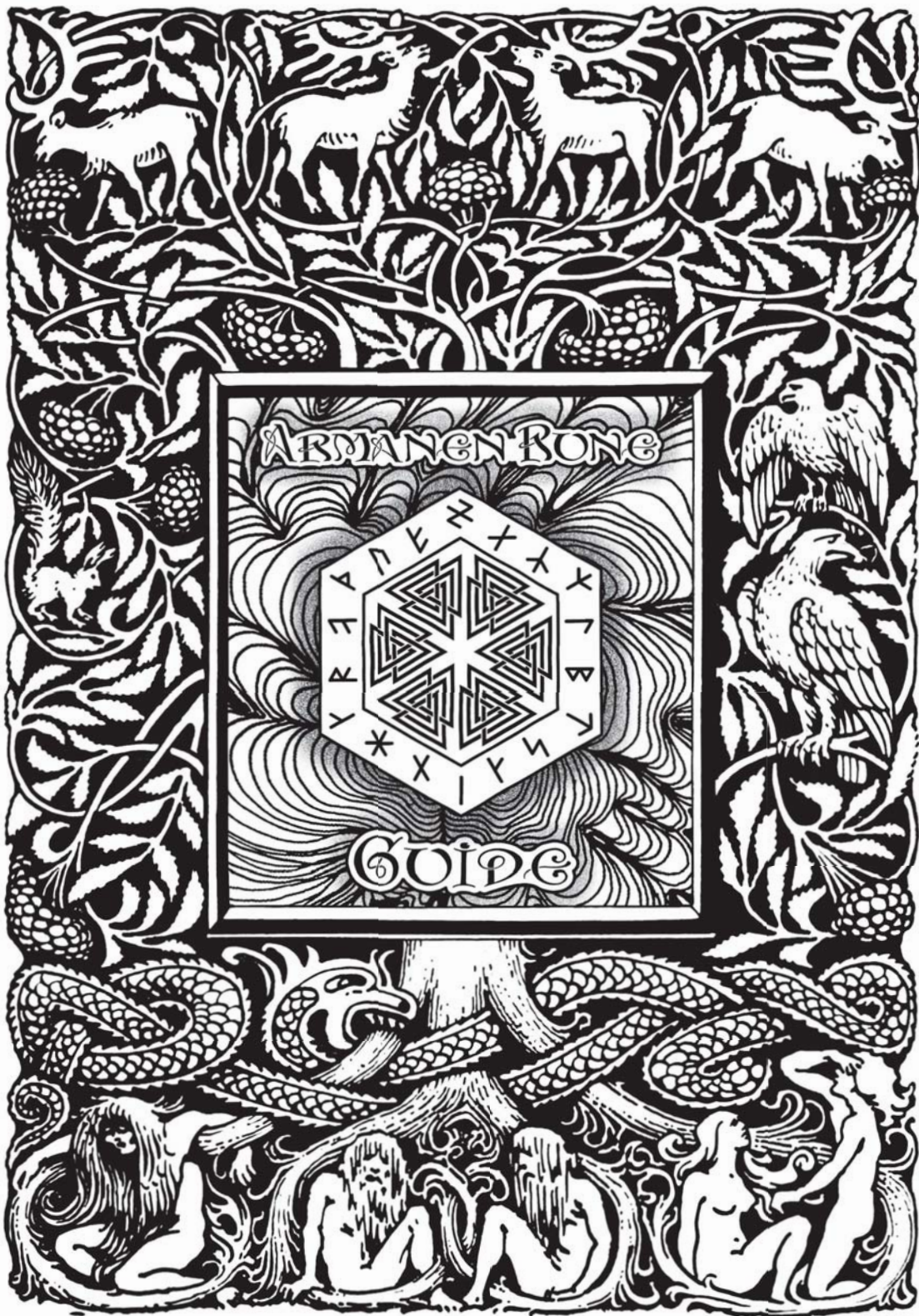


ARMANEN RING



GUIDE



# **BERSERKER**

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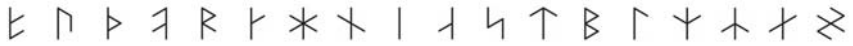
## **BOOKS**

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In memory of the pioneer and visionary mystic, Meister Guido von List.



The following guide provides a simple overview of the Armanen Runes and the magickal techniques practiced in conjunction with them. The runic information contained in this guide has been compiled from Cyrus Gorgani's blog, *Real Rune Magick*, as well as Larry Camp's 2009 book, *A Handbook of Armanen Runes*. All the knowledge presented here incorporates the most commonly accepted Armanen Rune meanings and techniques as put forward by the primary Armanen authors (Guido von List, Rudolf Gorsleben, Siegfried Kummer, Karl Spiesberger, etc.)

“The wonderful thing concerning the Runes is that they have an individual life, that the interpretation and meaning is within them and not within us, not in our arbitrary thinking (abstracting).”

- *Meister Guido von List*



“The Runes have their own lives, they are true magickal signs, from which we can draw the Spirit to Advise and the Courage to Action.”

- *Rudolf John Gorsleben*



“Runes are not just letters or verbal symbols, but primal symbols of a living magical nature which whisper to us... Whoever physically forms and experiences the Runes in a pure and conscious manner, will have great secrets opened to him, if he practices, vibrates and dances in the radiant waves, subtle currents and flowing energies of the All.”

- *Siegfried Adolf Kummer*

# Introduction

The Armanen Futharkh is truly remarkable, being both the newest and the oldest of the four Runic systems. Guido von List, an author, journalist, archaeologist, mountaineer, historian, poet, playwright, mystic, occultist, minor nobleman, and prominent founding father of modern Germanic heathenry officially published it in 1908. However the true origins of these runes go back far further, at least as far as the Elder and Younger Futharks, and likely far further to the very beginnings of Nordic civilization before the Migration Age. The Armanen Rune-row is the only one that contains precisely 18 runes; the same number mentioned and described by Odin in the Hávamál. And despite what many ignorant "purist" camps today claim, it is indeed a valid and historically based rune row. The first sixteen runes are simplified versions of the Younger Futhark, many of them identical to their Elder Futhark forms; and the last two are very primitive ancestral "branch" forms of the Elder Futhark runes Ehwaz and Gebo (rendered as Eh and Gibor in the Armanen system). Based on his decades of Runic research and meditation, confirmed by the Runenmeisteren of Clan Lauterer who initiated him formally into Armanenschaft, Meister List considered these runes to be the same 18 Sacred Runes of Odin mentioned in the Hávamál, and that all other Rune-rows ultimately derived from these. From the Armanen point of view, the Elder Futhark were the Runes of the Germanic farmer class (Ingvonen), pertaining to seasons and harvests; the Anglo-Saxon Futhorc (and related local Rune-rows in Frisia and Thuringia) were Runes of the warrior class (Ostivonen or Istaevonen), with their later staves being related to ramparts, spears, ceremonial chalices and oaths of fealty. The Armanen Futharkh, in this understanding, are thus the Runes of the priest or mystic class (Armanen or Irminen), the highest and most elite Rune-row of them all, being also the 18 Runes of the Hávamál mentioned by Wotan or Odin (whose most commonly used title in Germania was Irmin or Arman - the 'strong one', the 'arising one', the 'ideal' - which the priests emulated). The Younger Futhark runes were thus an incomplete (though still powerful) Viking-age attempt by Norse mystics (Vitkar) and skalds to revive these same 18 Odinic Runes of the Hávamál.

In addition, the Armanen Futharkh is the only system whose runes can all be manifested in the light refraction of a hexagonal crystal, which carries significant mathematical symbolism relating to the Eddic lore and the order of the runes themselves. It was List, more than anyone else, who brought the Old Norse/Germanic culture back to life – who revived the association (which seems almost instinctual today) of the ancient heathen tribes of Europe with environmental consciousness and a love for nature, so that the Goth and the Saxon were seen, for the first time in centuries, in their proper place as noble stewards of the forest, not as mindless brutes bent on destroying everything in sight.

List experienced the full force of the meanings of the Runes in a mystical vision he later described to his friend and patron, Friedrich Wannieck. It was this vision

that resulted in the publication of the eighteen runes he later referred to as the Armanen Runes. The vision did not occur all at once, but gradually over an eleven-month period following an operation to remove cataracts from both his eyes in 1902. This eleven-month span of temporary blindness and recovery was a time of rest, meditation, and the opening of List's "third eye" in the absence of having the use of his two physical eyes. The vision was Odinic in nature, with the god Odin's wisdom, the Runes and their meanings, forming a large part of the experience. After years of working on the problem of deciphering the deeper, sub-surface meanings of the Runes and the many Runic spells left into carved stones by ancient Teutons and Vikings, the Odinic ordering and hidden meanings of the runes were revealed to him.

The original Odinic Runes had been 18 in number, the same number of runic spells mentioned in the *Hávamál*, the most ancient poem in the Elder Edda, believed to be the words of Odin himself. The runic meanings revealed in List's vision retraced the path laid out by Odin and his first earthly student, Loddafafnir, in this poem - and took the form of multiple levels of interpretation for each rune, and tied into the multi-layered (and often seemingly divergent) meanings of many Germanic words. As an initiatic language with different layers of meaning for farmer acolytes, warrior adepts, and priestly masters, the Runes directly contributed to the concealment of some word-meanings within others, as the "kernel-words" at the root of Germanic grammar and vocabulary, at least in a continental sense, were the anchors of a similar initiation. Thus for the ancient Teutons, Goths and Saxons, List discovered, it was almost as if the three classes in each tribe - farmers, warriors, and priests - were speaking entirely different languages, parts of which have survived, amalgamated together somewhat jumbled forms, in the respective regions that produced modern German and other Germanic languages - but if the key to connecting the origins of their tripartite meanings were inserted, the reasons for these concealed trivergences in meanings would become clear. The Runes, and the revelations List had in his eleven-month blindness, turned out to be that key. And the modern study of Runes would never be the same again...

