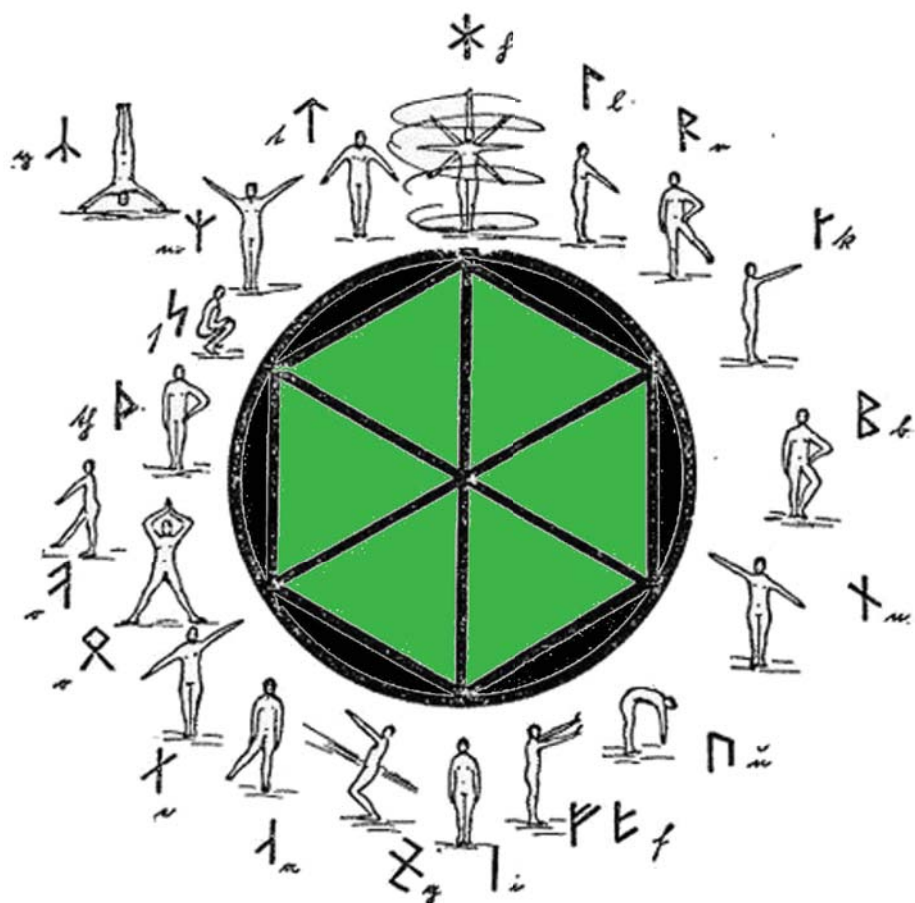


# Runic Yoga Manual



# **BERSERKER**

---

## **BOOKS**

---



# THE RUNIC YOGA

Runic yoga consists of representing a rune with your body while singing or vocalizing its mantra; in this way you will acquire all the benefits of that rune.

Do this daily, at the same time and in the same place (a place where you can rest easy and take all the time you need to perform the exercise) will concentrate the energy and raise the energy value from that space.



Single position during all repetitions of the mantra. Left palm down, at shoulder height, and right palm at 45o, a few centimeters higher than the head. Mantra: FEEEEEEHUU



FEHU =  
PROSPERITY, LUCK

UUUUUU...

URUZ



After each mantra it returns to the ISA position. The sound must be very beautiful. The back should be straight. Mantra: UUUURUUUU ZZZ...



URUZ = ENERGY, VITALITY

THURISAZ



Soft Effect - with hand at waist Arm is changed after each mantra. Mantra: THUUUURIIIIII SAAAAAZZ... Strong Effect - with the hand on the head. Arm is changed after



THURISAZ = FORCE OF WILL, INSTINTS

each mantra.  
This form is  
dangerous if  
energy is not  
taken care of.  
Mantra:  
THUUURRIIIISA  
AAZZ...







ANSUZ







After each  
mantra the  
arms return to  
the side and  
the leg to the  
floor. Then the  
other leg is  
raised and  
both arms  
again for the  
next mantra.  
Mantra:  
AAAAANSSUO  
UZZ...



