

Rún Valdr

by Rodney Cox © 2004

Preamble

I will describe a new and wholly separate form of Reiki based not on ancient Sanskrit or Tibetan teachings, but on the Norse Runes. This system is complete unto itself and does not rely in any way to other Reiki systems beyond cursory similarities in using the new symbols and in giving attunements. This system that I call Rún Valdr goes beyond what Reiki does in that the symbols and techniques can be used for more than healing. They can be used for magic as well including a way to easily and powerfully charge objects to create magical items, programmed to do whatever you desire.

I used to call the system “Runic Reiki” but have decided to change the name. It is not so much a Reiki system that uses runes as a Reiki-like way of using Runes. Rún Valdr is old Norse for Rune Power. But Valdr is not just power, but authority as well. It is more than just a powerful way of using the Runes. It is a responsibility as well.

Much of the material was revealed to me during mental journeys I took to meet with my Gods, Odin and Freya. They gave me the symbols, their names and what they were for. Even though there are quite a few new symbols they have, curiously enough, an internal consistency. That is, they have a consistent look about them that indicates that they are not merely random symbols, but are part of a larger system.

I’m as skeptical about so called “channeled” information as the next person, but I have found through extensive testing that these symbols work and work well. Test this system for yourself

Beginnings

I am a Reiki master of several different Reiki styles including Usui, Sacred Path, Tibetan, Karuna, Seichim, and Tera Mai. Reiki is a powerful system of healing that channels healing energy through the practitioner. Symbols are used to fine tune the treatment and, most importantly, to turn on the Reiki energy. Many different symbols have been “rediscovered” since Reiki first came into being with the help of Dr. Usui. I have even uncovered some myself.

In my opinion, the most important Reiki symbols are the Power Symbol, the Distance Symbol, and the Master Symbol. The Power symbol is used to turn on the Reiki energy and is used by all other Reiki systems. The Distance Symbol bridges time and space, allowing the practitioner to treat people no matter how far apart. It can also be used to program treatment to happen at a precise time or over a set period of time. These two symbols form the basis for all the other Reiki styles and they would not exist without them. And of course, without the Master Level Symbol no one would be able to transmit the ability to do Reiki. All other symbols are refinements to the Reiki energy.

Being a Reiki master, I have come to greatly appreciate the use of symbols in my work. This has carried over into my love of the Runes. They are themselves, symbols of power. After gaining my Reiki attunements, I experimented with using the Runes the same way one would use the Reiki symbols. To my great joy, the two systems seemed compatible. Thus started what I called Rún Valdr.

At first I would use the Runes as I would use Reiki, using the Rune Algiz in the same way as the Power symbol in Reiki. The energies of Uruz were pretty much the same as the Reiki energy, I found, so I would include that as well. Other runes were used to fine tune the process. Isa can be used like the Distance Symbol to perform distance healing and Laguz can be used to focus on the working with the subconscious.

I used this combination of standard Reiki along with my Rún Valdr for sometime. It worked well, but something was still missing, something that would definitively define Rún Valdr. I had been doing some meditative journeys to get in touch with my Deities, Odin and Freya, and asked for more information. I received a symbol from Freya, Shai Nal for the development of power. I practiced with this symbol, even trying it on other people, and found it worked. I received soon after Shai Nal, another symbol, Grija (pronounced Gree-Yah), for purification. Later I receive other symbols, from both Odin and Freya, and Rún Valdr grew as an independent system.

As I used my new Rún Valdr, I found myself using it in specific ways and this formed the application of the treatment, or working, as I call it. There are no set hand positions in Rún Valdr, save perhaps two, and this is optional. Rún Valdr makes the practitioner do a little more work than standard Reiki. There is more visualization done in Rún Valdr, although this is by no means strenuous.

Finally, I was given the attunement process. It is possible that Rún Valdr will work without an attunement, but I like to be thorough. Unlike standard Reiki, with its three different levels, Rún Valdr only has the one attunement that grants the full system to the initiate. The attunement deals with the second chakra, also known as the hara or the dan tien. The symbols are placed in the second chakra rather than into the base of the head and the hands as in standard Reiki.

