

LESSON FOUR: PHOSPHENE AND THE FUTHARK

In Lesson Three, you familiarized yourself with the vowel sounds, which are very important for people of European ancestry to master because our languages are vowel-based languages. Speech is essential in performing magic and this is why, as individuals of European ancestry, we have to understand our unique way we use sounds to communicate.

After you have completed the sound meditation using the **A, E, I, O** and **U** sounds, you should simply recite the entire Futhark. Remain seated with your eyes closed and simply begin to recite each Rune in turn until you have completed all twenty-four Runes.

As you recite each Rune, concentrate on the sound reverberating through you. Make sure your eyes are closed and let your mind imagine the image of each Rune on the insides of your eyelids. They will form naturally in time. Concentrate on the sound of each Rune. There is great power in sounds, and there is great power in the sound of each Rune. There are traditions that claim the Gods created the universe through the use of sounds. Tolkien wrote in *The Silmarillion* that the Illuvater (the All-Father) created the universe through the use of music. Modern physicists now theorize that the universe is not made up of particles. They claim, in what they refer to as the String Theory, that the universe is made up of what they refer to as "strings," which resonate or vibrate in sound waves.

THE RUNES AND THE BRAIN

When we speak, the sound of our voice resonates throughout our internal selves. Seldom do we listen to the sound of our voice when we speak, and most people are amazed at how they sound when they listen to themselves on some kind of recording. The typical reaction is, "Is that the way I sound?" The sound of our voice not only affects our entire body, but also our mind, physically.

The sounds you make might cause the lights to flash on the insides of your eyelids. They might even take on different shapes. This phenomenon is known as phosphenes. When Odin sacrificed himself to himself on Yggdrasill, he envisioned certain symbols. The experience he underwent caused a transformation within his Life-Force that bestowed upon him, the secret of the Runes. By hanging on the Yggdrasill, which is the Vril and the physical laws that fill the universe and hold it together, the secret knowledge of the Yggdrasill, or the Vril, was imparted into him. The nature of existence appeared in his mind in the form of these symbols. The symbols appeared as geometric forms that we refer to as Runes. By undergoing a similar process, we too can discover this secret knowledge of the universe. This is done through many hours of meditation, chanting and visualization. This process is known as

Galdor Science. ***The methodology of Galdor Science triggers a neurological process that is an ingrained part of the way the brain functions.*** In the brain's visual cortex and neural system, geometrical shapes and images are processed. Every brain uses the process, naturally transforming the electrical currents into these geometric shapes. When we shut our eyes, we can see evidence of it by the appearance of geometric shapes and images that appear on the inside of our eyelids. They also can appear to us while we are in a trance-like state. This natural process is at the heart of the creation of the Runes, and how the Gods communicate with us, bestowing upon us the encoded knowledge and understanding of the Vril.

Let the images take on their own forms without your trying too deliberately to see something. Do not be disappointed if you do not see anything clearly when you begin. It might take several lessons, but in time you should begin seeing images. Again, this can be more effective when you perform these lessons in a group. Remember that we are all part of a collective soul. By belonging to a group you will be able to draw on the collective force of the group. But whether you belong to a group or not, which should meet once a week or once every two weeks, you should still practice on your own. You have now begun the process of opening yourself to the Odin Consciousness. It is the first step on the path of opening your Bifrost Gland, which is also known as the Third Eye. By using the Runes in your meditation, you will be forging a link to Odin, and eventually to the other Gods and Goddesses, which will act as a bridge between Midgard and Asgard. You will eventually be using the different Runes in your meditation, but for now, just recite the entire Futhark after you do your breathing exercises and your vowel sounds.

Below we provide the proper way to pronounce each Rune.

RUNE PRONUNCIATIONS

FEHU----fay-who
 URUZ----ooo-rooze
 THURISAZ----thoor-ee-sasz
 ANSUZ----ahn-sooze
 RAIDHO----rayd-hoe
 KENAZ----kehr-ahsz
 GEBO----gay-boe
 WUNJO----woon-yoh
 HAGALAZ----hah-gah-lahsz
 NAUDIZ----now-these
 ISA----ee-sa
 JERA----yeer-rah

EIWAZ----eye-wahsz
 PERTHRO----peer-throw
 ELHAZ----ehl-hahsz
 SOWILO----soe-wee-low
 TIWAZ—tee-wahsz
 BERKANO----beer-kahn-oh
 EHWAZ----ay-wahsz
 MANNAZ----mahn-nahsz
 LAGUZ----lah-gooze
 INGWAZ----eeng-wahsz
 DAGAZ----dhah-gahsz
 OTHALA----oh-tah-lah

THE FUTHARK

It is important that you memorize the entire Futhark. Write them down until you are familiarized with their shapes and sounds. You can break them down into three groups of eight. You are going to be using the Runes extensively in the future lessons, so it is better if you learn them now before you go on to the next lesson. Don't be discouraged if you cannot remember every one perfectly. With continuous use you will soon discover that they will become ***a part of you*** and you will become as familiarized with them as you are with the alphabet.

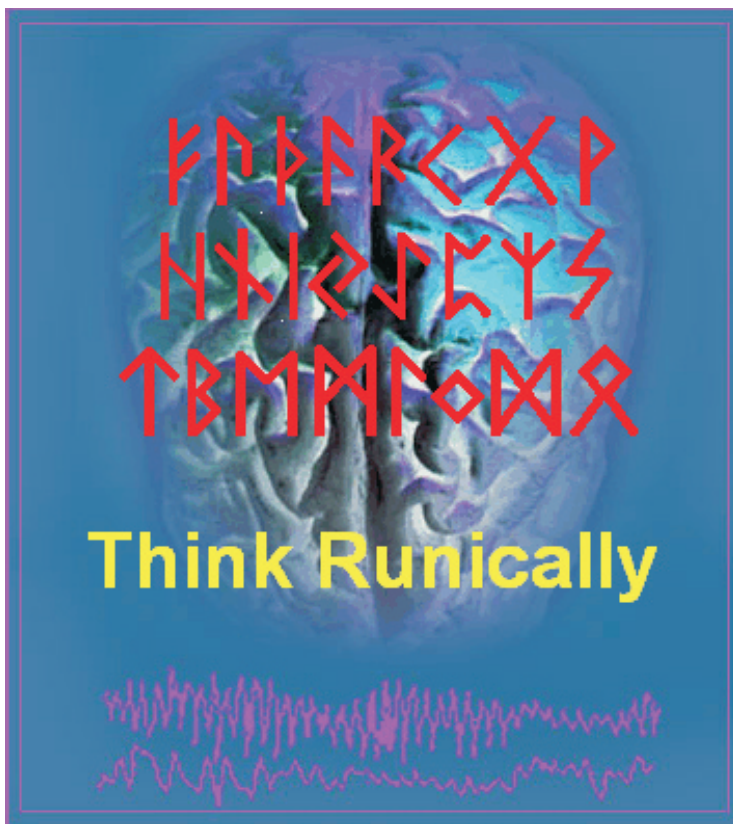
Collectively, the Runes are known as the Futhark. This name is taken from the first six Runes in the Futhark; Fehu (F), Uruz (U), Thurisaz (TH), Ansuz (A), Raidho (R) and Kenaz (K), just as the word "Alphabet" is taken from the first two letters of the Greek alphabet, alpha and beta. There are various types of Futharks: The Elder Futhark, the Younger Futhark, the Anglo-Saxon Futhark and the Armanen Futhark, but we will concern ourselves for now with the Elder Futhark. This is considered the oldest and most authentic of the Futharks.

The Runes is a collection of symbols that have been used for writing, and was the ancient source for much of the early systems of writing among the Indo-Europeans in Europe, including the ancient Celts, Germans, and the Italic people who eventually became the Romans. But the Runes are more than just scribes. They were given to our ancestors by the Gods, probably in an original form that has been forgotten, but the present Elder Futhark grew out of our Folk's inner consciousness—the collective group soul, during the period of time after the great destruction (around 5600 B.C.) of the first, Aryan civilization—during that period of time known as the great trek, in which the refugees of the great destruction, our people, separated into the many different Indo-European tribes and spread out across the face of the old world. There is much debate on whether the Elder Futhark is the original form that the Gods bestowed upon our ancestors, or a later version that grew out of the memory

of our people during their great trek across the Eurasian continent. Through our collective group soul, Odin transmits the knowledge of the Runes to us. It is through this process that we can once again assimilate the secret knowledge of the Runes into our consciousness through Vrilyology.

The Runes is an instrument, given to us by Odin, to help us rebuild the bridge between us and the Gods and Goddesses. Their use helps to bring order and clarity to our lives.

Three aspects of the Runes are the sound, the shape and the secret knowledge that are associated with each Rune. A good Rune Master, a Runester, is one who has mastered this threefold nature of the Runes. By studying this threefold nature of the Runes, one can, in time, enhance and broaden the inner essence of ourselves as individuals through runic meditation. This process will ultimately enhance the collective essence of our Folk, and strengthen the bond that joins us with our Gods, and the collective consciousness of our race. It is the purpose of the Folk Faith to strengthen these bonds between ourselves and our Gods. Through this



process we open ourselves up, permitting the Folk Soul of our people to grow and guide us as individuals, and more importantly as our Folk, along the right path of organic and genetic development. In this way, we assure the return of Balder and the rebirth of the Gods...and eventually, the resurrection of our Folk.

There are two ways in which we can study and come to understand the Runes, as well as making them a part of our lives. The first means is through individual study and meditation. This can be done in many ways, and however you wish to spend your time, and how much of your time to spend, in studying the Runes will be determined by your need to commit to the studying of Runes.

THINK RUNICALLY

The second way to make the Runes a part of our daily lives is to learn to "think

runically.” This does not mean to simply memorizing the Futhark, nor studying the languages of the Runes and their lore. Runic thinking is the assimilation of the entire spirit of the Runes, their lore, craft, ancient meanings, their astral images until they become a part of you—they become second nature. By achieving the state in which you instinctively think runically, you will have achieved a level of spirit in which the Runes have come to life within you. You will have absorbed their dynamic energies and they will become a part of you. What we are trying to accomplish in this level (Hel) is to provide you with the tool necessary to reach a state of mind in which the Runic energies pulsate within you. By achieving this state of mind, you will have awakened from the state of sleep-walking that is Hel and begin the process of reaching true Midgard. The step toward this goal is to familiarize yourself with the Runes. We can begin this process by reviewing the nature of each individual Rune.

FEHU: F-RUNE “Fay-hoo” (FEE)

Depiction: Resembles the two horns of a cow or two arms facing upward.

Runic Position: 1st Aett, 1st Rune.

Original Meaning: Cattle, which was symbolic of mobile wealth.

Key Words: Wealth, money, prosperity, abundance, luck, primal fire, fertility.

Tree: Elder.

Herb: Nettle.

Gemstones: Ruby, garnet, red cat’s-eye, rose quartz, blood agate, carnelian jasper.

Color: Light Red.

Animal Power: Cattle, cow.

Other Names: Fe, Feo, Feoh.

Element: Fire.

Number: 1

Astrology: Aries.

Tarot: The Tower



The Fehu Rune stands for wealth, fire, regeneration, cattle, livestock, duty, the worship of health, property, and mobile wealth. In ancient times, cattle were used as a measure of a man’s wealth. The Fehu Rune gets its shape from their horns. Because cattle were not stationary, but constantly on the move, it represents mobile wealth, such as money, financial transactions, investments, and so forth. Thus, cattle soon came to represent gold. Gold was

a monetary device that could be traded and transported. Gold was considered a metal possessing the power of fire, and this fire represents energy—Vril energy. Thus, Fehu is mobile energy. But cattle also represent fertility. Besides being a symbol for wealth and energy, Fehu also represents fertility, because cattle were also considered a potent force of fertility. It also represents the female powers of the earth that can be controlled by the power of the will. In this regard, Fehu is related to the Vanir, especially Njord, Frey and Freyja, as well as the Aesir Goddess, Frigga.

