been pointed out in the preceding chapter, don't worry. Things will fall in place with your practice and progress in Rune Magic.

As we have pointed out, Runes are acting from the objective, un-speakable levels of continuous creation. The effect of Runes can be felt within ourselves, and it can be projected outside ourselves. In other words, Runes have invocative characteristics as well as evocative characteristics.

The process of invocation is known to most persons who have a metaphysical background. When you invoke, you open yourself up to a specific energy, or entity, parts of which you draw inside yourself by means of establishing a place of manifestation within yourself. How much you draw inside yourself is determined by how much space you make. If the process of invocation goes out of control, then states of possession can ensue. This happens all too often when the person practicing invocations does not prepare and protect properly. Channeling without protection can be dangerous and all too often attracts the wrong entity. This is even more supported by an attitude of many metaphysically inclined persons who close themselves to logic, but take face-value anything which is told them being the result of "channeling." The knowledge of proper protection is a must in the process of invocation. Runes are such that their impact via invocation can easily be modified, and limited to what is desirable.

Contrary to popular belief, the process of evocation is harmless. It is the evocative energies becoming invocative which poses the threat to the practitioner who did not know to protect himself. Since the space where the energy or entity manifest is defined as being outside the person who practices, there is much more potential of triggering much more powerful energies. Again, if those energies triggered become fully

invocative, i.e. when those energies invade the "circle of protection", then the overcharge with the energies involved can become extremely dangerous and lead to states of possession (since those energies of a higher order have a dimension of personification), and even physical death of the practitioner.

To avoid problems with evocations, the practitioner has to have knowledge of specific determinism and of the structure of the magical universe. To accede to the evocative meanings of Runes, or of any symbolism, you need to become familiar with the processes of evocation and invocation. True, we have cautioned you about the dangers of those processes, but this is to be understood the same way as the dangers of, say, driving an automobile should be understood. In driving, too, there are some dangers, yet nobody would consider to give up driving and its benefits all together rather than learning how to drive and when driving doing so carefully.

The energy or entity which has been drawn by an evocative process can increase its power almost indefinitely, since the problem of overcharging the body of the practitioner is not given. The only limit of the magician is his or her power of visualization and imagination. Whoever is the better mathematician will turn out to be the stronger magician. With mathematics, we mean a higher kind of mathematics which encompasses the higher levels of existence.

In any use of Runes, the two principles of evocation and invocation are involved. In fact, we do not know of any act which would not involve both principles to some extent.

The strength of the Rune magician is to intensify the evocative dimension of Runic experience, as well as the capabilities of the body (all levels, physical, astral, etc.) which increase the intensity of invocation, and resulting evolution: the invocative process brings closer to the goal of the magician: to pass through tens of thousands of years of evolution in just a few lifetimes.

When you begin to practice Runes, you will practice the invocative way. You tap into the Rune realm, and you draw Rune energies into yourself, into your inner Rune realm. As soon as you establish your outer Rune realm, then you bring in the evocative dimension. However, even though you will learn how to project Runes for healing, and to draw specific circumstances, the beginning practice will be in the main invocative. Once you experienced Runes as a symbolism, then you are ready for the more evocative dimensions of Runes. In fact, very much of your work and practice with Runes will emphasize the evocative dimensions. You draw Runes from the realms of creation. Then you project them through your outer Rune realm into your universe. The stronger the evocative dimension, the stronger the success of your Magical operation will be. Rune Magic is hyperphysics in its strongest form. It is a method which operates from planes which are invisible to the physical eye, and it acts upon the tangible, material, universe. Therefore, Runes allow you perform that which you cannot perform with "mind power", "mind control", and similar techniques.

With Runes, you can have impact upon your surroundings, and you can effect changes in your inner world. Since those types of impact are generated in the deep levels of creation, in levels where thoughts begin to take shape, Runes can act considerably faster and stronger than any other method which is known to me.

Rune Magic is operated from a hyperspace which is beyond space-time, which is beyond the created forms, and beyond the well-defined energies of the cosmos. As a result, the applications of Rune Magic are unlimited. Regardless how far advanced you are in Rune Magic, regardless how many uses of Rune Magic you know, you will always find new uses and applications of Rune Magic. At the same time, you will experience a continuous progress in your understanding of the workings of the universe. The power of imagination is the limit of the power of the magician. With Runic practice, the magician increases the power of imagination.

After a relatively brief time of your practice with Runes, you will experience:

- ... General Self Improvement.
 - ... Awareness of your Magical Powers
 - ... Increase of your Magical Powers
 - ... Healing Capabilities
 - ... Deep Insights in the Workings of the Universe
 - ... Spiritual Insights and Experiences
 - ... Psychic Capabilities
 - ... Awakening of Chakras
 - ... Emotional Equilibrium
 - ... Harmony with your Environment
 - ... Being in control
 - ... Capability of having Impact upon your Destiny
- and much more.

THE R U N E R E A L M S

Before you begin to practice Runes, you need to establish within yourself a space within which you can work. It will also be useful to have some symbolic arrangement outside, which is used to draw and to project Runic energies. Again, in the following, we are not too much concerned whether what we describe is "true" or "false", but whether it can be put to use, and whether we achieve with this methods the success which we expect.

The arrangement outside, we call it the outer Rune Realm. The inner workspace which we establish, we call the inner Rune Realm, and the Realm from which we draw the Runic energies, we call the Rune Realm of creation. With our imagination, we connect those three Rune Realms. At a later point, when your capability of visualization will be sufficiently advanced, you may see the three Rune Realms connected with the axis of the (multidimensional) world tree, where the distance from each Rune Realm to every other is equal. You will also become aware that the inner Rune Realm is not completely inside yourself, as little as the outer Rune Realm is completely outside. The three Realms permeate each other. With your practice, the mutual contact of the three Rune Realms increases continuously, and so will your capability of harnessing the energies of the Runes.

THE OUTER R U N E Realm

You create your outer Rune Realm best with some utensils. As a magician, you need to be aware that repeated use of the same utensil allows you to set up magical structures without the need of using your own energies, thus freeing your conscious mind for that which is most important in your action. Magical utensils compare to machines on the material planes. Magic utensils can be regarded as machines which have effects that reach into planes beyond the material levels. Those utensils are focal points. Needless to say, the best

utensil is of such symbolic arrangement that it can be a focal point for any desired energy of a specific symbolism.

A very strong set of utensils symbolizes the four elements, which appear in three ways at least: first, they symbolize the four elements on the material planes, then the four elements on all other planes, and thirdly, they represent the four planes on which the magician acts. We suggest, that you use a set of utensils which symbolizes the elements: candles for fire, or the world of emanation: the will of the magician; a cup with water or wine for the emotions of the magician, the water element, and the astral world; a dagger (active) or incense (passive) for the air element, the mind of the magician, and the mental spheres; finally a dish with earth, or a coin or special talisman for the earth element, matter, the consciousness of the magician, and the material planes upon which you want to act. Be aware of the old wisdom that, when you align the four elements, you can perform anything you want to perform. Someway this is like having will, mind, emotions, and consciousness directed at one and the same goal, which can be achieved with proper direction of the will power, control of thoughts, focus of emotions, and conscious attitude.

The next, very important, symbolism is a symbolism of protection, often symbolized as a circle. However, for it to be very effective, your imagination needs to go beyond a mere circle, it needs to envision a bubble at least. The circle symbolizes your universe, of which you are the creating Divinity, which rules all energies in this universe.

