A Handbook of Armanen Runes



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Formerly titled "A Handbook of Armanen Runic-Wisdom: History, World View, Rune-Yoga, Divination, the Sidereal Pendulum and the Rune-Zodiac", published by EUROPA, 2007. This 2009 e-book edition was revised from whatever was salvaged of that edition (much of which was lost due to a computer crash) and the original 2001 edition that bears this same title.

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RUNENHEIL!

Personal Dedications

This Handbook is primarily and most importantly dedicated to my family.

Michele, without whom I could never have completed it. It is also dedicated to our four children.

It is also dedicated my two teachers/Runic Researchers who taught me more about the Sacred 18 than anyone else:

Stephen Edred Flowers, a man who knows through experience the true ways of the Armanen Masters... and Karl Hans Welz, a magician much along the lines of the great Karl Spiesberger – who like Spiesberger, brought the Armanen Runes alive in the West back in the early 1980s just as Spiesberger did in the 1950s – for reasons known only to him.

Several true and loyal friends must get a mention here as well, for their support both of myself, and this work since its first edition in late 2001:

James Hjuka Coulter, Andy Mercer, Cody Dickerson and Johnny Johnson.

Further, I dedicate it to all who wish to hear the Armanen Masters speak, follow in their footsteps and blaze new paths themselves...

And finally, to that ONE – the Poet/Priest who FORGOT more than most people know... the Arch-Drude himself... Julian H. Cope. Hail Brother! U-Know!

With heartfelt thanks.

The Author

Acknowledgements

Many will ask... Why a new edition? Well, quite frankly, I think the original ("A Handbook of Armanen Runes", EUROPA, 2001) left a lot to be desired. At the time I wrote it, I believe I was a bit too narrow-minded to express my philosophy, so I simply left it out altogether... But today, I have what many call an "inner peace" about myself - and with it comes a self-assuredness. It isn't cockiness, believe me. But I am exactly what I am. I am not out to impress anyone, to one-up anyone or to "get there first". Truthfully, dear reader, many came before me, and many will come after me. I simply want to share what knowledge I possess with those of you who will gain some knowledge from it, and for those of you who do, you will be all the better for it. To those who enjoyed the first edition and do not much care for this, I offer my humble apologies. I truthfully do not fit into anyone's mold, so I have abandoned making such an attempt. However, that doesn't mean I have given up and ceased to be...quite the contrary. I have much to share.

As stated in the original *Handbook*, much of what lies herein is the result of the Runework that I do daily... I do not intend to pass it all off as strictly my own work. It is rather a solid collection of the numerous notes, books, papers, translations etc. that I have accumulated, translated and written throughout the years. It became increasingly difficult to organize everything, so I saw the need to compile it in a simple format. As it is indispensable in my Runework, it seems logical that others would benefit as well. Furthermore, it is not good to hoard one's knowledge! To that bit, I also add key writings that form my own World View.

That being said, there are several people that must be mentioned - because this *Handbook* was either compiled in part from portions of their work (with permission) or they have helped me in my endless quest for knowledge of the Sacred 18.

To Edred Thorsson, the Yrmin-Drighten of the Rune-Gild. His groundbreaking works (Rune-Might, Futhark, Runelore, At the Well of Wyrd etc) are what led me to the Armanen Rune-Row many moons ago. Of course, these works stand side-by-side with his faithful translations of Guido von List's Das Geheimnis der Runen, Siegfried Adolf Kummer's Runen-Magie and many others. His continuing translations like Peryt Shou's The Edda as Key to the Coming Age, von List's Invincible and The Religion of the Aryo-Germanic Folk continue to show his dedication to the Armanic ways... Couple these vast accomplishments with his many others – including his very encouraging words at difficult times in my life. He is a True man – my Yrmin-Drighten, teacher, brother and friend.

Next, to Karl Hans Welz, Past-Grand-Runemaster of the *Knights of Runes* from 1985 until 2000. His *Courses*, as published throughout the years, were a great source for what is contained herein. His generosity made much of this possible. This generosity should be duly noted not only for his work on his courses, but also for his translation of Rudolf John Gorsleben's magnum-opus *Hoch-Zeit der Menschheit*. His translation of something so few would attempt will ensure the survival of a controversial work in both English and German for countless

generations to come. That being said, he and I do not agree on much, though this hardly diminishes his contribution... (On that point we would both have a hearty chuckle)...

To the German magician, Karl Spiesberger. His groundbreaking works from the 1950s and beyond inspired (and continue to inspire) Runic magicians in Germany and abroad, and obviously it has inspired me, as those who are familiar with his works will see from this *Handbook*. His Runic works, though seemingly universalistic in verbiage, actually saved the true Armanic writings he cited in therein, which would have otherwise disappeared into oblivion.

To Carlyle A. Pushong, who translated entire chapters of Karl Spiesberger's work for English speaking initiates in his book *Rune Magic*. Strangely enough (though surely not by accident), Spiesberger was never given any credit for it! That wrong has finally been righted, albeit not by Pushong. Still, he deserves *minor* credit for his pirated translation of Spiesberger's original work - as it helped many Runic initiates who found the book. Contrary to Freya Aswynn's early assessment, it is not a **complete** "piece of shit" The translated chapters on the "Runes in Germany Today" - i.e. Spiesberger - make it well worth buying... if you can locate a used copy. However, my friends, this work in your hands is far more valuable, in my own humble opinion, as are true works on the Runes by Thorsson, Pennick and others. Something which Pushong did not have at his disposal to pirate back in 1978.

To all true Armanen Runic Initiates! Alaf sig runa!

To all Learners, Fellows and Masters of the Rune-Gild: Reyn til Runa!

And last but certainly not least to three true Armanen masters...Siegfried Adolf Kummer, Rudolf John Gorsleben, and Guido von List. Without their work, none of this would be possible!

For Runic health and happiness!

Larry E. Camp February 2009

Introduction

Many folk work with the Runes. From the religious (known primarily as the exoteric) to the magical (known as the esoteric), all have a home using the Armanen¹, or Sacred 18 Rune-row.

Historically, there are four major Rune-rows in existence... The *Elder Futhark* of 24 Runes, the *Younger Futhark* of 16 Runes, the *Anglo-Saxon* (or *Anglo-Frisian*, or *English*) *Futhorc* of 33 Runes, and the *Armanen Futhork* of 18 Runes.

The first three of these Rune Rows have historical validity. That is, their existence can be *proven* by actual artifacts accumulated by archaeologists. The latter Rune Row, the Armanen, cannot. As such it is not considered by the academic community, for obvious reasons.

What are its origins?

In late 1902 an Austrian "old believer" named Guido von List, was recovering from a cataract operation, which left him temporarily blind. During this time through an initiatory experience, the Sacred 18 (i.e. Armanen) Runes were transmitted to him. He equated these 18 Runes to the 18 specific stanzas of the Icelandic *Hávamál*. ²

Until very recently, it was the exclusive Rune-row in German speaking lands. Of late, other "traditional" Rune-rows have usurped its formerly domineering presence. However, it is still used by certain magical orders, as well as the *Armanen-Orden*, which was founded by von List in the early 1900s - even though they too have strayed away from the 18 in favor of the Elder Rune-rows.³

In the English speaking world, the system is rarely, if ever used in the Heathen (i.e. exoteric "Asatru") movement, and is often met with hostility. Most totally reject it as "artificial" or "non-traditional". Their reasoning? There is no "historical" evidence. True enough. Eclectic magicians are a bit more open minded (perhaps subconsciously tapping into Spiesberger and

¹This complex Pan-Indo-European (PIE) World View consists of both esoteric and exoteric aspects. All forms of PIE expression have a connection to Armanism. Even so-called Christianity has a connection, as does Gnostic Christianity and the Cabala... So do all magical and "fraternal" orders from the Middle Ages onward - there <u>is</u> a connection, albeit unexplored (at least in the English language). **N.B.** It must be noted straightaway that Armanism does **not** equal racialism or National Socialism, although many attempts to make these connections have been made and are <u>still</u> being made, even today. This is quite sad, as someday Armanism will be illegal in European countries – and crucial works, such as Gorsleben's *Hoch-zeit der Menschheit* are already banned in Germany. This is why it was so important that Welz translated it when he did.

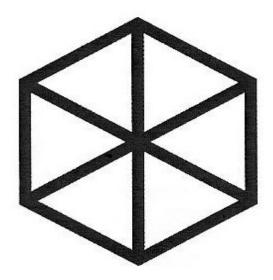
² Part of the *Elder Edda*, presented in *The Masks of Odin: Wisdom of the Ancient Norse* (and many other excellent places) - see bibliography. The 18 stanzas are 145-162.

³In Europe over the past twenty years, we have seen translations of excellent works by American authors like Edred Thorsson - whose scholarly and magical perspectives are blended just right, have caught the interest of the older Orders. Rightfully so. But one cannot forget, the Sacred 18 Runes inspired Thorsson as well, and because of this inspiration they helped him rebuild the historical Runic traditions. In short, the Armanen Rune-row cannot be thrown out because the Elder Runes work too!

his magical roots), as are other non-traditionalists like myself. I am happy to say I personally know of many non-traditional Asatruar, who are quite open-minded to the Runes.

