

Runes are one with human energy and its flows, classically in eastern traditions called the Chakras, and external energies such as Cosmic Energy. This makes Runes an ideal multi media discipline to use with what has been called alternate healing. We will first explore this oneness and then explore ways to utilize this relationship for our well being.

As a note: Runes are integral with Cosmic Energy even if the amount of energy that an individual can wield, even with the help of Runes, to effect physical changes such as healing are not very strong. The amount that an individual can yield is nonetheless an important factor that adds to Rune Healing to make it special and more powerful. Under the heading of Cosmic Healing we explore using the amassed Cosmic Energy of a group to do healing in excess of individual capabilities.



## *the nikolai nodes*

The Runes give up one more of their secrets. The Runes encrypt, in proper sequence, the touchstones of the human energy system. All humans have a surrounding energy system that is a product of their unique living body. This energy system is not people's souls (which are even higher vibrational entities in the ether.) In western culture this energy has been variously identified, including as Spirit and Orgone energy in the West. This physical world energy system has concentrations of energy at touchstone points of importance to a person. An ancient and thoroughly studied manifestation of these touchstone points is the ancient eastern philosophy of the Chakras. The energy points also correspond to actual physical areas of the human brain that are specific localized areas for various forms of human intelligence. That all three systems (Runes, Chakras and brain nodes for various intelligences) are in parallel is a synchronistic validation of all three. These three systems in their various manifestations cover the levels of the Physical, Emotional, Mental, Spiritual and contain what are collectively known as the Nikolai Nodes (or Nik nodes for short) that comprise these levels.

### **Intelligence**

Intelligence is the triumphal factor that humans have over other animals. Recent scientific research and thinking suggests that there are seven major areas that as a group constitute human intelligence. Specific localized areas of the brain that can be seen to be uniquely active during testing with instruments such as CAT scans define these. The intelligences as named from the CAT scan work are physical (Kinesic), intra personal (Tonal), interpersonal (Social), naturalistic (Relational),

verbal (Integrative), visual (Intuitive) and logical (Intellectual). The renaming, in brackets, is to take into account the much broader range that the Chakras show these intelligences to actually cover. There are other localized areas of the brain for other skills (such as musical abilities) but the ones listed are the ones associated with intelligence. (This is not to degrade skills like music. Research has shown that increasing your music skills, especially in your early years, has a dramatic effect on increasing your other mental abilities.)

## Chakras

The Chakras are the traditional eastern philosophical description of seven nodes of energy that are seen to be aligned along the spine. How or where the Chakras actually reside is not really relevant, visualizing the Chakras is a matter of mental perception. Think of Chakras as the specialized brain areas for intelligence. The energized brain areas do not work without interaction with the rest of the brain, they are just more active there. Even Eastern philosophy does not describe how Chakras work physically, only that they do. That they exist and can be perceived by humans as separate entities is the overriding factor. The Chakra nodes of the human energy system also correspond to the different types of intelligence that are known to exist.

## Tyr's Aett

Tyr's Eight is the aett that is appurtenant here. Tyr's Eight is the aett that is concerned with worldly affairs. Worldly affairs such as the state of the corporal body, the temple of the mind. The body is also the natural home of its physical world energy systems. The script of the various aspects of human intelligence as well as the Chakras is found in the flow of the Runes, as witnessed by this aett. With all relating back to the Runes, each Nikolai Node is uniquely identified by a Rune name.

## Cardinal and Theological Virtues

Eastern philosophy is not the only one found in the Runes. Our western culture is also rich in moral imperatives, if not a singular energy systems like the Chakras. Basic morals, as seen later, are a driving force and energy by themselves as they come instinctively from our deepest psyches. Two sets of moral dictums have been grouped as virtues. These are the basic virtues of ancient Greek philosophy known as the Cardinal Virtues and the three Theological Virtues of Christianity that have been

defined as "virtues that have god as their immediate object." The four Cardinal Virtues are justice, prudence, fortitude and temperance. The three Theological Virtues are faith, hope and charity. These virtues are all found scattered throughout the Nikolai Node system in their proper places.

