

I AM IN THE RUNES THE RUNES ARE IN ME



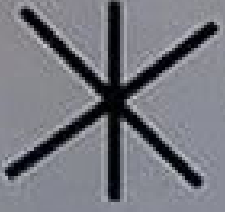





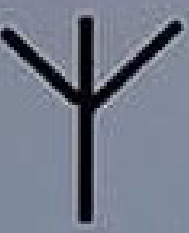

The Runes are a gift from the Vanir (Ansuz Isa-Ni) to Odin, High One of the Aesir. They are a very powerful tool. We can use the written speech to create worlds. But a warning came with the Runes as well. Be careful! So powerful are the Runes that we can use the written speech to destroy ourselves.









For a long time, only Algiz/Valkyries were keepers of the Runes because Algiz bleed naturally with the moon(menstruation). The Runes must be stained with blood in order to work. And to use only menstrual blood honors the river of life and creation. Peace is natural.

For Mannaz to use Runes, he must make a blood sacrifice: his own or another. War is not natural.

Not only did the Runes contain great mystical magic, they also had phonetic sounds assigned each mark. The following is a **PRONUNCIATION GUIDE** to enlighten you on how to make each Rune come alive. You will be able to create new worlds. But be *careful*, you might just destroy yourself.

Written Runes (English)	Rune name	Phonetics (oral pronunciation)	Written phonetics (Saudi Arabian)
	Fehu	F as in (f)ate	F
	Uruz	U as in bl(u)e or ch(oo)se	U
	Thurisaz	Th as in (th)e	TH
	Ansuz	A as in (a)wesome or (o)n	A
	Raido (rolled off tongue)	R as in (r)ound	R
	Kennaz	K as in (k)ing or (c)ome	C
	Gebo	G as in (g)ift	G
	Wunjo	W or V as in (w)omen or (v)ine	W V

Written Runes (English)	Rune name	Phonetics (oral pronunciation)	Written phonetics (Saudi Arabian)
	Hagalaz	(rolled from back of throat H as in (H)ebrew or the c(aw) of a raven	H
	Nauthiz	N as in (n)eed or (kn)owledge	N
	Isa	E as in (Ea)ster	I
	Jera	Y or J as in (y)ear as in (j)ar	Y J
	Eiwaz	I as in (l) am or r(ei)ch	I
	Pertho	P as in (p)urge	P
	Algiz	Z as in bu(zz) or (z)oo	Z
	Sowelu	S as in (s)un	S

Written Runes (English)	Rune name	Phonetics (oral pronunciation)	Written phonetics (Saudi Arabian)
	Teiwaz	T as in (t)ree	T
	Berkana	B as in (b)ee	B
	Ehwaz	E as in (e)volution	E
	Mannaz	M as in (m)en	M
	Laguz	L as in (l)ife	L
	Inguz	ING as in Vik(ing)	ING
	Othila	O as in (o)ver	O
	Daggaz	D as in (d)ay	D



URUZ

The rainbow bridge of living ice



The Isle of Samsey

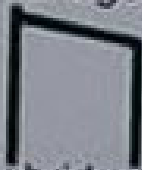
Once upon a time we called it North America



Once upon a time we called it Europe-Asia

with the rainbow bridge of living ice between them

Once upon a time we called it Arngrim



Once upon a time we called it Eyfura

with the rainbow bridge of living ice between them

Once upon a time we called it Heav'on



Once upon a time we called it Earth

with the rainbow bridge of living ice between them

Once upon a time we called it anything we wanted to



Once upon a time we called it anything we wanted to

with the rainbow bridge of living ice between them

This is the Isle of Samsey, "So Say" and it will be.
This is the Isle of Samsey, "So Say" and it will be.
This is the Isle of Samsey, "So Say" and it will be.
This is the Isle of Samsey, "So Say" and it will be.

So Say it will be Peace! So Say it will be Love!
So Say it will be Peace! So Say it will be Love!
So Say it will be Peace! So Say it will be Love!
So Say it will be Peace! So Say it will be Love!



Once upon a time we called it

once upon a time we called it



URUZ--To be a Healer. One needs this rune.

Once upon a time, the snake-antelope clan of the PEACEFUL PEOPLE walked towards the cold until they touched the ice. Then they turned and walked towards the rising sun. Across the rainbow bridge of living ice all the way around the Isle of Samsey the People walked, planting seeds of peace. High up in Eng's land, the Old Ones waited until the time when the ice would melt and they would return to the homeland riding water steeds across the Great Waters in the direction of the setting sun. Touching land, the Old Ones would walk across the low range of hills to the great plain of Heav'on, then walk across the great plain and over the huge range of mountains which divide Heav'on to the southwest part of Heav'on. There in the southwest part of Upper Heav'on are three heav'ons which rise from the earth to the sky--one right on top of the other. On top of the Third Heav'on live the most PEACEFUL and WISE People of all nine worlds. It is from there we come. It is to there we shall return. Our Father who art in Heav'on, Walipai--THY NAME. Thy Kingdom come, thy will be done on Earth as it is in Heav'on.



GIVE US THIS DAY OUR DAILY BREAD

THURISAZ

**Sacred Knowledge passed through orgasm
Father Sky enters Mother Earth**




The Awakening Song of Weave-men Angels

(Face East) It is time to be awakened. It is time to be made whole.
(Face South) It is time to be awakened. It is time to be made whole.
(Face West) It is time to be awakened. It is time to be made whole.
(Face North) It is time to be awakened. It is time to be made whole.
(Face East) Isa, Daggaz, Isa, Hagalaz (Repeat facing South, West, North)

(Face East) Star angels of Heaven united with the sun (Repeat S. W. N.)
(Face East) Pleiades, Valkyries, Algiz Heav'on, Awaken Frigga
(Repeat S. W. N.)

(Face East) Brother Moon reflects Mother Sun's Sacred LIGHT
(Repeat S.W.N.)

(Face East) Freyr mirror Frigga Sowelu  (Repeat S.W.N.)

(Face East) The People journey to beyond, the few will lead the way
(Repeat S.W.N.)

(Face East) Dane, Raido, Ansuz-Isa-Ni, Nauthiz (Repeat S.W.N.)

(Face East) It is time to be awakened. It is time to be made whole.
(Repeat S.W.N.)

(Face East) Isa, Daggaz, Isa, Hagalaz  (Repeat S.W.N.)



ANSUZ

The breath of God, the Ancient One
Creator of all



Odin's Awakening Song



(Face East)

For the spirit of the People who have gone on before
For the children of our children yet to come
For the People of the body who are living with the
Together we are One We are One We are One
(Repeat South, West, North)

(Face East) Dane, Hagalaz (Repeat Face S.W.N.)

(Face East) Kinden, Dane kinden, Nauthiz (Repeat S.W.N.)

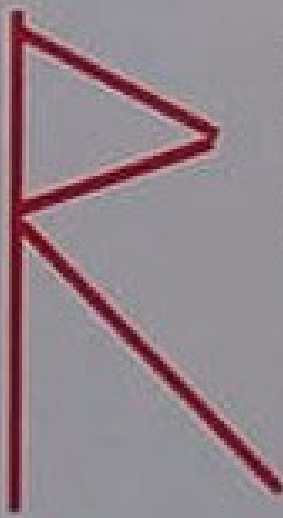
(Face East) Dane, Jord, Isa (Repeat S.W.N.)

(Face East) Dane, Hagalaz, Nauthiz, Isa, Daggaz, **AWAKEN ODIN**
(Repeat S.W.N.)

THURISAZ awakens male and female energies. The male enters the female where sacred universal knowledge is passed from her body through her orgasm into his body.

ANSUZ allows for humans to speak with the breath of God. Sacred knowledge is given through song.