Fehu is the first Rune in the first of three eights or eattir. It is known as the eatt of Freyja. Frey and Freyja represent deities that give joy from love and sexual union, and Frigga is the union of man and woman in a lasting relationship solidified in the traditional family. All three deities are fertility Gods and derive power from the fire element of the Fehu Rune. They are also deities of the earth, and in Fehu you have the union of earth and fire. This power of fire is the force that gives the ability to the seeress Freyja. They all have the power to see into the future. Fertility is the power to create the future. To transform future events you need the power to make things happen, and that is the power of gold, or wealth. Gold is a fire that has its origins in the earth.

Fehu is also the Rune that represents Audhumbla, the creative, nurturing primal cosmic force that gave nourishment to Ymir and gave birth to the first God, Borr. Gold also represents the inner light that lies hidden within most souls. Frey is the ruler of Ljossalfheim, the realm of light, of the Light Elves.

Fehu is the outward cosmic force of fire. It is an expansive power that radiates out from within the Rune master. The development of the Fehu force within the individual helps to increase the individual's animal strengths. To unleash this inner force is like releasing the wolves that lurk within the forest. The use of this Rune helps to increase one's charisma and sexual energies, and brings joy. It is the force behind most human emotions and through its use will draw energies into you and increase your personal reserve of power. But it must be controlled and used for a purpose, otherwise the individual will lose his will to control his emotions and urges, and will be ruled by them.

Fehu is the representative of Vril as the primal fire that is counter to the contraction of the solidifying nature of primal ice. The power of Fehu is most important within Self. It can be used to increase and replenish your personal supply of Vril energy, transforming it into an abundant reservoir of personal Luck (personal charisma) within your Hamingja. It is a means to transfer Vril energy, to project or draw it into yourself. Continuous use of Fehu for this purpose will increase your ability to draw on greater quantities of Vril and enable you to control, shape and handle this greater supply of Vril for your personal use.

Use Fehu to:

- 1) increase your ability to draw on Vril energy.
- 2) increase your ability to transform it into Megin, or personal Luck.
- 3) increase the capacity of your Hamingja to store greater supplies of Vril.
- 4) increase your ability to manifest wealth and money in your life.
- 5) permit you to more easily get in the flow of the Vrilic currents of energy, and to change and control the circumstances of importance that manifest themselves in your life.
- 6) increase your sexual energy, and sexuality. Repeated meditation on Fenu and the use of this Rune will give the individual a great personal reservoir of Vril energy. Your ability to draw on Vril's powers will be greatly increased.

URUZ: U-RUNE "Ooo-rooze" (AUROCHS)

Depiction: The horns of the Aurochs facing down in the charging position.

Runic Position: 1st Aett, 2nd Rune.

Original Meaning: The primal force that gave structure to primal fires which combine to form the original creative force.

Key Words: Healing, patterning force, inner strength.

Tree: Birch.

Herb: Sphagnum moss.

Gemstones: Moss agate.

Color: Dark green.

Animal Power: Ox, Aurochs, Bison.

Other Names: Uraz, Ur.

Element: Earth.

Number: 2

Astrology: Taurus.

Tarot: Strength.



Uruz is the Rune of primordial strength and power, masculine force, the aurochs and the after life. The aurochs was a powerful bovine that roamed ancient Europe. It represents the untamed forces of the Earth that cannot be controlled by human will. Uruz is the forming force that gives shape and form. It is the power of destiny and the will to power. It represents male strength and power, male virility and fertility. It governs the powers of courage, bravery, determination, perseverance, endurance, and tenacity. Uruz is used to enhance those qualities that produce great leadership.

Uruz is the undomesticated force, the wild force of formation, counter to

Audhumbla. It gives order to chaos, to substance–Ymir. It has the power to give shape and form to the multidimensional form. It has great power and when used properly, it can increase the powers of the other Runes. Uruz represents the powerful unconscious shaping-giving force of Vril that must be controlled. It is the Rune of vital energies—the Vril untamed.

Uruz is the Rune of deep-seated instincts within us that transform and create. Just as Odin, Vili, and Ve gave order to the universe by slaying Ymir, so too can we harness this same power through the use of Uruz to give purpose, order, and form to the other Runes, in our quest to transform and give new shape to the inner universe within us and the outer universe in which we live.

Uruz assists in the growth of wisdom that wells up from your deep-rooted well of consciousness—the Well of Urd. From it you can understand the workings of the forces of nature, the order that is the Gods and the synchronicity that they struggle to maintain.

The horns of Uruz face down, like those of the charging bull. By taming the Aurochs and drinking from its horns, one can ingest the raw, shape-giving power of Vril.

The Uruz is the wild force of formation that is associated with the father of all Giants, Ymir. The Uruz Rune is the most vital of energies and eliminates all weaknesses, transforming weaknesses into strengths. It is the unconscious Life Force and can be used to draw the Life Force to heal and known as the **Healing Rune**. It is the powerful instincts that exist in man, and must be controlled or it could be very destructive. It is rooted in the past and is the urge to defend the homeland and one's family and hearth.

Uruz is the Healing Rune. It represents the primal bovine, Audhumbla, the nurturing Vril energy, endlessly processing patterns, cleansing and reshaping. The healing power of Uruz is from the Well of Urd, waters that give shape to the World Tree. The water of the well is representative of the nurturing power of Vril, flowing into Urd. It then flows into the tree through one of its roots and up the trunk and branches and then falls from its leaves as dew, to the ground, and then back into the well to repeat the never-ending process. As the Healing Rune, Uruz draws Vril power from all realms and brings its powers together in synchronicity with the genetic structure of the body, restoring its healthy, natural form and the functioning of all its parts. Its healing powers renew life.

Uruz calls forth Vril energy and brings it forth into your own being. It reshapes the creative energy of Vril manifesting it into shapes and forms. It is used for self-healing, restoring the original patterns of physical and material forms with recuperative Vril energies. Its healing powers can be projected to others, especially effective with family members and close genetic relations. It provides strength, tenacity, determination of will, courage, persistence, and defense of your home and homeland. It is a powerful force to help begin new

ventures and projects. And Uruz can be used to protect your freedom and freedom of action.

Use Uruz to:

- 1) harness Megin-Vril energies for healing.
- 2) project this force outward and inward.
- 3) restore strength, vitality and tenacity, as well as courage.
- 4) protect your home space, and maintain your freedom and independence.

THURISAZ: TH-RUNE "Thoor-ri-sasz" (THURS)

Depiction: Thor's hammer or a sharp thorn on a branch.

Runic Position: 1st Aett, 3rd Rune.

Original Meaning: Protection, defense against invaders, the enemy of an unfriendly force.

Key Words: Protection, destruction, defense, fertility, regeneration, projecting action.

Tree: Hawthorn.

Herb: House leek.

Gemstones: Carbuncle.

Color: Bright red.

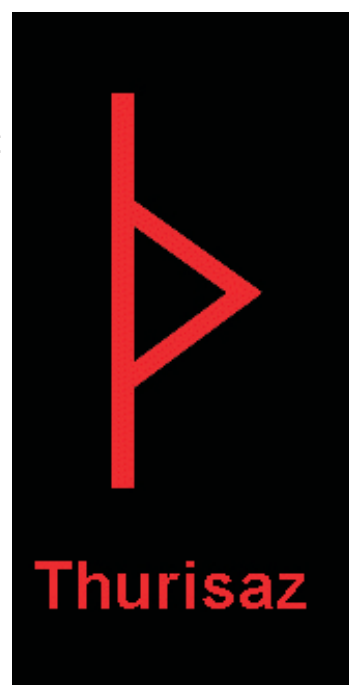
Animal Power: Goat.

Element: Fire.

Number: 3

Astrology: Mars.

Tarot: Emperor.



Thurisaz means "strong-one," or "giant." It refers to the race of Giants, as well as their chief adversary, Thor. It means thunder, thunderbolt or lightning and is associated with Thor, especially with his hammer, Mjollnir. Thurisaz is the Rune of power that is projected or sent to break resistance. It is an aggressive force, but it is also reactive. It is a powerful defensive Rune, just as Thor is the defender of the Gods and mankind against the destructive forces of the Giants. Thurisaz counters chaos (Giants) and maintains order and stability. Thurisaz stands for the defense of the home or homeland as well as for the individual against the chaotic forces of the Giants. Being a Rune of lightning, it is also a fertility Rune and has regenerative powers. When combined with Eihwaz and Elhaz, the three Runes become a powerful lucky charm.

Thurisaz is the sign of pure action. It is the instinctual will within all of us that is directed by the cosmic forces of self-consciousness. Thor's mother was

a Giantess and so Thurisaz is the embodiment of the Thurses (Giant) powers, but because Thor's father was Odin, (God/Aesir) this power has direction and consciousness. In the negative form, (reverse) Thurisaz is the undirected power of the chaotic forces. It is Thor's hammer, Mjollnir, that provides balance between the forces of destruction and construction. Its nature is that of both fire and ice, united to form a great creative energy, violent, but guided in reaction to danger and threats.

Thurisaz is the controlled Gigantic force under the control of the Gods, for the purpose to hold in check Chaos, and maintain order in the universe. It is the sum total of the physical laws (known and unknown) of the universe. Because Thurisaz has the power to maintain order, it has the power to create. It is the embodiment of psycho-sexual forces that gives rise to new life and thus ensures future evolution. It is the Rune of regeneration and fertility, and when used correctly can unleash great energy (the Vril) to initiate new beginnings.

It is the Rune of settling scores, for the purpose of revenge used by both wizards and warriors. But it should be used to strike only back against those who threaten you. When Thurisaz is used with other Runes, it lends the force of aim and direction, causing the powers of the other Runes to be directed and reach their mark, breaking all barriers that might stand in their way.

Like the lightning that strikes the earth, filling it with new energy, and the rains that fertilize the ground, Thurisaz has great phallic powers of fertilization. This power is masculine in form and action.

Use Thurisaz to:

- 1) create a lightning stroke of inspiration and creativity.
- 2) give direction and aim when using Vril energy.
- 3) give fruitfulness.
- 4) increase one's sexual powers or libido.
- 5) destroy all barriers and resistance.
- 6) give protection against attacks and send their power back toward their originator.
- 7) help awaken the sleeping powers of the Gods within you.

ANSUZ: A-RUNE "Ahn-ssoosz" (ASE OR AESIR)

Depiction: The wind-blown cloak of Odin.

Runic Position: 1st Aett, 4th Rune.

Original Meaning: The Aesir, God, Odin.

Key Words: Wisdom, Knowledge, order, communication, ecstatic communication, mental agility, higher consciousness.

Tree: Ash.

Herb: Fly agaric.
Gemstones: Sapphire.
Color: Dark Blue, violet.
Animal Power: Wolf.
Other Names: Asa, Oss, Ass, Aesc, As.
Element: Air.
Number: 4
Astrology: Pluto.
Tarot: Death.