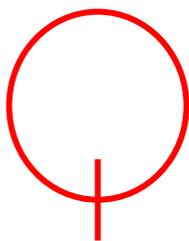
Rún Valdr can be used for magical work besides its healing capabilities. Creating magical items is very easy using the Rún Valdr attunement process. Any object can be attuned and given a purpose to pursue.

The Symbols

Notes on the symbols: All the symbols should be seen as being red in color, unless specifically mentioned otherwise. I've found that it is easier seeing the whole symbol rather than drawing them out, and in fact, I don't believe it is necessary to draw out the symbols at all. However, I will give directions as to how to draw them, anyway. To activate the symbol, see the symbol and repeat its name to yourself three times. This does not have to be out loud.

As mentioned above, the symbols seem to have a common look to them. Essentially they are lines and circles. The circles are more passive and it is here that the work is done (also where energy is stored), while the lines show direction of energy movement. The placement and orientation of the circles and lines determines how each symbol works.

Shambul - Activation



Shambul (pronounced: Shahn-Bool) is the activation symbol, much like the power symbol in standard Reiki. It is used to activate the other symbols and to add oomph to your working. It is drawn starting with the circle, starting at the top and drawing it counter-clockwise. Then the line is drawn, starting inside the circle and moving out. It is useful to see Shambul, large centered over your torso and also over your hands as you are about to start your working. Or just over your torso. It can be used repeatedly.

This symbol can also be seen as white, if you so desire.

I see this symbol as energy coming down from the main source. The source is the circle and the movement of energy is the line.

Shai Nal – Increase Power

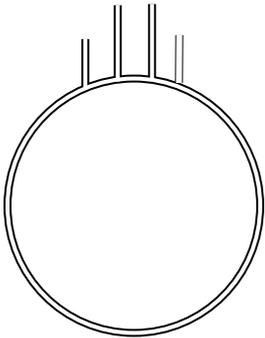
This symbol is the true core of the Rún Valdr system. It is to be seen as red at all times. This was the first symbol given to me by Freya. Its purpose is to increase one's power. It was described as "bringing the iron within." It increases one's potency. This is not fertility, having babies kind of potency, but rather the Superman catching a falling skyscraper kind. The kind of potency that gets things done, that allows you to accomplish what you set out to do, that lends weight to your actions.

Shai Nal is drawn starting at the top of the line. Draw the line down and then add the dot next. Strangely this is the only symbol that I bother to draw out rather than merely see the whole symbol.

I see this symbol as energy coming down (the line) to be concentrated in one spot (the dot). By itself it is not the most energetic of the symbols, but there is a definite strong feeling associate with it. A calm coalescing that fills you with power.

This is the main symbol used in Rún Valdr workings and it is this one that must be kept visualized during the process.

Grija – Purification



Grija (pronounced: Gree- Yah) was the second symbol I received, and it came from Odin. This one I instinctively saw as whole instead of drawing out. But if you were to draw it out you would start with the top of the circle and draw it clockwise. Then draw the line up from the circle starting with the left most one. Grija should be seen as white.

To use, see Grija over whatever you want purified, large enough so the object is completely inside the circle. Visualize white light coming from the circle and engulfing the object.

This is a very energetic symbol. I see it as a cauldron with steam rising out of it.

Whatever is in the cauldron is being refined, and the dross burned away. Or you could see it as the bad stuff being boiled away.

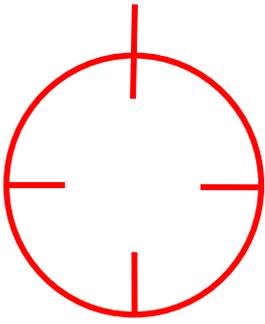
Han-So – Transformation

Han-So deals with transformation and is the second most important symbol in the Rún Valdr system. I would recommend using it during every working. The power to transform one thing into another is very powerful healing tool. This could be transforming a subconscious habit or hurt into something more positive. Or turning a physical injury or disease into wellness and wholeness.

