

## LESSON THREE: RUNIC YOGA

### **BACKGROUND**

In Germany during the 1920s, Friedrich Marby, a Runemaster, revived a system of exercises using the position of the Runes that he called *Runengymnastik* (rune gymnastics), that was practiced in ancient times by western Europeans and known among the Norse as *stadhagaldr*. His methodology was later refined by another Runemaster, Siegfried Kummer. Kummer was a follower of Guido von List and founded a school named Runa, in Dresden. Kummer referred to his system as *Runenyoga* (runic yoga).

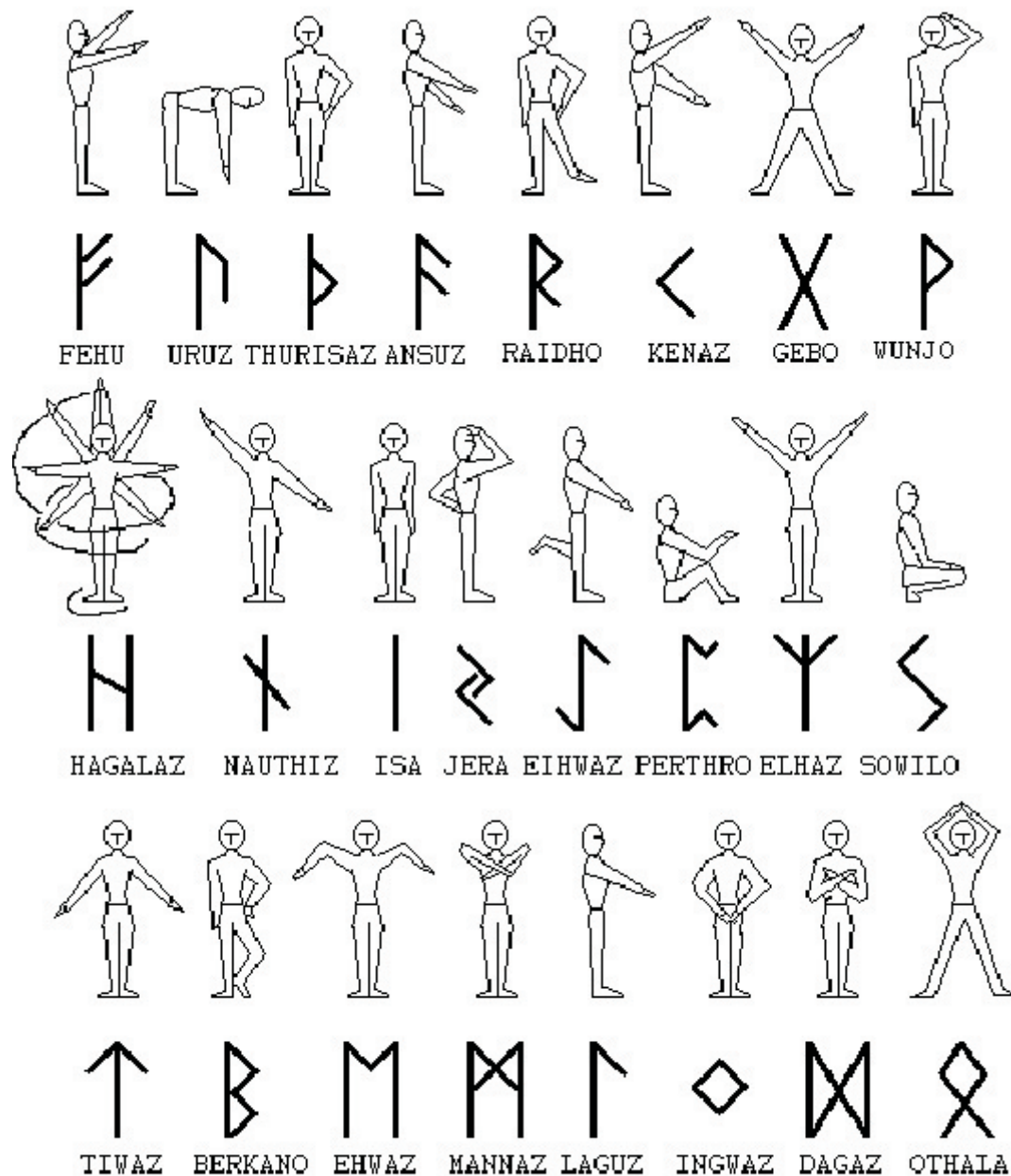
Runic Yoga is a simple concept, though some of the exercises might be physically difficult to master. It involves placing your body in the shape of individual Runes, while concentrating on the meaning and chanting the Rune's name. There is evidence that the people of northern Europe had practiced a similar method in ancient times, going back thousands of years, tracing its origin to the ancient Aryan civilization on the prehistoric Black Sea. Those who practiced Runic Yoga did so to increase their vital energy (Vril power), increase their physical strength, increase their mental powers, rejuvenate themselves both spiritually and physically, and increase their psychic powers.