There is a correspondence in the Runes of the virtues vis-à-vis the Intelligence / Chakra subdivisions that can be assigned on a one to one basis, even if the choice is a bit arbitrary. It is interesting that while the virtues are not really directly related to the energy points they can be assigned individually in a meaningful way. The virtues relate to the spirit of their placement, rather than necessarily a specific direct relation to the energy center. There is no significance to this assignment other than to again show the pervasiveness of Flow. The universality of Flow is later considered.

## Neo-Enneagram

The enneagram is a very ancient classification of personality type and in its modern form is re-titled the Neo-enneagram. It purports to be five thousand years old with its origins in the Sumerian civilization. For many centuries it was handed down as a secret teaching until it came to light in modern times. What is interesting is that a correspondence can be found between the Nikolai Nodes and the personality types. No special case is made of this other than that such a correspondence can be made, again a test of the pervasiveness of the Runes. The Neo-enneagram system considers one extra type, the Consumer. The consumer is a special case. Rather than having special strengths, the Consumer doesn't really fit in anywhere as it is characterized by lack of strength in any direction. It can be looked at as a neutral central tendency.

More can be found on the Neo-enneagram in the book *Accessing Awen*.

## Three in One

There are a number of ways that are used to describe what we are. Common ones are: body &

mind, or the extended statement of body, mind, spirit or physical / emotional / spiritual. These are ad hoc type categorizations that serve to elucidate the matter at hand. The Nodes listed here (Physical, Emotional, Mental, Spiritual) are more detailed and specific so as to be able to better understand the inter-relationships. The Nodes are all linked to their three aspects: intelligence, chakra and Virtue. The Virtues listed are also linked to Runes of their own,

The Runes are a system reflective of intelligence and natural energy states. As we have already seen it is most beneficial to read the aettir from the inside out. By reading first the left half of Tyr's Eight this way, and then the right, we find the parallel symbolism of the Runes and Chakras, and their correspondence to the forms of human intelligence. This progression is now examined in this order, correspondence by individual correspondence.

# *the Nodes Analyzed*

## **The Physical (Body) Level**

The Physical is the material body, it is the Temple of the mind. If you cut your finger, you bleed. If you run a marathon you exhaust yourself. These are examples of the physical body mode. When a doctor gives you a prescription this is usually for a pill that will create a chemical reaction in your body to effect a beneficial change. This sort of outside the body intervention is usually your first line of defense as it brings an outside factor to augment and/or supplant what your body is not doing sufficiently, or even at all. A doctor setting a broken arm is another obvious example of a purely physical process. If the body is not healthy and right, then it is difficult for anything else to be right.

### **Mannaz Node**

the Kinesic node

Mannaz is ostensibly the world at large, or the root connection of mankind to his species outside his community when relating it to a particular

individual. The first chakra is Muladhara that is also called "the root chakra." Muladhara is an elemental association with the earth, of how we relate to being on the earth. Mannaz/Muladhara are integral with what we consider to be our outer shell and our relationship to the greater whole, which we call the Mother Earth. They relate to our sense of grounding, our connection to our bodies and our connection to the physical plane. In summation, what we have in Mannaz and Muladhara are two different cultural interpretations of the same paradigm.

Physical intelligence is the obvious connection here with modern science. Bodily-Kinesthetic intelligence is control of one's body sense, as in controlling and understanding bodily motions and messages. By extension it is the ability to handle objects skillfully. This also extends to the survival skills of living in the larger community and environment.

Fortitude is the virtue of having strength in tough things out to see them through. A common connection to a person's physical strength to stand up to adversity. To link the virtue to its own unique Rune: as the subjective meaning of the Rune Eiwaz what could be more appropriate then its appropriateness here. Here we are advised to hold firm. In tough times being a survivor is often the

most important trait one can have. Hanging on and not giving up is the survival element.