I'm sure it could even be used to help with non healing situations such as transforming a bad job into something more positive. The power of transformation is a very powerful thing. There is a law in physics that states that energy is neither created nor destroyed merely changed. Thus it is much easier to transform a situation that to try to create a whole new one.

To draw Han-So, draw the large line first starting at the top. Then draw the circle, starting at the top, in a counter-clockwise direction. Finish with the small line, starting at the top and drawing down. I see this symbol as energy entering the circle, being transformed and the new thing then leaving the circle.

Tunai – Sealing

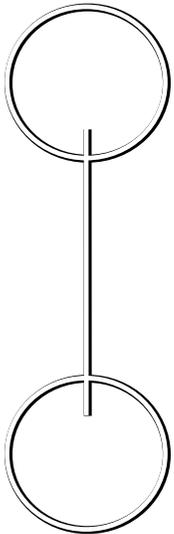


This symbol is used for sealing. It is used as a finishing step for a treatment or working and also after an attunement. It is a final stamp of completion.

To draw this symbol, draw the circle, starting at the top, in a counter-clockwise direction. Then draw the left inner line starting at the circle and moving inwards. Repeat this with the bottom line and the right line. Finally draw the top line, starting at the top and moving toward the center of the circle.

I see this symbol as energy entering the circle and being fixed by the other lines of force.

Reloxon – Distance Symbol



This symbol (pronounced: Rel-ox-on) acts in the same way as the standard Reiki Distance Symbol. It is a bridge across space and time. It should be seen a white in color.

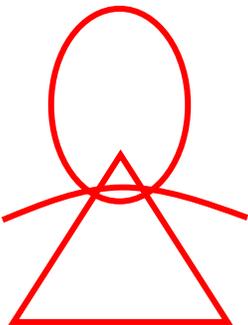
To draw Reloxon, start with the top circle, drawing in a counter-clockwise direction starting at the top of the circle. Then draw the line starting within the first circle. Finally, draw the bottom circle the same way as the first.

Reloxon would be used during distance healing or attunements to connect you with the person you wanted to work on. You can also use it to program healing over set periods of time.

This symbol can be used to act as a conduit between a person or object and a source of power. For instance you could set up a conduit between the sun and a crystal intended for healing, thus insuring a steady and limitless supply of energy to the crystal so that it would be able to fulfill its programming more easily. For this purpose, see the symbol as being purple in color and giving it a slightly different name; Reloxoné (pronounced, Rel-ox-onay). You would see the symbol connecting the object or person in question and the energy source, with the intention of creating a one-way conduit with energy pouring out of the energy source into the target.

You can be creative with Reloxoné and use it to establish conduits to the elemental planes, the earth, the ocean or even other galaxies. It can be used to create a two-way link between people to share thoughts, emotions and even energy more easily.

Greel-ya – Astral Travel

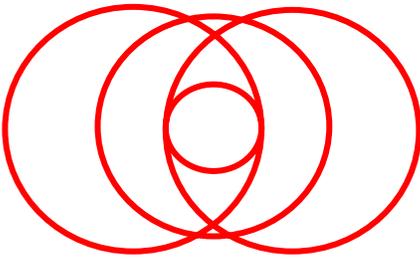


Greel-ya is used for aid in astral travel. You would use it before an astral travel session to make the experience stronger. You could charge an object with this symbol and hold that object during your astral travels.

To draw this symbol, start with the top of the triangle and draw it in a counter-clockwise direction. Then draw the oval starting at the bottom and moving in a counter-clockwise direction. Finally draw the curved line starting at the left.

I see this symbol as an intersection between the physical world and the astral. You are creating a bridge between these two worlds so that you may have a stronger connection.

