

Gnostic Runology – The “IS” Rune (Historically)

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The “Is” or I-Rune According to Friedrich Fischbach (1900)

altgriechische

| The *Is* Rune is similar to the Zigzag-Lightning only in Ancient-Greek. This Exception justifies the Conclusion that the Lightning was the original Motive.



Later also the Sun-Beam [*Sonnenstrahl*] was symbolized, which descends like a Sword [*Schwert*], because *Is* = Iron [*Eisen*].

The vertical Line | is almost everywhere without Accessory and without Development. If the Name were not determining, then one would have to take the Number One and the Self-Concept [*Ichbegriff*] as a Basis.

The “Is” Rune According to Guido Von List (1907)

| *is* = Ice [*Eis*], Iron [*Eisen*].

A ninth I understand, when Need arises for me
to protect My Ship on the Ocean:
Then I will still the Storm on the rising Sea
and soothe the Surge of the Waves.

is=Rune |

Through the “undoubting Consciousness of their own Spiritual-Might [*Geistesmacht*]”, the Waves are tamed/subdued [*gebändigt*] – “made frozen” – they freeze like Ice. But not only the Waves (emblematic for Willpower), but all Life is obedient to the strongly-compelling Will.

Countless examples of this Willpower, such as the “*Agis* shield [*Ag-is-schild*]” of Wotan; as well as the *Aegis* shield of Athena; all the way down to the hunter’s faith in and use of “Freezing [*Gefrorenmachens*]” their prey; all of which are based on the hypnotic Power [*Macht*] of the vigorously-willed Spirit [*des willens kräftigen Geistes*], which is interpreted as this ninth Rune.

Therefore: “Gain/Win Power over Thyself [*Gewinne Macht über Dich*] and Thou wilt have Power over everything in the Spiritual- and Physical-Worlds that resists Thee.”

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

Exoterically: Control/Mastery [*Beherrschung*].

Esoterically: Magical Force [*Magische Kräfte*], masculine/male Principles, Universe.

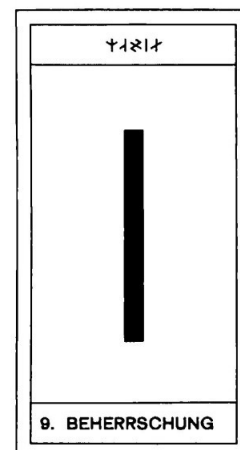
Generally: Ice, Iron, Magic/Charm [*Zauber*], Positivity.



The *Is*-Rune is formed by a single upright Line through the Movement of the divine Central-Point up and down, thus confirming the old Fundamental-Theorem of the Rosicrucians: "As above - so below!"

This Pole-Rune also symbolizes the Phallus as a general masculine/male Principle in World-Affairs as Opposed to the cloven | Ka-Rune, which (as we have seen) represents the feminine/female Principle.

The *Ithyphallos* [Erect Phallus] is also the Magic-Wand [*Zauberstab*], by which new Growth and Blossoming is created from the lower Matter/Material realm.



The Magic-Wand of the Magicians [*Zauberstab der Magier*] was assumed, probably in reference to this symbolic Meaning of an *Od*-radiating and life-giving Phallus, from which the *Od* of the Operator flows during magical Operations, just as it does from the Phallus of the procreating Man.

For this Reason, this Rune also means Magic and magical Operations [*Magie und magische Handlungen*] (to which Procreation truly also belongs!), that are only possible through the Forces emanating from the Central-Point of the Universe: GOD.

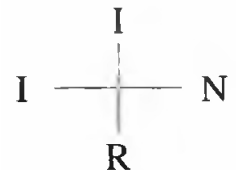


But these enormous Forces will be fruitful only in the Hand of a Person who made the difficult Art of Self-Control/Self-Mastery [*Selbstbeherrschung*] completely their Own and having done so from the Ground up! Only in this way will they be able and be called to Rule (Control/Master) others.