*Kinesic refers to the study of non-linguistic bodily movements and has been expanded here to include the body's own awareness of itself.*

## The Emotional Level

Emotions are just what you feel, right? Scientifically that is not a very good explanation. What researchers have found is that what we experience as an emotion is a summed evaluation of different body states, such as the tensions or reactions in various muscles and organs as well as generated hormones. That is the classic James-Lange definition but modern researchers have found that there is a non-physical brain component as well.

Love is a good example of a commonly very powerful emotion. Scientifically, and very unromantically, it has been found that "love" is one of three flavors of lust, affection or attachment that have very different and distinct soups of hormones associated with each one. It's the hormones that create the feelings and decide matters. Also we build up a mental "love map" of what our ideal mate should be, a map that is unbelievably actually completed by the time we are only about six years old. When someone comes along that has a strong affinity with this love map it becomes love at first sight. If you don't mind having some of your most cherished and romantic ideals shattered then studying the scientific side of love is a fascinating subject.

Anger is a different type of emotion. It is triggered in the Old Brain amygdala to be then

further processed by the hypothalamus. It is one of two reactions possible to the "fight or flight" response. There is now research that shows that "anger" is also sent to an "anger center" in our human forebrain. In this center, at an unconscious level of course, decisions are made as to how to deal with the anger. This is a matter of comparing the anger with past experience and learned proper responses. The result can even be that the anger is fully suppressed as it would have social and cultural consequences that are completely unacceptable. This paragraph might leave you cold but it is here to show the physiological basis of emotions.

Positive emotions are in illness and healing a catalyst to enhanced results / outcomes.

The Emotional Level is very important to Rune Healing and is divided into three Nodes to better understand its various ramifications.

### M Ehwaz Node

the Tonal node

Ehwaz is status, ones sense of self, which is actually defined by the tribe or general community that one lives in. While formed by outside sources, it is inner directed rather than an outer directed sensibility. How others see you reflects in how you

see yourself. The second Chakra is Svadisthana and is about the body's communication to the Being inside, the communication from the body to the person within it. Outside status and what the body communicates to you are opposite sides of the same coin.

Modern psychology also has an intelligence called Intra-Personal intelligence. Intra-Personal intelligence is about forming a model of oneself, and then using that model to deal effectively with the community. Models can only be created relative to others, what is reflected in your status. It is knowing what the body wants, needs, and what it finds pleasurable, as in the definition of Svadisthana. Thus the three systems are one and the same.

Temperance is the virtue that is associated here and that association is clear. Temperance is defined as moderation and self-restraint, as in behavior or expression. Temperance is also the upright objective meaning of Nauthiz. It has been said that no-one can affect us except that we allow them to. Temperance is about creating our own limits

*Tonal deserves a bit of explaining here as the chosen term. In earlier psychological theory emotions were considered the result of different body states (such as the tone of different muscles, hormonal levels, etc.) and the minds summation of these states. (Known as the James-Lange theory.) More recently outside perceptions of relevant events has been added to the mix, our final mental perception of an emotion. Overall it is the "tone" set by internal and external factors that decides what emotion we feel.*

## ↳ Berkana Node

the Social node

Berkana is your relationship with those closely around you. The third Chakra, Manipura, is about our personal power, will, and autonomy, all things that can only be derived in relation to dealings with people around you.

Inter-personal intelligence is the ability to notice and make distinctions among other individuals and, in particular, among their moods, temperaments, motivations, and intentions. In an advanced form, it permits a skilled adult to read the intentions and desires (even when those desires have been hidden) of other individuals and, potentially, act upon this knowledge.

Justice is a virtue of successful ongoing relations. Everyone has to feel they are fairly treated and that justice is done if there is an indiscretion. Justice also points us to the upright subjective meaning of Kano. It is a reminder how debilitating and counter productive harboring unresolved thoughts and emotions about someone can be. Kano is about making peace and moving on.