Freyl-Tay – Love

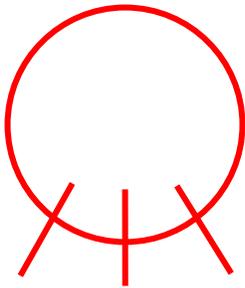


Freyl-Tay is a perfect expression of love, whether this is romantic, platonic, or between family members. It is similar to Greel-ya in that it shows an intersection, but between people rather than worlds. It can be used to strengthen or heal relationships, or to help deal with break-ups or the passing of loved ones. Using it in a working insures that the greatest good is being served.

I see this symbol as two people connecting to create something more powerful than both of them could achieve separately. Within the intersection, something wonderful blooms and grows.

All the circles are drawn in a counter-clockwise direction, and one should start on the top of the circle. Start with the central circle, then the smaller inner circle. Then draw the left circle and finish with the right circle.

Haxo – Awakening Consciousness



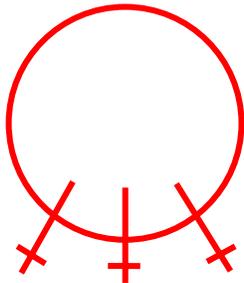
Haxo

Version for Inanimate Objects

This symbol is similar to a symbol in the Seichim Reiki tradition whose purpose is to awaken the world around you, to bring consciousness into inanimate objects. I received two versions of Haxo, one for inanimate objects and one for use on animals.

I see this symbol as intelligence going forth from the Source and descending into matter, or into animals.

To draw these symbols draw the circle first in a counter-clockwise direction and then draw the lines coming out of the circle, starting with the left. For Haxon, add the cross lines left to right, starting with the left most line.



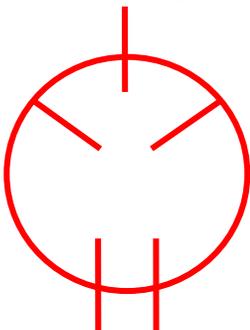
Haxon

Version for Animals

This can be a very useful symbol, especially in charging objects or creating magical objects. This would work especially well for wards or other objects that provide shielding, as it would be able to work under its own will and continue to work after the person who created it discontinued thinking about it. Haxon can be used on Rún Valdr workings as well, allowing them to work on their own without further direction from the practitioner. The same would work for almost any other magickal operation as well.

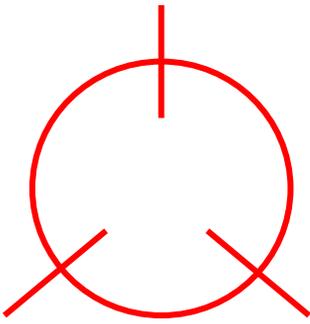
Ultimately it wakes up and empowers objects and animals.

Turan - Sealing for Inanimate Objects



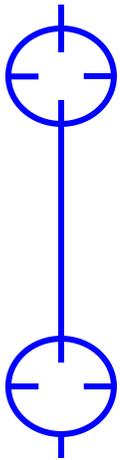
I had noticed that attunements of objects seemed to fade over time. So I asked Odin if there was something to be done. He gave me a sealing symbol to use on objects.

Lugar – Opening & Closing



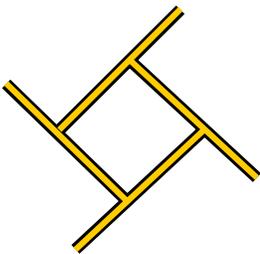
This symbol is used for both opening and closing things. This can be used on auras, such as before and after a working or opening up new opportunities or learning new things. It can be used to close off bad habits or perhaps to shut off pain. Intention is important when using this symbol and is what determines what effect you get.

Relanor – Permanent version of Reloxoné



This symbol is used when attuning objects. Specifically it is used to connect the object permanently with a power source. It should be seen as bright blue in color. It is used exactly like Reloxoné.

