

Armanen Runes Rune Ceremonials

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Contents of the Book

What this book will do for you

What are the Basics? - Odin's Rune Song, the Magical Poem

Access-Keywords, Meanings, and Corelations of Runes

Body- and Hand Positions of Runes

About Ceremonials, About Ceremonial Utensils, Preparations of the Utensils

The Basic Ceremony

Ceremonial for Success

Ceremonial for Success, Simplified Version

Chant for Success

Ceremonial for Love

Ceremonial for Love, Simplified Version

Chant for Love

Ritual to Change Bad Luck Into Good Circumstances

Chant for Change

Calling of the Soulmate

Ceremony of the Grostic Wedding

Chant for Successful Creativity

RUNE CEREMONIALS

What these instructions will do for you

Change! All life is continuous change! Some for the better, some for the worse. Every day we are confronted with new situations. Some pleasant, others less pleasant! We have to deal with them whether we want to do so or not. We can never be certain about the outcome, but we are working with all that we have available to get the best outcome possible that our imagination can create, and more, if we keep the desire open-ended.

To influence the outcome of a specific situation we have many means available. Most of these means are well-known to most everybody. Usually we evaluate a situation, or challenge that we face, first. Then, based on this evaluation we can take whatever steps it takes to make the best of the situation. If, for instance, you want something very badly, then you look for methods to get that which you want. If, for some reason you have to find out that the means that are available to you at the time being are insufficient for the task, then you can take one of two ways: Either you accept the fact that your means are insufficient and you settle for second-best, i.e., you give up, or you look for new means to achieve that goal.

There are certainly lots of people out there who always try to tell you that your means are inherently limited and that you should not go for the sky and that it's morally better if you are satisfied with that which you can get easily. In real English those folks means that you should be satisfied with that which they don't want anyway while giving up on things that they try to get for themselves. These sermons are in most cases those folks' means of keeping you out of a competition so that it will be easier for them to get the things they want. It is certainly best to be suspicious of such sermons and to have a closer look at the people who are proffering them. Many of those are folks who skillfully clothe their greed into moralizing spiritual sermons! Naturally they try to convince you to stop searching for new means and to give up your intentions to have the good life they aspire to. Every shepherd's intent is to have as many sheep as possible!

Especially if you dare to think of the less conventional means, many of your contemporaries try to convince you that such means are "evil". They tell you that astrology is "evil", because they may fear that exactly at the time when you are willing and ready to give that large donation, making their lives sweeter, your astrological aspects could show that somehow you are prone to be defrauded out of a lot of money and property, and you may think over your generosity twice before making a move to fatten their billfolds even more!

Once you overcome you self-imposed limitations to which you were indoctrinated, you will find out soon that you have more means available to get many more good things in life than you ever may have thought possible.

Magickal or psychic methods to change a situation in one's favor have been used successfully for as long as humankind roamed this planet. Of these methods, the work with Runes has a very special importance. This is so, because work with Runes can bring you in contact with the realms of creation, hence more possibility to change a situation from its roots, right at the beginning.

Over the centuries past, Runic practice developed many powerful techniques to influence the outcome of a situation. Such methods can be a lot more powerful than the usual calling of gods, angels, spirits, the Holy virgin, etc., all entities that traditionally have helped the rich and the powerful while keeping those who worshipped them most toiling in almost

unbearable poverty.

The reason for this tremendous power of Runes, as far as adjusting a situation is concerned, is that with Runes you tune into root causes at the creative levels and to creatively work on your destiny rather than dealing with well-defined trend energies. Working with Runes compares with a card player having a hand full of wild cards, rather than well-defined cards. Such a player can name his cards whichever way is desirable for the situation. Most people can feel the runes almost immediately, so it is easy to get this "feel" whether something you do works or not. This is especially true when you use a Welz Chi Generator in combination with your Rune work.

Should you not have had this experience before, we will be happy to connect you with one of these devices for a day at no cost if you ask us to do so! Then you can find out for yourself the tremendous power of these symbols that connect you with the realms of creation-eternal, consequently how much more powerful Runes can perform your work!

Here you will find examples of Runic ceremonials for many situations. Consequently it will be easy for you to devise special Runic ceremonials to handle just about every situation. Precondition is naturally that you have knowledge of Runic practice.

Rune energies can be generated with ease. Furthermore, most people, even beginners of Runic practice, can actually feel these energies immediately. To be able to work with this book you do not need a thorough knowledge of Runes. Practically everything you need for success is contained here.

Of course, since the invention of the Welz Chi Generator, it is possible to add an enormous boost of life force to Runic ceremonials. We invite you to test the power of this device by getting an individual transfer of energy for a few hours. You can ask to connect this transfer with a Rune of your choice. With this extraordinary test you will certainly have a Runic experience, the power of which you will surprise.

What are the Basics?

To be successful with a Runic ceremonial you need to be familiar with its elements. Therefore you will need to gain knowledge of

1. the 18 stanzas of the "Magical Poem", each of which is the trigger of one Runes
2. The mantras of each Rune. When chanting its mantra, you can trigger the power of the Rune.
3. The Body postures and hand positions of the Runes will transform your body or your hand into a "window" through which the Runic energy can flow from the realms of creation into your setup. Again, you can increase the power of this flow with the help of the life force generator!
4. The meanings of the Runes that are descriptions of the creative energies that connect with each Rune and its effects. This knowledge is indispensable if you want to design effective Rune ceremonials that have the effect that you envision.
5. Basic knowledge of ceremonials in general and of Rune ceremonials in particular.
6. The proper grounding procedures that are necessary to get rid of Rune energies after the work is done
7. The meaning of the elements in general and of Thor's Hammer in particular.
8. An understanding of the function of the Rune realms and methods to connect with them.

In addition to the above it will be useful to gain knowledge of

1. Exact runic frequencies (sound pitches)
2. Runes and chakras
3. The Runic zodiacs
4. Knowledge of life energy and its relation to light energy
5. Odin's Rune Song.
6. Aligning the elements (see the course on cosmic consciousness)

You will find all of this in the Basic Rune course and other publications on our web sites.

Odin's Rune Song

I know myself hanging on the wind cold tree for nine icy nights.
Wounded by the spear, consecrated to Wodan
I consecrated to myself.
I was hanging on the mighty tree which conceals man
Where man grew out of its roots.

They offered me neither bread nor wine
So I bent down in search.
I recognized the Runes; wailing I grasped them.
Until I sank down from the tree.

Now I began to increase, to be wise,
To grow and to feel well.
From the word, word grew after word
And deed shaped to deeds with deeds.

Now I know the songs like no wise one knows
And none of the children of men.
And should these songs, o human child, be un-learnable to you for sheer endless time;

Grasp them as you get hold of them, use them as you hear of them.
Hail you if you retain them!

The Song of Odin, the Magical Poem, the Rune Songs and the structures of Runic ceremonials, contain deep cryptic and symbolic significance. The writers of the songs and poems used such language to describe that which pertains to the realms of the physio-psychic, the metaphysical, the hyper physical, and the transcendental. They used ritual to trigger experience of things that words cannot describe easily.

Odin's Rune Song and the eighteen stanzas of the Magical Poem show clearly the initiation-oriented content of the powerful ancient tradition of the Runes. They also contain keys for the practical use of the Runes. Personal experience with Runes will give you all the evidence that you need to understand this aspect of the eighteen Sacred Futhork Runes.

In their graphic representation Runes are derived from the Hexagon with the three inscribed diameters. This shape is often referred to as "The World Crystal". In this shape the eighteen, Number of the runes, becomes apparent: eighteen surfaces of this crystal!

Singing Runes compares to singing mantras of power. Once you sing a Rune consciously, you turn on a switch that gives you access to transcendental energies, whether you want this to happen or not. Slowly the Runes will then communicate to you how to manage and how to use their energies, provided, of course, that you are ready to accept the Runes and to overcome the bondage of your self-imposed limitations and the restrictions of the world tree.

When I refer to Runes as triggers and say that they communicate with you, this describes only a partial aspect of the Runes. Whatever description of Runic power you get from such practice, this is not all that the Runes are. Runes are way beyond mappings! Therefore it is irrelevant how you view Runes, whether as energies, as spiritual beings, as gods, as mantras, or all of this. Runes will remain beyond the attempts to describe them, beyond words, beyond mappings, but open to direct connection with them on the un-speakable levels of experience.

Every Rune connects with Worlds of Creation and Formation. Therefore, whenever you connect with a Rune you may expect material effects that relate to the specific Rune with which you are working. Be aware then that the most powerful methods are all too often also the simplest ones! In fact, many of these powerful methods are of a simplicity that most people cannot comprehend. Consequently they practice for years to master that which they could have mastered in a matter of weeks, if not days! The deepest mysteries are often also the easiest ones to penetrate, but they self-protect against misuse and profanation.

The magical poem

F A

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

U R

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dull the steel of my foes
So that their swords will not cut anymore.

O S

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

R I T

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

K A

A sixth one is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

N O D

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

I S

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

A R

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

S I G

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

T Y R

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

B A R

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

L A F

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Aesir as well as I do.

M A N

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Aesir, and to force for the Albs,
And to clear my own senses.

Y R

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

E H

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

Obviously the nature of these eighteen stanzas is such that the student who can read between the lines will notice immediately that books could be written about the hidden, esoteric, meanings of the stanzas. To gain a thorough understanding of these 18 Rune stanzas, you need to open up to their symbolic messages plus their evocative meanings. This opening up will happen naturally as you continue practicing Runes and the more you practice the more these deep symbolic meanings will reveal themselves to you.

Access Keywords, meanings and correlations of Runes.

Note: Be sure to read, meditate, re-read, re-meditate these meanings and key words several times. As you tune into the Runes time and again, continuously new insights will open up to you and your power to handle creative energies will increase!

The Rune FA

FA is the Rune of original fire. It is a Rune that symbolizes the cosmos and the universe. FA symbolizes fire that acts creatively in love. It is will that sparks manifestation down to the material levels. FA is one of the Runes that rules the Salamanders, spirits of the fire element. It symbolizes change from within the creative levels and spiritual creation. FA represents the Phoenix that rises from its ashes. It represents spiritual creation, Fate, and Divine Law. FA is a Rune of fate, of mobility, and of wealth. It is said to connect with the Norse god Freyr and it connects easily with the Rune KA.

Uses of FA:

You can use FA to attract and absorb Solar and Lunar energy as well as the energies of the planets and fixed stars. Practice this absorption of energy with the body posture of FA.

FA also strengthens the personal magnetism. On the etheric planes it symbolizes the electric fluid. Practice of FA strengthens the personal magnetism and the spiritual powers that you project into your environment. It is useful at the beginning of psychic healing. Use FA to increase wealth!

FA is one of the Runes that you use to transfer energies. It is helpful in your practice to unfold the original fire.

Time of the Year: December 22 through January 12.

Runic Zodiac of 18: 0 degrees Capricorn to 20 degrees Capricorn.

Note: The correlation with the degrees in the zodiac is an affinity not an exact superimposition. This means that the astrological zodiac may have its beginning anywhere in the Runic zodiac. The Runic zodiac has 18 Runic months of 20 degrees each.

Number: 1

Mantra: ffffffff (visualize fire or a bright red and flaming Fa symbol).

Note: Put the emphasis on the f-sound! some people make the mistake to chant faaaaaaaaaa, with hardly and "f" at the beginning. Chant: ffffffffafaaa (much more "f" than "a"!)

The Rune UR

UR is the Rune of original cause, or root-causes, of cosmic and planetary events. It is the Rune of original time at the threshold of creation, original eternity and roots of eternity: Timeless time where space-time loses its relevancy. UR connects with cause of causes, with original creation, with original immortality, and with original law of vibration.

UR is the threshold of creation that FA energizes with its impulse. It is creation for which

created deities (or, even more ridiculous, anthropomorphic collective egregors of religions - assumed gaseous mammals above the clouds) take undeserved credit. It is original knowledge.

Mythologically speaking the roots of the world tree, Yggdrasil, reach into the Rune UR. It is here where the tree Norns, goddesses of fate and destiny, are spinning the threads of the web of time that determines the fates of humans and of gods. Here the fountain of wisdom is running to which depths the gods (think here also of the gods within!) "descend" to gain knowledge and wisdom.

Uses: From UR is coming forth continuously new existence. On the etheric levels it represents the healing Orgone energy, life force, and its structural linkages and magical uses. UR opens clair-audience. Work with UR increases your capability to recognize the true origin, or root, of the universe and the true causes of everything. Practice of UR strengthens your healing energies.

Time of the year: January 13 through February 3

Runic Zodiac of 18: 20 degrees Capricorn to 10 degrees Aquarius.

Number: 2

Mantra: oo - oo - oo - oo rrrr. Emphasis on the oo-sound!

The Rune THORN

THORN is the Rune of activity and of the active mind. In this capacity, the Rune THORN is symbolized as the Rune of the master of the swords. It is a Rune of active exchange and one of the Runes that represent Thor's Hammer.

THORN is a Rune of polarities. While FA is the spark of creation and original structure, UR connects with the chaos at the threshold of creation, THORN symbolizes the emerging of opposite polarities from the zero point energy of chaos as it gains its first structure. From the realm of opposite polarities THORN reaches much deeper into multiple polarities of an infinite order.

As Rune of opposing polarities THORN represents life and death, hot and cold, light and darkness, etc. It is a Rune of opposites that actually are polarities of one and the same process. Therefore THORN is also a rune of eternal return and as such contains in itself the mystery of the thorn that awakens from sleep. The THORN that touches the zero energy of chaos brings forth continuous creation.

THORN is the Rune of the dowsing rod, of lightning and thunder, of magnetic transfer and of mental telepathy.

THORN awakens in us the will to act and to creatively act upon our universe. It helps us get in touch with the continuous change of day and night, waning and waxing, life and death. THORN protects us against attacks, especially magical attacks. The mantra of THORN strengthens the aura.

Time of the year: February 4 through 25

Number: 3

Mantra: th-th-th-th-th-o-o-o-o-r-r-r-n-n-n

The Rune OS

OS is the Rune of the fourth element which is the element of conscious manifestation. It is a Rune of Odic energy (Chi, Orgone) that frees us from the bondage of the perceived material world.

Being the Rune of conscious manifestation it can give us strong magical powers. OS teaches us to recognize the laws that govern the magical universe and the magical hyper spaces. Four = completion: Thesis - antithesis - energetic exchange - synthesis which is the "thesis" of the next following system.

You can use OS to enhance the growth of your spiritual powers. You may use OS also to draw powerful astral and mental energies and to maneuver life force (od, chi, orgone, mana, ...)

Time of the year: February 26 through March 20

Number: 4

Mantra: o-o-o-o-o-o-s-s-s-s-s-s

o-o-o-o-th-th-th-th-ee-ee-ee-l-l-l-l

o-o-o-o-d-d-d-d-a-a-a-a-l-l-l-l

THE RUNE R I T

RITA = right. RIT is the Rune of original law, of Divine law. It connects with the powers of all-justice. RIT signifies true religion, inner strength, and ritual. It is the Rune of the cosmic rhythm of the worlds. RIT symbolizes movement, rotation, wheels, and spiraling development and unfolding. It is the Rune of the rolling Sun-wheel, of rhythmic and of the dance of lives and life times.

Uses: RIT allows you to tune into the rhythms of the worlds, into the rhythms of your own universes and the universes of others. It awakens higher powers. It strengthens inner guidance and deep insights. It increases experience of ritual. RIT directs thoughts towards inner guidance. It strengthens your power of visualization and as such it teaches you how to establish and maintain psychic links with any target: person, animal, plant, inanimate matter, trends, "spirits", gods, ... anything you like to connect with.

Time of the year: March 21 through April 12.

Number: 5

Mantra: rrrrrr, rrrriiit

THE RUNE K A

KA is a sexual Rune. It is the Rune of capability and power, the Rune of the occultist, and of higher mysteries.

Uses: Like THORN, KA is a Rune of protection against magical attacks. KA gives intuition,

inspiration, and it connects with the universe. KA connects with higher polarity. It increases courage.

Time of the year: April 13 through May 5.

Number: 6

Mantra: k-k-k-k-aaaa.

THE RUNE HAGAL

Fire refers here to "the fire of thirst." HAG-ALL = take care of the universe. It contains the symbolism of the omnipresent and all-penetrating creative energy. HAGAL is the symbolism of the builder-architect of the worlds. The seven is the rhythm of the Solar System. It connects with Venus-entities (Venus = 7), who create the world in an eternal NOW. HAGAL is the Rune of the world tree, of the world, of the tree of life. It is a combination of MAN and YR, NOD and EH. HAGAL is maintenance and equilibrium of the moving universe. It is the Rune of the zodiac, and mother of all Runes that signifies continuous change. HAGAL leads to the spiritual leader. In the microcosm it represents man, in the macrocosm it represents the universe.

Uses: HAGAL gives protection and harmony. It serves as the solid point within the flight of phenomena. It eliminates the burning thirst for things that are not important in life. It provides consciousness of Oneness with the Divine. It brings spiritual powers and wisdom. It increases the functions of the pineal gland and of the solar plexus.

Time of the year: May 6 through May 28.

Number: 7

Mantra: hag-all

The Rune N O D

NOD is the Rune of karma. In the Northern tradition, NOD is the Rune of the Norn, goddess of destiny. It is the Rune of karmic debts (the Norn SKULD), of karmic law, of karmic need. NOD signifies Divine justice that balances. "Hate" in the song refers to unresolved karma. Nod helps to master your karma after you have accepted it and recognized it as a structuring process rather than the primitive assumption of cause-effect. NOD symbolizes the appearance out of the infinite, out of the undefined. It connects with the Divine that manifests itself within the finite universe, for "a god who does not manifest himself is dead" (Feuerbach).

Uses: NOD makes you aware of your karmic debts and it helps dissolve karma. It leads to truth and fitting into the cosmic order, or the Divine Plan. NOD brings the protection of high spiritual entities of our Solar System. Use your karma and live it consciously. The emphasis here is on "use". With NOD you can recognize that karma is a structuring process rather than strict cause-effect and that the postulate ("law") of cause-effect is nothing but a human fallacy! Especially with the practice of NOD will you gain the insight of just how powerful work with the creative levels (Runes) can be, especially when it comes to the shifting of dimensions of time!

Time of the year: May 29 through June 20.

Number: 8

Mantra: nnnnnnnn, nnnnoooooodddd, aepandi nam.

The Rune IS

Rune of the ego, of self-discipline, of discipline. IS is the Rune of the personality, of the magical powers of self-consciousness. It symbolizes will, action, power, and personality. IS refers to the ego in the microcosm, the ONEness that connects everything created to ONE. It is eternal Divine Love within that transcends the lower ego. The Rune of completion. The unicorn, the magic wand, the number of the Moon.

Uses: IS strengthens the personality (ship) by calming emotionally charged thoughts (the wind on the billowing floods), controls thoughts. IS procures psychic powers through self-discipline and through elimination of that which is unnecessary. IS leads to Divine Magic.

Time of the year: June 21 through July 14.

Number: 9

Mantra: iiiiiisssssss,iiiisssssiiiissss.