*Social and inter-personal are really synonymous terms. Social was chosen, as it is a term that is universally understood while many people find the distinction between intra and inter very confusing.*

## V Vera Node (Tiewaz/Laguz)

the Relational node

Tiewaz and Laguz have to be considered together as Tiewaz represents man and Laguz represents woman. The next Chakra, Anahata, deals with love, the union of man and woman. Naturalistic intelligence deals with how the two became lovers. Vera, a name having the ancient meaning of "true", is the single name for the combined two Runes.

Naturalistic intelligence is defined as the ability to comprehend, categorize, classify, relate to, and explain the things in the world of nature. It is the ability to understand and make choices in things that you encounter in the world around you. The traditional interpretation of the fourth chakra is that it is the chakra of love. With these two definitions, how does the fourth chakra relate to being the seat of naturalistic intelligence?

The concept and understanding of naturalistic intelligence is an evolved sophisticated paradigm.

Seeing and experiencing the results of the naturalistic intelligence process in the choice of a procreation mate is a very vivid and visceral experience, the one embodied in the traditional chakra interpretation. Actually again we are dealing with different aspects of the same paradigm where the traditional Chakra interpretation becomes the overriding and overwhelming aspect of identification.

The third Chakra Berkana/ Manipura dealt with our relations with others. We do not pick and choose our relatives, neighbors and many of the people we have to interact with on a daily basis. But we do have to interact with them, and these third chakra interpersonal intelligences are the interactive intelligences we have to apply to them.

A procreation mate is different. While we may love our relatives, it is not a romantic type of love but rather a bonding. In romantic love, as a first step, we have to pick and choose a particular person as being someone appropriate on to whom we will confer our romance. The choice is most often made subconsciously. This predatory picking of a love partner may sound cold and calculating, and it is. It is a naturalistic intelligence choice of recognizing those traits in someone else that suggests this is a good mate. Once a choice has been made, then the body is allowed to respond by initiating the love bonding process. The natural love bonding process has been scientifically defined as a three-stage process. Love is first an attraction. Then love is affection, identified with strong hormonal reactions. Finally love is a long-term attachment, a mental affiliation. The first stage of attraction is best seen as use of naturalistic intelligence to identify someone who is appropriate mate material. Science then recognizes the second stage, the romantic stage, by describing the great hormonal rushes the body generates to produce this stage. We cannot have "love struck" hormones exciting us forever, and this second stage only normally lasts a maximum of about two years (or 18 to 30 months as some research states.) This time lapse gives the long term psychological constructs of a lasting pair bonding time to set in.

While the love process of choice, hormone stage, and psychological stage are distinctly set out here, when talking about human beings nothing is normally that clear. A complication and hindrance to good naturalistic choice is that the hormonal reaction, as in love at first sight, can be triggered by a stimulus-response type of reaction to memories coming from an observed trait. Also in arranged marriages (the successful ones, not the ones where the new bride is immolated or otherwise traumatized) an outside choice is accepted in lieu of a naturalistic one. Eventual psychological bonds of attachment can come about without any, much less a very strong, predecessor hormone reaction, as from propinquity. The human animal is very variable but that does not preclude the basic process of naturalistic choice and the states that flow from it.

The procreation choice is like all forms of intelligence; how good a choice you are able to make is on a continuum. Once made though, the hormone reactions set in just as strongly on a good choice as a bad one. Hormones do not discriminate, that was the job of the naturalistic intelligence choice. A good or bad love partner, both products of a naturalistic intelligence selection, are much more dramatic in their involvement than in the actual selection process; a process which may not even be recognized. Love is seen as a fourth chakra event of naturalistic choice because that is the origin of all that follows. Love is not a form of intelligence, love is a very dramatic reaction to hormonal stimulation of psychological urges. Naturalistic intelligence is however where it all starts so that is the fourth Chakra association. It is associated even if as a Chakra its traditional interpretation revolves around the dramatic emotional aspects of love.