The Runes are among the most powerful of magickal systems, and like any magickal system, they should never be abused. Runes are a spiritual technology that self-protects, thus the technology can deliver stark consequences for those that try to exploit its power before trying to understand what they are getting into. Whoever does any sort of Rune-Magick, should be prepared to expect and handle the consequences of your actions. Noble actions have noble results. Ignoble actions, will result in destruction and downfall. The path of the runes is a spiritual journey in which the final end (if indeed there is one), is an ever-growing, upwards-spiraling enhancement of all the physical and spiritual sense in perfect tandem towards a nature approaching that of the Gods themselves, much as they seek to approach the yet higher and more sublime state of the 18 Runic energies behind the visual symbols. This goal is one which may take many lifetimes to attain, but it is the most worthy of all goals.

# Pronunciation

The Runenmeisterei of the 20<sup>th</sup> Century were German - therefore, all pronunciations of the Runic sound formulae reflect this. There are special Runic sound formulae that are composed of the vowels A-E-I-O-U. When you see these in the sound formulae, they are always pronounced as such:

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

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

## All-Raune

*“With the introduction of Runic knowledge the generation of our days can achieve the control of secret powers within the life of their soul and reach the Spring-Root, which is the Whole of the Runes, the All-Raune, which opens all spiritual treasures to us, if we are Children of the Sunday, Children of the Sun, Children (“Kinder”) of the Ar (Eagle, Sun), announcers (“Künder”) of the Ar, people knowledgeable (“Köner” in modern German) of the Ar, Ar-koner, persons knowledgeable in the Ar-Kana (Arkana = arcane wisdom) or if we strive to become all of the above.”*

- Rudolf John Gorsleben, Hochzeit der Menschheit

The HAGAL Rune is the radial Mother-of-All Runes, the World Crystal. This root design, or Ur-form contains within it every single rune in the Armanen Futharkh. It is also called the Hag-All, All-Hag or All-Hedge because it encompasses all things in a wider realm (literally “to hedge the All”). It is a representation of the essence of the Odinic path; the integration of the higher self with the lower. The divine union of MAN (male principle) and YR (female principle) is also depicted in HAGAL as a bind-rune. In the middle-point of the All-Raune, rotates (“measures”) the Cosmic Axis. This Cosmic Axis is essentially the Is-Rune, acting as a transmitter, sending the signals to and from the All-Raune, which we receive, as human beings, when we do our Sacred Rune-work. This occurs when you are standing in the positions of the Sacred 18 Runes, murmuring their timeless songs and feeling their Ur-vibrations enter your body from the Cosmic Is-Axis, direct from the All-Raune. Hag-All is also symbolic of re-growth after a necessary destruction; a rebirth into new light after a period of darkness and ignorance.

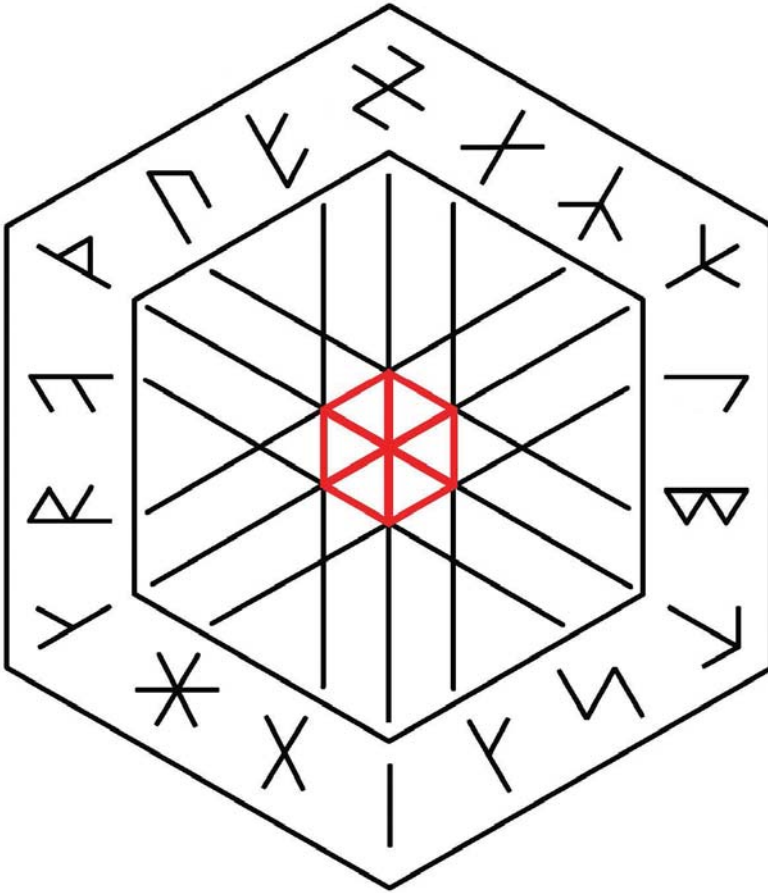
The HAGAL Rune embodies the number three (6 points made from 3 strokes), just like other Odinic symbols that contain multiples of 3, e.g the Valknut, the Three Horns of Odin, the Nine Twigs, or the Sonnenrad (Black Sun). There is something extremely potent about the number three, and its multiples such as 6, 9, and 18, that make it especially relevant to the Odinic mysteries. For three is the number of phases in the Aryan understanding of life: Arising, Being, and Passing away towards new Arising. It is also the number of classes in proto-Aryan society (Farmers, Warriors, Priests). It is also the number of roots that Yggdrasil is said to have, which in a modern meta-scientific sense can also be said to refer to the three physical dimensions. With this understanding, Yggdrasil is the very web of the universe with all its colossal intergalactic filaments and voids, tributary Irminsuls, and multiple worlds orbiting multiple galactic Black Suns. Or perhaps it may be that just one of the roots encompasses the three physical dimensions, that of "Being", and the other two deal with realms beyond our comprehension, thus making nine dimensions in total. Quantum theory predicts as many as 12, 15, or possibly even the mystical 18 dimensions anticipated by both the Periodic Table and Armanist runemagick itself. In each case, however, note that the number is a multiple of three.



The Nine Twigs of Odin's Glory in its concealed Skaldic form (also called the Web of Wyrð), symbolizing the Nine Worlds and also the Nine Nights that Odin spent on the World Tree.

The bind-rune known as the Nine Twigs is further significant because all of the 18 runes can be directly derived from it. Indeed, if one shines a light on a perfect hexagonal quartz crystal, free from impurities or occlusions, the radii the light creates within the crystal becomes the Hagal Rune at the center of the Nine Twigs, and the radii of light falling on the table's surface outside the crystal manifest as the outer parts of the Nine Twigs. Tellingly, this cluster of light beams also creates a total of seven Hagal runes, and Hagal itself is the 7th rune of the Armanen Futharkh - something that seems unusual considering it is the Mother Rune and yet 7 is not a multiple of 3 like most significant things in Indo-European Lore. However the fact that it is repeated seven times in the Nine Twigs, which is the cumulative total of all 18 runes manifested, is indeed telling of the special cross-dimensional resonances between 3's and 7's across time and space. It is indeed the final and greatest form of "Manifesting the All" as Meister von List says of the Hagal Rune.





The expanded Nine Twigs align with the 18 runes while taking the shape of the Mother Rune Hagal itself. The world crystal is shown in red at the centre.



FA



UR



THORN



OS



RIT



KA



HAGAL



NOT



IS



AR



SIG



TYR



BAR



LAF



MAN



YR



EH



GIBOR

# Stadhagaldr or Rune-Yoga

The spiritual and physical practice of Rune-Yoga, formally known as *Stadhagaldr*, is a unique part of the Armanen tradition, per S.A. Kummer, going back to ancient Rune-Masters as a physical and spiritual meditation exercise for both warriors and mystics, and has some parallels in other Indo-European exercise traditions. It is heavily based in Od-energy work and is a self-contained system that evolved toward the western and Germanic end of Indo-European spiritual exercises, resembling Persian Zur-Khaneh training exercises more than most schools of Indian Yoga. Rune-Yoga postures are practiced standing up, forming the shape of the Rune to manifest its energy flow.

Rune-yoga is not the miraculous answer to all of life's questions. It's not going to give you super-powers like levitation and mentally moving objects through the air. It works on a much more subtle level to unlock and maximize the powers and abilities that mankind does naturally have capability for in the current ground state.

To quote Edred Thorsson:

*"...Stádhagaldr is an active system of magic that consists of the assumption of runic postures or gestures for magical effect... Gestures and postures form some part of almost every metaphysical or magical school. These can be seen from the simple folding of hands in prayer to the extremely complex system of asanas in the Indian hatha yoga school. Stádhagaldr is balanced in this respect. The number and intricacy of the postures are varied enough to be expressive of the wide variety of forces present, but none require extensive training or straining of the body. The overall aims of the stádhagaldr are:*

- 1. Control of the body through posture (stadha)*
- 2. Control of thought through song (galdr)*
- 3. Control of breath*
- 4. Control of emotion*
- 5. Becoming aware of the rune realms of the self and the world(s)*
- 6. Control and direction of the will.*

*"...Stadhagaldr is used as a mode of psychological integration and personal transmutation, and it is also employed in all other types of magical operations."*

- Edred Thorsson, Futhark: A Handbook of Rune Magick

Rune-Yoga has its own terminology, mostly in Old Norse and Old High German. Postures or 'Asanas' are called *Stodhr* or stances (= singular *stadha*). Rune Mantras are called *Galdr*. Hence, the compound word *Stadhagaldr* = *Stadha* + *Galdr*, or "stance with singing." The 'Mudras' or hand positions are called *Handstodhr*. The *Handstodhr* can be practiced in a sitting pose, either silently or while singing the same rune's *Galdr*, anywhere that practicing full-body *Stadhagaldr* is not possible.

The early 20th century German runemasters (F.B. Marby, S.A. Krummer, and Karl Spiesberger) developed runic yoga as a means of harnessing the streams of power present in the earth and atmosphere. These may be thought of as metaphysical energies, or even crossing over into dark matter, quantum physics, and the electromagnetic wave vibrations and resonances of the ionosphere and the Schumann cavity as researched by Nikola Tesla.