The "A" Rune embodies the Odinic powers of consciousness. Its Runic name means "God," and synthesizes the left and right halves of the brain, creating the rainbow bridge that unites Midgard with Asgard. The Ansuz power is inherited from generation to generation. It is the ancestral power that ties us to our Folk and family. Odin is the God of ancestral forces that gave consciousness to the race of man. Ansuz is the triad of Odin (Odin, Vili, and Ve), which gave self-consciousness to man. Like Odin, it embodies the powers of inspiration and wisdom, intelligence, poetry, magic, and both social and cosmic order. It is also the power of oratory and communication. Missionaries for the Gods should develop the power of Ansuz to spread the word of the Folk Faith among the Children of the Gods.

This Rune is the Odinic force within our Folk. Its energy is passed down from generation to generation. It is the spiritual link between Odin and his children. It is the embodiment of Odin's mind instead of Thor's strength. It is an air Rune, possessing the power to cause change and help one to adapt to the changing situations in the world. Odin has the ability to change his shape and walk undetected among mankind. This has permitted the Gods to survive the domination of their children under the yoke of an alien creed. Ansuz is the Rune of relentless, restless wandering, in search of new knowledge and wisdom, and then teaching it in turn to those who seek out union with the Gods that created them.

Ansuz is the Rune of great knowledge and wisdom. Odin is the great magician God, who has acquired all-knowing powers. It is through his Rune that we can achieve wisdom and knowledge. It is the Rune that impregnated our Folk with the Faustian thirst for knowledge and discovering the secrets of the universe. This Rune is the Odinic force within us that drives us onward in the quest to make known that which is still unknown, still hidden. It is the embodiment of those racial memories that are transmitted from generation to generation through the genes, through our DNA. This Rune is a link in the



ancestral chain that links us to our past and to our future. The bridge between Midgard and Asgard, the mind of man and the consciousness of the Gods lies within this Rune—it is the Rune of the Bifrost Gland, the Third Eye. Ansuz is the Rune of spiritual, artistic, and intellectual creativity, as opposed to physical creativity.

Odin leads the Wild Hunt, and Ansuz can be used to bring death or call on the dead for assistance. It is the Rune of channeling forces of the underworld.

Ansuz can be used to:

- 1) inspire people in all fields of learning and creativity.
- 2) fill one with the powers of speech and writing.
- 3) generate great magnetic charisma.
- 4) generate ecstasy in magical workings.
- 5) gain knowledge of one's cosmic ancestry.

RAIDHO: R-RUNE "Rrayd-hoh" (RIDING)

Depiction: The wheel of a chariot, symbolic of the solar wheel.

Runic Position: 1st Aett, 5th Rune.

Original Meaning: Solar wagon carrying the sun across the sky.

Key Words: Right direction and pattern, traveling, flow, rhythm, progression, movement.

Tree: Oak.

Herb: Mugwort.

Gemstones: Chrysoprase.

Color: Bright red.

Animal Power: Horse.

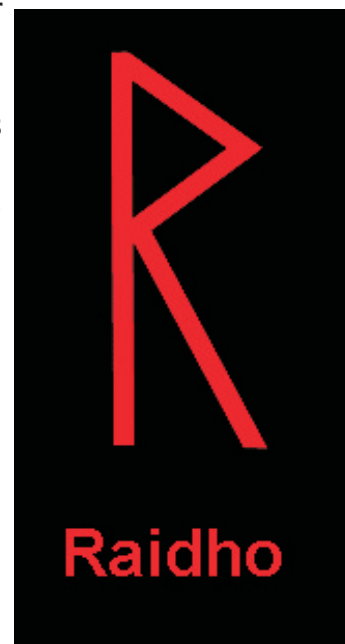
Other Names: Reda, Reid, Reidr, Rad.

Element: Air.

Number: 5

Astrology: Sagittarius.

Tarot: Chariot.



Translated, the name Raidho means "wagon," "chariot," and "riding." It is closely associated with the Indo-European mythic image of a horse-drawn wagon or chariot whose wheel is the Sun. In this way, Raidho represents of the right-ordered movement of space and time. Thus, Raidho governs movement, not only across distance, but through time. It gives you an appreciation of the correct rhythms of the natural world—thus, the order provided by the Gods.

Raidho is the Rune of Motion, the correct action that needs to be taken. It is also the Rune of order, religion, and rituals. The natural order of the

seasons of the year is represented by Raidho. It is the Rune for the cycle of days, and the right path for growth and the movement of the sun. When traveling, one should consult Raidho. It is the Rune of both spiritual and physical development and is represented by the wagon or chariot. It also represents the Rune for the proper order of things in the universe—the physical laws that hold the universe in place. It is the force that causes the planets to revolve around the sun, the sun to revolve around the center of the galaxy, and the galaxy to move through the universe.

It is also the Rune for music, poetry, and dance, and all these are used in runic-shamanism. It is the Rune of rhythmic movement, and all ordered movement throughout the universe, in both the microcosm and the macrocosm. The wagon represents the right way to runic-shamanistic enlightenment. It should be used to help the runic shaman on his travels through the nine worlds.

Raidho governs the path of correct or rightly ordered action and movement. This is the force that reigns over progression and evolution. It encompasses mathematical rules of proportion and balance. Raidho gives harmony and justice within a society, and though Tiwaz is the letter of the law, Raidho embodies the soul of the law. In this way, Raidho integrates the individual with the Folk. It is the Rune that manifests order out of chaos, providing a smooth and swift course for the evolution of society. It shows the correct way to travel and go about accomplishing what you desire.

Uses of Raidho:

- 1) To discover divine order in the universe.
- 2) To control a situation and live in the present.
- 3) Helping to establish the right rhythm to all your activities so that you can be the most creative.
- 4) For protection when traveling.
- 5) To establish the natural Vril energy patterns in your life and to channel its energies in the correct way to achieve your goals.

KENAZ: K-RUNE “Kehn-ashsz” (TORCH)

Depiction: Flame of the torch.

Runic Position: 1st Aett, 6th Rune.

Original Meaning: Controlled fire, blacksmith’s furnace.

Key Words: Rune of technological knowledge, guiding light, progression.

Tree: Pine.

Herb: Cowslip.

Gemstones: Bloodstone.

Color: Light red.

Animal Power: Cat.

Other Names: Kaun, Cen, Ken.

Element: Fire.

Number: 6.

Astrology: Venus.

Tarot: High Priestess.

Kenaz is the Rune of illumination, learning, and teaching, as well as kinship. Its symbol is the torch or beam of light that gives light to the darkness and illumination on any subject or mystery. Its illumination is spiritual and intellectual. It is the Rune of controlled fire or Vril energy. It can represent the hearth, and thus it is a source of creation. It is also the Rune for lust, love, and passion. Because of the emotionalism and spiritualism associated with Kenaz, it is the Rune that favors artists, craftsmen, and all creative people.

The secrets within Kenaz represent the knowledge to harness fire of Fehu, or Vril energy, and to form and shape it, as well as send it. Its powers can be used to enlighten, or to send energy. One of the forms of fire that Kenaz can teach you to master is the passions of sexual lust. You can use it to control your sexuality for right action or suppress it when necessary, or even to enhance and increase your charisma.

Kenaz is the Rune of the creative spark that is divine within the human mind. It is represented by the symbol of controlled fire or light. Like a torch, it will illuminate the darkness, and thus it brings illumination or enlightenment to those realms ruled by ignorance. This Rune is the natural opponent of Hoder, the blind twin brother of Balder, and the God of Darkness, who was tricked by Loki into killing his brother. Because it is the Torch Rune, when reversed it is the Loki Rune, and its qualities should only be used for positive purposes and never for negative reasons. It is controlled fire. It can be used as an effective weapon to ward off the influence of Loki in our lives. Remember, up to the end, the Gods were able to turn the tables on Loki and force him to use his craftiness to undo the harm his trickery created. But we must be very careful when using Kenaz in this way.

Kenaz is also the Rune of technological knowledge and should be used for creative endeavors. It governs technological advancement. It's the force that shapes and creates. Kenaz governs the craftsman, the builder, the smith, and all workings that deal with material creativity. It is the Rune of technology.

It is the Rune that can provide you with the inspiration to discover the secrets of Vril technology, and discover how to harness Vril energy mechanically. Just as technology can be very useful in making our lives better,



it can be very corrupting of morality. If not balanced with other Runes, it can turn us away from a spiritual path and down a path of corrupting materialism, thus abandoning the Gods...just as Loki would have us do.

Kenaz is the Rune of the scared fire, the eternal flame that possesses a purifying power.

Use Kenaz to:

- 1) illuminate your condition.
- 2) create transpersonal powers, for healing through transformation and growth.
- 3) control sexual passions.
- 4) discover hidden knowledge and secrets.
- 5) send and direct Vril energy outward.
- 6) transport the powers of other Runes.

GEBO: G-RUNE "Gay-boe" (GIFT)

Depiction: Two forces crossing.

Runic Position: 1st Aett, 7th Rune.

Original Meaning: The exchange of gifts and powers between two people or between mortal and God.

Key Words: Gift, exchange, crossing, interaction, connection, union, balance.

Tree: Ash/Elm.

Herb: Heartsease.

Gemstones: Opal.

Color: Deep blue.

Animal Power: Raven.

Other Names: Geuua, Gipt, Giof, geofu, Gyfu, Gjof.

Element: Air.

Number: 7

Astrology: Pisces.

Tarot: Lovers.

Gebo is the Rune of generosity, hospitality, and gifts, and represents the Gods collectively. It rules over gift-giving and contracts or anything else that deals with the binding of people or parties together. It is also the Rune for making sacrifices to the Gods. Friendships and close relationships of any kind are also governed by Gebo. It is used to exchange powers. It is the Rune of fair compensation, the establishment of loyalty through exchanged works. This is the essence of the Law of Compensation. A gift should be given in exchange for a gift.



Gebo can be considered the Odinic triad of gifts: self-awareness, breath, and shape. Thus, its qualities for gift exchanging create bonds, not only between individuals, but also between the individual and the nation, thus strengthening the bond between the individual and his Folk. The individual gives loyalty and is expected to act responsibly. All his actions affect the growth and development and health of the Folk. By doing so the individual ensures the creation and preservation of a healthy environment for himself and his family. In this way his rights as an individual are defended by the state which he has supported through his good deeds.

Gebo is especially powerful when dealing with “love magic.” It is the Rune of endless exchange of powers and energies, especially Vril energy. The act of making love between a man and a woman is the exchange of love and pleasure. It is the most intimate act between two individuals, and thus, the highest expression of Gebo between two humans (man and woman). It can help not only to reinforce a loving-sexual relationship, but also strengthen marriage bonds, friendships and all oaths of loyalty. It is also the expression of non-sexual love between two or more individuals, especially among family members, comrades and friends. It can be used to cement the bonds of dependence that arise among soldiers who come to rely on each other during combat.

The ultimate gift is the triad of gifts to man by Odin, Vili, and Ve. Gebo represents the exchange of powers, the flow of Vrilic power from the divine to the mortal. It is the Rune of Sacrifice, and can establish bonds between the Gods and mortals. It governs the transfer of power from its source to another, and back again. The bonding force of giving and receiving is ruled by this Rune, and can be a powerful instrument to ensure union between diverse groups and individuals. Gebo should be used in marriage ceremonies, symbolizing the joining of two people who exchange obligations to become one, for the purpose of creating new life—children, who are the result of a union of the spiritual and physical essence of a man and a woman. Thus Gebo can be used to increase the ecstasy of the sexual union, as well as strengthen the love that holds such unions between man and woman together.

Use Gebo to:

- 1) establish a union between a God or Goddess and a mortal.
- 2) build a more perfect, loving relationship with your partner.
- 3) right wrongs through the Law of Compensation.
- 4) help understand the meaning behind gift-giving and the forging of lasting bonds.
- 5) generate a truly loving relationship between a man and a woman.
- 6) help forge bonds of friendship and harmonious relationships.

