

Training For



Ragnarok

Waisted Runic Qigong & Fitness

Walest Spirit Warrior



Runic Qigong



Waicst Runic Qigong & Fitness



Fe



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Thor



As



Rei



Kreft



Hagl



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Sol



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Bjork



Mann



Laug



Yr



Algiz



Training For



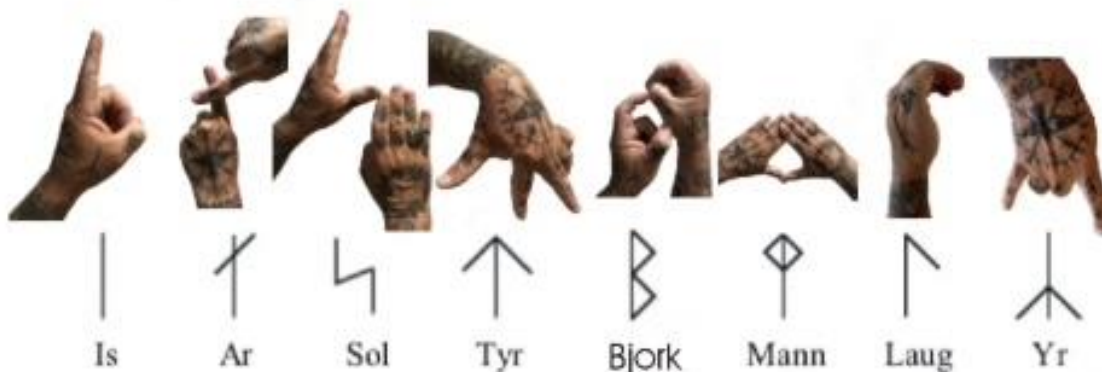
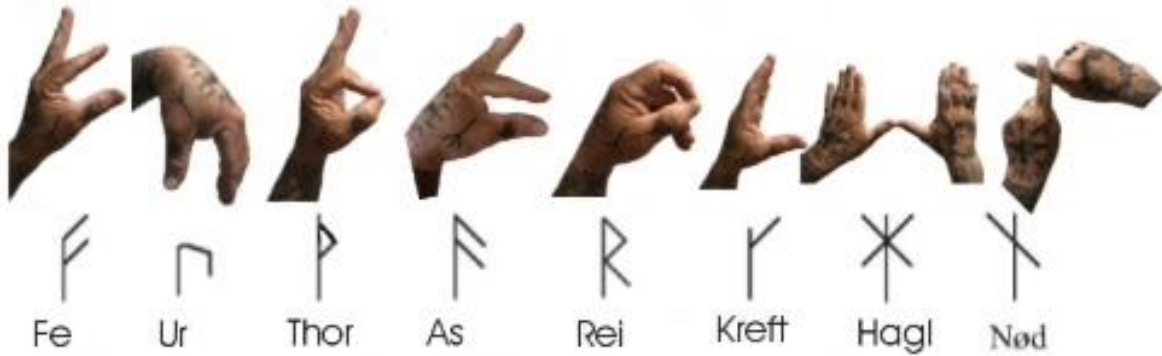
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Runic waiest Spirit Warrior Gesture Mudra



Algiz



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Runic Hand Gestures (Mudra) -

Learn to be able to sit or stand, meditate and run through the Runic hand gestures in the complete series of 17, one, after another, without needing to think about them, while focusing on your breathing. This teaches you mental discipline and to focus your mind.

This type of mental discipline is like forging a mental sword or a mental temple that can help you cut through pain, depression, anxiety, or other unwanted mental and physical hardships.

Waiest Qigong & Runic Fitness was developed to create this type of mental discipline.

Waiest Qigong is the art of your journey.

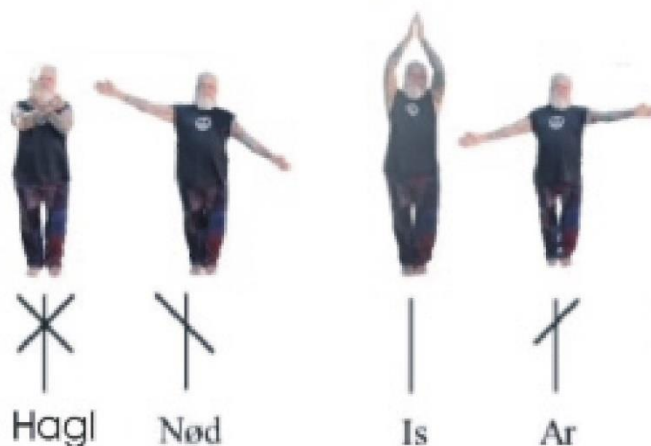
Do the Runic Hand Gestures with both hands unless it takes both hands to perform one Runic Gesture.



Start in a standing position while doing the breath of life meditation breathing.

