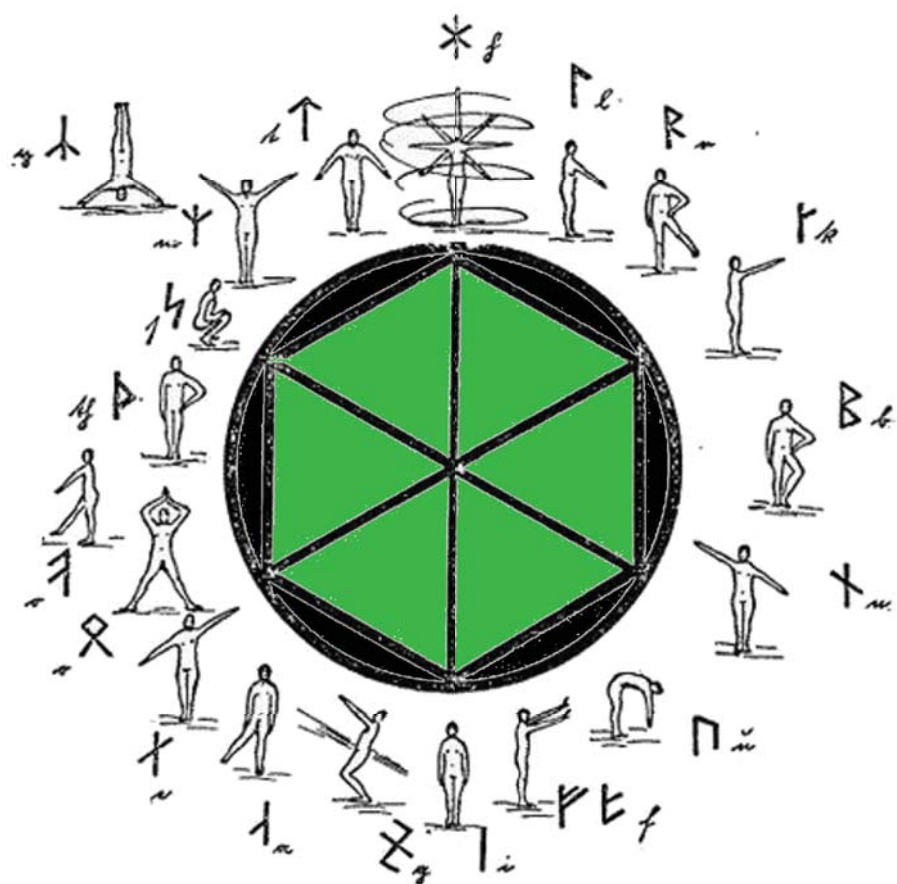


Runic Yoga Manual



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: RRRRRAAAA AAAIDOO...</p>		<p>RAIDHO = MOVEMENT, TRIP</p>
<p>NAUTHIZ</p>  <p>Mantra: NAAAAAAU THIIIIIZ</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...



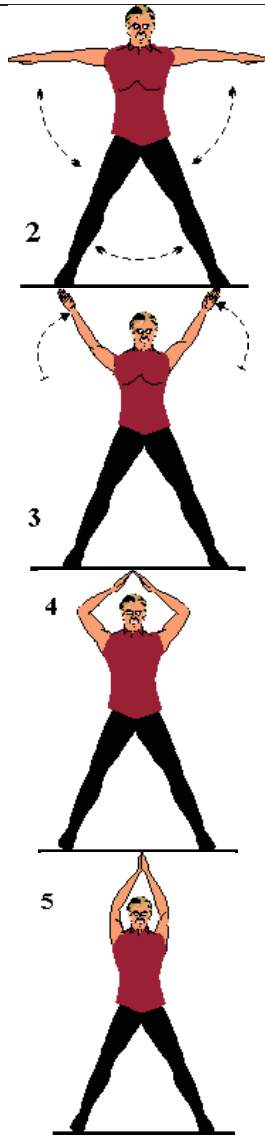
SOWILO
FERTILITY,
MOTIVATION

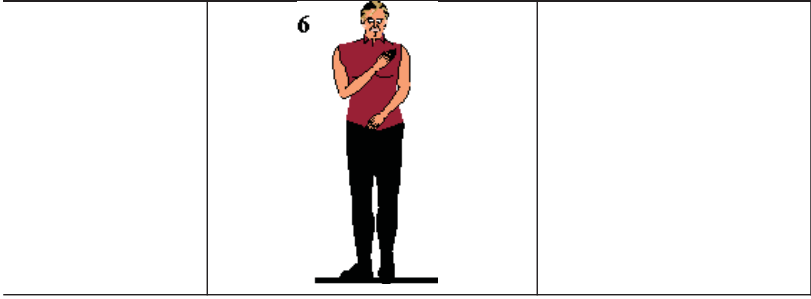
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<p>BERKANO</p>  <p>It changes sides after each mantra. Mantra: BEEEEERRCAA AANOOO...</p>		<p>BERKANO = WOMAN, INNOCENCE</p>
<p>LAGUZ</p>  <p>Arm is changed after each mantra. Mantra: LAAAAAAGU UZZZ...</p>		<p>LAGUZ = INTERNAL VISION, IMAGINATION</p>

<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.





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