Marby is also credited with inventing a system of Runic dancing. This was done by making the Runic postures mobile. This system was probably influenced by Chinese *Chi-sing*, *hatha-yoga* of India, and Rudolf Stein's system of harmonious movements called *Eurhythmy*. But Kummer claimed that he discovered evidence that Runic dance was actually practiced by ancient Germans and other Indo-Europeans thousands of years in the past. He asserted that the dances were performed naked by the common people, but that holy men and women wore magical robes decorated with symbolic jewels. We will put off dancing to the next lesson. For our purposes in this lesson, we will learn to practice the simpler Runic Yoga positions. Once you have mastered this you can then proceed to the next step of dancing.

Edred Thorsson explains that to perform the dance, one must assume the individual position of each Rune and then move in a clockwise motion with short steps. The effect is similar to the "whirling dervishes," members of the Islamic brotherhood. While you are moving, you should be chanting the sound of the Rune whose shape you are mimicking. As you whirl about, you should begin to pick up speed, moving faster and faster. The goal of these exercises is to reach a state of higher consciousness. When performed, these exercises impart Runic powers by drawing on the power of the Vril.

The purpose of learning these exercises is to transform your body into a living receiver-transmitter for the Vril. In this way we will learn to use our body as a conduit for receiving and storing the Vril, which will be used as a metaphysical or better yet, "a psychophysical (soul-body) complex," as

Thorsson describes the process, to fill it with the Vril's power.



## RUNE YOGA STADHAS

### RUNE YOGA STADHAS EXERCISE

You can begin this exercise by assuming one of the Rune positions. Try Isa, because it is the simplest and easy to perform. Just stand straight with your

arms straight down along your sides. Perform your breathing exercises so that you can charge yourself with the Vril. Then, just remain in this position for as long as you can without moving or twitching. This might not be as easy as it sounds, but if you have been performing your mind-over-body exercises in the Svartalfheim lessons, your willpower should be strong enough by now to permit you to master this exercise easily. You should also let your mind concentrate on different parts of your body. While you are doing this, “feel” the power of the Vril coursing through you and filling every part of your body with its power. You should go through the entire Futhark in this first lesson of Runic Yoga. Some of the Rune positions might be a bit difficult, such as Uruz, so do not over-do it. The purpose of this lesson is to incorporate the essence of the Runic shape—not to pass out.

The chart included in this lesson depicts the position the individual takes for each of the twenty-four Runes of the Futhark.

You can preform these exercises individually or as part of a group. If you are working in a group, it is good to stand in a formation with an instructor, just as you would in an aerobics class, while performing each Rune position. You should stand facing north for most of the stadhas, but some will require you to face east or south. You must concentrate on the flow of the Vril through your body while assuming the Runic Yoga position. Since the natural polarization of the body is right to left, which means east to west, you might discover that facing north is contrary to the natural flow of energy through your body (left is magnetic and draws power in, while right is electric and projects power). Thorsson explains in his book, *Rune Might*, “The northward orientation provides greater *magical will*, which will aid the Runester in actually feeling the conscious guidance of these forces rather than merely ‘going with the flow.’” We also recommend your read Edred Thorsson’s book, *Futhark*, before preforming this exercise. It is excellent material, as are all his works.

FEHU: Stand straight, facing north, with both arms stretch out and slanted upward so that the left hand is slightly higher than the right hand. The fingers should be pointed in the same direction as the arm for directing the Vril. Make sure your palms point outward for drawing the Vril.

This stadha will strengthen your psychic powers, and permit you to channel the Vril in transference or projecting its power, working toward personal and social evolution and help to bring success to your personal monetary position in life.

URUZ: This position can be difficult. You must bend at the waist, with your back held at a horizontal position. You arms and fingers should be pointed down but not touching the ground. You can perform this stadha facing east instead of north.