Do each individual posture for a count of 1 to 3 deep breaths.

Special note : When doing Kreft, bring the back of your hands together at your waist, bring them up in front of you to position and then bring them around in a big circle motion back to the original position with the back of hands together. Do this three times.



Do each posture for a count of 1 to 3 deep breaths.

Special note: When doing Is, bring your palms together starting at your waist, up in front of your body and then palms together above your head. Then bring your hands out to your sides and back around to your waist. Do this three times. This position is good for balancing your energy.





Do each posture for a count of 1 to 3 deep breaths.

Special note: When doing Sol, bring your hands to Gassho mudra, squat down and then back up three times.

When doing Mann, touch the tips of your thumbs together at your waist and, as you bring your hands up, connect your index fingers together. Then hold your hands at your third eye chakra.



Start in a standing position, doing the breath of life meditation breathing.

When doing Algiz, bring your hands palms up in front of your chest up past your face, and then out to the Algiz position. At this point, you are standing, looking like a Y. Now, stand, breathe and meditate with your arms above your head for as long as you want.

Bring your arms down to a natural standing posture, and finish with the breath of life meditation for as long as you like.

Note: You can also repeat this motion over and over again rotating, your shoulders as you breath.



Algiz is one of the most significant poses I have ever come across in my many years of research. I have found this same posture in almost every style of training. I have found it in Qigong, Karate, Kung Fu, Tai Chi, Yoga and even in religious faiths, such as Christianity. I've also seen people do it in Wicca and Voodoo rituals. It seems to be a very natural position that people pose in almost automatically. I found this to be significant because it is the only pose I have found in so many different styles of philosophy, training, and dogma. It is in Viking concepts as the rune of protection. In martial arts it's a flowing defensive technique for blocking, which is another concept of protection. It's also used for naturally opening up your body to the flow of energy in the universe. It also helps to expand your lungs for deeper breathing. This is another avenue of protection since deep breathing activates your lymphatic system to expel waste.



Waisted Spirit Warrior Runic Qigong



Younger Futhark FE - Elder Futhark FEHU

"Cattle"

Symbolizes: Wealth, Mobile Property, New Beginnings, Initial Conditions

F é - Means Animals (in particular, cattle). It can also mean gold. It symbolizes riches success but possibly with the of a portable or transient nature.

Animal - Stag, Boar

Tree - Hazel

God: Frey

Day: Friday

Medicinal Tree: Hazel

Medicinal Herb: Barley



Younger Futhark UR - Elder Futhark URUZ

"Slag"

Symbolizes: Rain Storm, Endurance, Physical Power, Independence, Persistence, Life Force

It represents the primal forces of nature. It also suggests the processes of purification and refinement necessary for strength and perfection.

Animal - Aurochs (a now extinct species of large ox).

Tree: Pine

God: Vidar

Animal: Ox

Tree: Oak

Day: None

Medicinal Tree: Pine

Medicinal Herb: Plantain



Younger Futhark THURS - Elder Futhark THURISAZ

"Giants"

Symbolizes: Power and Protection, Strong One, Conflict, Tool / Weapon Defense, Protection, Violence

Animal: Goat (Thor had two of these to pull his chariot). Tanngnjóstr "teeth grinder" or "one that grinds teeth" and Tanngnjóstr, "teeth thin", or "one that has gaps between the teeth"

God: Thór

Animal: Goat

Tree: Rowan

Day: Thursday

Medicinal Tree: Rowan

Medicinal Herb: Burdock

Meaning: Thunder. War



Younger Futhark AS/OSS - Elder Futhark ANSUZ

"A God - The Æsir are the gods of the principal pantheon in Old Norse religion (in Asgard) and Norse mythology. The second Norse pantheon is the Vanir (in Vanaheim)

Symbolizes: Knowledge, Communication, Spoken/Written Word, Wisdom, Order, Breath, Gods, Inspiration, Communication

As symbolizes knowledge, wisdom and kingship.

God: Ódin

Animal: Wolf, Raven, Eagle, Horse, Snake or Dragon

Tree: Ash

Day: Wednesday

Medicinal Tree: Ash

Medicinal Herb: Oats

Meaning: Kingship



Younger Futhark REI/Reid - Elder Futhark RAIDHO

Meaning: A Ride. A Journey

Symbolizes: Journey, Vehicle, Righteousness, Inner Compass, Nobility, The Path

Animal - the red rooster

God: Hel, a daughter of Loki.

Animal: Red Rooster

Day: None

Tree: Elder

Medicinal Herb: Coltsfoot



Younger Futhark KAUN - Elder Futhark KENAZ

"Ulcer"

Symbolizes: Knowledge, Craft, Tradition Controlled Fire, Hearth, Experience

God: Loki (wizard of lies, trickster)

Animal: Snake/Dragon. Monster

Day: Saturday

Tree: Spruce

Medicinal Herb: Wormwood



Younger Futhark HAGL/Hagall - Elder Futhark HAGALAZ

"Hail"

Symbolizes: The Wrath of Nature, Destruction, Uncontrolled Forces, Being Tested - The rainbow between heaven and earth. Also the unexpected and sudden transformation.