*"According to Marby there are five cosmic zones to be reckoned with: (1) inner-earth space, (2) material earth space, (3) wave space, (4) cosmic space, and (5) super cosmic space.*

*"The inner space of earth... is a vast but contained zone of tranquil space that radiates energy. This is compared to the outermost zone of cosmic space, which is also tranquil and radiant. Cosmic space, zone 4, is charged with radiations from the zone of cosmic space and is influenced by the physical bodies (stars, planets, etc.) that occupy it. Material earth space is the physical matter of the planet, which is heavily loaded with ancient forms of energy coursing through it in various patterns. Wave space is that zone just above the surface of the earth that our bodies inhabit. This is the region where energy patterns received from above and below are most freely exchanged.*

*"The rune magician makes him/herself capable of receiving and sending patterns of energy to and from all five of these zones. (...the rune magician becomes an antenna for the reception and broadcast of runic radio waves.) By using the proper runic postures, combined with the intonation of the right runic sound, the magician can draw in certain forces or combination of forces and then reshape and redirect them.*

*"...The interplay of forces within these various energy zones constitutes the phenomena of the universe. By becoming aware of them, engaging them, and guiding them consciously, the rune magician actively participates in the evolution and restructuring of the cosmos. The runes are the keys to the reception, absorption and projection of these forces. Their first effect is on the transformation and healing of the individual..."*

- Edred Thorsson, Rune Might: Secret Practices of the German Rune Magicians

## **Proper Breathing**

Of primary importance for anyone working with Runic sound formulae and Runic body positions is proper breathing. Nasal breathing is essential for correct breath control. Both inhalation and exhalation should be done through the nostrils and throat. Breathing through the nose is much more efficient and increases energy levels. It also produces a cooling, relaxing sensation. Using the diaphragm in combination with nasal breathing is the key to getting maximum lung capacity.

Start off by establishing a smooth and even breathing cycle. Bring your awareness to the natural flow of the breath and attempt to still the fluctuating mind. Focus on the ebb and flow of the chest/diaphragm as the lungs expand with inhalation and deplete with exhalation. Make sure to exhale fully to completely empty all the air out of the lungs.

## Meditation

When you have become fully relaxed and receptive you can begin to meditate. Meditations are always done with the rune energies as the main focus, they always involve both an outer and inner rune realm, and possibly a further "creative" realm, and they **never** involve the use of any sort of mind-altering substances. The point being that one must access the energies and wisdom of the runes naturally by the innate power of one's own will and subconscious track, and not attempt to force some sort of out-of-body state through external crutches that can actually cloud the mind's eye and even worse, lead to dependency.

- Imagine yourself in a surrounding that brings you a sense of peace and tranquility – a high mountaintop, an ancient Germanic site, an enchanted forest.
- Imagine you are protected by a sacred circle of Runestaves of which no one can enter or desecrate
- Picture Yggdrasil or the holy Aryan Irminsul in front of you, with the HAGAL Rune as a beacon on top of it.
- Think of the God-Concept (Wodan, Arahari, Wurd the Measurer, whatever you Will), ever striving for the Runic knowledge – this will aid you in your Sacred Runework.

Begin to lengthen both the inhalation and exhalation until you have achieved a steady rhythm.

A full breath cycle should be as follows:

- Inhale for 4 seconds
- Pause for 1 second
- Exhale for 4 seconds

This means that one complete breath cycle is 9 (the sacred number) seconds long. This breathing technique can be applied to both a sitting posture (with Handstodhr) as well as any Rune Stadha.

Once a consistent breathing rhythm is established you can start the Galdr on the exhalation. Each line of the formula represents a cycle of breathing. Without proper breathing, it will be next to impossible to sing the formula.

It is suggested to practice all 18 Rune postures each day in at least one complete cycle. Each Rune Stadha should be held with the body, at least long enough to sing the Galdr of that Rune's name three times in a deep extended voice.

For example, with the FA Rune, once you have established the proper breathing technique, start to practice the runic body posture or hand position. When you have achieved the perfect Stadha/Handstadha begin to sing the Galdr during each exhalation. Inhale (4 seconds), pause (1 second), exhale while resonating the FA sound formula deep within your throat (4 seconds). Repeat twice more to complete the Galdr (3 times in total representing the 3 phases in Aryan cosmology).

After one cycle of all 18 Rune Stadhagaldr, you can proceed to repeat the cycle, or the Stadhagaldr of any particular Rune or Runes that you sense you need additional practice with (or rather, practice in the area of life which that Rune primarily pertains to - FA for wealth, UR for health, THORN for strength, and so forth). Complete honesty to Self (Ichheit) is needed, to crush spiritual, emotional and psychosomatic shortcomings with massive success and power through the Runes.

As Master Guido von List, Yogi Siegfried Kummer, and Master Rudolf Gorsleben taught, remember that the Runes are not merely symbols, but also powerful living magickal energies that can change the practitioner in sacred and wondrous ways.

The 18 Armanen Futharkh Runes and their Stodhr are divided into three "aetts" or "Halbdutzends" (half-dozens), of six Runes each. These groupings represent the phases of reincarnation and initiation in the Odinic-Armanen consciousness of the Edda (which has three phases - Arising, Being, and Passing-away to new Arising - corresponding to the three roots of the World Tree Yggdrasil). Hence the Halbdutzends are also known together as Yggdrasil's "Roots" of Arising, Being, and Passing Away (to new Arising).

Before attempting any of the runic yoga postures, you are encouraged to learn more. The would-be rune magician is cautioned because wrongly prepared magickal formulae and sigils can have a deleterious effect. Heed the words of Odin, the High One, as recorded in the Hávamál.

143.  
*Dost thou know how to write, dost know how to read?  
dost thou know how to paint, dost know how to prove?  
dost thou know how to ask, dost know how to offer?  
dost thou know how to send, dost know how to spend?*

144.  
*Better ask for too little than offer too much,  
like the gift should be the boon;  
better not to send than to overspend.*

And Egil Skallagrímsson, the famed Viking warrior and rune-master, gives us this warning:

*Runes none should ever carve,  
who knows not how to read them,  
As it may befall many a man,  
To stumble upon a Murk-Stave.*

- Egil's Saga, Chapter 75



*The Sacrifice of Odin* by Frølich (1895).  
Odin sacrifices himself to himself by hanging from the world tree Yggdrasil obtaining the Runes.

# A Daily Invocation

Daily invocations are necessary because they set the tone for your Runework.

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

Murmur the following:

## *The Lay of Sigrdrifa (after Gorsleben):*

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

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

## *Odin's Rune Song (after Gorsleben):*

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

I know how I hung on the windswept tree  
Nine icy nights,  
Wounded by the spear, consecrated to Odin:  
I myself consecrated to myself  
Upon the mighty tree which hides from man  
Where from its roots it grows.  
They offered me neither bread nor wine,  
Then I reached down searching,  
Recognized the Runes, took them up wailing,  
Until I sank down from the tree.  
I now began to grow and gain in wisdom,  
To grow and to feel well.  
One word led to another word  
And one work led to another work:  
Now I know the sayings like no dukes wife does,  
And none of the human children do.

Chose any rune that you feel is needed to bring positive change to your current situation, whatever it may be. At this point, refer to the section for each Rune - for example:

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

***Closing (after Gorsleben):***

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

## Runic Divination

The system most commonly used, which also has some historical validity, is the so-called "Normic Method." The Roman historian, Tacitus, described it in his *Germania* (98 CE):

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

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



## Nornic Method

No specific clothes need be worn - although they may, depending on your own feeling. Furthermore, there is no specific time that the reading should take place – again, this is up to you. Purists have their own thoughts, and this is fine too.

Face the North. Establish a Runic circle with FA in the North, arranged counter-clockwise (with GIBOR to the right of FA). This is not the set of Runestaves that you will use for the reading; it is another set, which can be made of fine wood or whatever you wish. This is the circle in which you sit. Lay out a cloth of white linen inside the circle just north of its center. Sit in the center of the circle and establish proper breathing. Say any special invocations to the gods and goddesses as you wish.

Mentally establish the question you seek the Runes to answer. Be specific! A reading is only as good as the question. If ambiguous, your results will not give you an accurate outcome.

Stare at the sky, with your eyes closed and throw the Runes onto the cloth. With eyes still closed, draw three Runes, being careful not to turn them over – slide them into position – be certain not to mix them up! Keep them in the order you drew them. The first Rune chosen is placed at the left. This is the stave of the past. The second stave is placed in the center. This is the stave of the present. The third stave is the stave of the future – that which will become. Refer to the individual Rune pages for the exoteric, esoteric, and negative (mirkstave) meanings. Check the back of the guide for more information about the reasoning behind the negative rune positions.

In the beginning, use this guide for interpretations. In time, you will not need it at all, as the Runes will speak to you, and it will become second nature. The result relates to the situation you inquire about. If negative, do not consult the Runes again that day. Confirm your rune reading – some use the flight of birds (augury), seeing an animal etc.

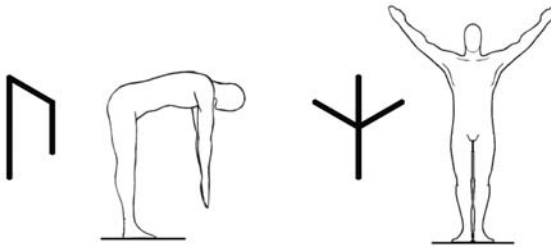
Record the results in a Runic diary - which you should obtain prior to the first reading you do. Be sure to record everything in detail.