All that being said, making historical arguments about this or that is not the scope of my work. My purpose is to show the application of the 18 Sacred Runes, and how you can use them daily in your life - and I illustrate how I use them. All I ask is that others give them an honest chance, regardless of your background. Quite simply, they work!

As the Runemasters of the early twentieth century have said, use them wisely! They whisper good advice!



The World Crystal, as shown from the Top-View

Runic Practice: Practical Masters

In this day and age, far too little attention has been paid to actually using Runes for health reasons... And I do not mean strictly for one's personal physical health, as some things with our physical health can be beyond our control¹. Rather, I am referring to our spiritual health, and the health of the folk as a whole.

The Runemasters from Germany in the early to mid-twentieth century certainly were the first in modern times to truly understand this, and more importantly, to put it into practice. Folk like Friedrich Bernhard Marby, Siegfried Adolf Kummer, and Karl Spiesberger stand at the forefront...²

In this brief section, we'll take a look at those three in particular...

Marby was truly a pioneer. He exclusively used the 33-Rune Anglo-Frisian Futhorc (rather than the Sacred 18), which he believed was the script of the Atlanteans - whom he considered to be the ancestors of our people. He is considered by many to be the founder and rediscoverer of Runic gymnastics, and these same folk say he was solely responsible for implementing Runic body postures for better health and well-being. That is an open debate...and it can be a hot debate indeed! Although this work is about the Armanen Runerow, I have used (and continue to use) the Marby Runic-Gymnastic Program, and find that it works very well, if followed as Marby outlined in his works. Personally, I feel that in modern times it was indeed Marby who re-discovered the Runic body postures and implemented them in his own unique way and started the entire movement... This is why without including him in this section would be a grave mistake.

Another initiate was from Dresden, Siegfried Adolf Kummer. Kummer had a similar awakening - and was in fact somewhat influenced by Marby. But the major difference between

¹The great Rudolf John Gorsleben said it best, in terms of Runes and the absolute necessity of taking regular medication prescribed by one's physician - in conjunction with your esoteric training, such as Runework: "The healing power of medical drugs is the Ur-power of their original essence in conjunction with the power of Ur-vibrations of the human-Divine combination that is composed of body, soul and spirit." *Hoch-Zeit der Menschheit*. Translated from the German by Karl Hans Welz. Sandusky OH, The Knights of Runes, 2003-2005 (serialized – but now available as a PDF CD-ROM from www.runemagick.com – there is also a free online version there.). As one who works daily with the Runes, as well as one who takes daily medication and follows my doctor's advice, I find Gorsleben's quote one of the best I have ever seen in regards to Runes and Medicine. It is comforting to know that an Armanen Runemaster from the past spoke of this, as many of us today struggle with these types of issues...

²There are certainly others who are not mentioned - I cite a few in this article that are of primary importance for reasons the reader will note. See endnotes below for details...

the two is that Kummer worked with Guido von List's³ 18-Rune Armanen Futhork - which is decidedly different than the 33-Rune Anglo-Frisian Futhorc. But he was primarily influenced by another German master, Rudolf John Gorsleben - whom I consider to be the Grandfather of the "Religion of Rune-Armanism."⁴

Kummer devised a very workable routine, which he called the Sacred 13 - so named for the 13 Runic postures he thought to be the keys of unlocking the true Secrets of the Runes. This was detailed heavily in his 1932 work, *Heilige Runenmacht* (Sacred Rune-Might).

Regular practice of the Sacred 13 (as Kummer states):

"...strengthen the racial consciousness and perception and transform the practitioner into a true, vigorous Germanic personality, to increase self confidence, sensibility, the will, as well as the ancestral memory, and to create within him an ordered mental life, sure of ones aim, as well as a healthy mind, soul and body." ⁵

It is important to note that both Kummer and Marby's personal views were somewhat influenced by the National-Socialist "feeling" of the day, which the above quote by Kummer strongly confirms. However, it is equally important to note that neither were accepted by the leaders National-Socialist regime (specifically the esoteric SS), as we'll see below... In fact, it was quite the contrary!

Of their fates (during and after the National-Socialist regime), only Marby's is absolutely certain... He spent 99 months in the Dachau concentration camp, where he stated later that he helped other inmates with his Runic healing. As for how he got there, it has been shown to be fact that Reichführer-SS Heinrich Himmler's mystical Runic advisor, Karl Maria "Weisthor" Wiligut, did not approve of his views (as documented in a letter he wrote to Himmler in 1934 - a copy of which we have⁶). This leads to speculation that it was such a feud that landed him

³Guido von List is not mentioned in this article, though certainly he was. In this article I wanted to outline those who put forth actual daily Runic exercises, such as Rune yoga, Rune mudras, Rune songs etc. List's seminal work, *Das Geheimnis der Runen (Secret of the Runes)*, did not, nor did any of his other writings. Hence his non-inclusion.

⁴I do not detail Gorsleben here, as his World-view falls far beyond the scope of such a simplistic section.

⁵S.A. Kummer, *Heilige Runenmacht*. This section translated to English by Markus Wolff for Europa Publishing-House.

⁶The letter in question is published in the book *Weisthor: Karl Maria Wiligut - Himmlers Rasputin und seine Erben.* Engerda: Arun-Verlag, 1998. The author of the book is Hans-Jürgen Lange. As for the letter, it is dated 2.5.1934, München, and was written by Weisthor to Himmler. Good English sources also detail some of the views the National Socialist regime held against the Armanen Masters... They weren't as favorable as many wish they were. Some of the books to read include Edred Thorsson's excellent Rune Might: Secret Practices of the German Rune Magicians. St Paul MN: Llewellyn, 1989 (revised and reissued by Runa Raven in 2004, see the Bibliography. Also, see Nicholas Goodrick-Clarke's The Occult Roots of Nazism: Secret Aryan Cults and their Influence on Nazi Ideology. Washington Square, New York: New York University Press, 1992. And finally, The Secret King: Karl Maria Wiligut, Himmler's Lord of the Runes. Translated by Stephen E. Flowers Ph.D. and edited by Michael Moynihan. Dominion/Runa-Raven, 2001.

there... Needless to say, he was released in 1945 when the camp was liberated and resumed his Runic work after the War and continued until his death in 1966 in Stuttgart. His work has been continued by Spieth-Verlag in Potsdam with moderate success.⁷

As for Kummer, his fate is unknown. There are Runic documents in our possession written by Kummer that date from 1935, but nothing exists any later that we have been able to locate. He was also criticized by name in the same report as Marby, which leads to the speculation that he spent his last days in a concentration camp as well, but did not fare so well. Some unsubstantiated reports say he made it to South America, but this is very doubtful, as no Runic writings have ever appeared from there bearing his name. Still others believe he died when the Allies leveled Dresden. I have books and letters from Marby's publishing house dating from 1935, just before he was detained. This is is about when Kummer seems to have vanished. Yes, he fell afoul of Weisthor and the SS – but he was indeed a National Socialist – maybe he laid low in Dresden and perished during the bombing. One cannot say with certainty.

[Interestingly enough, Marby had plans to release a 1936 calendar and other publications, so it seems that he had no idea what was to come...]

After the War, the Runic world was quiet for a decade - primarily due to the fact that all things "German" were taboo in Europe. But in 1955 an eclectic magician from the Fraternitas Saturni named Karl Spiesberger (Frater Eratus) appeared on the scene, and once again made use of the 18-stave Armanen Rune-row. He compiled an excellent book called Runenmagie (Rune-Magic).⁸ Within its pages, he collected obscure and impossible to find information from various German Runemasters like Guido von List, Kummer, Marby, E. Tristan Kurtzahn and Rudolf John Gorsleben, whose original works had long been suppressed or simply disappeared altogether, thanks both to the oppressive National-Socialists and to the "New" and equally oppressive Germany. But Spiesberger also added his own very insightful interpretations...He believed the Runes sprang from Atlantis (as Marby did) but took great pains not to connect them to "racial fanaticism" - typical for his time, just after the war, when a wrong word could put oneself in prison. At any rate, his work flourished and three years later he wrote a book about Rune yoga⁹. Both of these works have stood the test of time in Germany, and up until recently were both in print and readily available¹⁰. Common sense tells

⁷I am quite proud to say I have benefited and I urge all who read this work to contact me about the benefits of the Marby Runic-Gymnastics Program. And incidentally, Marby did see the Sacred 18 as being the true primal Runes, according to his own works.

⁸Karl Spiesberger, Runenmagie: Handbuch der Runenkunde. Berlin: Verlag Richard Schikowski, 1955.

⁹Karl Spiesberger, Runenexerzitien für Jedermann: Die Erhaltung der Gesundheit, die Erlangung von Erfolg und magischer Kräfte durch die Macht der Runen. Freiberg im Breisgau, Hermann Bauer Verlag, 1958. It was reissued in 1982 under the title Runenpraxis der Eingeweihten: Runenexerzitien, Die Erhaltung der Gesundheit, die Erlangung von Erfolg und magischer Kräfte durch die Macht der Runen, by Verlag Richard Schikowski.

