

Gnostic Runology – The “HAGAL” Rune (Historically)

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The “Hagal, Hakel” or H-Runes According to Friedrich Fischbach (1900)



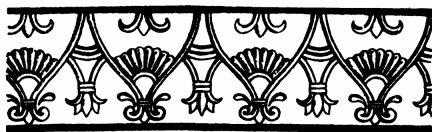
In close relation to the *Kien*-Rune, this Rune stands as the character for "H", because it is the Hook- or Connection-Rune.

The previous designation that *Hagal* = Hail is senseless. Too little attention was paid to the fact that *Hakeln* = Binding = Connecting. To assume the meaning of this Rune to be 'Hail' (as in Projectiles of the *Valkyries*) may be poetic, but is very far-fetched.

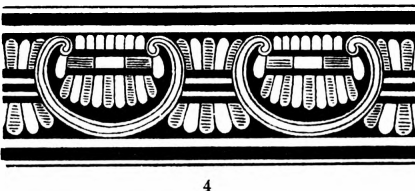
So, what has the *Hakel*-Rune to do with Fire-Worship? Very much. The depicted Consecrated-Altar shows the two Logs fastened with Cords. This symbolizes the Rotation-Cords, as well as the Connection with the Trinity of the Godhead [*Gottheit*].



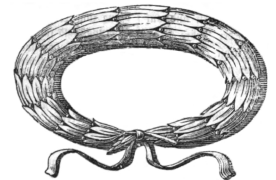
The Connection-Line is often doubled in the Rune. As a Rule, it is the two parallel Altar-Woods that appear connected. Exceptionally, we also see crossed Woods united by a vertical Line.



The Line connecting the Wood-Pieces is found as Volutes or Spiral ornaments on the *Ionic* column capitals, which can thus be explained from an inverted Altar-Plate.



The sacred Woods were transformed into Foliage-Wreaths [*Laubgewinde*]. What somehow belonged to Fire-Worship was then used as a motif in Temple-Ornamentation. Its Basic-Scheme remained, even after its meaning in Worship had fallen into obscurity.



The rowed Fire-Altars were similar to Pyramids (or triangular shapes) and, furthermore, the Fire-Cords were used in this Scheme. It was then so richly unfolded, aesthetically pleasing and colorful, that the ideal Basic-Form is veiled, i.e. hardly recognizable.

The “Hagal, Hag, Ha” Rune According to Guido von List (1907)



hagal = the All Nurturing/Cherishing, to enclose; Hail, to destroy.

A Seventh I know, if I see a Fire
High around the Housing of Men;
However wide it burns, I will bring it to Rest
with taming Magical-Singing [*Zaubergesange*].

hagal=, hag=, ha=Rune * H
hagel=Rune *

Hagal! – The Inner-Feeling or Introspectiveness [*Innerlichkeitsgefühl*] (the Consciousness [*Bewusstsein*] of carrying one's God with all His Characteristics enclosed within oneself) produces a high Self-Confidence in the Force of the individual Spirit, which gives Miraculous-Power. This Miraculous-Power is inherent in all Humans who believe in it with a strong Spirit, convinced beyond any shadow of a doubt.

Christ, who was one of these rare Humans (as was *Wotan*) said: “Verily, verily I say unto you, if someone were to say to this stone: ‘move yourself away!’ – and he believes in it – then this stone would lift itself away and fly into the sea.” [Mark 11:23]

Sustained by this Consciousness (which is beyond any shadow of a doubt), the Chosen One controls the Physical and the Spiritual realms, which is contained all-inclusively, and thereby one feels oneself to be all-powerful.

Therefore: “Lovingly-Care for the Universe in Yourself, and You will control the Universe!”

Note: According to von List, this Rune is the neither a vowel, nor a consonant, instead it is the “Aspiration sound” (to aspirate means the pronunciation of the letter "h" at the beginning of a word, so it is to make the H-sound while inhaling).

The “Hagall” Rune According to E.T. Kurtzahn (1924)

Exoterically: Wisdom, Androgyny [*Weisheit, Androgynität*].

Esoterically: God-Self [*Gott-Ich*].

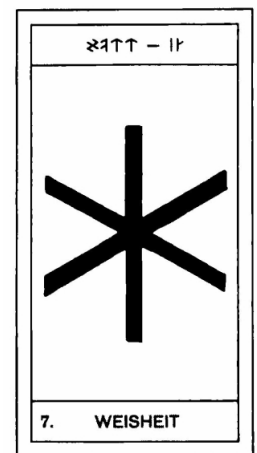
Generally: “to nurture/cherish the Universe”, to enclose; Hail, to destroy, Air, Wind, etc.

This Rune is not (as is often erroneously assumed) essentially a Mischief-Rune, but rather the Opposite! For whosoever feels God in themselves, whosoever cherishes and encloses God in themselves as the Universe, no Harm can come to them at all, since they no longer feel themselves as being one with their physical body and, thus, they are truly Wise.