WUNJO: W-RUNE “Woon-yoh” (JOY)

Depiction: Weather vane or Tribal banner.

Runic Position: 1st Aett, 8th Rune.

Original Meaning: Relationship, interaction of beings descended from same blood.

Key Words: Joy, pleasure, hope, love, harmony, kinship, fellowship, wishes.

Tree: Ash.

Herb: Flax.

Gemstones: Diamond.

Color: Yellow.

Animal Power: Boar.

Other Names: Vend, Wynn, Vin.

Element: Earth.

Number: 8

Astrology: Leo.

Tarot: The Sun.



Wunjo is the Rune for joy, harmony, fellowship, comradeship, honor, and loyalty. Wunjo is derived from the German word *wunish*, which means "to wish," thus it is also the Rune of Wishes. You can use Wunjo to harness Vril energy to manifest those things you want and desire to manifest, according to your will. It increases the power of your Will. It can be used to banish bad feelings, sorrow, and other negative emotions. This Rune deals with emotional and spiritual healing and is used to combat sadness and depression. It enhances one's self-respect and the morale of both the group and the individual. It can be associated with lovers. It is the joy and bliss that are associated with love and love affairs, and also embodies sex and lust.

This Rune is the embodiment of individuals who share a common origin—race, nation, tribes, clans, families—the Folk. It ensures harmony within the group and marshals energies to preserve that harmony. It binds different people into a whole. It can create a single harmonious energy field that will manifest itself according to the wishes of a single will. It reinforces healthy sexual unions and defends the Folk and family against all forms of sexual perversions. Wunjo has the power to increase the force of the will of the leader by channeling Vril energy into mental powers of manifestation. It can increase the power of team work, causing many people to work together. When the entire team is in a state of Wunjo, it manifests the dynamics of the super-team. Things begin to flow more easily, like a current in a river.

Wunjo is the Rune of Freyja, as the Goddess of Love and Lust. It is her gift to mortals, as well as to the divine, to enjoy the pleasures of the heart and the flesh. It can fill any relationship, between a man and a woman, between

family members, friends, partners, or in any other association, with a love for each other, loyalty, joy in being each others' presence, and a feeling of harmony and fellowship. It is especially useful in "love magic," but also in any magic that seeks to manifest a spirit of group harmony. Wunjo is a force for the harmony, trust, and joy that come with comradeship. It can be a powerful force to hold groups, especially family, national and racial groups, those with genetic and organic qualities in common, together in a lasting union that will last for generations.

Uses of Wunjo:

- 1) It can fill all your dealings with other people with a sense of joy and harmony.
- 2) It can be used to reduce a sense of alienation and create a sense of trust within a group or between people.
- 3) It helps to strengthen the power of your will to manifest your desires into reality.
- 4) To bind energies (Runic energies) into a single harmonious purpose.
- 5) To help fill people with love, joy and happiness, and bring these traits into their lives.
- 6) To fill all social settings with fellowship, harmony, and the joy of living together as good neighbors.

HAGALAZ: H-RUNE "Hah-gah-lahsz" (HAILSTONE)

Depiction: The connection of two realms of being, hail.

Runic Position: 2nd Aett, 1st Rune.

Original Meaning: The icy egg or yeast of primal life. Movement downward into the world of the Norns to learn wisdom.

Key Words: Transformation, change, devolution before evolution, merging, protection, destruction.

Tree: Yew/Ash.

Herb: Lily of the Valley.

Gemstones: Onyx.

Color: Light blue or sky blue.

Animal Power: Serpent or Dragon.

Other Names: Haal, Hagall, Hagl.

Element: Ice.

Number: 9

Astrology: Aquarius.

Tarot: The World.



While Uruz is the patterning force, Halgalaz is the pattern formed by Uruz's drizzle. It is the primal crystallization of fire and ice, the manifested force of Vril, which is the pattern of being that the DNA of a single cell bears in relationship to the complete form of the body. While Uruz is the forming power of Audhumbla, Halgalaz is the form that is created from Uruz's forming power, personified by Ymir. Thus, Halgalaz is the absolute potential of the framework of the universe. Halgalaz is the Rune that controls and focuses Vril energy. It is used to control the untamed, the might of Vril—the unformed active power.

Hagalaz is a Rune that represents constraint. It symbolizes hail, and is the Rune of the creative cosmic forces of the universe. Used properly it will provide well-being and safety. It is the embodiment of the evolutionary forces, and the unity of fire and ice that created the universe. In Halgalaz, the union of opposing force—fire and ice—causes the creation of the hail-egg, Ymir. In this Rune is the potential for creation and manifestation. One has only to learn to master it, in the way Odin, Vili, and Ve mastered Ymir, and destroyed him before they could reshape him and give order to the universe. Halgalaz is the framework of the complete model of the Vrilic energy currents that gives form and shape, as well as order to the universe. Within it is the dynamic force of fire and ice—Vrilic energy.

Hagalaz is the ninth Rune. Nine is the divine number of transformation and spiritual growth and evolution. Nine is the number of worlds within the branches of the Yggdrasill. Halgalaz is often associated with Ymir and thus the embodiment of the world and the universe that were fashioned from his body. Nine is the number of completion, wholeness and fulfillment—the sum total of the multiverse. Within this Rune is the seed of the evolving or growing universe. It is the Mother-Rune. All other Runes are held within its form. Unification of opposites created the life-giving power of Vril that the Gods use to give order to the universe.

It is the Rune of harmony and wholeness, and the Rune of hope, growth and youthful confidence. Halgalaz is also the Rune that governs the unconsciousness and the underworld. It is also associated with Hel, as the Queen of the Netherworld.

Heimdall is also associated with Halgalaz, as the God who gave form to the races of mankind. This Rune is the first Rune in the second eatt of the Futhark, which is referred to as Heimdall's Eatt. It represents the nature of the second eatt—that for formation, or giving true form.

Hagalaz destroys so that new life can be born. It is the force of evolution. It causes mutation so that new forms can replace old forms. It is the Mother Rune that gives form to all other Runes. It is the Rune of bringing forth and completion. It is hail, the whitest form of grain, that impregnates the earth with new life. The hail destroys what exists, and then melts, giving nourishment for new life to grow.

Hagalaz is the ninth Rune, and nine is the most sacred number in Norse cosmology. It is a very powerful Rune to cause woe.

Use Hagalaz to:

- 1) establish the formation of the perfect pattern of things.
- 2) form a balance of all the elements within a framework.
- 3) destroy and banish those things that might cause you harm, so that you will continue to survive.
- 4) unleash those ideals that are hidden within your subconscious so that they can manifest in the conscious mind.
- 5) to cause discomfort in others by unleashing the terrible Id within their subconscious to plague them and cause them to be unbalanced.

NAUTHIZ: N-RUNE "Now-these" (NEED)

Depiction: Two sticks of a bow causing friction to kindle need-fire.

Runic Position: 2nd Aett, 2nd Rune.

Original Meaning: Need-fire, which burns though the darkest of times, and the darkness representing the future, which is hidden.

Key Words: Need, help, resistance, deliverance from distress, love, passion.

Tree: Beech.

Herb: Bistort.

Gemstones: Lapis Lazuli.

Color: Fire.

Animal Power: Dragon.

Other Names: Noicz, Naud, Naudr, Nied, Nyd.

Element: Fire.

Number: 10

Astrology: Capricorn.

Tarot: Devil.



Nauthiz is the Rune that represents need and necessity. It is the Rune that personified the Norns and Fate. Its shape is that of the bow which can provide protection. It provides what is needed most—protection, security and well-being for the individual and the family. Like the bow, it can be used as a weapon of aggression, to send whatever hostile intentions are directed at you back to their source. It is also the Rune for growth. For the bow is also a device to provide nourishment as a tool in the hunt. Friction and resistance are symbolized by this Rune, and within it is the dialectic of idea and opposition which causes struggle and conflict that lead to

growth and development for both the individual and group.

Nauthiz is the force of cosmic friction that is generated between two or more substances. Necessity is the mother of invention, and the need to evolve causes change. Nauthiz is the need-fire, the desire to "do." It is action that is necessary for evolution and survival. The need to evolve is the cause of the Norns. Past, Present and Future, all three is one, and the former two create the third. The need to transform and continue. To go forward and thus, "become." The cosmos is one of transformation which is necessary to evolve to a higher form of existence. This is the secret of the union between mortal and the divine. We need to take in the Vrillic energy to survive and must learn to harness its power and shape it to cause mutations that will jumpstart our evolution into a higher form of being—into a race of God-men.

Nauthiz is the Rune of moving forward into the new state of being. It is the necessity to evolve to a higher form of life or become extinct. It is the Rune of testing — by trial and suffering through hardships and privations — which increases one's ability to endure. "That which does not destroy me, makes me stronger." It brings to the surface the self-generating magical force of Fehu-Vril energy—when it is most needed. If Fehu represents the harnessing of Vril energy, Nauthiz is the potential of unleashing its power on every level of existence.

While you might notice that Nauthiz looks like Gebo, it has the opposite potential. For Gebo creates balance, while Nauthiz permits you to channel Vril energy toward a single objective. While Gebo's use of Vril might resemble a star or sun unleashing its energy in all directions, Nauthiz concentrates and directs Vril energy much like Kenaz, not outward, but inward, with the purpose of generating super-human abilities to achieve what one needs to do. It is the equivalent of sudden generation of adrenaline to increase one's strength when confronted by a desperate situation. It is caused by a deep, instinctive need to do the impossible, devoid of all rational consideration.

Nauthiz is also the Rune of sexual drive. The need for sexual activity and reproduction, to pass on one's genes to the next generation, is a primal, instinctive need that all living things possess. This need is manifested within this Rune. Just as Nauthiz can unleash great bursts of strength and endurance, it can conjure great mental and spiritual inspiration when the need calls for it. You can also use this Rune to channel personal stress to more constructive use. Stress can kill, but when you learn to control stress and channel it into more productive use, it can be a source of great creativity.

You can use Nauthiz to:

- 1) protect you against harm.
- 2) draw on great physical endurance as well as intellectual and spiritual inspiration when needed.
- 3) channel negative energies into constructive uses.

- 4) fuel your magical patterns of Vril energy.
- 5) cause discomfort in others.

ISA: I-RUNE "Ee-sa" (ICE)

Depiction: Icicle or primal ice stream, unmoving, straight.

Runic Position: 2nd Aett, 3rd Rune.

Original Meaning: Primal matter and antimatter moving up and down through vertical axis, holding everything together in its present structure.

Key Words: Stasis, constraintment, contraction, gradual integration, delay.

Tree: Alder.

Herb: Henbane.

Gemstones: Cat's-eye.

Color: Black.

Animal Power: Polar bear.

Other Names: Icz, Iss, Is.

Element: Ice.

Number: 11

Astrology: Moon.

Tarot: The Hermit.



Isa is the Rune of eternal ice, especially the cosmic forces of ice. It is not the Rune of Niflheim, but the icy streams of Vrilic energy that flow out of it. It is the Rune representing inertia and the state of calm, and can be used to restore calm and order during times of crisis and conflict. Isa is the ice that attracts fire, and this union causes the act of creation. It is also the symbol for the individual ego—the self. It can be used to ensure self-control as well as controlling one's surroundings.

Isa is the Rune of contraction and attraction. It is the power that holds form and centers the existence of matter. It can be used to contain and control—to restrain. It maintains shape given to the universe of Odin, Vili, and Ve. It is not the forming power of Vril, but the holding power. It resists change, but it is necessary to maintain a balance between opposites.