Then, finally we reach the symbolism which gives you access to the energies with which you want to practice, the Runic symbolism. You arrange the Runes in a circle, beginning with FA in the North, going counterclockwise until YR, EH and GIBOR are in the middle of the circle, at your right and at your left side. If you intend a specific Runic practice, then you will do well to have the Rune(s) involved in front of you, taken out of the context of the circle. This

symbolically brings you in touch with this specific Rune.

You may use a set of rituals (a ritual is a part of a ceremonial) to establish your outer Rune Realm. You will learn those specific rituals in your practice which leads you to mastership of Runes. Here we mention that those are a set of rituals which include lighting of candles, charging of the elements, lighting of the incense, establishing of the protection, etc., including the purification of the practicing Rune magician.

THE INNER RUNE Realm

Once the outer Rune Realm is established, you proceed to establish the inner Rune Realm. You may, of course, establish the inner Rune Realm by itself and project the Runes mentally, but, unless you are very well advanced, the effect will then be in the main on the mental spheres. For training in establishing the inner Rune Realm, of course, you need not establish the outer Rune Realm. This counts also for Rune meditations. However, it is always useful to have at least a candle burning as a focal point. For anything where you expect effects on the astral emotional, conscious or material planes, you will do well to set up the outer Rune Realm. All too often students complain that they can not get spectacular results. Failures of this kind may be for karmic reasons. In most cases, however, it is failure to properly establish the outer Rune Realm.

The inner Rune Realm takes shape of your visualization. You build up a space within yourself which is your working space, where you imagine yourself working with Runes, and you know of the connection of both Rune Realms with the Realms of creation. To establish this working space, your inner Rune Realm, to its most effective shape, you need to practice a bit, and train yourself to a point where you can establish this inner Rune Realm spontaneously, at any time.

To establish your inner Rune Realm, you proceed as follows:

1. Bring yourself in a comfortable position. If you do more than practice, establish some symbolism of your outer Rune Realm.
2. Relax your body. You may use progressive relaxation, beginning from the tips of the toes and progressively relaxing up to the crown of your head.
3. Imagine yourself being in a place which you see appropriate for your inner Rune Realm. You may imagine that you are in a clearing in the woods, which is very peaceful, with a brook running through, on a very sunny day. You may see yourself on a

quiet beach, or on the top of a mountain, or in an old temple, or whatever situation suits you, and whatever place you can imagine as being a holy place, for this place which you are to establish now, is the place from which you are triggering and harnessing the Runic energies. This place is your place of power. You are ruler in this place, god of your universe. For your convenience, and easier access to the inner Rune Realm, a tape is available.

You see yourself in the middle of this space, your Rune Realm, and you see yourself fully protected. This protection also reaches out in your outer Rune Realm, and it is in connection with the protective measure(s) of your outer Rune Realm. Then, you see a circle of Runes around you. Those Runes may be giant Rune stones, or wooden staves arranged around you, similar to the arrangement you would have in your outer Rune Realm. Again, the arrangement may be the 16 Runes from FA through YR around you, beginning with FA in the North, going counterclockwise, until you reach YR, again in the North. The Rune EH to your left, and Gibor to your right. You may also visualize an altar in front of you, similar to the altar which you have in your outer Rune Realm. Now, you see every one of the Runes around you in a glowing light, indicating that they get their charge from the Rune Realm of creation. At the same time, if your outer Rune Realm is established, this outer Rune Realm is automatically charged, and the connection to the Rune Realm of creation is established. As the Rune magician of this universe, you are aware that you are its absolute ruler.

Having established your inner Rune Realm, you may operate from there on a purely mental level, or, if your outer Rune Realm is also established, then you may keep the awareness of your inner Rune Realm being present, and you can now begin with Rune rituals or ceremonials.

Practice in inner Rune Realm is necessary for good progress in Rune Magic, and for your advancement to be a Rune magician.

PRELIMINARY PRACTICE

Before you begin with the Runic practice, you should have prepared yourself accordingly.

1. Establish your Outer Rune Realm.
2. Establish your Inner Rune Realm.
3. Have your body relaxed, which is necessary for proper breathing. One of the best practices is the "shavasana" of Eastern Yoga. Lie flat on a mat, arms slightly angled (see fig. 1). This is the position of the SIE Rune, a variation of the Rune IS. Relax your muscles progressively. Be sure that jaws and tongue are relaxed, as well as the many small muscles around the eyes. Eyes closed, at least at the beginning of your practice.

The person who practices Yoga, usually ends the array of exercises with this position. Similarly, it is good for the Rune Magician to remain in this position for a while after Runic practice, after the Runic energies were properly grounded. SIE naturally follows IS. This very simple, yet important Runic position causes peace, quiet, dissolving of tension in the body, help in internal conflict situations, activation and dynamization of energies received, and spiritual illumination.

4. Very important: Conscious full-breathing. Without proper control of breath, there is no full success in Rune Magic. Yet, that which is labeled "breathing" by most people, is generally nothing but a poor fragment of the breathing which should be practiced. Full breathing is composed of:
 - a) Breathing with the diaphragm, visible in the movement of the abdomen.
 - b) The middle breathing, where the ribcage is expanding, and
 - c) The upper breathing, where by means of lifting the shoulders the last remaining space in the lungs is filled.Full breathing combines all three ways of breathing. When breathing in, the body appears to expand in a wave-like movement, from below to the shoulders. When exhaling, this motion goes the other way.

Full breathing is the basis of all existing healthful systems of breathing. You should practice this way of breathing in the position of SIE. Begin with a complete exhalation, and wait till the urge to inhale comes naturally. Next you follow some rhythm of breathing. When practicing, be sure to do so gently, and avoid strains at any cost. Be aware that gentle stimuli strengthen the life force, stronger stimuli block the life force, and very strong stimuli destroy the life force. Therefore, the gentler you train your body, the faster the desired results.

Rhythms to practice:

- a) Inhalation: 5 seconds
Hold breath: 1 second
Exhalation: 5 seconds
Wait for urge to inhale
- b) Inhalation: 4 seconds
Hold: 2 seconds
Exhalation: 4 seconds
Pause: 2 seconds
- c) Inhalation: 5 seconds
Hold: 3 seconds
Exhalation: 7 seconds
Pause: 3 seconds
- d) Inhalation: 3 seconds
Hold: 7 seconds
Exhalation: 4 seconds
Pause until urge to inhale
- e) Inhalation: 4 seconds
Hold: 16 seconds
Exhalation: 8 seconds
Pause until urge to inhale.

Depending on goal and capability, you may extend the times of inhalation, hold, exhalation, and pause in their proper proportions.

You may dynamize your breath with your imagination that you inhale Odic energies, or specific Runic energies.

5. Next preparation is to transform your body into a large vibratory field of Runic sounds. Only good voice (speak up-front!) results in good resonance. Your voice should not appear as coming from the throat, palat, nose, or squeezed-out. Vowels should be formed up front. Practice M, N, NG, by themselves and in connection with vowels. This practice will increase your feeling for sounds, and your capability to make various

parts of the body resonate with the sound, which is essential for Runic practice.

6. Thoughts are to be controlled. Observe only those thoughts which have to do with our Runic practice. Do not allow a playground for vagrant thoughts to unfold.

7. The body needs to be trained that it will stay in any Runic position for a while.

When you are familiar with the practice of all of the above, then you are ready for more involved practice. If you practiced the Home Study Course, then you should not have much problem. Quite naturally you may now ask: In what sequence should I practice Runes?