The Rune AR

Rune of the Light, of the Sun. Wisdom, beauty, virtue, trust, honor, fame. Rune of the initiate. Symbolism of the Solar child that returns home from darkness. Rune of the explorer.

Uses: AR allows control of subconscious thought patterns and recognizes their point of origin, or roots (meditate on the stanza!). AR is the Rune of reframing, of re-assigning subconscious trends and activities, or usually subconscious parts of the personality. AR can cause change from within. You can use AR as a Rune of certainty that dissolves doubts. AR attracts Solar prana.

Time of the year: July 15 through August 7.

Number: 10

Mantra: aaaaaaaaaarrrrrr, rrrrraaaaaaaa

The Rune SIG

SIG is the Rune of the light, the Rune of the Sun, the Rune of victory, success, and of good luck. It is the Solar Light in spiritual contemplation. It symbolizes the path "from God to God," the path of the soul. Rune of the spiritual ray, of inspiration.

Uses: SIG brings success, overcomes material limitations, increases power of the spirit. It gives knowledge, wisdom, illumination. It increases the power of visualization, and psychic

powers.

Time of the year: August 8 through August 30.

Number: 11

Mantra: ssssssssssss, sssssssiiiiiiig, sig - sig

The Rune TYR

Rune of the god of the swords. Rune of the god(dess) who sacrifices him/herself, certain of resurrection. Rune of initiation, of reincarnation, of being born again.

Uses: Hammer of Thor. TYR helps overcome the material world, the fear of material death. Brings victory of spirit over matter. Helps the recalling of past lives.

Time of the year: August 31 through September 22.

Number: 12

Correlation with the Tarot: 12 card, The Hanged Man. Odin's Song (of initiation): I know how I hanged on the wind cold tree for nine icy nights, wounded by the spear, A shamanic motif of the dying and resurrecting god, found in most religions.

Mantra: t-t-t-t-tyyyyyyrrrrr

The Rune BAR

Rune of revelation, Rune of birth of the spirit. Rune of birth, of spiritual rebirth. Return to the Mothers, to the empire of HEL. Life, hopes, wishes. Rune of continuous transformation, death and rebirth.

Uses: Development of higher spiritual, mystical and psychic capabilities. Lead to inner freedom and outer independence. Helps birth, spiritual birth.

Time of the year: September 23 through October 15.

Number: 13

Correlation with Tarot: 13th card: Death - Transformation - Metamorphosis.

Mantra: b-b-b-b-baaaaarrrrr

The Rune LAF

The ancients used the mythological method to talk of that which is psychological, psychic, and spiritual. LAF is the Rune of life, of the law of life, of the original laws of the universe, of the original waters. Rune of the sea. Rune of the etheric part of the body. Rune of initiation that experiences life on earth as a continuous process of initiation.

Uses: LAF brings understanding of the life processes, of true religion.

Time of the year: October 16 through November 7.

Number: 14

Correlation with the Tarot: The 14th card of the Tarot: Temperance.

Mantra: llllllllaaaaaaaaaffffff

The Rune MAN

MAN is symbolism of man, of mankind, of humanity, of the resurrected god. It signifies the upper part of the world tree Yggdrasil. Rune of spiritual powers, of directing Mana powers.

Uses: MAN leads to Divine Magic and unfolding of life (see Symbol of Man). It protects against enemies. MAN increases and strengthens the aura. It opens the mysteries of MIMIR, the mysteries of original memories, or of root-memories. Use for levitation, elevation, reaching in the spheres of the Divine.

Time of the year: November 8 through November 29

Number: 15

Correlation with the Tarot: 15th card: The Devil.

Mantra: mmmmmaaaaaaaaaannnnnn, aaoouuummmmm mmmmaannniii paadmmmmeeee
huuummmmm

The Rune YR

Rune of the unio mystica (mystical union, samadhi). Desire for completion, and perfection. Rune of the night and of the Moon. Rune of karma and of karmic tests. The counterpart of MAN, the god with antlers. Roots of the world tree, from which life springs ("the mighty tree which conceals man, where man grew from the roots . . .") God in the waters at the winter solstice. God descending to the material world.

Uses: YR overcomes illusion of the material world, which is often a painful process bringing radical changes, and a sudden overturning of affairs. Overcomes the illusions of neuro-semantic environments. It recognizes mappings as mappings.

Time of the year: November 30 through December 21.

Number: 16

Correlation with the Tarot: The 16th card: The Citadel, Lightning.

Mantra: yyyyyyyrrrrrr

The Rune EH

Rune of cosmic union that transcends the 16 Runes of the zodiac, or the octagon with its polarities. It is the Rune of ideal love, of twin souls, of soul mates. Two in one, Soul and cosmic. God and human.

Uses: Connects two lives, brings from the Two to the One. Helps find the soul mate. Brings together soul twins. Brings success and increase.

Number: 17

No connection with the year, referring to polarities unified. Also no connection with the Tarot.

Mantra: eeeeeeeeeeeeeeeeh

The Rune GIBOR

Rune of the wheel of life, of union of the god and the world, of Creator and Created.

Uses: GIBOR harmonizes the relations of twin souls, unifies the energies of the I and YOU in a cosmic context, both reaching into the common universe, in a true cosmic wedding. Leads to cosmic consciousness, vision of God, unio mystica, the deepest mysteries of the universe.

Number: 18

GIBOR has no relation to any part of the zodiac, but it is Symbolism of wholeness. Likewise, there is no correlation to any single card of the tarot.

Mantra: ggiiibbbooooorrrr

Armanen Runes -- Postures

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BODY POSTURES AND HAND POSITIONS OF RUNES

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As you know by now, Runes can be viewed as shape-vibrations. In other words, specific shapes can trigger their energies.

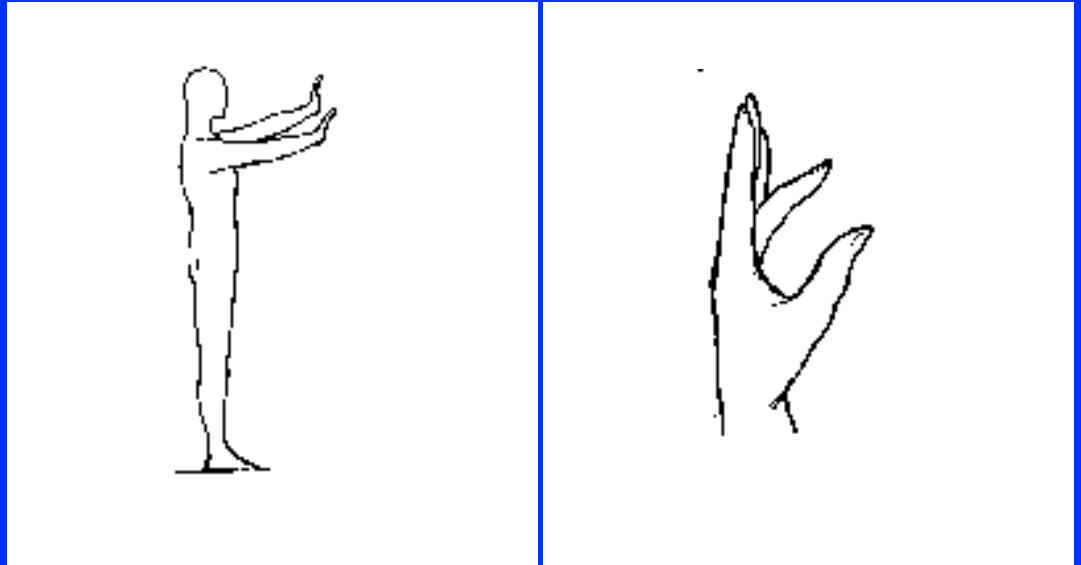
Shapes, in this respect, are to be understood in a very general way. The first thing which comes into the mind when we talk about shapes, is no doubt the graphic outline of a Rune. Another shape is the mantra, which is a shape of sound. As you will learn soon, Mantras can be sung in many variations, which helps you experience the various shades of Runic energies. Similarly, you can add the shapes of "color" to the Runic symbol, or environments.

In the above, we showed you two extremes of shapes: first the graphic outline, then the sound. Those shapes may be combined, of course, which adds to the potentials of your Runic practice.

One realm of shapes, which is closely connected with, often derived from, the graphic outline of Runes, are hand-and body positions of Runes. When posing those, something from the purely graphic outline is lost, no doubt. However, if you consider the conductivity of energy of the human body, then much is gained. Hand and body positions add extremely valuable dimensions to your Runic practice. Especially when those positions are practiced in a ceremonial set-up, by several persons, each person perhaps representing one specific Rune, or several persons forming one single Rune.

On this web site I am showing you the basic hand and body positions of Runes.

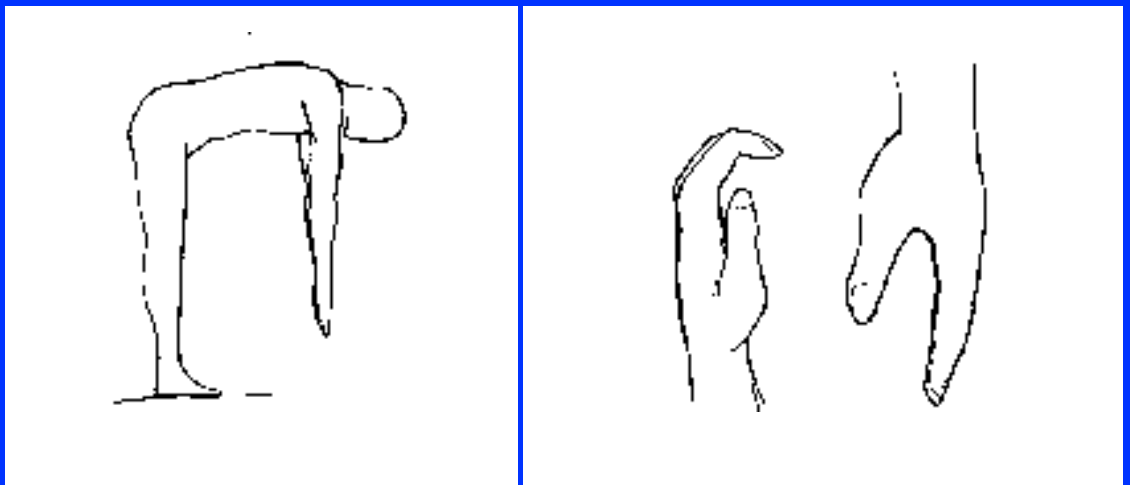
THE RUNE FA



BODYPOSITION: Standing upright, feet together, both arms pointing upward in an angle of approximately 30 degrees from horizontal line. Left arm slightly higher than right arm. Both palms point forward, drawing energy.

HANDPOSITION: Left arm straight up. Thumb and ring finger to form "FA", leaning forward. Other fingers point upward

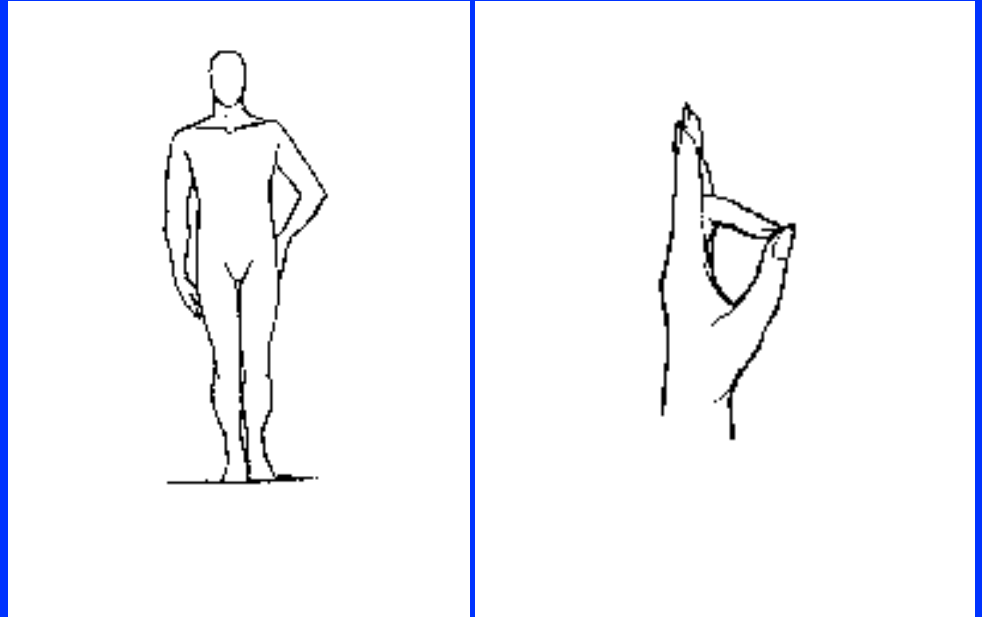
THE RUNE UR



BODYPOSITION: Bending over, arms and tips of fingers pointing to the ground.

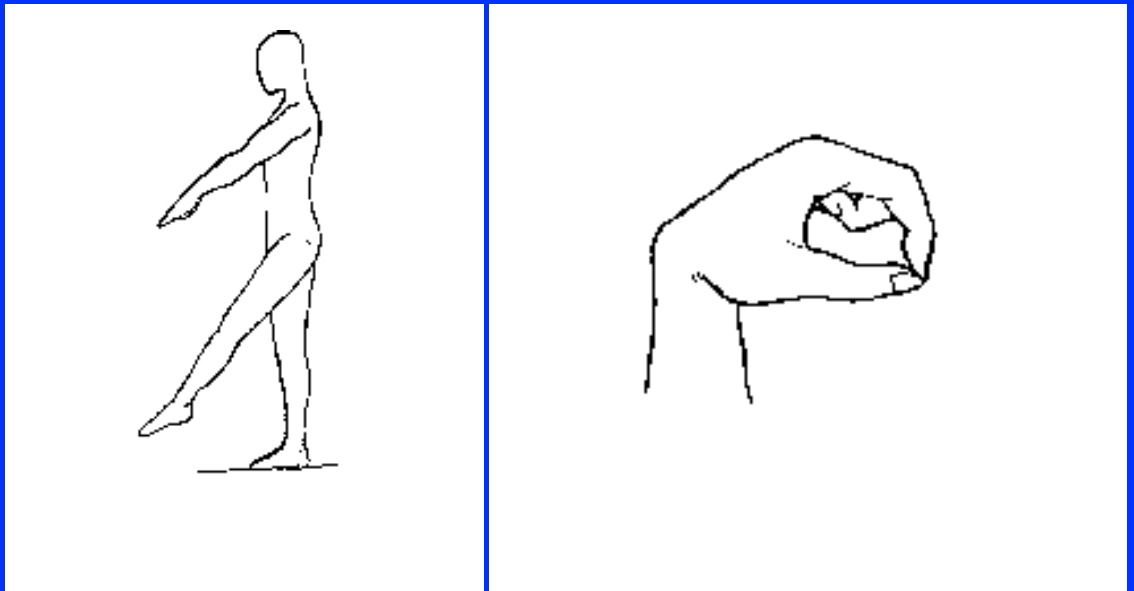
HANDPOSITION: Left hand (practice with the right as well) 1. Form a U-shape with your fingers, open end of "U" pointing downward. Hand approx. 8 inches from eyes. 2. Thumb and index finger shape UR downward. Other fingers point in same direction as index finger.

THE RUNE THORN



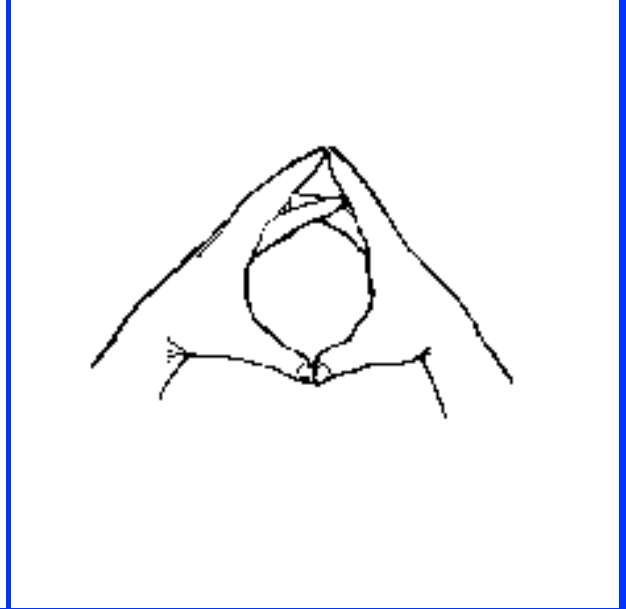
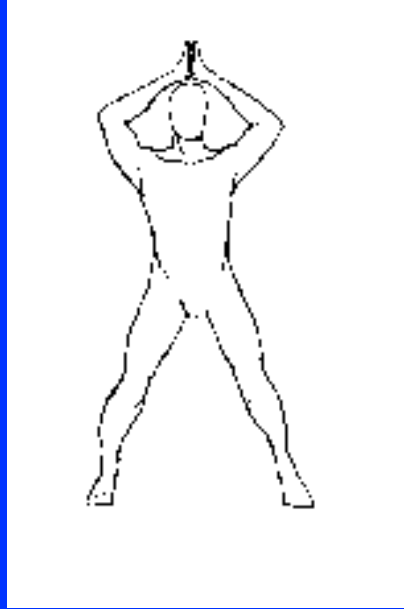
BODYPOSITION: Standing upright, feet together, left arm angled, hand on hip, palm touches hipbone. **HANDPOSITION:** The tips of thumb and ring finger of the left hand touch each other. Other fingers pointing upward.

THE RUNE OS



BODYPOSITION: Standing upright, left leg lifted, pointing forward, tips of toes pointing downward, left arm parallel with left leg. **HANDPOSITION:** Thumb and index fingers of the lift hand form circle.