Prudence could not be a more apropos virtue to be associated here. Prudence is paramount in considering any affair of the heart. What could be more natural than that the name leads us to the subjective meaning of Hagalaz. Taking a mate is one of the major rites of passage and normally about as disruptive as one can get. You have decided to go forward in life with someone new

and in a new state, about as radical a change as is possible. Prudence is well advised before proceeding.

*Relational better describes this node. It is first recognizing relations among things, most importantly the positive factors of a potential*

*The normal progression that we are following is from the centre of Tyr's Eight aett out to the left. That progression is Mannaz, Ehwaz, Berkana and then Tiewaz, which was coupled with Laguz. Progressing out to the right we already have Laguz so Inguz, Dagaz and Othila come next.*

*mate. As an energy centre it then epitomizes the three relationship types of mate desiring and bonding that can ensue: lust, romantic love and attachment.*

## The Mental Level

We can only talk and express ourselves because we are conscious and can think. And vice versa thinking is an internal dialogue. While we are discussing the next three brain and energy centers the three are inexorably linked as our Mental function. Mental is what is commonly thought of as the mind. The frontal cortex or the forebrain is responsible for our conscious thinking, our sentience by which we recognize ourselves as us. It is responsible for Now thinking and immediate analysis of what is happening around you. It is the quick thinking adaptation that gives us, an otherwise rather defenseless animal, a survival advantage. It is often called our gray matter as opposed to the "white" matter of the Old Brain. The frontal cortex has both conscious and subconscious activity, where in healing the subconscious is the more important.

The next three Nodes of this Mental are not often distinguished as they are interrelated different functions that work in tandem. The term "Awen" is actually a useful one that will be used here to not only mean when the aspects of the subconscious frontal cortex are involved but also our entire functioning subconscious, wherever it is found. Research suggests that sources of activity and memory might also be stored in the spinal cord and even at cell level. Awen is the ancient Celtic term for Spirit, the not understood workings of the mind. Awen is well addressed by the affirmations that are

discussed later and is the primary focus of the book Accessing Awen.

Sentience is recognizing the "I"ness of the I; that when looking at a mirror you know it is yourself that you are looking at. It is the "I think, therefore I am." Consciousness is the thinking process and the recognizing that thinking is going on. Neither sentience nor consciousness is actually of primary use to us in analyzing Awen illness or in healing. Conscious thinking is the human survival tool that we evolved to compensate for being human animals that are actually rather puny in terms of natural defensive tools. We have no fangs, long sharp claws, impressive size or superior strength or speed with which to defend ourselves from any predators in our environment that might be stalking us. Our survival tool of conscious thought and its related abstract thinking can really be classified as a function rather than as the "mind." In healing this thinking is primarily important in guiding our actions. Another vital aspect, that while sentience and conscious thinking was here discussed as a function of the forebrain, its generalized presence is the Cosmic Energy of the next Node on the Spiritual Level.

There are many functions the frontal cerebral cortex performs that are below the level of conscious thought, that are subconscious, and so share in being subconscious in action with the older part of our brain. It is the subconscious part of this

cerebral cortex that stores our memories and Legacies that shape our actions and physiological responses and is so important to Runic Healing. **Legacies** are constructions we form in our brains to access when needed so that we don't have to think through every situation every time we meet it. (Saying "Hello" and asking how the other person is doing is an automatic Legacy that is, and should be, a standard response rather than the situation being thought out every time you meet someone.) Legacies are also our library of what we feel and think about anything and everything we come in contact with. It would be very inefficient if we had to rethink whether we like or dislike a person, food or venue every time we come in contact with it. Since subconscious is subconscious, below our consciousness, and we cannot consciously distinguish what comes from the forebrain or the older brain (emotion being a major factor) it is easiest to group both streams of subconscious thought of the forebrain and the older brain (and any other there might be) together as Awen, the Celtic name for this.