On the other hand, this Rune, which is composed of the Man-Rune 𐌺 (Spirit) and the Woman-Rune 𐌾 (Substance), is the full Symbol of that Androgyny (Male-Female), which not only dominates the Cosmos everywhere, but also allows it to come into being in a perceptible way.

In my opinion, the actual inherent Mischief of this Rune (for the Discerning person) lies in the cold meaning of this Rune as a secret emblem for the flesh body, upon which our actual Self (Jesus Christ the Son in us!) is crucified. Furthermore, one may have known that the Rain mixed with Hail [*Hagel*] comes from the Cosmos as a Fire-Extinguisher. Thus it is first Benefactor, and later became Mischief-Maker arbitrarily through Magic.

This happened by laying out *Hagall*-Rune-Staffs or *Hagall*-Runes secretly on the blooming fields of envied neighbors, a custom which unfortunately is practiced even today in different regions of Germany from time to time. Probably because the Average-Person is closer to Evil than to Good, therefore, this Rune belongs to the cold and hostile, but wise Planet Saturn (♄).



The “Hagal, Halga, Galga, Gilg” Rune According to R.J. Gorsleben (1930)

Letter H and Number 7.

In the Nordic realm, *Hagal* is represented by the Hooked- or Multiplication-Cross (a Swastika or X shape) which is elevated to be a Processional-Image [a picture or banner in a funeral procession]. In the Germanic realm, *Hagal* is represented by the Rear-Gate of the Healing-Enclosure.

It is only through the Idea-of-Cultivating Perfection in the Species (according to Blood and Disposition) that the Family becomes a Clan. When the Priests still mastered the Art of Human-Cultivation/Breeding [*Kunst der Menschenzüchtung*], Marriage [*Hochzeit* or Peak-Time] was the Time-to-Nurture [*Hegezeit*] what is Elevated, it should be High Cultivation [*Hohe Zucht*].

Dr. Friedrich Teltscher's *Ur-word* is *Ewiger Wechsel*¹ meaning "Eternal Change/Exchange".

A seventh I learned, if the hall is burning
With fire around bench and comrades;
However bright it burns, I will banish the blaze,
As soon I sing the magic chant.



The *Hagal* Rune is hiero-glyphic = "holy-script", it is a pictographic-script of the *All-Hag*, the All-embracing, the World-All, *Allah il Allah*, *Wal-Hall*, the God-All, the One-All [or All-One], the Man-All, the Male-All, the Human-All.

Hagal, holy [*halga*], *Galga*, Lily [*Gilg*]. "The Cohesion of the World", it is the Basic-Structure for the Formation-of-Crystals. On the parchment of the *Wessobrunner* Prayer, this Rune appears in the place of the God-Syllable 'Ga' and is therefore a sacred Character. In its Negative or Inverse aspect, it is also called *Hagel* (represented by the tipped Rune ✱), which signifies Death & Destruction, as well as Air & Wind.

✱ The *Hagall*-Rune represents the World-Cross, with the *Radix*, the Root, the Hub in the Middle, in the Point-of-Intersection of its Branches, around which the World turns on its Axis (spiritually as well as physically).

As Microcosm (or Little-World) it represents the Human-Being, and as Macrocosm (or Big-World) it is the Universe [*Weltall*] in its largest conceivable Expansion. As "little", it is an Image and Reflection of the Human-Being, it is the Extent of one's physical and spiritual Self-Boundary. As "big" it is, understood in the Meaning of 'valuable and spiritually important':

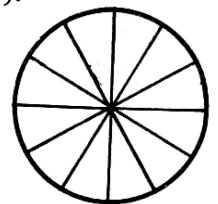
- 1) it is, The Human-Being as is,
- 2) it is the perfect Human-Being, and
- 3) it is Macrocosm, the big World itself.

The *Hagal* Rune is the Rune-of-Humanity, and especially of Adam (the androgynous first human). It is the symbol of creation, of the world circle, of the wheel of the world. The Human-Being is a living *Hagal*-Rune, an Analogy [*Entsprechung*] of the great *Hag*-All, which is given by the Zodiac.

Indeed, the *Hagal* Rune ✱ can also be thought of as consisting of the *Man*-Rune ʏ and its reversal, the *Woman*-Rune or *Yr*-Rune †. These Runes (*Man* & *Yr*) may also be considered as corresponding to the Celestial & the Terrestrial, Heavenly & Earthly, the Macrocosm & the Microcosm, the Universe & Humanity.

✱ The Human-Family is symbolized by the *Hag-All*-Rune, the Humanity-Rune, with its 6 Branches and the one Center-Point (which elevates it to the Seventh, to the Divine).

The double *Hag-All*-Rune (with 12 Branches) is the symbol of reincarnation, of resurrection. But it is also the "spine" with the twelve dorsal vertebrae of Adam Kadmon, who fills out the world with his body and spirit. The spine of the heavenly body of the zodiac, the twelve-part Zodiac of the Heavens. "Take care of the universe and care for it within yourself, and thus you are ruling the universe!"