Perform this stadha to increase your powers to harness the Vril and use it to shape circumstances according to your wishes and needs. It can be very useful in healing and ensuring good health, bringing good fortune to you and others, helping you to discover your inner self, and increasing potency in most activities.

**THURISAZ:** Stand upright and face east or south. Your left arm should be bent at the elbow, and your left hand should be on your hip.

This stadha is used to increase your powers of protection against forces and enemies that seek to cause you harm. It increases the power of your will, and can be used in love magick.

**ANSUZ:** Ansuz is preformed by standing upright and facing north. Your arms should be stretched out and downward with the left arm lower than the right arm. Your fingers should point in the same direction as your arm.

This stadha helps to increase your clairvoyant and psychic powers, increase your intelligence, oratorical abilities, provide you with hypnotic powers and the power of suggestion. Wisdom, inspiration, creativity and communication, both mundane and divine, are enhanced.

**RAIDHO:** Stand in the same way as you did for Ansuz, but your left leg should be slanted outward and lifted off the ground. You should face south for this position.

This stadha will strengthen your powers to preform rituals, raise your level of consciousness and develop your sixth sense. It will also help assure a just life and good fortune.

**KENAZ:** Face north with your right arm raised at a forty-five degree angle and your left arm pointed downward at the same angle. Each hand and fingers should be pointed in the same direction as the arm, palms down, to project the Vril into manifestations.

This stadha will strengthen your connection to all nine worlds. It will help increase your powers of inspiration, sexual love, and ensure good health and healing.

**GEBO:** You should stand with legs spread and feet stretched apart. Make sure your knees are locked. Your arms should also be stretched out and up so that your body forms an X. You should face north for this stadha.

Gebo will enhance your sexual powers and be useful in both mystical and mundane unions. It brings harmony among siblings, lovers, and family members. It can increase your magical powers and create a state of harmony and cooperation within a group.

WUNJO: You stand straight, facing north, with the fingers of your left hand on your head. The right arm should be straight at your side.

Wunjo brings joy and harmony to all unions, increases fellowship and friendship, eliminates bad feelings and alienation, ensures well-being, happiness and joy into your life.

HAGALAZ: Stand upright in a T position, with your arms stretched out parallel to the floor. The palms should be faced outward. Hagalaz is a powerful Rune and this stadha is complex, but when performed correctly, it can harness a great deal of Vril power. You should be facing north. As you turn from north to east sing "hu, ha, hi, he, ho." Repeat this as you then face south, west and north once more. Thorsson recommends you should perform the N-Rune (Nauthiz) stadha and sing "nu, na, ni, ne, no," on the first turn and then "hu, ha, hi, he, ho," on the second turn. This is followed by the E-Rune (Ehwaz) stadha. You should sing "eeeeeeeeee" on the first turn and then "hu ha, hi, he, ho," on the second turn. The third Rune is the I-Rune (Isa) stadha. Sing "iiiiiiiiiiiiiii" on the first turn and "hu, ha, hi, he, ho," on the second turn. Then preform the M-Rune (Mannaz) stadha, singing "mmmmmmmmmmmm" on the first turn and then "hu, ha, hi, he, ho," on the second. Next preform the T-Rune (Tiwaz) stadha, chanting "Tiwaz, Tiwaz, Tiwaz" on the first turn and then "hu, ha, hi, he, ho," on the second turn. Finally preform the G-Rune (Gebo) stadha singing "gu, ga, gi, ge, go," on the first turn and then "hu, ha, hi, he, ho," on the second turn. Once you have finished, you should have completed a total of thirteen turns. Thorsson recommends you try and maintain "an emptiness of consciousness," while performing this exercise.

This stadha is every effecting in maintain a balance of Vril energy within you. It will also assist in the evolutionary development of your character and powers on a mundane and psychic level.

NAUTHIZ: When preforming this stadha, stand straight with your right arm raised to one side and the left arm tilted down to form a diagonal line cutting through your body.

This stadha has the potential to help you overcome distress and negative energy, help you strengthen your will power, spiritual powers, inspirational powers, and provide protection against destructive influences and your enemies. It will also help you to master hate and other negative emotions that might overwhelm you if you don't learn to control them, create a need for order within your life, and help to understand what you need to do to improve yourself. It is also powerful love magic, and will help you to obtain a lover.

ISA: This is probably the easiest stadha to preform, but it is also a very powerful stadha. Simply stand straight with your arms at your sides and legs

and heels together. You can also preform this stadha with your arms overhead and palms touching one another.