There is much talk of white and black Magic. These different designations are often chosen quite thoughtlessly, because there is neither a white (i.e. good) nor a black (i.e. evil) magic. Good or evil is only the Intended-Use or Intended-Purpose [*Verwendungszweck*!] After all, you can heal or kill with poison without it having to be good one time and evil the other.

The *Is*-Rune furthermore forms the Cross-Trunk as the positive masculine component of the Cross; in contrast to the horizontal, negative and feminine Cross-Beam.

If one takes into account what has just been said regarding the Cross (being composed of a Trunk and a Beam) and one analyzes the well-known Rosicrucian interpretation of the four Letters on the Cross of Christ: INRI = “*Igné Renovatur Natura Integra*” (meaning “through the Fire: untouched Nature is continuously renewing itself”) written as a cross...



Then the result for the Cross-Trunk (the vertical line or *Is*-Rune), is the Initials “I” and “R” = IGNE and RENOVATUR meaning (“Fire”) and (“renewing”). These two words point to the Wuotan- and Fire-Rune *Fa*, and thus to the Fire as ‘Renewer’ [and to the mantrams “IR” and “RI”?].

While the result for the Cross-Beam, is the initials “N” and “I” = NATURA and INTEGRA meaning “Nature” and “untouched/untouchable”, thus according to their deepest Sense they are assigned to the horizontal Cross-Bar as feminine Words [since they remind us of Mother Nature].

Is-Runes, which were supposed to calm the angry Sea (to a certain extent to ‘ice it’) were then also often attached to Ships as Talismans or carved into them, which makes it easy to grasp the Sense of the relevant Verse of the Rune-Song.

The “Is, Eis, Eisen, Ich, Ist” Rune According R.J. Gorsleben (1930)

Letter I and Number 9.

Is-Rune is Ice, Icicle, Iron, as well as the Self [*Ich* or Inner Being]. Everything Rigid and Solidifying; Death; the Calm in the Center (of the constantly moving world of phenomena). Also the Wave; the Will; that which eternally Turns/Rotates (the Axis).

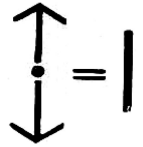
Dr. Friedrich Teltscher’s *Ur*-word is *Lauf* meaning “Course (of affairs)” as well as Run, Function, Flow, Circulation, Motion, Orbit.

I sing this to the Ninth, when Danger/Distress at sea urges me
To protect my Ship from Floods;
I Quiet the Storm, no matter how wild/billowing the Sea,
And I rock the Waves to Sleep.



This is the Rune of the Self [*Ich* or Inner Being], as well as of the Personality; of Self-Control/Self-Mastery [*Selbstbeherrschung*]; of Determination [*Bestimmtheit*]; of Masculinity, and of magical Force [*magischen Kraft*].

It is the Rune of the Vertical/Perpendicular, of the Universal-Axis [*Weltachse*], of **the extension of the divine Center-Point above & below**, it is Movement [*Bewegung*], it is Doing/Action [*Tat*].



Its Numeric-Value is 9 and this refers to Completion of the Ninth-Step or -Level, to the last Initiation/Inauguration, with which the Law-of-Development (according to Measure and Number from 1 to 10) finds its End, because the 10 (the Step or Level that follows) is Completion and therefore it is equal with 1 again (10=1).

Therefore the Rune shows the One, | the single vertical Line, the Ace, the Divine Self [or Inner Being, *das Göttliche Ich*]. The Self [*Ich*], Conscious of its own Spiritual-Might [*Geistesmacht*], causes the undulating Waves (symbolic of the Will which conjures up Waves) to smooth out, to solidify, to freeze into Ice (as the Introductory-Stanza says).

The *Is*-Rune shows the upright Human-Being, the Builder's Stone, the *Irmin*, the Pillar-of-the-Law, the Obelisk, the Column, the Soul-Axis of the Universe, the *Irmin*-Column [or *Irminsul*], the *Arman*-Soul, which connects humanity with the heavenly.