ANSUZ =  
COMMUNICATION,  
LEADING

<p>RAIDHO</p>  <p>It changes sides after each mantra. The very long RRR. Mantra: RRRRRRAAAA AAAAIDOO...</p>		<p>RAIDHO = MOVEMENT, TRIP</p>
<p>NAUTHIZ</p>  <p><b>Mantra:</b> <b>NAAAAAAU</b> <b>THIIIIIZ</b></p>		<p>NAUTHIZ = RESISTANCE, ACCEPTANCE</p>

<p>ISA</p>  <p>Only position, the mantra is repeated. Mantra: IIIIIIIIIISSSAAA AAAAAA</p>		<p>ISA = INACTIVITY, PATIENCE</p>
<p>TIWAZ</p>  <p>The arms move behind each mantra, palms down when lowered. At the end, the right hand goes to the heart and the left to the navel. Movement is only necessary when there is a lot of accumulated energy and the hands are heated.</p>		<p>TIWAZ = JUSTICE, VICTORY</p>

Mantra:  
TIIIIIIWAAZZ  
...



SOWILO







The mantram is made by lengthening the S, and with force, like a whiplash. It stands up and repeats only once.. Always twice. You should never make a single one.  
Mantra:  
SOOOOWIIIILO  
OO...







SOWILO  
FERTILITY,  
MOTIVATION

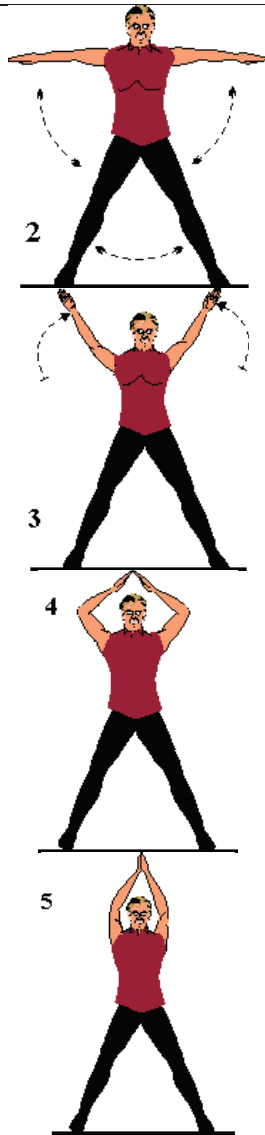
=

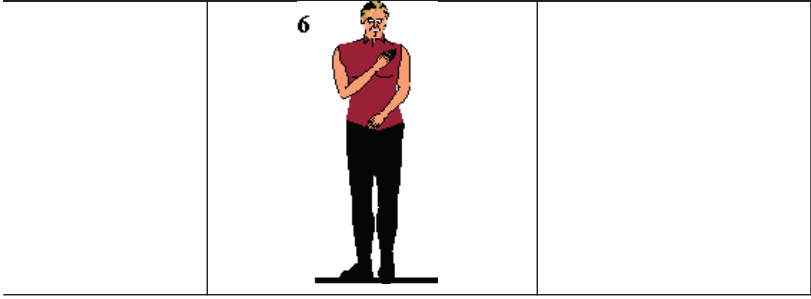


<p>BERKANO</p>  <p>It changes sides after each mantra. Mantra: BEEEEERRCAA AANOOO...</p>		<p>BERKANO = WOMAN, INNOCENCE</p>
<p>LAGUZ</p>  <p>Arm is changed after each mantra. Mantra: LAAAAAAGU UZZZ...</p>		<p>LAGUZ = INTERNAL VISION, IMAGINATION</p>

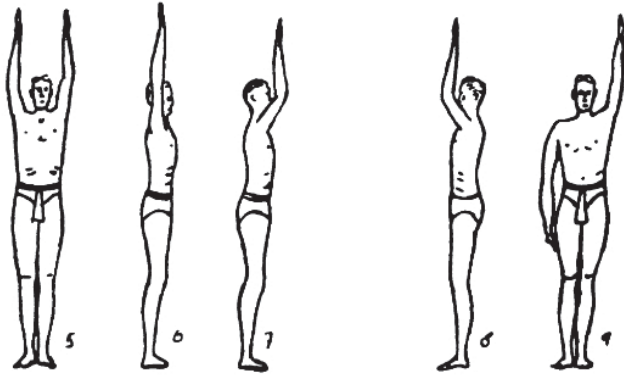
<p>SOMEZONE</p>  <p>Position is maintained during mantras. At the end of them, the hands are joined on the head. Then the left goes to the navel and the right goes to the heart. Mantra: AAAAAAAALG UIIIIIZZZ</p>		<p>SOMEZ = PROTECTION, DEFENSE</p>
<p>OTHALA</p>  <p>1 - Starts in IS position. 2 - The legs and arms jump open vigorously. The arms remain three seconds stretched</p>		<p>OTHALA = POWER, FREEDOM</p>

horizontally.  
3 - The arms are slowly carried upwards.  
4 - The middle fingers of both hands touch each other and at that moment the mantra begins: OOOO ... THAAAALAAAA ...  
5 - Hands are put together for a moment at the end of the mantra.  
6 - The hands descend until they touch the head, and there they separate. The right goes to the heart and the left to the navel, ending the exercise.