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

Spiesberger placed special emphasis on the calling of the Norns as well as Mimir during readings – and added introductory rituals for the Runes UR (to behold the cause of every fate) and MAN (to reveal Mimir's secret), which included their Runic body positions. We shall designate this the UR and MAN Invocation - and according to Spiesberger, it should be done prior to every divinatory working:

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

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



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

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

## Runes and Body Ailments

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

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

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

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

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

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

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

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

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

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

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

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

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

**BAR:** Labor pains of the woman during birth

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

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

**YR:** Abdomen and sexual organs (Spiesberger)

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

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

## The Runes and the Time of the Year

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

**FA:** December 22nd - January 12th

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

**THORN:** February 4th - February 25th

**OS:** February 26th - March 20th

**RIT:** March 21st - April 12th

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

**HAGAL:** May 6th - May 28th

**NOT:** May 29th - June 20th

**IS:** June 21st - July 14th

**AR:** July 15th - August 7th

**SIG:** August 8th - August 30th

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

**BAR:** September 23rd - October 15th

**LAF:** October 16th - November 7th

**MAN:** November 8th - November 29th

**YR:** November 30th - December 21st

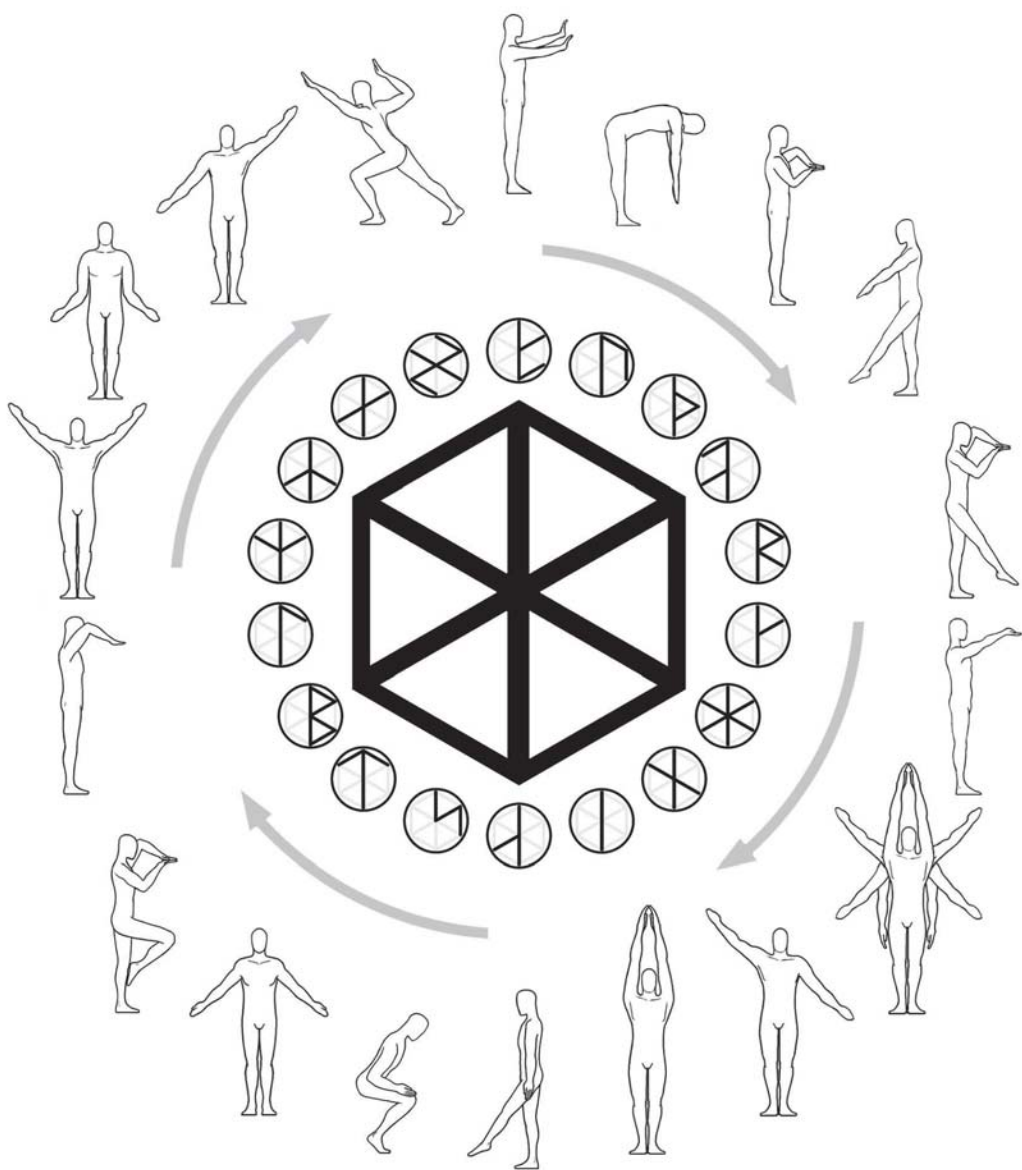
**EH:** Symbolizing the marriage of the year as a whole

**GIBOR:** Symbolizing arising, being, and passing away to the New Year ahead

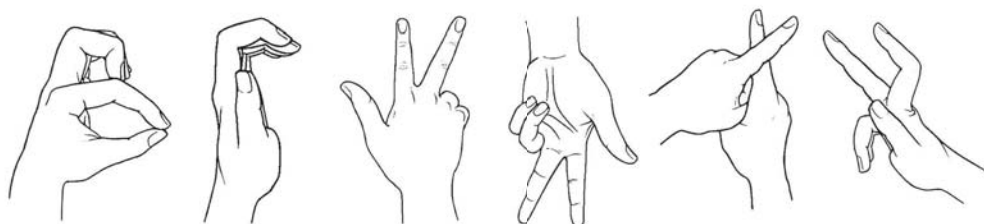
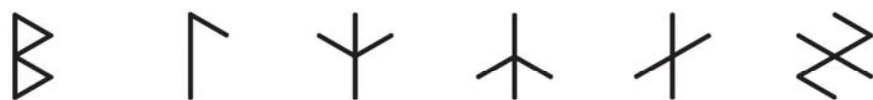
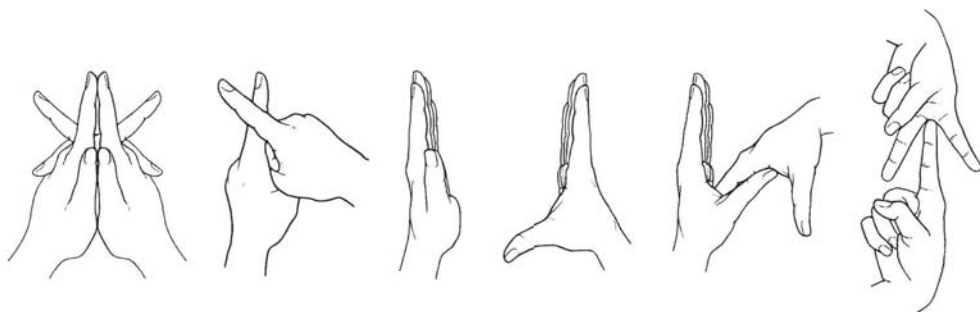
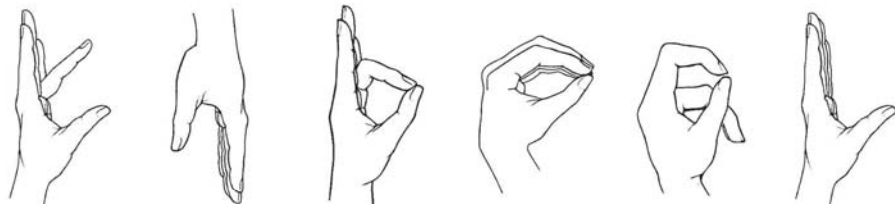
The MARRIAGE of the EH to the One-ness of GOD in the ever-evolving Arising, Being, Passing Away Cycle makes the Armanen-Runes the perfect system to be utilized with the ever-turning Wheel of the Year...



The 18 sacred Runes arranged around the 12 spoked Sonnenrad (Sun Wheel), representing the 12 months of the year or 12 signs of the zodiac. The Aryan emblem of salvation, the swastika, is in the center, symbolizing the 4 seasons and the cyclical nature of the universe.



# HANDSTODHR

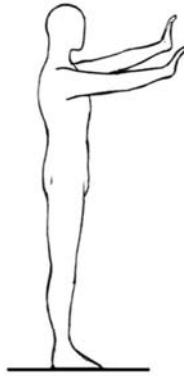


The First Halbdutzend  
(Yggdrasil's Root of Arising)

ᚷ ᚨ ᚢ ᚿ ᚫ ᚲ



Fa=Rune



Fa=Stadha



Fa=Handstadha

**Meanings:** Help, Primal Fire, Primal Spark, guidance, Father-God principle. Power of inspiration, success, new beginnings, movable wealth, movement, animals, the Will manifested down to the material levels, changes in fortune.

You can use FA to manifest new beginnings, attract wealth and success, and gain Will and inspiration to begin a new journey. FA is the rune of movement and action, a rune to unlock hidden abilities, and also an amplifier of other Runes.

**FA-Rune Asana or Stadha:** Stand upright, feet together, both arms tilting upward by roughly 30 degrees. Left arm slightly higher than right arm. Both palms point forward, drawing energy.

**FA-Rune Mantra or Galdr:** f f f f f f f f / Fa Fa Fa / fâ fe fi fo fu / fa far fiu feo fehu feu

**FA-Rune Mudra or Handstadha:** Hand held vertical. Thumb and ring finger to form "FA", leaning forward. Other fingers point upward.

Traditional Stave Variant



Hexagonal Radial Variant



*Those songs I know,  
that no King's Queen knows,  
nor any man's son:  
Help, the first is called,  
which will [bring] thee help,  
with all woes and sorrows  
and certainly all strife.*

*(Hávamál, verse 146)*

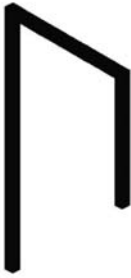
**Exoteric:** Changes, new beginnings, growth, change of residence, travel, animals, movable possessions/wealth, fire.

**Esoteric:** Original fire, creative father principle, guidance, help, Father-God principle.

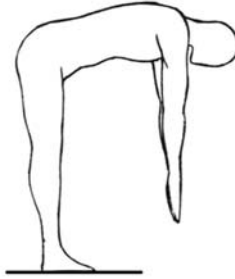
**Negative:** Set-backs, failures, destruction, blockage.