Grishtor – Hallowing



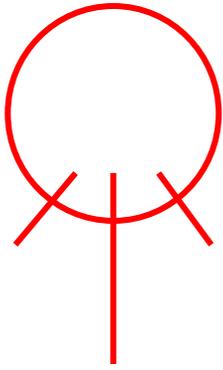
This symbol is used to make things holy or sacred. The shape is similar to a solar wheel, which has many associations with the divine. It is useful for altars or shrines or even your home. This symbol should only be seen a gold in color.

Idunnath - Restoration



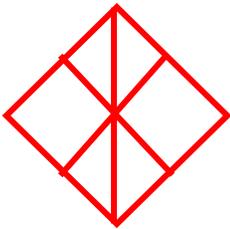
This symbol is used to restore things, whether physical or emotional or whatever. Note that the name is similar to the Norse Goddess, Idun (or Idunna) who kept the golden apples of the Aesir that kept the Gods young.

Jutanhovr – Grounding



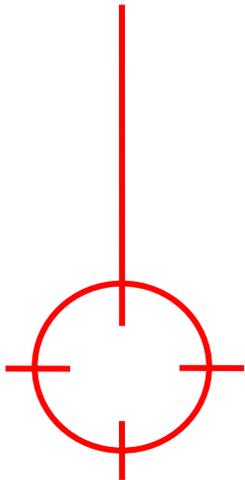
Jutanhovr (pronounced: Yoot-en-How-er) is used to help one become grounded. This is especially good after meditative or magical workings. It restores a person's energy back to a normal state.

Koltai – Ultimate Protection



The symbol Koltai came to me rather unexpectedly. I got little besides the name and the function. But I would imagine that it would provide protective qualities.

Grimbol – Attunement Symbol

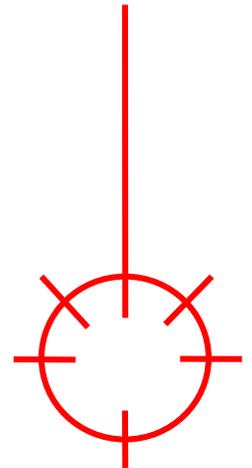


Version for Human & Animals

Grimbol is the Master Symbol of Rún Valdr. It is used to pass on attunements to others. It is also useful for making magickal objects, as shown by the version to use on inanimate objects.

To draw Grimbol, draw the long line first, moving down. Then the circle in a counter-clockwise direction. Then draw the left line moving out of the circle, followed by the right line moving out of the circle, and ending with the bottom line moving out of the circle. For the inanimate object version, add the diagonal line on the left and then the diagonal line on the right.

I see this symbol as being similar to Han-So. Energy goes into an object or person, represented by the circle, and awakens and attunes the individual. Energy then travels out, finding new paths and new ways to work.



Version for Inanimate Objects

Runes

It wouldn't be proper Rún Valdr without mentioning the runes. Here is how the runes are ordered.

Freya's Aett **FNÞFR<XP**

Hagal's Aett **HHI◊JCYΣ**

Tyr's Aett **↑BΓMM◊M◊**

You will notice that they are arranged in rows of eight. I feel that this order is important and should be kept intact whenever possible. You will also notice that the runes are red in color. Red is traditionally the color used to activate the runes and represents blood. There are many books on the market explaining the meanings and properties of the runes, so I will only give keywords to describe each one.

- | | |
|--|---|
| F - (Fehu) cattle, increase, wealth, chi/ki, job, fire rune | J - (Eiwaz) death, backbone, mystery, initiation |
| N - (Uruz) wild oxen, strength, health | C - (Perthro) fate, luck, life path |
| Þ - (Thurisaz) giants, destruction, offense as good defense | Y - (Algiz) protection, divine descending into world |
| F - (Ansuz) gods (especially Odin), communication, learning | S - (Sowilo) sun, outpouring of divine energy, hallowing |
| R - (Raidho) travel, one's life journey, timing of events, movement | ↑ - (Tiwaz) victory, maleness, law |
| < - (Kenaz) fire, creativity, sex & sexual energies | B - (Berkano) beginnings, earth, fertility, feminine gestation |
| X - (Gebo) gift, reciprocation, generosity, marriage | M - (Ehwaz) body and/or vehicle, partnership |
| P - (Wunjo) joy, happiness | M - (Mannaz) mankind, conscious mind, memory |
| H - (Hagalaz) hail, temporary disruption, emergency | Γ - (Laguz) lake, water, subconscious |
| † - (Nauthiz) need, necessity, overcoming hardship | ◊ - (Ingwaz) potential, masculine gestation, scrotum |
| I - (Isa) ice, obstacles, blockage, materialization | M - (Dagaz) day, liminal space. |
| ◊ - (Jera) year, harvest, balance, proper timing | ◊ - (Othala) home, ancestors, inheritance |