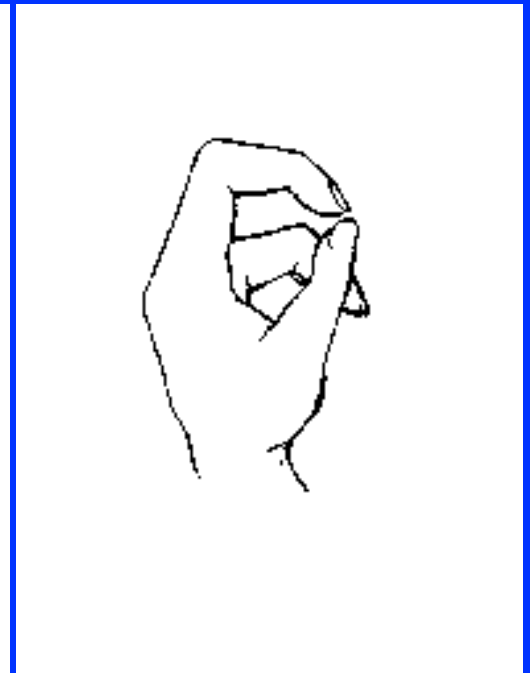
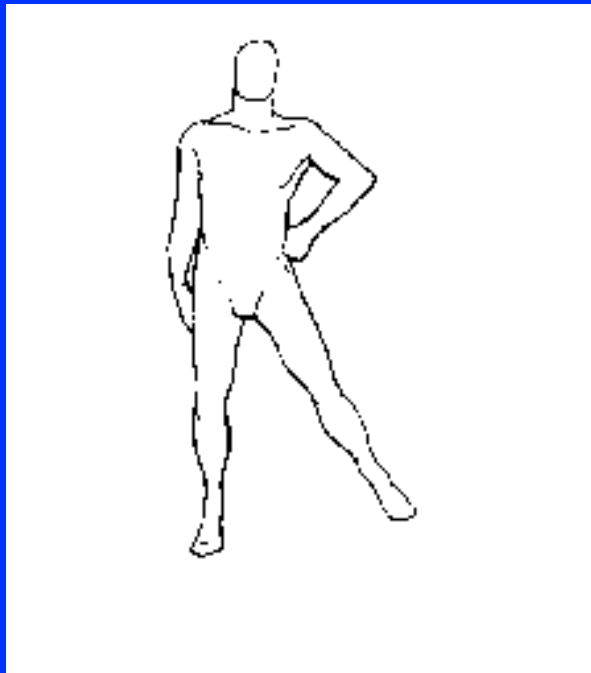
THE RUNE OTHIL (Variation of OS)



BODYPOSITION: Hands above head, palms touching each other, legs apart.

HANDPOSITION: Thumbs and index fingers form the shape of OTHIL, other fingers touch. Practice on solar plexus.

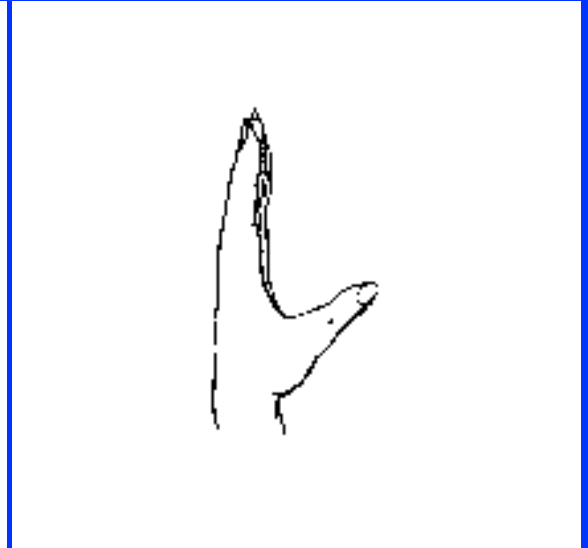
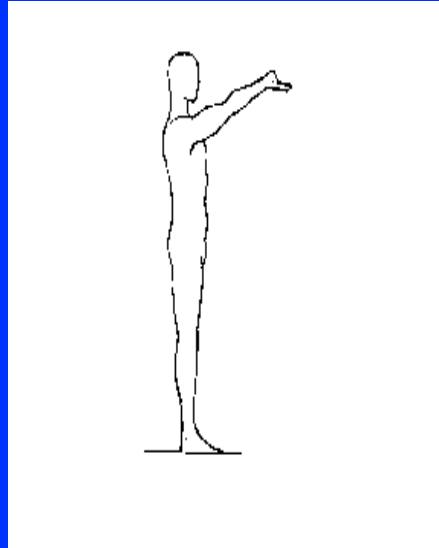
THE RUNE RIT



BODYPOSITION: Standing upright, left arm at angle (like THORN), left leg lifted.

HANDPOSITION: Left arm upright, left index finger and thumb touch on the tips, other fingers point downward, parallel to palm.

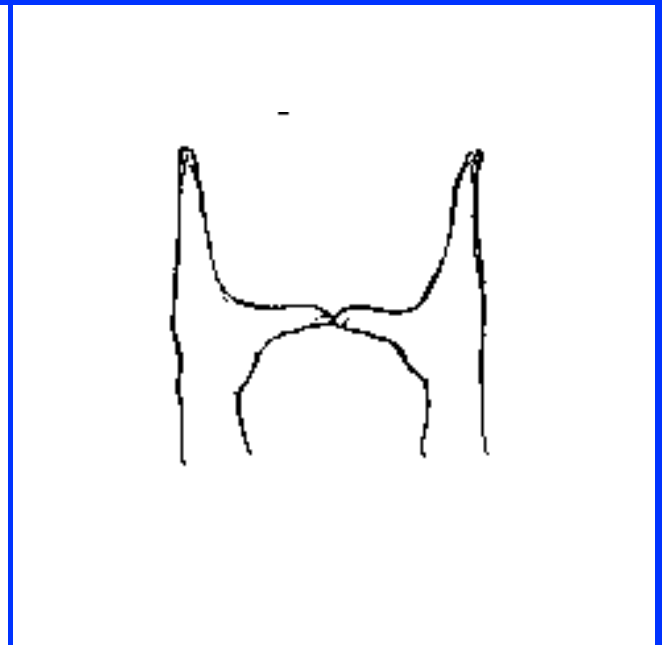
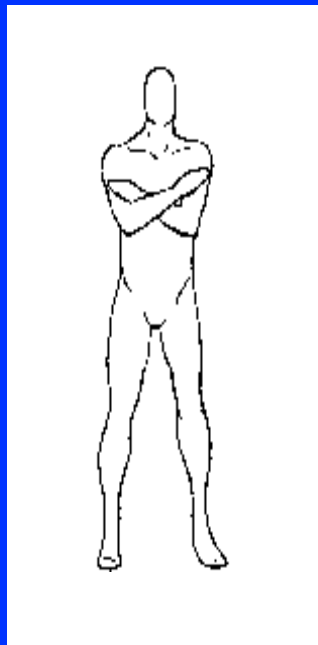
THE RUNE KA



BODYPOSITION: Standing upright, both arms point upward, palms point downward. Hands touch each other.

HANDPOSITION: Left hand: all fingers point upward, thumb in right angle to palm, pointing upward.

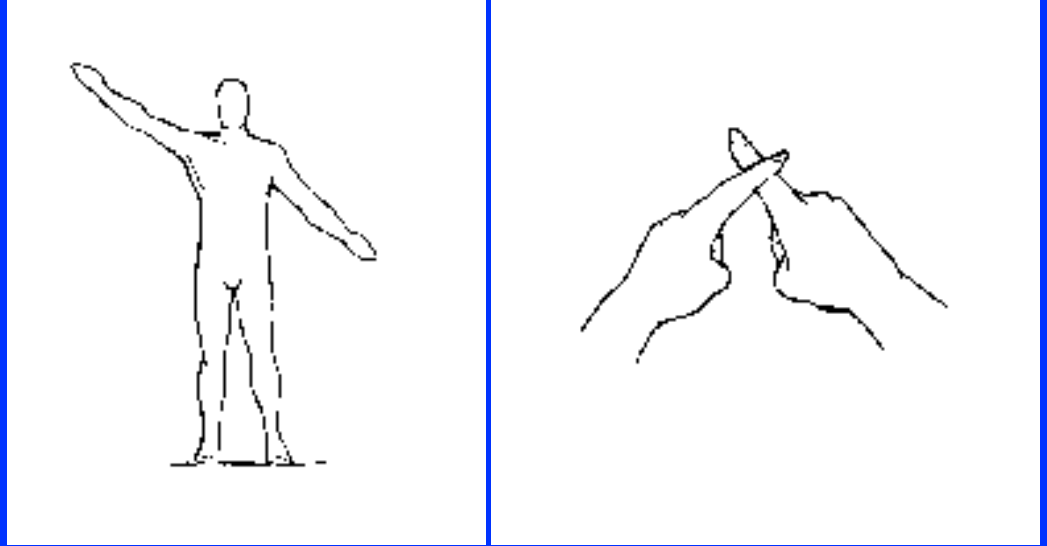
THE RUNE HAGAL



BODYPOSITION: Standing upright, arms crossed in front of chest.

HANDPOSITION: Both hands forming the letter "H", palms parallel, thumbs touching each other.

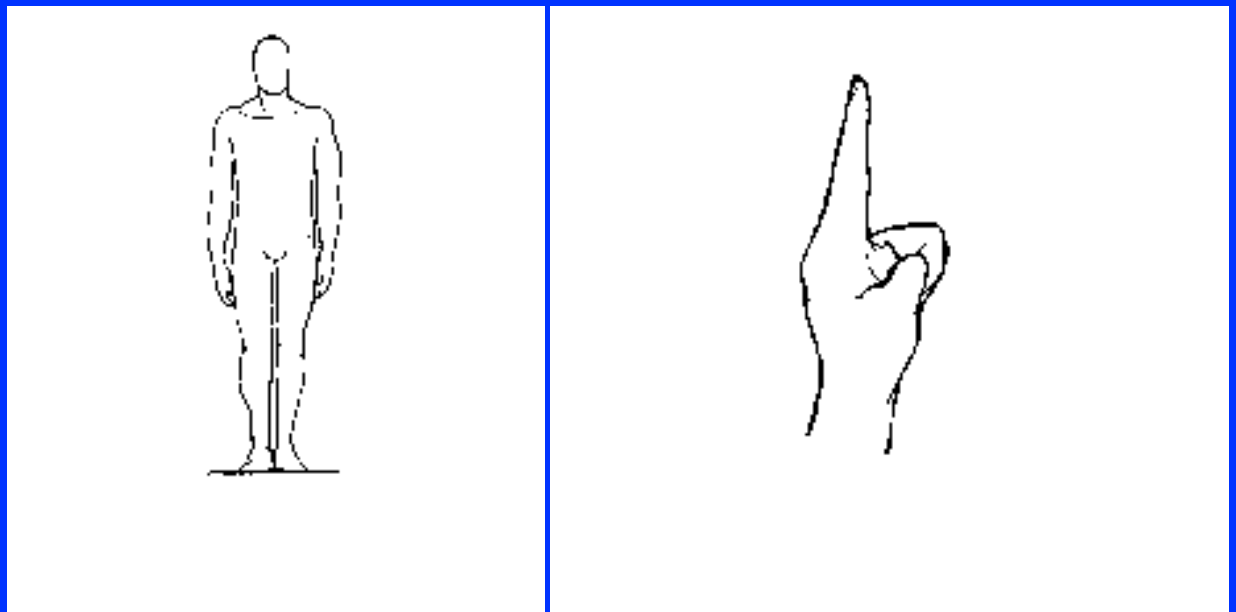
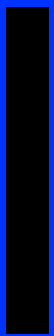
THE RUNE NOD



BODYPOSITION: Right arm in angle upward, left arm downward. Variation: Right arm upward, left leg to the side. Variation 2: Cross-position, after speaking "Aepandi nam" bring hands to hips.

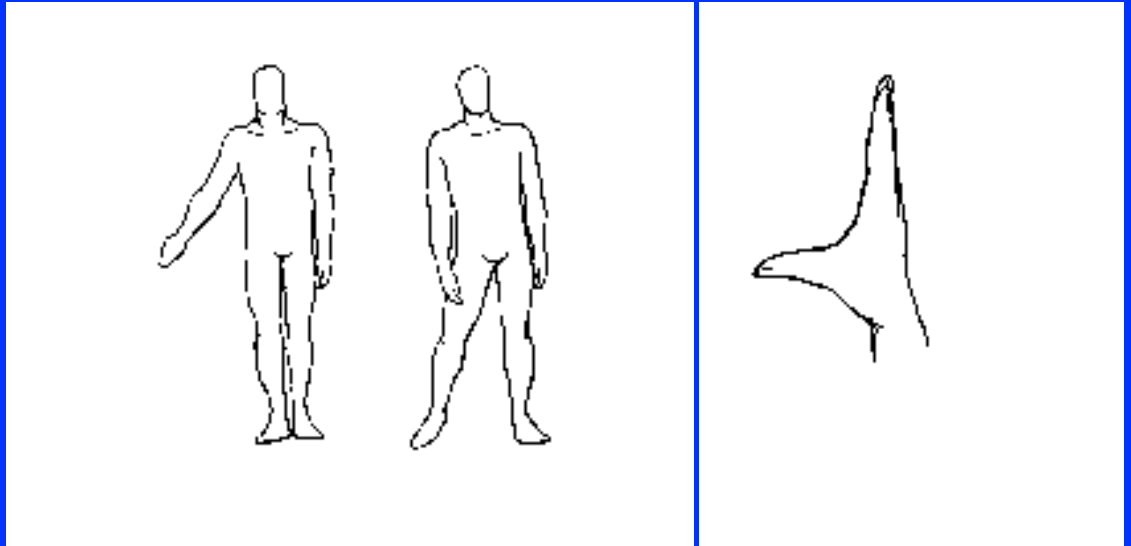
HANDPOSITION: Right hand, fingers point upward, thumb to the side, a bit more than with KA. Variation: With both hands above head, index fingers form shape of the Rune NOD.

THE RUNE IS



HANDPOSITION: Hand to fist, index finger pointing upward.

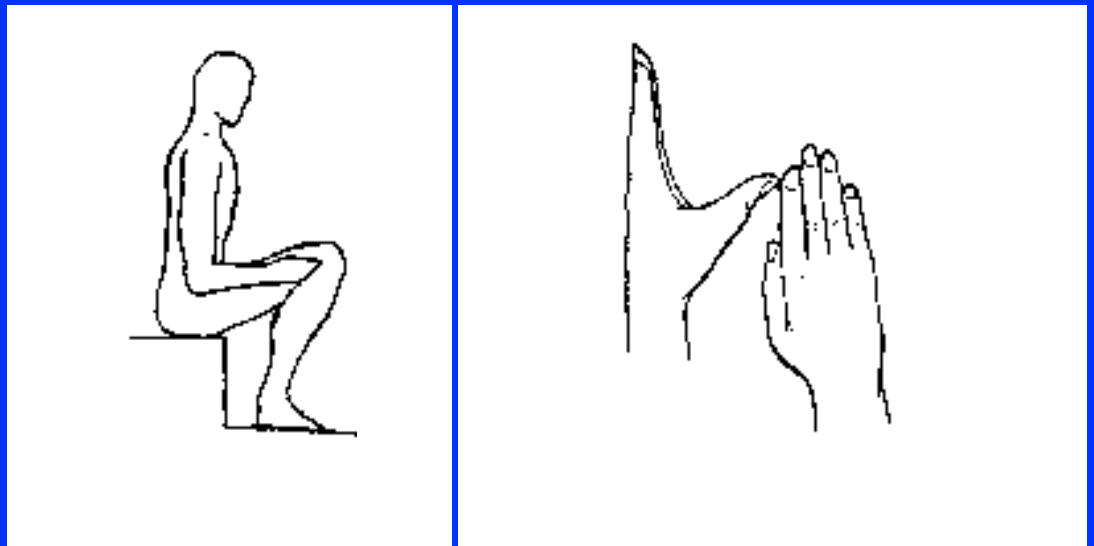
THE RUNE AR



BODYPOSITION: Standing upright, right leg to the side, arms on side of body. Variation: Standing upright, right arm to the side, point downward. Variation 2: Standing upright, arms upward, palms facing each other, right leg to the side.

HANDPOSITION: Fingers of right hand point upward, thumb stretched outward, in right angle to palm.

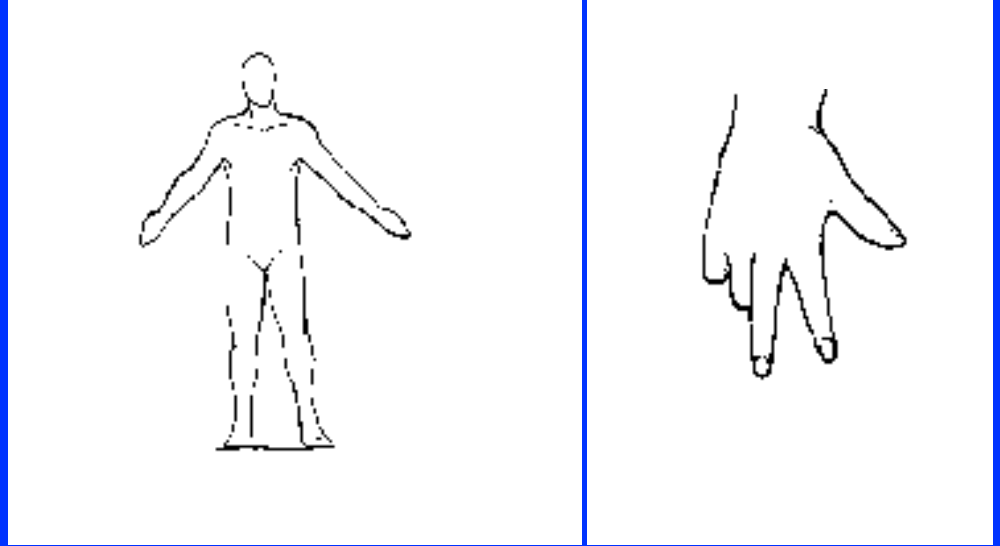
THE RUNE SIG



BODYPOSITION: In sitting position, body shape IS.

HANDPOSITION: Left hand up, thumb pointing outward, right index finger to touch thumb, thumb and all fingers of right hand pointing upward.

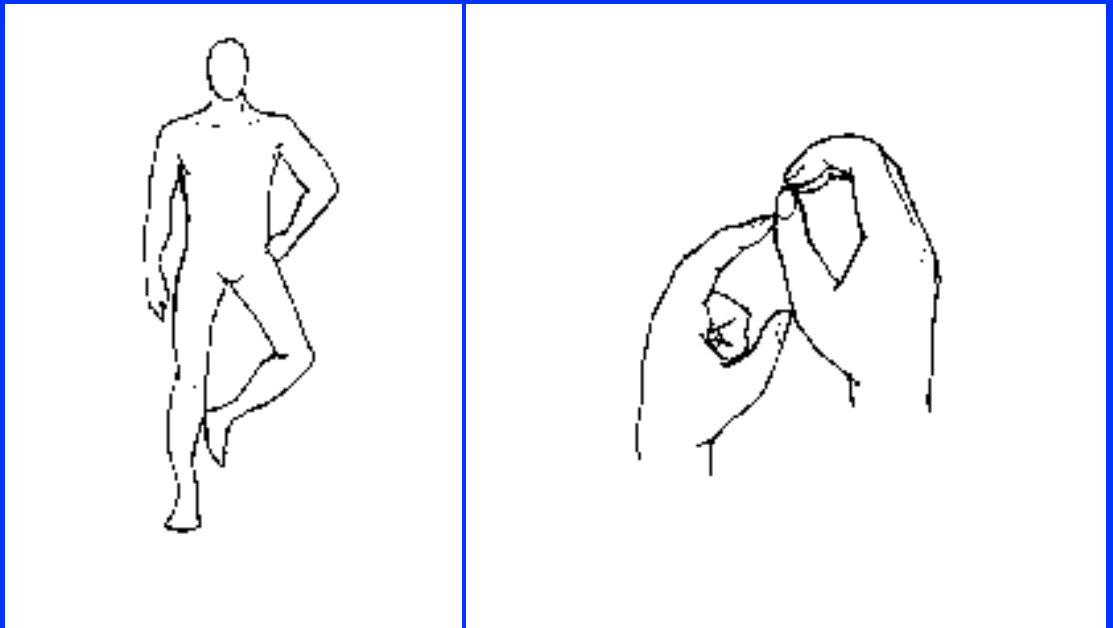
THE RUNE TYR



BODYPOSITION: Arms to the side, pointing downward, palms point to the ground. Variation for SIG-TYR: Arms in angle to side, palms pointing toward head, or outward.

