

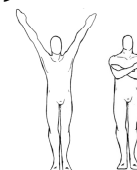
Gnostic Runology – The “MAN” Rune (Historically)

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

The “Mâdr” or M-Rune According to Friedrich Fischbach (1900)



The M rune shows a Man raising his Arms, or even crossing them.



The “Man, Mon” Rune According to Guido von List (1907)

Y **man, mon**, Man [*Mann*], Moon [*Mond*] (*ma* = to mother [*muttern*], to increase [*mehren*]; empty or dead [*leer oder tod*]).

A Fifteenth I count, which Volksrast the Gnome
Sang before the Gates of Day
To the Gods [*Äsen*] for Strength [*Stärkung*],
to the Elves [*Alben*] for Power [*Kraft*],
And to myself for clarifying my Perception [*Sinne*].

man=, mond=Rune Y

The Folktale of the “Man in the Moon [*Mann im Monde*]” is revealed, in the fifteenth Rune, as the sacred Character of 'the Propagation of the Human-Race [*der Fortpflanzung des Menschengeschlechtes*]’.

The *Ur-Word* “*ma*” Indicates feminine Procreation or “Mothering”, just as the *Ur-Word* “*fa*” is for the corresponding masculine Procreation. Hence, we have here “*mater*” (Mother), and likewise there we have “*fater*” (Father).

The Moon is considered mythically-mystically as the Magical-Ring *Draupnir* (Dripper), from which every ninth Night an equally heavy one drips (separates itself), and which would be burned along with *Baldr** ; that is, with *Nanna*, the Mother of his Children, who was burned at the same time as *Baldr*. According to mythico-mystical symbolism, however, Nights can correspond to Months, and so the “nine Nights” mentioned above denotes the Time of Gestation (or 9 months of human pregnancy).

But since the Concept of Man, Maiden, Mother, Husband, Wife [*Gemahl, Gemahlin*], marriage, menstrual, etc., etc., are rooted in the *Ur-Word* “*ma*” (as is the Concept “Moon [*Mond*]”, with which they are all internally connected conceptually), they nevertheless symbolize Standalone-Concepts [*Einzelbegriffe*].

These concepts Join-Together in an apparent Unity, and (according to the Principle of the “multi-united multi-faceted Multi-Unity”) the Conceptual-Word for this Unity is also rooted in the *Ur-Word* “*ma*” and expressed “*man-ask*” or “*men-isk*”, that is: *Mensch* [or Human].

Therefore – as a Unifying-Concept – the word “*Mensch*” [or Human] is only unisexual [*eingeschlechtig*]. Thus, the fifteenth Rune embraces the exoteric as well as the esoteric Concept of the high Mystery of Humanity [*des hohen Mysteries des Menschentums*] and culminates in the Admonition: “Be Human! [*Sei Mensch!*]”

* **NOTE:** In Norse mythology, *Baldr* is a son of the god *Odin* and the goddess *Frigg*. He is associated with light, wisdom, and courage (although he is never specifically defined as the god of any of these). *Baldr* is best known for his dramatic death, which heralds the coming of *Ragnarök*, the end of the age of the Norse gods and the rebirth of the world.

Ragnarök means "Fate of the gods" and is a series of events (including a great battle) foretelling the death of a number of great figures (including the gods *Odin*, *Thor*, *Týr*, *Freyr*, *Heimdallr*, and *Loki*), natural disasters and the submersion of the world in water. After these events, the world will resurface anew and fertile, the surviving and returning gods will meet and the world will be repopulated by two human survivors.

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

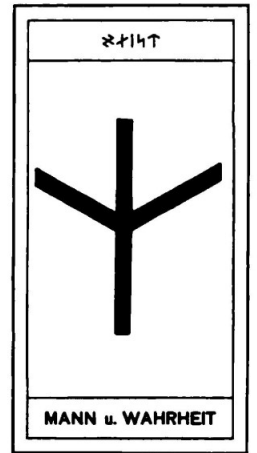
Exoterically: Man/Male/Masculine [*Mann*].

Esoterically: Spirit [*Geist*].

Generally: Man, Humanity, Truth [*Mann, Menschheit, Wahrheit*].

We now come to the first of three Runes which give symbolic Expression to Humans themselves [*Menschen selber*] and their most intimate Relationship to one another through the Sexes [*durch die Geschlechter*], namely the Runes of ✚ Man, ⚎ Woman, and ⚍ Marriage [*Ehe*].