This stadha will help you to develop your powers of concentration and will power, as well as protecting against outer influences. It works to integrate your ego or inner self with the multiverse of the nine worlds of the Yggdrasill, as well as strengthening your power to restraint ghosts, demons and other wrights.

JERA: Stand upright, facing north, with your right arm bent in such a way that your thumb touches the crown of your head. You should also bend the left arm so that the elbow is facing outward behind you with your fingers of the left hand, resting on your left hip bone.

This stadha is useful in developing your powers of creativity and fertility, maintain peace and harmony in your life, help you to expand your enlightenment, and discover the mysterious of the multiverse and the cosmos.

EIHWAZ: Again, stand upright, facing north, with both arms at a fifty degree angle in front of you, pointing downward. At the same time, bend one leg (either right or left) backward at an equal angle.

This stadha will help you develop your powers to communicate on the level of all nine worlds, help you to retrieve racial memories of the past, increase your personal power and help to protect you against harmful external forces. It can be used to help you develop your spiritual abilities of forecasting and divination and strengthen your will power. It will provide an initiation into the mysteries and knowledge of the nine worlds of the Yggdrasill, liberate you from your fear of dying and help you to transcend this worldly existence so that you will find fulfillment in the next life.

PERTHRO: You should sit on the floor facing west for this stadha. Keep your back straight and bend your knees so that your feet are flat on the floor. Rest your elbows on your knees and point your hands upward.

This stadha will help you to gain a greater understanding of Wyrð, the power of the Norns and your destiny, help increase your powers of divination and to harness the Vril in the correct nature you desire, and transform its power into whatever reality you wish.

ELHAZ: Stand straight up, facing east—the direction of the rising sun. Raise your arms upward at a forty-five-degree angle, with your palms facing up. Your head should be slightly facing upward.

This is the stadha we use to speak to the Gods, and it is the stadha of Balder rising out of the Netherworld. It can increase your powers to protect yourself from harm and to increase your spiritual, psychic and mental powers, your spirituality, and your ability to communicate with other realms of

existence, especially Asgard and the three wells of Urdhr, Mimir, and Hvergelmir. This is the symbol of the Life-Force, or the Vril, and can help you draw in the Vril's power.

**SOWILO:** You should be in squatting position so that your calves and thighs are pressed together and your heels are touching your buttocks. Your back should be straight, in a vertical line. Rest your arms on your thighs and your hands on your knees. You should face east for this Stadha.

This stadha is used to increase the power of your psychic centers, your will power, lead you toward enlightenment and across the Bifrost Bridge to Asgard. It will also help you to achieve victory and success in your life.

**TIWAZ:** For this stadha, stand straight as an arrow, for this is the shape you will take. Your arms should be pointed down and away from you in a forty-five-degree angle. The palms of your hands should face the ground and your fingers pointed outward.

This stadha will help you to obtain victory and success in all your endeavors, achieve justice and fair conclusions to all disputes, increase your spiritual will power, and magnify your power of faith in the Gods and the Folk Faith.

**BERKANO:** Stand straight, facing north. Your left arm should be bent at the elbow with your hand resting on your left hip. Your left leg should also bend at the knee with your left heel touching your right ankle.

This Rune will help increase the process of spiritual rebirth, protect your privacy and secrecy, successfully bind different powers in a stronger union, and help with the realization of new ideas.

**EHWAZ:** Stand straight, facing north with both arms stretched out on either side. Your elbows should be bent and pointed upward as high as you can lift them without being uncomfortable. Your hands should be pointed and facing the floor.

This Rune Stadha will assist in "soul traveling" throughout the nine worlds and powers of astral projection and vision. It strengthens your process of spiritual growth and development. It increases trust and loyalty in others, and is a source of prophetic powers.

**MANNAZ:** For this stadha you should stand erect and face north. Your elbows should be lifted straight up and your forearms crossed in front of your face.

You can discover the divine structure and composition of the divine nature of mankind and especially your Folk with this stadha. It will help to strengthen

you mental powers of intelligence, memory and reasoning, as well unlocking your third eye or Bifrost Gland.

**LAGUZ:** Face north and stand straight with your arms stretched out before you at a forty-five degree angle, pointing toward the floor. Your palms should be facing the ground and your fingers pointed.