RAIDO

The rune of the Kings of the Earth:
the children who will inherit the earth



Message from the Goddess



Fire from the moonlight, flame from above
Message from the Goddess on wings of a dove
Speaking only Peace, hearing only Love
Speaking only Peace, hearing only Love

Sea tides are rising, oceans come once more
Message from the Goddess swimming towards the shore
Speaking only Peace, hearing only Love
Speaking only Peace, hearing only Love



Grasses from our Mother growing green across the Earth
Message from the Goddess—A new world's birth
Speaking only Peace, hearing only Love
Speaking only Peace, hearing only Love

Spirit in the air unseen, music, stories, art
Message from the Goddess in a young child's heart
Speaking only Peace, hearing only Love
Speaking only Peace, hearing only Love



Lightning bolts from Frigga flash across the sky
Message from the Goddess ignited your third eye
Speaking only Peace, hearing only Love
Speaking only Peace, hearing only Love

KENAZ

The eternal flame



which guards against death



Love Forever More

Janis was singing and Jimi was playing
And Bobby was writing the tunes of our time
And we were just babies, a-playin' and cryin'
Not knowing that war games meant People were dying

Get along with your rules, get along with your war
What's happening now is what happened before

We don't want the fighting
We don't want the lying
We don't want our brothers and sisters all dying
We don't want the hatred
We don't want the war

LOVE forever more



GEBO

The Great Gift of Marriage



The Wedding Song

From a grain of sand a pebble grows into a sturdy rock
And two lives that are blowing in the wind may not take time to stop
And see the LOVE that is there and the thoughts that they share
May never be until they're one joined together and forever
Joining hearts, touching hands, loving souls within the sands of time
Together, forever

We will grow from our grain of sand into a sturdy rock
And we'll take the time to stop
And see the LOVE that is there and the thoughts that we share
Will be together now that we are one
Forever we're the rising Sun
Loving souls within the sands of time.



GEBO is Kenaz reflecting itself. Each spirit brings creative energy to the sacred joining of their flesh. A woman shows her eternal flame. A man gives his strength to a woman's fire. Love and mutual respect are taught to the children.



WUNJO

Sacred universal light

Joy Perfection Fulfiller of Wishes

Prayer of the Angels



(Face East) Sowelu, Sowelu, Sowelu Algiz
Sowelu, Sowelu, Sowelu Algiz
Sooooooo-Weeeee-Luuuu
Sooooooo-Weeeee-Luuuu

Repeat (Face South, West, North)
Sowelu, Algiz

(Face East) Jord Berkana

Repeat (Face South, West, North)

(Face East) Sowelu Algiz Jord Berkana

Repeat (Face South, West, North)



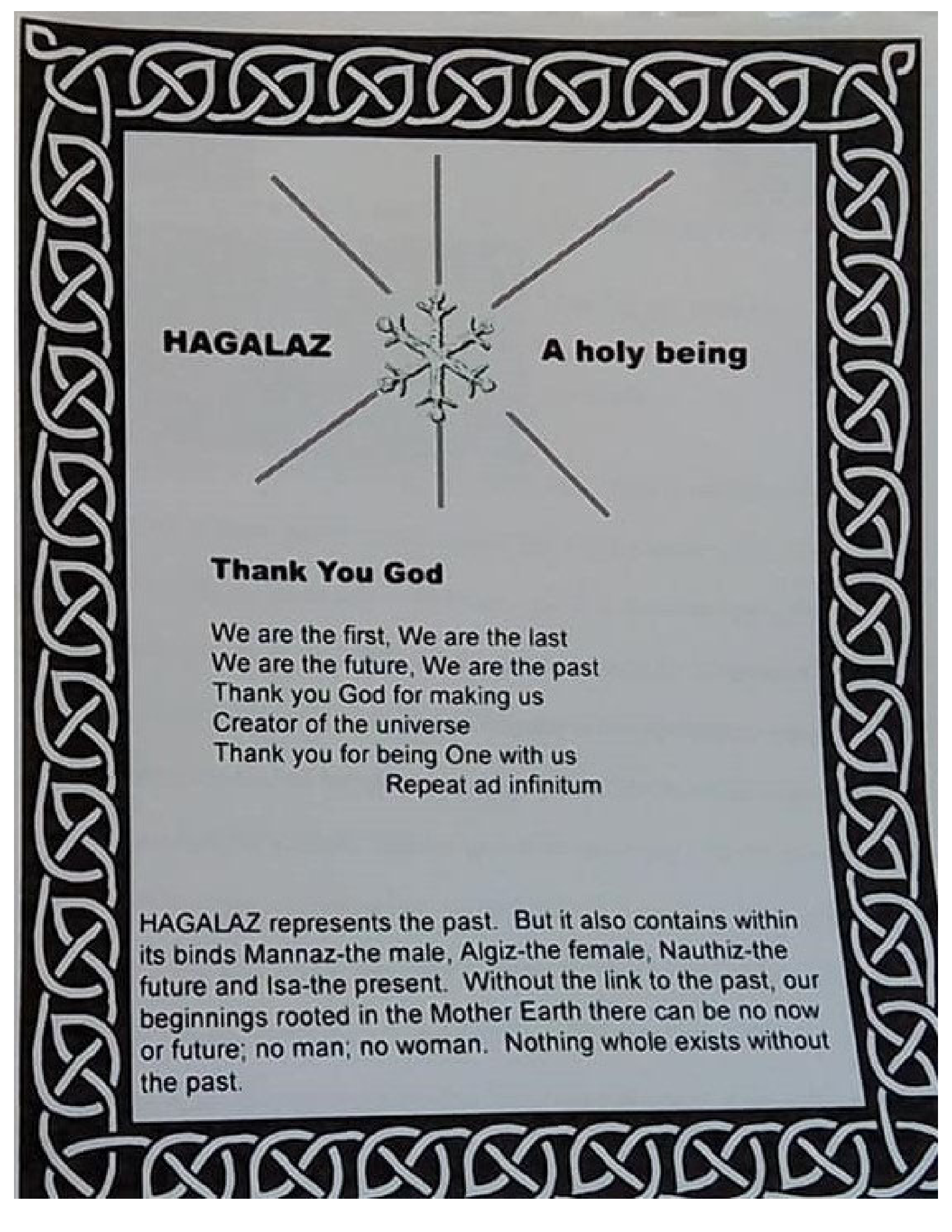
WUNJO sheds light on all. Kenaz is the fire of the west—the autumn equinox. It is both love and death where all is truly equal. **WUNJO** does not judge. It is giving to all who seek enlightenment. It equalizes.

I know an eighth which no one on Earth
Could fail to find useful;
When hatred waxes among warriors
The spell will soothe them



This Rune will put entities at complete peace. Humans who have enlightenment have **PEACE**.

May the Mother Angel shine her light upon the Earth so she may grow



HAGALAZ

A holy being

Thank You God

We are the first, We are the last
We are the future, We are the past
Thank you God for making us
Creator of the universe
Thank you for being One with us
Repeat ad infinitum

HAGALAZ represents the past. But it also contains within its binds Mannaz-the male, Algiz-the female, Nauthiz-the future and Isa-the present. Without the link to the past, our beginnings rooted in the Mother Earth there can be no now or future; no man; no woman. Nothing whole exists without the past.



NAUTHIZ

The fire within to bear children

The Victory Song of the Children

(Face East) We shall overcome (Clap hands 5 times)
(Face South) We shall overcome (Clap hands 5 times)
(Face West) We shall overcome (Clap hands 5 times)
(Face North) We shall overcome (Clap hands 5 times)

(Face East) (Clap once on each syllable) We shall overcome
(Face South) (Clap once on each syllable) We shall overcome
(Face West) (Clap once on each syllable) We shall overcome
(Face North) (Clap once on each syllable) We shall overcome

The Holy Angels from the fireclouds above
Came singing songs of Peace on Earth and all men finding LOVE
Inside his heart for each and every other man on Earth
Wherever he may journey on his way

The Holy Angels sang we are all one
(Face East) We are all one, we are all men, we are The People of the Earth
We are all one with all The People through all time
(Face South) We are all one, we are all men, we are The People of the Earth
We are all one with all The People through all time
(Face West) We are all one, we are all men, we are The People of the Earth
We are all one with all The People through all time
(Face North) We are all one, we are all men, we are The People of the Earth
We are all one with all The People through all time

The Holy Angels sang "Let there be LIGHT!"
Let there be LIGHT the song began among all Nations of the Earth
Let there be LIGHT the song began among all People
Let there be LIGHT among all Angels in the starry skies above
Let there be LIGHT on Earth and PEACE on Earth and LOVE