Performing a Rún Valdr Working

This is where you actually use the Rún Valdr system. While the activation of the runes and symbols are similar to Reiki, the actual practice is a bit different and relies on a bit more visualization. There are no set hand positions in Rún Valdr. You can do whatever you feel is appropriate or necessary. I will give instructions for doing a Rún Valdr working as if you were performing it on another person.

1. If doing a distance working, start with Reloxon and Shambul, to bridge the distance, and/or time between you and the person you are doing the working for. Visualize them in front of you.
2. Start the working by placing one hand over their second chakra and the other over the top of their head. As I said, there are no set hand positions, but this particular one feels like a good one to use for a working to me. You will, in effect, holding Shai Nal between your hands throughout the working.
3. Next see the symbol Shai Nal through their body, with the line starting a little bit above their head and the dot over their second chakra. Activate the symbol by saying its name silently three times. Keep visualizing Shai Nal throughout the working. All other symbols will be placed within Shai Nal.
4. Next we will target where the working is to focus on. That is, will the working deal with the mind, body or emotions/subconscious, or all three or combinations of the three? Use the rune Mannaz (M) for the conscious mind, Laguz (L) for the emotions/subconscious mind and Ehwaz (E) for the body.
5. Now use the symbol Han-so, to make changes to the focus.
6. Now start placing the symbols and/or runes that you want for the working. For example, for any sort of healing you would want to use Fehu (F) and Uruz (U). For depression you can add Wunjo (W). For relationships you can use Ehwaz (E), Gebo (G) and Freyl-Tay. For protection, Algiz (A). For Fertility Berkano (B). Sowilo (S) is always a good one to throw in and is good for general workings. You can also use Reloxon if the problem is in the past or you are programming the working to continue for a set period of time or for a specific time in the future.
7. Give positive affirmations, or state the purpose of the working. For instance, you would not want to say, “You are not sick,” but rather “You are healthy.” The subconscious does not deal with negative statements, so if you say, “You are not sick,” it hears “You are sick.”
8. Maintain the image of Shai Nal over the body of the person you are doing the working for. It is helpful to see them surrounded by a red, pink or gold light that comes from Shai Nal. See this light emitting from their skin. Feel the person become malleable and feel them changing
9. You can use Reloxoné to connect them with a specific power source at this time if you wish to..
10. When you are done, use Tunai to seal the working.

As can be seen, the core of a working is the symbol, Shai Nal. All other symbols merely guide the power of Shai Nal. Han-so is also important as this is the driving force of the transformation that is being sought. When using either runes or the other symbols during a working, see them sinking into Shai Nal to program it with your intentions. The key is to maintain the visualization of Shai Nal throughout the entire working. This is where the real work is being done.

A working can be done on one’s self or on another person. To do the working on oneself, just visualize the symbols and activate them. You don’t need to use any hand positions at all. You should still see Shai Nal as stretching from the second chakra up through the top of your head.

Magical Workings

To use Rún Valdr for magical purposes, you would pretty much follow the same formula as give for a healing working. The only real difference is that you would use Reloxoné to establish a conduit to one or more power sources to aid your efforts. The energy source should be appropriate to the goal you are trying to accomplish.

Make sure to use positive affirmations. This is still important.