HANDPOSITION: Right arm thumb, index finger and middle finger to form the shape of TYR, approx. 8 inches from solar plexus.

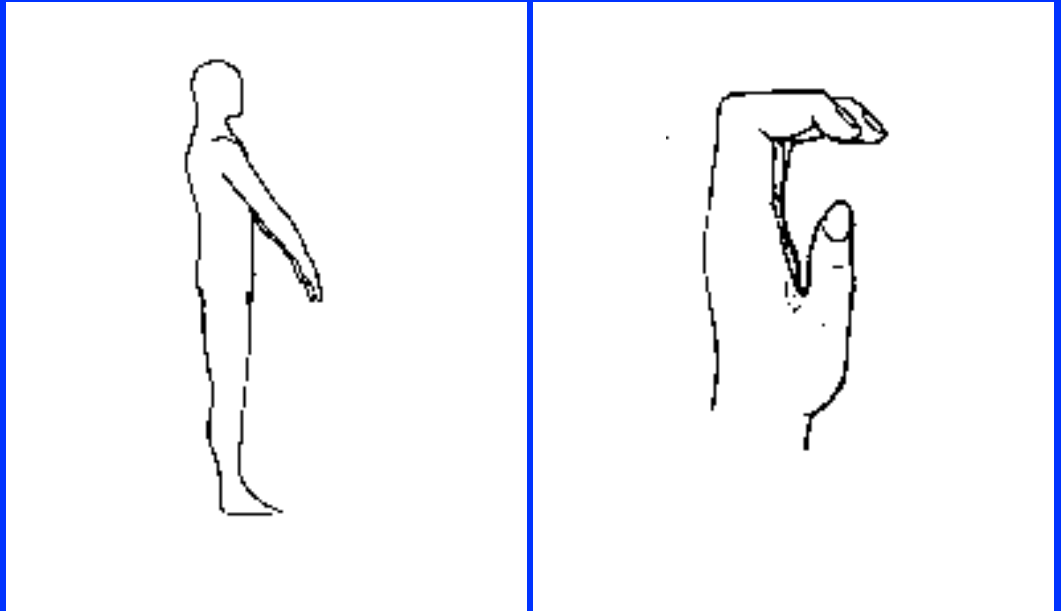
THE RUNE BAR



BODYPOSITION: Standing upright, left arm at angle, as in THORN or RIT, left leg at an angle.

HANDPOSITION: Both arms above head, Thumb and index finger of right hand to form circle, other fingers of right hand in same direction as index finger. Index finger of left hand to touch lower knuckle of thumb, thumb of left hand to touch end of hand.

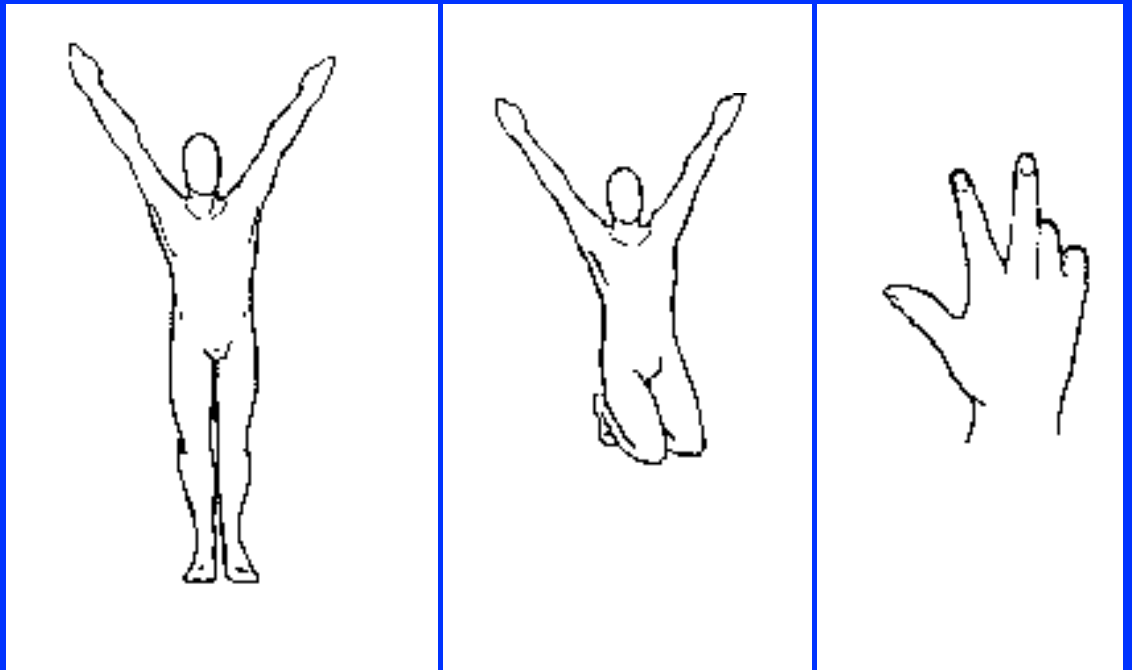
THE RUNE LAF



BODYPOSITION: Standing upright, both arms downward, fingertips pointing to ground. As a variation, point palms upward.

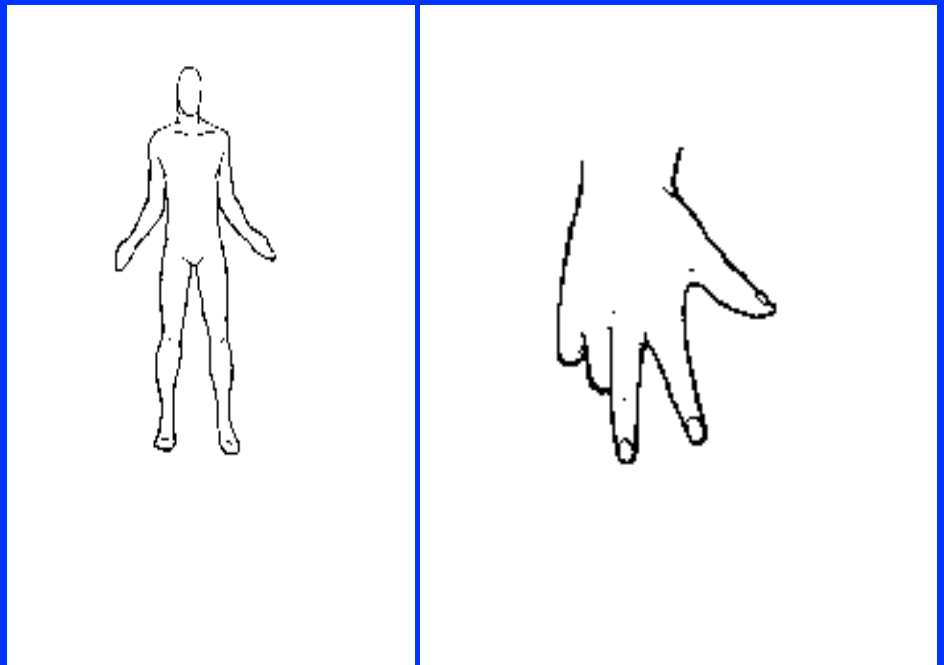
HANDPOSITION: Left arm upright, the upper parts of the fingers to form the shape of LAF.

THE RUNE MAN



BODYPOSITION: Both arms to the side and upward, feel influx of energy on both sides, feel both streams join in the body. Direct energy to the ground. Variation: kneeling, sitting on heels, same position of arms.

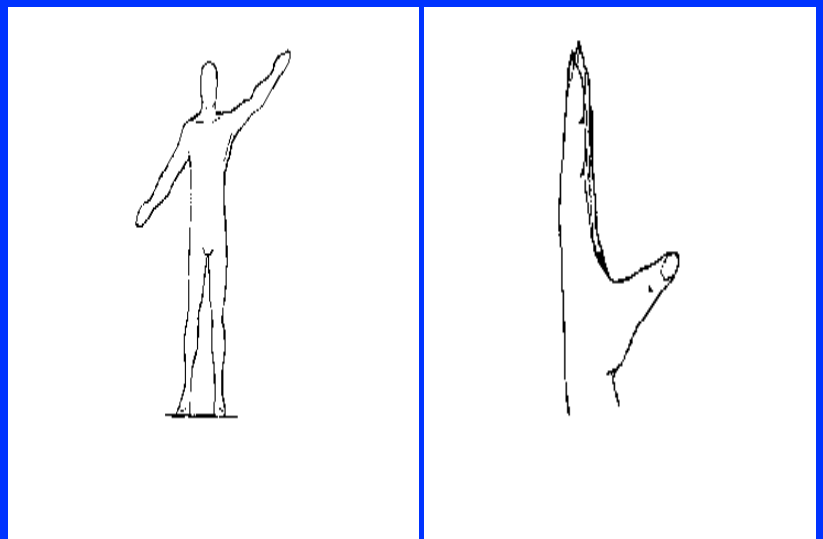
THE RUNE YR



BODYPOSITION: Arms point to side and downward (as TYR). Variation: Upper arms on body, lower arms to point to the side and downwards.

HANDPOSITION: Left hand to form "YR" with thumb, index and middle fingers.

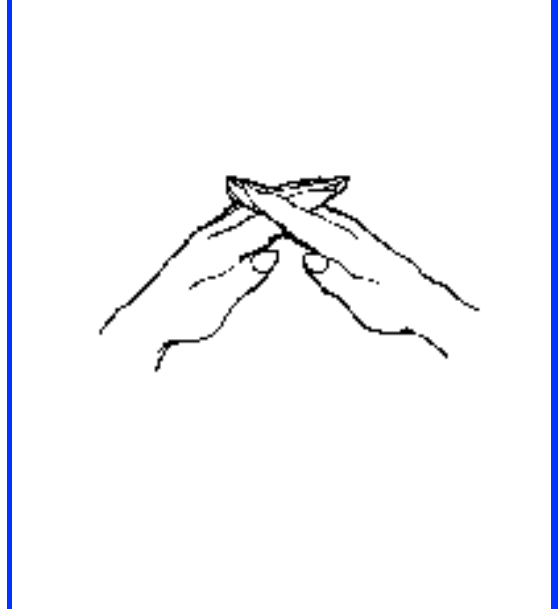
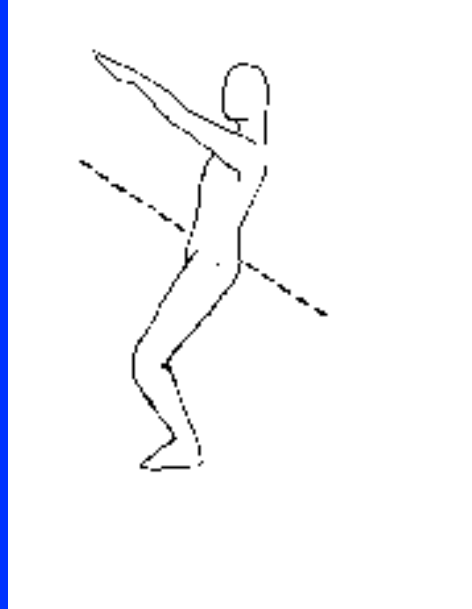
THE RUNE EH



BODYPOSITION: Left arm pointing upward, right arm downward (as NOD, both other arms). Variation: Left arm to side upward, right leg to side downward.

HANDPOSITION: Fingers of left hand pointing upward, thumb pointing outward, more than KA. Variation: With arms above head, index fingers of both hands to form shape of EH.

THE RUNE GIBOR



BODYPOSITION: Body to form shape of GIBOR. Variation: Both arms upward to side, both legs to side: X - shape of body results.

HANDPOSITION: Arms above head, fingers cross each other.

WHY IT IS A GOOD THING FOR YOU TO STUDY AND PRACTICE RUNES

The **SYMBOLISM** of the 18 Sacred Futhork Runes gives you **ACCESS TO THE REALMS OF CREATION. THEREFORE...**

If you are a **PRACTICING PSYCHIC** who uses psychic capabilities to help others, Runic practice will add an invaluable new dimension to your profession.

If you are an **ASTROLOGER, READER, or COUNSELOR**, Runic practice can bring you beyond the status of a mere bystander. No longer are you limited to just telling your clients what trends are in store for them and, perhaps, how they may adjust. Now you can actively work on your clients' destinies and help straighten out their lives. This added capability ensures repeat business and better reward.

If you are a **LECTURER or TEACHER** of metaphysics or if you study to become one, knowledge of Runic practice will add to your classes. Especially the teaching of Rune Yoga is very rewarding, since its effects will be felt immediately by the majority of your students.

If you are involved in the **HEALTH RELATED PROFESSIONS**, Rune Yoga and Runic energy treatment (using the energies of the world crystal) will increase the scope of your methods available.

If you are SEEKING ENLIGHTENMENT, Runes are one of the fastest and safest ways to deep mystical experiences, to insights in the workings of the universe and to experience on Oneness.

If you want to achieve your FULLEST POTENTIAL AS A HUMAN BEING, Runic practice gives you access to the realms of creation. Runic practice is your gateway to your chakras and to your inherent psychic powers.

Chances are, you may find a few more reasons why.

I am looking forward to hearing from you

**Karl Hans Welz
Grand Rune Master
The Knights of Runes**

About Ceremonials

This publication is meant to be down to basics. Its purpose is to provide you with step by step instructions. All that you, the practitioner, need to do is follow these instructions. Later then you will design your own rituals.

When practicing Rune ceremonies you are using technologies that involve Higher Order Energy Complexes (HOEC's). Knowledge of the principal theories of these HOEC's is not essential for the proper performance of ceremonials with Runes, but it certainly would be helpful. Study the Rune courses that you find on this web site thoroughly, perhaps become member of a Rune study group or start your own one. This more intensified practice of Runes will help you gain very helpful insights in the characteristics and uses of HOEC's.

Although much of the "machinery" (so to say) that is designed to handle HOEC's properly is of a finer density, with etheric, astral, etc., components, their focal points usually are material. These material focal points are the utensils that you are using in the ceremonial, of course.

One of essential requirements in any ceremonial is an abundant supply of "raw energy" that is often generated by strong emotional forces such as sex magick or the killing of chicken and other animals. The high-strung emotional outbursts in a charismatic church serve the same purpose, of course. Any good ceremonial provides you with a method to develop such strong methods of generating life force. Group practices with Runes are extremely powerful. An alternative, of course, is a generator of life force (Welz Chi Generator), which allows you then to use your freed-up energies to boost the actual purpose of the ceremonial rather than using them for routine-life-force generation. Therefore the Life force generator is a decisive advantage for you in any ceremonial that you practice. This is especially true for Rune ceremonials, where it adds to the sheer power and effect of a ceremonial that, by nature, already develops strong fields of life force! You can call us and we will set up a connection with one of our life force generators. Add to this life force one or more Runes of your choice, and the power that you generate - and feel - will tell you more than a thousand words!

About Ceremonial Utensils

As I mentioned before, ceremonial utensils are focal points for more subtle, higher order arrangements and energy components that are essential for the ultimate success of the ceremonial. When we speak about the "symbolic meaning" of a ceremonial utensil, we generally refer to the structures of the Higher Energy Components that are connected with the specific utensils. Another important characteristic of utensils is the following: as the utensil is used on a regular basis, the transcendental - and other - energies (HOEC's) that are attached to them increase, adjust to the operator (hence the necessity not to "lend" any utensil to others) and increase in power and effectiveness. Eventually such a utensil can function without the practitioner needing to be consciously aware of its presence nor of its inherent characteristics and specific functions. Therefore a dagger, for example, is no longer just a knife, but it is the instrument that gives the operator domination over astral energy complexes (astral "entities").

The basic arrangement of all utensils will get your "machinery" ready to function smoothly. It allows you to define the energies of a higher order that you want to use and to cause them to work for you. In the old language that meant that with the help of such utensils you can "tell the spirits your will and send them wherever you wish to send them, and the spirits will be bound to obey you".

An important factor, then, is to follow the instructions for ceremonials here so that you have the Runic energies and depending HOEC's perform as you intended and to bring you the desired results on whatever level you projected them.

In the following you will learn about the main utensils that you can use in Runic ceremonials.

Specific Utensils

1. The Temple

The temple is your "workshop," or, better yet, your place from which you are triggering the HOEC's (spirits) for specific purposes such as spiritual work. It is the space within which you arrange all your tools, or machinery. It is your specific outer realm (outer Rune Realm) from which you can reach every point of your universe.

You may, in fact, see the temple as a symbol of your universe. As is the case with any workplace, cleanliness enhances proper functioning. Since you are working with HOEC's, or "psychic energies," be aware that the temple needs also to be free from any kind of psychic debris or psychic pollution, otherwise the results of your practices may be negatively influenced. Many banishing rituals are designed to clean the temple from undesirable energies, so that psychic energies can be projected without undesirable interference. In Runic practice, you may use the Runes AR, IS and MAN to cleanse.

Some students may not have a special room or space available for their temple. Although a specific assigned space for a temple has great advantages, it is not absolutely essential. Of course, you can practice Runes anywhere. You establish your temple by determining what space will serve as your temple, and by cleansing it from any undesirable psychic energy with AR, MAN, and IS every time before you begin to practice. You may define the boarder of the temple mentally or with a wand or dagger. Depending on the situation, you may chant mentally (yes, you CAN perform a fully valid ceremonial in the midst of a crowd, without anybody noticing what you are doing), or you may chant aloud while in the body positions of IS (grounding position), MAN, and AR.

2. The Circle of Protection

The protective circle within your temple is a space within which you are working, unencumbered by any energy that may be attracted by your work. The circle makes sure that no energy will be present except those energies that you desire to be present. It is a barrier against negative energies and also against entities (energies) that may interfere with those HOEC's (Higher Order Energy Complexes) which you are going to trigger. This way, the circle serves not only as your personal protection from hostile HOEC's (spirits), but it also insures a clean functioning of your Rune Yoga practice. An ideal circle is formed by laying out all 18 Runes, which will then be in tune with your Inner Rune Realm. Have the sixteen Runes arranged on the periphery of your circle, starting with FA in the North, counter clockwise to YR, which will then be on the right side of FA. Have EH and GIBOR inside the circle, since those Runes symbolize the marriage of opposites and the universe of the symbolism. EH West and GIBOR East just inside the outer circle of Runes.

The diameter of the circle is dependent on the amount of people who are participating in the ceremonial, and of course, considerations of space.

3. The Altar

The altar is the actual workplace, or your control panel. In more advanced practice, it can also serve as a point of manifestation for specific HOEC's (spirit, entity), in which case you have to observe specific measures of protection and insulating methods.