This question is to be answered individually. Your Cycles of Runic energy are an important factor to consider, as well as your personal Runes. If, during your previous practices, you found one specific Rune to which you feel strong links, then you may begin every Runic practice with this Rune. You may also practice in the sequence of the FUTHORK. Whenever you are advanced to a degree where you tune into what Runes can tell you, then you will intuitively find out which sequence to use for what purpose.

ADDITIONAL HINTS

At last, some useful hints for practice of the more powerful Runic exercises and ceremonials:

Before you begin, clean your body, and wash off, symbolically speaking, all impurities. Purify your Aura (see Runic projection in letter of instructions of HAGAL), and rub your body with good oil. The oil may contain essential oils of herbs, which are in accordance with the goal(s) that you envision. Also, tune consciously into the vibrations of your Runic Realms, and connect the three Runic Realms. Then you may begin with drawing the Rune(s) which are most in tune with you. At the end of your ceremonial, you should visualize an enclosure (aura) of Odic energy around yourself, or you position the Rune MAN, and sing MAN, which brings you in tune with the spiritual symbolism of the Holy Grail. Never forget to ground surplus energy at the end of every ceremonial, ritual, or other Runic practice. When grounding, visualize IS and position IS in grounding-position, and visualize all surplus energy flow into the ground. You may also sing the Rune, beginning with the highest possible pitch and lowering the pitch more and more, all the while you see the energy flow down, and into the ground. This practice prevents you from being overcharged after the ceremonial. When practicing with a group, the group as a whole is to practice the grounding.

SOUNDS OF RUNES, OR RUNE MANTRAS

Up to this point, you have learned to practice Runes by singing specific sounds. If you did not order the tape on Rune mantras, then you were limited to utter the names of the Runes as mantras. However, there is much more to singing Runes than mere singing of their names. In fact, if you compare the Runes to colors of a spectrum, then the various intonations of Runes would give you the many shades and hues of a subspectrum for every Rune. Experience will tell you how to use those slight shades of Runic energies, and which sound is connected with what specific bundle of energies of the Runic Realms of Creation.

Needless to say, what lies before you is an extensive amount of Runic practice, and only consistent, preferably daily, practice will lead to mastery of the many shades and sub-shades of the Runic spectrum. At the beginning exercise the Runes, one at a time, with their specific sounding of the name. It is useful to recite the Song of the Rune before practicing its mantras. Next you begin with variations:

- a) Change pitch and loudness of sound. Holding the same pitch, increase power of voice, then decrease again. Then change pitch, from low to high, then back to low. Practice with high pitch alone, then low pitch. Get a feel of the differences. Find as many combinations as possible.
- b) Practice with fingers close to each other, then with stretched out fingers.
- c) Change hand positions, palms pointing upward, then downward.
- d) Practice of visualization of the sound (hear the sound with your inner ear) while inhaling, also see the symbol of the Rune with your inner eye. You should be familiar with the practice if you properly learned how to establish your inner Rune Realm. The difference is now that you practice the various pitches. In other words, you introduce the many hues of Runic sub-spectrums into your inner Rune Realm. This practice of visualizing while inhaling has especially strong effects on your

chakras, provided you project the appropriate Runic energies in those spiritual centres of your body.

e) Change and vary the sounds of the Runes by substituting vowels with other vowels, or with diphthongs.

f) Next, focus on specific key-symbols of Runes, such as "root, healing" with UR, "projection, activity" with THORN, etc.

g) Next, you may include the bodypositions, changing from Rune to Rune, adjusting to the pitch, from which eventually a Runic dance develops, which makes you capable of drawing and modifying Runic energies even more powerfully and with much more versatility than you may even dream about now, especially when, once you are advanced to Rune Master, you will develop your backgroundmusic to your practices.

ABOUT PRONUNCIATION

Vowels in Rune Mantras are pronounced as follows:

- a is pronounced as in f-a-ther
- e is pronounced as in wh-e-y
- i is pronounced as in ant-i-que
- o is pronounced as in b-o-at
- u is pronounced as in g-oo-se
- y is pronounced as in French "mur"
(a sound between u and i)

THE BASIC SOUNDS/MANTRAS OF RUNES

FA	fffffaaaaaaa
UR	uuuuuurrrrrr
THORN	ththooorrrnn
OS	oooooossssss
RIT	rrrrriiitttt
KA	k-k-k-k-aaaa
HAGAL	haaag-gaaall
NOD	nnnnnnnooooo
IS	iiiiiiiissss
AR	aaaaaaaaarrrr
SIG	sssssiiiiig
TYR	t-t-t-tyyyrr
BAR	b-b-b-baaarr
LAF	lllllllaaffff
MAN	mmmmmmaaannn
YR	yyyyyyrrrrr
EH	eeeeeeeeeeeh
GIBOR	g-g-giiboor

R U N E R E A D I N G S

1. I N T R O D U C T I O N

Perhaps one of the most known fields of Rune Magic are Rune Readings. There is hardly any book written about Runes which does not contain a large part of it dealing with Rune Readings. In fact, some books about Runes are exclusively describing the field of Rune Readings. The type reading described in those publications is mostly of a worldly nature. Therefore, it is of little importance whether the Runes employed constitute a symbolism or a mere array of symbols. In fact, for this type worldly reading, most any array of symbols which describes some life situations will suffice and yield some results. However, here I want also say a word of caution in connection with the 18 Sacred Futhork Runes: Runes are operating on levels of the Realms of Creation. The SYMBOLISM of the Sacred Futhork does not lend itself easily to mere worldly readings. When you eventually perform Rune Readings with help of the 18 Sacred Futhork Runes, then you should never forget that statements about worldly situations are coming forth from deeper, and more spiritual, realms. The Realms of Creation Eternal. To do a reading with the 18 Sacred Futhork Runes properly, you need to fulfill several preconditions: Above all, you need to familiarize yourself with the esoteric and exoteric meanings of the 18 Sacred Futhork Runes. Next, you need to establish your Rune Realmss, and you need to truly tune into the Realms of Creation. It is not enough to simply cast the Runes for a reading, and then to look up the meaning of each Rune in a book. I am appalled when I think of the many publications where a misuse of Runes for mere worldly "readings" is taught. Worldly readings are much better performed with a good deck of Tarot cards!

Rune Readings are a voice from the Realms of Creation, when properly performed. Hence, you need to be familiar with many aspects of Rune Magic, before you are ready to perform a Rune Reading. Above all, you need to be

capable to perform ceremonials of Rune
Magic, at least to the extent of
establishing your Rune Realmss, plus some
ceremonial experience. Rune Readings tell
you of the energies from the Realms of
Creation which are at the root of trends, or
events: in present, past, and future. Rune
Readings, then, tell you what energies from
those realms you may use in order to
effectively deal with the situation. And,
this type of reading emphasizes the
spiritual background of everything. The
worldly outcome is merely a side-effect of a
deeper, spiritual, development.

R U N E S T A V E S
A N D
R U N E R E A D I N G S

- Do you know how to cut?
- Do you know how to read?
- Do you know how to find?
- Do you know how to explore?
- Do you know how to demand?
- Do you know how to celebrate?
- Do you know how to project?
- Do you know how to redeem?

Congratulations to your first set of Rune Staves!

This set of Rune Staves is a kit of staves with the Runes engraved. What it takes is some of your own projection and some of your own of charging in order to make those staves your own powerful tools to trigger Runic energies, for Runic ceremonials, and for many other uses which will be revealed to you during your studies of and practice with Runes.