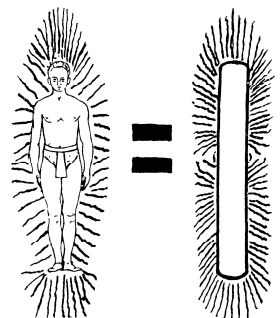
The *Is*-Rune is the Self [*Ich*] in the Macrocosm, a Point when seen from above, or the Hub, the Navel of the World, around which Life ☉ circles. In this Setting it is a Symbol of Leadership, and even of the Leader who is the Center-Point of the Troop/Flock.

Since the *Is*-Rune shows the upright Human-Being, it corresponds to the military "at attention" command. Thus, a miracle then happens: People, soldiers at arms, become a field of *Is*-Runes. Person by person, under one command: a 'Stone Circle' or group of 'standing stones' emerges [like Stonehenge]; each person is an ordered, trained and disciplined World within themselves and all together. Thus signifying: "Gain Power over Yourself and You will have Power over others!"

The *Is*-Rune is the Magic-Wand carried by the Magician, a Symbol of the life-giving and *Od*-radiating Phallus. It is the *Pole*-Rune, or *Phallus*-Rune (out of which the symbol of the Scepter emerged: Image of the Universal-Axis with the Eagle, the *Aar*, the Sun, at its Zenith). The powerful Forces that lie within this Rune only become fertile, alive, in the Hands of the one who has conquered themselves.

Let us understand that the Human-Being is the living *Is*-Rune (whether he or she is aware of this or not). We stand vertically, perpendicular to the Center of the Earth, under the Influence of the effective Forces, Streams and Waves, that are moving [*ziehen*] throughout the Universe.

As Human-Beings, we are an Antenna-of-Nature who allows the Effects of these cosmic Forces to flow within (both the beneficial as well as the unbeneficial ones), and we do so to the Extent that we are willing and able to absorb them.



Since the *Is*-Rune | is the Axis of the World (which goes through the Center of the Earth), it also goes through any Human-Being standing upright on any Place of the Earth. **The cosmic Rays slide [*gleiten*] down our Spine on their Way from the Heights to the Depths. Thus, the Initiate draws down the Forces of the Cosmos upon themselves and this makes them Spiritually & Physically resistant to all the Corruption that surrounds them.**

The sound of the Rune is "I". The Spoken sound resonates and vibrates throughout the whole Body: it sounds from the Head, from the Top-of-the-Skull, down the Spine through the legs to the Middle-of-the-Feet. Lift or raise the "I" sound (in the same way as when asking a question) and the Wave flows upwards rising from the Heels up through the Body.

Only a terrible neglect of all genuine reconnection with the divine caused this knowledge to perish. The Human-Being can only be their own Mediator with God. "I am the Center-Point and the Axis of the Universe", says the *Is*-Rune. Where could God be, if He did not live & speak within me, and I in Him? This Rune connects us eternally with the God-of-the-Universe. It is the Axis-of-the-Soul, which invisibly touches the Zenith above the place upon which we are Standing.

The Self [*Ich*] is the Will, which understands the Universe as 'Will and Imagination'. The *Is*-Rune represents this Will in the Spatial-Sense as a Wave. However, the Wave is only an external Manifestation of the Will, which gives the Impulse behind it. Will and Wave [*Wille und Welle*] are correspondences, and the *Is*-Rune is the Wave of the Will which is active within the Self [*Ich*].

When Schopenhauer describes the "World as Will and Imagination", we add: the Human-Being is Wave and Rotation/Turning [*Welle und Umdrehung*]. It is the Will that puts this Wave in motion. The cosmic Wave is an Expression of the cosmic Will.

This Universal- and Self-Will (in which we want what we should) will also make us insurmountable in Spiritual matters through rigorous Training... This is the cosmic Task: to be fulfilled through the right Attitude of the Self [*Ich*] of every Individual (of each *Is*-Rune), in order to fulfill the Will, the Wave-Length of the *Irmisul*, the Universal-Column, the Universal-Soul.