Being your control panel, it will contain utensils that connect with the specific structures of the universe and HOEC's with which you are going to work in your ceremonial. Therefore, the arrangement of utensils on the altar and the symbols used will vary according to the purpose (s) of your ceremonial. You will, however, notice some CFP (common functional principle) on all arrangements of your altar.

The size of the altar depends on the number of people attending, size of your temple, amount of utensils, etc. For most individual purposes and for small groups, an altar the size of 24 x 30 inches will be adequate.

4. Rune Staves

Since you will use Runic energies, a set of triggers to those energies on top of the altar is of utmost importance. These Rune staves will be arranged in a circle, as shown in the diagram. More than the staves around yourself and the altar, the staves on the altar are triggers that connect with your Inner Rune Realm and the Runic Realms of Creation. Practical experience has established that a circle of Crystal Rune Staves by itself can give a clean temple and the protective circle as outlined above. However, I still recommend that you practice the banishing and cleansing as well as the establishing of the protective circle wherever possible.

You may use Runes made of cardboard and charged accordingly, or you may use Runes made of wood. Crystal Runes are excellent and superior even to the traditional wooden Runes for several reasons. One of the reasons is that the crystalline structure of quartz represents HAGAL, and the "mother" of the Runic symbolism (the hexagon with the three inscribed diameters). Look at an ideally formed Quartz crystal from above and you see the HAGAL Rune inside a hexagon. Another reason for the awesome strength of crystal Runes lies in the fact that crystal energies can be modified and directed: modified by Runic energies that are very kin to the crystalline energies, and directed by means of gridding. All practitioners who used crystal Runes (and compared to wood) noticed the difference in power immediately! You can look up www.elementproducts.com and ask if you have specific wishes for your ceremonial needs. Among other things you find there: 1. A deck of eighteen Rune cards that may also be used for divination purposes. These cards have ONLY the Rune on it, perhaps their meanings on the back. "Neat" New Agey pictures of Elves, Gods, Goddesses, and other artistic clutter would water down the energy of the Runes. 2. Wooden Rune Staves, and 3. Crystal Rune Staves.

5. The Magical Wand

While the candles connect with the will and the worlds of emanation, the wand is the tool that expresses the will of the practitioner. It is your tool to dominate the HOEC's that have characteristics belonging to the mental spheres. The symbolic meanings of the power rod or wand will be the more familiar to you the more you practice with Runes and other ceremonials.

6. THE INCENSE BURNER

The incense burner connects you with the mental worlds, with HOEC's that are part of the mental spheres, and with the air element in general.

7. THE DAGGER

The dagger (or sword) represents your mind which controls the emotions and HOEC's that belong to the astral spheres. Again, while the incense tunes into mental worlds, the dagger uses mental energies.

8. THE POWER ROD

The Power rod is an ideal combination of wand and dagger. It is very suited for work with Runes, because of the use of a quartz crystal as a tip of the power rod.

Very powerful is a tube that acts as an orgone accumulator. You may put alternating layers of organic and metallic materials (plastic duct tape and aluminum duct tape) around it to make it an effective orgone accumulator. Again, look up www.elementproducts.com for orgone accumulators and orgone generators.

9. The Cup with Water (or Wine)

The cup connects with the astral worlds and with the emotions. It provides the energy necessary to bring results in your ceremonies. It symbolizes the emotional power of the practitioner. Drinking the water or wine aligns the astral-emotional energies with the goal of the ceremonial. Water accumulates Odic energies (life energies) which are "programmed" with the goals of the healing ceremonial. In fact, any liquid that you like to drink is good! Engrave the runes in the cup!

10. THE HAMMER OF THOR

The Hammer of Thor represents your consciousness that can connect with any point in space-time and then return back "to yourself." In other words, the Hammer of Thor can be projected to any interval in the space-time continuum of your universe. It can be developed into being your specific tool to break the self-imposed limitations of space-time. It symbolizes conscious action which is charged and energized by the other elements (wand, sword, and cup). Once energized, the Hammer of Thor will perform for you. Again, with repeated practice you will learn more and more about this most powerful tool of Runic ceremonials. Thor's Hammer is perhaps the best symbol of your conscious projection. It collects within itself the three elements of the will, mental, and astral-emotional spheres. Once you have charge Thor's Hammer, you have aligned all elements toward your specific purpose: your will, mind, emotions, and consciousness. All you need to do now, is to throw Thor's Hammer (its higher plane components) toward your goal, which is embedded in an interval of your conscious space-time continuum. Thor's Hammer is your tool on the material planes that reaches beyond the confines of space and time. It is your instrument of power, your connection to your universe, your power of projecting into your universe whatever energy you charge the hammer. Thor's Hammer, therefore, is the most powerful Runic talisman, symbolizing the

element earth on your altar. You need to learn to use Thor's Hammer properly. Tune into the Nordic mythology of the god Thor and his hammer, and you will gain additional information about this powerful tool of Rune Practice. The material hammer of Thor remains on your altar, of course, but its spiritual parts, or components, you project them to the desired goal. You do this directing with the powers of your imagination. Be aware that the more you practice using Thor's Hammer the more skillful you will become in its use. In fact, RENE YOGA TEACHES YOU THE SKILL OF PROJECTING AND USING THE HAMMER OF THOR! Ideally, your Hammer of Thor should be a true talisman, which you can wear as a pendant. You may use a piece of paper with Thor's Hammer drawn on it.

11. Candles

Candles symbolize the fire element, your will powers or the world of emanation. Naturally there is much more symbolic meaning attached to candles than the fire element. There is hardly any ceremonial where Light would not play an important role. Light is neutral. Depending on the action to be performed it assumes some color. Since Light is so important, most ceremonies contain and include something that symbolizes Light. Candles are the preferred utensil to symbolize Light. Of course, there are deeper symbolic meanings connected with candles than that of giving Light. As you become familiar with various methods involving candles you will understand better the many symbolic meanings that candles connect with. Consequently you will be capable to touch upon more realms that involve the symbolism of the candles This will greatly increase the effectiveness of your magical operations.

Candles, as we know, are made of various materials, mostly paraffin, more seldom true bees' wax. Candles may be scented and colored, tailored to special lengths and shapes, etc. As you progress, you will learn to include colors and shapes of candles into the overall symbolism of your ceremonial.

The significance of candles reaches into many levels. Since candles are mostly thought to symbolize Light, they are the only source of light in many ceremonies. The specific color of the candle will symbolize the sphere(s) with which the operator wants to be in contact during the ceremonial. The number of candles used has another symbolic meaning. Operators who practice evocations and who work with the higher order energies that are part of planetary spheres match the number of candles with the number of the planet: three candles for evocations of Saturn or of beings of the sphere of Saturn, four candles for Jupiter, five for Mars, six for the Sun, seven for Venus, eight for Mercury, and nine for the Moon.

Candles are an excellent tool to help the powers of visualization and imagination. The flame of a candle is an ideal focus. In some magical practices you may internalize this focus.

When you practice with Runes you can use any number of candles that correspond to the specific higher order energies used in your operation. You may use one candle that has the Rune engraved which you practice. Instead of engraving the Rune, you can put the candle (candleholder) on a piece of cardboard or wood that has the Rune drawn on it. This Rune should be charged before use. Excellent is a set of 18 candle holders, each one with another Rune drawn or engraved on it.

Many ceremonies require the use of more than one candle. It is good practice to use one candle for each Rune that you use in the ceremonial. You can use three "neutral" candles, i.e., candles that have no Rune inscribed. These three candles would then symbolize the three groups of Futhork Runes. You may use five candles if you want to take advantage of the dynamics of the pentagram. You may use six candles which represent the Hexagram, or six

candles with a seventh candle in the center, if you want to symbolize the Hexagram with the three inscribed diameters, mother of Runes. You may use nine candles which, in Runic ceremonial, represent the Rune IS, the true ego, bridge to your Higher Self. You may go all the way and use eighteen candles in your ceremonial, one for each Rune. When you use eighteen candles, I recommend that you inscribe one Rune on each candle. You arrange these eighteen candles the same way you arrange the 18 Rune Staves. You should put one candle to the side of each Rune staff. Candles of bees wax have some advantages over candles made of paraffin: There is more "life" in them. The color of the candles is to match the purpose of your operation. White candles are good for every operation. In the case of bees wax candles, the natural wax color is equally universal.

One candle alone or two candles serve as an excellent focus. Such a focus is very helpful for your concentration and visualization powers. Two techniques are useful, depending on the number of candles. While looking at the flame of one candle see visions in the halo around the candle. When you use two candles, look in the space between the flames of both candles. The best distance is between six and eight inches apart. In either case you will better be able "to grasp the arrow with the look of your eyes." (see Rune Lesson 5 of the Basic Rune Course)

Whatever shape, amount, color, scent, etc., of your candle or candles you choose, they will add to your ceremonial and can give your will power its first direction and it provides the trigger in the world of emanation

Look at elementproducts.com for Bees wax candles!

Preparation of Your Utensils

Repeated use of a utensil connects you with specific energies (the energies connected to the utensil) without you needing to tie up your own forces. Naturally your own forces then can be used with much more ease towards the success of your operation. In this, the utensil takes on the function of a generator of energies that belong to the higher levels.

Considering this aspect of utensils you must realize the importance of the proper preparation of your utensils, including yourself. Naturally you are the most important of all utensils, since you too will be part of the machinery of subtle energies that you are setting up with the ceremonial.

Ideally all utensils should be purchased new and only you should use your utensils after you have them charged and blessed. Never lend your utensils to an other person. An exception may be reusable materials such as candles and incense as well as other utensils of a ceremonial that is set up for group practice rather than individual practice. Make a clear distinction between utensils that belong to a group and your personal ones. The same is valid for the Rune staves and the Hammer of Thor.

Now to the preparation and blessing of your utensils.

The simplest method to prepare a utensil before use is to charge it with your energy. Put yourself into a meditative state and preferably establish your rune realms. Then put the utensil in front of yourself and hold your hands above it. While inhaling, visualize your body drawing energy from the universe. When exhaling visualize this energy stream, through your hands into the utensil.

The charging, of course, has many variations. As you continue with your Rune practice and progress, your insights will increase and so will the means available to you.

Prepare all your utensils by charging them. With all utensils charged, you may now begin with the Runic ceremony.

The Basic Ceremony

This is a basic outline of the basic ceremonial practice into which you can incorporate in any ceremonial of your choice by adjusting it accordingly to the specific purpose of that ceremony.

1. Take your diary or book of ceremonials and write in it the date, purpose of the operation, means employed, and way you will proceed. Keep the diary on your altar, so you can follow exactly the outline that you have written down.

Besides helping you to follow exactly the outline of your ceremony, the diary has another important purpose: At a later date you can compare which of the ceremonials worked best for you. Of course you need not repeat to write down the basic ceremonial every time. References and special symbols should suffice.

2. Personal preparation: It is very important for you to be well prepared for the operation. This includes leaving all those things behind that trouble you in your everyday life. It is also essential that you DETACH YOURSELF from the situation that you intend to change with the ceremonial. It is very helpful for you to take a bath. The bath cleanses you symbolically from your worries and anything else that may contaminate the course of your ceremonial. A bath also can be used to purify your spiritual centers, provided that you take it with this attitude. Wear clean clothes for the operation. You may have some special clothes for your ceremonials or a special robe. Followers of the old religion prefer to practice nude, because for them nudity symbolizes freedom and direct contact with the living universe.

3. Setting of the outer Realm. The outer realm is the space within which you are working. It is your temple. The set up of your outer realm symbolizes the universe upon which you intend to operate. Make sure that you will not be disturbed in your work. Also make sure that the room in which you are working is clean. You need an altar. A table will do. Arrange your ceremonial utensils as shown in the picture. Leave enough space for the candles and Rune staves that you use for the ceremonial. You may set a circle of Rune Staves around the table, large enough so that you can move in this circle. Have the Runes EH and GIBOR on the left and right sides of the table, or altar. Have the Runes that you need for your ceremonial removed from the circle and set it on the table in the space where you have the center of operations. Set the cup with water or wine on the table, as well as the incense burner, one altar candle, Thor's Hammer, and the Rune dagger. Put there your book of ceremonials and your diary so that you can use them with ease. Arrange the center of operations according to the ceremonial and its purpose. You may either stand or have a chair available for sitting down in front of the table.

Now you are ready to set up the space within which you are going to work: your inner and outer Rune Realms. First tune into each Rune in the circle by singing the stanza of the magical poem for each Rune. You can instead listen to the tape that establishes your inner Rune Realm. Connect each Rune of your inner Rune Realm with the corresponding Rune Stave in your outer Rune Realm.

4. Protective circle: Your next step is to build the protective circle. Take your Rune dagger, first you trace the circle of Rune Staves around the table, then you draw the HAGAL Rune in all four directions, beginning with North (the position of the FA Rune), next West (position of RIT), South (position of IS), then East, position of BAR. Each time you draw the HAGAL Rune in the air, do so with the strongest possible imagination of protection and Oneness with the

universe. Put the dagger back to the side of the incense burner.

5. Light the Altar Candle and say:

Light the candles, then say:

"Power of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning from the roots of times;
Light force of AR,
Born of the Sun
At the roots of the worlds,
Give Light to the seeker!"

6. Light the Incense and say:

"May the Power of the Runes
Lead me to a greater understanding
Of the Universe and myself!

7. Hold both hands over the cup with water or wine. Be aware of the purpose of your ceremonials. Project the desired result into the water or wine, if the purpose is related to you personally. Otherwise know that the water element symbolizes emotional strength. Project energy into the water or wine. Then drink part of it.

8. Look at Thor's Hammer. Be aware that the Hammer of Thor is the symbol of your power to draw, to harness, and to project Rune energies. Hold both hands over it, knowing of its power.

9. Now you have finished all preparation and you are ready for the SPECIFIC CEREMONIAL with Runes. You will find these specific ceremonials in the next part of this publication. After you finished with the specific ceremonial you end the ceremony:

10. Say:
Powers of (name of the Rune or Runes that you used in the ceremony)
Thank you for your energy
Flow back
To the realms of Creation!"

11. Imagine, or visualize, the Rune energies grounding, flowing into the ground as water flows down the drain or seeps into sandy soil.

12. Extinguish the flame of the altar candle and all other candles.

13. Extinguish the incense burner

14. Write your experiences into your diary

15. Remove all utensils.

Ceremonial for Success

In the following you find instructions for several Rune ceremonials. Using these instructions as a model you will be able to devise your own ceremonials and adjust them to any purpose. The first ceremonial that I am describing here is the ceremonial for success. You can use it for many situations, provided that you adapt it accordingly.

Perform this ceremonial either by yourself or together with others. Group practice increases the power of the ceremonial, of course. Prepare the altar as shown here.

Preparation:

1. Prepare yourself as described earlier.
2. Put the set of Rune staves around yourself and the Altar
3. Write down your intent and specify exactly what you want to happen. Have another blank sheet of paper ready with pen. You will need it later during the ceremonial.
4. Initial Meditation. Sit down comfortably for meditation. Leave everything of daily life, worries, etc., behind you, including your intent. Clear your mind. Clear yourself. Be aware of your inner rune realm. Be aware of your Divinity. See yourself in a sacred place or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will. Your inner Rune realm is the space within which is a basis of your work. You know that this inner Rune realm is connected with the outer Rune realm that you are about to establish energetically, and both realms are connected to the realms of creation.

Introduction:

5. Light the Altar Candle and say the following:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

6. Take the cup with water or wine. Hold both hands over it. Be aware of the purpose of your ceremonial. Meditate upon the roots of all being. Through the palms of your hands project energy into the water or wine. Be aware that you established now an astral link with the water and be aware that it represents the principle of the soul, or of desire which is at the root of manifestation. Bless the water - do this mentally in silence. Be aware that the energies of the water increase as the ceremonial continues.

7. Take the body position of YR. chant YR three times:

YR -- YR -- YR

8. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

**9. Take the body position of MAN
Chant MAN three times**

MAN -- MAN -- MAN

10. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe.

11. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

12. Take the body position of SIG-TYR and chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

13. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)
I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooosssss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrriiiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth on is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

Llllllaaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeeeh

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

Activate the Inner Rune Realm

14. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and the also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune MAN. You see it surrounded with light and life force and pulsating.
You focus on the Rune SIG. You see it surrounded with light and life force and pulsating.
You focus on the Rune BAR. You see it surrounded with light and life force and pulsating.
You focus on the Rune FA. You see it surrounded with light and life force and pulsating.

You focus on the Rune AR. You see it surrounded with light and life force and pulsating.
You focus on the Rune TYR. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for success. You may have prepared a bind-rune or a special talisman for success containing these Runes.

NOD gives you awareness of karma. It brings you in contact with the process of karmic structuring and it is the key to overcome and transcend Karma: NOD is your key to transcend the realm of karmic limitations!

BAR gives you new birth, new direction. It helps you sprout that which you desire to happen.

FA is the beginning of each of the new ventures that you embark on. It provides you with the financial means that are necessary for such ventures. It draws the constructive fire of the beginning.

SIG ensures that you have the attitude of a dominant and victorious person. In SIG you are aware that you have the power to overcome everything and that you can be victorious in any venture.

MAN causes you to be in touch with your Higher Self that transcends space-time and its connection with the structures of karma. It awakens in you memories coming from the time-less Divine providence.

BAR, again, solidifies your new birth into another line of karma: a much more flexible line of permanent success.

AR causes you to connect with the changes of your personal structure, attitudes, "ghosts of the past", etc., into something useful and supportive for the success that you envision.

TYR provides you with success, yet this Rune keeps you from attaching yourself to it and from becoming a slave of your own success. It eliminates that trap of success.

Now, being aware of the function of each Rune that is part of the ceremonial, you strengthen the Runes in action by continuing with the visible ceremonial in your outer realm.

Ceremonial - the main part:

Strengthening an individual energy field

15. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it

Visualize MAN in your inner Rune Realm

Chant the mantra of MAN

Chant (your intonation of the chant is individual)

Power of MAN

Release in me the Power

Of Divine Magick!

16. Body Position of FA

Look firmly at the Rune stave of FA and connect with it

Visualize FA in your inner Rune Realm

Chant the mantra of FA

Chant (your intonation of the chant is individual)

All-creating Powers of FA

Which is rooted in Divine Fire

**Act through me
And Create Magickally!**

17. Body Position of UR

**Look firmly at the Rune stave of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)**

**UR, Power of Origin,
Magickal Power of the Roots
Of all Beings, of all things
Increase my powers
Of healing any situation
By being aware of the
Causes and of Causes of Causes!**

18. Body Position of THORN

**Look firmly at the Rune stave of THORN and connect with it
Visualize THORN in your inner Rune Realm
Chant the mantra of THORN
Chant (your intonation of the chant is individual)**

**Magickal currents are revolving within me
Magickal energies radiate from me
To wherever I direct them responsibly.**

19. Body Position of IS

**Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)**

**One with the Divine Will of the Universe
I am master of myself
And master of my universe.
Filled with Power and harmony
I am a radiating and forceful
Field of Will power
My will is ruler!**

20. Body Position of MAN

**Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)**

Magickal powers stream into me

21. Body Position of HAGAL

**Look firmly at the Rune stave of HAGAL and connect with it
Visualize HAGAL in your inner Rune Realm
Chant the mantra of HAGAL
Chant (your intonation of the chant is individual)**

Magickal Powers act within me

22. Body Position of IS

Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

Magickal Powers act through me

23. Body Position of IS (arms up)
Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

Aware of Self
I am antenna!
I am drawing energy and power
From the realms of creation-eternal.