Nothing is better than making your own, because when making your own staves, you are getting in tune with each Rune, stave by stave, as you work on it. Therefore, you have the staves cut on wood, and it is up to you to polish and to sand them as well as to charge them with your own energies.

Before you begin sanding each Rune, read up on the meanings of the Rune. When sanding and polishing, be aware of the meaning of the Rune you work with, be aware there is much more meaning to it which will open up to you as you progress with your practice and study.

Ideally, do this work in a ceremonial setting. Set your altar, light your candle, you may follow ceremonial as outlined in "candlemagic with Runes."

With each Rune, you proceed as follows:

Position of IS (or handposition)

Say: Self conscious I am antenna
For rays and vibrations
From the Realms of creation.

Position of UR (or handposition of UR)

Say: Self conscious I draw the power
From the deepest depths
From the spheres of the Earth
From the womb of All-Mother.

Position of MAN (or handposition)

Say: Self conscious I draw the power
From the highest heights,
From cosmic realms
From the great universe.

Position of the Rune on which you work

Say: Powers of (Rune)
Come to me
Stay with me
Give me the wisdom and power
Of your realm.

Note: If body- or handpositions are not known, strongly visualize the Runes with which you are working.

Now, you can sand and polish. While sanding and polishing, project energy into the Rune.

The Runes MAN and YR, KA and AR, FA and OS, need to be notched at the bottom of the stave, or otherwise marked, so that you know later which Rune it is.

First, you sand with coarse sand paper, round off corners, etc.

Next, you sand with fine sand paper, and last you polish with steelwool.

Oil the Rune stave with a high quality oil.

Once the Rune feels good, hold the stave in your right hand, look at it, and say:

You became carrier of the powers of
Tied to you is the power of the Rune

Sing the mantra of the Rune, murmur the Song of the Rune (or stanza or the magical poem,

if you did not yet proceed to the song of the Rune in your studies), draw the Rune in the air with your dagger or powerrod or wand.

Next, say:

Powers of ... (Rune)

Thank you for your energy

Flow back to the Realms of Creation.

Ground, and end ceremonial, then go on to next Rune stave.

Best is to prepare one stave at a time. True, this takes time, but you will end up with a well charged set of Rune staves which is fully tuned to you; well worth the effort which you put into it.

If the set of Rune staves is for the group (castle or lodge), proceed similarly, but have the group present (or in mind) while preparing the staves. As an alternative, the all members of the group may finish the staves in a group ceremonial with group energies present. In this setting, each member may work on one Rune at the same time.

Very important is that only the person uses the staves to whom the staves are tuned. Group staves are to be used for group ceremonials only. The master or knight of a castle may use his or her own set for ceremonials of the castle. Similar is the use of Thor's Hammer.

Whenever you use the staves, make sure nobody is around who may project negative energies or ideas (disbelief, hostility, etc.) into your set of Rune staves. Should too much negative energy build up in your set of Rune staves, it will be necessary that you de-ode (purify), then recharge them.

Purification: Fumigate in frank incense, being aware that all negative energy be removed. Proceed Rune by Rune.

Re charging: Clean off a table, lay out Rune staves in circle with EH and Gibor in middle. Proceed as in ceremonial, establish inner and outer Rune realms, then recognize

your Rune staves as part of the outer Rune realm which is your channel to the realms of creation and the universe. Beginning with FA, proceed from Rune to Rune as follows:

- (1) Look at the stave of the Rune.
- (2) Trace the Rune on the stave with a wooden pin. While tracing, project energy through your arm, hand, pin into the Rune stave. Draw the energy from the universe with your other hand.
- (3) Chant the mantra of the Rune.
- (4) Recite the stanza of the Rune.
- (5) Meditate for a minute or two, then proceed to the next Rune.

R U N E R E A D I N G S

Rune staves are to be used primarily for your practice of Rune magic and ceremonials, to attract Rune energies, to set up your Rune realms, to project Rune energies, etc.

Rune staves can also be used for Rune readings, of course. In fact, some people who heard of Runes, think that readings is all there is to Rune staves and to Runes.

Before you begin to use Rune staves for readings, I would like to tell you a word of caution: Runes are operating in the main on levels of the realms of creation. Their symbolism does not lend itself easily to purely worldly, or exoteric, types of readings. When you do a Rune reading, never forget that statements about worldly situations are coming forth from a deeper, more spiritual, realm: The realm of Creation-eternal, the realm of the eternal Now, at the roots of which destinies are sprouting.

Therefore, to do Rune readings properly, you need to become familiar with the realms of Runes, which familiarity you gain with the practice of Runes. I am appalled when I think of the many publications where a misuse of Runes for worldly readings is taught, let alone that the "runes" described there are not part of a true symbolism. Worldly readings are much better performed with a good deck of Tarot cards!

Rune readings tell you of the energies from the realms of creation which are at the roots of past, present, and future of the situation about which you want to know. Rune readings, then, tell you what energies from those realms you may use in order to positively deal with the situation. As such, Rune readings become a valuable tool for the advanced Rune Master.

In the following, I will give you some of the exoteric and esoteric meanings (or better: keywords of access) of the Runes. Practice with Runes will make you familiar

with the flexibility of Runic energies, and practice of Rune readings will lead you to a deeper understanding of Rune readings than mere reading of any wordy instructions and "how to" would ever do.

NEVER use your Rune staves to give purely worldly readings by neglecting what the Runes tell you about the deeper, spiritual, side of the situation!

Before you lay out the staves, the introductory ceremonial is very useful. It makes the vibration for a successful reading right. Proceed as outlined in "candlemagic with Runes."

Place: Your altar, altar of the castle or lodge; better you set up in nature, in an appropriate setting, on a magically strong place.

Best times: Hour of sunrise, High noon, hour before sunset, midnight.

Best days: Wednesday or Sunday, first day of a Runic period (Mal), Sacred days, day before birthday of person for whom the reading is made.

Look at North (location of the Runes YR and FA on the altar).

Clothing: robe, or better (if possible) nude.

Wear only magically meaningful metal objects (such as the Hammer of Thor, the Great Rune Talisman, dagger or power rod).

Only those for whom the reading is done may be present.

Magical Diary: It is very important to make notes of the reading, which, in general, have to be of a confidential nature.

THE READING CEREMONIAL

I N T R O D U C T I O N

1. Setting of the outer Realm. The outer realm is the space within which you are working. It is your temple. The set up of your outer realm symbolizes the universe upon which you intend to operate. Be sure that you will not be disturbed in your work. Be sure the room in which you are working is clean. You need an altar. A table will do. Arrange your ceremonial utensils as shown in the picture. Leave enough space for the candles and Rune staves which you use for the ceremonial. Set a circle of Rune Staves around the table, large enough so you can move in this circle. Have the Runes EH and GIBOR on the left and right sides of the table, or altar. Have the Runes which you need for your ceremonial removed from the circle, and set it on the table in the space where you have the center of operations. Set the cup with water or wine on the table, the incense burner, one altar candle, Thor's Hammer, and the Rune dagger. Also the book of ceremonials and your magical diary. Arrange the center of operations according to the ceremonial and its purpose. You may either stand or have a chair available for sitting down in front of the table.

Now, you are ready to set up the space within which you are going to work: your inner and outer Rune Realms. First, tune into each Rune in the circle, singing the stanza of the magical poem for each Rune. You may, instead, listen to the tape which establishes your inner Rune Realm, and connect each Rune of your inner Rune Realm with the corresponding Rune Stave in your outer Rune Realm.

