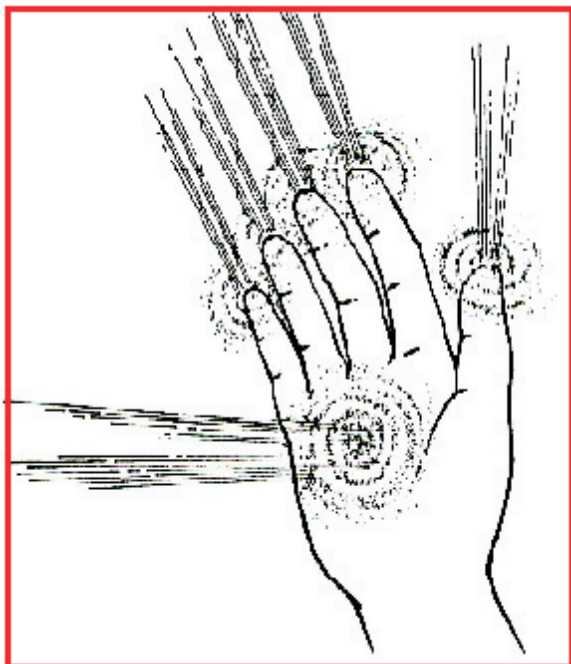


LESSON FOUR: RUNIC HAND MUDRAS

What you have learned in the three previous lessons can now be put to use in applying the same principle to your hands. Symbolic hand gestures known as mudras can be used by forming shapes resembling the Runes with your hands while chanting the Runic mantras from Lesson Two.

Hand Mudras, or *Hoendstoedhur*, can be performed in just about any setting and take less effort than Runic Yoga, and it is just as effective. It is important to develop this practice because by doing so, you are charging your hands with the power of the Vril, transforming them into powerful tools to perform Vril Science. You will visualize the Vrillic power charging about your hands as you perform these exercises, shaping Vril energy into its Runic nature.



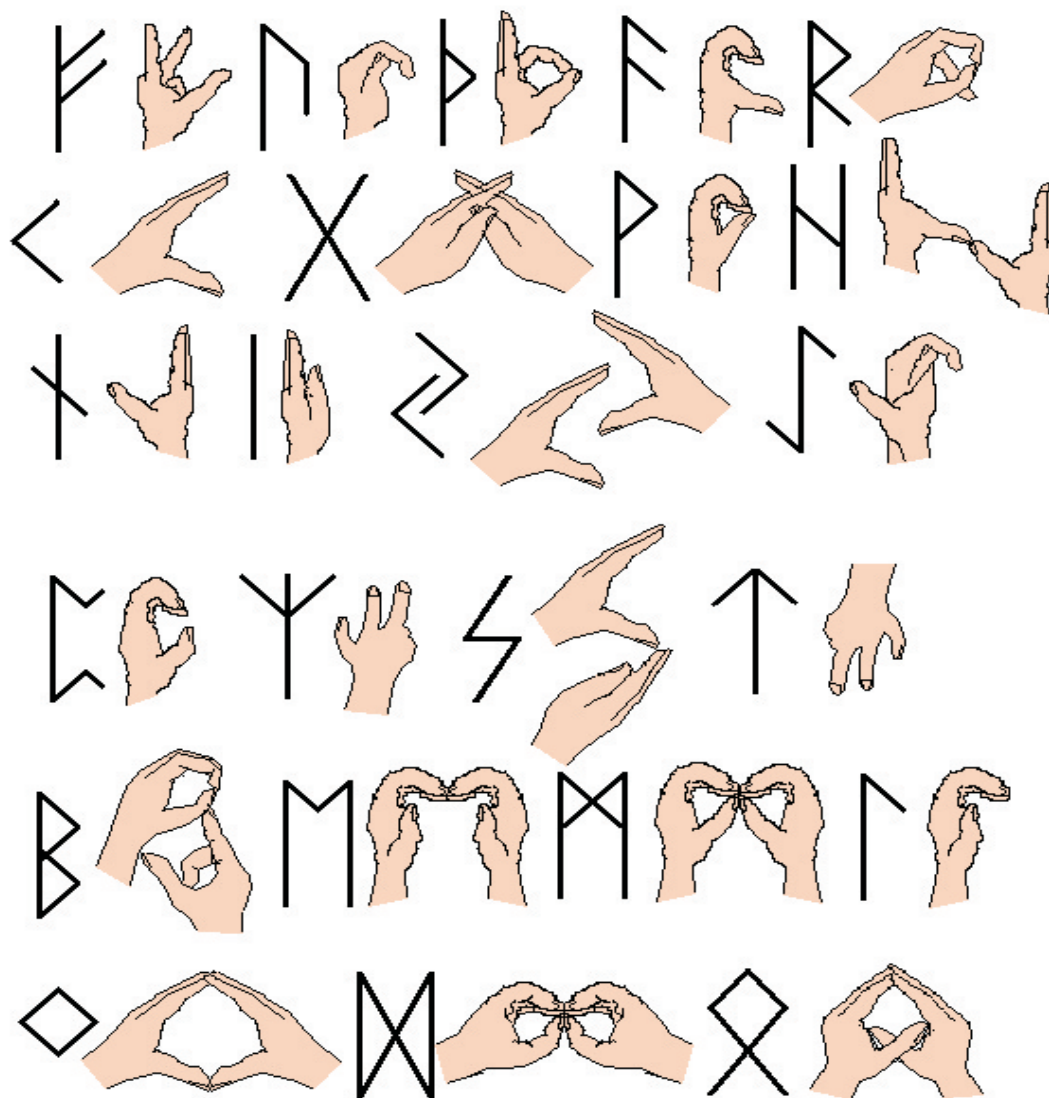
These mudras are similar to Indian yoga hand mudras and both have their roots dating back to the original Aryans from which all Indo-European culture and religious inspiration springs. There are many references in European lore and legend about "healing hands." But much of the ancient lore and science has been lost and needs to be reconstructed. In 1933, S. A. Kummer compiled hand Runic mudras based on List's Armanen eighteen Rune system in his book *Runen-Magie*. This was elaborated later by Karl Spiesberger in his *Runenmagie* in 1955.

In many traditions, Runes are drawn on the back of hands or fingers before performing Runic Mudras. These Runic hand gestures are used in the same way as the body postures are used. But the advantage to them is that they can more easily be performed at any time with little preparation. They can also be used during the performance of ritual and ceremonies or used in general blessings. They are especially useful in healing. You can review the previous lessons on healing to understand what Runes should be used for healing.

To perform the mudras properly, you must first cleanse your thoughts and body by performing the usual relaxation, breathing and chanting exercises, and then hold your hands in front of your face, making sure the top tips of your hands are even with your Bifrost Gland (your third eye), and the bottom of them level with your throat, about one foot in front of your



eyes. You can then begin singing the corresponding mantras while making the hand gesture for the Rune. You should hold the shape and sing for about nine minutes. When using these mudras for healing, you can hold your hands over or on the part of the body where the affliction is located. But as in all healing practices, these should not be used as a substitute for traditional medicine.



When you are performing hand mudras, you are using your hands to shape and form the currents of Vril energies into patterns designed for specific purposes. Once you understand the nature of each runic symbol, you will be

able to quickly perform several hand mudras to shape Vril energy for their designed purpose, much as a sculpturer will use his hands to give shape and form to a piece of clay. You are literally transforming your hands into runic tools to shape Vril energy currents. The Runes you use will shape Vril into a specific desired purpose.