24. Body Position of UR
Look firmly at the Rune stave of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)

I am drawing the power
From the deepest depths
I am drawing the power
From the spheres of the Earth
I am drawing the power
From the realms of Origin-Eternal
I am drawing the power
From the roots of All-Mother!

25. Body Position of MAN
Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Aware of Self
I am drawing the power
From the highest heights.
I am drawing the power
From cosmic realms
I am drawing the power
From the spiritual realm of All-Father!

Ritual for Success

26. This strengthening of the individual force field of power is followed immediately by the specific ritual for success. You are well aware now of the Runic powers that you are using in this ceremonial.

You can substitute this ritual for success with any other ritual. Of course your Inner Rune Realm needs to be set up differently in such a case and be adapted to the requirements of the ritual.

27. Light the candle of NOD
Body Position of NOD

Look firmly at the flame of NOD and connect with it
Visualize NOD in your inner Rune Realm
Chant the mantra of NOD
Chant (your intonation of the chant is individual)

Rune of the Norn
Help my awareness of karmic ties
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!

28. Light the candle of BAR
Body Position of BAR
Look firmly at the flame of BAR and connect with it
Visualize BAR in your inner Rune Realm
Chant the mantra of BAR
Chant (your intonation of the chant is individual)

New life is sprouting
Through the birth-giving
Powers of BAR

29. Light the candle of FA
Body Position of FA
Look firmly at the flame of FA and connect with it
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)

Grow, Thrive
With the Power of FA

30. Light the candle of SIG
Body Position of SIG
Look firmly at the flame of SIG and connect with it
Visualize SIG in your inner Rune Realm
Chant the mantra of SIG
Chant (your intonation of the chant is individual)

The Power within
Is victorious
With the Power of SIG
I am living
From success to success!

31. Light the candle of MAN
Body Position of MAN
Look firmly at the flame of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

MA, original word of abundance
My requests are merged with you
Increasing that
Which truly is mine

32. Light the candle of BAR
Body Position of BAR

Look firmly at the flame of BAR and connect with it
Visualize BAR in your inner Rune Realm
Chant the mantra of BAR
Chant (your intonation of the chant is individual)

The blessing of BAR
Uses coincidence
Dissolves negativity and evil forces!
Protected by BAR
Surrounded by BAR
I enjoy the fruits
Of my requests!

33. Light the candle of AR
Body Position of AR
Look firmly at the flame of AR and connect with it
Visualize AR in your inner Rune Realm
Chant the mantra of AR
Chant (your intonation of the chant is individual)

Completion and Success
from my immersion
In the Divine Power
Of the Sun

34. Light the candle of TYR
Body Position of TYR
Look firmly at the flame of TYR and connect with it
Visualize TYR in your inner Rune Realm
Chant the mantra of TYR
Chant (your intonation of the chant is individual)

TYR-TYR, TYR-TYR, TYR-TYR
Wealth increases
Good fortune grows
The fruit of combat
Is victory.

Inner Rune Realm

35. Now, for a brief time, connect with your inner Rune realm.

36. As you are in tune with your inner Rune realm you perceive all Runes for which you have lighted candles glowing and pulsating, filled with life and strength. You are well aware now that by means of these Runes your request is projected into the realms of creation from where manifestation comes. The closing ritual will symbolize this connection and trigger the creative action of these realms.

37. Write your request on a blank piece of paper.

38. Look at the Hammer of Thor, your tool to send your request into manifestation!

39. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

40. Know that your request is now active in the astral. Drink the water or wine.

41. Burn the paper onto which you have just written your request. This action compares to putting a

letter into a mail box. There is nothing else to do to get this letter to its destination!

Closing

42. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

43. Extinguish all candles.

Grounding of surplus energy

44. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Ceremonial for Success, simplified version

After you have practiced the full ceremonial at least three times, you may use a simplified version. This is possible now, since after practicing three times you will have built up enough runic power related to the ceremonial to boost this simplified version! If you add life force to this ceremonial (with a Welz Chi Generator), success of the ceremonial can certainly be achieved in a much shorter time and more abundantly! The simplified option is also possible for persons who have extensively practiced Rune magick before.

Again, you can perform this simplified version either alone or jointly with others. Group practice will increase its power.

The altar is set up simply, a set of Rune staves on it, incense, hammer of Thor, two candles, and a cup

Preparation:

1. Prepare yourself as you have learned earlier in this publication.

1.a. Set up your Welz Chi Generator. If you have an orgone radionics device, set the trend for the envisioned success and set the target for the Runes that you are using in this ceremonial (see the previous long form)

2. Write down your wish, specify exactly what you want.

3. Initial meditation: Sit down comfortably and practice the initial meditation. Leave all daily life, worries, etc., behind you. This includes now also your special wish. Clear your mind. Clear yourself. Be aware of the inner Rune realm. Be aware of your Divine nature. See yourself in a sacred place and/or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will anywhere you want to project them. Your inner realm is the space within which you have the basis for your work. You know that this inner Rune realm is connected with the outer realm that you have built up and that both realms are in connection with the realms of creation.

4. Light both candles and chant:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

5. Take the cup with water or wine, hold both hands over it. Be aware of the purpose of your ceremonial. Meditate on the roots of all being, of all existence. Project energy into the cup.

6. Chant YR three times

YR -- YR -- YR

Light the incense and chant:

8. Light the incense and say:

**May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.**

8. Chant MAN three times

MAN -- MAN -- MAN

9. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

10. Chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

11. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooosssss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrrriiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth on is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods

An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

Lllllaaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeeeh

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.

That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

Activate the Inner Rune Realm

12. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and the also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune MAN. You see it surrounded with light and life force and pulsating.
You focus on the Rune SIG. You see it surrounded with light and life force and pulsating.
You focus on the Rune BAR. You see it surrounded with light and life force and pulsating.
You focus on the Rune FA. You see it surrounded with light and life force and pulsating.
You focus on the Rune AR. You see it surrounded with light and life force and pulsating.
You focus on the Rune TYR. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for success. You may have prepared a bind-rune or a special talisman for success containing these Runes.

Ritual for Success

13. Now we continue immediately with the specific ritual for success. You are aware that the powers of the Runes that you practice. At this place you can substitute the ritual for success with any other ritual.

Ritual for Success

14. Look at the stave of NOD
Visualize NOD in your inner Rune Realm
Chant the mantra of NOD
Chant (your intonation of the chant is individual)

Rune of the Norn
Help my awareness of karmic ties
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!

15. Look at the stave of BAR
Visualize BAR in your inner Rune Realm
Chant the mantra of BAR
Chant (your intonation of the chant is individual)

**New life is sprouting
Through the birth-giving
Powers of BAR**

**16. Look at the stave of FA
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)**

**Grow, Thrive
With the Power of FA**

**17. Look at the stave of SIG
Visualize SIG in your inner Rune Realm
Chant the mantra of SIG
Chant (your intonation of the chant is individual)**

**The Power within
Is victorious
With the Power of SIG
I am living
From success to success!**

**18. Look at the stave of MAN
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)**

**MA, original word of abundance
My requests are merged with you
Increasing that
Which truly is mine**

**19. Look at the stave of BAR
Visualize BAR in your inner Rune Realm
Chant the mantra of BAR
Chant (your intonation of the chant is individual)**

**The blessing of BAR
Uses coincidence
Dissolves negativity and evil forces!
Protected by BAR
Surrounded by BAR
I enjoy the fruits
Of my requests!**

**20. Look at the stave of AR
Visualize AR in your inner Rune realm
Chant the mantra of AR
Chant (your intonation of the chant is individual)**

Completion and Success

from my immersion
In the Divine Power
Of the Sun

21. Look at the stave of TYR
Visualize TYR in your inner Rune Realm
Chant the mantra of TYR
Chant (your intonation of the chant is individual)

TYR-TYR, TYR-TYR, TYR-TYR
Wealth increases
Good fortune grows
The fruit of combat
Is victory.

Inner Rune Realm

22. Now, for a brief time, connect with your inner Rune realm. As you are in tune with your inner Rune realm you perceive all Runes for which you have lighted candles glowing and pulsating, filled with life and strength. You are well aware now that by means of these Runes your request is projected into the realms of creation from where manifestation comes. The closing ritual will symbolize this connection and trigger the creative action of these realms.

23. Look at the Hammer of Thor, your tool to send your request into manifestation!

24. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

25. Know that your request is now active in the astral. Drink the water or wine.

26. Burn the paper onto which you have written your request. This action compares to putting a letter into a mail box. There is nothing else to do to get this letter to its destination!

Closing

27. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

28. Extinguish all candles.

Grounding of surplus energy

29. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Chant for Success

If your time is limited, a simple chant may be the answer. Although this is a simple practice and Runes are not drawn and projected with the usual intensity, it can still be quite effective, provided, of course, that you are a Rune Master and can work with the procedures involved on a non-conscious level. Otherwise the chant may become a simple array of words with little effect, if any.

You can perform such a chant with others, of course, or you can insert it into a larger ceremonial as an addition that makes use of the powerful energies of the ceremonial, even though it is not an integral part of it. For instance if the ceremonial is to help a specific person, you may insert one or more chants to help other persons as well.

The altar is set up relatively simply. Rune staves, incense, and a candle. Light the candle before you start. Tune into your inner Rune realm, be aware of the outer realm and the realms of creation. Yes! The tuning into the realms is a practice that should be second nature to you, no matter if you do an elaborate ceremonial or the simple drawing and projecting of a single Rune to have creative impact upon a situation!

Continue as follows:

1. Write down your wish and specify exactly what you want.

2. Chant:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

3. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.

We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

4. Chant MAN three times

5. Chant SIG-TYR three times

6. Chant:
NOD - NOD - NOD
Rune of the Norn
Help my awareness of karmic ties
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!

BAR - BAR - BAR
New life is sprouting
Through the birth-giving
Powers of BAR

FA - FA - FA
Grow, Thrive
With the Power of FA

SIG - SIG - SIG
The Power within
Is victorious
With the Power of SIG
I am living
From success to success!

MAN - MAN - MAN
MA, original word of abundance
My requests are merged with you
Increasing that
Which truly is mine

BAR - BAR - BAR
The blessing of BAR
Uses coincidence
Dissolves negativity and evil forces!
Protected by BAR
Surrounded by BAR
I enjoy the fruits
Of my requests!

AR - AR - AR
Completion and Success
from my immersion
In the Divine Power
Of the Sun

TYR - TYR - TYR
TYR-TYR, TYR-TYR, TYR-TYR
Wealth increases
Good fortune grows
The fruit of combat
Is victory.

7. Focus on your inner Rune realm for a brief period of time. As you are in tune with your inner Realm, notice all the Runes with which you have worked, glowing, pulsating and radiating life force, filled with strength. You are aware that your request is projected into the realms of creation from where manifestation comes. Know that you want the outcome. Know that your request is incorporated in the astral worlds.

8. Burn the paper onto which you have written your request.

Closing:

9. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

10. Extinguish all candles.

Grounding of surplus energy

11. Chant **IS** three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Ceremonial for Love

In essence, a ceremonial for love is also a ceremonial for success. However, there are some differences as compared to the success ceremonial proper, of course. For instance, you will add a petitioner's candle and a candle for the person who is to be attracted, whether a real life person or an envisioned potential partner whose characteristics are desired.

Ideally perform this ceremonial by yourself. Or you may have the person with you for whom you perform this ceremonial.

Have the altar prepared as described in the success ceremonial and add the petitioner's candle and a candle for the person to be attracted.

Preparation:

1. Prepare yourself as in the intro to the success ceremonial, bath, etc.

Set up the protective circle of Rune staves around the altar and yourself.

2. Take a piece of paper, draw a circle on it and then a lozenge in it by connecting the North-West- East- and South points of the circle.

Draw the Runes YR, EH and HAGAL inside the lozenge. Left of the Runes write the name of the petitioner, right the name of the person to be attracted or the characteristics of that person, if the ceremonial is not directed towards a specific person, but has the finding of a suitable partner as its objective.

3. Take the petitioner's candle and inscribe there the name of the petitioner in Runes.

Take the other candle and either inscribe the name of the person targeted or the characteristics of a person desired in Runes.

4. Initial meditation: Sit down comfortably for meditation. Leave everything of daily life, worries, etc., behind you, including your intent. Clear your mind. Clear yourself. Be aware of your inner rune realm. Be aware of your Divinity. See yourself in a sacred place or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will. Your inner Rune realm is the space within which is a basis of your work. You know that this inner Rune realm is connected with the outer Rune realm that you are about to establish energetically, and both realms are connected to the realms of creation.

Introduction

5. Light the Altar Candle and say the following:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.

Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

6. Take the cup with water or wine. Hold both hands over it. Be aware of the purpose of your ceremonial. Meditate upon the roots of all being. Through the palms of your hands project energy into the water or wine. Be aware that you established now an astral link with the water and be aware that it represents the principle of the soul, or of desire which is at the root of manifestation. Bless the water - do this mentally in silence. Be aware that the energies of the water increase as the ceremonial continues.

7. Take the body position of YR. chant YR three times:

YR -- YR -- YR

8. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

9. Take the body position of MAN
Chant MAN three times

MAN -- MAN -- MAN

10. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct

it so that it ultimately will manifest into your universe.

11. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

12. Take the body position of SIG-TYR and chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

13. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooossss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrriiiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth on is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me

Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

LIIIIlaaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;

To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyyyrrrrrrrr

A sixteenth I know:

If from wise maiden I desire joy of love

Then I change the intent of the maiden

And I turn her feeling around.

Eeeeeeeeeeeeh

A seventeenth I know:

To join together two lives

In love through wise law;

Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this

Know a just anyone else; for the best Everyone keeps for himself.

That which leads to the end of the songs.

The one only knows who is in my arms as my only lover.

14. Take the Rune dagger and write with it the names of the petitioner and of the targeted person into the air, using Runes. If there is no specific person targeted and the ceremonial is set to attract a lover that fits best the wishes of the petitioner, write the Rune YR into the air.

15. Light the candle of the petitioner and say:

This candle represents ... (me, or name of the petitioner), whose spirit, determination and intentions are as strong as this flame.

... will do everything in his (her, my) power to bring together two lives in love.

18. Light the candle of the person to be attracted and say:

This candle represents ..., who is attracted to ... by the power of the Runes and by the sincere motivations of ...

Set the Inner Rune Realm

19. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and they also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune FA. You see it surrounded with light and life force and pulsating.

You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.

You focus on the Rune EH. You see it surrounded with light and life force and pulsating.

You focus on the Rune LAF. You see it surrounded with light and life force and pulsating.
You focus on the Rune HAGAL. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for love. You may have prepared a bind-rune or a special talisman for success containing these Runes.

Now, being aware that your Rune realms are established and ready to work for you, you strengthen the Runes in action by continuing with the ceremonial.

20. Body Position of MAN

Look firmly at the flame of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Power of MAN,
Release my Power of Divine Magic.

21. Body Position of FA

Look firmly at the flame of FA and connect with it
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)

All-Creating Power of FA
Which is born in the Divine Fire
Act through me
And create magically!

22. Body Position of UR

Look firmly at the flame of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)

UR, Power of Origin,
Magical Power of the Roots
Of all Beings,
I increase my powers of healing
And my Powers
Of Being aware of the Causes

23. Body Position of THORN

Look firmly at the flame of THORN and connect with it
Visualize THORN in your inner Rune Realm
Chant the mantra of THORN
Chant (your intonation of the chant is individual)

Rune energies are pulsating within me
Rune energies radiate
Wherever I direct them responsibly.

24. Body Position of IS

Look firmly at the flame of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

One with the Will of the Universe

I am master of myself
And Master of my universe.
Full of Power and Harmony
I am radiating
A forceful field of Willpower.
My will is ruler

25. Body Position of MAN

Look firmly at the flame of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Magical powers stream to me

26. Body Position of HAGAL

Look firmly at the flame of HAGAL and connect with it
Visualize BAR in your inner Rune Realm
Chant the mantra of HAGAL
Chant (your intonation of the chant is individual)

Magical powers act within me

27. Body Position of IS

Look firmly at the flame of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

Magical powers act through me

28. Body Position of IS (arms up)

Look firmly at the flame of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

Self-aware I am antenna

I am drawing Rune energies and power
From the original realms of creation

29. Body Position of UR

Look firmly at the flame of UR and connect with it
Visualize UR in your inner Rune Realm

Chant the mantra of UR
Chant (your intonation of the chant is individual)

I am drawing the powers from the deepest depths
I am drawing from the realms of the Earth
I am drawing from the realms
Of roots-eternal
I am drawing from the roots
Of All-Mother

30. Body Position of MAN
Look firmly at the flame of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Self-Aware I am drawing the power
From the highest heights
I am drawing from cosmic realms
I am drawing from the spiritual realm of All-Father

Ritual for Love

31. Now you continue immediately with the ritual for love.
You are aware of the power of the Runes that you use in this ritual.

32. Light the candle of NOD
Body Position of NOD
Look firmly at the flame of NOD and connect with it
Visualize NOD in your inner Rune Realm
Chant the mantra of NOD
Chant (your intonation of the chant is individual)

NOD, Rune of the Norn
Bring together
The treads of destiny
Of (petitioner)
And of (person to be attracted)
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!

33. Light the candle of FA
Body Position of FA
Look firmly at the flame of FA and connect with it
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)

FA, Rune of HELP,
Rune of the BEGINNING
Rune of the FIRE of LOVE

Give your powers to (petitioner)

34. Light the candle of LAF

Body Position of LAF

Look firmly at the flame of LAF and connect with it

Visualize LAF in your inner Rune Realm

Chant the mantra of LAF

Chant (your intonation of the chant is individual)

LAF, Rune of life

Rune of love

Rune of the longing for the YOU

To make jointly

The journey of life

Join

With

35. Light the candle of EH

Body Position of EH

Look firmly at the flame of EH and connect with it

Visualize EH in your inner Rune Realm

Chant the mantra of EH

Chant (your intonation of the chant is individual)

EH, make two to be One

Join the two lives

Of ...

And ...

In love

36. Light the candle of HAGAL

Body Position of HAGAL

Look firmly at the flame of HAGAL and connect with it

Visualize HAGAL in your inner Rune Realm

Chant the mantra of HAGAL

Chant (your intonation of the chant is individual)

HAGAL, Rune of the Universe,

Create a new universe

For the two lives who joined in love.

Inner Rune Realm

37. Now for a brief time remain in your inner Rune realm. As you are in tune with your inner Rune realm, you see all the Runes for which you have lit candles glowing and pulsating therein. The Runes are very powerful, they radiate power and you are aware that these Runes will generate the results that you projected into the realm of creation. The closing ritual will symbolize this connection and trigger its action.