Hagal is the *Ur*-Scaffolding, the spiritual *Ur*-Christ or the Christ-*Uhr* (*Uhr* = clock/time), the time of God, eternity. "Behold, I am with you every day", says the Christ-*Uhr*, the *Ur*-Christ, the Son of God, "I am the beginning and the end..."

¹ Translation note: *Wechsel* is when something is exchanged for something else (one thing changes for a different thing), such as when changing the tires on a car. Also see *Fa* Rune notes.

The *Ur*-shape of the word Christ is indeed *Aristos* or *Haristos*. The Greeks and many others, have replaced the H (or aspiration sound) with a K, G, I, Ch (a throat sound). All languages have taken over this *Ur*-word *Hari* (meaning the High one) and made it into “Chri-” or “Kri-”. “Har” = “Aar”, the superlative of which is the *Haristos*, the “Christos”.

In India, one of Vishnu’s names is *Hari* (and one of Vishnu’s incarnations was as *Krishna*). In Hebrew *Hari* became: *Heres* or *Hammah* (meaning the Sun). In Arabic the word was changed to *Haris*, with the meaning of maintainer, protector. In modern Swedish, *Hari* means “herein” or “in this”.

Numerous artifacts show this *Chrismon* or *Krismon*, this *Harimon* (*Hari*-Man or *Ar*-man), already in pre-Christian times, and as such on a coin from the time of Ptolemy III which is dated to at least 1000 BC. The *Chrismon* originated from the *Christ-all-siegel* (the “crystal seal”) of the high and holy Rune name of the Lord: *Arahari*, which came to its Runic-image expression in the *Hag-all* Rune (this we will explain below).

Let’s understand that, in the *Kala* (the Nordic Kabbalah): Christ, *Christos*, *Charistos*, *Haristos*, *Aristos* are related to *Ar* or *Aar*, the eagle and the symbol of the Sun. They are also related to the term *Ar-yan*, which is runically written AR-I-AR: $\text{A} \mid \text{K}$ (with the second AR Rune reversed or flipped). These three Runes together are understood as meaning:

$\text{A} \mid \text{K}$
 1st AR (Sun) IS (I or Self) 2nd AR (Earth) = the Self between the Sun and the Earth

This brings us closer to the mystery of the son of man and of God. If we twist and turn the AR Rune around the IS Rune axis, then we get 4 different positions which make the Hag-All Rune. These four AR Runes would be read as “AR-AR-AR-AR”!

$\times \text{A} \text{K} \text{A}$

If we attach the sounds of the Hag-All and of the IS-Rune (the H and I) to the four AR Runes, then we get the array of sounds, which we want to pronounce loudly: “AR-AR-AR-AR-H-I”

$\text{A} \text{A} \text{A} \text{A} \times \mid = \times$

By means of partial contraction and reversal of these Rune sounds: we receive a word. This word speaks out the name of the Highest God: “ARAHARI”.

If we add still another Rune, then we get the Runic *Ur*-image of the “monogram of Christ”:

$\times \text{A} = \times + \text{P}$ Pard Rune, part of the B Bar-Rune

This symbol is composed of the X-cross (which means ‘the world’ or ‘the universe’), and the *Pard* Rune P (the Rune of the Son) which is the half of a BAR-Rune B (the Mother-Rune).

It is no coincidence that the *Hagal*-Rune is called “the head of the *Aesir*”, “the head of the *Aristos*”, of the *Haristos* (which means ‘the Highest One’). Jesus was an *Essene* (a word which reminds us of the *Aesir*, the Nordic gods). Here the God-self or Divine-self (the IS-Rune $\mid$, the Rune of the self) was nailed to the X-cross of the God-All or Divine-All (the world or universe).

Investigating this Rune more closely, as consisting of the IS-Rune and the X-cross (the cross of Saint Andrew), we receive more information. This X-cross is composed of two lines: the ascending *Bar*-line $\nearrow$ and the descending *Balk*-line $\searrow$.

$\nearrow \mid \searrow$
Bar-Line or Life-Line, *IS*-Rune *Balk*-Line or Death-Line,

an auxiliary Rune.
Bar = life, carrier, birth.

an auxiliary Rune.
Balk = shell, death.
 A beam ("*Balken*")
 is dead wood.

This mystical grouping, related with the crucifixion, originated from the content of the ideas of these Rune-symbols. The "Is" Rune | (the vertical line) and the "Sie" Rune — (the horizontal line) is also called IS-SIE $\perp$. Laid on top of each other, they result in ISIS: the god-human, the All-Christ, the *Krist*-All. Now, let us consider the other crosses at the Crucifixion. The right criminal is the *Is*-Rune, intersected by the *Bar*- or life-line and forms the Rune of marriage (*Ehe* †). The left criminal (the one who is unwilling to improve) is the *Is*-Rune intersected by the *Balk*- or death-line and is forming the *Not*-Rune ‡ . The contrast (the law of polarity of all life) comes into play here. By way of crossing (or the action of two energies, like fate and free-will), there is always tension.