2. Protective circle: Next, you take the Rune dagger, or power rod. First you trace the circle of Rune Staves around the table, then you draw the HAGAL Rune in all four directions, beginning with North (the position of the FA Rune), next West (position of RIT), South (position of IS),

then East, position of BAR. Each time you draw the Hagal Rune in the air, do so with the strongest possible imagination of protection and Oneness with the universe.

Put the dagger back to the side of the incense burner.

3. Light Altar Candle and say:

"Forces of the Light
Eternal in the universe,
Explore darkness!
Sacred Flame, shine!
Bring Light to the night!"

All around darkness
All around night
I amidst the Light
Darkness had to give
Way to the Light!

Original fire of FA
Burning since the beginning
Of times
Light Force of AR
Born in the Sun
At the beginning of the worlds
Give Light to the seeker!"

4. Light Incense and say:

"May the power of the Runes
Lead me to a greater understanding
Of the Universe and Myself!"

5. Hold both hands over the cup with water (or wine which is thinned with water). Be aware of the purpose of your ceremonial. Project in the wine (or water) success of the reading and that it turns out to be beneficial for the person for whom the reading is done. Know that the water element symbolizes emotional strength. Project energy into the water or wine.

6. Look at Thor's Hammer. Be aware that this is the symbol for your capability to draw, harness, and project Rune energies. Hold both hands over it, knowing of its power. Imagine it being sent to the realms of destiny from where it brings back the knowledge you are seeking.

Now, you finished all preparation and you are ready for the

7. CEREMONY OF THE READING WITH RUNES

The realm of action is a circle on your altar. (see: "candlemagic with Runes"). For the reading, you do not place your personal Runes around in the circle, but you shuffle them, face down, inside this circle.

Set the petitioner's candle inside the square within the circle, in the Northern Corner.

Proceeding:

(1) Light the candle of the petitioner (the person for whom the reading is made) and say: "This candle represents ... (name of person for whom reading is to be made), whose trends of destiny the Runes are to show."

(2) Touch the Hammer of THOR and say: "I am sending the Hammer of THOR to the Runic realms of Creation. May the Hammer of THOR bring back the wisdom of those realms!"

(3) Position of UR (hand or body).

Tune into the realm of UR.

Sing mantra of UR (3 or 9 times)

Sing stanza of UR

Say: With the power of UR

I am seeing the roots of all fate.

(4) Position of MAN

Tune into realm of MAN

Sing mantra of MAN (3 or 9 times)

Sing stanza of MAN

Say: MAN, symbol of rise,

Crown of the worldtree,

Symbol of man

I open to the influx of MANA

Of spiritual power

Which permeates the universe.

Sacred MAN,

Reveal the mystery of MIMIR,

Awaken within me original memory,

Original wisdom.

(5) Position of YR

Tune into realm of YR

Sing mantra of YR (3 or 9 times)

Sing stanza of YR

Say: YR, symbol of the roots,
Symbol of the norms
Who spin the threads of destiny
At the roots of the world tree,
Power of Becoming
Which permeates
The Realms of Creation
Bring me in tune with the roots
From which life sprouts
Eternally.

D R A W I N G O F T H E S T A V E S

You may say the question(s) aloud or mentally. Cast all 18 Rune staves onto the altar, while you look at the sky.

Still looking at the sky, draw three (with other methods, five, seven, or nine) staves.

The first stave tells about past, root, beginning.

The second stave tells about present, existing, active now.

The third stave tells about outcome, future, development.

Now follows the

8. I N T E R P R E T A T I O N .

9. After the interpretation, you (or person you read) drinks the wine (or water), then you end the ceremony by saying:

"Powers of the Runes
Thank you for your advice
Flow back to the
Realms of Creation."

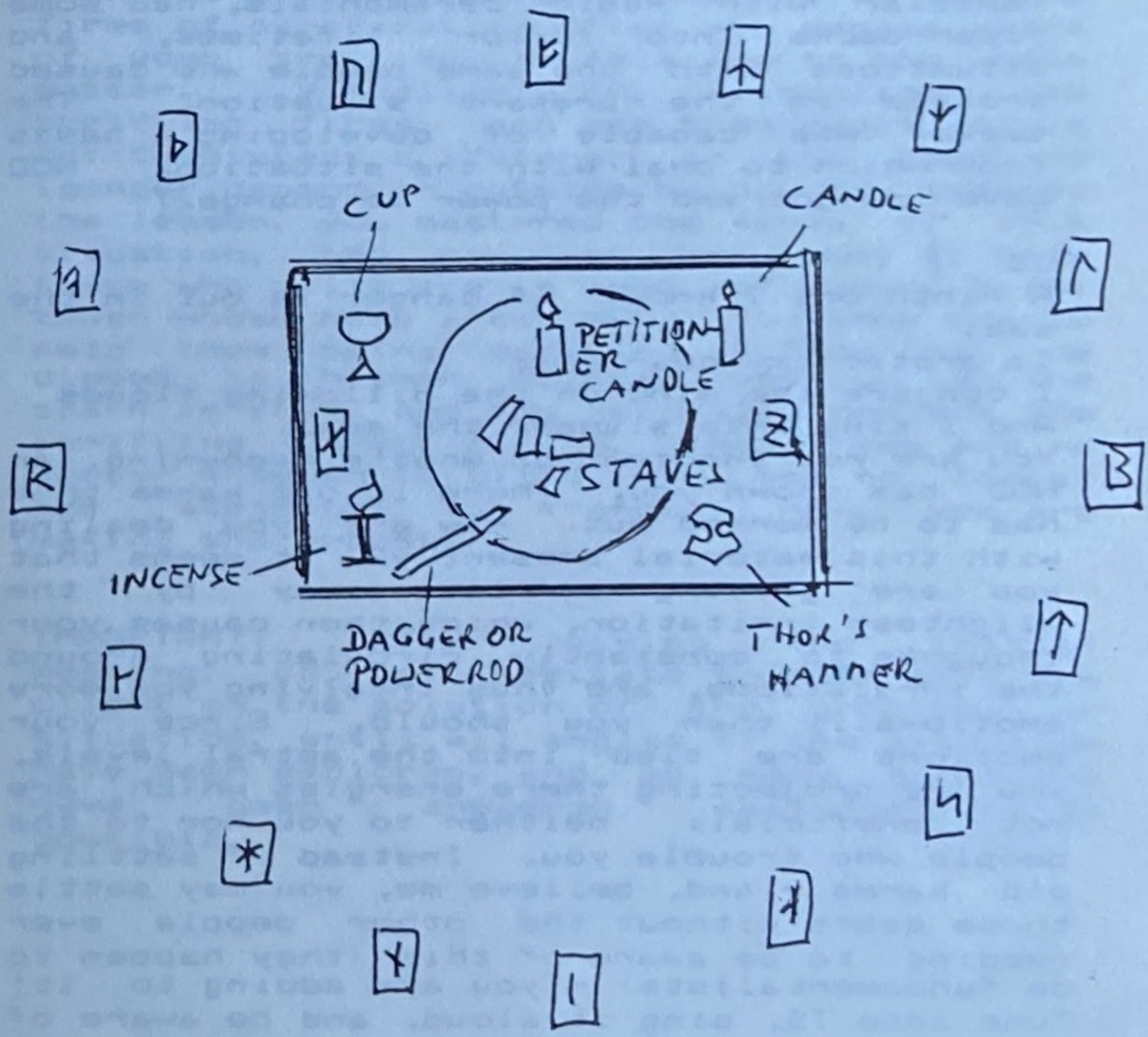
10. Imagine, or visualize, the Rune energies grounding, flowing into the ground, like water flows down a drain, or seeps into sandy soil.