If one looks at the ✚ *Man*-Rune, one immediately notices a certain Resemblance to a Human-Being [*Menschen*] raising their Arms towards Heaven in a certain sacred Attitude, as is customary in certain magical Operations [*magischen Handlungen*]. We recommend Peryt Shou's book : "The Edda as the Key of the Coming World Age [*Die Edda als Schlüssel des kommenden Weltalters*]" which deals with Runic-Magic in a practical way.



The upper Threefold-Division is of utmost Importance, because it symbolizes Spirit, Soul and Body. Each of the Arms representing this Trinity points upwards towards the Light, longingly striving for it. Furthermore, one can very well compare the ✚ *Man*-Rune with the Posture of a person who has been Crucified – and is not the God-Man [*Gott-Mensch*] in fact attached to Matter/Material like unto a Cross?

If one wants to understand the ✚ *Man*-Rune only as a Synthesis of Man, as Phallus, then the middle Beam [*der mittlere Balken*] points downward towards Matter/Material in which new Life is to be awakened by him in order to make the words of St. John true: "The Light shines in the Darkness, and the Darkness has not comprehended it..."

It seems remarkable to me that both the word 'Man' and the word 'Matter/Material' (from *mater* - Mother) begin with the *Ur*-Word "Ma". This points to the intimate and indissoluble Relationship [*Beziehungen*] between Man and Woman. If one brings the ⚎ *Os*- or *Ask*-Rune in Connection with the ✚ *Man*-Rune, then one has the Emergence of an important Meaning and, through language transformation, it becomes *man* + *ask* = *Mensk* = *Mensch* or Human-Being.

The corresponding Verse of the Rune-Song is, again, quite mystical. Obviously the great Giver of every Creative-Force [*Schöpferkraft*] suggests to us the Sun (in almost all Mythologies symbolized as male) which also gives the Male the Procreative-Force [*Zeugungskraft*] dwelling in him.

Gnostically understood, this Force is that of the *Logos*, the Spirit, embodied in the Seed of Man [*Samen des Mannes*], which can be used not only for carnal Procreation [*fleischlichen Zeugung*], as most people mention, but which should instead be used for the highest-possible Perfection of the Human-Being [*höchstmöglichen Vervollkommenung des Menschen*], and to which the Words of Christ clearly and distinctly refer:

"Verily, verily, I say unto thee, Except a man be born of Water and of the Spirit, he cannot enter into the Kingdom of God [*das Reich Gottes*]." (St. John 3:5)

In order to achieve this Rebirth from the Seed, one needs certain Help. This Help can only come from someone who is thoroughly familiar with the gnostic Doctrine-of-Salvation [*gnostischen Heilslehre*]. Since it is not easy to find such a Confidant [*Vertrauensperson*], a Hint should be offered here as an exception, by which one can enter onto the right Path.

However, before one intends to make use of the Spirit in order to come to spiritual Perfection, one has to purify the Vessel of the Spirit, the Body, and transform it into the Grail-Chalice [*Gralskelch*]. This Regeneration and Transformation is not easy, because – is there a Place where this Goal is consciously worked towards?

Yes, there is such a place which is well known to me, it is the "Sanatorium for Dietary-Reform" in Lehmrade (near Mölln, Lauenburg). Only when the Body is complete does one start to work on the "great Word", which is helped by the Gnostic School of Pastor Dr. E.C.H. Peithmann.

The Gnostics knew, and still know, how to use the Breath (let us remember the Air-Rune *Hagall*) and the Seed in order to spiritualize one's Body during one's Lifetime and thus to transfigure it in order not to taste Death. This refers to the Transition into the Subtle-Substantial Being [*Feinstoffliche Sein*]. For the one who is well versed in applied Symbolism it is suggested that much is contained in the *Hagall*-Rune combined with the four final Runes, more than one might dream of... *Sat Sapienti!*¹

The Procedure [*Verfahren*] can be taught to the worthy Student, even Today, in more or less difficult to access Gnostic Schools.

Here one honestly asks oneself: are there many worthy Students of this kind today, when raw Sensuality [*Sinnenlust*] reigns everywhere? For them we say: woe to the Presumptuous, who would unworthily venture into these operations which are magical Practices [*magischen Praktiken*] in the highest sense... because immediate Madness [*Wahnsinn*] would be the inevitable Consequence!

The Method for the Procedure [*der Weg zu dem Verfahren*] can also be found through the Runes by those who are Qualified [*Berufenen*], but: the Entrance to the Secret [*der Eingang zu dem Verborgenen*] is well guarded; although the Hints from this Script go almost too far...