The Counterpart of the male-theonic *Is*-Rune is the Earthen *Tel*-, *Teil*-, or *Tellus*-Earth-Rune, namely the horizontal, negative, female — *Sie*-Rune, a Name we gain simply by Inversion, which is not Arbitrary, but Law-of-the-Universe [*Weltgesetz*] (that all things in the Universe have their Inversion, their Counterpart), because all Life is built upon Duality, upon Polarity. [Note: In German, *Sie* meaning "You" (as well as "they" and "she"); which is in contrast to *Ich*. So, it may be similar to saying the *Is* or *Ich* Rune means 'Self' and the *Sie* Rune means 'Other'.]

The name 'Isis' contains in its Rune-Symbol the Cross: the male *Is*-Rune [*Ich*-] or *Is*-Rune and the Superimposition [*Umlegung* or Tipped-Over form] of the female — *Sie*-Rune, and if put on top of each other we have the Plus-Cross **+**, the symbol of Christ, of Jesus. If we speak both Runes one after the other, then we get the name of God of the Egyptians *Is-Sie*, in its contraction *Isis*... *Is-Is* is the oldest Form of the Name, it is the *Ist-Ist* of the Universe, the holy Name of God...

The "Is, Ich, Ja" Rune According to S.A. Kummer (1932-1933)

I (I) The *I*-Rune, *Is*, Self [*Ich*], Yes/Indeed [*Ja*], is the Rune of the conscious Self [*bewussten Ichs* or conscious Inner Being], of Self-Control/Self-Mastery [*Selbstbeherrschung*], and of wise Magic [*weisen Magie*]. — Numeric-Value 9.

The *Is-Ich*-Rune is a positive masculine/male Rune. It is the Rune of upright, vigorous, conscious Guides and Magicians. It leads to divine Magic, as well as to conscious, blessed, pure Procreation.

The *Is-Ich*-Rune is the Wave-Rune, the Willpower- or Volitional-Rune. Whosoever makes this Rune their own inwardly, receives the Force to fully control/master themselves and others.

The *Ich*-Rune possesses immeasurable magical Forces; it was consciously used in ancient times by Initiates in high Mystery-Exercises [*hohen Mysterienübungen*].

Also, it is an ancient Mariner's Rune [*Schifferrune*], said to have the Force to calm the stormy Sea. The ancient Vikings cut this Rune into their Ships. Even today, the *Is*-Rune is used by many nordic Fishermen as a Talisman.

It corresponds to the "One", to Unity, to the great Union. It is the whole Cosmos, the great Universe, which is connected in Unity. It is the eternal divine Love that permeates everything, works in all Beings and always strives to bring everything back to the great Unity.

The "One" corresponds to the Central-Point of all Being, the Center of all Things; it is the most complete of all Numbers. The "One" also represents conscious divine Human Beings.



However, the *Ja-Ich*-Rune or *Is*-Rune is the ninth Rune in the Runic-Alphabet, and indicates the magical Nine of Completion [*Vollendung*].

Its Symbol is the Universal-Axis, the *Irmin*-column [*Irminsul*], which is also the Phallus in Humans. It furthermore represents the Yearly or Annual-Axis, as well as the South-North of the Tree-of-Life, and the Winter-Solstice.

The Demonic form of the positive *Ja*-Rune *I* is the *Tel*-Rune — the negative female *Teil*-Rune: the decaying Self [*vergehendes Ich*] or the negatively horizontal or laying/lying-down, sleeping Human.

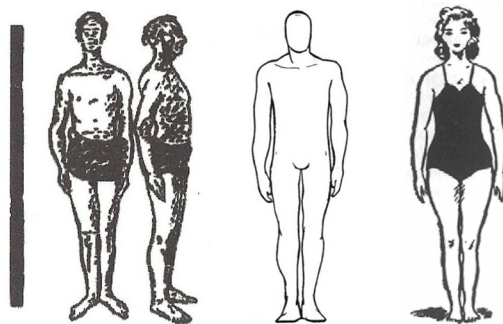
In the *Is*-Rune-Posture, the Practitioner is tuned in to certain Universal-Waves [*Allwellen*] like an Antenna of Nature, through which one incorporates Waves-of-Subtle-Force [*Feinkraftwellen*] into oneself according to the Practitioner's Fundamental-Vibration (either good, healing and invigorating; or corrupt, weakening, and even demonic).