11. Extinguish the flame of the altar candle, incense burner, and petitioner's candle.

12. Remove all utensils.

Remark: The ceremonial setting gives the

reading a very deep, spiritual, background, which cannot be achieved when simply drawing Runes as is often promoted by unknowing authors which describe "Rune readings". It is up to the personal decision of the petitioner whether he or she wants access to knowledge that comes forth from the realms of creation, thus gaining insights to how new trends can be developed, or whether a weekend-fix of a psychic-fair "reading" is preferred. The energies present at the proper ceremonial setting give insights on other levels than the purely verbal ones. A reading should not just be words, talk about karma, and what not, but provide with DIRECT EXPERIENCE of the energies and powers which continuously shape our destinies.



EXAMPLE

The person sought counsel in connection with job-difficulties. The Runes NOD, IS, and FA were drawn.

NOD: X

An eighth one is mine: Quite useful to hear

For all the people in danger and need.

Where hate should arise between man and man
I settle it fast!

Be aware that there is karma working at the root of the situation, and be aware that this karma reaches much further back than when difficulties arose in this lifetime. Use NOD to access this karma! Sing NOD aloud, and invoke NOD, and await what NOD will tell you. (at this point, the seeker, himself familiar with Runic ceremonials, had some flash-backs into former lifetimes, and situations with the same people who caused trouble in the present situation. The seeker was capable of developing a basis from which to deal with the situation. NOD gave insight and the power to change.)

IS |

A ninth one I know: If danger is out in the sea;

To protect my dear ship

I conjure the wind on the billowing floods

And I sing into slumber the sea.

You are not innocent on what's happening, as NOD has shown you. There is old karma that has to be worked out. How are you dealing with this material presently? It seems that you are getting carried away by the slightest irritation, which then causes your thoughts to constantly circulating around the irritations, and thus involving you more emotionally than you should. Since your emotions are tied into the astral levels, you are projecting there energies which are not beneficial: neither to you nor to the people who trouble you. Instead of settling old karma - and, believe me, you may settle those debts without the other people ever needing to be aware of this (they happen to be fundamentalists) - you are adding to it! Tune into IS, sing it aloud, and be aware of the energies which are At the roots of your present behaviors. Be aware of your true ego, which has nothing to do with an

ego-trip which clings to illusions! (Here, the seeker became aware of behaviors which could modify the situation. He was also capable of gaining spiritually, and having a new angle of IS discovered).

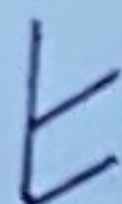
FA

I know the songs that no wise woman knows
And none of the children of men.
The first song is help, help it will
Against sorrows, hurt, and any distress.
You may not do anything positive, you may
decide not to learn the lessons from the
situation, and still you will receive help
in the situation. It's stirring you up more
at present that it should. The outcome will
be positive in any case, since someone will
help you. Yet, the true message, which
helps you solve the karmic problem rather
than the present, wordly, one, is to use the
fires of purification after you became aware
of your true ego in relation to the whole
matter. Visualize FA, visualize its
purifying fires, and see them reach you in
not too distant a future, so you need no
longer depend on outside help. You learned
the lesson, you mastered the karma of this
situation, and now you are ready to help
those who still are in need of your help:
those whose hate arose NOD. You know how to
help them being purified. They may be
closed to higher wisdom, yet you lay the
spark in them, and you helpfully project the
purifying fires of FA. Now, you are no
longer exposed to blind fate, you no longer
are subjected to trends. Now, you are
making the trends.

IMPORTANT: After giving the initial meaning, do not hesitate to WORK with the client on the solution of the problem, or situation, until all angles of the situation have been explored, and as many questions have been answered satisfactorily as possible.

DIVINATORY MEANINGS OF THE RUNES

F A



Exoteric Meaning: Changes, new beginning, growth, change of residence, travel, animals, movable possessions, fire.

Esoteric Meaning: Original fire, creative father principle, guidance, Father-God Principle.

Potential Negative Trends: Set-backs, failures, destruction, blockage.

U R



Exoteric Meaning: That which is permanent, that which lasts, good luck, money, doctor, medical help, healing powers.

Esoteric Meaning: Original cause, origin, root of all material and cosmic phenomena, contact with the transcendence, with the dead, life after death, Mother-God, Creative Mother Principle.

Potential Negative Trends: Instability, bad influence, disease, ignorance.

T H O R N



Exoteric Meaning: Will to act, setting of goal, power to become.

Esoteric Meaning: Return, new emergence from what's old and dried-up, formative power of the seed.

Potential Negative Trends: Demonic influence, damage, deception, perishment, enemies.

O S



Exoteric Meaning: Speech, talk, discussion, successful speaker, mouth, breath which evolves, uterus.

Esoteric Meaning: Idea of that which is given, idea of that which is evolving.

Potential Negative Trends: Bad luck, failure of the word, negative suggestions, misuse of knowledge and wisdom.

R I T R

Exoteric Meaning: Right, order, the judge, advice, salvation.

Esoteric Meaning: Original law, that which flows away, religious feeling, ritual action.

Potential Negative Trends: Injustice, lawlessness, violent act, black magic practice.

K A K

Exoteric Meaning: Art, capability, artist, genius, being favored, procreation, the child, force, that which is established.

Esoteric Meaning: Female principle in the universe, as executive power of balancing justice.

Potential Negative Trends: Refused procreation, injustice, decay, incapability.

H A G A L



Exoteric Meaning: That which cares and maintains, protects, and preserves; that which is motherly; wisdom, harmony, salvation, blessing, protects from hail and fire.

Esoteric Meaning: Eternal change, caring and maintaining principle in the universe, Higher Self, God-in-us.

Potential Negative Trends: Exposed to bad luck, not protected, bad weather, destruction by storm, hail, and fire.

N O D



Exoteric Meaning: That which can not be averted, separation, stress, karmic debt, karmic need, but with outlook for change of karma, banishing bad luck by means of accepting karma and karmic law.

Esoteric Meaning: The decision of the Norns, karma paid-for, cause-effect relations.

Potential Negative Trends: No hope for change, exposed to fate because of revolt against karmic determination, unavoidable fall and decline, ultimate negation.

I S



Exoteric Meaning: Self-conscious ego, positivity, activity, will, self-domination, influence, personal power, magical power, power to banish evil.

Esoteric Meaning: Unity in the universe, duration, magical powers, action in the cosmos.

Potential Negative Trends: Passivity, lack of will, being dominated, medium and mediumism.

A R

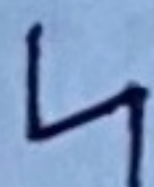


Exoteric Meaning: All that which is beautiful and Sun-like, change to good, virtues, honor, glory, rewarding work.

Esoteric Meaning: Completion, light, Divine spirit, Sun.

Potential Negative Trends: Ugly, sterility, vice, change for evil, shame.

S I G



Exoteric Meaning: Victory, success, gain, successful fight, achieved goal, school.

Esoteric Meaning: Salvation by light, inspiration, soul.

Potential Negative Trends: Destructive light, lightning, hopeless fight, defeat, failure, exploitation, blocked soul-powers.

T Y R



Exoteric Meaning: Beginning, creation, excitation, power, success, wisdom, duties fulfilled, art of concealment and hiding.