The stop sound I



You "is"  
(I.)

-1. and 2. body shape The maternal  
in the state hereditary favorable  
position

Positions of the 2nd exercise series.  
Sprschlaut I and i.

Introductory treated as G 46-49 page 145 volume 3/4 of the Marby Runes Library. Detailed description and training instructions in this double volume of the Marby Runes Library.

Liegend



Seitenansicht

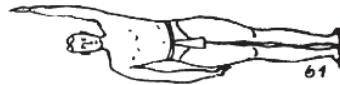
Prone



Side view



View from above



View from above

Spelling I and i

The best way to connect to the earth's magnetic field is to lie with your head to the north and your feet to the south, parallel to the magnetic needle.

The deviation of the magnetic needle from north to west is around 7 degrees in Germany and around 0 degrees in America. You can find out the degree of deviation from opticians or elsewhere. -

(Continued on the next page.)

The HaU sound ü



The yr- ty-, Ü-) A body shape A "body shape Run " at Seated Standing

Positions of the S exercise series. Speech sound ü.

Earth seat



Side view

Liegend



Seitenansicht

In knee and hand support



Side view

Erdfis



Side view

You switch your body into the earth's field when you lie down exactly parallel to the earth's axis, head to the north and feet to the south.

Parallel to the crest currents of the ecliptic, you are positioned at right angles to the magnetic needle, head to the magnetic west, feet to the magnetic east.

Parallel to the power flow of the earth's equator, one switches in the direction head to west, feet to east.

For the rest, see volume 5/6 of the Marby Rune Library, page 74-82.

The best exercise times

In the Edda it is said that the gods rejuvenate in spring and thus live forever. In spring is the "life"

(Continued on the next page.)

## The HaU sound ü



The yr- (y, ü-) Run" A body shape



Ir-MannslmSeat



Abody shape (standing)



Positions of the 4th exercise series. Speech sound U



Prone

Side view



In knee" and hand support

This is when the impulse is strongest, the prospects for development are greatest and the field of tension between earth and sky, which promotes life, is most favorable. In terms of the year, spring is considered the best time for exercise.

The hours of the day that correspond to spring are the early hours, about one hour before sunrise until around 10 o'clock in the morning. 2The magnetic values in nature pulsate most strongly during this time.

In autumn, there are again some conditions favorable to the success of the breeding exercises, namely in the period from mid-September to around 6 December. However, this period is not as favorable as the early spring period and the environmental radiation is different in nature.

Autumn corresponds to the evening as the time of day. Bon 5 a.m. to about the hour before midnight there is again a favorable, rich, magnetic atmosphere. But here, too, the environmental effect is different than in the morning.

But the main thing is and remains that the "Aufressungs" and Nunen exercises are practiced at all and every day! This is better than missing the good exercise times and then not practicing at all. The environmental radiation that we absorb during the exercises is our "daily bread", the life rays and waves that are available to us every day and with which we recharge ourselves.

(Continued on the next page.)

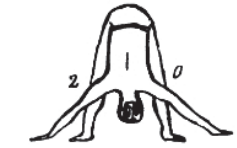
The reverb sound u



Dte "r- (-) Rune



A body shape in the seat



A standing body shape

Positions of the 5th exercise series. Sprochlaut u.

The detailed description and training instructions follow in the other volumes of the Marby Rune Library.

Earth seat



Ansiht von oben

In Kniestüge



Seitenansicht

In knee and hand support



Side view

to be physically, mentally and spiritually tense, balanced in tension, and capable of enjoying life and further development that promotes good work.

The best exercise duration.

The duration of the exercise cannot be determined.

Ten minutes is probably the minimum. There is no obstacle or *d i s a d v a n t a g e* to extending this to an hour or more. Practicing in the morning and evening is best.