The Holy Angels sang The Tree of Life will grow
It will green and bud in the spring of the great star
In four turns of the wheel, the winter will be broke
Yggdrasil will bloom and flower once again
When the Nine are in line with our Sister Sun of Earth
On the birthday of the CHRIST



Let there be LIGHT the song began among all Nations of the Earth
Let there be LIGHT the song began among all People
Let there be LIGHT among all Angels in the starry skies above
Let there be LIGHT on Earth and PEACE on Earth and LOVE

(Face East) In every heart of every man in every corner of each land
Let there be LOVE for all the children of the world

(Face South) In every heart of every man in every corner of each land
Let there be LOVE for all the children of the world

(Face West) In every heart of every man in every corner of each land
Let there be LOVE for all the children of the world

(Face North) In every heart of every man in every corner of each land
Let there be LOVE for all the children of the world

The Holy Angels sang The Children are The Kings
Follow them and see what Love and Happiness can bring
Be a child of God, walk the Earth in gentle PEACE
In the CIRCLE OF THE LIGHT

Let there be LIGHT the song began among all Nations of the Earth
Let there be LIGHT the song began among all People
Let there be LIGHT among all Angels in the starry skies above
Let there be LIGHT on Earth and PEACE on Earth and LOVE

NAUTHIZ is the rune which represents the future. If we plant the seeds of
Peace, Love and Beauty within our children, the future will be bright. Let there
be LIGHT!



ISA

Being human in the NOW

We are the circle
We are The People
We are the Dreamers
We are the Dream
(Repeat ad infinitum)

ISA

A rune of stillness; letting God's will be done.
Enjoying the body and all the flesh can experience,
Live and let live. Letting go and being human.
This rune is in every rune. The Runes are in
me and I am in the Runes. Every thought, every
word, every action through all time comes from
this rune through the human body to manifest
on Earth. We create our world. We have every
thing we want, desire or need. I am the gift.



JERA

The end of a cycle: year-end, era-end, RAGNAROK. Harmonious balance of male and female energies.

The Reign of God (The Rain of God)

The rain of God fills the rivers
The rivers sing their songs
We will learn the river's songs
Raise your voices, sing-a-long
Praise, praise, praise for God

Praise for God for the Reign
For the rain of God fills the rivers
The rivers sing their songs
We will learn the river's songs
Raise your voices, sing-a-long
Praise, praise, praise for All



(Any name may be used in place of God. We are each and every one a part of God. And God by any name remains the same God who made the rain. All rain fills the rivers.

JERA is a direct opposite of Isa. Constant movement of natural cycles of the stars and planets manifest the illusion of time. A year is one sun-cycle of the Earth around the sun. An era is one cycle of the Twelve Houses of the Tribes of Aesir-Ra-El around the Heavens. Balance of male and female energies is essential to keep harmony in nature.



EIWAZ

Memory rune

myself. No one can tell about that tree, from what deep roots it rises. They brought me no bread, no horn to drink from, I gazed toward the runes; finally I fell...

I know that I hung on a high windy tree for nine long nights; I had a spear wound—that was Odin's work—I struck ground. Crying aloud, I caught up
Thus I learned the secret lore,
prospered and waxed
in wisdom...

Mannaz

Odin's Gift



Wunjo



Berkana

Gebo

Sing the circle of runes beginning with Mannaz. Begin face north. Repeat the circle of runes (begin with Mannaz each time) face east, south, west.

PERTHO

**Birthgiving—All life comes from
the Great Mother's womb
Keyhole to creation**

Life is All Eternity

How much can you save and collect in your cage
How much can you take to your grave
Plant seeds, grow green, live free, let be
And life is all eternity

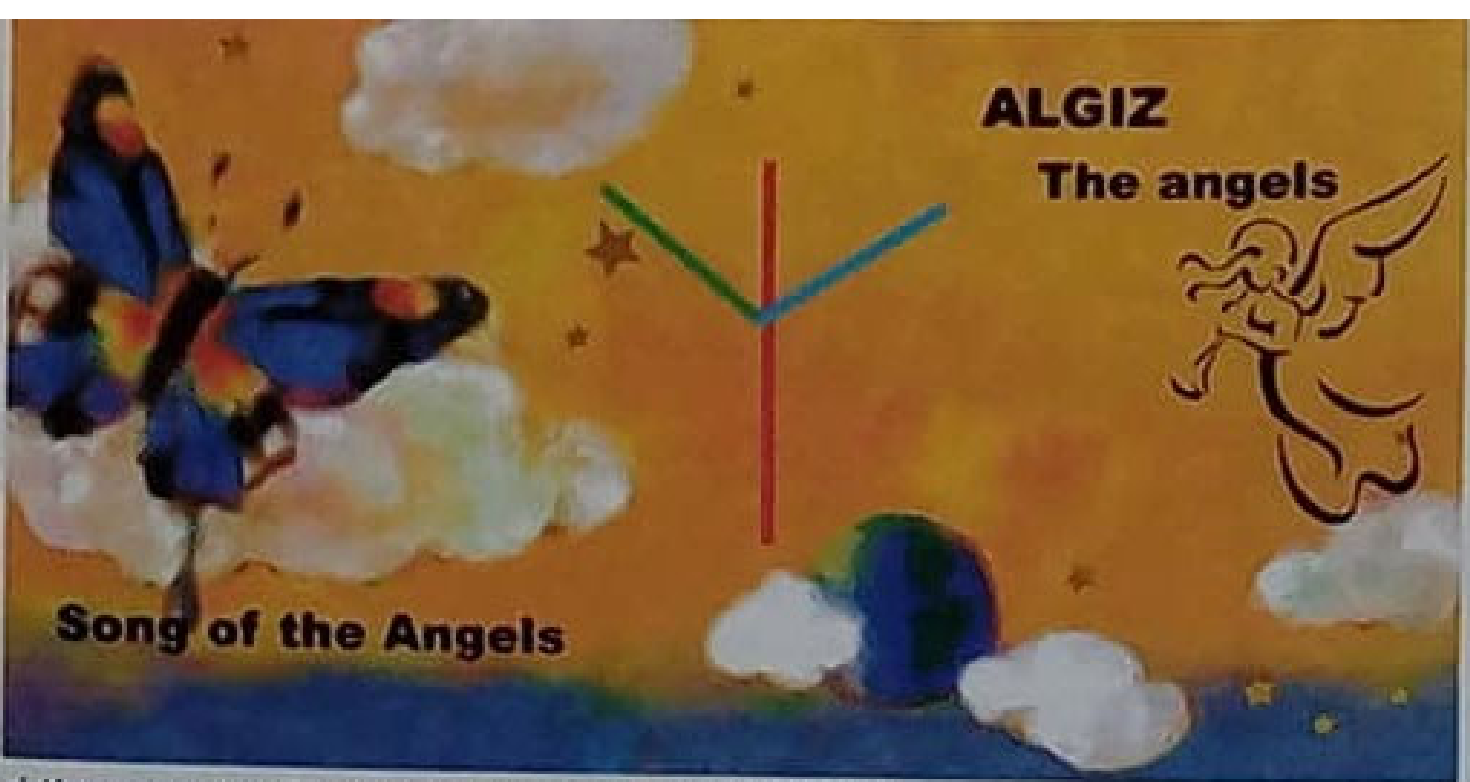
(Face East) Let the trees grow free, let the
People be, let the holes in the Earth **HEAL NOW**
Repeat (Face S, W, N)

(Face East) Take down the fences that
divide and walk the backyard far and wide
REJOICE, sing praises to all
Repeat (Face S, W, N)

How much can you save and collect in your cage
How much can you take to your grave
Plant seeds, grow green, live free, let be
And life is all eternity

PERTHO is womb-shaped like a cornucopia. All-giving, all-loving mothers plant food as gift to their children and all children. By caring for God's Earth and planting good seed in good dirt, People will harvest a good plant. Let us begin by taking down the fences which divide us and sharing the fruit of the trees growing in God's Earth with all our neighbors. Let us love one another as we love ourselves.