Esoteric Meaning: Re-birth into the light-life of the soul.

Potential Negative Trends: Perverted beginnings, tarnished beginnings, falsified knowledge, failures, dying.

B A R

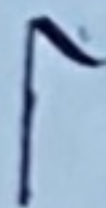


Exoteric Meaning: Becoming, birth, being protected, help in birth, son, bread, song, fountain, mountains.

Esoteric Meaning: Meaning of life on this planet, in this world.

Potential Negative Trends: Not-becoming, perverted birth, miscarriage, lost son, bitter bread, death-bed.

L A F



Exoteric Meaning: Life, experience, test, temptations by life-circumstances, water, sea, good management.

Esoteric Meaning: Misery as a consequence of tests failed.

Potential Negative Trends: Succumb to temptation, deception by mate, downfall, emptiness, corpse.

M A N



Exoteric Meaning: Man, increase, masculinity, health, plenty, magic.

Esoteric Meaning: Spirit, truth, God-Man, male principle in cosmos.

Potential Negative Trends: Demonic spirituality, left path, growth through improper practice, black magic.

Y R



Exoteric Meaning: Woman, femininity, desire, sensual love, passion, perfection.

Esoteric Meaning: Woman, mother, chaos from which creation emerges, female principle in cosmos, God-Woman.

Potential Negative Trends: Perversion, unbounded passion, error, maja, failures as a consequence of wrong action.

E H

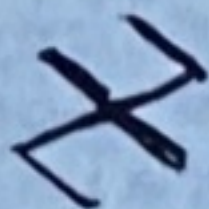


Exoteric Meaning: Marriage, wedding, partnership, permanent bond, binding decision, hope, duration, horse.

Esoteric Meaning: Permanence and marriage as a law, unity of ego and you, sister souls, soul-love, God-Man-Woman.

Potential Negative Trends: Mismatch, unlucky love, ego and you can not find each other due to karma.

G I B O R



Exoteric Meaning: Fulfillment, giver, gift, sacred marriage, being ONE with the sister soul, protection against evil forces.

Esoteric Meaning: God-All, death-life cycle, seeing of the Divine, Being the Divine.

Potential Negative Trends: Vain desires for fulfillment, hopeless search for soul mates, god-less-ness.

A P P E N D I X

CRYSTALS AND RUNES

THE ULTIMATE POWER OF CRYSTALS IS ACHIEVED
WITH THEIR CONNECTION TO THE RUNES

As you know, the symbolism of the Runes is based on the hexagon with the three inscribed diameters. It is interesting to note, that the most perfect crystalline system is the hexagonal system, which has the same basis.

Ancient Rune Masters talked about harnessing the energies of the world crystal when working with Runes. Especially Quartz has proven to be useful in Runic practice. So did water which, in its solid form, ice, crystallizes hexagonally: All of us are familiar with the shapes of snowflakes!

Each Rune may be viewed as a partial energy of the great world crystal. Therefore, it is a little step from using the crystal energies of quartz and other crystals, to dynamize them with Runes, and to eventually incorporate those generators of energies into powerful Runic practices, as well as into the methods of crystal use.

In fact, so powerful are some of those practices that we have to refrain from just telling them to anybody. Only trained and initiated Rune Masters will penetrate some of those self-guarding secrets of Crystal Magic with Runes.

Here, we familiarize you with some very useful methods of using crystals for Rune Magic.

If you look at a quartz crystal from the top, then you see the HAGAL Rune. Other Runes appear on quartz crystals, especially when you look at them from different angles.

For effective work with Quartz crystals in Rune Magic, you need a set of crystals which are dynamized with Runes (Runes are engraved on crystals which are SPECIALLY SELECTED for each Rune), plus several other crystals which serve as transmitters, focal crystals, etc.

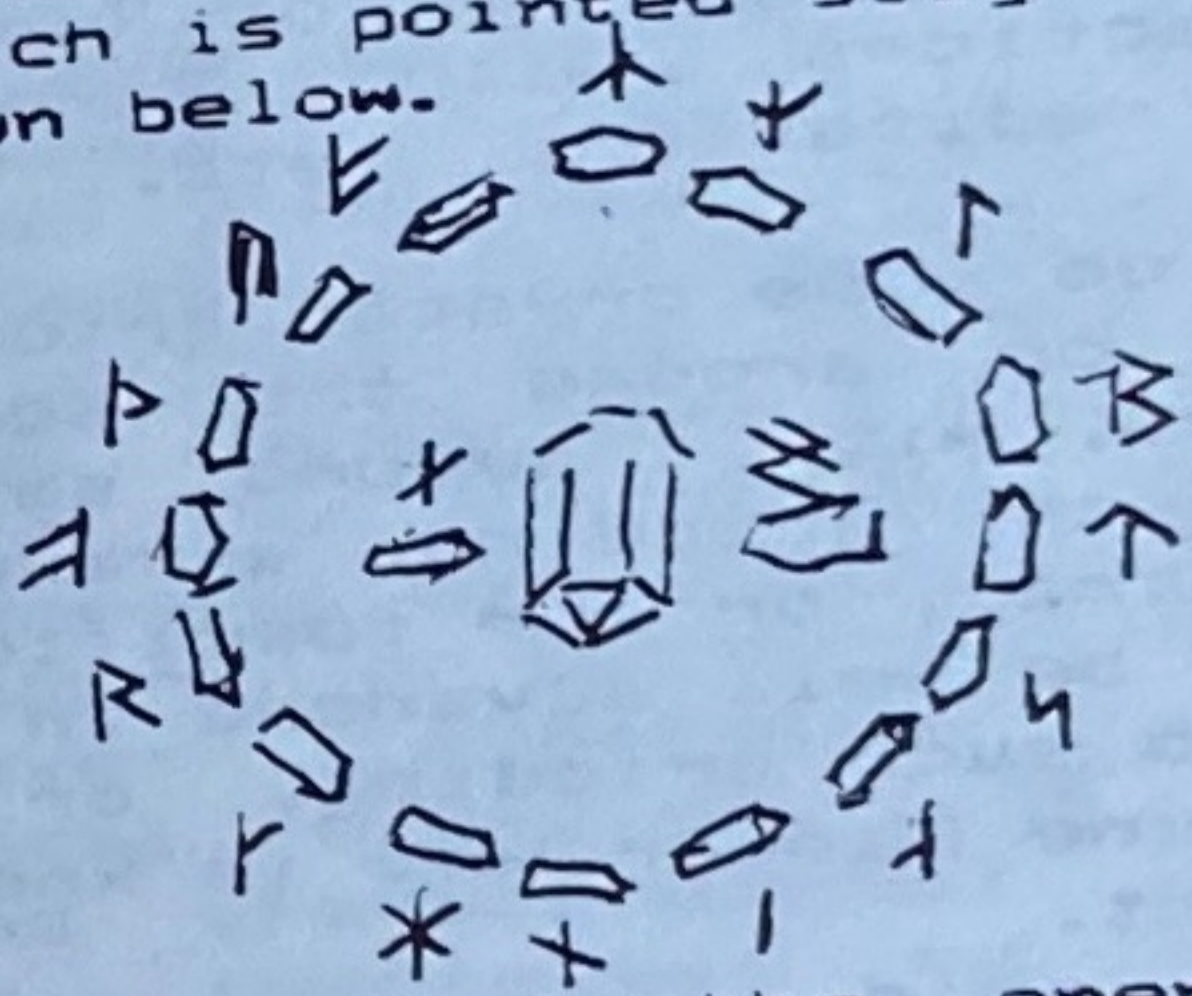
A set of Rune Crystals is not cheap, but it is worth every cent of your

investment, for you are equipped with a powerful tool that enhances greatly your work with Runes, be it for healing, chakras, and many other purposes.