*"Generate your luck, and you will have it!"*





Ur=Kune



Ur=Stadha



Ur=Handstadha

**Meanings:** Primal Matter, Original cause, origin, root of all material and cosmic phenomena, nature, that which is permanent, Mother-God Principle. Contact with the dead, life after physical death, medicine, health, healing powers.

UR represents the Origins of space-time, matter, and existence – the primordial causes of causes, the very edge between chaos and the ordered world. Being the rune of roots, you can use UR for grounding and healing on all planes, as it allows you to find and clamp down on the root of any problem, especially after mastering the Runes on non-verbal levels.

**UR-Rune Asana or Stadha:** Bend over, reach down, arms and fingertips pointing to the ground.

**UR-Rune Mantra or Galdr:** u u u u u u u u u u / Ur Ur Ur / ua ue ui uo uu / ur uruz urus uros uras

**UR-Rune Mudra or Handstadha:** Form a U-shape with your fingers, open end of the "U" pointing downward.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the second,  
which is needful for men's sons,  
in those who would live as healers;  
[-----  
-----  
-----]*

*(Hávamál, verse 147)*

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

**Esoteric:** Original cause, origin, root of all cosmic and material phenomena, contact with the transcendent, contact with the dead, life after physical death, Mother-God/creative mother principle.

**Negative:** Instability, bad influence, disease, ignorance.

*"Know yourself, then you will know all!"*



Thorn=Rune

Thorn=Stadha

Thorn=Handstadha

**Meanings:** Will to act, power to become, thunderbolt, targeting goals, Thor's Hammer, the Return, new growth from the apparently old and dried-up, physical prowess, potency, formative power of the seed. Mental telepathy, concentration and projection of the Will, stalwart defense, psychic attack and defense, penetrating time and space, masculine polarity.

THORN is a Rune of pure muscle and might, in both a physical and psychic sense. It is Thor's Rune, breaker of blades and curses alike. Use THORN to strengthen yourself against all challenges, hesitations, and fears. It is also a Rune of virility and vitality of power concentrated instead of dissipated. You can use THORN to strengthen your aura, end hesitation and break bad habits, mastering it helps unmask and dislodge addictions and focus the Will with intent.

**THORN-Rune Asana or Stadha:** Stand upright, feet together, hands pressing together at the palms and fingers. Left elbow raised, right elbow lowered, making the shape of the "Thorn" or stud. Channel any trembling into the palms.

**THORN-Rune Mantra or Gald:** th th th th th / Thorn Thorn Thorn / tha the thi tho thu / thorr thorn thurs thuri:az thyth / Taat

**THORN-Rune Mudra or Handstadha:** Hand held vertical. Thumb and ring finger touch, pointing forward. Other fingers point upward.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the third:  
if my need becomes great,  
for a chain to halt my foes;  
The edges I blunt  
of mine enemies' [swords];  
leave no bite to their weapons nor  
staves!*

*(Hávamál, verse 148)*

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

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

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

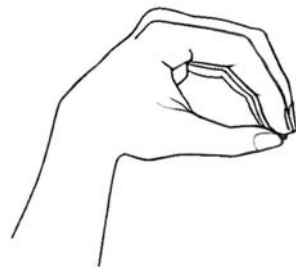
*"Preserve your ego!"*



Os=Rune



Os=Stadhya



Os=Handstadhya

**Meanings:** Speech, discussion, charisma, charm, success as a speaker, Odinic energies, Aesir, God-speech, breath which evolves, idea of that which is given, of that which is evolving. Suggestion, persuasion, freedom, mouth, uterus.

OS is the subtle counterpart to THORN. Where THORN is brute force, OS is the soft power of suggestion, the silver tongue rather than the iron fist. Use the OS-Rune to manifest confidence and ease of speech, boost memory, and remove social anxieties. It is also the rune most often associated with Odin, thus it is a rune of inspiration and leadership.

**OS-Rune Asana or Stadhya:** Stand upright, facing reverse direction. Hands together, arms pointing down roughly 30 degrees. Left leg raised straight to align with arms. Balance well with this Rune-Stadhya.

**OS-Rune Mantra or Galdr:** o o o o o / Os Os Os / Os Oes Ois Oss Aus / os ol odh / As ask ast ans ansuz asa asha

**OS-Rune Mudra or Handstadhya:** Thumb and index finger touch in a pointed oval; other fingers can either be curled up or aligned with index finger. This forms a mouth, representing the Divine Speech of "Os".

Traditional Stave Variant



Hexagonal Radial Variant



*I know the fourth:  
if men burden me  
[with] shackles on the joints of my limbs;  
Such do I sing,  
that I may go free,  
[it] springs the fetters from my feet,  
and the halter from my hands.*

*(Hávamál, verse 149)*

**Exoteric:** Speech, discussion, charm, success as a speaker, Aesir, God-speech, breath which evolves, suggestion, freedom, uterus.

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

**Negative:** Ill fortune, failure of the word/work, negative suggestions, misuse of knowledge and wisdom.

*"Your spiritual force makes you free!"*



Rit=Rune

Rit=Stadha

Rit=Handstadha

**Meanings:** Right, Ritual, the Rider/knight (*Ritter*), the Ride (*Raidho*), Order, Justice, the Judge, Tribunal (*Rat*), staff (*Rod*) of authority, advice, salvation, money, Natural Law (*Rita*), that which flows away, spreading of Roots (*Raduz*), noble feeling (*Arta*), spiritual feeling, the Journey, Cosmic rhythm, movement, rotation, wheels (*Raden*).

RIT is the rune of Justice and sound judgment, truth, law, financial wisdom, and correct Ritual. It is also the Rune of the movement of honor and noble courage to places near and far. Use RIT to rectify imbalances or banish chaos in life, facilitate a fair outcome, reveal truths and expose lies.

**RIT-Rune Asana or Stadha:** Stand upright, Hands together, arms bent at elbows in wedge formation (left elbow raised up by the head, right elbow bent down). Right leg raised straight. Balance well with this Rune-Stadha.

**RIT-Rune Mantra or Galdr:** r r r r r / Rit Rit Rit / ra re ri ro ru / rad reid rit rod ruodh / raidho rita rota orta arta

**RIT-Rune Mudra or Handstadha:** Left index finger and thumb touch, other fingers point downward, parallel to palm.

Traditional Stave Variant



Hexagonal Radial Variant

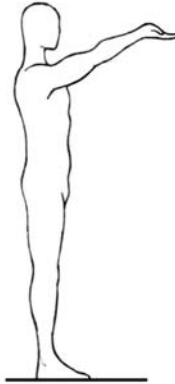


*I know the fifth:  
if I see, by foes shot,  
a shaft speeding through the folk;  
Fly it never so strongly,  
yet I can still stop it,  
if I see but a glimpse of its flight.*

(*Hávamál*, verse 150)

**Exoteric:** Right, order, the judge, advice, salvation, money, truth.  
**Esoteric:** Original law, that which flows away, religious feeling, ritual action.  
**Negative:** Injustice, lawlessness, violent act, black magick practice.

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



KA=Kune

KA=Stadha

KA=Handstadha

**Meanings:** Cunning, Art, capability, artist, genius, being favored, the child, that which is established, generation, ability and artfulness. Female principle in the universe, as executive power of balancing justice; sensuality, higher consciousness.

KA is the crafty counterpart to RIT. Where RIT is the Rune of law and trust, KA is the Rune of the cunning and the stunning, deflecting curses and disabling foes quietly. Use KA when RIT is ignored and justice cannot be gotten by overt means, as well as for skill in art, creativity, and mystical wisdom. KA is the torchlight of poets, artists, music and dance.

**KA-Rune Asana or Stadha:** Stand upright, arms raised up by 30 degrees, palms facing up.

**KA-Rune Mantra or Gald:** k k k k k k / Ka Ka Ka / ka ke ki ko ku / kien kun kaun kona kuna kena

**KA-Rune Mudra or Handstadha:** Left hand open, thumb angled up by 30 degrees above horizontal. Other fingers vertical.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the sixth:  
if a Thane would harm me  
with the root of a moist tree,  
and that man  
upon me curses speaks;  
Then their harms eat him rather than me.*

*(Hávamál, verse 151)*

**Exoteric:** Art, capability, artist, genius, being favored, that which is established.

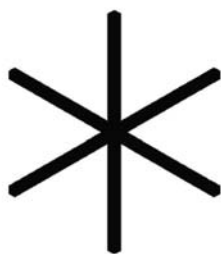
**Esoteric:** Female principle of the universe, as executive power of balancing justice.

**Negative:** Refused procreation, injustice, decay, incapability.

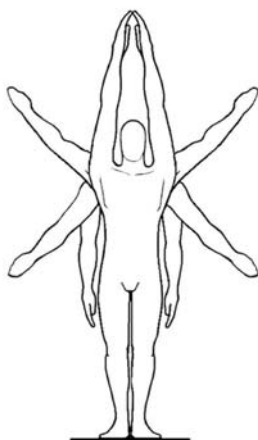
*"Your blood, your highest possession."*

The Second Halbdutzend  
(Yggdrasil's Root of Being)





Hagal=Rune



Hagal=Stadha



Hagal=Handstadha

**Meanings:** That which cares for, preserves, protects; that which is motherly; wisdom, harmony, salvation, blessing, protects from hail and fire. Eternal change, caring and maintaining principle in the universe, Higher Self, God in us.

HAGAL is the Mother-Rune, from which all other Runes are derived. It is also called Hag-all, All-Hag and All-Hedge – it is the overarching Stave of Protection, against calamities and folly. Within it, the higher self is integrated with the lower. Use HAGAL for self-preservation, self-knowledge, long life, health, worldly wisdom, protection against misfortune, and safety in emergencies and disasters.

**HAGAL-Rune Asana or Stadha:** Stand upright, face forward, arms vertical, hands touching high above the head. Then lower arms to the upper diagonals of HAGAL; then to lower diagonals; then down to the sides; then reverse the sequence.