¹⁰See <u>www.amazon.de</u> to order used copies. You may also acquire one on <u>www.abebooks.com</u> - either way, be certain to get your copy of *Runenmagie* with the Rune Card insert! Although Verlag Richard Schikowski still prints *Runenpraxis der Eingeweihten*, they no longer print *Runenmagie*. Check their website on <u>www.schikowski-verlag.de</u> to be certain!

us that Spiesberger may have actually saved the 18 Sacred Runes from being branded a "Runes for racial fanatics", and for that we own him a tremendous debt... His collection of obscure and difficult to find words of Ur-Armanen Masters makes his books true gems, even if one doesn't agree with his message at first glance... But did he possibly have an underlying agenda of saving the Runes and the Sacred Writings of the Masters? Quite possible... Things aren't always what they appear. One look at the cover of my original edition of *Runen-Magie* confirms this... It has a gold-gilt swastika on it. That could have landed him in prison in postwar Germany!

As for the work left by Kummer and Marby...

Kummer's *Heilige Runenmacht*, as well as his *Runen-Magie*¹¹ remain popular in Germany by those true to original Armanen teachings. Both of these works have been translated into English.¹²

Marby's methods are still used in Germany today by some and his books are still being published there in small quantities - although edited slightly (for legality) from their original content, due to the political situation of that country.

I truly respect the work of F.B. Marby and the great Armanen masters and Europa Publishing-House is dedicated to preserving it (by translation and publication of their books) for those who desire to read them. But we do not believe in stopping there. We want to pick up where they left off and further their work... Otherwise, all they did would be in vain.

¹¹S.A. Kummer, *Runen-Magie*, Dresden: Kurt Hartmann, 1933. This was republished in 1995 by Rüggeberg-Verlag, Wuppertal.

¹²Heilige Runenmacht was translated for Europa Publishing House by Markus Wolff, but has yet to be published. We expect to do so as our funds allow. Runen-Magie was translated by Edred Thorsson as Rune-Magic, Austin TX: Runa Raven, 1993.

Wurd the Measurer (All-Raune) and the Sacred 18

All too often in our daily lives, we make things a bit more complicated than they need to be. This is especially true in our religio-magical lives... However, the way that I believe will be perceived as controversial to some, perhaps a bit sacrilegious to others, but it is how I feel fits in best with my personal World View and my own definition of Rune-Armanism. That doesn't mean that I am right and others are wrong, for this is merely my opinion - but it's my hope that others who share my point of view will want to explore it further. (I honor the seasons but see the deities within the framework within what I call Rune-Armanism).

I merely submit this for the esoteric minded: We all know that the Germanic folk believed in the Gods and Goddesses of antiquity: Thor, Frey, Freyja etc. Wodan cannot be included in this list, as Wodan far predates them, as the elemental Sky-Father, the Wind - and Jorth, being the Earth-Mother. But the so-called "lesser" Gods and Goddesses hardly completed the ancestors' complex picture of things... Complimenting Wodan were two very important concepts known in Old Saxon as "Wurd" and "Metod" - "Fate" and "Time (the Measurer)".

In essence, "Wurd" and "Metod" (or "Wurd the Measurer", as I have come to call the concept), is far older than the lesser Gods and Goddesses of Germania - hence it (with the Lord of the Wind and the Earth Mother) is the primal (Ur) religion of the Germanic people. It exists in every fiber of their being and will continue to do so, regardless of what religion the pan-Germanic folk delve into, be it Christianity, the re-discovery of the old Germanic Folk religion... Wurd the Measurer still reigns supreme. A look at the Germanic veneer on Christianity today confirms the fact that one cannot kill the deep set concept ingrained in the Germanic soul.¹³

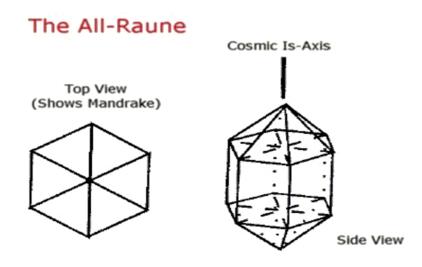
Is it a God-concept? Indeed, I think so. How can it not be? Wurd the Measurer controls the cosmic universe - not in the way of an omnipotent "God on a Throne" - but just as the concept suggests in a esoteric way... What is "wurded" (fated) to happen is "measured" to happen in time...

Being a God-concept, for simplicity's sake, what can it be called? Some may say "Alfather". Some may say "Arahari" or "Arman". Others may say simply "Wurd the Measurer". Another can be "All-Raune", the "Murmuring Origin of All that Is" - a Kahlic term that has many other Armanen-Runic connotations, some of which we'll briefly touch on in the next paragraph...

¹³I am using the term "Germanic" here - but this is truly a modern and Nationalistic term, not fitting what I trying to express. This concept is Ur-Primal. The terms I use (Wurd and Metod) are Old Saxon - mistakenly called "German", because of my own Americanism, I suppose. We in America have lost the regionalism of the language of our ancestors.

What is the Cosmic Symbol of Wurd the Measurer? I feel it is the World-Crystal, the All-Raune, the Hexagon with the three inscribed diameters, or the Hagal Rune. In this root-design, or Ur-form, you can easily find every Rune. Going back to the previous paragraph and the use of the name "All-Raune", the great Armanen Master, Rudolf John Gorsleben understood the Kahla - as the modern-German word "Alraune" is the same as the English word "mandrake" - a plant whose root resembles a human - representative of the Ur-Germanic Human Pair, when thought of as a Man and Yr Rune within the All-Raune! From the middle-point of the All-Raune, rotates ("measures") the Cosmic Axis. This Cosmic Axis is essentially the Is-Rune, acting as a transmitter, sending the signals from the All-Raune, which we receive, as human beings, when we do our Sacred Rune-work, standing in the positions of the Sacred 18 Runes, murmuring their timeless songs and feeling their Ur-vibrations enter our bodies from the Cosmic Is-Axis, direct from the All-Raune.

Illustrating this concept:



Is this concept Karma? Although parallels can be drawn, it isn't the exact same thing... Can it be controlled or changed? Work with your Runes! We all know the answer to that! We do not believe in predestined Fate!

The important thing to remember here is that just as the Runes are Ur-Primal, so is Wurd the Measurer. They both sprang from the same Cosmic Root.

But what of the Sacred 18 Runes? Aren't they Wodan's Runes? Indeed, read the Havamal and the 18 Stanzas corroborate this. Who would discount that? But Wodan gained knowledge that existed already - from Mimer's well. It is Ur-Knowledge, those Stanzas. So saying they are "Wodan's" (as I have said many times myself) is really not accurate... In fact, it is wrong. The Sacred 18 have been around since the beginning of Time. Wodan taught them to the advanced Castes capable of understanding them... But they sprang from the depths of time - and again the concept of Wurd the Measurer (All-Raune) comes up...

So where does this leave us? Frankly, it leaves much room for esoteric exploration as well as exoteric exploration. For many exotericists who felt chained to "having to believe" a certain way, perhaps this will free them up a bit to explore a more simplistic (and indeed more "Ur-Primal") Religion. To the esotericist, the sky is the limit. I can assure you, dear reader, it is a very interesting topic of discussion.

In the words of Gorsleben, from *Hoch-Zeit der Menschheit* (as translated by Karl Hans Welz and originally published by Europa Publishing-House), in speaking of the concept of the All-Raune:

With the introduction of Runic knowledge the generation of our days can achieve the control of secret powers within the life of their soul and reach the Spring-Root, which is the Whole of the Runes, the All-Raune, which opens all spiritual treasures to us, if we are Children of the Sunday, Children of the Sun, Children ("Kinder") of the Ar (Eagle, Sun), announcers ("Künder") of the Ar, people knowledgeable ("Könner" in modern German) of the Ar, Ar-koner, persons knowledgeable in the Ar-Kana (Arkana = arcane wisdom) or if we strive to become all of the above. The Runes have their own lives, they are true magical signs, from which we can draw the Spirit to Advise and the Courage to Action.

A Note on Pronunciation

Throughout this handbook, the reader must keep several things in mind about pronunciations. First and foremost, the Runemasters whose works you will encounter in this handbook were German - therefore, all pronunciations of the Runic sound formulae reflect this. Any good German reference book will help you to pronounce unfamiliar words.

The pronunciation of each Rune appears on that Rune's page...

However, there are special Runic sound formulae - which I have designated their "vowel" formula - since they are composed of the vowels A-E-I-O-U. When you see these in the sound formulae, they are *always* pronounced as such:

A as in father
E as in day
I as in feet
O as in oh
U as in ooh

Therefore, if we use the Rune FA as an example, the sound formula FA FE FI FO FU would be pronounced as FAH FAY FEE FOH FOOH.

This example holds true for all of the Runic formulae, so please keep this in mind.