In fact, whenever strong surges of energy are required, the use of crystals facilitates this task greatly.

A Runic circle is also a strong enhancer of any traditional work with crystals: for healing, chakra unfolding and balancing, meditation, etc.

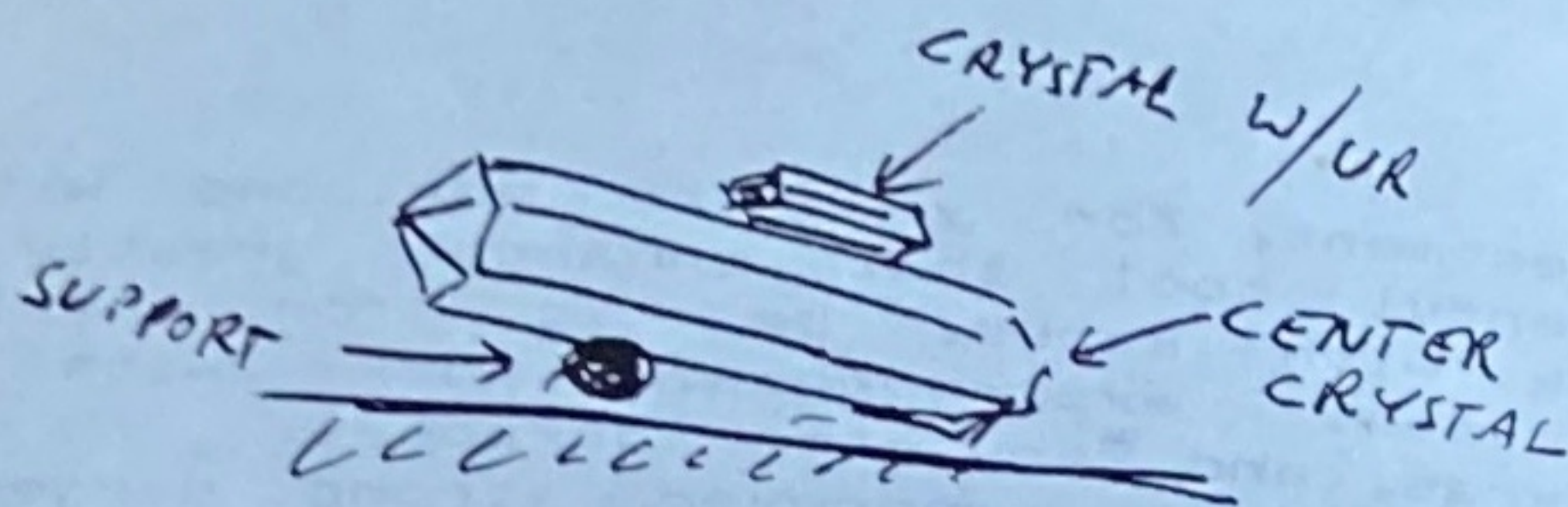
A simple experiment will demonstrate this to you beyond the shadow of any doubt: you proceed as follows: Take your set of Runic crystals, set it around a center crystal, which is pointed slightly upward in the way shown below.



Next, you feel the energy emanating from the center crystal. Some of the more advanced Rune Crystal arrangements are so strong that the energy created by such an arrangement compares to the energy from a single crystal the size of a house, and much larger. There are instruments available, with which scientists can actually measure the intensity of those energies. Notice just HOW FAR this energy of your arrangement reaches!!!

Next, you take a crystal in your hand and feel its energy (perhaps with your forehead). Then you point it downward to the circle of Rune crystals, and move it clockwise. Then you feel again, and notice the strong surge of energy.

For healing (or practice with UR) you place the stave of UR on your center crystal, then you sit in front of the circle so the energies of the center crystal will reach you. You may practice in a similar way with any other Rune, or combination of Runes. (see below)



A book on crystal magic with Runes is in preparation. For specific practices, consult with your Rune Master. For healing work, it is useful to know the traditional correlations between Runes and parts of the spiritual anatomy, which you find in the letter of Instructions of IS, or which you will receive with your set of Rune Crystals. Special practices with Rune Mantras, murmuring, meditation, etc., are very helpful.

You may do some crystal gridding around your house, or around the space of your Runic practice, with a second set of Rune Crystals. Such gridding arrangement may either be neutral, or for specific purposes. You need to be well advanced in your Runic practice to do such gridding, or have the advice of a Rune Master who is knowledgeable of this subject.

A simple grid you may do with six crystals, each of which has the HAGAL Rune inscribed. In this case, the energies would be neutral, stabilizing-protective. (see below). For the choice of other Runes, and for the layout of the grid, you need the assistance of a Rune Master.

C O N C L U S I O N

Runes are life affirmative. They do not lead to being overly concerned with the IF and WHEN at the expense of the HERE and NOW. They lead you to recognize that you have no hope for the IF and WHEN unless you control the HERE and NOW from an eternal NOW, or an ever-present PRESENT.

Regardless on what level you are, you can tune into Runic experience. Regardless on what level of Runic experience you are, there is always something beyond that level. Most students who are meant to experience Runes in this lifetime, will have immediate experiences whenever they begin with their first steps in the Runic Realms. It is the Runes which provide you with the experience which you need. Runes are energies, so high, or so deep, that they transcend our notions of personification. They transcend pictures, or mappings, which we attempt to make of them. Runes are a set of symbols which evoke and bring you in tune with realms of deepest mysteries. Runes are a set of triggers, or switches, which help you to manoeuvre otherwise inaccessible transcendental energies. Or, Runes can be regarded as transcendental beings which communicate themselves to those who are ready and worthy to accept.

"And should those songs, o child of men, be unlearnables for an endless time, ..." It takes several lifetimes to get acquainted with Runes. Experiencing the NOD of karma, of the three Norns, will allow you to tap in your past lifetimes. Into lifetimes when you were in tune with the Runic Realms and when you learned your first lessons in Runic Magic. Learning will then be a process of recalling, and you may proceed where you left off in your past lifetimes.

There are as many approaches in getting acquainted with Runes as there are human beings. Your Rune Master will help you find YOUR best approach to Runes.

Very useful for your progress is a group situation, where mutual sharing and joining energies are contributing significantly to

your overall progress. Furthermore, some periods of working with Runes in unspoiled nature will be very beneficial to your advancement as an ascending master.

(C) Copyright 1984 by Karl Hans Welz.
All rights reserved. This publication
may be reproduced, free of charge, in
parts or in whole, including brief
quotes, under the following conditions:

(1) Permission in writing for
publication has to be obtained from the
author, his heirs or assignees.
Publisher has to specify what parts of
this material will be copied,
furthermore title and contents of the
publication in which the copyrighted
material is to appear.

(2) Current address (at the time of
publication and any new edition of
publication) of the Order of the Knights
of Runes, carriers of Runic traditions
and teachers of Runic wisdom, has to
appear in the publication, preceding the
copyrighted material.

(3) The exact wording of this copyright
has to precede the copyrighted material.

(4) The author reserves the right to
make additional requirements, depending
on nature and context in which this
copyrighted material or parts thereof is
to be published.

The present address of the Order of the
Knights of Runes is: P.O. Box 2070,
Decatur, Georgia 30031. This is also
the address of the author.