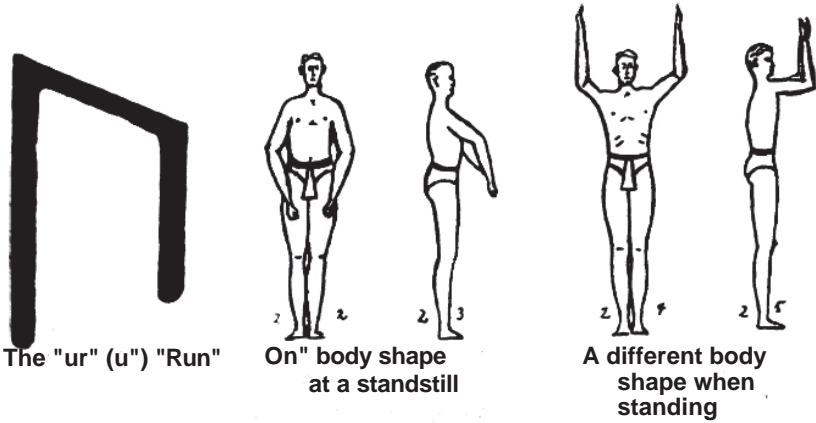
The duration of the exercise depends above all on the desired result.

The exercise age.

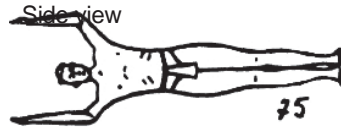
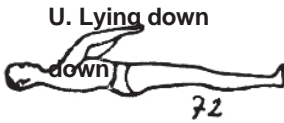
There is no reason to keep the children away from the rally and rune exercises. All of my previous  
(Continued on the next page.)



The reverb sound U



Positions of the 6th exercise rethe. Speech sound



View from above

View from above

The rune exercises listed above can also be practiced by children on a daily basis. All and every possibility of good development is thus favored. But, impress upon the children the high serious value of the runic lives.

In the same way, old age is not a reason that can keep you from practicing the renaissance and rune exercises. On the contrary: the ailments of old age will diminish and disappear, physical and mental abilities will be preserved and, if lost, regained.

The training location.

Of course, making love in the open air is best.

The forest also offers good places to live.

(Continued on the next page.)

The reverb sound o

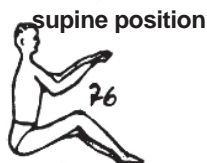


The "Perd" (o-) A body shape A body shape  
Run" sitting on

the stand

Positions of the 7th exercise series. Speaking lazy o.

Ground seatIn knee and forearm support In



Seitenansicht



Side view

Side view

But any path between gardens, a quiet spot and a hundred meters from a railroad embankment can also be a very good place to practice.

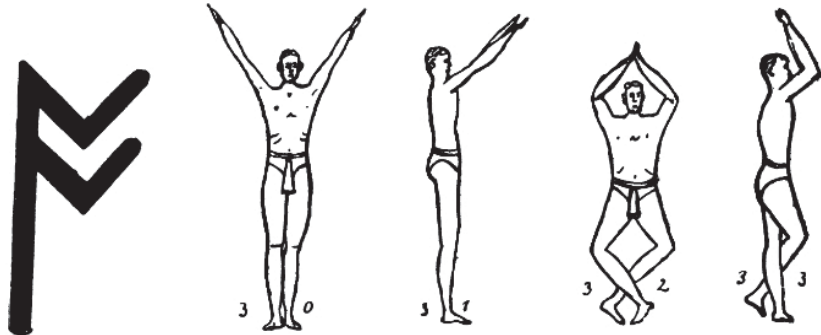
The ground should not be too damp. Above all, you should not stand in pools of water and you should also never practise standing in water while bathing, unless expressly advised to do so by me.

If it is not possible to reach the open terrain or any other facility every day, practice at home. Practicing from a balcony can even be "very convenient.

The greatest successes are guaranteed by the old rallying and rune exercise sites, as long as they are still free and have not been spoiled by burials in Christian times. How and where you can find these good rallying and rune will be presented in the next volumes of the

(Continued on the next page.)

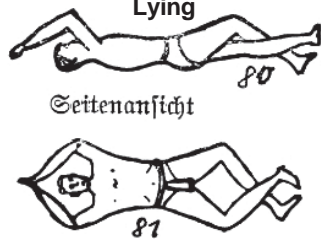
The reverb sound O



The vs" (o)"Run" One body form  
Rnne) inStand

Another body" (ol-  
form in stand

Positions of the 8th exercise series. Speaking  
sound O. Kneeling



View from above

MRB. revealed. The creation of new rally and rune training grounds will also be regulated.