When you sing the "i-i-i" sound in this Position, it resonates through the whole Body, sounding from the Head, from the Top-of-the-Skull, down the Spine, through the Legs, and down to the Middle of the Feet.

If the "i-i-i" Tone is raised in the same Way as when Posing a Question, then the Wave flows upward through the Body in reverse, beginning under the Heels. If the Practitioner sings the "i-i-i" in different Pitches, it also is perceived as a different sensation in the Body.

Full Body Rune Exercise(s):

1) The Basic *Is*-Rune Practice – The Student must learn to fully master/control [*beherrsche*] their Body, therefore they do the following Exercise every Morning after washing: One stands in the Middle of the Room in a firm Posture, Heels together (basic military Position) which is the *Ich*-Rune-Position, and face North.



One's Body is now ready for Commands, so one says loudly and energetically:

"I am your Superior [*Vorgesetzter*], you have to obey me fully and completely. All Muscle-Twitches are eliminated starting today. You have to submit to me. Now I want you to stand at attention before your Superior, your Self [*Ich* or Inner Being]."

Now the Student tries to spiritually Picture themselves as a member of Divine Humanity. They immerse themselves in this Picture, so much so, that they completely forget the Body. One must wish to see the spiritual Picture ever more clearly, more vividly and more tangibly.

This exercise should take between 10 to 20 minutes. Above all, the Student must gain Calm/Peace [*Ruhe*], Patience and Perseverance, which is absolutely necessary in order to penetrate into the Rune-Mysteries.

2) Recommendations for the Practitioner – The Student should avoid Meat- and Alcohol-Consumption, as well as stop Smoking one Hour before and after the Exercises; but it would be more beneficial to get out of the habit altogether. Your Body has to completely obey you.

The Student makes sure that their Stomach, Abdomen and Intestines are in order. Particular Importance must be attached to regular Bowel-Movements.

Full- and Deep-Breathing through the Nose is a Principal-Condition for all Rune-Exercises and every Student has to make it to the point that they cannot do anything else but full- and deep-breathing, so this Must become a daily requirement. The Initiate of Occultism will already be familiar with Breathing-Theory [*Atemlehre*].

The Beginner should remember that proper Breathing is essential for lasting Health, not only for prolonging one's life, but also for significantly increasing Resilience and Life-Force.

The Air contains radioactive Energy, which the Student should consciously absorb while Breathing. If you are nervous, you are wasting this Force, but whosoever breathes consciously stores it up in their Body. When we Breathe superficially, we only extract the normal Supply of radioactive Energy from the Air.

All the high Inspirations, magical Abilities and the mediumistic Forces of our Ancestors were Largely-Based on the use of radioactive Energy through conscious Breathing.

3) The Is-Rune Exercises – (1st Breathing Exercise) The Student positions themselves in front of an open Window, taking up the already mentioned *Ich*-Rune-Position, pushes out the Chest and slightly raises the Head.

Now one breathes in deeply through the Nose, with the Mouth closed (Internally counting to 7); next push the Air down into the lower Lungs, keeping it down by counting to 5, then one breathes out slowly through the Nose counting to 7 again. The student does this Exercise three-times.

(2nd Breathing Exercise) Then one breathes in rhythmically through the Nose for 7 seconds, filling all parts of the Lungs to the utmost; and then breathes out rhythmically for 7 seconds.

Then one repeats the first Exercise three more times. When Inhaling, the Student should imagine that they are taking in a great deal of invigorating Energy [*stärkende Energie*], and while Exhaling they should realize that they are expelling all the spent and corrupt Substances from the Body.