As we have mentioned, the Hag-all Rune speaks the name *Arahari*: *Aar* = 'Sun' and *Hari* = the High One; which, in the Greek language, took the form of the so-called monogram of Christ (that contains the initial letters of the Greek word *Christos*):

Latin:	Ch		R		I	=	ChRI
Greek:	X	+	P	+	I	=	

The X (Greek letter *Chi*) and the P (Greek letter *Rho*), as "monogram of Christ" still leads us to a further symbol. In Greek mythology we know the Centaur *Chiro-n*. What is a centaur according to the mythical image? A man-horse, a horse body and legs with a human torso, arms and head. Therefore, with the Greek letters *Chi* & *Rho* (X & P) we can justify the name of the *Chiron* in a monogramistic sense better than the name of the Christ.

In *Chiron* we recognize an initiated person who teaches the noble youth all wisdom. Many great men have been disciples of Chiron according to legend. Through the Nordic Kabbalah, the *Kala*, we can disassemble this symbol into: *Ross*-man (horse-man), *Hross*-Mann, the *Kross*-man, the Cross-man: the Christ.

However we also know the monogram of Christ, the Hag-all, as the "wind rose", Wodan's wind-ross (wind-horse) named *Sleipnir* (the breath of the world).

The wind-ross (wind-horse) therefore is the *Kreuz*-ross (Cross-horse), the *Ross*-kreuz (Horse-cross), the Cross (*crux*) in general. From the *ross* to the *rose* is only a little jump in the language of the mysteries, and we arrive at the "Rose-cross" or "Rosicrucians". One of the secrets, of the ancient mystery orders, was to veil their wisdom under these mysterious images, in order to protect the higher knowledge from the misunderstanding of the masses...

The "Hag-All, Hagal" Rune According to S.A. Kummer (1932-1933)

 (H) The H-Rune, *Hagal*, *Hag-All*, *All-Hag*, God-All, *Wal-halla*, *Val-Halla*, *Allah*, World-All, Man-All; Grove [*Hag*], nurture/cherish, enclose, contain within oneself, all-inclusive, the Key *hagal* to all murmuring Runes, to the holy great Universe – Numerical value 7.

The *Hagal*-Rune is the World-Rune, the World-Cross, the World-Tree, around the Middle-Point, Hub, Navel, of which the whole spiritual and physical World revolves, the rotating Microcosm and Macrocosm.



The *Hagal*-Rune, the male-female Unity, the All-World-Rune, is also called the Head-of-the-Æsir, which means the highest Initiation. But whosoever cannot and does not want to sacrifice

themselves will never reach the All-Father, which is why *Wotan* says on the World-Ash-Tree: “I consecrated myself to myself!”

The *Hagal*-Rune is the most-perfect Rune; it is masculine and feminine, it consists of the *Man* ƿ and *Yr* ʀ Runes, the *Is*-Rune ǀ and the *Ge*-Rune ƿ (the Multiplication-Cross), but also the *Not*- ƿ and *Eh*-Runes ƿ.

Hagal is Rune of the holy Seven: the seven Senses, the seven Tones and the seven Colors; and of the great Filter of Harmony, of the eternal Wisdom in the divine, all-embracing Self [*Ich*]. It is also called the Seven-*Hag*-Cross, the old Seven-er, the seventh, and the seventh Knower.

Hagal also reveals itself in the spatial directions of the snow crystals. Crystal = *Krist*-All = Christ-All = All-Christ = Christ; the Framework, the All-Framework. Christ = the Carpenter’s-Son of God of the Universe and World-Builder. *Krist*-All, the self reflecting, cosmic Universe; the *Krist*-All-Stone, the *Krist*-All-Ball in its Mystery-Exercises to recognize the *Krist*-All in the reflecting Crystal and to receive Information about Past, Present and Future.

The *Hagal*-Rune also corresponds to the South-North World-Axis, to the *Ich* Rune ǀ and the *Ge*-Rune ƿ with their Solstice-Points ☼ From the *Hagal*-Rune the *Wendehorn* ƿ, Turning-Horn, listening/hearing, procreation, Conception/Creation.

It is a Salvation-Rune consecrated to the Moon, which was formerly used for white-magic Purposes and was very disreputably used in its *Daemonium* ƿ as a Magical-Character under the Influence of the Full-Moon.

Hag-All, the murmuring Universe, the Universal-Murmur that opens all the doors of Spirit and of Realization, the auspicious Mandrake-Root in the Form of the *Hagal*-Rune, or the Mandrake-Root dug out at the New-Moon in the Form of the *Wendehorn* ƿ, which is supposed to provide magical, supernatural Abilities.