Proper Breathing Techniques

Of primary importance for anyone working with Runic sound formulae and Runic body positions is proper breathing... There is indeed much in the way of conflicting information. However, this is what I do, and it works quite well - and prepares me for meditation and preparation¹:

- Breathe in for 5 seconds
- Hold in for 2 seconds feeling the air go deep within, pushing downward
- Exhale for 7 seconds enough to expel all air in the lungs

When exhaling, *this* is when you sing the sound formula of the Rune. Each line of the formula represents a cycle of breathing. Without proper breathing, it will be next to impossible to sing the formula...

Remember, learn to breathe using the diaphragm! When breathing in (through the nose), push the stomach out, thus filling the diaphragm! Once you get the hang of this, it is really quite simple.

On Meditation and Preparation

Often, questions I get regard maintaining focus and how to meditate while doing sacred Runework. This varies from person to person, but here are several things that will help you:

- Establish proper breathing, as explained.
- Begin to meditate properly... This is not nearly as difficult as you may think. Imagine yourself in a place you feel totally at peace in a high mountaintop, an ancient Germanic site, a nice beach whatever relaxes you the most.
- Imagine you are protected by a sacred circle of Runestaves, of which no one may enter or desecrate.
- Picture Yggdrasil or the sacred German Irminsul² in front of front of you, with the Hagal Rune as a beacon on top of it.
- Think of the God-Concept (Wodan, Arahari, Wurd the Measurer, whatever you Will), ever striving for the Runic knowledge this will aid you in your Sacred Runework.
- Being completely at peace and breathing properly, follow the outline I previously presented, which can be modified as necessary to suit your tastes and needs.

Once you feel completely comfortable in your daily Runework, and gain confidence, you will wish to share your knowledge with others... This is essential, because Runework is sacred and by spreading it to those whom you care about will not only make you a better person, it will help our planet. Positive energy - sacred Rune might has much more power than appears on the surface!

Form local Runic workshops. Contact us³. Contact the Rune-Gild⁴.

Again, it is of paramount importance to use the Runes wisely, for positive purposes only! The rewards are plenty - but if used for malevolent purposes, they can do more harm than good.

² The *Irminsul* is the sacred pillar of the Saxons - which was destroyed by Charlemagne in the 8th century CE. It was the central place of worship, in Northern Germany.

³ <u>Larry@Heidentor.net</u>

www.runegild.org

A Daily Invocation⁵

Stand in the MAN Rune position, soaking up the Sun's warm rays. Establish proper breathing and maintain focus. Murmur⁶ the following:

The Lay of Sigrdrifa (after Gorsleben).

Hail Day! Hail sons of Day, Hail Night, and Night's Daughters, O see down on us with benevolent eyes, And bid us victory.

Hail Asen! Hail Asinnen! Hail fruitful Earth, Give us good rede, main and fame, And lifelong healers' hands!

Wodan's Rune Song (after Gorsleben).

Time it is to speak from the Orator's chair!
At the well consecrated to Urda the Norn,
Silent I sat, saw and thought.
There I heard the sayings of the High One.
Of Runes he spoke, of the advice of the Gods,
Of the cutting of the Runes, of the whispering of the Runes.
In the hall of the High One!
I heard it spoken:

I know how I hung on the windswept tree Nine icy nights, Wounded by the spear, consecrated to Wodan: I myself consecrated to myself Upon the mighty tree which hides from man

⁵ Daily invocations are necessary, because they set the tone for your Runework. Of course, they may be modified from what I present. However, I suggest you thoroughly review the meditation section of this book.

⁶ Murmur: A low, indistinct but often continuous sound. A soft, gentle utterance.

Where from its roots it grows.
They offered me neither bread nor wine,
Then I reached down searching,
Recognized the Runes, took them up wailing,
Until I sank down from the tree.

I now began to grow and gain in wisdom,
To grow and to feel well.
One word led to another word
And one work led to another work:
Now I know the sayings like no dukes wife does,
And none of the human children do.

At this point, we refer the section for each Rune - for example, FA:

- Murmur the appropriate stanza from Wodan's Rune Poem⁷ for the Rune you are working with.
- Establishing proper breathing, practice the Runic body and hand positions.
- With appropriate breathing, maintain your focus on the Rune, sing the sound formula of that Rune.
- Practice the sound formula with the hand position and body position make certain your breathing is correct, and see the sound formula for additional descriptions.
- Meditate on the Runic meanings while maintaining proper breathing.
- Stand straight in the IS Rune position this grounds out all Runic energy and murmur the closing:

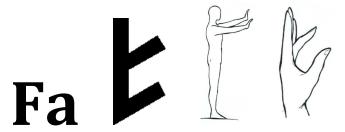
Closing (after Gorsleben).

Here in the Hall of High One, Useful to the Earthly⁸, but not for the Joten! Hail to him that learns it! Hail to him that teaches it! So take it to your advantage and use The blessing, as you have heard it!

_

⁷ From the Elder (or *Poetic*) Edda, Havamal. Again, see Titchenell's *The Masks of Odin: Wisdom of the Ancient Norse*.

In Gorsleben's 1920 translation of the Edda, he uses the term "den Irdischen" which I translated as "the Earthly". Later (in his *Hoch-Zeit der Menschheit*, 1930) he uses the term "den Ariern" – the Aryans. I choose to use his earlier term as it reflects more of a true Runic feeling, long before he was swept away in the National Socialist feelings of the day. He died in 1930 – early days of the Reich - long before the true feelings of the NS regime crippled the Runemasters – sending many to gas chambers, effectively killing a blossoming movement. The same was done to other organizations, including Craft Freemasons, dissident Christians as well as those who lead independent Germanic Heathen groups who happened to disagree with the standard NS party line... Contrary to popular opinion, NS Germany was not a Heathen paradise. It was a dictatorship lead by Hitler, a Catholic who was in no way interested in the Runes, and who ultimately saw to it that many sacred places in Germany were destroyed in the end. Many choose to forget that he said his people were not worthy of him and they should have been Islamic. Strange words, aren't they?



Pronounced: fah

Runic Body Position: Standing upright, feet together, both arms pointing upward in an angle of approximately 30 degrees from horizontal line. Left arm slightly higher than right arm. Both palms point forward, drawing the energy into your body.

Runic Hand Position: Left arm straight up. Thumb and ring finger to form "FA", leaning forward. Other fingers point upward.

From Wodan's Rune Poem: The first one promises to help generously

In sorrow, sickness and pain:

In eternal change, man goes forth

From death to new creation.

Sound Formula: ffffffff

fa

fa fe fi fo fu

ffffffa ffffffe ffffffi ffffffo ffffffu

Faaaaaa feeeeee fiiiiii foooooo fuuuuuu

fa far fiu feo fehu feu

Runic Keyword: To Help

Exoteric (Practical) Meaning: Changes, new beginnings, growth, change of residence, travel, animals, mobile possessions, fire.

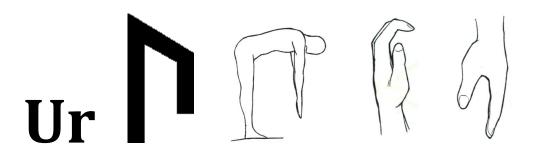
Esoteric (Magical) Meaning: Original fire, creative father principle, guidance, Father-God principle.

 $\textbf{Potential Negative Trends:} \ ^9 \ \text{Set-backs, failures, destruction, blockage}.$

Negative (Tipped Over) Position:



⁹ Sometimes called the *demonic* meaning, it is the aspect of the Rune when used for malevolent purposes, or in divination when the situation is grim, or negative.



Pronounced: ooh-r

Runic Body Position: Bending over, arms and tips of fingers pointing to the ground.

Runic Hand Position: There are two variations. You can practice with your left hand, an with the right as well. Variation 1: Form a U-shape with your fingers, open end of "U" pointing downward. Hand approx. 8 inches from eyes. Variation 2: Thumb and index finger shape UR downward. Other fingers point in same direction as index finger.

From Wodan's Rune Poem: Another I name, that all will need,

Who act as curing healers;

Know yourself, then you shall know the world, And learn to discern between evil and its cause.

Sound Formula: uuuuuuuuuu

u r

u u u u u r r r r r ur urus uras

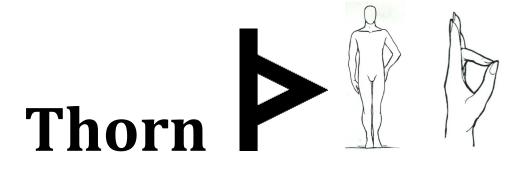
Runic Keyword: To Heal

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

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

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





Pronounced: torn or as the English *thorn*

Runic Body Position: Standing upright, feet together, left arm angled, left hand on hip, palm touches hipbone.

Runic Hand Position: The tips of thumb and ring finger of the left hand touch each other. Other fingers pointing upward.

From Wodan's Rune Poem: A third I take, when danger threatens,

To bind the enemies through magic:

Thus I dull the steel of the furious opponent. Like the staff, his sword does not cut anymore.