This stadha can help you through difficult initiatory tests, increase the flow of the Vril into you, and help to develop your will's ability to shape and form the Vril's power. It increases your personal magnetism, and develops your sixth sense.

**INGWAZ:** Stand straight, facing north, with both arms up and the fingers of both your hands touching, over your head.

This position will help to store the Vril's power for future use, increase your powers of fertility and creativity, help with meditation and strengthen your powers of concentration and visualization. It will also help you to control the Vril's power when you are trying to project it outward.

**DAGAZ:** Stand straight, facing east, with your arms crossed over your chest. The fingers of your right hand should be resting on your left shoulder and the fingers of your left hand should be resting on your right shoulder.

This stadha will help to awaken the Gods within you. It will help you to realize Odin's gifts of inspiration, growth and development, as well as increase the powers of evolution within you and your DNA.

**OTHALA:** Stand with your legs spread apart as wide as you can. Your arms should be raised over your head with your fingers touching. You should face north.

This stadha will help to maintain in your life and in your group. It will help to strengthen the cohesiveness, love and loyalty in your home, family, tribe, nation, church and race. It will direct the Vril's power to these ends in a very powerful way. It will also help you to retrieve racial memories from the past, as well as acquire wealth and property.

Once you have completed any of the Rune stadha positions, you should experience a general feeling of being "charged-up", filled with a new vitality and lightness of being, and with a renewed vigor and strength. Your mind should be clearer, and your emotions under control. These exercises are intended to increase your physical, psychic and mental abilities, increase your charisma, your ability to influence and attract people, and end strife and create a general sense of harmony and cooperation in any environment that you live or work within. You will discover that you have better control over yourself, and that



you will be more stoic in your mannerism, and this general sense of calm, confidence and assuredness will be transmitted to all who come into contact with you.

## **RUNIC DANCE**

When you have completed the entire Futhark you will have discovered that some of the Runic positions were difficult to hold for any length of time, so do not force yourself. You do not have to get the same results from each Rune. Each Rune is an individual force with its own power, and some Runes might be a bit overpowering. You will find this especially true as we try and perform the Runic dance.

While you are trying to hold the standing position for the Rune, you will have to concentrate on holding your balance. Once again, perform your breathing exercises and then take up one of the Runic stands. Then chant the Rune's name. You can perform this individually or in a group. If you are part of a group you should try and perform these exercises in time with each other. Harmonize your chanting and when you perform the dance, do so in unison. You can appoint an instructor who will lead your group through the exercises, much as an instructor will lead a class practicing aerobics.

The purpose of Runic Dance is to combine different Runic Stadhas in a Runic combination much in the same way as you combined different Runes to form a talisman of power. Only now, you will physically form the position of the different Runes with your body, while chanting their sounds. This will increase the Vril's power flowing into you and very effectively shape it and direct it for whatever purpose you desire. You can decide what Runic combination you wish to use beforehand and then have your instructor lead your group in the dance. Let's use an example with a combination to help deal with sorrow. This includes three Runes: Thurisaz, Laguz and Ingwaz.

Begin by standing straight and facing north. Your instructor should also be facing north, with his or her back to you. All you have to do is follow his or her lead. Now, slowly turn east and slide your left hand up the side of your torso until it rests on your hip. While you are performing this motion, you should be chanting Thurisaz in the long and drawn out fashion (Thuuuurrrriiisssaaazzz). Once you have done this, don't stop, but continue on to perform Laguz is a continuous and harmonious flow of your body by turning north with both your arms stretching out before you in a forty-five degree angle, pointing toward the floor. Your palms should be down. As you do this, chant Laguz in the same way as your did Thurisaz. In fact, your chanting should be timed to the movement of your body performing each stadha so that your chanting blends into each other in this way (thuuurriiisssaaazzzllaaagguuzzzz).

Once you have completed Laguz, continue to face north and slowly raise

both arms up and over your head until your fingers are touching, all while you are chanting Ingwaz in the same long and drawn-out manner so that all three Runes form one long continuous chant. You can perform this over and over. There is no limit to how many Runes you can combine, but it is more effective to perform any combination either three times, eight times or nine times. In fact, once you have become proficient in Runic dancing, you might want to dance the entire Futhark in order. This can increase the powers of your group very effectively.

The general after-effect of Rune dancing should be the same as what you experience after performing Runic Yoga, but more so, because you are including the additional process of movement. These mudras, yoga positions, and dance movements can also be performed on a smaller scale by using only your hands.