The *Hagal*-Rune is also found in the Hexagon and in the Six-Pointed-Star, which is the Star of Rebirth, of Gender, of ascending and descending Life in the World-Ash-Tree *Yggdrasil*. The three upper branches of the World-Ash-Tree *Yggdrasil* are Becoming, Being and Passing-Away, and its three roots point to the Past, Present and Future.

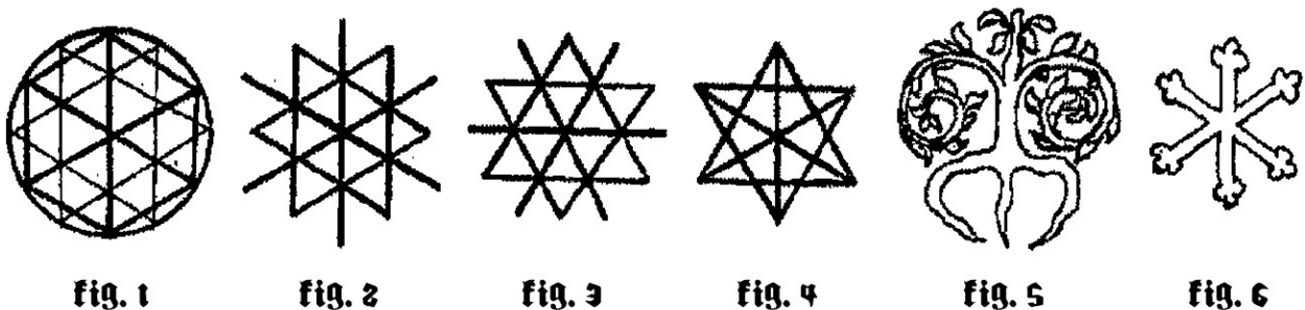


Fig. 1 Hexagon containing all 18 Runes.

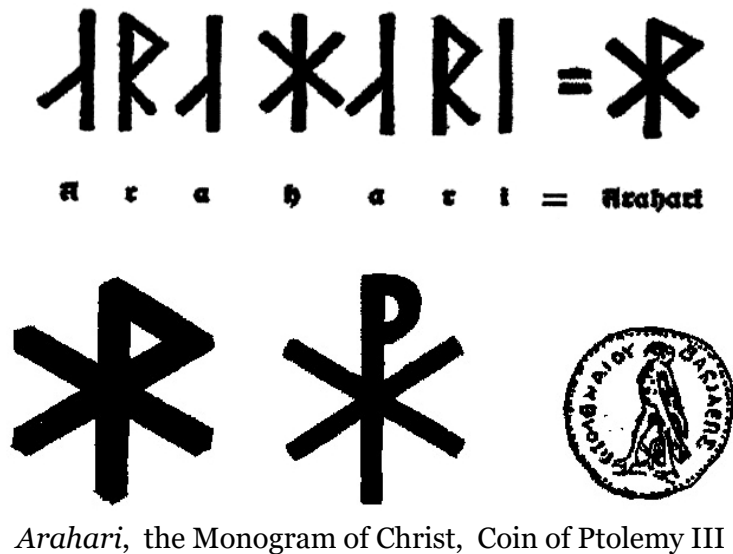
Fig. 2 The Hexagram of the germanic Initiate-Sigil.

Fig. 3 & 4 The Six-Pointed-Star, the germanic-Sigil, laid sideways.

Fig. 5 The World-Tree: the World-Ash-Tree *Yggdrasil*.

Fig. 6 The All-Raune.

The *Hagal*-Rune is also the Symbol of the World-Wheel, the masculine and feminine Circles of the Twelve Houses of the Zodiac (wherein the high 13 is hidden).



On the Coin of Ptolemy III from the Year 300 BC, the Monogram of Christ is seen between the Legs of the Eagle.

The *Hagal*-Rune is the Rune of the Currents of the Universe, of the Air. It contains the great Mystery/Secret of the Art-of-Breathing.

The *Hagal*-Rune shows us the recognition of Divine-Liberty, the Divine-Force, the Divine-Unity and Immortality with the Cosmos and with Eternity, through which Humanity will redeem itself.

The Demonic of the *Hagal*-Rune is the *Hagel*-Rune ✱ . It means Destruction, Annihilation, Death, Hailstorm, Wind. Tension-fracture, Hatred, black Magic, the un-nurtured Descendants sinking into the darkness.

Hag = All, to enclose the Universe in oneself, to feel God All-Father in the innermost *Ich*, who leads to the holy Grail, to the Divine-Sonship.

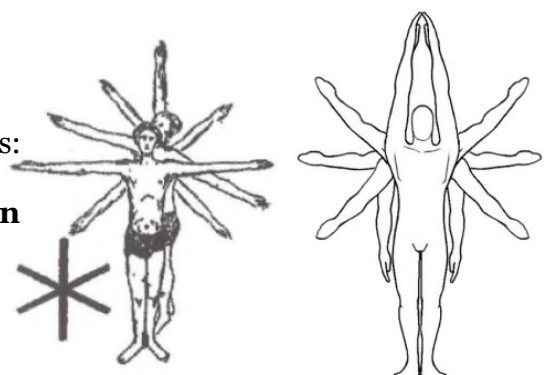
All eighteen Runes of the Futhork, all the Fine-Force-Streams of the Microcosm and Macrocosm, all Spatial-Directions, as well as Forces of the Heavens and of the Earth, can be felt in the *Hagal*-Rune-Position.