Finally, it should be mentioned that the ☿ *Man*-Rune was also erroneously assigned to the Moon (☾). This might be explained by the apparent Male-Figure in the Moon (the so-called "Man in the Moon!"), but also by the unmistakable Influence of the Moon on the Fecundity [*Fruchtbarkeit*] of Human-Beings, Beasts and Plants.

The “Ma, Man, Mon, Madr” Rune According to R.J. Gorsleben (1930)

Letter M and Number 15.

The man, the human being and, at the same time, the Rune Tree and the Tree of Humanity (with 15 shoots, the arms as well as the branches reaching towards heaven). **This Rune has the power to condense and collect cosmic rays** (which means pulling the spiritual down into matter), so that the mystery of humanity (the immaculate conception) becomes perfect by means of inspiration.

Dr. Friedrich Teltscher's *Ur*-word is *Trieb* meaning “Determination” as well as Drive, desire, urge, inclination, instinct; impel forward, propel, push; shoot, newly grown plant stem, sprout, burst forth, etc.

¹ '*Sat Sapienti*' is an abbreviation of the Latin dictum '*sapienti sat est*', meaning "that which is said is sufficient for the wise".

A fifteenth I know, which *Volkrast*, the gnome,
 is singing early before the gates of the day
 for strength from the Gods [*Aesir*]
 and for power from the Elves [*Alben*]
 and wisdom, All-father, for me.



The fifteenth rune is the sacred Rune of humanity and it introduces us to the mystery of being human. It culminates in the admonition: “Be Human!”. The sum of the digits of $15 = 1 + 5 = 6$, and the Six is the *Sexus* (Sexuality/Gender). This leads us back to ʏ *Kun* or *Kaun* Rune, the Rune of Sex. All procreation pulls something soul-related and spiritual down into existence, into its material form.

The *Man*-Rune depicts a man who reaches up to the heavens with his hands (in the ancient prayer position). He stretches his hands towards the heavenly ones in such a way that he is striving for the connection with the Divine by means of magical-mantramistic actions. Thus, there very easily comes a comparison of this position with the one who has been “crucified” on the wood of the world. The *Man*-Rune shows the basic idea of the human being as embodied and spiritualized. The three-partition of the *Man*-Rune upwards means the trinity of spirit, soul and body. *Man* is also the word of leadership, *manager*, the one who gives orders, commands or *mandates*.

Through hand (*manus*) and head (*manas* – meaning: reason, spirit, mind), through the soul (*mens*), we become human (*Man*). Because of the hand and the head, the human being is decisively different from animals and is able to grasp things around him. **Lifting the outstretched hands towards the heavens, the human being can collect cosmic rays.** Collecting cosmic rays really means condensing them, that is: drawing that which is spiritual down into the 'womb of the mother' (matter), so that the mystery of humanity (referring to the immaculate conception) can be achieved by means of “in-fluence”, influx, inflow, by means of “inspiration”, “correctly illuminated by the spirit”.

This power to condense is magic. The *Man*-Rune therefore is the Rune of the magician, of magic and of the Power-to-Unite [*Vereinigungskraft*]. Magic is Power/Might [*Macht*], since both words are the children of the same root word, which means “to be capable” [*Können*]. What forces the human being to lift up their hands to the High Ones is an effect of their *Man*, of their ad-mon-ition, of their *manas*, of their reason, but not of their intellect (which continuously removes us further and further away from the love of God). Yet, while you practice pure love, God remains within you.

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



man

(M) The M-Rune, Man, reminds us and whispers within us that we should become conscious [*bewußt*] of our inner God-Spark [*inneren Gottesfunken*], our higher Self [*höheren Ich* or Inner Being]. – Numerical value 15.

Man, the Rune of the Breath, of Truth, of Power/Might [*Macht*] and the positive Force of Males (even in Procreation). The *Man* Rune points to the spiritual, soulful Union of Man and Woman in noble, conscious Procreation. “*Man*” and “*Ma*.”

It is the Rune of the Spirit, the Soul, and of the Body, as well as of Awakening, Working, Controlling, Forgiving, and of new spiritual Acquisition, all of which is also indicated by the three emerging Lines.

Man comes from *Mannus*, the first Germanic Guide/Leader [*Führer*], and from the Spirit of God Himself (*Dio* = *Teut* = *Deutsch* – the Son-of-God). *Mannus* is the mythical Germanic-Progenitor or -Forefather [*Germanen-Stammvater*].

Man and *Mannus* are related to the mysterious words *Amen*, *Omen*. Even the famous 'Om' is derived from the old Norse, Germanic root *Man*, which means the Divine-Human [*Gottmensch*], the Spirit-Man [*Geistesmann*].