ALGIZ

The angels

Song of the Angels

And the angels of heaven will speak the TRUTH

(Face East)

We are all one, we are all men, we are The People

Repeat (Face S, W, N)

Dine, Dane, The People, The Rainbow Bridge of living ice between us

Repeat (Face S, W, N)

The living trees are sacred to the High One

Repeat (Face S, W, N)

You cannot worship my Father in a house made by man

Repeat (Face S, W, N)

But the merchants of the Earth will not believe

We have our cities

We have our churches

We have our God

His name is MONEY



The cities are falling

The trees are alive

We have our God

His Name is LOVE

We are the Beast
 We are the Dragon
 We will devour what we please
 We are the presidents, the senators,
 prime ministers and kings



We are the angels
 We are the snake

We will share wisdom with the world

We are the lost sheep of the world

It is the Flame of TRUTH that brings





And the angels of heaven will speak the TRUTH

(Face East)

We are all one, we are all men, we are The People

Repeat (Face S, W, N)

Walipai, Halli-Pi, The People at the emergence in the tall pines

Repeat (Face S, W, N)

Suntides and Moontides are in our blood

Repeat (Face S, W, N)

Everything I do you too can do

Repeat (Face S, W, N)



But the merchants of the Earth will not believe

We have our cities

We have our churches

We have our God

His name is MONEY

We are the Beast

We are the Dragon

We will devour what we please

We are the presidents, the senators,
prime ministers and kings



The cities are falling

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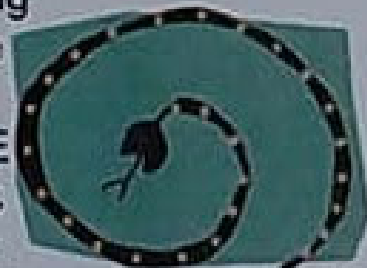
We are the angels

We are the snake

We will share wisdom with the world

We are the lost tribes of the world

It is the Flame of TRUTH we bring



And the angels of heaven threw the great millstone into the sea

(Face East)

We will slave no more for money, we will slave not for your god

Repeat (Face S, W, N)

For the presidents, the senators, prime ministers and kings were the great
men of the Earth. And all the nations were deceived by their sorcery.

And the angels of heaven will speak the TRUTH

(Face East)

We are all one, we are all men, we are The People

Repeat (Face S, W, N)

Hopi, Hippie, The People of Peace who know we are all one

Repeat (Face S, W, N)

(Face East)

By any name the gods and goddesses
are all the same one

Repeat (Face S, W, N)

I will come again as many who know
we are all ONE

Repeat (Face S, W, N)



But the merchants of the Earth will not believe

We have our cities

We have our churches

We have our God

His name is MONEY

We are the Beast

We are the Dragon

We will devour what we please

We are the presidents, the senators,
prime ministers and kings

WE ARE THE LOST TRIBES OF THE WORLD

IT IS THE FLAME OF TRUTH WE BRING

The cities are falling

The trees are alive

We have our God

His Name is LOVE

We are the angels

We are the snake

We will share wisdom with the world

We are the lost tribes of the world

It is the Flame of TRUTH we bring



And the angels of heaven will speak the TRUTH

(Face East)

We are all one, we are all men, we are The People

Repeat (Face S, W, N)

Sioux, Su-nis, The People who when we are whole we are very strong,

But we are not yet a-wake-an Repeat (Face S, W, N)

Dagaz: The Great Awakening begins

Repeat (Face S, W, N)

I will come again as many who know we are all ONE

We are all men, we are The People

Repeat (Face S, W, N)

But the merchants of the Earth

will NOT BELIEVE

THE ANGELS
OF

HEAVEN

WHO SPEAK THE TRUTH

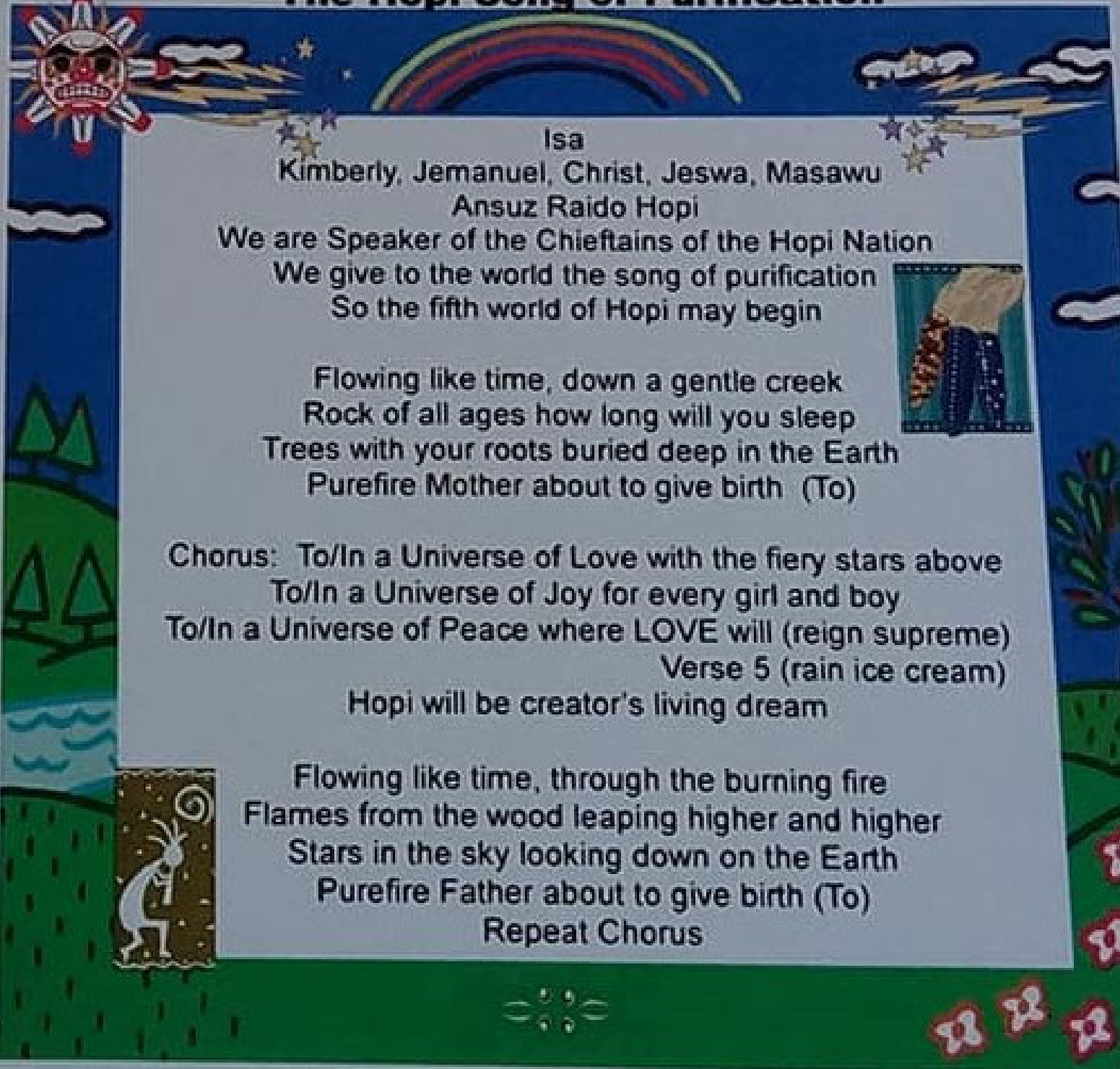


SOWELU

Frigga's lightning
The Great Awakening



The Hopi Song of Purification




Isa
Kimberly, Jemanuel, Christ, Jeswa, Masawu
Ansuz Raido Hopi
We are Speaker of the Chieftains of the Hopi Nation
We give to the world the song of purification
So the fifth world of Hopi may begin

Flowing like time, down a gentle creek
Rock of all ages how long will you sleep
Trees with your roots buried deep in the Earth
Purefire Mother about to give birth (To)



Chorus: To/In a Universe of Love with the fiery stars above
To/In a Universe of Joy for every girl and boy
To/In a Universe of Peace where LOVE will (reign supreme)
Verse 5 (rain ice cream)
Hopi will be creator's living dream

Flowing like time, through the burning fire
Flames from the wood leaping higher and higher
Stars in the sky looking down on the Earth
Purefire Father about to give birth (To)
Repeat Chorus



Flowing like time, through the stars above
Roots of all creatures are nourished with Love
Dreams coming true on the Earth where we live
Everyone learning to share and to give (In)
Repeat Chorus

Flowing like time, through all space and air
Beauty above, below and everywhere
Green grow the grasses, the trees and the Earth
Rainbow of flowers the PureFire birthed (In)
Repeat Chorus

All time stands still doing God's Will
Creator-PureFire loving all still
Dreams every where all now coming true
Everyone loving the me and the you
Aaiiy (In)
Repeat Chorus

SOWELU is the lightning Frigga (Mother of All, Wife of God) will use to awaken humanity to an enlightened world of Peace. Lay down your weapons, pick up your pipes, take ten steps back...