38. Look at the Hammer of Thor, your tool to send your request into manifestation!

39. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

40. Know that your request is now active in the astral. Drink the water or wine.

41. Burn the paper onto which you have just written your request. This action compares to putting a letter into a mail box. There is nothing else to do to get this letter to its destination!

Closing

42. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

43. Extinguish all candles.

Grounding of surplus energy

44. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Ceremonial for Love, simplified version

After you have practiced the full ceremonial at least three times, you may use a simplified version. This is possible now, since after practicing three times you will have built up enough runic power related to the ceremonial to boost this simplified version! If you add life force to this ceremonial (with a Welz Chi Generator), success of the ceremonial can certainly be achieved in a much shorter time and more abundantly! The simplified option is also possible for persons who have extensively practiced Rune magick before.

Again, you can perform this simplified version either alone or jointly with others. Group practice will increase its power.

The altar is set up simply, a set of Rune staves on it, incense, hammer of Thor, two candles, and a cup

Preparation:

1. Prepare yourself as you have learned earlier in this publication.

1.a. Set up your Welz Chi Generator. If you have an orgone radionics device, set the trend for the envisioned success and set the target for the Runes that you are using in this ceremonial (see the previous long form)

2. Write down your wish, specify exactly what you want.

3. Take the petitioner's candle, inscribe the name of the petitioner in Runic symbols.

4. Take the other candle and either inscribe the name of the person targeted or the characteristics of a person desired in Runes.

5. Initial meditation: Sit down comfortably and practice the initial meditation. Leave all daily life, worries, etc., behind you. This includes now also your special wish. Clear your mind. Clear yourself. Be aware of the inner Rune realm. Be aware of your Divine nature. See yourself in a sacred place and/or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will anywhere you want to project them. Your inner realm is the space within which you have the basis for your work. You know that this inner Rune realm is connected with the outer realm that you have built up and that both realms are in connection with the realms of creation.

Introduction

6. Light the altar candle and chant:

"Powers of the Light

Eternal in the Universe

Penetrate darkness.

Sacred flame, shine!

Bring Light into darkness.

Around darkness, around night,

Darkness has merged with the Light.

Original fire of FA,

Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

7. Chant YR three times.

YR - YR - YR

8. Light the incense and chant:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

9. Chant MAN three times

MAN -- MAN -- MAN

10. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

11. Chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

12. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooossss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrrriiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth one is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man

I settle it fast.

Iiiiiisssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

LIIIIlaaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeh

A seventeenth I know:
To join together two lives

In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

13. Take the dagger and write the names of the petitioner and the person to attracted into the air, in Runic symbols. Write the Rune YR into the air, if the ceremonial is for a relationship in general with no specific person.

14. Light the candle of the petitioner and say:

This candle represents ... (me, or name of the petitioner), whose spirit, determination and intentions are as strong as this flame.
... will do everything in his (her, my) power to bring together two lives in love.

15. Light the candle of the person to be attracted and say:

This candle represents ..., who is attracted to ... by the power of the Runes and by the sincere motivations of ...

Set the Inner Rune Realm

16. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and they also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune FA. You see it surrounded with light and life force and pulsating.
You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune EH. You see it surrounded with light and life force and pulsating.
You focus on the Rune LAF. You see it surrounded with light and life force and pulsating.
You focus on the Rune HAGAL. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for love. You may have prepared a bind-rune or a special talisman for success containing these Runes.

Now, being aware that your Rune realms are established and ready to work for you, you strengthen the Runes in action by continuing with the ceremonial.

Ritual for Love

Now you continue immediately with the ritual for love.
You are aware of the power of the Runes that you use in this ritual.

17. Look firmly at the stave of NOD and connect with the Rune
Visualize NOD in your inner Rune Realm
Chant the mantra of NOD
Chant (your intonation of the chant is individual)

NOD, Rune of the Norn
Bring together
The treads of destiny
Of (petitioner)
And of (person to be attracted)
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!

18. Look firmly at the stave of FA and connect with the Rune
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)

FA, Rune of HELP,
Rune of the BEGINNING
Rune of the FIRE of LOVE
Give your powers to (petitioner)

19. Look firmly at the stave of LAF and connect with the Rune
Visualize LAF in your inner Rune Realm
Chant the mantra of LAF
Chant (your intonation of the chant is individual)

LAF, Rune of life
Rune of love
Rune of the longing for the YOU
To make jointly
The journey of life
Join
With

20. Look firmly at the stave of EH and connect with the Rune
Visualize EH in your inner Rune Realm
Chant the mantra of EH
Chant (your intonation of the chant is individual)

EH, make two to be One
Join the two lives
Of ...
And ...
In love

21. Look firmly at the stave of HAGAL and connect with the Rune
Visualize HAGAL in your inner Rune Realm

Chant the mantra of HAGAL
Chant (your intonation of the chant is individual)

HAGAL, Rune of the Universe,
Create a new universe
For the two lives who joined in love.

Inner Rune Realm

22. Now for a brief time remain in your inner Rune realm. As you are in tune with your inner Rune realm, you see all the Runes for which you have lit candles glowing and pulsating therein. The Runes are very powerful, they radiate power and you are aware that these Runes will generate the results that you projected into the realm of creation. The closing ritual will symbolize this connection and trigger its action.

23. Look at the Hammer of Thor, your tool to send your request into manifestation!

24. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

25. Know that your request is now active in the astral. Drink the water or wine.

26. Burn the paper onto which you have just written your request. This action compares to putting a letter into a mail box. There is nothing else to do to get this letter to its destination!

Closing

27. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

28. Extinguish all candles.

Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Chant for Love

If your time is limited, a simple chant may be the answer. Although this is a simple practice and Runes are not drawn and projected with the usual intensity, it can still be quite effective, provided, of course, that you are a Rune Master and can work with the procedures involved on a non-conscious level. Otherwise the chant may become a simple array of words with little effect, if any.

You can perform such a chant with others, of course, or you can insert it into a larger ceremonial as an addition that makes use of the powerful energies of the ceremonial, even though it is not an integral part of it. For instance if the ceremonial is to help a specific person, you may insert one or more chants to help other persons as well.

The altar is set up relatively simply. Rune staves, incense, and two candles, a candle for the petitioner and a candle for the target. Light the candles before you start. Tune into your inner Rune realm, be aware of the outer realm and the realms of creation. Yes! The tuning into the realms is a practice that should be second nature to you, no matter if you do an elaborate ceremonial or the simple drawing and projecting of a single Rune to have creative impact upon a situation!

Continue as follows:

1. Take a piece of paper, draw the love symbol of your choice and both names or, if it is an attraction in general, not for a specific person, just the name of the petitioner.
2. Inscribe the name of the petitioner in Runic symbols on the petitioner candle.
3. Do the same with the other candle, either the name of the person attracted or "a lover" in Runic symbols.
4. Light the Altar candle and chant:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

5. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding

Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

6. Chant MAN three times

7. Light the candle of the petitioner and chant:

This candle represents, whose spirit, determination, and intentions are as strong as this flame. ... will do everything in his (her, my) power to bring together two lives in love.

8. Light the candle of the person to be attracted and say:

This candle represents ... who is attracted to ... (me, or name of petitioner)

8. Chant:

NOD - NOD - NOD
Rune of the Norn
NOD, bring together
The threads of destiny
Of
And of
NOD -- NOD -- NOD

FA - FA - FA
Rune of Help
FA, Rune of the Beginning,
FA, Rune of the Fire of Love,
FA, lend the your powers to
FA -- FA -- FA

LAF -- LAF -- LAF
Rune of life,
LAF, Rune of Love,
LAF, Rune of the longing for the YOU
To make jointly
The Journey of Life

LAF, join together ...
And ...
LAF -- LAF -- LAF

EH -- EH -- EH
Make two to one,
EH, join the two lives,
Of ...
And ...
In love
EH -- EH -- EH

HAGAL -- HAGAL -- HAGAL
Rune of the Universe,
HAGAL, create a new Universe,
HAGAL, for two lives joined in love
HAGAL, HAGAL, HAGAL

10. Focus on your inner Rune realm for a brief period of time. As you are in tune with your inner Realm, notice all the Runes with which you have worked, glowing, pulsating and radiating life force, filled with strength. You are aware that your request is projected into the realms of creation from where manifestation comes. Know that you want the outcome. Know that your request is incorporated in the astral worlds.

11. Burn the paper onto which you have written your request.

Closing:

12. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

Extinguish all candles.

Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Ritual to change bad luck into good circumstances

1. Prepare yourself as described earlier.
2. Put the set of Rune staves around yourself and the Altar
3. (not needed)
4. **Initial Meditation.** Sit down comfortably for meditation. Leave everything of daily life, worries, etc., behind you, including your intent. Clear your mind. Clear yourself. Be aware of your inner rune realm. Be aware of your Divinity. See yourself in a sacred place or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will. Your inner Rune realm is the space within which is a basis of your work. You know that this inner Rune realm is connected with the outer Rune realm that you are about to establish energetically, and both realms are connected to the realms of creation.

Introduction:

5. Light the Altar Candle and say the following:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

6. Take the cup with water or wine. Hold both hands over it. Be aware of the purpose of your ceremonial. Meditate upon the roots of all being. Through the palms of your hands project energy into the water or wine. Be aware that you established now an astral link with the water and be aware that it represents the principle of the soul, or of desire which is at the root of manifestation. Bless the water - do this mentally in silence. Be aware that the energies of the water increase as the ceremonial continues.

7. Take the body position of YR. chant YR three times:

YR -- YR -- YR

8. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.

May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

9. Take the body position of MAN
Chant MAN three times

MAN -- MAN -- MAN

10. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe.

11. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

12. Take the body position of SIG-TYR and chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

13. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)
I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooosssss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrriiiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth on is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

LIIIIaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeeeh

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

Activate the Inner Rune Realm

14. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and the also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune MAN. You see it surrounded with light and life force and pulsating.
You focus on the Rune SIG. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for success. You may have prepared a bind-rune or a special talisman for success containing these Runes.

Now, being aware of the function of each Rune that is part of the ceremonial, you strengthen the Runes in action by continuing with the visible ceremonial in your outer realm.

Ceremonial - the main part:

Strengthening an individual energy field

15. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Power of MAN

Release in me the Power
Of Divine Magick!

16. Body Position of FA

Look firmly at the Rune stave of FA and connect with it
Visualize FA in your inner Rune Realm
Chant the mantra of FA
Chant (your intonation of the chant is individual)

All-creating Powers of FA

Which is rooted in Divine Fire
Act through me
And Create Magickally!

17. Body Position of UR

Look firmly at the Rune stave of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)

UR, Power of Origin,
Magickal Power of the Roots
Of all Beings, of all things
Increase my powers
Of healing any situation
By being aware of the
Causes and of Causes of Causes!

18. Body Position of THORN

Look firmly at the Rune stave of THORN and connect with it
Visualize THORN in your inner Rune Realm
Chant the mantra of THORN
Chant (your intonation of the chant is individual)

Magickal currents are revolving within me
Magickal energies radiate from me
To wherever I direct them responsibly.

19. Body Position of IS

Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

One with the Divine Will of the Universe
I am master of myself
And master of my universe.
Filled with Power and harmony
I am a radiating and forceful
Field of Will power
My will is ruler!

20. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Magickal powers stream into me

21. Body Position of HAGAL

Look firmly at the Rune stave of HAGAL and connect with it
Visualize HAGAL in your inner Rune Realm
Chant the mantra of HAGAL
Chant (your intonation of the chant is individual)

Magickal Powers act within me

22. Body Position of IS

Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

Magickal Powers act through me

23. Body Position of IS (arms up)

Look firmly at the Rune stave of IS and connect with it

Visualize IS in your inner Rune Realm

Chant the mantra of IS

Chant (your intonation of the chant is individual)

Aware of Self

I am antenna!

I am drawing energy and power

From the realms of creation-eternal.

24. Body Position of UR

Look firmly at the Rune stave of UR and connect with it

Visualize UR in your inner Rune Realm

Chant the mantra of UR

Chant (your intonation of the chant is individual)

I am drawing the power

From the deepest depths

I am drawing the power

From the spheres of the Earth

I am drawing the power

From the realms of Origin-Eternal

I am drawing the power

From the roots of All-Mother!

25. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it

Visualize MAN in your inner Rune Realm

Chant the mantra of MAN

Chant (your intonation of the chant is individual)

Aware of Self

I am drawing the power

From the highest heights.

I am drawing the power

From cosmic realms

I am drawing the power

From the spiritual realm of All-Father!

Ritual to change bad luck

26. This strengthening of the individual force field of power is followed immediately by the specific ritual to change bad luck. You are well aware now of the Runic powers that you are using in this ceremonial.

27. Light the candle of NOD

Body Position of NOD

Look firmly at the flame of NOD and connect with it

Visualize NOD in your inner Rune Realm

Chant the mantra of NOD

Chant (your intonation of the chant is individual)

Rune of the Norn

Help my awareness of karmic ties

Help me dissolve of karmic ties

Change bad luck

My will power

Is top change

All problems,

Is to overcome

All challenges

NOD, Karmic necessity

Because of your Power

I am growing

Beyond misery.

28. Body Position of NOD (cross position)

Look firmly at the flame of NOD and connect with it

Visualize NOD in your inner Rune Realm

Chant the mantra of NOD

Chant (your intonation of the chant is individual)

Calling in need

Screaming,

Brethren of Hermes

I ask you

Be advisors

Be Helpers

To me

Who I am erring

And searching

Aepandi Nam

Brethren in the Universe

Be my assistance

Turn around Bad Luck!

If you perform the ritual for someone else, replace "me" with the name of the person whom you help, of course.

28. Light the candle of MAN

Body Position of MAN

Look firmly at the flame of MAN and connect with it

Visualize MAN in your inner Rune Realm

Chant the mantra of MAN

Chant (your intonation of the chant is individual)

MA, original word of abundance

My requests are merged with you

Increasing that

Which truly is mine

29. Light the candle of SIG

Body Position of SIG

Look firmly at the flame of SIG and connect with it

Visualize SIG in your inner Rune Realm

Chant the mantra of SIG

Chant (your intonation of the chant is individual)

Creator-Spirit

Dwelling within

Be victorious!

Inner Rune Realm

30. Now, for a brief time, connect with your inner Rune realm.

31. As you are in tune with your inner Rune realm you perceive all Runes for which you have lighted candles glowing and pulsating, filled with life and strength. You are well aware now that by means of these Runes your request is projected into the realms of creation from where manifestation comes. The closing ritual will symbolize this connection and trigger the creative action of these realms.

32. Look at the Hammer of Thor, your tool to send your request into manifestation!

33. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

34. Know that your request is now active in the astral. Drink the water or wine.

Closing

35. To close, chant:

Powers of the Runes

Thank you for your energies

Flow back to the

Sacred Realms of Creation!

36. Extinguish all candles.

Grounding of surplus energy

37. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Chant for Change

If your time is limited, a simple chant may be the answer. Although this is a simple practice and Runes are not drawn and projected with the usual intensity, it can still be quite effective, provided, of course, that you are a Rune Master and can work with the procedures involved on a non-conscious level. Otherwise the chant may become a simple array of words with little effect, if any.

You can perform such a chant with others, of course, or you can insert it into a larger ceremonial as an addition that makes use of the powerful energies of the ceremonial, even though it is not an integral part of it. For instance if the ceremonial is to help a specific person, you may insert one or more chants to help other persons as well.

The altar is set up relatively simply. Rune staves, incense, and a candle. Light the candle before you start. Tune into your inner Rune realm, be aware of the outer realm and the realms of creation. Yes! The tuning into the realms is a practice that should be second nature to you, no matter if you do an elaborate ceremonial or the simple drawing and projecting of a single Rune to have creative impact upon a situation!

Continue as follows:

1. Chant:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

2. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will

We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

3. Chant MAN three times

4. Chant SIG-TYR three times

5. Chant:

NOD - NOD - NOD
Rune of the Norn
Help my awareness of karmic ties
Help me dissolve of karmic ties
So that good fortune
And good luck can manifest!
NOD, because of you
NOD, I am growing
Beyond misery
NOD -- NOD -- NOD

Body Position of NOD (cross position)

NOD -- NOD -- NOD
Calling in need
Screaming,
Brethren of Hermes
I ask you
Be advisors
Be Helpers
To me
Who I am erring
And searching
NOD -- NOD -- NOD

If you perform the ritual for someone else, replace "me" with the name of the person whom you help, of course.

MAN -- MAN -- MAN

MA, original word of abundance
My requests are merged with you
Increasing that
Which truly is mine
MAN -- MAN -- MAN

SIG -- SIG -- SIG
Creator-Spirit
Dwelling within
Be victorious!

SIG -- SIG -- SIG

6. Focus on your inner Rune realm for a brief period of time. As you are in tune with your inner Realm, notice all the Runes with which you have worked, glowing, pulsating and radiating life force, filled with strength. You are aware that your request is projected into the realms of creation from where manifestation comes. Know that you want the outcome. Know that your request is incorporated in the astral worlds.

Closing:

7. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

Extinguish all candles.

Chant **IS** three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

Calling of the Soul mate

An ancient Greek myth tells us that in earliest times man became so powerful that the gods rightfully were afraid of being overthrown. To avoid this, they decided to split mankind into two sexes. Since then the sexes spend most of their time in finding each other. Consequently the gods were safe again. This, of course, is the myth of the twin soul.

Preparation:

1. Prepare yourself as described earlier.

2. Put the set of Rune staves around yourself and the Altar

4. Initial Meditation. Sit down comfortably for meditation. Leave everything of daily life, worries, etc., behind you, including your intent. Clear your mind. Clear yourself. Be aware of your inner rune realm. Be aware of your Divinity. See yourself in a sacred place or a place of power, surrounded by the Runes. You know that you can draw and project creative energies at will. Your inner Rune realm is the space within which is a basis of your work. You know that this inner Rune realm is connected with the outer Rune realm that you are about to establish energetically, and both realms are connected to the realms of creation.

Introduction:

5. Light the Altar Candle and say the following:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;
Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

6. Take the cup with water or wine. Hold both hands over it. Be aware of the purpose of your ceremonial. Meditate upon the roots of all being. Through the palms of your hands project energy into the water or wine. Be aware that you established now an astral link with the water and be aware that it represents the principle of the soul, or of desire which is at the root of manifestation. Bless the water - do this mentally in silence. Be aware that the energies of the water increase as the ceremonial continues.

7. Take the body position of YR. chant YR three times:

YR -- YR -- YR

8. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

**9. Take the body position of MAN
Chant MAN three times**

MAN -- MAN -- MAN

10. Focus on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe.

11. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the Hammer.

12. Take the body position of SIG-TYR and chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

13. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)

I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrrr (the mantra)

A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N

A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooosssss

A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrriiiiiit

This I know as a fifth: If in hostile flight
An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaaa

A sixth on is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

LIIIIaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeh

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.

The one only knows who is in my arms as my only lover.

