

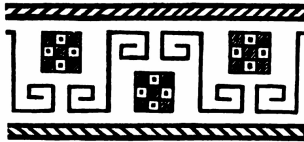
Gnostic Runology – The “BAR” Rune (Historically)

<http://www.GnosticStudies.org/Runes>

The “Biörk” or B- and P-Rune According to Friedrich Fischbach (1900)



The *Biörk* or Birch-Tree Rune serves for both B and P. It leads us back to ^{altgriechische} Fire-Worship, because the first ancient-greek Rune indicates the Purpose of the Birch-twigg.



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Since the Birch-twigg was pliable like the Willow (which was used for winding or twisting), it served for the turning of the Fire-Drills [*Feuerbohrers*] (see Plate IV, Figure 3 [to the left]).

The “Bar, Beork, Biörk” Rune According to Guido Von List (1907)



bar, beork, biörk, Birth [*Geburt*], Song/Chant [*Gesang*], Stretcher/Gurney [*Bahre*], etc.

A Thirteenth I call, I moisten the Son
of a Noble in the first Bath (pre-christian Baptism);
Thus he goes into Battle, and he cannot fall,
No Sword strikes him to the Ground.

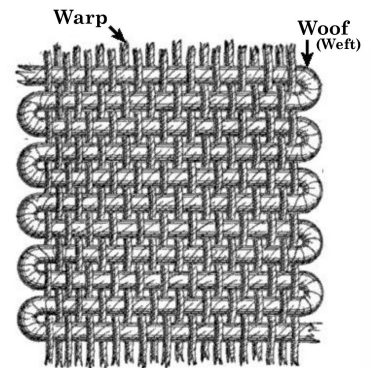
bar=Rune

In the Spiritual-Life in the Universe, the eternal Life (in which Human-Life between Birth and Death means but one Day) is opposed in the *Bar*-Rune by this One-Day-Life [*Eintagleben*] in the Human-Body, which goes from “*bar*” (Birth), through “*bar*” (Life as a Song), to “*bar*” (Stretcher or Gurney, Death), and which is consecrated and celebrated through the “Water of Life” in Baptism.

This Life (symbolized as a Day) is limited by Birth and Death [*Geburt und Sterben*], and even if Destiny has not at once appointed a Death-Sword for the person who has been Born, then they are nevertheless exposed to this and many other Dangers. This is because, in spite of Determination and the Fate of Destiny, dark Chance/Accident [*dunkle Zufall*] rules in the free Will of the People, and thus the Consecration/Blessing [*Weihesegn*] is employed to work against such Chance/Accident-Coincidences [*Zufallsfügung*].

What is Chance/Accident [*Zufall*]? Actually there is no such thing, since all Events without Exception are all well ordered in the great Fabric-of-Destiny (as “Warp and Woof”¹).

Even for Clairvoyants, however, what concerns Woof (the cross-weave) is only visible with difficulty. The recognizable straight Warp (of the effects of earlier causes) are always in turn other causes that trigger coming effects (which again form causes that trigger effects, in an unending genetic series) being visible and calculable to seers and initiates.



The oldest Nordic mystics already recognized this, and therefore portrayed the Rulers-of-Fate [*Schicksalswalterinnen*], the three *Norns*, as “Weavers-of-Fate [*Schicksalsweberinnen*]”. The *Norns*, out of the Warp and Woof, weave the raiment of time, that is, Fate [*Schicksal*]. Yet, this Fate is based on the free Will of the People.

¹ “Warp and Woof” means the threads in a woven fabric, therefore symbolizing the ‘fabric’ of a thing. The ‘warp’ are threads running lengthwise and ‘woof’ (or ‘weft’) are threads running crosswise. These create the texture of a fabric and, by extension, can refer to the fundamental structure of any process, system, or concept/thing.

The Ancients did not recognize any “blind Faith”; but they did believe in a Predestination [*Vorbestimmung*] along general Lines. However, they intuitively saw in it that many Impediments (Chance/Accident!) stand in the Way of the Execution and Fulfillment of Predestination. This occurred for the purpose of strengthening [*stählen*] the Power [*Kraft*] needed in order to fulfill them.