According to Hermann Wirth, the one who is Born-Again, the Resurrected-One, is the Son-of-God, 'Ma' Υ or the 'Ka' Υ , the "Human-Being". Therefore, his consecrating Hand-of-Light [*segnende Lichthand*] was also gladly represented as a Human-Symbol in the atlantian-nordic Traditions.

The "Rod-of-Life", the Staff in the Υ Shape was the Emblem of the atlantian-nordic Priestess and Judge, and later of the King and Judge.

The Demonic of the positive *Man*-Rune is the negative *Yr*-Rune ✝ , which symbolizes: Error, Delusion, and Lunacy. As well as: Demonic Love-Lust and Greed, Self-Destruction through unnatural Procreation [*artlose Zeugung*] that leads to Torment and Suffering.

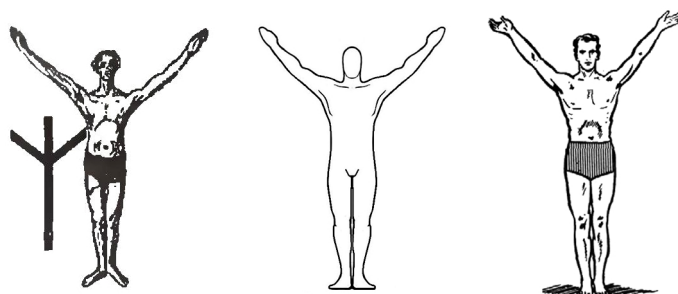
To consciously feel the positive *Man*-Rune in oneself means to walk the Path to Spiritualization [*Weg beschreiten zur Vergeistigung*], the Pathway into the subtle World, into the higher Sphere.

"Be the Truth and the Life-
Become a great Man-
Be the Spirit-God-Human!"

The *Man*-Rune-Position has its greatest magical Effect [*größte magische Wirkung*] on the New- and the worst [*schlechtesten*] at the Full-Moon.

Full Body Rune Exercise(s):

The *Man*-Rune is the Rune of divine Magic [*göttlichen Magie*], and of cosmic Spirit-Procreation [*kosmischen Geistzeugung*]. The *Man*-Rune-Position is a high Prayer-Position in which the Practitioner is able to gather and draw down to themselves high, cosmic, spiritual Waves [*hohe, kosmische, geistige Wellen*] which (through Inspirations) illuminate and complete one's Spirit more and more.



The Practitioner again takes the *Ich*-Rune-Position, raises the Arms sideways, diagonally upwards, so that they make the human-formed M-Rune shape.

Now one visualizes the shape of the Rune and thinks sharply that radio-like Waves-of-Universal-Force [*Allkraft-Wellen*] penetrate into the back-of-one's-head and flow through one's spinal cord. At the same time the Waves penetrate into one's hands, flood one's Arms and Body, surrounding the Practitioner with the Waves-of-Universal-Force [*Allkraft-Wellen*].

All of these Waves unite in the Sympathetic nervous system and create a very peculiar, blissful, wonderful Feeling. It evokes a Ring or Ringing [*Klingen*] in the Practitioner and awakens a deeper Universal-Knowledge and Universal-Love [*Allwissen und Allliebe*]. Then these Waves ring softly through the Thighs and Calves, under the bottom of the Feet, and then flow into the Earth.

After the Student has assumed the *Man-Rune-Position* and has concentrated their Thinking and Observing on the Influx of his Universal-Waves [*Allwellen*] for several Minutes, they then magnetizes their Aura. This is done by singing the "M" in a clear, deep Tone while slowly, rhythmically rotating in a Circle in one Place; when Facing North and East turn slower, when Facing South and West turn faster. Avoid too strong an Influx of Waves from the South and West.

In regards to the Aura: we consistently radiate [*strahlen*] or Emanate [*Ausstrahlung*] a Substance from our Bodies that Dr. Karl von Reichenbach called the "*Od*". The Name *Od* comes from the God "Odin" the Orderer-of-the-World [*Weltordner*].

This *Od* fills the whole Universe, radiating to all organic and inorganic Bodies. *Od* emanates from the human as well as from every Animal Body, but also from Plants, Minerals, etc. In our Bodies, we continuously generate and radiate *Od* and, with every Movement, with every Breath, we transfer it to all Objects we touch.

The *Od* is the material Carrier [*Träger*] of Thoughts and also of psychic Qualities [*Eigenschaften*]. Thus, it will seem understandable that it is assigned a great Role in "personal Magnetism". Therefore, it is very important for the Student to see their magnetic, *odic* Emanation (their Aura).