Summary of Full Body Rune Breathing Exercise:

1. Take up the *Is*-Rune Position
2. Inhale deeply through the nose for a 7 count (imagine taking in invigorating energy)
3. Hold the breath for a 5 count, pushing the Air down into the lower Lungs
4. Exhale through the nose for a 7 count (imagine expelling spent & corrupt substances)
5. Repeat steps 2-4 for a total of three times
6. Inhale deeply through the nose for a 7 count, filling the Lungs completely (imagine taking in invigorating energy)
7. Exhale through the nose for a 7 count (imagine expelling spent & corrupt substances)
8. Repeat steps 2-4 for a total of three more times

Through these Breathing-Exercises (which are to be performed daily in the morning and evening) a strong Feeling of Calm/Peace and Harmony is achieved.

If the Student is Agitated or was in a Verbal-Exchange with someone, then they should do one of the above Exercises, which will immediately restore their Calm/Peace and then radiate it to the other Person.

Also, the Student should not forget that in the *Ich*-Rune-Position they consciously stand as a living antenna in a Sea of Currents (Waves) that give them spiritual Force.

Therefore, besides the Exercises, one also accustoms oneself to a straight Posture, as opposed to a bent and sunken posture; likewise, Nervousness and unnecessary Hand-Movements also hinder the Flow of the Universal-Force [*All-Kräfte*].

(3rd Exercise: Seated) Every day, the Student sits down at an open Window, or in cold Season at a closed Window in a well-ventilated Room. One completely relaxes the Body, does the breathing exercise already mentioned, and directs their Eyes into the Distance with a steady Gaze, if possible to the North or East, and in no way allows oneself to be distracted by Things or Objects that are within one's Sight. One should switch off all Thoughts and remain in perfect Calm/Peace for a quarter of an hour.

(4th Exercise: Evening) Before going to Bed, the Student practices the aforementioned Breathing-Exercise and then, while remaining in the *Ich*-Rune-Position one says to oneself the following:

“My Self [*Ich*] is awake. [Alternatively: ‘I am Awakening’ or ‘My Inner Being is Awakening me’.]

I am a Child of my Humanity, I serve it through higher development and thereby acquire magical Abilities. I consciously [*bewusst*] walk the Path towards you, All-Father, therefore I always have your Protection and your Blessing. I love my Brothers and Sisters and I am kind to all People.

I will defeat all Weaknesses in me, thus creating a better, healthier Life for myself. I want to become wise and noble.

With all my Force, I openly fight [*bekämpfe*] all the Corruption, Vulgarity/Inferiority and Evil which hinders my spiritual Development.

I live in Harmony and send out only noble, good Thoughts.

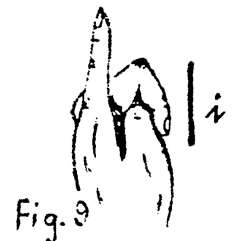
Thus, through Thee, All-Father, I will arrive at the luminous Goal!”

Now the Student goes to Bed and sends out good Thoughts and Wishes. They will wake up healthy, happy and well-tuned [*wohlgestimmt*]. After washing, they would do their Morning-Exercises and then go about their business.

The above Exercises are to be done for 7 days, but they can be extended to 14 days.

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; this must be observed with all the Rune-Grips. Now raise the left Arm vertically upwards, the left Hand will take the *Is* or *Ich*-Rune-Hand-Grip shown in Figure 9.



The Practitioner clenches the left Hand, extends the Index-Finger upwards and sings (from a deep to a high Tone) the “i-i-i” sound repeatedly.

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.

During the Pause: thoughts are directed to Universal-Love [*Alliebe*] and to the Development of the magical Force of the Self [*der magischen Kräfte des Ichs* or the magical Force of the Inner Being].

With this Grip one intensely feels the Influx of cosmic Subtle-Forces [*kosmischer Feinkräfte*] in the Tip of the Index-Finger, and the whole Hand warms up. When it is Circulated in the Body by conscious-willpower [*willensbewußt*], one senses a warm Current through the whole Self.

After Finishing the Exercise, you can notice a Sulfuric-Smell (like burnt Gunpowder) on the Index-Finger. Kummer observed that this Smell is often different, but always sulfuric.

The astral Color is blue to red-violet.

This Grip can also be performed with the right Hand, it then produces a different Body-Current which is also recommended.