Isa is the Rune of the ego. Within its powers lies the secret realm of the ego. It is the black hole of existence, and within it lies the secret powers that we have lost control over. To unleash the power of the psychic force, we must learn to control the ego; we must learn to master the contracting powers of Isa by balancing it with the forces of expansion.

Isa is the power that holds atoms together, and thus prevents chaos. It

maintains forms and shapes, and provides the Vrilic energies the powers to maintain an orderly set of physical laws that we refer to as physics.

Isa is the Rune of Death, and causes inaction, for death is the lack of life. The body ceases to vibrate with Odin's Vrilic gift of vital force. It is the Runic antithesis of Fehu, and is the Rune of binding, drawing in, as opposed to Fehu's power to expand or send Vrilic energies. It is the power of the Black Hole, to draw in and compress energy.

Isa can help you to increase your mental powers of concentration and mental self-discipline. Of all the Runes, it is the most powerful in destructive workings. It is a powerful weapon when working woe. Like the power of ice, it can transform the strength of objects into brittleness, so that it can be easily destroyed.

You can use Isa to:

- 1) attract and cause contraction.
- 2) increase the power to hold shape and form.
- 3) build up and increase the concentration of energy and power.
- 4) cause woe and destruction.
- 5) to create calm and stillness.
- 6) to concentrate and hold the power of other Runes.

JERA: J-RUNE "Yeer-rah" (YEAR)

Depiction: The sacred union of Asgard and Midgard, the dynamic rotation of summer-winter cycle.

Runic Position: 2nd Aett, 4th Rune.

Original Meaning: represents the life cycle or the sun cycle.

Key Words: Cycles, the year, fertilization, harvest, completion, evolution, upward spiral.

Tree: Oak.

Herb: Rosemary.

Gemstones: Carnelian.

Color: Light blue.

Animal Power: Eagle.

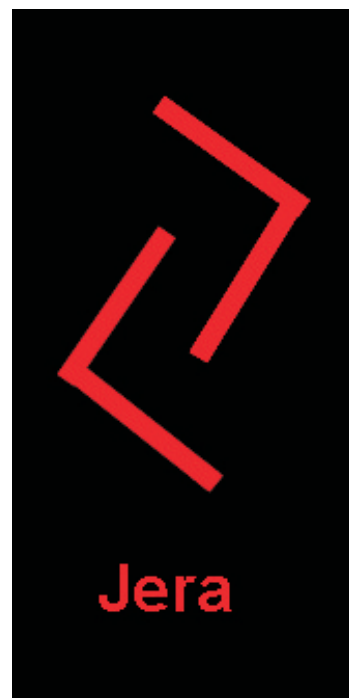
Other Names: Gaar, Ar, Ger, Jara.

Element: Earth.

Number: 12

Astrology: Sun.

Tarot: The Fool.



Jera is the Rune representing the yearly cycles and

the solar year, and governs sowing and harvesting. It literally means “year.” The old Norse year was divided into two seasons, winter and summer. The shape of this Rune represents the turning of the year. It is the Rune of the sun’s cycle. It is also the Rune of patience and slow progression. This is the Rune of progress, sowing and reaping, birth, death and rebirth, and can be associated with Balder. It represents the masculine fertility force in the universe, and is also associated with Frey. It can be considered the yin and the yang of the Folk Faith, and its symbols are the opposites of the yearly cycle—summer (fire) and winter (ice). But unlike the yin and the yang of the Eastern traditions, the opposites are not warring factions, but work together to create an evolutionary progression. Jera is not a whirling symbol, but a spiral symbol that is moving upward and onward as it spins. It is the Rune of slow but progressive growth over a long period of time. Like a tree, its growth is gradual. Its magical powers are used to bring your will into fruition slowly and gradually in a natural way.

Jera is the Rune of turning, the movement from one day to the next, from one year to the next, from one age to the next. It is a generation force and an eonic force. Like the year and age, it is cyclical, ever turning on itself—arising, becoming, passing away only to be reborn. It is symbolized by the two halves of the year—summer and winter. Its form is the broken halves of the EI-Rune, the Eihwaz Rune, presenting the Yew Tree—the Yggdrasill. Jera is the embodiment of the evolutionary Life Force of the Yggdrasill.

It is a good Rune to use when dealing with Nature and things concerning the natural order of things. This is especially true of the creative process that can be found in nature.

This Rune can be used to make things happen, to move onto the next step in growth and evolution. It is the Rune of progression.

Use Jera:

- 1) to work toward a slow but progressive growth and development.
- 2) when dealing with all things in nature.
- 3) for evolutionary growth rather than revolutionary change.
- 4) to speed the cycles of yearly or cyclical development and growth.
- 5) to discover how to turn polarities into a creative progress.
- 6) to gently bend the web of Wyrd for positive results.

EIHWAZ: EI-RUNE “eye-wahsz” (YEW)

Depiction: The vertical column of the World Tree.

Runic Position: 2nd Aett, 5th Rune.

Original Meaning: Yew, the World Tree, dreaming, magic, World Axis.

Key Words: Communication, death, regeneration, knowledge, dreaming.

Tree: Yew.

Herb: Mandrake.
Gemstones: Topaz.
Color: Dark blue.
Animal Power: Raven.
Other Names: Ezck, Yr, Eo.
Element: Fire.
Number: 13
Astrology: Scorpio.
Tarot: The Hanged Man.

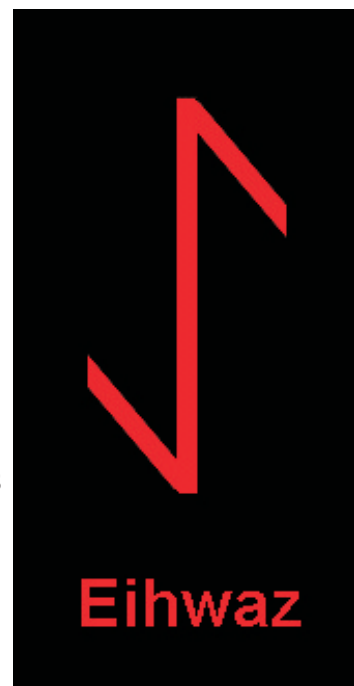
Eihwaz is the Rune representing the yew tree and thus is the embodiment of the vertical cosmic forces, endurance and protection. It is the Rune that is associated with the Yggdrasill, the axis of the universe. Though the Yggdrasill is often referred to as the World Ash, this is because in old Norse the yew was referred to as *ashwardr*.

Eihwaz is the Rune of shamanism, and bestows on the Rune Master the power to travel to other worlds. Eihwaz represents the three realms of Heaven (Asgard), Earth (Midgard) and the underworld (Hel). It is the spiritual path to other states of being and becoming. Its power is the unity of the essence of life and death. It is also a life-giving force and symbolizes the Life Force of the universe and the Folk, the Vril. It is associated with Uller, the God of the winter sky.

Because Eihwaz represents the yew tree, the Yggdrasill, it is the union of opposite forces (ice and fire, night and day, winter and summer, life and death). It is the Rune of the self-contained, transformational force, the Vril, that creates transmutation from within. It is the force of Vrilic energy that powers the conscious will.

Eihwaz is the Rune of Odin's sacrificial ritual of sacrificing himself to himself on the Yggdrasill. It is the Rune of Death, as well as the Rune of Rebirth. It is also the Rune of discovery of hidden knowledge. The yew tree is known as the tree of death because a powerful poison can be made from its needles, as well as having the unique ability to emanate toxic gases. But is also the tree of life because it is one of the hardiest of all evergreen trees, living longer than most and possessing the ability to survive terrible winters. It is also the tree of hidden knowledge because its needles grow so thickly that light is unable to penetrate its branches. Thus, it is the tree of immortality, just as the Rune represents the power of immortality.

Eihwaz is the tree within Lif (life), and Lifthrasir (the determined will to survive) survives Ragnarok by taking refuge within Yggdrasill's branches. Thus Eihwaz is the Rune representing the Vril's power that one can harness, not only



to survive the worst catastrophes, but assist in the process of evolving. It is the Rune of Balder Rising, the secret knowledge of how to unleash the Vrilic energies within you, transforming Vril into your personal Luck–Megin, so that you can awaken the Gods sleeping within you.

Yggdrasill is described as Odin’s Steed, the horse he rides along the road of spiritual rebirth. Thus, Eihwaz is the Rune of spiritual growth and rebirth.

Use Eihwaz to:

- 1) understand the mysteries of the Cosmic Tree and the nature of Vril.
- 2) undergo ritualistic death and rebirth—the ride of initiation.
- 3) awaken the sleeping Gods within you.
- 4) draw on Vril to increase your Godly powers.
- 5) communicate with your ancestors and the Gods.
- 6) free yourself from the fear of death, or cause death in others.
- 7) travel the pathways of the nine worlds of the Yggdrasill.

PERTHRO: P-RUNE “Perth-row” (LOT-CUP)

Depiction: The dice cup, the lot cup.

Runic Position: 2nd Aett, 6th Rune.

Original Meaning: Divination as an indicator of Orlog, the primal laws.

Key Words: Birth, wisdom, kinship, luck, chance.

Tree: Beech.

Herb: Aconite.

Gemstones: Aquamarine.

Color: Black.

Animal Power: Falcon.

Other Names: Pertra, Peordh, Perd,

Element: Water.

Number: 14

Astrology: Saturn.

Tarot: Wheel of fortune.

Perthro is the Rune that symbolizes those qualities of chance, time, cause, and effect, as well as change and evolution. It is the Rune that personifies the power of the Wyrd, or one’s fate and destiny. It binds the past, present, and future together and can also be associated with the Norns, especially the eldest of the Norns, Urd (the past). This Rune is the Well of Wyrd. It is the most guarded of Runes, because from it the Wyrd, the Vrilic energy that guides the destinies of both mortals and the divine, flows forth. The power of the Norns flows from Perthro. It is the Well of Urd, or Urdhr, which is translated as Urdharrunner. Urd is the Norn



governing our past, and the eldest of the Norns. From Perthro flows the laws of cause and effect that are part of the divine laws that govern the universe. Out of Perthro grows the present. The future in the Germanic way of thinking is not yet set in stone, because it is “becoming.” Perthro can help us to understand the cause of things that happened and are happening.

Perthro is the Rune of divination. This is why it is symbolized by the dice cup. There is a similarity between casting the dice and casting the Runes. From that-which-is to that-which-is-becoming is taking place when the dice are tossed or when the Runes are cast. When you toss the dice, you wish or will the dice to fall into the patterns that will be beneficial to you, and the same thing takes place when you cast Runes. You are trying to will the flow of orlog into favorable patterns, which is the *wyrd*, or the flow of the dice and the Runes, to move you along the current through time to help you manifest your destiny.

Perthro can be used to help understand the workings of *wyrd*, and thus, the entire evolutionary process that governs the entire universe. Odin gave an eye so that he could drink from Mimir’s Well, and thus gain the powers of seeing into the future. Perthro can help you to understand that-which-is-becoming, so that you can move forward with sight and understanding.

When doing woe, you can cause the orlog to manifest itself in another’s *wyrd* negatively. This is the Rune of cursing—causing another’s future to be dark and destructive.

Perthro is also the Rune by which you can gain a greater understanding and insight into the workings of the Runes. It will help you to *think runically*. You can use it to discover the workings of the Runes in the material world and in your life. Use it to tap into the wisdom that fills Mimir’s Well, for when you meditate on Perthro, you are drinking from Mimir’s Well.