Full Body Rune Exercise(s):

Kummer gives this rune in 4 different parts, which are as follows:

1) First Rune-Position of the *Hagal*-Rune: The Cross-Position

- a) The Student stands in the *Ich*-Rune out in Nature, if possible on top of a Hill or a Mountain-Summit facing North or East. Seven Breathing-Exercises follow.



- b) One extends both Arms sideways (making a Cross), with Palms facing up, and feels the Currents of the Universe. One sings softly "ha-ha-ha-ha", while one slowly and rhythmically turns in a circle, staying a little longer when Facing North.

Mr. F. B. Marby already gave this Rune-Position in his Magazine “*Der eigene Weg*”, and Kummer expanded upon it with the following Positions.

2) Second Rune-Position of the *Hagal*-Rune: **The Not** ✎ **and Eh** ✚ **Runes**

- Start in the *Ich*-Rune facing North, do the Breathing-Exercise. Then the Student takes up the *Not*-Rune-Position and hums “n-n-n-” while slowly turning around rhythmically, until returning to the starting position.
- Next follows a second Cross-Position with the turn, while one sings “ha-ha-ha-ha-”.
- When one has returned to face the North, then immediately go into the *Eh*-Rune-Position and sing “e-e-e-” for the next turn
- This is followed by another Cross-Position, with the turn while singing “ha-ha-ha”.

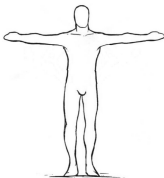
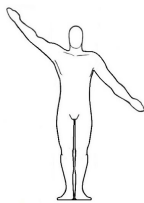
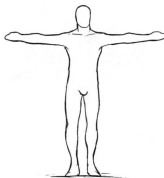
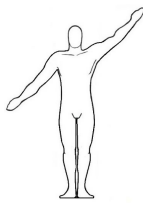
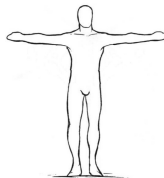
3) Third Rune-Position of the *Hagal*-Rune: **The Man** ✚ **and Tyr** ↑ **Runes**

- Start in the *Ich*-Rune facing North. Here, after the Breathing-Exercise, the Practitioner first sings the “i-i-i-”, then “ha-ha-ha-”,
- Then one raises the Arms diagonally sideways upwards, taking the *Man*-Rune-Position, and turns while humming “m-m-m-”.
- Next follows a second Cross-Position with the turn, while one sings “ha-ha-ha-ha-”.
- When one has returned to face the North, then immediately go into the *Tyr*-Rune-Position and sing “Tyr” or “ta-te-ti-to-tu” for the next turn
- This is followed by another Cross-Position, with the turn while singing “ha-ha-ha”.

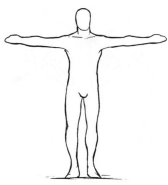
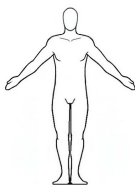
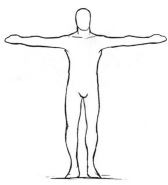
4) Fourth Rune-Position of the *Hagal*-Rune: **The Ge** ✕ **Rune**

- The Student spreads themselves out of the *Ich*-Rune position with their right Foot sideways. One now stands with their Feet tense and placed sideways (directed North or East), and now raises both Arms diagonally upwards.
- Depicting an X shape, one sings “ha-ha-ha-” in different pitches when exhaling. At the same time, one slowly, rhythmically turns in a circle with their Legs tense and spread.

Summary of Full Body Rune Practice*:

1	1	2	2	2	2	2
						
<i>Ich</i> or <i>Is</i> l	Cross +	<i>Ich</i> or <i>Is</i> l	<i>Not</i> ✎	Cross +	<i>Eh</i> ✚	Cross +
Breathing	“Ha”	Breathing	“N”	“Ha”	“E”	“Ha”

3	3	3	3	3	4	4
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<i>Ich or Is</i>	<i>Man</i> †	Cross +	<i>Tyr</i> ↑	Cross +	<i>Ich or Is</i>	<i>Ge</i> X
"I" then "Ha"	"M"	"Ha"	"Tyr" or "Ta-te-ti-to-tu"	"Ha"	[Breathing or "I"]	"Ha"

***Note:** For all Positions (except *Ich or Is*) there is a clockwise turning while holding the Rune-Position

These four Rune-Positions pose a difficult Task for the Student, because during its practice one must not absorb any Impressions.