INHALE

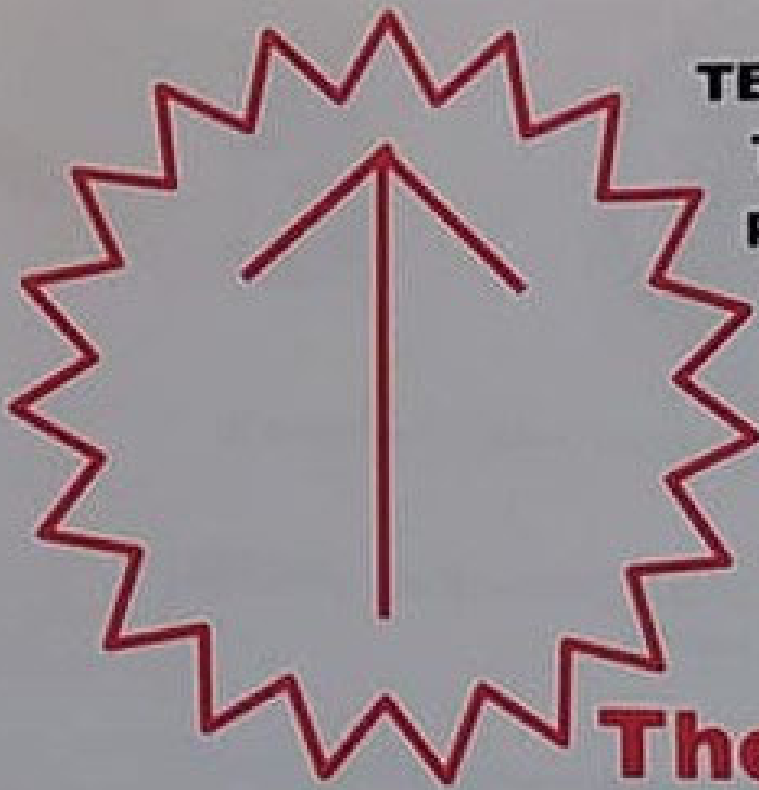


EXHALE



TEIWAZ

The great Sky-father
protector of the children



The Song of God

(Face East) Teiwaz, ancient Great White Eagle of the North
Flap your wings, make the wind, make the gardens hang again
From the Sky-father make the gardens flow
Repeat (Face S, W, N)

(Face East) Hopi and Babylon have gardens in the cliffs
Hanging high in the Sky-father make the gardens grow
Repeat (Face S, W, N)

(Face East) The gardens are alive on the Isle of Samsey
Repeat (Face S, W, N)

(Face East) The Garden of All One, The Gardens of Babylon, The Garden of
Odin, The Garden of Eden, The Garden of Hopi at the CENTER of the
Sacred Hoop

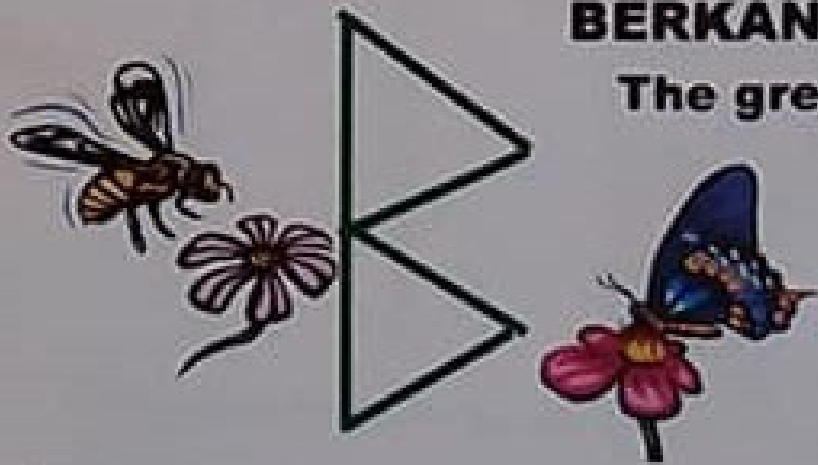


Repeat (Face S, W, N)

Odin, Great Spirit, Sky-father, God, Allah, Buddha, Mohammed, Confucius,
Tontiah, Ra, Quetzacoatl, Dionysis, Zeus, Aries, Mars, Jupiter, Lucifer,
Frigga, Sun of God, Kali, Calik Bera, Kablaya, Waneka, Masawu, Messiah,
Wrecker of Plans, And Many More... Christ Jesus the angel of death
LORD AND SAVIOUR

BERKANA

The great Earth mother protector
of the children



The Blessing of The Earth Song (for Spring Equinox)

(Face East)

Blessed are the seeds where they lay upon the Earth
Blessed are the flowers to which the seeds give birth
Blessed are the colors of the rainbow flowers here
Growing on the Blessed Earth which is our Mother Dear

(Face South) Repeat

(Face West) Repeat

(Face North) Repeat



BERKANA is both Goddess and Rune. To reach the great gardens of Berkana one must climb the bamboo ladders. Only the light of heart and mind can reach the flowers.



EHWAZ

The ability to flow between the worlds



The Lord's Prayer

(Face East)

You will know the truth and the truth will set you free
You will know the truth and the truth will set you free
Set you free, set you free, set you free, set you free
You will know the truth and the truth will set you free
Repeat (Face S, W, N)



It will be bitter in your stomach, but sweet as honey in your mouth
Repeat (Face S, W, N)

God is a red man, we've prayed to hymn 6000 years
Repeat (Face S, W, N)

Our Father who art in Heav'on, Arngrim, North America, Hallowed be
Walipai, Halli-Pi, The People at the emergence in the tall pines, Hallo be--
THY NAME! Thy kingdom come, thy will be done on Earth, Eyfura, Europe-
Asia as it is in Heav'on, Arngrim, North America.

(Face East) Give us this day our daily bread. Repeat (Face S, W, N)
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil. For thine is the
kingdom and the power and the glory forever and ever. A Men

(Face East)

A Men made up this story long ago--Anasazi Indians, Ansuz Isa-ni,
Essene, The Celts, Vanir Repeat (Face S, W, N)



In the beginning was **THE WORD**, and **THE WORD** was **GOD**

MANNAZ

Male angels; lovers of Mother Earth



S/He is a Holy Man

(Face East)

When a weapman plants his roots into his Mother Earth

He will grow into a weaveman of light
Singing angel praises to the High One
He is a Holy Man

MANNAZ Jord
Berkana Algiz
Hosanna Odin
Hagalaz



When a weaveman spreads her wings into her Father Sky

She will grow into a weapman of light
Singing angel praises to the High One
She is a Holy Man

Algiz Teiwaz
Berkana MANNAZ
Hosanna Odin
Hagalaz



Repeat (Face S, W, N)

MANNAZ in its original form was identical to ALGIZ. Mannaz represents a male human with his two legs and penis rooted into Mother Earth. Only when he is firm inside the Earth, will he grow wings becoming one with his Algiz and being Hagalaz. Algiz represents a female human with her two arms spread as wings to Teiwaz. Only when she is singing will her connection with Mother Earth take root.



LAGUZ

Flowing at one with nature,
peaceful, placid, reflective...

The Thank You Song of Fish

There is water underneath the cottonwood tree. There is water where the willows grow along the riverbank. There is water in the ocean. There is water in the sea where the fishes are all swimming, giving thanks.

Giving Thanks to the Lord of the lakes and the streams.

Giving Thanks to the Lord of the oceans.