You should still provide something for the focusing part of the working. You may not be working on your, or another person's body, subconscious or conscious mind, but there are other runes to use. You can use Perthro (𐀓) if you are trying to accomplish something that is life changing like getting a different job, or to attract a mate. In fact Perthro would be appropriate to use as the focus rune for any magical working, since you are trying to change either your own life path or that of someone else's when doing magic. Raido (𐀗) would also be good to use if you are trying to change your perceptions such as in cases of depression, self esteem issues or anger management. Raidho deals not only with travel, but one's own journey through life. Perthro is the path we take, and Raidho is the act of walking this path. The attitude we take on this path can make all the difference.

Attunements

Giving attunements is a fairly easy and straightforward task. There is only one attunement for the entire system. Rún Valdr is not broken down into beginning, intermediate and master levels as is found in standard Reiki. Also, rather than working with the upper chakras like standard Reiki, Rún Valdr focuses on the second chakra exclusively for the attunement process. You can give attunements to animals and objects as well just as easily as people.

Preparation

The person receiving the attunement should sit with their hands on their thighs and their eyes closed. They should spend a few minutes calming and centering themselves. I would suggest that the person giving the attunement be behind the person who is receiving. There is no esoteric reason for this at all. Standing behind gives better access and is easier as you won't bump into their legs. The person receiving the attunement could also be standing or lying down. It doesn't matter either way.

Step One

First draw a large Grimbol symbol over the person. You want the circle part to be centered on their second chakra, and the top of the long line to be just above their heads. Once this symbol is activated, see the person (or object) become the symbol, Grimbol. You will then put the rest of the symbols and runes into Grimbol so that they are seen to be stored in the circle part of the symbol.

Step Two.

Visualize the first Rune, activate it and see it travel down the long line of Grimbol to rest inside the circle part. Repeat with the rest of the runes (in order) and then with the other Rún Valdr symbols (in the order they were presented above), including Grimbol itself.

Step Three

Once all the symbols have been placed within Grimbol you may give any affirmations that may be appropriate. Silently tell the person that they are a powerful Rún Valdr practitioner and that they are the perfect representative of the Runes and Symbols. Or something similar. If you are attuning an object, now would be the time to tell it its purpose.

One the affirmation is given, you may also at this point (if you so wish), use Reloxoné to connect the person to a power source. This could be the sun, a neighboring galaxy, the elemental planes, the moon, the earth, etc. One end of Reloxoné should be over the power source and the other end should be within the circle part of Grimbol. Using Reloxoné is not necessary for an attunement on a person. But it wouldn't do any harm either. The choice is up to you.

Step Four

Now see the sealing symbol, Tunai over the Grimbol symbol and activate it. Say to yourself, "I seal this attunement with Divine Power, Divine Will and Divine Grace, now and forever more." Feel the attunement being sealed. I picture it like it was the turning of a deadbolt, locking in the attunement.

This ends the attunement process.

Attuning Objects

You may want to create a magical object with Rún Valdr. An object can easily be programmed to fulfill a specific task using the Rún Valdr energies. You could make objects whose purpose is protection and either carry it around with you or bury it around your house to keep your home safe. You could create healing objects that would continuously transmit healing energy. You could do this with stones, your clothing, your favorite chair, or even a whole room or house. You could attune your bed to give you a better night's sleep or to aid in dream work. You might even your car to help protect it and to keep it running smoothly.

The attunement process for an object is the same as for a person. However, you may not want to use all the runes and symbols for this attunement. I would tailor the symbols and/or runes used to the purpose that would be given to the object. I would always use Shambul and Shai Nal regardless of purpose. After that, it would be dependent on what you want.

If you were attuning an object you might want to use Haxo before the attunement on it to "wake" it up first. Then do the attunement as normally. I feel it is important to use Relanor on an object so that it has enough energy to work with to accomplish its purpose. Use an affirmation and the intent that the object draws as much energy from the source as needed to power itself so that it can fulfill its purpose. If the object is to be powered to work only for a limited time, use Relanor at this point to give the attunement a definite time frame

Of course, you would use Turan to seal the attunement rather than Tunai.