Should you practise alone?

If possible, practise alone and unseen. This applies to most exercises. However, there are also exercises that can and must be practiced together. These exercises will be announced later.

Exercises that are demonstrated so that others can see how they are practiced, i.e. demonstrations for training purposes, are also an exception.

With the help of my publications, however, every reader can work his or her way into the exercises step by step.

Which direction should you face?

The best viewing direction is north and east. Less effective and in a different way is the south and the  
(Continued on the next page.)

## The kM sound ö



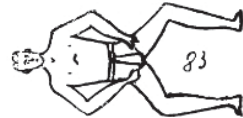
The ger- (ö-) rune A body form Another body form (also gör- rune) in the the standing position sitting form in

Positions of the S. Exercise series. Speech sound ö.



Seitenansicht

Prone



Ansicht von oben

West. But it's also about what you want to achieve in special cases.  
More about that later.

### How to be dressed

Naked is best. A short cold dad taken beforehand increases the effect, but also requires a period of rest until the body is completely warmed up, indeed, has excess heat.

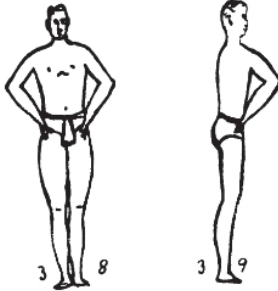
If you cannot undress, you should not (valid for most lifts) be clothed or g i r d e d tightly. So first loosen what is constricting.

## On the nature of reverb sounds

It is part of the essence and effect of the reverberation sounds that one "holds" the body while pronouncing the reverberation sounds, i.e. remains in the posture assumed for at least as long as one speaks, murmurs, sings or calls out the reverberation sound in question.

(Continued on the next page.)

## The reverb sound <v>



The detailed description and exercise instructions will follow in further volumes of the rune library.

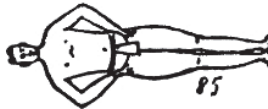
Die thorn- (ð) Rune Eine Körperform im Stand

Positions of the 1v. Exercise series. Sprerhlaut L>.

Liegend



Seitenansicht



View from above

The electrifying effect of the sound vibrations, which affect certain areas of the body and certain areas of the aura, usually only becomes fully apparent when we hold the body still. The effect often shows quickly, often only after a few minutes.

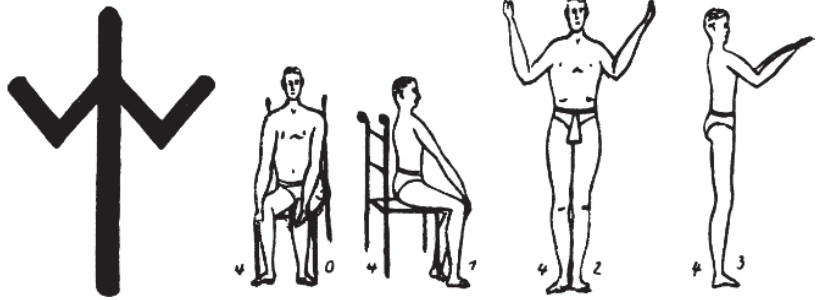
I must emphasize that the vibrations of the reverberation sounds and the sound in the body are never based on imagination (self-suggestion). The successes of our exercises are based on the absolutely certain ground of verifiable and explainable facts.

Roch some of the exercises that are done lying down or sitting on the ground.

I will provide more details on these exercises later. However, since in some cases curiosity

(Continued on the next page.)

The reverb sound <r

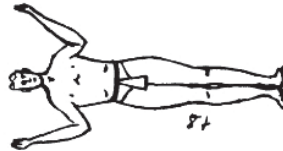


The ear- ("") rune A body in the shape A body shape seat in the hour Positions of the 11th exercise series. Speech sound e.

Prone



Seitenanfiçht



View from above

If you are tempted to try these exercises, or if being ill may make these exercises appropriate instead of the standing exercises, a few more things should be said about the exercise location.

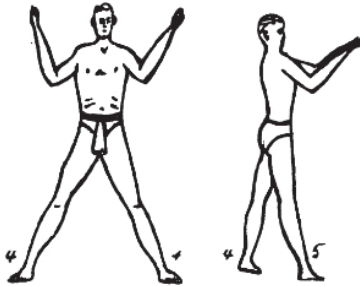
As we know, it can be harmful to health under certain circumstances. very dangerous if you lie down outdoors on the ground or on the grass or on rocks when

1. it is cold,
2. the earth or the rock is cold.
3. the soil, grass or rock is damp,
4. the earth is swampy ground.