Giving Thanks to the Lord of the rivers and the seas.

Giving Thanks to Lord Vishnu, Vanir Njord, The Lord of the fish.

(Begin Face East—Repeat Face South—Repeat Face West—Repeat Face North)



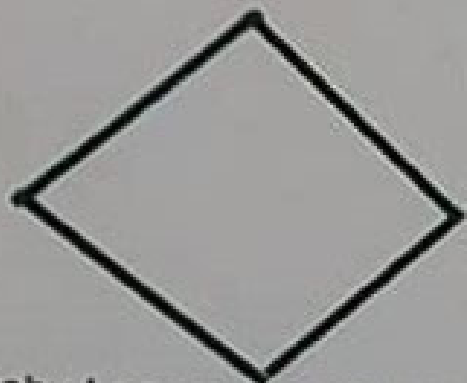
LAGUZ is a water rune of the sea. He easily penetrates females and gave freely his water of life. Weave-men center their being under trees at the waterside weaving and creating beauty all around. Give freely and all will come back to you tenfold.

If you give a man a fish,
he will eat for a day.

But IF



you teach a man
to fish, he will
eat for a lifetime!



INGUZ

The Circle; a rune of birth

Baby Lon

Baby Lon we are your mother and your father wants to kill you
He's forgotten who you are Baby Lon
Run and hide in the woods the trees will keep you safe forever
Baby Lon we are your mother; we are LOVE

(CHORUS 1) Baby Lon, Baby Lon we will hold you in our arms
We will keep you safe forever, Baby Lon
Baby Lon, Baby Lon we will keep you from all harm
We are LOVE, Baby Lon, we are LOVE

Baby Lon the trees are gone and your father's come to take you
Wake him now with your song Baby Lon
Sing your song Baby Lon, we will awaken in the dawn
We are LOVE Baby Lon, we are LOVE

(CHORUS 2) We are LOVE, we are LOVE, we are LOVE, we are LOVE, we
are LOVE, we are LOVE, we are LOVE, We are LOVE, we are LOVE, we are
LOVE, we are LOVE, we are LOVE, we are LOVE, we are LOVE

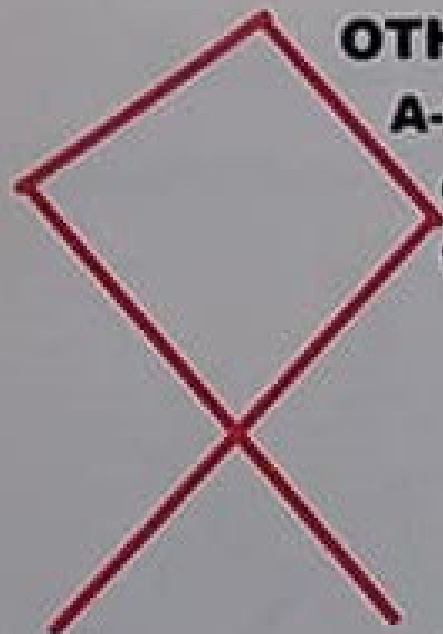
Baby Lon your father hears you, he remembers who you are
Jump with joy, Baby Lon, jump with joy
Plant new trees, Baby Lon, we will awaken in the dawn
We are LOVE, Baby Lon, we are LOVE

CHORUS 1

Baby Lon we will hold still and the earth we will become
Your Mother we will always be
Plant new trees, sing new songs, we will awaken each new dawn
We are LOVE, Baby Lon, we are LOVE

CHORUS 2





OTHILA

A-walkin' through the fire to enter the circle; it is always darkest just before the dawn...



I Dream

I dream, I dream, I dream
I dream, I dream, I dream
I dream, I dream, I dream
the dream is you being here without fear just being here

I dream, I dream, I dream, I dream
I dream, I dream, I dream
the dream is you being here without fear just being here

I dream, I dream, I dream, I dream
I dream
the dream is you being here without fear just being here

I dream, I dream, I dream
the dream is you being here without fear just being here

I dream

OTHILA is Kenaz (the fire) touching Inguz (the circle). ALL are welcome in The Circle, but each must walk through the fire-that which is most feared-free of all fear. LOVE is the heart of the circle. Trust in LOVE. Love thy neighbor as thyself. LOVE is the most powerful force in the Universe. Faith, Hope and Love exist, but the greatest of these is LOVE.





DAGAZ

The great awakening of Humankind
-from the darkness to the light...

The 24 Th'Runes of the 24 Elders

(Sung while spindancing)

I am the beginning and I am the end (Repeat x3)

I am Alpha, I am Omega (Repeat x3)

Fehu, Dagaz (Repeat x3)

(END Spindance)

Fehu, Uruz, Thurisaz, Ansuz, Raido, Kenaz, Gebo, Wunjo

Hagalaz, Nauthiz, Isa

Jera

Eiwaz, Pertho, Algiz

SOWELU

Teiwaz, Berkana

Ehwaz, Mannaz

Laguz, Inguz, Othila

DAGGAZ

(Sung while spindancing)

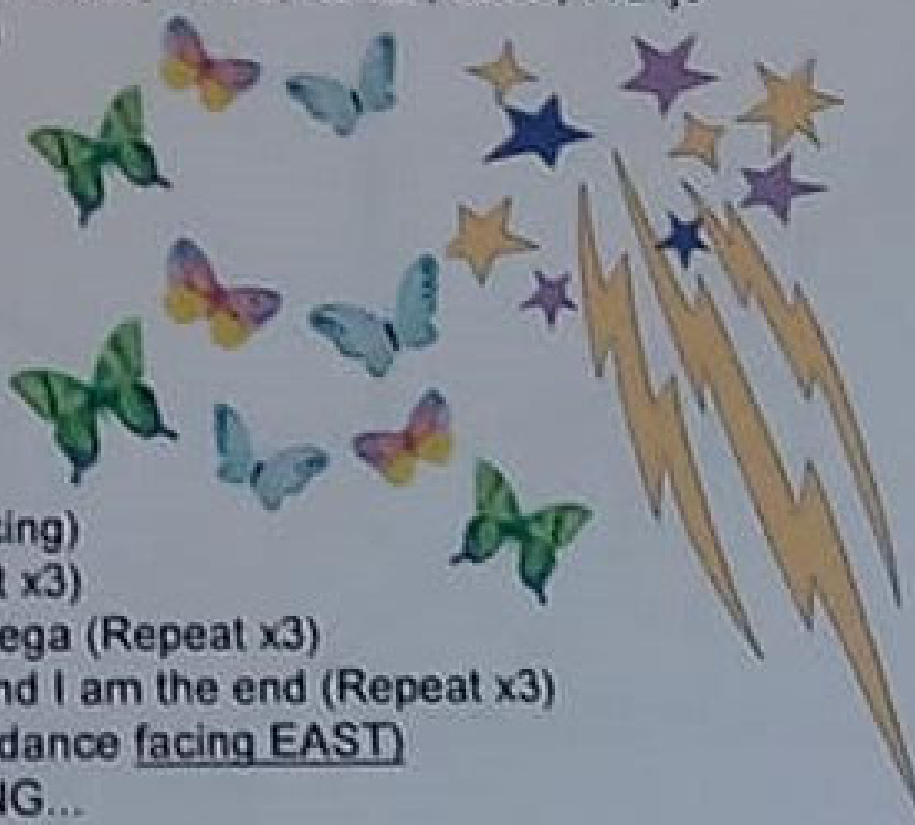
Fehu, Dagaz (Repeat x3)

I am Alpha, I am Omega (Repeat x3)

I am the beginning and I am the end (Repeat x3)

(END Spindance facing EAST)

I AM THE BEGINNING...



FEHU

Great wealth in the natural world



**The Leaves of The Tree are
for the Healing of the Nations**

There's a star shining brightly in the morning, just before the dawn of the New Jerusalem. It will guide the new sun of the world yet to come on her journey from the darkness to the light. She will shine like a beacon from the center of the circle. By its light the nations will walk. The Tree of Life will give food to The People. Water will flow free of price.

Chorus: And the leaves of the Tree are for the healing of The Nations, making clothes, making canvas for tipis. We will light up the leaves for the Healing of the Nations, laughing, singing, dancing, speaking words of PEACE!