Without this Chance/Accident, for example, every Pine-Tree would have to be strictly symmetrical in all its Parts. Each one would have to resemble the other, and it would have to be exactly the same in Human-Life: all indiscriminately uniform and equal.

Therefore, the Newborn should be consecrated with the “Water of Life” against impending Chance/Accident. The Church too, in a clear reference to this Water of Life, is supposed to use as Baptismal-Water so called “living Water”, that is: Spring or flowing Water, and rejects standing Water from Ponds or Lakes.

Therefore: “Thy Life is in God’s Hands/Touch [*Gottes Hand*]; trust God [*ihm*] in Thyself!”

The “Bar, Beork, Biörk” Rune According to E.T. Kurtzahn (1924)

Exoterically: Becoming [*Werden*], Birth [*Geburt*]

Esoterically: earthly/terrestrial Life in its Entirety (or Earth-Life [*Erdenleben*])

Generally: Birth, to give birth, Uterus [*Gebärmutter*], to carry, Stretcher or Gurney, as well as Song/Chant [*Gesang*].

(Compare Richard Wagner’s *The Master-Singers of Nuremberg* Act 1: “A Bar consists of two Studs, which should have the same Melodies...”)

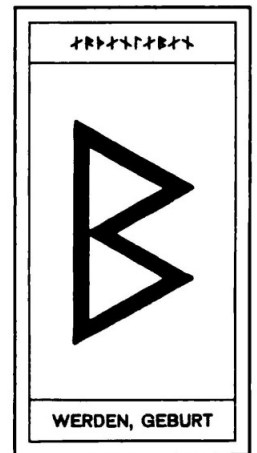
If we look at the text of the Rune-Song corresponding to this Rune, we readily recognize that (like the previous Rune) it is also about Rebirth, as a result of which no one who had sealed their conscious Reconnection with God [*bewusste Rückverbindung mit Gott*] through the Bath of the pre-Christian Baptism could be permanently destroyed by a Weapon, such as a Sword, etc.

This act, similar to Baptism, however, was performed only on Adults; in the case of small Children, the Reconnection was reasonably assumed to readily exist.

Since the earthly Life, which begins with Birth, is only dedicated to the Fight for Existence, then it is obvious that this Rune belongs to the warrior Planet Mars (♂), especially since Mars’ Symbol ♂ consists of the Procreator-Rune *Tyr* and the ○ circle, Symbol of the feminine Womb [*Schoßes*].

One could also understand the Mars-Symbol ♂ in such a way that a Child’s-Body has wrestled itself from the (eternal) Mother’s-Womb [*Mutterschoß*], one would then have the full Interpretation: Birth with the subsequent Struggle-for-Existence.

The *Bar*-Rune itself is as its Glyph shows, which reminds us of a woman’s Womb, quite feminine, and I would like to also refer to the old german Word for 'Uterus': *Bärmutter*.



The “Bar, Birk, Björk, Bor” Rune According to R.J. Gorsleben (1930)

Letter B and Number 13.

The *Bar* Rune, the Mountain [*Berg*] that conceals and protects the Birth, the Son, but which also reveals birth to him. Pregnancy, Birth, Load/Burden, Life-Task, Profession/Occupation.

Dr. Friedrich Teltscher's *Ur-word* is *Lenkung* meaning "Fecundity" as well as Impregnation, Fertilization, Implanting, etc.

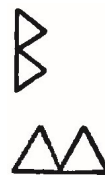
A Thirteenth I name, if I Wet the Son,
The Noble One, with holy Water [so that]
When he Stands before the Enemy he cannot fall
And no Sword will Strike him to the dust.



Bar means Birth [*Geburt*], Life, Pair [*Paar*], Both [*Beide*], to give-birth [*gebären*], to carry [*tragen*], Garb/Uniform [*Tracht*], as well as *barduit* = Folk-Song. Born = the Fountain as female Symbol, the eternal Spring-of-Humans, but also the Stretcher/Gurney [*Bahre*] and 'bar' (as in "bar none"; here 'bar' means nothing left, empty). This also reminds us of "Bar-run", a run to the end!