Sound Formula: tttttttttt

ta te ti to tu

thor thorr thorn thurs thuris thyth

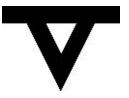
Tat

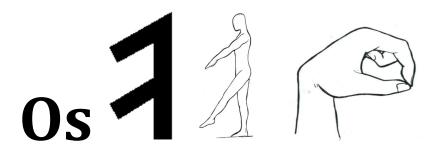
Runic Keyword: To Project

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

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

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





Pronounced: oh-ss

Runic Body Position: Standing upright, left leg lifted, pointing forward, tips of toes pointing downward, left arm parallel with the left leg. Variation: Right leg pointing to the side (instead of forward), right arm parallel to right leg pointing downward.

Runic Hand Position: Thumb and index finger of the left hand form circle.

From Wodan's Rune Poem: That fourth I know, when a foe has tied up

My feet and hands:

The fetters fall from my leg, when I chant the song,

And off my hands the ropes come.

Sound Formula: 0 0 0 0 0 0 0 0 0

Othil Odal

os ol

As ask ast ans ansus asa

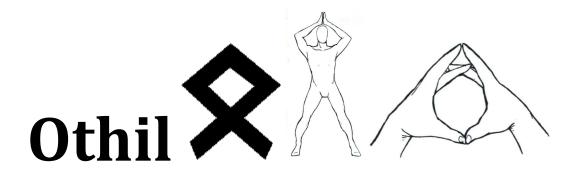
Runic Keyword: To Accept

Exoteric: Speech, talk, discussion, successful as a speaker, mouth, breath that evolves, uterus.

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

Potential Negative Trends: Ill fortune, failure of the work, negative suggestions, misuse of knowledge and wisdom.





Othil is a variation of Os. Some prefer this over the standard OS Rune.

BOTH RUNES ARE NOT USED!

Pronounced: oh-teel or oh-thill

Runic Body Position: Hands above head, palms touching each other, legs apart

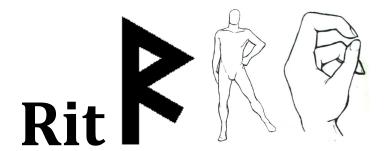
Runic Hand Position: Thumbs and index fingers form the shape of OTHIL, other fingers touch.

Practice on solar plexus¹⁰.

Negative Position:

X

¹⁰ A network of nerve tissue and fibers at the back of the stomach.



Pronounced: reet

Runic Body Position: Standing upright, left arm at angle in fist position (like THORN), left leg lifted.

Runic Hand Position: Left arm upright, left index finger and thumb touch on the tips, other fingers point downward, parallel to palm.

From Wodan's Rune Poem: That I know as the fifth, should an enemy's

Arrow come flying into the throng;

As bright as it might clash, I stem its power,

Once I firmly fix my eye upon it.

Sound Formula: rrrrrrr

Ra re ri ro ru

Rad reid rit rod reitho ruoth rita rota

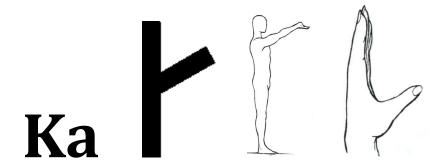
Runic Keyword: Ceremonial

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

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

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





Pronounced: kah

Runic Body Position: Standing upright, both arms point upward, palms and fingers point downward. Hands touch each other.

Runic Hand Position: Left hand, all fingers point upward, thumb in right angle to palm, pointing upward.

From Wodan's Rune Poem: A sixth is mine, if a man wounds me

With the root of a trunk almost fresh;

Then I am unscathed, the man himself is consumed

By the evil which he threatened me with.

Sound Formula: k k k k k k k

ka ke ki ko ku

kien kun kaun kona kuna

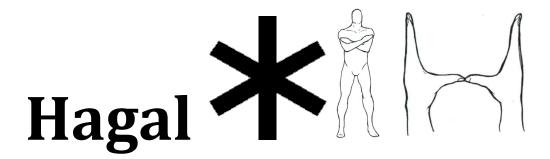
Runic Keyword: Capability

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.





Pronounced: hah-gal

Runic Body Position: Standing upright, arms crossed in front of chest. Palms touch chest.

Runic Hand Position: Both hands forming the letter "H," palms parallel, thumbs touching each other

From Wodan's Rune Poem: I know a seventh one if I see towering flames

in the hall about my companions

it can't burn so wildly that I can't counteract it

I know the spells to chant.

Sound Formula: ha ha ha ha

ha he hi ho hu

Hag-All All-Hag

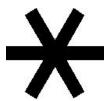
hag haal halga

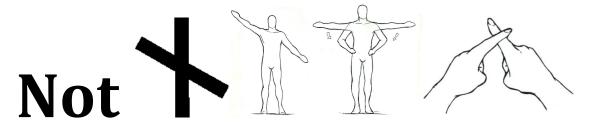
Runic Keyword: Universe

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 ill fortune, not protected, bad weather, destruction by storm, hail and fire.





Pronounced: noht - as in *note* or *node*

Runic Body Position: Part 1, Position 1: Right arm in angle upward, left arm downward. Variation to Position 1: Right arm upward, left leg to the side (no picture shown). Part 2: Cross-position, after speaking "aepandi nam" bring hands to hips. (like the THORN Rune on each side) See Song Formula of NOT.

Runic Hand Position: Right hand, fingers point upward, thumb to the side, a bit more than with KA (like KA in the reverse). Variation: With both hands above head, index fingers form shape of the Rune NOT.

From Wodan's Rune Poem: An eighth is my own, to all the folk

Useful to know in their need;

Where hatred rises up between men,

I can quickly settle the strife.

Sound Formula: Begin by Standing in Position 1 (either variation):

n n n n n n n n n na ne ni no nu

not nit nyd naut norn

Stand in Position 2 - first the cross position and gradually to the

hips as this part of the formula is sung

aepandi nam (Wodan's cry as he won the Runes)

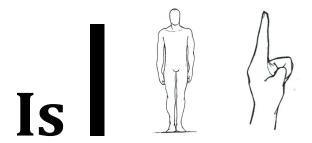
Runic Keyword: Garma

Exoteric Meaning: That which cannot be averted, separation, stress, karmic debt, karmic need, but with outlook for change of karma, banishing ill fortune by means of accepting karma and karmic law.

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

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





Pronounced: ee-ss

Runic Body Position: Standing upright, your feet touch each other, the arms hang down on the sides. Variation to position 1: Same position, but the arms point upward, with the palms facing each other (no picture shown).

Runic Hand Position: Make a fist, with the index finger pointing upward. Thumb goes inside of middle finger.

From Wodan's Rune Poem: A ninth I sing, when peril at sea forces me

To protect my ship from the stormy waves; The gale I quiet, as strong as it might be,

And cradle the waves to sleep.

Sound Formula: iiiiiiii

iiiiiissssss

iiiissssiiiissss

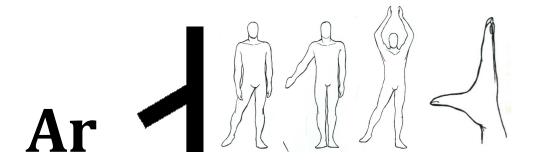
is iis isa ich

Runic Keyword: True Ego

Exoteric Meaning: The Self-Conscious "I" [*Ich*]. 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 by others, psychic medium.



Pronounced: ah-r

Runic Body Position: Variation 1: Standing upright, right leg to the side, arms on side of body. Variation 2: Standing upright, right arm to the side, point downward. Variation 3: Standing upright, arms upward, palms facing each other, right leg to the side.

Runic Hand Position: Using your right hand, point thumb at a downward angle.

From Wodan's Rune Poem: A tenth I find, when female magicians

Fly through the air;

I steer them so that they cease, confused, Their violent and destructive efforts.

Sound Formula: A a r

a a a a a a a a a a a a a a e, a i, a o, a u e a, i a, o a, u a ar jar re jera asa

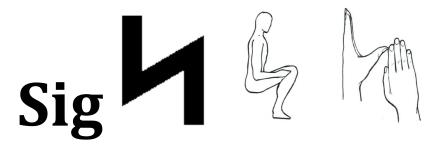
Runic Keyword: To Ascend

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.





Pronounced: zeeg

Runic Body Position: In sitting position with bottom near the heels, upper body shape IS.

Runic Hand Position: Left hand up, thumb pointing outward, right index finger to touch thumb, thumb and all fingers of right hand pointing upward.

From Wodan's Rune Poem: This I know as the eleventh, where far

I accompany my dear friend into combat;

I sing into the shield, so that he triumphs in the battle And that luck and happiness surrounds him always.

Sound Formula: Siiiig

asss esss isss osss usss sal sel sil sol sul

sigil si-gi-il sal und sig

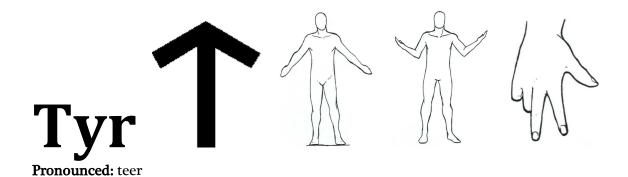
Runic Keyword: To Win

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.