It is also the Rune of spiritualism, divination and intellectual knowledge. It is the *Turning Rune* or the *Becoming Rune*. The past gives birth to the present, and the two collectively gives shape to the future.

Use Perthro to:

- 1) enhance and develop your psychic powers.
- 2) better understand the working of the Runes.
- 3) curse the future of another.
- 4) help you to change the course of your life.
- 5) correct or control your orlog and pattern the flow of your *wyrd*.
- 6) think runically, and gain knowledge from a deeper understanding of the Futhark.
- 7) give birth to new ideas and will events into manifestation.

ELHAZ: Z-RUNE “Ehl-hahsz” (ELK)

Depiction: Elk antlers, branches of a tree, a swan in flight.

Runic Position: 2nd Aett, 7th Rune.

Original Meaning: Protection, the Valkyries, Life Force, Balder rising.

Key Words: Spirit, protection, power, regeneration, refuge, divinity, life.

Tree: Yew.

Herb: Angelia.

Gemstones: Amethyst.

Color: Gold.

Animal Power: Elk.

Other Names: Algis, Algiz, Eolh, Elgr.

Element: Air.

Number: 15

Astrology: Cancer.

Tarot: The Moon.



Elhaz is symbolized by the elk, and represents protection, the Life Force, and the union between men and the Gods. Its shape has two meanings; the elk's antlers, which represent masculine defense and protection, and also the image of a human with arms upright, communicating with the Gods. This is the union between men and the Gods, and can be symbolized with the swan. As the *Life Rune*, it is a very powerful force, but when reversed, it represents death and can be very dangerous. It can also be considered the symbol of a swan flying, which is symbolic of spiritual rebirth. This spiritual rebirth is the process of evolution known as Balder Rising.

Elhaz is related to the Rune Mannaz, and together they are a powerful talisman for the evolution of the mortal into the divine.

This Rune is also the symbol for Bifrost, the rainbow bridge that links Heaven (Asgard) with the Earth (Midgard). This Rune governs the paths that lead one to the Gods. It is the divine link between the Gods and man, and was referred to as *Daimon*, by the Greeks, and *Genius*, by the Romans. In this way, it is also the symbol for the Valkyries, led by Freyja and sent by Odin. Through this Rune, one can cross the rainbow bridge. You can draw down the divine powers, or should we say, awaken them within you when used in conjunction with Mannaz. Mannaz will awaken the Gods within you, and Elhaz will help you to harness their power to transform you, and thus, forging a link between you and Asgard.

Elhaz represents the regenerative powers of the Vril. It is the symbol of Balder rising from Hel and heralding in the new Golden Age of Gimli. Upright, it is the symbol of life, the Life Force or Vril. In reverse, it is the symbol of

death. In the form of a flying swan, it is the symbol of resurrection and rebirth. Balder is the Swan God. When you combine the Elhaz upright and in reverse position, it becomes the Yggdrasill, with branches reaching upward to Asgard and roots pointed down toward Hel. When linking both the upright Elhaz and the reverse Elhaz, you are creating a symbol of the world tree, with roots pointed downward into the earth and branches reaching upward toward the heavens. This is a symbol of true evolution. You cannot move forward or upward without first establishing your roots in the past. You can never evolve without first understanding where you came from—your genetic and ancestral links with your past.

Elhaz is the Life Rune, and it is the *Rune of Protection*. You can not only evoke your Valkyrie to forge a link between you and Asgard, but also call on her powers to shield you against harm. Like the antlers of the elk, it can be used for protection, shielding you from harm, but sending back the harm in the form of a sword. It is linked to the fiery power of Fehu. Used in conjunction with Fehu, you can increase your powers of transformation into the divine state of being—a God-human. It can be used to make something and someone “holy.”

Use Elhaz:

- 1) to communicate with the Gods.
- 2) to cause a divine transformation within you.
- 3) to astrally travel to Asgard.
- 4) to communicate with your Valkyrie.
- 5) for protection.
- 6) for spiritual transformation.
- 7) as The Rune of Balder Rising.

SOWILO: S-RUNE “Soh-wee-loh” (SUN)

Depiction: One part of the dynamic solar wheel, the lightning bolt.

Runic Position: 2nd Aett, 8th Rune.

Original Meaning: The divine solar wheel or lightning bolt.

Key Words: Balder risen, power, the Sun, transformation, enlightenment.

Tree: Juniper.

Herb: Mistletoe.

Gemstones: Ruby.

Color: Yellow.

Animal Power: Cat.

Other Names: Sugil, Sol, Sigel, Sulu, Sil, Sulhil, Sigo.



Element: Fire.

Number: 16

Astrology: The Sun.

Tarot: The sun.

Sowilo is the *Sun Rune*. It represents the sun wheel, success and victory. Like the sun, it radiates power. Like Fehu, it is the opposite of the Isa Rune because it is the Rune representing fire. It embodies the essence of the human will and willpower.

The Sowilo Rune guides one through life. It is a beacon of consciousness and will bestow honor and success on anyone who develops the will that is the essence of the Sowilo force.

While Elhaz is the Rune of Balder Rising, Sowilo is the Rune of Balder Risen, shining in Gimli, as the light for the world. This is why Sowilo appears after Elhaz. Sowilo is Balder ruling Gimli after he has risen from Hel. It is the Rune of a divine existence.

Two Sowilos crossed create a swastika, which is the symbol of the sun whirling; its rays are curved because they are vibrating its Vrilic energy throughout the universe. One Sowilo is the lightning bolt that strikes out at one's enemy, while two Sowilos crossed create a swastika, the sun shield, used for protection. Thus this is the Rune of invincibility and eventual victory. This is the Rune of the ruling light and enlightenment of our Folk. This is the state of Balder Risen. For enlightenment comes only after one has evoked Balder and called him forth, to be reborn within you. Once Balder has been reborn within you (Balder Rising–Elhaz) you manifest a state of reality within you which is Gimli (Balder Risen-Sowilo).

This Rune has great powers of transformation. One who is able to fill his or her inner self with the rays of Sowilo is blessed with the qualities of honor and success. Like the sun that is always moving through the heavens, Sowilo is the mobile power of the Vril. It is the will to act. It is the active, magical power of Vril, transforming its powers to manifest a state of invincibility and unstoppable power so that you are free from harm and destruction. In this way, you are transforming an earthly existence into a heavenly realm—it is the act of establishing "heaven on earth."

Sowilo energizes other Runes. After Uruz, it is the second most powerful healing Rune, lending the power of the sun to heal.

One last quality is to be noted. Sowilo can create powers of leadership, the ability to inspire others, and cause people to awaken from their inertia to discover their true heritage as children of the Gods. It is the light that shows others the ways to Asgard, to bring them to the edge of the rainbow bridge.

Uses of Sowilo:

- 1) To manifest the raised Balder within you.

- 2) To provide you with victory over your enemies.
- 3) Spiritual transformation.
- 4) Establishing heaven on earth.
- 5) To manifest the state of Gimli within you.
- 6) Second most powerful healing Rune.

TIWAZ: T-RUNE "Tee-wahsz" (TYR)

Depiction: The point of a spear or arrow. The world pillar holding up the cosmos.

Runic Position: 3rd Aett, 1st Rune.

Original Meaning: The sky god, or the original god.

Key Words: Justice, order, law, war, victory, support, self-sacrifice, faith, loyalty.

Tree: Oak

Herb: Sage.

Gemstones: Coral.

Color: Bright red.

Animal Power: Wolf.

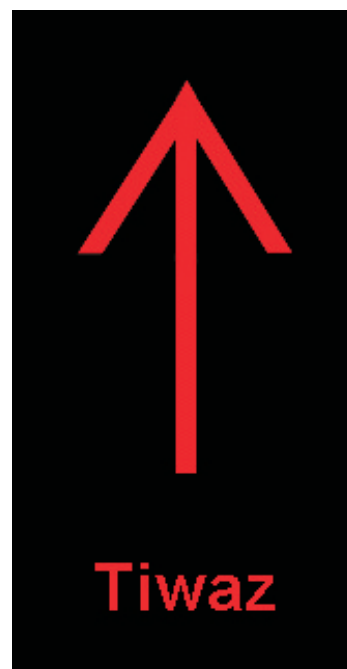
Other Names: Tys, Tyr, Tir, Tiw, Ty.

Element: Air.

Number: 17

Astrology: Libra.

Tarot: Justice.



Tiwaz is the Rune that symbolizes the cosmic pillar, the axis of the universe. It represents the North Star, the star in the night sky that does not rotate. This represents celestial stability, and thus supports social order. Social order is maintained by some form of governing authority, usual a government. It is the Rune for the law, justice, and all juridical matters as well as government. Self-sacrifice, spiritual discipline and universal order are the qualities of Tiwaz. It is the Rune for the God Tyr, the God of war and justice. Tyr is the Norse version of the Roman God Mars. Mars is the father of the Roman state. He is the father of Romulus, who founded Rome. The two pillars of Roman social order were law and religion. Tyr embodies not only victory in war, but honor, loyalty, duty, and self-sacrifice. Tiwaz is the symbol of social order, authority, and justice throughout the universe and the world of man. Its symbol is that of an arrow, like the symbol for Mars.

Tiwaz is the Rune for soldiers, but not warriors. Most people confuse the two. Thor is the God for warriors. A warrior is an individual fighter in battle,

but soldiers must learn to work together, suppressing their individuality and work as a unit, placing the welfare of the whole before the glory of the individual. Because Tiwaz is the Rune of soldiers, you can call on Tiwaz for bravery, courage, and a sense of loyalty to help you perform your duty even at the cost of your life. It is the Rune of duty, responsibility, and honor. When you mix these virtues with courage and bravery, you no longer are seeking glory for yourself, but for the greater good.

The Tiwaz Rune is the way of the individual who sacrifices himself for the greater good. Tyr was willing to place his hand in the jaws of the wolf, Fenrir. He swore an oath that Fenrir would be freed after the Gods tied him with a specially made fetter, but when Fenrir failed to break the fetters that bound him, the Gods refused to honor their oath. Tyr did not try to pull his hand from Fenrir's jaws, and thus, lost it when the wolf bit it off. Tyr is the symbol of honor and sacrifice for the greater good. He is the God of soldiers, not warriors, who place the welfare of the common good before themselves.

Tiwaz is the North Star in the nightly heavens. It is the star around which the heavens rotate — the axis of the universe. Polaris, the North Star, is the visible symbol of Tyr and is sometimes referred to as the Irminsul, the world column.

Tyr is a sky God who sits in Odin's seat when Odin is absent from Asgard. Tiwaz is similar to the Runes Elhaz and Eihwaz, in that the three Runes all represent the central pillar of the universe. But while Eihwaz represents the link between the heavens and the Earth, and Elhaz is the transition from Earth to the heavens, Tiwaz represents the separation of the two realms of existence.

Use Tiwaz:

- 1) to acquire courage, bravery, honor, loyalty and responsibility.
- 2) to maintain and preserve the social order and stability.
- 3) to evaluate and judge.
- 4) for good government.
- 5) to swear upon and maintain oaths.
- 6) as the Rune of sacrifice.

BERKANO: B-RUNE "Beer-kah-noh" (BIRCH)

Depiction: The breasts of Mother Earth.

Runic Position: 3rd Aett, 2nd Rune.

Original Meaning: The divine energy of the birch tree as Earth Mother.

Key Words: Nurturing, birthing, growth, fertility, Mother-force, female-spirit, protection, ancestry.

Tree: Birch.

Herb: Lady's Mantle.

Gemstones: Moonstone.
Color: Light Green.
Animal Power: All animals.
Other Names: Bjarkan, Beroc.
Element: Earth.
Number: 18
Astrology: Virgo.
Tarot: The Empress.