Bar means Life, which gives birth and is itself born. The Rune *Bar* symbolizes everything that has to do with Life: Being-Born, Living and Dying, as well as all Hopes and Wishes, all Fear and Joy, which are associated with it. The Loaf of "Bread" is a Symbol of Man everywhere, and of Birth: Hundreds of Shapes-of-Bread and of Types-of-Bread show such relationships. Bread, symbolically, is also the "Body of the Lord". Bread is composed of *bar-od* = Life-Spirit.

If we look at the tipped-over dual *Bar-*, *Paar-*, Pairing-Up-Rune [*Paarungsrune*], then we recognize two Mountains [*Berge*] being emphasized on the *Tel-* or *Teil-*Rune (which is the female — *Sie-*Rune), therefore we see the double symmetrical Bursting-Forth [*Hervorbrechen*], but also that which is Protected [*Geborgene*], Concealed [*Verborgene*], the Mountain [*Berg*], the Womb or *Bärmutter* as the Uterus still called in old high German. This Raising-Up is a "Bursting-Forth [*Hervorbrechen*]" in the true Meaning of the Word, a Lifting-Out or Highlighting [*Herausheben*].



We are inevitably reminded of the Process of Cellular-Division, and of the Origin of Mountains, that contain something, that conceal, likewise we are reminded of the Pairing-Up, of the Two from the maternal One.

This *Bar*-Rune is **the symbolic Representation of Budding** [*Knospens*], whether we want to think of the Budding of Leaves or Blossoms or the Budding of the Fruit in the Mother's Womb [*Mutterleibe*]. It is the *Bar*-mouth, that holds the Bud, the Blossom still in the Mother's Womb, holding it [*bergt*], sheltering it [*birgt*], and which is then revealed at Birth.

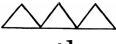
The *Bar*-Rune is the only female Rune in the Futhark (if we do not consider the *Is*-Rune, which can be regarded as both male and female depending on if it is standing or lying down). It shows the Image of the expectant Mother in its Silhouette. Thus, sometimes the *Bar*-Rune is referred to as the Mother-Rune. The Child in the Mother's Womb is something that is also "Sheltered/Protected" in a Mountain [*Berg*], in a Hideout [*Berge*], until it is "born".

The Root-Word *bar* thus essentially denotes that which is Earthly, the Incarnate/Carnal, that which is of an animal Nature in Humanity, the Animal-Human. With the Birth the Human-Being enters the Struggle for its Existence/Being, and therefore we are not surprised that this Rune is attributed to the war-like Planet Mars, whose Symbol ♂ is divided into the phallic Procreation-Rune *Tyr* ↑ and the Ring, the ovum, the Egg ○.

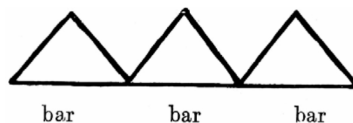
If we omit one of the two Mountains of the *BAR* Rune , then a new Rune emerges: the Child/Son-Rune with the name of *Pard* [also called *Wunjo* or *Wynn*]. The *Pard* Rune  is obviously similar to the THORN Rune  (both being from the same Runic origin); it is the Rune of the Child/Son, who hangs on the cross of the world. Here we may remind you once more of the "son of man", the "Christ", who is called in Aramaic language "*Bar-hvarn*" (similar to *Bar*-man).

Human-Life goes from the *Bar* of Birth, over to the *Bar* of the Song-of-Life, and then to the *Bar* of the Stretcher/Gurney [or Death]! Consequently, the *Bar*-Rune is also the Rune of the Bards, the Singers, who teach the *Bar-duit*, the Folk-Song, to the People and who sings it to them. The Bards sang the Folk-Songs [*Bar-d-wit*], which conveyed to the People the ancient indigenous Wisdom which was preserved in its Imagery.

The Larynx as Seat of Language, of the Voice, has been recognized anatomically as an Organ-of-Procreation, as a Procreative-*Ur*-Passageway, for a long time now and it has amazing Connections to all sexual Processes-of-Development.

