

Runes and energy healing

It is important to explain the difference between the information and tools that are mine, and those that have been taught through the generations in the Stav lineage.

Energy healing.

Traditionally associated with Vidar.

There would be a grounding (through stance and breath).

Most likely some chanting to raise the healer's megin (chi/prana)

They may well rub their hands together, or clap them, to focus on the energy in the palms of their hands.

They would then stand in a grounded position (similar to a relaxed skiing position- legs shoulder width apart, knees slightly bent, spine upright).

As they breathed in through their feet they would hold their hands on, or above, the area that needed healing and allow the megin to flow.

Sometimes tingling or energy could be felt, often the healers' hands would feel hot or "prickly".

I have used this technique myself, and I am certain it is easily translatable into many "hands on healing" traditions.

Lokk-seidr (the chanting used in a magical way) is traditionally associated with Freya.

Traditionally this would be a group chanting to "push" the healer into the spirit realm that they may do the work that needed to be done.

I've only really worked like this in Denmark- and I feel perhaps this is a more masculine understanding of the tool.

How I blend chant & energy healing

This document is exploring how to use specific rune sounds for specific chakras- and this is a reflection of my work and research.

There is no recording of the Norse using "chakras" as such. But my attitude is if it works then I'll use and integrate it- which I think is what humanity has always done.

There is no "correct" way to align the runes with the chakras- rather it's a case of using both your intuition and your understanding of the runes- then tuning in to see if it is working.

We are working here with the name/sound of the rune (eg "fee") instead of the name of the deity (Frey) except for Loki.

If you, or your client, has a specific powerful ally then you could use that ally rune for any (and all) chakras. I have used both fe & mann for every chakra very successfully.

This is my current list of associations between the runes and the chakras- it may well change as I learn more. It is in no way definitive.

Crown

ᛚ Oss, ✖ hagl, ƿ fe all for their connections with the priestly aspect of the sky father. Any sky father could go here- but these are the three that fit best for me.

ᛚ Tor for that “blast or lightening” the sudden knowing, but I would use with caution.

Third eye

I usually find ᛖ mann most effective here.

Either ✖ hagl or ƿ nud could work due to their connection with the web.

ᛚ Tor for that “blast or lightening” the sudden knowing, but I would use with caution (again!)

ᛚ Bjork could work for that sense of “knowing” that frigg has.

Throat

The most obvious ones are ↑ Tyr (god of truth) or ᛚ Oss (god of words).

| Is could also work- Skathe knew how to ask for what she wanted.

ᛚ Bjork- for the wisdom of words.

✖ Hagl again, connected with wisdom and learning (which is usually done through words)

Heart

I love ƿ rei for the heart chakra (she is the all mother)

And ƿ ar works just as well, Jord is the earth mother.

ᛚ Bjork for the deity of mothers (yes- spot the theme! remember we are talking about archetypes here, so even if you were unmothered by your mother, these energies will still be deeply loving).

I would also use ƿ sol here. Balder was much loved, and deeply loved his family.

Solar Plexus

Any deity connected with fire could work well here- especially ƿ fe or ƿ sol.

ƿ Kreft (though in this case I would chant “loki” as kreft has a meaning of “illness”)

↑ Tor is a great rune, but as always I would work with caution as it tends to be the “nuclear” option.

Sacral

ᚢ Laug is my go to here- it is the Norse word for water, and is connecting with universal, or archetypal water.

Arguably any female deity could work here- though I would probably choose ᚷ Bjork for the mothering connection or man for the sexual connection.

ᚱ Rei could work here for healing, and feeling safe.

Root

You have a lot of choice here, though I feel the strongest choices would be ᚦ yr or ᚢ ur for being grounded and deeply rooted.

ᚱ Rei & ᚦ ar would work for their literal connection to the earth.

ᚷ Bjork works as a mother archetype- and feeling safe, well cared for (even if your mother did not provide this stability)

ᚦ Fe can work- as the corn god he has connections with the earth, though ar is possibly a better choice.

ᚢ Tor can work (caution as always) as the lightning strikes and fertilizes the earth, bringing energy into the soil.

How to chant

Stance (whether sitting or standing) is important. With your feet flat on the floor, and your spine/head upright.

Breathe in deeply, and feel the breath. You might want to spend a few minutes focused on breathing.

Then trust the process and as you breathe out chant the rune sound. You can place your hands over the appropriate chakra if you like.

There is no right or wrong way, tune in. Feel the energy. Make it work for you.

Notes of caution

If it doesn't feel right- then take a break, go for a walk, trust yourself.

I would use tor with caution. It is a "nuclear" or powerful option, and can create a healing crisis.

As yet I have not chanted the sound "krefth" as it has associations with disease. I would use the name "Loki" instead- as with tor- use with caution- it can create chaotic change!

You can chant the chakras as a “ladder” either from the root up, the crown down, or both.
Or focus on chakras you feel need support.

I will be sending an audio that includes me doing this- but an example might be:

Yr- root 𐌚

Laug – sacral 𐌚

Fe- solar 𐌚

Ar- heart 𐌚

Tyr- throat 𐌚

Mann- third eye 𐌚

Oss- crown 𐌚