Thoughts must be completely eliminated, the Mind emptied, so that one's Solar-Plexus (as well as all occult Force-Centers) start to function and so that the Universal-Waves [*Allwellen*] can manifest themselves later as new Thoughts, as Concepts to the Mind.

One should not be Astonished or Excited if one has a Perception, sees a strange Image or hears Voices. Instead, one should remain completely passive when perceiving Impressions that were previously unknown. One must neither be excited, nor concerned, in this Condition.

These Perceptions, often also Images, do not occur immediately because the fine radio-like Universal-Currents [*Allströme*] must first begin to work Inside the Practitioner. It is often the case that one is forced to Speak loudly during this Exercise, so it is advisable to practice this Rune alone in solitude if possible. Kummer says he cannot give an explanation about what a Perception may be, because these occur for each Practitioner according to their Stage-of-Development and their purity.

Also, later the Student will be given information from the other Side in this Rune-Position about the *Hagal*-Rune-Mystery/Secret. Each one according to their Type. Kummer reminds us once again that Silence is the Law for the Practitioner.

The one who is Experienced in the *Hagal*-Rune will have very great Benefit from this Position. In it, one is able to absorb high spiritual Insights and to observe Perceptions.

After this four-part exercise, the Student takes a brief pause in the *Ich*-Rune-Position (facing North) with Thoughts of Love, Harmony, and Optimism. When the Practitioner has sufficiently recovered, then seven rhythmic Breathing-Exercises and the entire series of *Hagal*-Rune-Positions are repeated.

The Universal-Currents [*Allströme*] penetrate threefold into the Body of the Practitioner and resound three times again in the Back-of-the-Head, in the Hands and Feet.

Finally, all the *Hagal*-Rune-Positions are repeated again, so that the Student repeats them a total of three times. For the third Repetition of the fourth Rune-Position it is recommended to focus the Eyes on the Root-of-the-Nose.

Later, the Student will also feel the fourth Dimension in their innermost Self [*Ich*].

With the *Hagal*-Rune, the Practitioner also strongly influences their Radiation, hence their Astral-Colors. Already in the first Weeks-of-Practice one will notice with astonishment that one perceives

soft Colors, and later one will see themselves vibrating in bright Yellow, Blue, Red, and so on. One always has good Control over their Development in these Color-Scales.

One's Solar-Plexus is always sending forth fine Waves which are guided in this Rune-Position through one's Aura (or "*Od-Cloak*") and then they stream into the Universe.

Throughout the Duration-of-the-Exercise, the fine Waves continue to flow and stream away. New Thoughts and Concepts accumulate more and more in the Subconscious in order to reveal themselves later as Advice or a Solution.

After this Exercise, the Student remains completely relaxed in Peace, thinking as little as possible or meditating on Harmony, and All-Connectedness.

Mostly, already in this state of Peace, the practice of the *Hagal*-Rune causes either clairvoyance, clairsentience, clairauidence, or a Perception, a Revelation, or the Practitioner is forced to Speak, a new Concept appears, Advice is given to them or something similar.

The Student does not forget that they are a Receiver as well as a Transmitter. Therefore, this sacred Rune-Position also requires pure, noble Thinking so that the advancing Waves serve one's higher development but do no harm (Purity leads to Perfection).

All incoming and outgoing Waves are always of the Direction, Height and Purity which correspond to the Student's Stage-of-Development. Therefore dear Brothers, dear Sisters, strive with a pure heart in ardent Longing toward the Divine-Humanity and you will receive heavenly Waves and divine Inspirations.

Many thousands of years ago this Rune-Position was one of the most sacred Mystery-Practices of our Priestly-Ancestors, it is a Rune-Position of the great Mysteries and is inexhaustible in its Depths.

All cosmic Rune-Streams and Fine-Force-Waves are similar, nevertheless they speak to Humans quite individually, manifold, differently and are eternally inexhaustible.

Only through one's own inner *Ich* may one penetrate into the highest Rune-Magic and its Mysteries/Secrets. But whosoever believes that only their own Findings, Discoveries and Solutions are the true, right, and unique ones has transgressed against the Spirit of true Higher-Development.

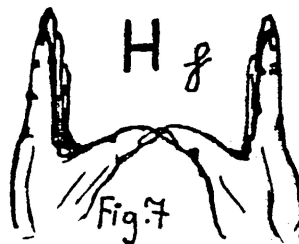
For the *Hagal*-Rune-Position, the following phonetic formula is given: "ha-he-hi-ho-hu-".

Motto: "Know All-Father in yourself, vibrate in the Rhythm of the Universe, then you control Human and Animal."

Hand Rune Exercise ('Mudras' or "Rune-Grips"):

The Rune Practitioner should take up the *Ich*-Rune-Position (Military "At-Attention"); this is followed by a deep Breathing-Exercise three times, with thoughts directed toward physical and spiritual purification; which is also observed with the other Rune-Grips.

One stretches the both Arms upward. Hands as shown in Figure 7, with Thumbs touching. While singing the "h-a-a-a", special Importance should be given to good, Deep-Breathing.