Runic Body Position: Arms to the side, pointing downward, palms point to the ground. Variation for SIG-TYR: Arms in angle to side, palms pointing toward head, or outward.

Runic Hand Position: Right arm thumb, index finger and middle finger to form the shape of TYR, approx. 8 inches from solar plexus.

From Wodan's Rune Poem: A twelfth I sing, when I see through the brush

The hanged one swinging from the hemp;

He climbs down from the trunk, must tell me his tale,

When I carve the Runes aright.

Sound Formula: tttttttt

ta te ti to tu tiu tau tat tet tit tot tut

tar tur tor tri tre ter-zer Tyr Ti Tu Tyr-Tyr

Ti-ur Ti-ur Ti-ur

Sig-Tyr

Sig-ta Sig-ta Sig-to Sig-tu (Sing quietly to very

quiet and hum)

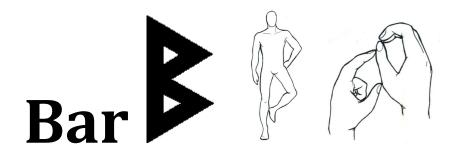
Runic Keyword: To Sacrifice

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.





Pronounced: bah-r

Runic Body Position: Standing upright, left arm at angle, as in THORN or RIT, left leg at an angle.

Runic Hand Position: Both arms above head, Thumb and index finger of right hand to form circle, other fingers of right hand in same direction as index finger. Index finger of left hand to touch just above the lower knuckle of thumb, thumb of left hand to touch end of hand.

From Wodan's Rune Poem: A thirteenth I mention, when I sprinkle the son,

The young one, with blessing water;

If once he faces the foe, then he cannot fall,

No sword can wound him so he collapses into the

dust.

Sound Formula: b b b b b b b b b b

ba be bi bo bu

bar

bar bor birk biörk björk beork berche brikal berkane

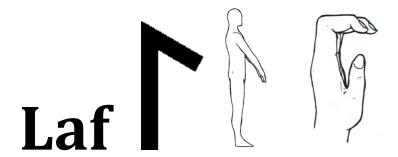
Runic Keyword: To Descend

Exoteric Meaning: Becoming, birth, being projected, 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.





Pronounced: lah-f

Runic Body Position: Standing upright, both arms downward, fingertips pointing to ground. As a variation, point palms upward.

Runic Hand Position: Left arm upright, the upper parts of the fingers to form the shape of LAF.

From Wodan's Rune Poem: A fourteenth I sing to the assembled folk

While naming the divine names;

The Aesir and Alves and their various kinds

No one can list without learning.

Sound Formula: 111111111

la le li lo lu al el il ol ul Laf; L-a-f

lagu lagus lögr lagor laas

log lög laug

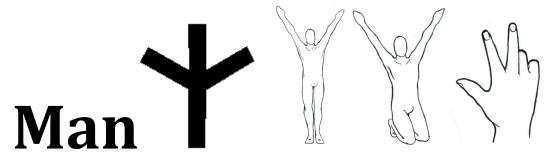
Runic Keyword: Cosmic Law

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

Esoteric Meaning: Test of life. School of the lives. Relations.

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





Pronounced: mah-n

Runic Body Position: Both arms to the side and upward, feel influx of energy on both sides, feel both streams join in the body. Direct energy to the ground. Variation: kneeling, sitting on heels, same position of arms.

Runic Hand Position: Thumb, index and middle fingers shape Man.

From Wodan's Rune Poem: A fifteenth I know that Volkrast, the dwarf,

Sings early at the gates of dawn,

To strengthen the Aesir, to empower the Alves,

But to myself, Allfather, to gain wisdom.

Sound Formula: m m m m m m m m m

Ma me mi mo mu

ammm emmm immm ommm ummm

mam m m m (and so forth, for mem, mim, mom, mum)

man mon men

Ma mad madr mathr

Mama mannas

Lam

Mimir Mamre

O M

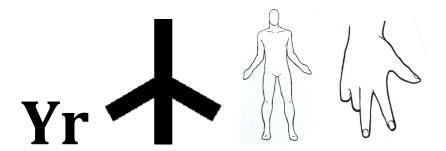
Runic Keyword: Spirituality

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 practices, black magic.





Pronounced: ee-r

Runic Body Position: Arms point to side and downward (as TYR). Variation: Upper arms on body, lower arms to point to the side and downwards (as shown).

Runic Hand Position: Left hand to form "YR" with thumb, index and middle fingers.

From Wodan's Rune Poem: A sixteenth I speak if a maid is reluctant,

To wake her lust and desire;

I change the heart of the delightful woman,

Then to me her wishes turn.

y r

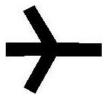
yr irr yb W-ybe Eibe

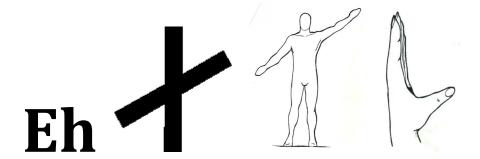
Runic Keyword: Roots

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

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

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





Pronounced: ay - as in *day*

Runic Body Position: Left arm pointing upward, right arm downward (as NOD, both other arms). Variation: Left arm to side upward, right leg to side downward (no picture shown).

Runic Hand Position: Fingers of left hand pointing upward, thumb pointing outward, more then KA. Variation: With arms above head, index fingers of both hands to form shape of EH (no picture shown).

From Wodan's Rune Poem: A seventeenth I know, through a wise law

To enclose two lives in love;

And every one is willing: no virginal woman

Will leave me after this very easily.

Sound Formula: e e e e e e e e

e h e

eh ehe ehu eoh eys ehwas

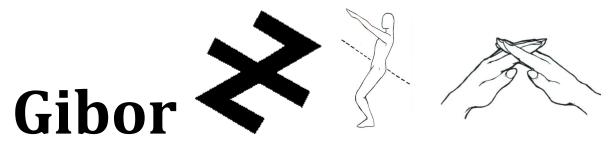
Runic Keyword: Cosmic Union

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, soullove, God-Man-Woman.

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





Pronounced: gee-boh-r

Runic Body Position: Body to form shape of GIBOR. Variation: Both arms upward to side, both legs to side: X - shape of body results.

Runic Hand Position: Arms above head, fingers cross each other - woven together.

From Wodan's Rune Poem: An eighteenth I learned, yet I would never

Let a woman or maid know it,

For everyone always knows what is best for himself -

This leads me to the conclusion of the songs -The one it shall be then, that lies in my arms

As betrothed wife and as sister.

Sound Formula: ga ge gi go gu

ag eg ig og ug

gibor

gibor gibur; gefa gifa gefu; gea geo gebo

gigur geuua Gibur Arahari

Runic Keyword: Life, Self

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, godlessness.

Negative Position:



Runic Divination

Within the Armanen Runic school, there are many different methods of Runic divination. In this section, I shall present some of them. The reader can start simple. Cut 36 slips of cardstock – any small size will do. Generally 1/2x1-1/2" is good. Put 18 positive and 18 negative Runes of the Futhork on each card. You can also use wooden staves, crystals etc. There are no hard, fast rules. But the easiest method to begin with is the cardstock, as you'll get the feel for the 18 in both positive and negative aspects and you'll truly learn about them.

As for actual methods... By far, the most common method is what I call the *Nornic Method* - in fact, this is the system I commonly use. As described by the Roman historian, Tacitus, in *Germania*, written in the year 98 CE:

"Augury and divination by lot no people practice more diligently. The use of the lots is simple. A little bough is lopped off a fruit-bearing tree, and cut into small pieces; these are distinguished by certain marks, and thrown carelessly and at random over a white garment. In public questions the priest of the particular state, in private the father of the family, invokes the gods, and with his eyes towards heaven, takes up each piece three times, and finds in them a meaning according to the mark previously impressed on them. If they prove unfavorable, there is no further consultation that day about the matter; if they sanction it, the confirmation of augury is still required."

The main similarities between the ancient Germanic method Tacitus describes and what I designate as the *Nornic Method* is the use of the white cloth and the use of three Runestaves in the reading (one for past, one for present and one for future), as well as the confirmation of the reading.

However, in my own Runic divination, there are differences. The primary difference is that I use both positive and negative aspects of the Runes - therefore my staves are double sided. (You can glue your cards together – the positive to the negative). I have a set of staves like this, that I commonly use, and they work well. (they were from a set that came with Karl Spiesberger's book *Runenmagie*).