## ◇ Inguz Node

the Integrative node

Inguz is an old god of fertility. Located in the throat area the fifth Chakra is Vishuddha and is traditionally directly tied to creativity and communication. Inguz dovetails beautifully with the traditional physical creativity aspect of the Chakra Vishuddha.

Verbal Intelligence is the ability to emote and expressive yourself. This is a creative intelligence of taking the physical world and putting it into a new format. Speaking is taking ideas and images in the mind and turning them into words, a very creative process. (Observe many teenagers today who cannot do this well. They have to act out their conversations when communicating about their interactions with others.) Verbal intelligence is a creative intelligence that in its higher forms sets us apart from animals. Inguz is about creating and bringing forth new from old and Vishuddha is similarly directly associated with communication

and creation. It is also most active in integrating us with our self-esteem.

Charity is the virtue here, as found in upright subjective meaning of Mannaz. In traditional Chakra commentary this Chakra is the center of wishing for things. It is considered the "ask and ye shall receive" center. Defining charity is usually viewed from the givers' point of view but from the receivers' it the overcoming of some obstacle or shortcoming that allows the person integrate back to a more normal life. This integrativeness of charity is what makes it the natural virtue here.

*Integrative is all about putting things together, such as thoughts and the words to express them. Integrative is a much more inclusive word than verbal. Verbal symbolizes only one emotive outpouring of this energy centre, albeit most often the most conspicuous one.*

## ✠ Dagaz Node

the Intuitive node

Dagaz is the rune of light, the summer solstice. The sixth Chakra is Ajna, known as the Consciousness Awareness Center, the Third Eye, the seeing of the light, and it is located in the center of the forehead and relates to things of the inner mind. A most significant connection to Dagaz is on a spiritual level. Making contact with your inner being is the great awakening, the one that corresponds in the physical world to the great awakening that is the breaking into a new day and leaving the old behind. Ajna means command and so is closely associated with our Superego. Allowing for different cultures and values we have the same theme idea, represented relative to their cultural knowledge.

All this "seeing" of new things of course can only correspond to the modern idea of visual intelligence. Visual intelligence relates to spatial intelligence, the ability to move and operate well in the world. Visual-spatial intelligence is the capacity to perceive the world accurately, to see the light as it where. Again the physical seeing is just a difference in level from that of inner enlightenment.

Faith is the virtue found as the objective meaning of Jera and relates to the non-physical aspects of an intuitive node. It is the Third Eye understanding of things that are not otherwise obvious. Faith as found as the objective meaning of Jera is very appropriate as both Jera and Dagaz here have the meaning of better things at a distance.

*Intuitive, as a way of receiving perceptions, is again a broader connotation than a simple visual-spatial concept. Visual-spatial is just too limiting a term for everything involved here even though actual physical seeing is a very crucial function that is covered. This node includes inner seeing as well as outer.*

## ⌘ Othila Node

the Intellectual node

Othila represents our legacy, how well we connected with the real world. The seventh Chakra, Sahasrara is understanding unities and separations in our world, the interconnecting relationships that exist between all things. This knowing of relationships is of course the myriad of Legacies that we have formed to better interact with the world. How we connect with the world is through our Legacies. The second meaning is of the impression we leave of our life, it is what our legacy means, exactly what Othila also represents.

This is all connected to logical intelligence. Order and sequence, reasoning, problem solving,

abstraction, and the understanding of relationships are all aspects of logical intelligence. It is taking the Legacies we have built over our lifetimes and making sense of them for what is needed in the now. It also takes logical intelligence to understand an abstract concept like our life's legacy or to leave behind a legacy in a monument, or an Inuit Inuksuk that simply says "I was here."