The *Bar*-Rune often appears in Coat-of-Arms, but almost always as the known Mountains and Hills, therefore in the tipped-over shape, ,  twice and three times, therefore with two and three “Mountains”. Most of the time there are three Mountains with three Towers, Churches, Trees or other Symbols. In every case the three mountains conceal the divine Trinity, Runic-graphically the threefold *Bar*-Rune:

to Emerge, to Be, to Pass-Away



The “Bar” Rune According to S.A. Kummer (1932-1933)



(B) The *B*-Rune, *Bar*, Stretcher, Birth, bearing Life. *Bar* = Song, *Bard* = Singer; Minstrel (a type of medieval German Poet). Revelation = Birth of the Spirit. – Numeric-Value 13.

bar

Bar, the Breasts; the Womb of the Mother [*Schoß der Mütter*]. The *Bar*-Mother-Rune of Birth and Procreation, Rescuing [*Bergung*], and the Feeling-of-Security. *Bar* = conceal, hidden, to give birth, safe for the Birth-Mother.

Mountain [*Berg*], the Shelter/Lodging [*Herberge*] in which one is safe.

Fountain of Springs; Wellspring-of-Health as a feminine Symbol; but also a Stretcher, Death-Bed, *bar*-run [*barlaufen*], to run-out/run-off/set-sail [*auslaufen*], to run-dry.

Bar, the Rune of all Lives and Deaths (which have been born/created).

Bar-bar-baren = three-times *bar*, that is, the thrice Reborn [*die dreimal Wiedergeborenen*]; to be Reborn three times in Spirit, Soul and Body.

You too, dear Readers, should listen to the Voice of your Hearts & Blood. You are born again three times in the Embers [*Gluten*]. “Trust All-Father, recognize Him in thyself, and be ye Faithful.”

The *Bar*-Rune also contains the Thor  and the *Pard*, or W-Rune , we find in it the Trinity of Spirit-Soul-Body, as well as Past-Present-Future.

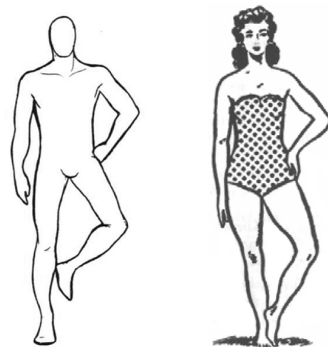
The *Bar*-Rune reveals to us the Birth from the *Ur*-*Bar*-Becoming/Growing [*Ur*-*Bar*-*Gewordenen*].

The Demonic of the *Bar*-Rune   is the Descent into the Darkness of the *Ur*, *Barung*, Giving-Birth in the lower, under World.

Full Body Rune Exercise(s):

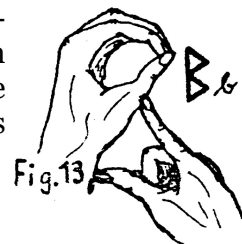
From the *Ich*-Rune-Position (Military “At-Attention”), the Practitioner places the left Hand on the left Hip, creating an angled left Arm. At the same time, the Heel of the left foot is placed [above the medial malleolus], and the left knee is angled sideways (pointing the same direction as the elbow of the left Arm).

The *Bar*-Rune-Position has the following Sound-Formula: "ba-be-bi-bo-bu".



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 must be observed with all the Rune-Grips. The *Bar*-Rune-Grip is preformed with the Arms raised above the Head, as Figure 13 shows.



Its Sound-Formulas are: "B-a-r" and "ba-be-bi-bo-bu".

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.

The inner Thoughts are directed towards the Birthing of the Spirit and towards accumulating higher magical Forces [*höhere magische Kräfte*].

Here the Practitioner, when well Internalized, will observe a slight wave-like Sensation [*wellenartiges Gefühl*] in the Hands, which may also be noticed after it is Circulated in the Body by conscious-willpower [*willensbewußt*]. This is the Birth of the higher Spirit and higher magical Abilities [*höherer magischer Fähigkeiten*] caused by the Subtle-Forces [*Feinkräfte*].

Often the Sensation is more noticeable after weeks of Daily-Practice. Persistence leads to the Goal.

The astral Color is light-blue by Day, light-violet by Night.