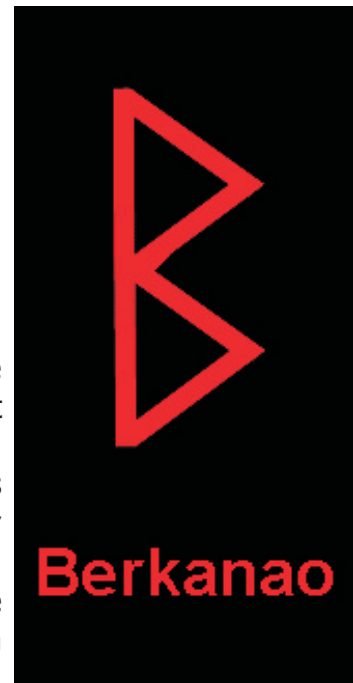
Berkano is represented by the birch tree, and the Rune of the Earth Mother. It can represent Frigga, but sometimes Freyja and Nerthus (Holda). It is the symbol of the birth-life-death cycle. Berkano governs all things concerning feminine fertility, the womb, and especially the Vanir. It is the symbol of the swollen breasts and belly of a pregnant woman. It is the embodiment of the female productive and reproductive power, and a powerful Rune for mothers, children, the family, and weddings. It is a nurturing Rune and is used to give continuous vigor, and can be used in healing.

Berkano is the Rune that embodies the protective force, conserving power, and rules over concealed enclosures. Frigga spins the currents of Wyrd that rule over the family and the blood chain. This Rune represents the traditional family, love and marriage. It is the cycle of birth, growth, death, and rebirth. This involves the entire life cycle — birth, adolescence, marriage, and death. It is associated with such holidays as May Day and Winter's Night, or Mother's Night. Berkano is the *Rune of the Ancestral Stream*, the genetic link with your family tree. Frigga is the keeper of the family's Orlog. She spins the web of Wyrd on her spilling wheel of life. It is associated with the family disir, the lesser Vanic Goddesses that watch over the family line. It is sometimes referred to as a guarding angel or Norn. Berkano is used to bless a newborn baby, and used when giving a baby its name, by sprinkling the waters of life with a birch twig.

It is the Rune of bringing-into-being, and should be used for female fertility magic and everything to do with women's mysteries. It is used for concealment, protection, nurturing and the rearing of children. It is the embodiment of the mother-child connection, the instinctual need for the mother to protect the child.

Use Berkano for:

- 1) working with female energies and mysteries.
- 2) bringing forth into being.
- 3) concealment and protection.



- 4) all matters dealing with family and child-rearing.
- 5) matters concerning pregnancy and giving birth.
- 6) the traditional family.

EHWAZ: E-RUNE "ay-wahsz" (HORSE)

Depiction: Two horses facing one another, two upright trees, divine twins.

Runic Position: 3rd Aett, 3rd Rune.

Original Meaning: Twins, rider and horse.

Key Words: Duality, movement, spiritual journey, partnership, interaction, team work.

Tree: Ash.

Herb: Ragwort.

Gemstones: Iceland Spar.

Color: White.

Animal Power: Horse.

Other Names: Eys, Ehol, Ior, Eykur, Eh.

Element: Earth.

Number: 19

Astrology: Gemini.

Tarot: The Knight.



Ehwaz is symbolized by the horse and represents to power to meld the wisdom of the Gods with the powers of fertility of the material world. It is a Rune that can assist in traveling among the nine worlds of Yggdrasill. Ehwaz stands for harmony, marriage, the traditional family, trust, and loyalty. The horse was the sacred animal of the ancient Indo-Europeans, and a symbol of continuance and the steed of Odin and the child of Loki. The horse symbolizes the cooperation not only between rider and steed, but between husband and wife as well. The horse assists in communication between mortals and the Gods. It also stands for the relationship between business partners, and between the rulers and those who are ruled. The horse is also a male symbol of fertility, and so associated with the God, Frey. It symbolizes twins and especially the relationship between husband and wife and a healthy marriage and family life.

Ehwaz represents the fetch, the animal totem that can receive and transmit wisdom. It is a guardian spirit that we can send forth to travel among the other worlds of the cosmic tree. Ehwaz is a mobile energy force on a spiritual plane of reality. It is a powerful Rune of Fertility, especially when dealing with magical matters. Use it to make things materialize magically. It can be used to acquire great knowledge and wisdom.

It is the Rune of Harmonious Union — the rider and the steed, working together as one. The horse is the Vril, and when using Ehwaz, we can harness the Vril for the purpose of communicating with the Gods, or traveling to the other worlds (especially Asgard and Hel), especially for the purpose of seeking greater knowledge. Use Ehwaz to communicate with the dead. It can be used in divination to understand the will of the Gods. It is the Rune of astral travel and remote viewing.

In causing woe, it can be used to enslave another to your will.

Ehwaz symbolizes Odin's horse, Sleipnir. It is on Sleipnir that the Gods journey to the other worlds. This Rune represents spiritual journeys that lead to transformation. It is associated with Hermod, who rides Sleipnir for Odin to the Netherworld to speak with Balder and Hel. Odin also rides Sleipnir to visit Hel, to speak with a seeress. Thus, Ehwaz is the force by which we can, as a shaman, journey to the other worlds, to speak with supernatural beings, seeking knowledge of the future and other secret wisdom hidden from mortals. This Rune is the vehicle of self-transformation and is both the steed of Odin and the child of Loki. *Who are those two, that have ten feet, three eyes and one tail? The answer is Odin riding Sleipnir.*

Use Ehwaz to:

- 1) travel among the nine worlds and discover the will of the Gods.
- 2) harness Vril energies for the purpose of astral travel and remote viewing.
- 3) enslave another to your will.
- 4) shape-shift and send forth your fetch.
- 5) communicate with the dead.
- 6) increase your magical powers and wisdom.

MANNAZ: M-RUNE "Mahn-nahsz" (MAN)

Depiction: Bifrost, the bridge between worlds, the sacred marriage, marriage between deity and mortal.

Runic Position: 3rd Aett, 4th Rune.

Original Meaning: Man and woman kissing, humanity, love, the divine ancestor.

Key Words: Godhead, racial memory, the perfected human, the Godman or Godwoman, order, intelligence, sacred union, spiritual evolution.

Tree: Holly.

Herb: Madder.

Gemstones: Garnet.



Color: Deep Red.

Animal Power: Raven.

Other Names: Manna, Madr, Mann, Madur.

Element: Air.

Number: 20

Astrology: Jupiter.

Tarot: The magician.

Mannaz symbolizes man or the human being. It is the "M" Rune that embodies the qualities of divine structure, self-awareness, and the God Heimdall, who created the human species and the human races. It is also the Rune for the divine spark within the human soul, the unbreakable genetic link between man and the Gods, and the rational mind and reason. As a symbol of man, it refers to the complete human being — what man can become and not what he is. It is also the Rune for mead and thus is considered special for innkeepers and all establishments where liquid refreshments are served.

Mannaz is also the union of man and woman. It can be used to create a balance between the male and female essence that is within each human being. It is actually two Wunjo Runes, facing each other as if in a kissing embrace. It symbolizes the joy and love between a man and a woman. This Rune embodies the power of the genetic link between generations, and our link with the Gods. Heimdall is the God associated with Mannaz. In the disguise of Rig, he gave birth to the different races of mankind and its racial and genetic diversity.

Mannaz is the Rune representing the Godly forces that lie within us.

This Rune represents the rational mind, and ability for logical thinking and processing. It is the interaction between the two halves of the brain, Huginn and Munnin, or Hoenir and Mimir. You can use this Rune to call up your racial or ancestral memory. You can use Mannaz to strengthen your psychic powers, to increase your self-control and discipline, especially in dealing with all matters of magic. Its powers can make you more aware of the Godly powers that course within you, within your DNA. You can use it to manifest a greater balance between yourself and the Gods.

This is the Rune of the perfect human. It is the Rune of the God-man. It symbolizes the resurrected powers of the Gods that lie dormant within, but after they have been harnessed and enhanced so that you are capable of using them to transform yourself into a God-human. It can be used to help you contact your fetch and kin-fetch, establishing a working relationship with both.

Mannaz is also the Rune of the Moon. The Moon has three faces that are different and the same as one—the Full Moon, the New Moon and the Half Moon. This is Heimdall, giving birth to three races or divisions of mankind.

Use Mannaz to:

- 1) unleash the divine powers that lie dormant within you.
- 2) transform yourself into a superior God-human.
- 3) enhance your intelligence and self-awareness.
- 4) create a balance between the two halves of your mind.
- 5) access your racial or ancestral memory.
- 6) create a balance between the male and female elements within your psyche.
- 7) help create the Sacred Union between humans and the Gods—the Folk.
- 8) activate the energies of your fetch and kin-fetch.

LAGUZ: L-RUNE “Lah-gooze” (WATER or LAKE)

Depiction: A wave of water, the leek tree.

Runic Position: 3rd Aett, 5th Rune.

Original Meaning: Life Force, Vril, organic growth.

Key Words: Fluidity, Life Force, Vril, birth.

Tree: Willow.

Herb: Leek.

Gemstones: Pearl.

Color: Deep green.

Animal Power: Swan.

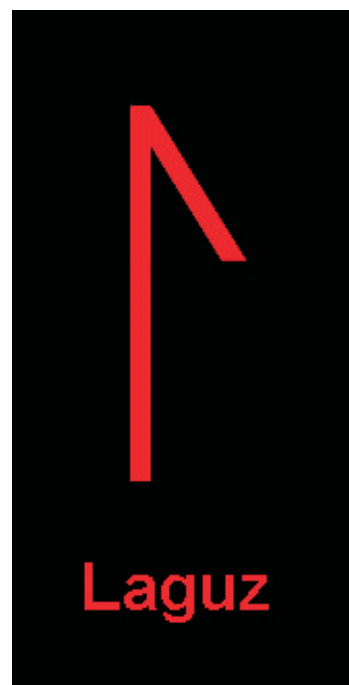
Other Names: Laaz, Loegr, Lagu, Laukr.

Element: Water.

Number: 21

Astrology: Waxing moon.

Tarot: Star.



Laguz is the Rune that symbolizes running water. Just as all rivers flow from the Well of Hvergelmir, so too does the primal rivers of life, from which the Life Force flows out to all living things and fills the universe. Laguz represents this flow. Just as Mannaz represents the conscious mind, Laguz represents the deep subconscious mind, its instinctive or intuitive powers. It not only stands for the rivers of life, but the river that the dead must cross to pass into the Netherworld. It is a phallic symbol that combines virtue with fertility. The primal waters are the currents of Vril energy flowing out of the well Hvergelmir, which holds both yeast and venom. The waters flowing from Hvergelmir are different from the waters that flow from Perthro or from Uruz. Laguz represents the waters of life and death, the running waters, which carry the life-giving energies of Vril, and thus is “Holy Water,” and the standing waters that turn venomous and ferment into poison.

Laguz represents the watery depths of the mysteries of death. It is the downward flow of the Life Force, the Vril. It also represents the uncontrolled madness of sexuality.

Laguz is the gene pool of the Folk. Within its life-giving waters we are born. It is the sum total of the life-containing forces that flow into us that is the Vril. Vrilic energy flows downward from Utgard, which is the extra-dimensional cosmos. Within this Rune the primeval waters welling up from Niflheim, mix with the falling sparks of Muspellheim, creating life potential that transforms our world. Laguz is the Rune of organic life. It is the waters that fill the wells that nourish the roots of the Yggdrasill. Water from Urd Well (Well of Wyrð) is sprinkled on newborn children to integrate them into the organic Folk community. The Laguz Rune is the embodiment of the unknown depths of the watery (organic or genetic) state of life that is death. Life and death are one — the beginning and the end. Two ends of the same life.