**HAGAL-Rune Mantra or Galdr:** ha ha ha ha ha ha / Hagal Hagal Hagal / Hag-all All-Hag All-Hedge / ha he hi ho hu / hag haal halga heil haug

**HAGAL-Rune Mudra or Handstadha:** Hands interlaced, thumbs together, indexes touch vertically, middle fingers angled up, ring fingers pressed down, but straight, against knuckles. The hands form a single HAGAL Rune together.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the seventh:  
if I see on high, blazing,  
a hall over the bench-companions;  
Burn it never so brightly,  
yet I can still save it -  
I know how to sing that song.*

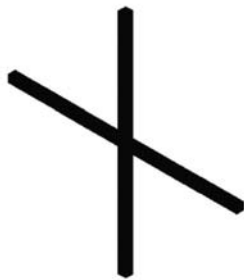
*(Hávamál, verse 152)*

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

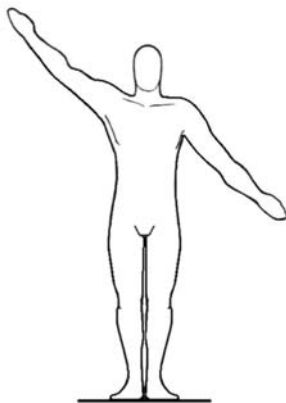
**Esoteric:** Eternal change, caring and maintaining principle in the universe, Higher Self, God in us.

**Negative:** Exposed to ill fortune, not protected, bad weather, destruction by storm, hail, and fire.

*"Harbor the All in yourself, and you will control the All!"*



Not=Rune



Not=Stadha



Not=Handstadha

**Meanings:** The Inevitable, separation, stress, karmic debt, karmic need, but with outlook for change of karma, banishing misfortune by accepting karma & cooperating with karmic law. Decision of the Norns, karma paid for, cause-effect flow.

NOT makes you aware of your karmic pitfalls, and it helps remove bad karma. It leads to realizing one's own flaws and cosmic role in the flow of Wyrð. Meditating on NOT brings awakening and an end to self-harm, hate, suffering and stress. Use NOT to understand your karma and work with it instead of fighting it, and thus get out of negative cycles.

**NOT-Rune Asana or Stadha:** Stand upright, right arm raised up by 30 degrees, left arm point down by 30 degrees.

**NOT-Rune Mantra or Gald:** n n n n n n / Not Not Not / na ne ni no nu / not nit nyd naut norn nurten / [æpandi nam]

**NOT-Rune Mudra or Handstadha:** Index fingers pointing up, right hand nestled over left hand, angled left 30 degrees.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the eighth,  
which all can  
likewise find useful to take:  
Where hatred waxes  
'midst the warrior's sons,  
with that [song] I settle it soon.*

*(Hávamál, verse 153)*

**Exoteric:** The Inevitable, separation, stress, karmic debt, karmic need, but with outlook for change of karma, banishing ill fortune/strife by accepting karma & cooperating with karmic law.

**Esoteric:** Decision of the Norns, karma paid for, cause-effect flow.

**Negative:** No hope for change, exposed to fate due to revolt against karmic nature, inevitable fall and decline, ultimate negation.

*"Use your fate, do not strive against it!"*





IS=Rune



IS=Stadha



IS=Handstadha

**Meanings:** Self-aware ego, positive attitude, activity, will, self-domination, influence, magick, personal power, to banish evil. Unity in the universe, duration, magickal powers, action in the cosmos.

IS strengthens the soul-complex by taming emotionally volatile thoughts, as Odin steadies the ship by calming the wind on stormy seas. IS opens the way to mystical powers through self-discipline, removal of dissonant energies and elimination of all that is unnecessary. Use IS to get self-control and clarity of mind, the foundations of all noble Magick.

**IS-Rune Asana or Stadha:** Stand upright, face forward; hold arms vertical, hands touching high above the head.

**IS-Rune Mantra or Galdr:** *iiiiiiiiii / Is Is Is / iiiissss iiiissss iiiissss / is iis isa ich ichheit*

**IS-Rune Mudra or Handstadha:** Left hand pointing up, fingers flat together, thumb tucked vertical against the edge of the hand. The left hand forms the IS-Rune in profile.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the ninth:  
if my need does arise  
to save my ship afloat;  
The wind I calm  
upon the waves,  
and soothe all the sea [to rest].*

*(Hávamál, verse 154)*

**Exoteric:** Self-aware ego, positive attitude, activity, will, self-domination, influence, magick, personal power, to banish evil.

**Esoteric:** Unity in the universe, duration, magickal powers, action in the cosmos.

**Negative:** Passivity, lack of will, being dominated, medium and mediumistic activity (being possessed by another).

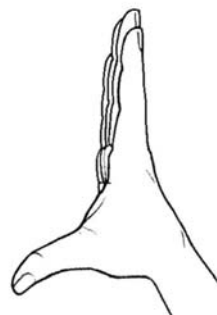
*"Win power over yourself, and you will have power over everything in the spiritual worlds that strives against you."*



Ar=Rune



Ar=Stadha



Ar=Handstadha

**Meanings:** All that which is beautiful and Sun-like, change to good, virtues, honor, glory, nobility, rewarding work. Power of arising, power to banish darkness and drive away evil. Completion, light, Divine spirit, Rising Sun, Solar Eagle, Phoenix.

AR is the Rune of the Rising Sun, burning away darkness and bringing control of the subconscious mind. AR is the Rune of re-framing, and refreshing the spirit. AR brings change in actions (karma) from within, and removes doubts. Use AR to attract *Od*-force, banish regressive or reactive karma (*en-karma*) and produce proactive, ascending karma (*Garma*).

**AR-Rune Asana or Stadha:** Stand upright, facing reverse direction; arms by your sides, left leg raised up by 30 degrees.

**AR-Rune Mantra or Galdr:** Aar / a a a a a / ArArAr / aa, ae, ai, ao, au / ar jar re jera asa erja arya / Ara-hari

**AR-Rune Mudra or Handstadha:** Right hand pointing up, thumb opened and extended down as far as possible.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the tenth:  
if I see witches  
ride and sport in the air;  
I so make it  
that they madly flee,  
home from their own hides,  
[and] home from their own minds!*

*(Hávamál, verse 155)*

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

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

**Negative:** Ugly, sterility, corruption to evil, shame.

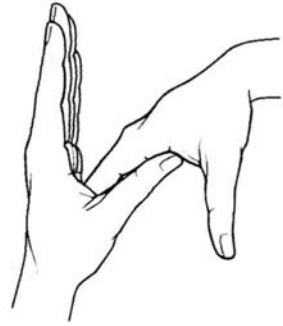
*"Respect the primal fire!"*



Sig=Rune



Sig=Stadha



Sig=Handstadha

**Meanings:** Victory, success, gain, triumph, achieved goal, school. Salvation by light, inspiration, soul, Power of the Sun.

SIG is the blinding light of victory over foes and material limitations, and boosts one's spiritual reserves. It gives strength, perseverance, illumination. Use SIG to increase abilities of visualization, manifestation of desires, and psychic powers.

**SIG-Rune Asana or Stadha:** Crouch on balls of feet, back tilted forward, arms bent and aligned with hips.

**SIG-Rune Mantra or Galdr:** Siig / s s s s s / Sig Sig Sig / sa se si so su / sal sel sil sol sul sowilu / sig-il / sal und sig

**SIG-Rune Mudra or Handstadha:** Left and right hands opened, thumb apart from fingers, and interlocked to form SIG.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the eleventh:  
if I shall to war  
lead my long-time friends;  
Under the shields I sing it,  
and they, with power, fare forth -  
safe to the battle,  
safe from the battle,  
they come [back] safe from wherever.*

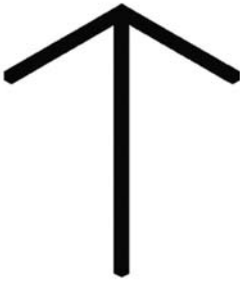
*(Hávamál, verse 156)*

Exoteric: Victory, success, gain, triumph, achieved goal, school.

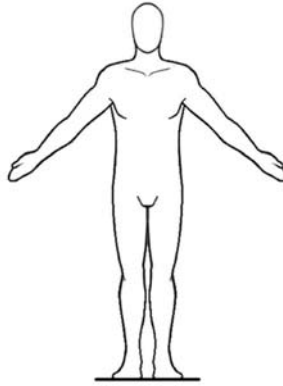
Esoteric: Salvation by light, inspiration, soul, power of the sun.

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

*"The creative spirit must conquer!"*



Tyr=Rune



Tyr=Stadha



Tyr=Handstadha

**Meanings:** Beginning, creation, excitation, power, success, wisdom, duties fulfilled, art of concealment. Sacrifice and Re-birth into the light - life of the soul, the power to turn situations completely around. Battle, honor, the Phoenix reborn.

TYR is the Rune of Sacrifice, of turnarounds, of victory at all costs, and triumph over death. TYR helps to defeat material obstacles and the fear of physical death. Use TYR for the triumph of spirit over adversity, and to open access to past lives.

**TYR-Rune Asana or Stadha:** Stand upright, face forward, arms slanted down to the sides by 30 degrees.

**TYR-Rune Mantra or Gald:** t t t t t / Tyr Tyr Tyr / ta te ti to tu / tri tre ter-zer / Ti Tiu Ti-ur Ti-uar Tiuvar / Sig-Tyr

**TYR-Rune Mudra or Handstadha:** Right index finger up, between left index and middle fingers, which open down.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the twelfth:  
if I see up in a tree  
a corpse in a noose, hanging;  
Such [a song] I carve  
and paint in Runes,  
that the man descends  
and speaks with me.*

*(Hávamál, verse 157)*

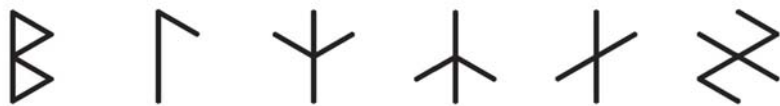
**Exoteric:** Beginning, creation, excitation, power, success, wisdom, duties fulfilled, art/act of concealment and hiding.

**Esoteric:** Re-birth into the light - life of the soul, the power to make situations turn completely around. The phoenix reborn.