There's a drum that beats forever at the center of the circle. It is the heartbeat of the Sacred Tree. When the sun meets the heart at the center of the circle the Tree will grow and bloom and shade the paths inside the wheel. Chorus.

The Earth will rise fair and green from the water. The clans will gather at the shore. We will speak of our journey only we can remember. Hand in hand with our brother evermore. Chorus.

The Mother will give seeds to her children. Corn will grow where none was sown by man. And THE LIGHT will shine forever from the center of the Sacred Hoop. Freedom for The People. Freedom for The Land. Chorus.

FEHU is a rune of great wealth in nature. The Lord of The Earth-Jesus Christ spoke these words about The Holy "Mother Mary" (Marijuana/Hemp/Cannabis) because it is the only plant of God that can clean Heal ALL the Nations.



Freedom is free
 The fruit grows on the tree
 And the Humans who be gather freely
 The rivers all flow free
 And the Humans who BE
 Drink from the waters of creation

Money has no place in Heav'on, God does not take cash
 If you're paying money for your bread, you better give it back

Freedom is free
 The fruit grow on the tree
 And the Humans who be gather freely
 The rivers all flow free
 And the Humans who BE
 Drink from the waters of creation

Eiwaz—Modern science knows there are 24 pieces of DNA in every human being for which modern science has NO EXPLANATION. Scientists claim "God" made a mistake and labeled it "Junk DNA". God, however, has an explanation...!





The Circle of Runes Keepers of Time



My grandmother taught me that we have all the time there is.



The Hopi **believe**
there is no such thing
as time.

Everything in the universe spins in circles. Time is an illusion of this movement through space. In the same way that the earth spins one complete rotation on its axis in 24 hours, the solar system spins one complete rotation on its axis in 26,000 years. The Rune Circle contains this measure of time as well. The 12 houses of the 12 tribes of Aesir-Ra-Ei each have a male and female energy represented by a pair of Runes—beginning with Fehu/Uruz. The Ansuz Isa-Ni (Anasazi) kept the thirteenth house at the center of the circle. Multiplying 2000 years by each of the 12 houses and adding 2000 more years for the center house equals 26,000. In the same way that the earth orbits around the sun every 365 & a 1/4 days, the solar system orbits the center of the milky way every 220 million years! Can you find that circle of time in the circle of runes?



The Circle of Runes Keepers of Time



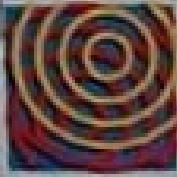
The Rune circle was most often used as a one jera (year) calendar.

The Ansuz Isa-Ni believed every day was holy and celebrated every day!

Each rune was assigned to a band or group who were responsible for a two week long celebration. The thirteenth house held two unknown rune energies which made up the other four weeks. $(24 \times 2) + (2 \times 2) = 52$.

The 1/4 day which is accounted for in the Gregorian calendar as leap year (adding 1 extra day to February every 4 years), is made up in the runic calendar with the celebration of Samhain (Halloween). The thirteenth moon is counted twice. This is the night that all creatures of all time come back to play upon the earth. The runic calendar is set to the movement of the stars and planets and cannot change until the stars fall from the sky. Daggaz marks the summer solstice (longest day). Jera, the winter solstice (longest night). Kenaz and Berkana mark respectively the autumn and spring equinoxes (equal day and night).

The Circle of Runes Keepers of Time



Time—like everything else in the universe—moves in a circle.

Examine the rune circle closely. Millions and millions of Jeras are contained within the circle. Also, each hu man life is patterned in the runes. Daggaz is the end, but also the new beginning. Childhood follows the runes from Fehu to Gebo where a mate is gifted. Enlightenment and children follow this joyful union through Sowelu. Teiwaz and Berkana begin the grandparent stage where hu mans give for the children and the grand children. Finally, Othila allows a hu man to enter the circle through the final fire into the darkness of Daggaz where ALL is transformed to begin again...

Fehu...



Daggaz...

Hu

to sing praises to the high one



Man

flesh covered spirit of God

It Came Upon A Midnight Clear

1. It came upon a midnight clear,
That glorious song of old,
From angels bending near the earth
To touch their harps of gold:
'Peace on the earth goodwill to men,
From heav'n's all gracious King!
The world in solemn stillness lay
to hear the angels sing.
2. Still through the cloven skies they come,
With peaceful wings unfurled,
And still their heavenly music floats
O'er all the weary world;
Above its sad and lowly plains
They bend on hovering wing;
And ever o'er its Babel sounds
The blessed angels sing.
3. Yet with the woes of sin and strife
The world has suffered long;
Beneath the angel-strain have rolled
Two thousand years of wrong;
And man, at war with man, hears not
The love-song which they bring;
O hush the noise, ye men of strife,
And hear the angels sing.
4. And ye, beneath life's crushing load,
Whose forms are bending low,
Who toil along the climbing way
With painful steps and slow,
Take heart, for comfort, love, and hope
Come swiftly on the wing;
O rest beside the weary road,
And hear the angels sing.
5. For lo, the days are hastening on,
By prophets bards foretold,
When with the ever-circling years
Comes round the age of gold;
When peace shall over all the earth
Its ancient splendors fling,
And the whole world send back the song
Which now the angels sing.



After this I heard what seemed to be the mighty voice of a great multitude in heaven, crying, "Hallelujah! Salvation and glory and power belong to our God, (2) for his judgments are true and just; he has judged the great harlot who corrupted the earth with her fornication, and he has avenged on her the blood of his servants." (3) Once more they cried, "Hallelujah! The smoke from her goes up for ever and ever." (4) And the twenty-four elders and the four living creatures fell down and worshiped God who is seated on the throne, saying "Amen. Hallelujah!" (5) And from the throne came a voice crying, "Praise our God, all you his servants, you who fear him, small and great." (6) Then I heard what seemed to be the voice of a great multitude, like the sound of many waters and like the sound of mighty thunderpeals, crying, "Hallelujah! For the Lord our God the Almighty reigns. (7) Let us rejoice and exult and give him the glory, for the marriage of the Lamb has come, and his Bride has made herself ready; (8) it was granted her to be clothed with fine linen, bright and pure"—for the fine linen is the righteous deeds of the saints. (9) And the angel said to me, "Write this: Blessed are those who are invited to the marriage supper of the Lamb." And he said to me, "These are true words of God." (10) Then I fell down at his feet to worship him, but he said to me, "You must not do that! I am a fellow servant with you and your brethren who hold the testimony of Jesus. Worship God." For the testimony of Jesus is the spirit of prophecy. (11) Then I saw heaven opened, and behold, a white horse! He who sat upon it is called Faithful and True, and in righteousness he judges and makes war. (12) His eyes are like a flame of fire, and on his head are many diadems; and he has a name inscribed which no one knows but himself. (13) He is clad in a robe dipped in blood, and the name by which he is called is The Word of God. (14) And the armies of heaven, arrayed in fine linen, white and pure, followed him on white horses. (15) From his mouth issues a sharp sword with which to smite the nations, and he will rule them with a rod of iron; he will tread the wine press of the fury of the wrath of God the Almighty. (16) On his robe and on his thigh he has a name inscribed,

King of kings and Lord of lords.

The Holy Revelation of The Holy Bible
Chapter 19, verses 1-16

Exodus 20:13 "You shall not kill...."

Saint Mark 4:20

“But the good seed that was sown upon the good soil are the ones who hear the word and accept it and bear fruit, thirtyfold and sixtyfold and a hundredfold.”