Laguz is the Rune by which you can search through the layers of orlog. You can bring into the light that which is hidden within the darkness. We sprinkle the Holy Waters of Laguz over the newborn baby, accepting it within the gene pool of the Folk community. Thus, Laguz awakens the newborn child to its new existence as part of the Folk. It can be used to increase the flow of Vril into your Hamingja where it is transformed into your personal luck—Megin. This force can be used for healing.

You can use Laguz to fill you with the Vril's life energies so that you can travel among the worlds of Yggdrasill. It heightens your awareness to the ebb and flow of the Vril throughout the universe, acting as a sixth sense, warning you of danger or any disturbance in the flow of Vril energies.

You can use Laguz to delve into the depths of the subconscious. It is the Rune of body fluids (especially your blood) which carry the life-giving energies of Vril throughout your body. It is a very powerful Rune to preserve your health because it represents water, and the human body is 96 percent water.

When working woe, Laguz can be used in affairs dealing with deception, seduction and misdirection, as well as causing chronic health problems and enhancing old problems.

Use Laguz to:

- 1) increase the flow of Vril currents throughout your body.
- 2) improve your general state of health.
- 3) cause harm to another through their health problems, seduction, and misdirection.
- 4) wash away negative influence within the layers of your orlog.
- 5) make yourself more in tune with the general flow of Vril currents throughout the universe.
- 6) travel among the nine worlds of the Yggdrasill.
- 7) generate lucid dreaming.

INGWAZ: ING-RUNE “Eeng-wahsz” (THE GOD ING-FREY)

Depiction: A diamond.

Runic Position: 3rd Aett, 6th Rune.

Original Meaning: The Earth God (Ing or Frey).

Key Words: Energy, male sexual force, fertility, gestation, protection, impregnation.

Tree: Apple.

Herb: Self-heal.

Gemstones: Amber.

Color: Yellow.

Animal Power: Bull.

Other Names: Ing, Engguz, Ingvarr.

Element: Earth.

Number: 22

Astrology: New Moon.

Tarot: Judgement.



Ingwaz refers to the expansive energy in the universe. It is the Rune that refers to the God Ing, who is the male consort for the Earth Goddess, and the male counterpart to Berkano. Sometimes associated with Frey, it is the seed that impregnates the fertile, female force of reproduction. It is a powerful male fertility Rune. In some forms it represents the male phallic symbol, and in others it appears as the open female genitalia, ready to receive the male seed. It is a very powerful Rune to use to cast love spells and increase lust, especially by a man on a woman.

Ingwaz is also the Rune of transformation and initiation. Aspects of the heroes descend into the hidden realms or subterranean worlds, and then return transformed. It can be associated with the East, and the realm of the Giants, Jotunheim. The Giants are the dark forces of chaos, and when one passes through their realm, one is changed in a way that can best be explained through the saying, “That which does not destroy me makes me stronger.”

The initiation of an individual into a group, community, or organization is a transformation process of death and rebirth. Ingwaz is the Rune of initiatory rites. In all myths there are tales of the hero descending into a realm of darkness, sometimes the realm of the dead, often it is subterranean, to receive secret knowledge and wisdom, that will transform him. His emergence sees him transformed into a God-man. The hidden knowledge he has received gives him powers to transform himself and the world he lives within. Ing is the God Frey, who rules Ljossalfheim. This is the realm of enlightenment — secret

knowledge. Only by descending into the Netherworld can one receive the light of secret knowledge. On the tree of life, one descends to Hel and then rises up, through Svartalfheim (darkness) through Midgard, and then passes upward through Ljossalfheim (light) and into Asgard (Realm of the Divine). This is the process of rebirth. This is the meaning of Ingwaz.

In working woe, it can deprive another of their Vril energy and cause harm to a man's masculinity.

Ingwaz is the means by which a man can discover the mysteries of the feminine power. Frey gives up his horse and his sword, both male phallic symbols, but in return, he can unite with Gerd. It is the gateway for men to understand women and their mysteries. It is also a means to store the power necessary to explore hidden realms, converting active power into potential power for future use. It can be used to help strengthen your Hamingja, as a storehouse of Vril energy, which is then converted into Megin, your personal luck. But here it is used to strengthen the Hamingja itself, and not the process of converting Vril into Megin or increasing the amount of Megin within the Hamingja.

Use Ingwaz to:

- 1) strengthen your Hamingja.
- 2) create love and sex spells.
- 3) cause harm to a man's masculinity, and sap one of their vital energies.
- 4) enhance the power of a male's fertility.
- 5) explore hidden realms.
- 6) communicate with Frey.
- 7) transform Vril into Megin—your personal reservoir of Luck.

DAGAZ: D-RUNE "Dhah-gahsz" (DAY)

Depiction: Balance between night and day.

Runic Position: 3rd Aett, 7th Rune.

Original Meaning: The light of day.

Key Words: Light, day, enlightenment, polarity, balance, awakening, intuition, well-being.

Tree: Spruce.

Herb: Clary sage.

Gemstones: Cherusolite.

Color: Light blue.

Animal Power: Eagle.

Other Names: Dagr, Daeg, Dagur, Dagr.

Element: Fire.

Number: 23



Astrology: Half Moon.

Tarot: Temperance.

Dagaz is the Rune that symbolizes the day and the light. Day is the daughter of Jord, the Earth Mother and mother of many Gods and Goddesses, including Thor. Her father was a Giant by the name of Delling, which means, "The Shining One." Its power is used to balance and synchronize opposite forces. It represents the blinding flash of inspiration or a revelation that enlightens the individual to the mysteries of the universe. Dagaz helps to synchronize opposites to achieve a greater understanding of the whole. It is the process of learning and understanding. It is the new light that illuminates each day anew with the rising of the sun. It symbolizes progress, growth, enlightenment, and fundamental change.

Dagaz is the sign of the triad: Odin-Vili-Ve. It is the revelation of hyper-consciousness that is the essence of the Odinic cult.

Dagaz is the completion of the process begun by the Runes, Elhaz and Gebo. It is the fulfillment of the Sacred Marriage, the exchange of energies embodied in both Elhaz and Gebo. Gebo is the sacred union of male and female, but for a higher purpose than mere procreation. It is the proper form of procreation for the purpose of evolution — the transition of human into super-human—the birth of the God-Human! This is the meaning of Elhaz united with Gebo—Balder Rising! Thus, the sexual alchemy within Dagaz, which is released within the moment of orgasm, is the instant of union with the Valkyrie, the herald of the birth, or rebirth, of mortal into an immortal. We can find this within the story of Siegfried (or Sigurd) and Brunhilda.

Dagaz is the Rune of enlightenment—the retrieval of the lost knowledge, the lost science of the ancient Aryans—Vrilology. In this way, the knowledge makes the individual one with the universe—with the Gods, united with them in their quest to maintain order in the universe. We can see this order within the symbolic form of Dagaz. It resembles the number eight on its side. It is a complete form, with no beginning and no end. When you meditate on this Rune, you can speed along the process of transforming your consciousness. Thus, it can be used to bring something forth—into creation. It is the power of both the sunrise and sunset without end.

Dagaz is the Chromosome chain. It is the sum total of the genetic essence of the Folk, and within this Rune is the link between us and the Gods. For the Gods dwell within us, within our DNA. Thus we have the realization of opposites (mortal and immortal) and the link that binds them. This Rune is the symbol of hyper-consciousness that comes with the opening of the Bifrost Gland (the Third Eye). It is the doorway to the Odinic pathway back to the Gods. This is achieved by using Dagaz to help create a balance between the right and left sides of the brain. This is the meaning of Bifrost Gland—you are creating

a rainbow bridge between the two halves of the brain (Midgard and Asgard). This Rune embodies the secrets of the ultimate importance of our Odian mission—to reforge our links with the Gods, and support their struggle to maintain order against the never-ending assault by the forces of chaos and destruction of the Gigantic forces.

Use Dagaz to:

- 1) advance one's awareness of the unity of mortal and the Gods.
- 2) cause enlightenment and retrieval of the lost science of the ancient Aryans–Vrilology.
- 3) create balance and order within yourself and in the world around you.
- 4) learn how to travel through the darkness without fear.
- 5) achieve balance between right and left sides of the brain.

OTHALA: O-RUNE "Oth-ah-lah" (HOMELAND)

Depiction: Womb and legs of a woman standing.

Runic Position: 3rd Aett, 8th Rune.

Original Meaning: Immobile property,

Key Words: Ancestry, DNA, genetics, inheritance, heredity. homeland, tribe, kindfolk, family, related by blood, race.

Tree: Hawthorn.

Herb: Goldthread.

Gemstones: Ruby.

Color: Deep yellow.

Animal Power: Eagle.

Other Names: Utal, Odal, Otael.

Element: Earth.

Number: 24

Astrology: Full Moon.

Tarot: The Moon.



Othala is the Rune that stands for home and possessions. It symbolizes property and land, as well as homeland and the nation. It also symbolizes your genetic make-up — not just your own individual genetic make-up, but your genetic link with our ancestors. It is the *Rune of Blood and Soil*, the nation and the homeland. It is also the Rune of inherited knowledge or tradition and patriotism and love for one's nation and Folk.

In this way, Othala is the sacred grove and the walled off enclosure where the spiritual heritage of the Folk is preserved within a multicultural environment. It is the sum total of the heritage of the Folk. It brings order and

harmony within the chaotic world of diversity and multiculturalism. It helps to root the folk to its past and thus ensures its future.

Othala is the Rune of the physical manifestation of the Folk reborn in Midgard. It is the realm in which Gods and mortals dwell together as one. This state of existence is Gimli. It is a state that we can achieve through Vrilology. It is the creation of the new homeland, the new fatherland, the new realm of order and harmony, joy, love, honor, and loyalty, of mortals and Gods living as one.

Othala is the Rune of the sacred heritage of the Folk in the multicultural society, and sum total of the spiritual heritage of the Folk. Its megagenetic concept is not fully explained or understood in the mundane world we live within. We must undergo transformation to achieve the state of Othala, but this state is not an individual state, but can only be achieved as existing within the new Folk community.

It is the Rune used to create a working relationship with your kin-fetch, as well as your disir and Valkyrie. It is the feminine personification of your family's ancestral chain, and this is why it is easier to detect and trace your ancestry through your mitochondrial DNA. This is the Rune of Odin's power, passed on through humans in our DNA. It is the root of our divine powers that are released through Balder Rising. As the last Rune in the Futhark, it is Odin's Rune, and holds all the powers of the entire Futhark. It is the embodiment of the combined powers of all the Runes, which is the essence of Odin—the All-Father. This is why it is the Rune of the clan, nation, race, and Folk (which is the Sacred Union between mortal and Gods).

Othala gives us divine wisdom, and the power that goes with it that is rooted in your heritage and can be retrieved only by one who is conscious of his or her heritage. This process can be facilitated by combining Othala with Mannaz and Ansuz. Mannaz is the Rune of humans and Ansuz, the Rune of the Gods; together they are Othala—the Rune of the Folk, the Sacred Union of humans and Gods.

Use Othala to:

- 1) create the Sacred Union of humans and Gods—the Folk or Folk Community.
- 2) enhance one's racial pride.
- 3) explore the ancestral and genetic link with one's past.
- 4) achieve Godhood.
- 5) fully understand the truth about Vrilology.