Take the "M" posture – embrace the Ether,
Like your Ancestors before you.
Feel within yourself a Whispering and a Singing,
Which will bring you a holy Knowledge [*heilige Kunde*].

In this Rune-Position, Full- and Deep-Breathing is very important. After 14 Days, the wisdom of the divine Magic in the *Man-Rune* will be revealed to the Student, along with the Perfection of the Breath and the Vibrations, the Rhythm of the Universal-Waves of divine Force-Stream [*der Allwellen göttlicher Kraftströme*], if one has persistently observed the previous exercises.

The Student recognizes the budding Divine-Human [*angehenden Gottmenschen*] in themselves.

One can feel the Cosmos, feel the World, in oneself and perceive it rushing, ringing and singing, when humming the Pitches of the *Man-Rune's* Sound-Formula. Additionally, I recommend practicing this Rune-Position with the following Sound-Formula:

"ma-me-mi-mo-mu!"
All-Father calls:
Be a Spirit-Warrior [*Geiststreiter*],
Be a divine Knight [*göttlicher Ritter*]!

Then the palpable Current/Stream [*Strom*], the cosmic Force [*kosmische Kraft*], will enter your outstretched Hands and flow through the Body.

Each Rune, each Sound has a different type of Current, Strength, Vibration and Rhythm.

Whosoever understands and learns to consciously move the divine cosmic Universal-Currents [*göttlichen kosmischen Allströme*] becomes the conscious Master of their own Fate/Destiny.

The Student must get into the habit of bringing their Thoughts, Desires, Wishes and Feelings into Harmony with the Universal-Wave-Forces [*Allwellen-Kräften*], then they will always be on a first-name basis with All-Father (God), and the Influences-of-the-Stars will no longer be able to do them great Harm since they now possess Universal-Knowledge [*Allwissen*] and rule over their Stars.

The Student will always be affirmative, hopeful, confident and full-of-life [*lebensfroh*]. Despondency, Doubt, Fear, Worry and Weakness no longer exist for them. All their good Wishes are Fulfilled, since their Will, Thoughts, and Faith are firmly focused on the high Goal of becoming a Divine-Human.

If Failures do occur, then the Practitioner has not always followed my Advice/Council [*Rat*] and must seek the faults within themselves. The strictest Self-Criticism after Failures brings Recognition and Learning.

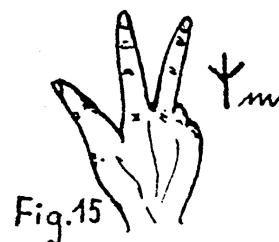
The Student must always strive to maintain their emotional Harmony. One should, as far as possible, free themselves from all Urges and Passions without becoming unnatural. Therefore, one practices strict Criticism of one's own Conduct and Deeds, as well as of one's Life-of-Thoughts and -of-Desires.

If one has now recognized much that is Wrong in oneself, then one immediately takes up the Fight by sending out good, strong Thoughts and Petitions, and taking one's Body under the strict Control of one's *Ich* [or Inner Being].

After all, the Student wants to become a wise Magician, a Divine-Human, so above all he or she must stand above wild Passions, Animal drives, Wishes and Desires.

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 *Man*-Rune-Grip is performed with the right Arm stretched upward, with the hand position as shown in Figure 15. Its Sound-Formulas are: "m-m-m", "M-m-a-n-n", and "ma-me-nu-mo-mu".

The Thoughts are directed to Universal-Love, cosmic Spiritual-Procreation and the Awakening of divine Magic. This Grip is one of the most effective Rune-Grips, the right Hand begins to burn [*feuern*] and to glow.

The Practitioner has the Sensation as if fine Rays [*Strahlen*] are emanating from three Fingers, and the whole Hand is strongly charged with electricity.

With this Grip the Practitioner is able to banish any Danger. It is the Grip of the reborn conscious Magician [*wiedergeborenen bewußten Magiers*] and of the three-fingered blessing and protecting Hand-of-Light [*Lichthand*] of our exalted Ancestors. This Grip allows the Practitioner to penetrate into the highest Mysteries/Secrets of Rune-Magic.

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.

I mention, again, that in all the Grips, at the End of the Exercise, the Circulation of the accumulated Subtle-Force through the whole Body should not be forgotten.

After Completion of this Grip, the Smell of electrically burnt Wires is often perceived. The astral Color is purple-red by Day, phosphorescent greenish-red by Night.