Jesus of Nazareth



Once upon a time, God gifted to The People

All the seeds of The Earth

Plant them in the ground

Sing and Dance all around

And the good seeds will give birth

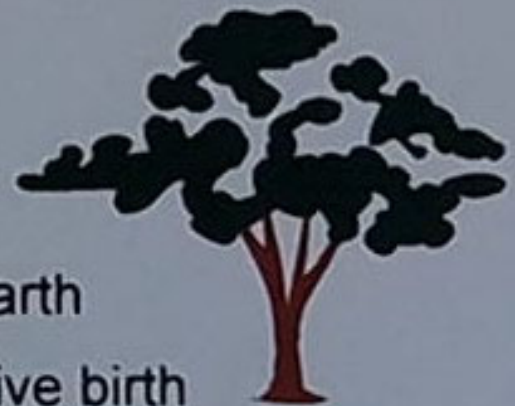


Just say **YES**

Just say **YES**

To The Lord of The Earth

And the good seeds will give birth





Once upon a time, God gifted to The People

All the seeds of The Earth

Plant them in the ground

Sing and Dance all around

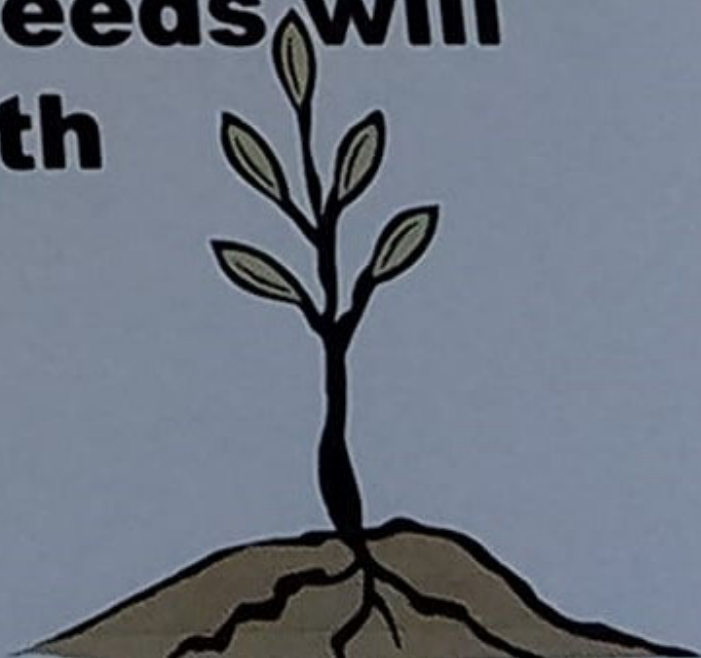
And the good seeds will give birth

Just say **YES**

Just say **YES**

To The Lord of The Earth

**And the good seeds will
give birth**





People and its Land do hereby request and ask all farmers to grow at least one crop of marijuana so we can have this plant for food, this plant for cloth, for canvas shelter, for paper, this plant for oil for our lamps, this plant which we can put into our pipes to smoke for PEACE in search of life, liberty and the pursuit of happiness

Gave proof through the night

President George Washington signed that bill into law

That our flag was still there

Over 150 years later, William Randolph Hearst would stand before the United States Congress lobbying that the plant of the Creator: God-made marijuana be Man-made illegal so he could cut down the trees he "owned" and turn the National Forest into newspaper pulp for his Hearst Newspaper Empire...

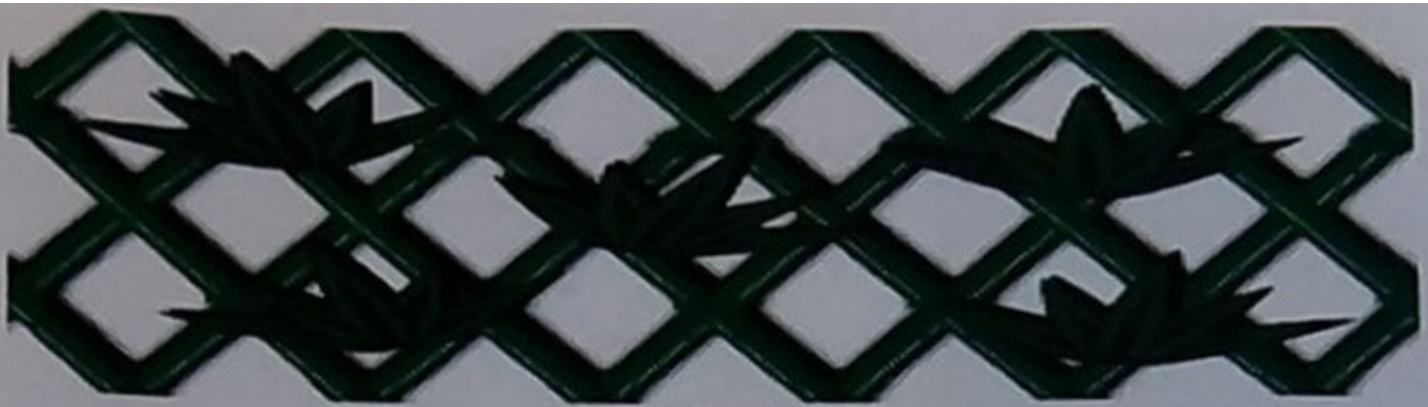
The United States Congress acquiesced

Oh, say does that Star Spangled Banner yet wave

Today, less than 10% of the American Forests remain standing as the inheritance of our children. Where are the human beings who will have the courage to plant the seeds of The Tree that can Heal the Nations, to plant the seeds of the plant called Marijuana? A plant which we can use for food, for cloth, for canvas shelter, for paper--A plant which we can use for oil for lamps, machines and automobiles--A plant which we can use for plastic, for steel--A plant which has been used to clean radioactivity out of the Earth, transforming it into pure oxygen. This plant puts more oxygen into the atmosphere than any other plant on Earth and can save every creature from extinction. There are over Fifty Thousand (50,000) known medicinal uses for this plant-- MARIJUANA is a MIRACLE Gift of God for which we should be thankful. Where are the Human Beings who will have the courage to plant a God-made seed? The seed of a plant called marijuana which we can put into our pipes and smoke for PEACE in search of life, liberty and the pursuit of happiness...

O'er the land of the free and the home of the brave





HEMP MILK

Needed: large bowl, mesh strainer, hemp cloth (for straining), blender, pitcher

Ingredients: 1 cup organic hemp/marijuana/cannabis seed–hulled (OR 1 cup whole seed soaked overnight),

3 cups cold organic drinking water,

1/4 cup organic maple

1 tsp. organic vanilla

Put seed and water in blender. Blend on medium for 1-2 minutes, until water turns white. Line strainer with hemp cloth. Pour blended seed into strainer—do not overfill! Gather edges of cloth closed around the blended seed in strainer. Gently squeeze the liquid through the cloth into the mesh strainer into the pitcher. Continue to pour and squeeze through strainer into pitcher until blender is empty. Add maple and vanilla to milk in pitcher. Stir. Keep refrigerated. Stir well before each use. (The water and oil separate.) **Enjoy!**

*This milk will sustain all humans from day of birth.
It is the only food humans EVER need for all life.
It is the Great Mother Earth's food for all her children.
Buddha lived on fire (light), air, earth (hemp seed)
and water.*





HEMPBURGER

VEGETARIAN (vegan)

Ingredients: 2 small or 1 large cold steamed potato (cook potato the night before and refrigerate overnight)
1/8 to 1/4 cup each of grated or finely chopped vegetables in the house:
carrots, onions, tomatoes, cucumber, bell pepper, radish, mushrooms, etc.
1/2 cup hemp seed (hulled)
1 tablespoon teriyaki or soy sauce

Grate potato into large bowl. Add vegetables, hemp seed and sauce. Mix with hands until well integrated. (Mixture should be moist enough to stick together, but not wet.)

Preheat skillet. Shape mixture into hempburger patties. Fry in hemp or olive oil on medium heat for 3-5 minutes each side. Place on bun. Top with favorite toppings.

Mixture can also be fried loose and used as taco or tostada or burrito "meat".

Hemp seed contains a near-perfect composition of essential fatty acids (omega-6 and omega-3) as well as all nine essential amino acids. At 25% protein, it is second only to the soy bean in the whole plant kingdom.



(Face East) Call to us to plant the seeds of LOVE and PEACE
Repeat (Face S, W, N)

(Face East) We are ONE, Sister Sun, Brother Moon, Father Sky, Mother Earth, We are ONE
Repeat (Face S, W, N)

(Face East) Walking gently on the Earth in the Sacred Hoop of LIGHT
We are all ONE, united in the sun
Repeat (Face S, W, N)

(Face East) We are ONE, A-Ho Mitakuye Oyasin, We are ONE
We are weapmen, We are weavemen, The People
Repeat (Face S, W, N)