These health-damaging possibilities now have a much sharper effect when we use rune exercises to

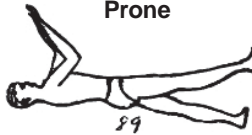
(Continued on the next page.)

The HaU sound <L

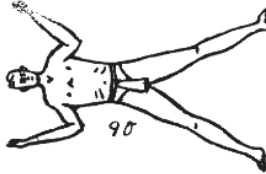


A body form in the standing positions of the 12th exercise series. Speech sound E.

Prone



Side view



View from above

---

activate our electric aura. If this were to happen, we would possibly discharge too much life force into the earth and damage our health.

2 The same applies to closed thumbs.

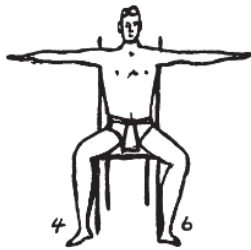
You do not do any exercises lying or sitting on the bare floor. One or two thick rugs, covered with a clean sheet that is folded up after use and placed in a certain place, always kept ready, form a good base that prevents colds and excessive exertion.

(Continued on the next page.)

The reverb sound a



The "c- (a-)



RuneOne KSrperformOne

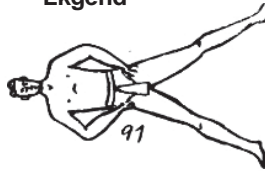


" KSrperform sitting in the

stand

Positions of the 13th exercise series. Speech sound a.

Lkgend



View from above

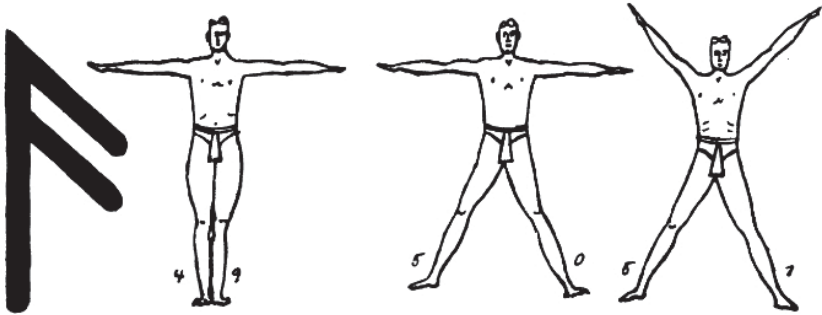
A wooden plank bed with a surface about a foot high above the floor of the room is also very good. Other resting places, including the bed (but only your own bed) may also be suitable for these exercises in a lying or squatting position.

The basic principle is that the forces of the aura (life force) should not and must not be discharged into the earth unintentionally. The feeling of coldness must never arise and must not show itself even after the exercises. If it is not warm enough in the room, you should practise clothed, but without the constriction of clothing.

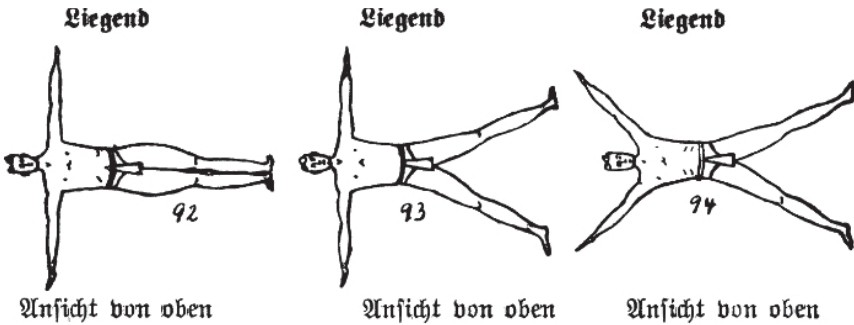




## The HaU-Laul M



The ask- (a°) One" body form Another body form Another body" rune  
 in standing form in standing form in standing  
 Positions of the 14th exercise series. Speech sound A.



## Questions from the readership

The author of this book answers these questions one by one when

1. the requests relate to the exercises,
2. which are related to the overall field of rune research.
3. 50 pfennigs in stamps are enclosed with such requests.

Such requests should be sent to the address:

Friedrich Bernhard Marby

Stuttgart--S..  
 Kolbstraße 17.

In person!

Suggestions. Suggestions and material on the field of rune research are also gratefully received.

**BERSERKER**

---

**BOOKS**

---