Tolerance as found in the upright objective meaning of Wunjo epitomizes the virtue of the intellectual mode. It is what has been called the Golden Rule of "Do unto others as you would have done unto you" or as restated for the emerging global village "Do unto others as they would have done unto them." It is the ability to walk a mile in another man's shoes. Intelligence is needed to construct the needs of another, someone at a distance. As social animals helping others is important as we get internal hormonal rewards for doing good. Restated, helping others is about getting good feelings within ourselves. Related to yourself, Wunjo is Bliss and it has been said that you are only as happy as you want to be (i.e. imagine yourself to be.) It is intelligent understanding that creates acceptance. Tolerance of self and your station in life is what Bliss is about. It is as in the aphorism: "Success is getting what you want, happiness is liking what you have." It is your intelligent thinking that decides how happy you are by the degree of tolerance you allow.

*Intellectual rather than just a simple logical makes for a better term here. Intellectual brings in other factors that usually apply rather than the "logical" but otherwise absurd outcome that a computer might provide.*

## The Spiritual Level

This level is outside the Chakras, and Tyr's Eight, but is nonetheless still part of the human energy system. Spirituality is what our first brain, the older part of the brain is heavily involved in. It is a black box construction of the primitive spinal cord function, the reptilian brain that evolved out of this and the mammalian that then superimposed itself. It is not a single construction like the evolved

cerebral cortex but a conglomerate of a number of components. When we talk of "spiritual" we talk about much that comes from this first brain. It is the home of a great universal healing energy but usually requires a quorum of at least four people to be efficacious.

One first brain function is to give us our instinct based drives and morals. As social animals

we have to have a built in code about what is right and wrong, what is good and what is evil. Like all group or herd animals, if we didn't receive these instructions from the first brain then everyone would make up their own rules and people would not be able to live in societies: a collection of people living under common accepted laws. A lot of first brain genetic push is epigenetic. Epigenetic means that the basic template, such as be nice to those like you, is modified to living rules like "Thou shalt not kill." Here the epigenetic factor is at work in that the original rule as historically written only meant that you did not kill members of your immediate tribe, it was all right to kill and murder people outside your tribe (though you did need a rabbi's dispensation to do this.) In today's global village (and actually for many centuries in Europe already) the law has been reinterpreted that you shouldn't kill anyone. How Runes reflect these basic morals is covered in a section later on.

Science tells us that we live in an eleven dimensional universe. Our four dimensional Physical Universe of forward / back, right / left, up / down as well as time is what we as human beings can consciously experience. This leaves the other seven dimensions as an Ether universe, a home for a spiritual level. Whether we can directly experience it or not, part of us is in the Ether Universe because science also tells us that everything is made up of either "Strings" or "Loops" that exist in all the eleven dimensions. This means that our "souls" are the part of us that exists in the Ether Universe. These Ether segments are the same souls that people have always experienced but have attributed to their religious teachings because that was all they knew how to do. Souls are important in healing because many arcane teachings tell us that not only does anything we do in the Physical Universe affect our souls, but that the reverse is also true that if you can make changes in your soul in the Ether Universe then these changes are then reflected back to your Physical Universe body.

## ◆ CON Node

(Freyja's Aett)

the Imaginative node

There are two other energy systems, or actually streams, to consider. Collectively the two streams are the "coiled power" or "snake" of energy that runs up and down the spine, interacting with all the Chakras. It is called Kundalini and is traditionally associated with creative intelligence. Western identification of Creative Intelligence interestingly enough is not localized to one part of the brain but seems to get activated wherever it is needed, an energy system snaking through the brain in the Chakra tradition.

The connection of this important system to the Runes is that Freyja's Aett is in its entirety concerned with the Creative Intelligence. In fact Freyja is the goddess of creativity. Creative intelligence and Kundalini energy have always held a special place for people so it is not inappropriate that the ancients also gave it a special greater importance in the structure of the Runes. In Rune Healing we recognize that Kundalini is either Cosmic energy or a variation of it.

Besides creativity Kundalini also succinctly represents consciousness (sentient) intelligence, hence the name Con Node or Consciousness Node. Part of consciousness / sentience is a person's understanding of the "I"ness of self. Some other animals besides the human variously display this intelligence. We have the highest form in that we go to the next step in recognizing the soul. Souls can only be comprehended when such an "I"ness is deeply understood. Humans uniquely have ceremonies for the dead (and their soul journey) and monuments that are left as legacies. More generally, consciousness / sentience intelligence is the drive to know the cause of causality and the exegesis of existence. Interestingly consciousness / sentience intelligence also does not have any localized center in the brain.