The Nornic Method

No specific clothes need be worn - although they may, depending on your own feeling. Furthermore, there is no specific time which the reading should take place - again, this is up to you. Purists have their own thoughts, and this is fine too. Face the North. Establish a Runic circle with FA in the North, arranged **counter-clockwise** (with GIBOR to the right of FA)¹¹. This is *not* the set of Runestaves (or Runecards) that you will use for the reading... It is another set,

¹¹ A Runic-circle is NOT necessary. In all honesty, I do not use one in my Runecastings these days.

which can be made of fine quality cardstock (similar to 3 x 5 index cards), wood, whatever you wish. This is the circle in which you sit. Lay out a cloth of white linen¹² inside the circle just north of its center. Sit in the center of the circle and establish proper breathing. Say any special invocations to the gods and goddesses as you wish. Mentally establish the question you seek the Runes to answer. Be specific! A reading is only as good as the question. If ambiguous, your results will not give you what you wish. Stare at the sky, with your eyes closed and throw the Runes onto the cloth. With eyes still closed, draw three Runes, careful not to turn them over-slide them into position - be certain not to mix them up! Keep them in the order you drew them. The first Rune chosen is placed at the left. This is the stave of the past. The second stave in placed in the center. This is the stave of the present. The third stave is the stave of the future - that which will become.

In the beginning, use this handbook for interpretations. In time, you will not need it at all, as the Runes will speak to you, and it will become second nature. The result is that of the situation you inquire about. If negative, do not consult the Runes again that day. Confirm your reading some use the flight of birds, seeing an animal etc. Personally, I use the pendulum (see my section on *Runes and the Sidereal Pendulum* later in this book).

Record the results in a Runic diary - which you should obtain prior to the first reading you do. *Be sure to record everything in detail.*

This method is not a difficult one - in fact, it is for its simplicity and accuracy that I use it. However, there are other methods, and ways of doing things, which are presented below.

Karl Spiesberger presented several in *Runenmagie* in the chapter called *Runenmantik*. As his thoughts are well respected and quite practical, it is necessary to include them. Also included is E. Tristan Kurtzahn's *Method of Stonehenge*. Both Spiesberger and Kurtzahn were ceremonial magicians, as you will see in their methods...

Spiesberger felt that Runes should only be cast on certain days and certain times of the day...namely Wednesday and Sunday between the hours of 6am and 9am and 3pm and 6pm. He also assigned specific times of the year as being good times to cast the Runes, notably (for Germanic Heathens) on the Solstices - and placed emphasis on the beginning of the Zodiac. Kurtzahn believed that no consultation should take place after the Sun was below the horizon - and warned against consultation during the phase of the waning moon.

Ceremonial magicians have many rules of the road, so to speak - ways to dress, people allowed to be present during the reading etc. These things should be considered, but in general, it is specific methods which we are interested in...a few of which are presented below.

¹² I do recommend the white cloth.

Before going into their loosely interpreted methods it is important to note that Spiesberger placed special emphasis on the calling of the Norns as well as Mimir during the reading - and added introductory rituals for the Runes UR (to behold the cause of every fate) and MAN (to reveal Mimir's secret), which included their Runic body positions. We shall designate this the *UR and MAN Invocation* - and according to Spiesberger, it should be done prior to every divinatory working:

Stand in the UR Rune body posture, and sing its sound formula. Then speak the following:

Through the power of UR, I behold the primal (UR) cause of each fate!

Then, stand in the MAN Rune body posture, and sing it's sound formula, after which say the following:

MAN, stave of the ascent, crown of the World-tree. Stave of mankind. With reverence, I open myself to the influx of MANA, that primal spiritual power that permeates the universe. Sacred MAN, reveal the secret of Mimir and awaken the primal (UR) memories and primal (UR) wisdom in me...

On the Use of the 18 positive Rune cards¹³

Method I

Perform the *UR* and *MAN* Invocation described above. Ask the question looking as the sky calling on Mimir and the Norns and cast the 18 positive Runes on the white cloth, while thinking: *Runes whisper good advice!* ¹⁴ Still looking at the sky, withdraw an odd number of Runecards. Interpret them in the order they were drawn (see the section for the Rune drawn for the divinatory meaning).

Method II

Perform the *UR* and *MAN* Invocation described above. Mix the 18 positive Runes under the white cloth. Ask the question looking to the sky and cast the 18 positive Runes while calling on Mimir and the Norns, and cover them with the white cloth. Withdraw one Runecard with your

¹³ As we will see later in this section, there are other methods of Runic divination that use all 36 Runecards. The above section uses the 18 positive staves. My so-called *Nornic Method* uses 18 staves, positive on one side, negative on the other.

¹⁴ Runen raunen rechten rat - a phrase as put forth by Rudolf John Gorsleben. According to F.B. Marby, this was a corrupted form of his own Runen raunen richtig rat, which he formed quite deliberately in a formulaic way many years earlier in his publication Der eigene Weg. Marby conteded that Gorsleben altered it for the fear of copyright infringement, but in doing so ignored the sheer essence of the word formulation. Marby further adds that Gorsleben died a short time after that - and that the dead cannot be addressed...alluding to the fact that such flippant corruption of Runic formula can actually harm (if not even kill) a person. So always remember, use the Runes and Runic formulae wisely!

right hand - which will give you the answer. You may also use 3, 5, 7 or 9 Runecards. Interpret as above.

E. Tristan Kurtzahn also had very interesting methods of Runecasting using the 18 positive Runes, one of which I will outline.

Kurtzahn's Method of Stonehenge

Mix the 18 Runecards. Then 17 cards are laid face up in a circle (not on the cloth), beginning in the North. If a man, he picks up the MAN Rune, if a woman, the YR Rune. The man or woman shuts his or her eyes and dances six times around the circle of Runecards quietly invoking Wodan. Then, the MAN or YR card is dropped onto the circle containing the 17 Runes. The Runecard that MAN or YR drops on gives the correct answer.

It can also be done in the following *Nornic* manner - the first 6 times dancing around the circle and dropping the MAN or YR card on a Rune in the circle. This represents the past. The second time dancing around the circle and dropping the MAN or YR card is the present. The third time dancing around the circle and dropping the MAN or YR card is the future.

In either case, any Rune falling outside the protective circle (i.e. not on the remaining Runecards) is invalid and not to be counted. The procedure can only be repeated twice - after such time the reading is aborted for the day. Assuming the reading is valid, the answer will be given from the interpretations of the Runes.

The Use of all of the 36 Runecards:15

Method I

Perform the *UR* and *MAN* Invocation described above. Mix all of the 36 cards and throw them on the white cloth in the same manner as previously described. Only those cards lying face up may be evaluated. Complete the reading as described in the methods above.

Method II

Perform the *UR* and *MAN* Invocation described above. Mix all 36 cards and spread them out, while closing your eyes - in the same manner as described above. Select 18 Runes from the spread. Interpret the selected Rune cards as you would using one of the methods given above. It is important to note whether there are more positive cards than negative cards chosen - as the one with the most outweighs the other in the reading.

Method III

Perform the *UR* and *MAN* Invocation described above. Mix the 36 cards, look to the sky and select 3 cards. Combine them into a pile. Continue selecting 3 cards, in 12 rows - until all 36 cards are chosen. Evaluate the rows as they are lined up.

Method IV¹⁶

Perform the *UR and MAN Invocation* described above, or use the outline of the beginning of the *Nornic Method.* Mix the 36 Runecards. Staring at the sky choose 18 cards. Cast those 18 cards. Then still closing your eyes, select 6 cards for the past, 6 for the present and 6 for the future. Evaluate the rows as they are lined up.

¹⁵ The first three being very loosely interpreted from Spiesberger.

¹⁶ This Method is my own, derived from the *Nornic Method*, and that of *Method III*, just above it.

Runes and the Sidereal Pendulum

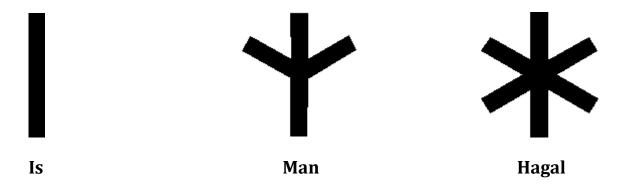
The pendulum is a tool that no Rune magician should go without. Its use is hardly just for Runes, although that is the specific area which I will be discussing.

What is the pendulum? Quite simply it is a weight (generally of brass) in varying shapes, the most common being a conical shape. It is suspended with a string, or for more advanced pendulum dowsers, a horse hair. But how does this item relate to our Runes? There are many ways the Rune magician can use it, and all are very beneficial.

Personally, I use the pendulum in the same way as our ancient Germanics used the flight of birds etc. as a sign that the Rune reading was a success. This is done in a very simple way. After the Rune reading, I leave the Runes *exactly* where they are located during the reading. I then hold the pendulum with my right hand - with my elbow resting on the table. The pendulum will *instantly* begin to move. For me, if it moves in a circle, the reading was correct. If it moves side-to-side, the reading was flawed in some way, and should be discounted.

There are other ways of using the pendulum in Runework - which other masters¹⁷ have experimented with over the years. I shall present a few of which the magician should try.

Try these Runes first and see the result of the pendulum and how it reacts (use the pendulum in the manner described above):



Use these Runes as drawn above and note your results. Then draw them in red or any other color on a separate sheet of paper, and note the difference (if any) in the movement of your pendulum.