**Negative:** Perverted beginnings, tarnished beginnings, falsified knowledge, failures, dying.

*"Fear not death - it cannot kill you!"*

The Third Halbdutzend  
(Yggdrasil's Root of Passing Away)





Bar=Rune



Bar=Stadhya



Bar=Handstadhya

**Meanings:** Becoming, birth, being protected, help in birth, son, bread, song, fountain, mountains. Birch tree (layers of safety), rebirth, bier (pyre – death in one form and rebirth into the next), meaning of life on this planet, in this world.

BAR is the Rune of birth and rebirth, both physical and spiritual, though gradually and without sacrifice (which differentiates it from the more warlike TYR-Rune). It is a Rune of Return to the Mothers, and to possible reincarnation. BAR is also associated with motherhood itself, and helps with birth as well as spiritual birth of new consciousness.

**BAR-Rune Asana or Stadhya:** Stand upright, Hands together, arms bent at elbows in wedge formation (left elbow raised up by the head, right elbow bent down). Right leg raised bent, with right foot resting on left knee. Balance well!

**BAR-Rune Mantra or Galdr:** b b b b b b / Bar Bar Bar / ba be bi bo bu / bar bor bir birk björk / bjarkan berche birka brikal berkane

**BAR-Rune Mudra or Handstadhya:** Left thumb and index finger touching in a wedge, middle finger curved in a loop to touch main joint of index finger, remaining fingers curve parallel with middle finger.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the thirteenth:  
if I shall, a warrior's young son  
sprinkle with water;  
He will not fall,  
though to him, battle comes -  
never will the man sink before sword!*

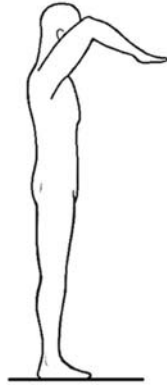
*(Hávamál, verse 158)*

Exoteric: Becoming, birth, being protected, help in birth, son, bread, song, fountain, mountains, Birch tree (layers of safety).

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

Negative: Not-becoming, perverted birth, miscarriage, lost son, bitter bread, vulnerability, outcast, vain wishes, death-bed.

*"Thy life stands in the hand of God; trust it in you."*



Laf=Rune

Laf=Stadha

Laf=Handstadha

**Meanings:** Life, experience, initiation, test, temptations by life circumstances, water, sea, good management, good navigation, knowing the natures of things. Test of life, past lives, school of the lives, laws of nature, relations.

LAF is the Rune of long-learned wisdom, of good navigation, of knowledge of the spirits and the primal laws of the universe; it is also important for sailors as a sea-Rune. LAF is the Rune of initiation, treating all of life's lessons (and multiple lives) as stages of initiation into a higher state of being. LAF brings powerful intuition and spiritual evolution.

**LAF-Rune Asana or Stadha:** Stand upright, arms pulled up with elbows up past ears, hands angled down and touching.

**LAF-Rune Mantra or Galdr:** 111111 / LafLafLaf / la le li lo lu / L-a-f / lagu laguz laukr lögr lagor / laas log lög laug

**LAF-Rune Mudra or Handstadha:** Left thumb aligned with palm, other fingers clawed forward/down at the main joint.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the fourteenth:  
if I shall to men's folk  
tell of the gods, 'fore them;  
Aesir and elves,  
I know all their nature  
such as none know, if untaught.*

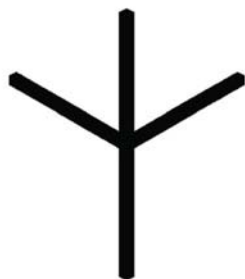
*(Hávamál, verse 159)*

**Exoteric:** Life, experience, initiation, test, temptations by life circumstances, water, sea, good management, natures of things.

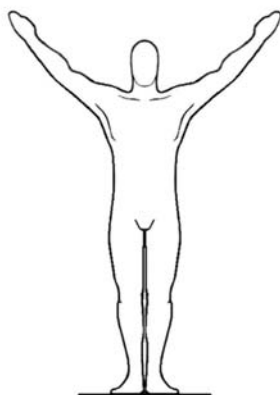
**Esoteric:** Test of life, school of the lives, laws of nature, relations.

**Negative:** Succumb to temptation, deception by mate, failure to learn from mistakes, downfall, emptiness, corpse.

*"First learn to steer, then dare the sea journey!"*



Man=Rune



Man=Stadha



Man=Handstadha

**Meanings:** Man, masculinity, increase, health, plenty, magick, Spirit, truth. Organic growth of strength, skill, and wisdom through action, life reaching Sunward, order through which creation is refined. God-Man, male principle in the cosmos.

MAN is the rune of Divine Magick, and the organic growth of life. It nourishes the Will and repels negativity and enemies. MAN strengthens the aura, and draws one's internal energy up and out in resonance with the branches of the World Tree Yggdrasil, at the same time it draws powerful Od-energy down from Yggdrasil and the All, into the body to cleanse impurities. It taps into dormant root-memories and releases them, unlocking Power and natural mastery of skills. Use MAN to increase resiliency and the Will, and build up strength, courage, and wisdom long before you will need it.

**MAN-Rune Asana or Stadha:** Stand upright, arms spread apart upwards as diagonal branches, hands facing up.

**MAN-Rune Mantra or Galdr:** m m m m m / Man Man Man / Ma me mi mo mu / am em im om um / Man Madhr mathr / manna Mani Manu Mannus Mannaz / Mim Mimir Mamre / O M (Ausa-Man, God-Man)

**MAN-Rune Mudra or Handstadha:** First three fingers of right hand spread up and out, last two fingers curled up.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the fifteenth,  
which Folk-stirrer (Volkrast) sang,  
the dwarf, 'fore the doors of Dawn:  
Strength he sang to the Aesir,  
and courage to the elves,  
and wisdom to the Roaring-God.*

*(Hávamál, verse 160)*

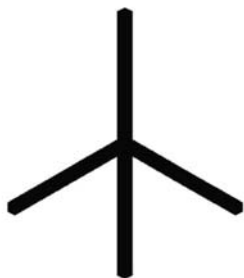
Exoteric: Man, increase, masculinity, health, plenty, magick.

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

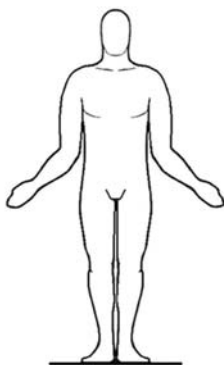
Negative: Demonic spirituality, left path, growth through improper practices, black magick.

*"Be a man!"*





Yr=Rune



Yr=Stadha



Yr=Handstadha

**Meanings:** Woman, femininity, desire, sensual love, passion, perfection. Mother, womb, grotto, labyrinth, female mysteries, wellspring of life, chaos from which creation emerges. God-Woman, female principle in the cosmos.

Yr is the Rune of the Senses, of absolute passion and desire. It is the roots of the aura, the spiritual magnetism of the basal body, Rune of fertility in resonance with the roots of the World Tree Yggdrasil. It is a Rune of seduction and love, but also of the removal of illusions which can be a painful process, with the potential of chaos and confusion; if mastered, this Rune helps birth new perfection out of necessary chaos, but there is also the risk of it creating new illusions if mishandled. Use Yr to overcome limiting beliefs and self-doubt, and to refine attraction and the seductive aura; combine with OS to avoid the potential of its spark fizzling out. Yr represents Freyja-as-Earth, as MAN represents Odin-as-Sky.

**Yr-Rune Asana or Stadha:** Stand upright, elbows and humeri by sides, lower arms slanted down and out like side-roots.

**Yr-Rune Mantra or Gald:** y y y y y / Yr Yr Yr / yr irr eir aiyr yb / W-ybe Weib eibe eihu eihvar eihwaz / eihur yur

**Yr-Rune Mudra or Handstadha:** First three fingers of left hand spread down and out, last two fingers curled up.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the sixteenth:  
if I wish from a witty maid  
to have all love and delight;  
The heart I turn  
of the white-armed woman,  
and I change her entire mind.*

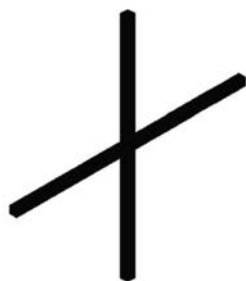
*(Hávamál, verse 161)*

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

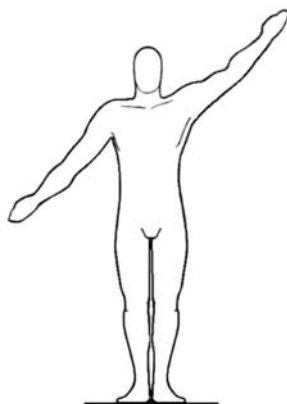
**Esoteric:** Woman, mother, chaos from which creation emerges, female principle in cosmos, God-Woman.

**Negative:** Perversion, unbounded passion, error, maya, failures as a result of wrong action.

*"Think about the end!"*



Eh=Rune



Eh=Stadha



Eh=Handstadha

**Meanings:** Marriage, wedding, partnership, permanent bond, binding decision, hope, duration, horse. Permanence and marriage as a law, unity of ego and YOU, sister-souls, soul love, God-Man-Woman.

EH is the Rune of Cosmic Union of polarities - it is the merger of MAN and YR, an ideal love and long-term partnership, far beyond the superficial label of "soul mates" - EH is intimate marriage of two spirits, such that their very minds become as one, and on highest levels, leave even words behind as superfluities. Use EH to build a bond of loyalty.

**EH-Rune Asana or Stadha:** Stand upright, left arm raised up by 30 degrees, right arm pointing down by 30 degrees.

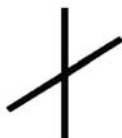
**EH-Rune Mantra or Galdr:** e e e e e / Eh Eh Eh / E h e / eh ehe ehu eoh eys ehvar ehwaz

**EH-Rune Mudra or Handstadha:** Index fingers pointing up, left hand nestled over right hand, angled right 30 degrees.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the seventeenth,*

[-----

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*that my [love], none will coldly shun,  
even the shy maiden.*

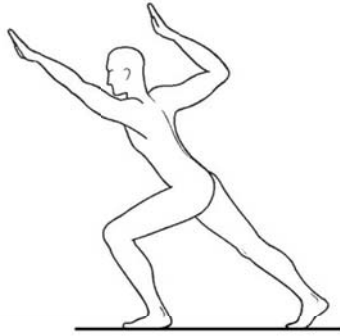
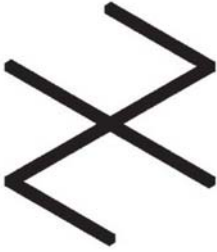
*(Hávamál, verse 162)*

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

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

**Negative:** Mismatch, unlucky love, ego and you can not find each other due to karma, prevented from finding your partner.