Remember that each Rune-Grip must be repeated three times (for 3 Minutes each, followed by a short Pause in the *Ich*-Rune-Position between sets), since otherwise no satisfactory Collection of Subtle-Force [*Feinkräfte*] can be reached in the Hand-Centers.

This Grip has a very strong ability to Conduct the corresponding Subtle-Forces, such that one feels as if an electric Current runs through the Body.

With deep Immersion, astral Perceptions and higher inner Experiences occur here. This Grip is a strongly whispering Rune-Grip. Meanwhile, the Thoughts are focused on Universal-Love [*All-Liebe*], cosmic Connectedness [*kosmische Verbundenheit*], animated by the Wish for consummate Perfection.

Again, a conscious-willed [*willensbewußte*] Circulation through the whole Body should not be forgotten. After Completing this Exercise you will notice a strong odor of ozone and sulfur on the Index- and Middle-Fingers. Color-Vibration is glowing Indigo-Blue.

Further Sound-Formulas are: “he-hi-ho-hu”.

Additional Note: Kummer’s Practices for the “Magnetic Gaze”

In the chapter on the ƿ *Ka-* or *Kaun*-Rune, Kummer also gives the following practice related with the *Hagal*-Rune:

“It is now time for the student to acquire the magnetic gaze. There is a great power in the human gaze. The eye radiates the will, as well as the mental and emotional state. The practitioner can apply their gaze much more successfully the more trained their eye is; the student can acquire the magnetic gaze through conscious exercises.

At present, one’s eyes are barely able to affect others magnetically; one makes many mistakes because the gaze is restless, unsteady and unaware. One’s eyes wander back and forth, with every movement the eyelids and their muscles twitch, so the gaze remains unimpressive. The student must get their eyes and facial muscles fully under control.

1st Exercise - Draw this *Hagal*-rune on a white piece of paper:



The *Hagal*-rune is the rune of the three dimensions, the fourth dimension is in the middle.

And now the student attaches this piece of paper to the wall or places it at eye level in front of them on a table, sits comfortably at a distance of 1.5 meters away on a chair, then gives their body the command not to be bothered by any twitching or itching of the skin.

One sits motionless and looks steadily with their eyes at the Center-Point of this *Hagal*-Rune for 7 minutes.

The Center-Point is something Intended [*Gedachtes*], something Spiritual; it is the Center of the Universe, of the Cosmos, of the Earth, it is God. The Point is also the Key of the *Hagal*-Rune because the moving Point becomes the Line.



So the *Hagal*-Rune is again the Key to all other Runes because they can all be united in it.

In this exercise the student may not move the eyeballs or the eyelids. One must strictly avoid blinking and twitching. The eyes should be firmly & calmly fixed on the center of the rune. The tears of the eyes (which are taken for granted at the beginning) will be lost again as soon as his eyes are more disciplined. One practices only in daylight because artificial light results in a slight weakness of the eyes.

If, after 14 days of practice, one has achieved the immobility of the eyes so that one can calmly, without blinking, see the center of the rune for 7 minutes in the above manner, then the practitioner will soon have the magnetic gaze. When they look at someone with this gaze, the other one believes that the practitioner can see directly through them and can look into their deepest, innermost heart. The whole personal impression of the student will be more self-confident and more trustworthy.

2nd Exercise - The student sits down in front of a mirror and sees their own reflection with the same calmness and immobility. Their eyes must be fixed, immobile and motionless on the bridge of the nose in the mirror image (this is the point between the eyebrows).

The root of the nose is now focused on for 7 minutes in the greatest state of calm. After a few days one will be able to see the close surroundings of the room and even the whole face clear and distinct, though the eyes are fixed only on the bridge of the nose.

Later the practitioner can look at other people. For this exercise one will find sufficient opportunity in daily life.

The magnetic gaze will benefit the practitioner, especially for the better implementation of their wishes in the environment around them. They will force hypocritical liars to tell the truth with their magnetic gaze.

In conversation with other people, one grows accustomed to not looking the person in the eye, but firmly, calmly and without blinking, at the brow of his opponent. The practitioner's words will then make a deep impression and will work and stick with the listener. And the effect is amplified when one speaks in a low pitch and in complete peace.

One's eyes might suffer from burning and tears, however, these will be lost when the eyes are sufficiently strengthened by the exercises.

Eye baths are highly recommended and should be done daily. The student puts their face into a bowl full of water, holds it as long as he can underwater, and opens his eyes in the water. These baths are incredibly powerful for the eyes and are highly recommended by ophthalmologists.

Good gymnastics for the eyes are as follows: look right and left, up and down and roll the eyes in the water.

If one follows all these exercises exactly, no one will be able to withstand one's gaze, their enemies will be intimidated, and their will becomes greatly strengthened by the magnetic gaze.

One does not abuse the magnetic gaze with hypnotic experiments that only serve vanity and one does not abuse their sisters and brothers hypnotically.