You can also sing the sound formula of the Rune while using the pendulum, or even have a fellow Rune magician stand in the Runic body position and see the results produced by his or her voice, or the body position of the Rune. This is their Odic Force - which all of us produce... Again, note the differences in every aspect.

¹⁷As you will see from Karl Spiesberger's examples below.

The pendulum will also vary its movement when another draws the Rune - both on paper and in the air - try this and note all of your results. The same should be experimented using Runic hand positions. As ever, note your results.

Runes and Body Ailments

For many years, the German Runemasters have associated specific Runes with certain ailments and certain parts of the body. They are known as *Heil-Runen* (Runes of well-being). It is very important that the Runic initiate *use* the Runes presented in this handbook - the Runic sound formulae, the Runic hand and body positions - as well as in specific areas of using two Runes (as Kummer suggests) for specific areas of the body, as an aid to better health and happiness.

All of this being said, one must not forget... I am not a medical doctor, and one **must** see a licensed physician for physical ailments. The Runes are a *very powerful* supplement to that.

FA: *Headaches, Fevers, Skin and bone ailments* (Kummer)

UR: Liver, Nerves, Chest and Lungs (Kummer)

THORN: *Stabilization of the health aura* (Spiesberger)

OS (OTHIL): Chest, the movement of the neck while standing in the Cross position (standing in the IS Rune position with arms parallel to the ground (Kummer)

RIT: *Strengthens the chakra of the mouth and palate* (Spiesberger)

KA: *Illness of the digestive organs - when used in combination with the IS Rune* (Kummer) *General application of avoiding disease.* (Spiesberger)

HAGAL: *Kidney illnesses, illness of the loins - when used in combination with the Cross position* (Kummer)

NOT: *Infectious skin ailments - in conjunction with the Laf-Rune* (Kummer)

IS: *Illnesses of the blood, rheumatism, hardening of the arteries - used in conjunction with the Tyr-Rune* (Kummer)

AR: *Increase in vitality and defense of vital force* (Spiesberger)

SIG: Long suffering nerve problems - used in conjunction with the Man-Rune (Kummer)

TYR: *Illnesses of the blood, rheumatism, hardening of the arteries - used in conjunction with the Is-Rune* (Kummer)

BAR: Labor pains of the woman during birth

LAF: *Infections skin diseases - used in conjunction with the Not-Rune* (Kummer)

MAN: Accidents and injuries - used in conjunction with the Is-Rune; Long suffering nerve ailments (Kummer)

YR: Abdomen and sexual organs (Spiesberger)

EH: *Melancholy, gland inflammation, enlargement of the lymph glands* (Kummer)

GIBOR: *Strengthening of Potency - change in the potency of spiritual matters* (Spiesberger)

The Fa-Ur-Thorn Working



As I stressed in the previous section, I am not a medical doctor and I urge the reader to see a licensed medical practitioner for all serious ailments. That being said, Rune Work is a powerful supplement, and I have found this particular working to be especially beneficial in aiding yourself and others in all sorts of distress. In fact, it is one of the most powerful that I have ever used.

It consists of the Hand Positions of FA, UR and THORN, all completed in a flowing motion, beginning with the left hand and ending with the right.

First, begin the Working as you would any other Working, as outlined in the beginning of the Handbook. Set up your Ritual Space – Meditate and properly establish your breathing. This is a given in ALL Rune Workings.

Once this is done, you are ready to begin:

Think of the person (or people, pet etc) you are sending this Runic formula to. Put your left hand in the Position of FA, and murmur the following:

By the Power of FA-Rune, help is needed for _____.

Then, meditate on the healing energies and switch the Hand Position to the Rune of UR (still left hand), murmuring the following:

By the Power of the UR-Rune, I send Healing energy to _____.

Meditate on the Might of Mjollnir, the Hammer of Thorr from Germanic mythology. Think of the way it is thrown, always hitting its mark, only to return to Thorr, successfully. Now, switch to the THORN Hand Position (still left hand). Murmur the following:

By my Will and the Might of the Hammer of Thorr, I send these Runes of Help and Healing to ______. May they have the desired effect! By the Might of the Hammer! Sig-Tyr! Sig-Tyr! Sig-Tyr!¹⁸

At this time, physically "THROW" the THORN-Rune forward, and envision it being sent to its target. As with the Hammer of Thorr, it must return. Therefore, once it hits its target, it WILL return, as a boomerang, to your right hand – so be prepared to "catch" it by having your right arm extended, having your right thumb and ring finger touch, thus making the THORN Hand Position. After doing so, slowly bring the THORN-Rune to eye level, meditate upon it and upon the Working. Speak some fitting words about the Working, especially about the target. This is a VERY POWERFUL WORKING!

¹⁸ This three-fold magical formula was made known by Siegfried Adolf Kummer in his work *Runen-Magie (Rune-Magic)*, 1933German/1993 English translation. When used it is said to bring "Victory, Happiness and Strengthened Life Force". This was exclusively used by the Knights of Runes.

The Runes and the Time of the Year

This is an area where the Armanen system does not appear *on the surface* to be perfectly tailored to the divisions of the year - as the first 16 Runes seem to be used (FA through YR – correlating to the ZODIAC). However, the Runes EH and GIBOR are *special* Runes, that are quite relevant to the cycle of the year, as you will see below – going far beyond the conventional meaning. And note, with the Zodiac, the Runes are going conter-clockwise!

Roland Dionys Jossé did much work in this field, albeit with the 16-Runes of the Younger FUTHARK. These times of the year are attributed to Jossé, with Kummer's interpretations where he was inclined to offer them...

FA: December 22nd - January 12th

UR: January 13th - February 3rd (Kummer considered this the Rune of the Winter Solstice)

THORN: February 4th - February 25th

OS: February 26th - March 20th

RIT: March 21st - April 12th

KA: April 13th - May 5th (Kummer considered this to be the Rune of Summer)

HAGAL: May 6th - May 28th

NOT: May 29th - June 20th

IS: June 21st - July 14th

AR: July 15th - August 7th

SIG: August 8^{th} - August 30^{th}

TYR: August 31st - September 22nd (Kummer considered this to be the Rune of Autumn and Winter)

BAR: September 23rd - October 15th

LAF: October 16th - November 7th

MAN: November 8th - November 29th

YR: November 30th - December 21st

EH: Symbolizing the marriage of the year as a whole

GIBOR: Symbolizing *life-death-rebirth* to the new year ahead

The MARRIAGE of the EH to the One-ness of GOD in the ever-evolving LIFE DEATH REBIRTH Cycle makes the Armanen-Runes the perfect system to be utilized with the ever-turning Wheel of the Year...

Runic Meditations by Guido von List

I shall close this small *Handbook* with the words of our old Master, who *won* the Sacred 18 Runes as Wodan did... Here are his Runic meditations:

FA: Generate your luck, and you will have it!

UR: Know yourself, then you will know all!

THORN: Preserve your Ego!

OS: Your spiritual force makes you free!

RIT: I am my *rod*, this *rod* is indestructible, therefore I am myself indestructible, because I am my *rod*.

KA: Your blood, your highest possession.

HAGAL: Harbor the All in yourself, and you will control the All!

NOT: Use your fate, do not strive against it!

IS: Win power over yourself, and you will have power over everything in the spiritual worlds that strives against you.

AR: Respect the primal fire!

SIG: The creative spirit must conquer!

TYR: Fear not death - it cannot kill you!

BAR: Thy life stands in the hand of God; trust it in you.

LAF: First learn to steer, then dare the sea journey!

MAN: Be a man!

YR: Think about the end!

EH: Marriage is the raw-root of the Aryans!

GIBOR: Man - be One with God!

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About the Author and Publisher

Larry E. Camp was born in Sandusky, Ohio USA on December 29th 1970.

In the year 2000, he was passed the dormant Charter of the *Knights of Runes* by the Past Grand-Runemaster, Karl Hans Welz, and on the Winter Solstice 2000, he ritually re-founded it with his cosmic life partner and earthly wife, Michele. However, they made the decision to suspend all work of the KOR and focus it elsewhere. Larry does his work within the Halls of the Rune-Gild, in which he is a Fellow. Michele does hers independently.

HEIDENTOR HALL is a non-business entity with ties to Europa Publishing-House. Both are based in Sandusky OH USA. Through the Publishing-House, many important projects have been undertaken and published, and through the Hall and the Publishing-House, many more are in the planning stage and will come to fruition in the coming months and years ahead.

Furthermore, the HALL is dedicated to the Germanic Heathen Way... which is more than religion. It's a world view... FOR ODIN, AGAINST THE GREEDHEADS! Interested? See www.heidentor.net - check out what they're currently up to.

On the home-front, Larry and Michele have four children - quite a task in and of itself. Life is always a struggle, but with good friends and positive Runework, anything is possible. They do their best to actively spread the healthy message of "Sacred Rune Might" to all they meet! Perhaps someday it will be you.

Feel free to email them – <u>Larry@Heidentor.net</u> or <u>Michele@Heidentor.net</u> – they enjoy correspondence, ideas and help with projects!

They can't do it alone!