The conscious function is a summing of the other intelligence and Chakra centers. The creative function is to take the ideas that exist in consciousness as well those ideas in the

subconscious and Chakras and combine them synergistically so that one plus one now are made to equal three. In this respect it could be assumed that most intuitive messages come from the Con Node but there shouldn't be any reason that intuitive insight cannot come directly from any of the individual Nikolai Nodes. In the Con Node we have the twin coiled serpents carousing through the nervous system.

Hope is the virtue of the intellect. Only the intellect can formulate the abstract feelings of hope. Young women often accumulate "hope chests" in

expectation of a future married life, making a logical connection between the now and what is expected to come. Marriage is of course what is to become an important part of their legacy. As the upright subjective meaning of Perth the unsure but positive aspects of the future are anticipated.

*Imaginative seems the preferred term for a combined conscious / creative node. You can use your higher powers to imagine things without creatively constructing anything new other than for your imagination.*

## The Flow

There is a natural Flow to all things in nature. It is sometimes, though not always, identified as the path of least resistance. More poetically it is expressed in the Biblical quote that to everything there is a season. Another way to put it is that nature is not without rules. Rules govern everything in nature and the Flow is the most natural way for these rules to be implemented.

This Flow permeates all, from the smallest sub-microscopic particle to the universe at large; from the simplest to the most complex of systems. Nature has rules and natural Flows for all. To "go with the flow" is usually the harbinger of the best results.

Man as a species and his environments have many, many natural systems that constitute his total Flow. Most of these Flows work in the background and are never even noticed. Nature is complex enough that sentient beings can follow paths other than the ones nature intended. Nature is also complex enough that if a natural path is not followed, then the path followed should be expected to be a much heavier path and one fraught with many unforeseen eventualities. Humans

as limited animals evolved to flourish in the ecology that we evolved in. If we go counter to our natural Flow we develop problems, a common example being chronic stress. All has Flow, including the most basic natural life cycle of birth, growth, procreation and then death.

The human animal doesn't change, but societies mature each in their own environment and so materialize the same things in different costumes. The Runes were not designed to be a reflection (or a map) of the varieties of human intelligence (Function), or a revelation of a human energy system (Chakra Centers), or a set of virtues (Cardinal and Theological). But these three systems are all unique examples of natural Flows for humans. The Runes and Chakras even have a natural progression that corresponds. Other people have established a connection of this particular Flow in the Jewish Kabala and the Neoenneagram system. The unity is there and found in all powerful systems. It is a tribute to the Runes' depth and profound relevance to life that they correlate with this natural order.

What follows is a charted summarization of the relationships discussed. “Causes” is causes of illnesses that are discussed later.

	<b>Function</b>	<b>Centre</b>	<b>Virtue</b>	<b>Neo- Enneagram</b>	<b>Causes</b>
<b>SPIRITUAL</b>					
♁ Con Node	Imaginative	Kundalini	Hope	Vanguard	Karma
<b>MENTAL</b>					
⚡ Othila Node	Intellectual	Crown	Tolerance	Expediter	Legacies
⚡ Dagaz Node	Intuitive	Brow	Faith	Dreamer	Superego
♁ Inguz Node	Integrative	Throat	Charity	Creator	Self-Esteem
<b>EMOTIONAL</b>					
∨ Vera Node	Relational	Heart	Prudence	Giver	Old Brain
⚡ Berkana Node	Social	Solar plexus	Justice	Loyalist	
∩ Ehwez Node	Tonal	Sacral	Temperance	Doer	
<b>PHYSICAL</b>					
⚡ Mannaz Node	Kinesic	Root	Fortitude	Performer	Trauma
∩ <b>Neutral</b>				Consumer	