*"Marriage is the raw-root of the Aryans!"*



### Gibor=Rune

### Gibor=Stadha

### Gibor=Handstadha

**Meanings:** Fulfillment, giver, gift, sacred marriage, being one with the sister soul, protection against evil. God-All, death-life cycle, seeing of the Divine, Being the Divine, union of Creator and created, deepest cosmic mysteries.

GIBOR is the Rune that ascends the union of EH into the state of divinity itself, where through synchronized passion of will, and sacred marriage, ascends into manifestation of the God-All, and the limits between human and divine become blurred. This is highest of all Runes, the gateway to the cosmic mysteries beyond the physical and metaphysical realms, the All emerging even out of Nothingness. GIBOR regenerates the Od, and brings one closer to the abilities of Godhood.

**GIBOR-Rune Asana or Stadha:** Take the form of GIBOR, as if preparing to launch a spear or javelin: left leg and right arm flexed, left arm and right leg extended.

**GIBOR-Rune Mantra or Galdr:** g g g g g g / Gibor Gibor Gibor / ga ge gi go gu / gefa gifa gefu / gea geo gebo / gigur geuuu / Gibu Auja / Gibur Arahari

**GIBOR-Rune Mudra or Handstadha:** Right hand sloping left and upward. Index finger cocked back, 4th and 5th fingers clawed down, thumb and middle finger pointing forward and up. Ideally this should be held until all strain burns away.

Traditional Stave Variant



Hexagonal Radial Variant



*I know the eighteenth  
which I'll never teach  
to maid, nor man's wife;  
- all is better  
if one doth know it;  
thus follows the songs' end -  
Except to her alone  
who holds me in her arms,  
or else my sister be.*

*(Hávamál, verse 164)*

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

**Esoteric:** God-all, death-life cycle, seeing of the Divine, Being the Divine, union of Creator and created, deepest cosmic mysteries.

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

*"Man - be One with God!"*

# Armanen Rune Casting Positions

Based on the writings of Karl Spiesberger / use in conjunction with the exoteric, esoteric, and negative meanings

Positive positions																	
Negative positions																	
Alternate positive positions																	

Now we come to the fundamental nuts-and-bolts of modern Armanen Rune-casting. As mentioned before, the interpretation of the positions of these runes may vary depending on the rune in question. Those that are asymmetric and can be reversed also have a horizontal-negative and a horizontal-positive position, though which is a left (counterclockwise) rotation and which is a right (clockwise) rotation will differ depending on the individual rune.

This is of course the so-called Spiesberger method, which is used by all modern Armanen Rune masters.

Karl Spiesberger is credited with publishing the comprehensive positive and negative Armanen rune positions in his book *Runenmagie* ('Rune Magick'), published in 1955. However it is believed by many rune practitioners that these positions were already in use by Gorsleben and even Guido von List, far earlier in the 20th century. Since a few of the "murkstave" or negative-horizontal positions published by Spiesberger are not possible exactly as published with a rune symbol carved on an opaque material like wood, the diagram above has been adjusted from Spiesberger's diagrams, for use with traditional wood casting tiles (or stones). Nevertheless, the esoteric meaning and symbolism of the negative positions is unchanged. And the inner laws governing the orientations of these positions too, like the Armanen Rune-row itself, are based on an ancient archetypal heritage.

To avoid biasing a Rune-reading against horizontal murk-staves, the Runes should be carved on square tiles (rather than rectangular ones) so that each side is equal length, and it is impossible to second-guess, while drawing the Runes with closed eyes, which way they will face.

You will notice that some of the runes are negative if you turn them 90 degrees left, but others are positive in that same orientation. And the same discrepancy or diversity of meaning happens when you look at how the runes are to be interpreted when turned 90 degrees right. For example, if you look at Fa and Os, they are negative when turned left. But to make Thorn negative, you have to turn it right!

Why is this?

Looking at the structure and shape of the runes provides a critical clue. There is a hidden pattern here.

You will notice that the open "cup" runes that have two parallel branches (Fa, Ur, Os) are negative if rotated left. (Fa and Os are 180-degree reversals of each other, and hence each only have one positive and one negative position - rotate them right and they become the negative form of the other rune).

However, enclosing "spike" runes which contain closed triangles (Thorn, Rit, Bar) and "fork" runes with triangle-corners or incomplete triangle-forms and no parallel branches (Ka, Ar, Tyr, Laf, Man, Yr) are negative when rotated right. (Ka and Ar are 180-degree reversals of each other, and hence each only have one positive and one negative position - rotate them left and they become the negative form of the other rune).

And finally, "hedge" runes with radial or diagonal symmetry, which are "non-reversible" - i.e. they look no different if reversed (Hagal, Not, Is, Sig, Eh, Gibor) - are always positive when vertical and always negative when horizontal, no matter which direction you rotate them.

The runes (and this can be applied to other systems as well as Armanen) need to be understood, among other ways, as visual representations of catchers and deflectors of the primal energies - both positive/orderly and negative/chaotic - of the universe.

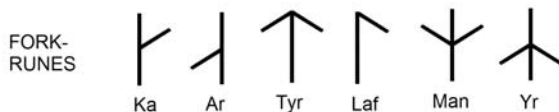
## Stave = elements applied to Armanen Runes



Parallel "cup" branches:  
Traps or catches energy



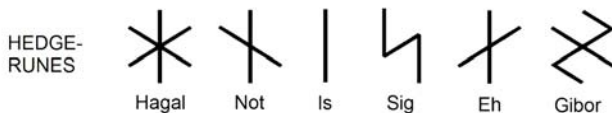
Non-parallel "fork" branches:  
Activates, deflects,  
and radiates energy;  
Converts or activates energy  
into Will or Action



The enclosing "spike" runes and the "fork" runes are deflectors of energy for the practitioner. Thorn, Rit and Bar cancel out the energy of enemies, errors and calamities respectively, while Ka, Ar, Tyr, Laf, Man, and Yr essentially convert negative energies into positive ones and/or redirect them back at their source in some way. Traditionally the warrior deflects attacks with the left hand (the shield hand) hence if turned right these deflectors or shield-runes are vulnerable or negative.

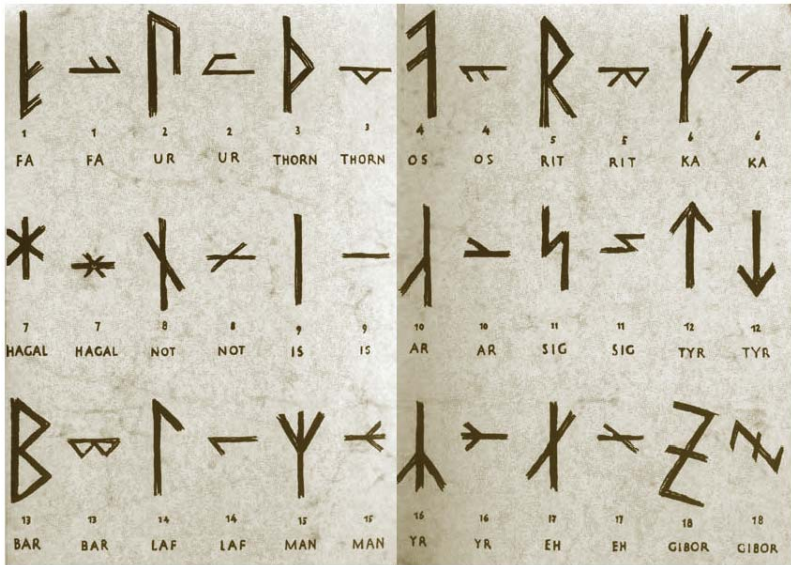


The "cup" runes are receivers of energy for the practitioner, i.e. in simplified terms, Fa receives wealth, Ur receives health, Os receives esteem, status and social confidence. Traditionally in Indo-European culture and cosmology, the fortunate one receives with the right hand, the unfortunate with the left, hence when turned left these receiver-runes are negative.



The radial and diagonal symmetric "hedge-runes" (Hagal, Not, Is, Sig, Eh, Gibor) essentially are double-sided clusters of fork-branches. The fact that they are double-sided acts as a substitute for parallel branches, hence these runes can be thought of as a combination of the tendencies of both "cup" and "fork" runes, and thus can be either receivers or deflectors of energy, as their Havamal meanings indicate. These are the only "simultaneous dual-use" runes. Thus, in positive position, Not both attracts cooperation with karma and deflects one's futile discord and resistance to it, as Sig attracts victory and banishes weakness simultaneously. When upright (even if turned upside-down 180 degrees they remain upright due to their symmetry) the hedge-runes are receivers and refiners of positive energy (as plants receive light and water and perform photosynthesis). They also deflect the negative like sharp thorny hedges. But when

horizontal (either tilted left or right, again it makes no difference, due to symmetry) they are impotent to catch positive energy or deflect the negative with their shape, and may actually lose or repel good energies and attract bad ones - much as a bush or hedge stunted sideways must fight the wind or fall uprooted, gets less sunlight, is more vulnerable to diseases and parasites, and loses flowers and thus forfeits reproductive potential as a result - no matter if it leans left or right. The symbolism of Hagal, as the Hag-all, the All-Hedge, the all-symmetric defensive hedge-rune and Mother Rune, is particularly telling in this regard. Like the boughs of an overarching hedge, if it is knocked down either left or right, there is no protection from hail or fire.



The Armanen runes, positive and negative positions (after Karl Spiesberger, Runen-Magic, pp. 283-284)



# **BERSERKER**

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## **BOOKS**

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