Activate the Inner Rune Realm

14. Now you are ready to fully charge your inner Rune realm. Sit down or lie down in a comfortable position. As you are in this position you notice yourself being in this realm that you have established previously in your Rune training. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and the also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune IS. You see it surrounded with light and life force and pulsating.
You focus on the Rune LAF. You see it surrounded with light and life force and pulsating.
You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune GIBOR. You see it surrounded with light and life force and pulsating.
You focus on the Rune HAGAL. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for calling the soul mate. You may have prepared a bind-rune or a special talisman for this purpose containing these Runes.

Now, being aware of the function of each Rune that is part of the ceremonial, you strengthen the Runes in action by continuing with the visible ceremonial in your outer realm.

Ceremonial - the main part:

Strengthening an individual energy field (optional)

15. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it

Visualize MAN in your inner Rune Realm

Chant the mantra of MAN

Chant (your intonation of the chant is individual)

Power of MAN

Release in me the Power

Of Divine Magick!

16. Body Position of FA

Look firmly at the Rune stave of FA and connect with it

Visualize FA in your inner Rune Realm

Chant the mantra of FA

Chant (your intonation of the chant is individual)

All-creating Powers of FA

Which is rooted in Divine Fire

Act through me

And Create Magickally!

17. Body Position of UR

Look firmly at the Rune stave of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)

UR, Power of Origin,
Magickal Power of the Roots
Of all Beings, of all things
Increase my powers
Of healing any situation
By being aware of the
Causes and of Causes of Causes!

18. Body Position of THORN

Look firmly at the Rune stave of THORN and connect with it
Visualize THORN in your inner Rune Realm
Chant the mantra of THORN
Chant (your intonation of the chant is individual)

Magickal currents are revolving within me
Magickal energies radiate from me
To wherever I direct them responsibly.

19. Body Position of IS

Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)

One with the Divine Will of the Universe
I am master of myself
And master of my universe.
Filled with Power and harmony
I am a radiating and forceful
Field of Will power
My will is ruler!

20. Body Position of MAN

Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)

Magickal powers stream into me

21. Body Position of HAGAL

Look firmly at the Rune stave of HAGAL and connect with it
Visualize HAGAL in your inner Rune Realm
Chant the mantra of HAGAL
Chant (your intonation of the chant is individual)

Magickal Powers act within me

22. Body Position of IS

**Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)**

Magickal Powers act through me

23. Body Position of IS (arms up)

**Look firmly at the Rune stave of IS and connect with it
Visualize IS in your inner Rune Realm
Chant the mantra of IS
Chant (your intonation of the chant is individual)**

Aware of Self

**I am antenna!
I am drawing energy and power
From the realms of creation-eternal.**

24. Body Position of UR

**Look firmly at the Rune stave of UR and connect with it
Visualize UR in your inner Rune Realm
Chant the mantra of UR
Chant (your intonation of the chant is individual)**

**I am drawing the power
From the deepest depths
I am drawing the power
From the spheres of the Earth
I am drawing the power
From the realms of Origin-Eternal
I am drawing the power
From the roots of All-Mother!**

25. Body Position of MAN

**Look firmly at the Rune stave of MAN and connect with it
Visualize MAN in your inner Rune Realm
Chant the mantra of MAN
Chant (your intonation of the chant is individual)**

Aware of Self

**I am drawing the power
From the highest heights.
I am drawing the power
From cosmic realms
I am drawing the power
From the spiritual realm of All-Father!**

Ritual to attract the soul mate

26. Light the candle of IS

Body Position of IS

Look firmly at the flame of IS and connect with it

Visualize IS in your inner Rune Realm

Chant the mantra of IS, at least for one minute.

Chant (your intonation of the chant is individual)

Self-conscious I tune into

The flow of original will eternal

In the universe.

Pulsating in the force field

Of the will of the worlds

I am One with this will.

27. Light the candle of LAF

Body Position of LAF

Look firmly at the flame of LAF and connect with it

Visualize LAF in your inner Rune Realm

Chant the mantra of LAF

Chant (your intonation of the chant is individual)

Fulfill my desire for the YOU

Give me the mate of my path eternal

To a joint path of this life.

28. Light the candle of NOD

Body Position of NOD

Look firmly at the flame of NOD and connect with it

Visualize NOD in your inner Rune Realm

Chant the mantra of NOD

Chant (your intonation of the chant is individual)

Aware of original law of marriage

I accept it with my free will

Which allows me to overcome

The karmic ties of the NOD.

29. Light the candle of EH

Body Position of EH

Look firmly at the flame of EH and connect with it

Visualize EH in your inner Rune Realm

Chant the mantra of EH

Chant (your intonation of the chant is individual)

Filled with desire I am calling you

My call goes wherever you are

The power of the Rune EH

Will lead you to me

Will lead me to you

30. Light the candle of GIBOR

Body Position of GIBOR

Look firmly at the flame of GIBOR and connect with it

Visualize GIBOR in your inner Rune Realm

Chant the mantra of GIBOR

Chant (your intonation of the chant is individual)

With the power of GIBOR and GEA

Part of my soul

Enters my life

You are my lover

You are my twin

In gnostic marriage.

31. Light the candle of HAGAL

Body Position of HAGAL

Look firmly at the flame of HAGAL and connect with it

Visualize HAGAL in your inner Rune Realm

Chant the mantra of HAGAL

Chant (your intonation of the chant is individual)

HAGAL

Receiving and Giving

Unite us forever

With the power of All-Love.

Uses coincidence

Dissolves negativity and evil forces!

Protected by BAR

Surrounded by BAR

I enjoy the fruits

Of my requests!

Inner Rune Realm

32. Now, for a brief time, connect with your inner Rune realm.

33. As you are in tune with your inner Rune realm you perceive all Runes for which you have lighted candles glowing and pulsating, filled with life and strength. You are well aware now that by means of these Runes your request is projected into the realms of creation from where manifestation comes. The closing ritual will symbolize this connection and trigger the creative action of these realms.

34. Look at the Hammer of Thor, your tool to send your request into manifestation!

35. Know that you want the outcome. While dwelling on this attitude, be aware of the incense.

36. Know that your request is now active in the astral. Drink the water or wine.

Closing

37. To close, chant:

**Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!**

38. Extinguish all candles.

Grounding of surplus energy

39. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surplus energy.

IS -- IS -- IS

This is a ritual that you should not shorten with a chant.

Ceremonial of the Gnostic Wedding

This, of course, is a very special ceremony. It is for two persons who are well advanced in Runic practice and who like to seal their relationship with energies from the realms of creation. This way the relationship becomes a creative entity by itself. This ceremony marks the beginning of joint work of partners who are either already married or who have a marriage-like relationship. This ceremony can be used for a wedding.

It should be performed wither by the two partners jointly with no one else attending, or it can be performed jointly with a group.

The setup of the altar should reflect the ceremony. For instance, the names of the participants should be there, perhaps inscribed in candles with Runes. Personal objects that the participants want to charge can be there as well. There is a lot of flexibility allowed and the partners should prepare each step of the ceremony in detail. An alternative would be a Rune Master leading the ceremony. In this case the Rune Master says all chants, which then are repeated by the couple.

1. Initial Meditation:

Everybody sits down comfortably.

Leave all daily worries, worldly thoughts, etc., behind you and be aware of the special occasion the the uniqueness of the situation in which you are going to embark. Be aware of the Inner Rune Realm and strengthen it in preparation for the ceremony. Be aware that the inner Rune realms of both partners are joined in one and live in it. I suggest that this joining of inner Rune Realms should be practiced before the wedding ceremony.

Preparation:

2. All participants chant Odin's Rune Song.
3. Put the set of Rune staves around yourself and the Altar
4. Bless the personal objects that have been put onto the altar.

Introduction:

5. Light the Altar Candle and say the following:

"Powers of the Light
Eternal in the Universe
Penetrate darkness.
Sacred flame, shine!
Bring Light into darkness.
Around darkness, around night,
Darkness has merged with the Light.
Original fire of FA,
Burning since the beginning of times;

Light force of AR,
Born of the Sun
At the beginning of the worlds,
Give Light to the seeker!"

6. Take the cups with water or wine. Hold both hands over it. Be aware of the purpose of this ceremonial. Meditate upon the roots of all being. Through the palms of your hands project energy into the water or wine. Be aware that you established now an astral link with the water and be aware that it represents the principle of the soul, or of desire which is at the root of manifestation. Bless the water - do this mentally in silence. Be aware that the energies of the water increase as the ceremonial continues.

7. Everybody takes the body position of YR. chant YR three times:

YR -- YR -- YR

8. Light the incense and say:

May the power of the Runes
Lead us to a greater understanding
Of the Universe and of ourselves.
May the Power of the Runes
Further our path to Oneness.
We thank the singer of the Edda
For preserving the heritage of Atlantis.
We stride the direct path to Oneness.
We tear down the fences
That separate individuals, groups and nations.
Fences that have been
Erected by blindness.
We are wanderers to higher realms.
Unified with all people of good will
We work to achieve
A unified homeland of humankind
On the throne of which
Divine Spirit,
Divine Wisdom
Divine Love
Are ruling.

9. Take the body position of MAN
Chant MAN three times

MAN -- MAN -- MAN

10. Every participant focuses on the Hammer of Thor. You are aware that the energies of the burning candles are transmitted into the water by means of the incense and that the combined energy is then projected upon the Hammer of Thor, which now contains the synthesis of all energies. You are aware that you can direct the energy of the hammer of Thor wherever you decide to direct it so that it ultimately will manifest into your universe.

11. Hold your hand over the Hammer of Thor, feel the interaction between yourself and the

Hammer.

12. Take the body position of SIG-TYR and chant SIG-TYR three times

SIG-TYR -- SIG-TYR -- SIG-TYR

Activate the outer Rune Realm

13. Light the two candles that symbolize the couple.

Chant:

These are the candles
Of ...
And ...
The flames of the two candles
Are symbols of their love.

14. Charge the outer Rune realm as follows: Take your power rod, or dagger, and point at each Rune of the set around yourself and the altar while you chant the mantra of each Rune and follow up with its stanza from the magical poem. At the same time point at the Rune. Your partner (s) and other participants of the ceremonial go into body-and/or hand positions of each Rune that you chant. They join you in chanting the Rune and keep chanting the Rune while you recite the stanza.

Ffffffffaaaaaa (the mantra)
I know the Songs that no wise woman knows
And none of the children of men.
The first Song is HELP, and help it will
Against sorrow, hurt, and any distress.

Oooooorrrrrr (the mantra)
A second I know; quite useful to the children of men
Who practice the healing hand:
It chases disease and all pain,
It cures hurts and all wounds.

T H O R N
A third Song I know: If urgency tells me
To tie the opponent with magic
Then I dullen the steel of my foes
So that their swords will not cut anymore.

Oooooosssss
A fourth Song I know: If an enemy puts
A tie of pliable limbs;
Then I speak the spell, the shackles break on the feet
And the fetters break on the hands.

Rrrriiiiiit
This I know as a fifth: If in hostile flight

An arrow shoots into the crowd;
Not matter how it threatens, I block its force
By grasping it tightly with the look of my eyes.

Kaaaaaaa

A sixth one is mine: Should a warrior hurt me
With the roots of soft wood;
This warrior who awakens the hate within me
Shall be struck before it gets me.

H A G A L

A seventh I know: If the hall blazes high in flames
Above all the people;
No matter how it burns, I still save them all.
The Magic I know to perform.

Nnnnnnoooooood

An eighth one is mine: quite useful to hear
For all the people in danger and need.
Where hate should arise between man and man
I settle it fast.

Iiiiiissssss

A ninth one I know: I danger is out in the sea
To protect my dear ship
I conjure the wind on the billowing floods
An I sing into slumber the sea.

Aaaaaarrrrrr

A tenth one I know: When ill wishing spirits
Fly high in the air; I cause them to turn around
Back to their homes, deprived of their covers;
Back to their roots, bewildered their minds.

Sssssiiiiig

This I know as eleventh: Then I Lead
Into battle the friend, the beloved;
I sing it into his shield, so he will win in battle
And luck around him everywhere.

Tyyyyyyrrrrrr

A twelfth one I know: If I see the hanged man
On the tree, shaking in the wind
Then I scratch and I stain Runes
The warrior can talk and descends from the tree.

Baaaaarrrrrr

A thirteenth I name: If I wet the Son
With holy water
When he is facing the foes he cannot perish
And no blade can strike him into the dust.

LIIIIlaaaaaaffffff

A fourteenth I sing to all the assembled people
When I name the Divine names;
For nobody knows the characters of Albs
And of all Ases as well as I do.

Mmmmmaaaaaannnnn

A fifteenth I count: That which Volkrast, the gnome
Sang by the gates of the day;
To strength for the Ases, and to force for the Albs,
And to clear my own senses.

Yyyyyyyrrrrrrrr

A sixteenth I know:
If from wise maiden I desire joy of love
Then I change the intent of the maiden
And I turn her feeling around.

Eeeeeeeeeeeeh

A seventeenth I know:
To join together two lives
In love through wise law;
Both are willing, and no one will lightly part after this.

G I B O R

An eighteenth I learned, but I would not let this
Know a just anyone else; for the best Everyone keeps for himself.
That which leads to the end of the songs.
The one only knows who is in my arms as my only lover.

Activate the Inner Rune Realm

15. Now the couple and other participants are ready to fully charge your inner Rune realm. Everybody sits or lies down in a comfortable position. The couple may connect so that the energies circulate freely within them and spiral to higher and higher levels of intensity. The meditation should be adjusted to the occasion. There is a lot of room for the couple to decide how the Rune realm should look.

As you are in this position you notice yourself being in this realm that you have established previously in your Rune training, and you are there together with your partner. You know that all Runes are present and that you are amidst them. You can now draw and harness them at will and you can direct them wherever you intend to do so. For this specific ceremonial you have Runes charged in your inner realm. As you notice them charged, you know that these same Runes stay in contact with the same Runes in your Outer Realm where others can FEEL their presence and the also stay in contact with the same Runes in the realms of creation, from where their specific powers of creative impact are continuously drawn during this ceremony.

You focus on the Rune NOD. You see it surrounded with light and life force and pulsating.
You focus on the Rune LAF. You see it surrounded with light and life force and pulsating.
You focus on the Rune TYR. You see it surrounded with light and life force and pulsating.
You focus on the Rune EH. You see it surrounded with light and life force and pulsating.
You focus on the Rune GIBOR. You see it surrounded with light and life force and pulsating.
You focus on the Rune HAGAL. You see it surrounded with light and life force and pulsating.

You are aware that each of these Runes is a key to your ceremonial for calling the soul mate. You may have prepared a bind-rune or a special talisman for this purpose containing these Runes.

NOD gives awareness of karma. It brings you in contact with your karmic background and it is the key to overcome karma and to grow beyond karmic limitations. NOD helps you understand karmic reasons for the two becoming one in the Gnostic wedding.

LAF gives you knowledge of the cosmic law that ties two lives together and protects the union and embrace where the two join into one.

TYR as the Hammer of Thor has the goal of synthesis through unification of the male and female energies.

HAGAL gives universal union, or embrace, that generates a new universe, or a new world crystal.

EH reminds the partners of the law of the union which leads to the completeness of GIBOR

GIBOR is the wheel of life, which is turned as a result of union in mutual embrace.

Now, being aware of the function of each Rune that is part of the ceremonial, you strengthen the Runes in action by continuing with the visible ceremonial in your outer realm.

Ceremonial - the main part:

16. Light the candle of NOD

Body Position of NOD

Look firmly at the flame of NOD and connect with it

Visualize NOD in your inner Rune Realm

Chant the mantra of NOD, at least for one minute.

Chant (your intonation of the chant is individual)

Accepting the law of nature

Which is at the root of marriage

We are happy to accept is fully

And to elevate ourselves

Beyond any constraints

That karma may bring.

17. Light the candle of LAF

Body Position of LAF

Look firmly at the flame of LAF and connect with it

Visualize LAF in your inner Rune Realm

Chant the mantra of LAF

Chant (your intonation of the chant is individual)

In love connected with each other

We are striding towards a common goal.

Nothing can separate us now.

The Power of LAF protects is
It ties us together.

18. Light the candle of TYR

Body Position of TYR

Look firmly at the flame of TYR and connect with it

Visualize TYR in your inner Rune Realm

Chant the mantra of TYR

Chant (your intonation of the chant is individual)

Striving towards each other

Leaving behind our isolation

Th power of the Hammer of Thor

Unifies us in embrace

19. Light the candle of HAGAL

Body Position of HAGAL, formed by two persons, each posing NOD, facing each other.

Look firmly at the flame of HAGAL and connect with it

Visualize HAGAL in your inner Rune Realm

Chant the mantra of HAGAL

Chant (your intonation of the chant is individual)

HAGAL! Man and Woman

Giving, Receiving,

Balance Eternal of the World Crystal

20. Partners rotate slowly while chanting three times NOD, then three times HAGAL.

21. Light the candle of EH

Body Position of EH

Look firmly at the flame of EH and connect with it

Visualize EH in your inner Rune Realm

Chant the mantra of EH

Chant (your intonation of the chant is individual)

Two worlds of Life

Two waves of Ego

Two wills of EGO

Two Sould

Are now One

In the eternal law

Of marriage.

The Sacred Cosmic Embrace is happening

Thanks to the power

Of All-Love.

22. Light the candle of GIBOR

Body Position of GIBOR

Look firmly at the flame of GIBOR and connect with it

Visualize GIBOR in your inner Rune Realm

Chant the mantra of GIBOR

Chant (your intonation of the chant is individual)

Two powers
Two sould
Embrace each other
Creating
In cosmic ecstatic joy.

23. Drink the water or the wine.

24. Meditate for several minutes

25. To close, chant:
Powers of the Runes
Thank you for your energies
Flow back to the
Sacred Realms of Creation!

26. Extinguish all candles.

Grounding of surplus energy

27. Chant IS three times while imagining all energies draining into the ground and your room being cleared of all surpolus energy.

IS -- IS -- IS

Chant for successful creativity

KA -- KA -- KA
Highest skill are mine
KA -- KA -- KA
Thanks to the powers of the Rune KA.
KA, highest knowledge and cosmic wisdom
Are coming towards me with the powers of KA
Dwell within me with the powers of KA
KA -- KA -- KA

TYR -- TYR -- TYR
TIU - Ziu
Force of formation
Which is apart
Of the eternally
Creating Original Power
TYR -- TYR -- TYR
Will to create, Will to form,
Part of myself, part of every being
Like lightning you kindle in me
The creative power of becoming
TYR -- TYR -- TYR

AR -- AR -- AR
Sacred power of Light
AR -- AR -- AR
Through me
Channel that
Which is good and beautiful
AR -- AR -- AR

OS -- OS -- OS
Magically increase
The power of my words
OS -- OS -- OS
And the force of my convincing speech

HAGAL -- HAGAL -- HAGAL
HAGAL, formative powers
Or the universe, flow to me!
HAGAL, formative powers
Of the universe, act in me
HAGAL, formative powers
Of the universe act through me!
HAGAL -- HAGAL -- HAGAL

SIG-TYR -- SIG-TYR -- SIG-TYR