God: Heimdall

Animal: Ram or Otter

Tree: Yew

Day: None

Medicinal Tree: Beech

Medicinal Herb: Bearberry



Younger Futhark NOD/Naedr - Elder Futhark NAUTHIZ

"Need"

Symbolizes: Emergency, Necessity, Restraint, Innovation, Life Lessons

The mythological association is with the Norns, the three wyrd sisters Urd (past), Verdandi (present), and Skuld (that which is to be).

Animal: Owl (Urd), Spider (Verdandi), Carrion Crow (Skuld)

The significant trees are the Alder (Urd), Willow (Verdandi) and the Elm (Skuld).



Younger Futhark ISA/ISS - Elder Futhark ISA

Meaning: Ice

Symbolizes: Winter, The Hunt, Stasis, Stillness, Self Control, Identity, Focus

Tree: Juniper

Animal: Arctic Fox, Polar Bear, Ptarmigan

Tree: Yew

Day: None

Medicinal Tree: Juniper

Medicinal Herb: Mugwort



Younger Futhark AR

Meaning: A Good Year. A Good Harvest. Fertile Land

Symbolizes: Plenty, The Earth, The Bounty of Nature

God: Jord mother of Thór

Tree: Apple

Day: None

Medicinal Tree: Holly

Medicinal Herb: Bilberry



Younger Futhark SOL - Elder Futhark SOWILO

"Sun"

Symbolizes: Victory, Guidance, Seat of the Soul

Sol: Means the Sun. Sól symbolizes the peaceful warrior who brings harmony and justice.

God: Balder the Shining God

Forsete, son of Balder, and the God of Justice

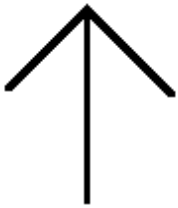
Animal: War Horse

Tree: Oak

Day: Sunday

Medicinal Tree: Oak

Medicinal Herb: Camomile



Younger Futhark TYR - Elder Futhark TIWAZ

"The God, Tyr"

Symbolizes: Victor, Justice, Sovereigns Order, Laws, Principles, Spiritual Warrior, self sacrifice, honor

Tree: Lime

Animal: Dog

Tree: Oak

Day: Tuesday

Medicinal Tree: Linden

Medicinal Herb: Comfrey

Meaning: War, Justice



Younger Futhark BJORK/BJARKAN - Elder Futhark Berkano

"Birch Goddess"

Symbolizes: Magic, Rebirth, Sanctuary, Mature Wisdom, Healing, Safety

God: Frigg, Wife of Ódin

Animal: Cuckoo, Hare

Tree: Birch

Day: None

Medicinal Tree: Birch

Medicinal Herb: Flax

Meaning: Female Energies



Younger Futhark MANN/MADR - Elder Futhark Mannaz

"Mankind"

Symbolizes: Mind, Memory, Learning, Divine Structures Within Humanity

Animal - Mankind and the Moon

God: Freya

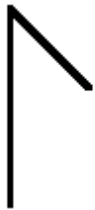
Animal: Hare, Cat, Lynx, Sow, Hawk / Falcon

Tree: Apple

Day: Monday

Medicinal Tree: Hawthorn

Medicinal Herb: Lilly-of-the-Valley



Younger Futhark LOGU - Elder Futhark Laguz

Lake or Small Body of Water

Symbolizes: Flow, Fluidity, Subconscious, Imagination, Intuition, Washing, Coastal Waters/Seas

God: Niörd

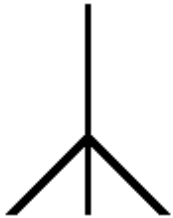
Animal: Geese, Sea Birds, Sea Mammals

Day: Saturday

Medicinal Tree: Apple

Medicinal Herb: Leek (Garlic, Onion)

Meaning: A Bath, Water



Younger Futhark YR - Elder Futhark

Symbolizes: Archery, Single Combat, Protection

God: Ull the God of Winter

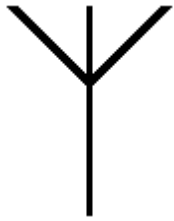
Animal: Fox, Bear

Day: None

Medicinal Tree: Yew

Medicinal Herb: Yarrow

Meaning: Male Energies,. A Bow (of Yew)



Elder Futhark Algiz

Life, Beginning, Protection, Higher Self, Divinity Teaching, Spiritual Connection

Animal: Elk

Some interpretations connect Algiz to the World Tree (Yggdrasil) which embodies the cosmos and the interconnection of all realms of existence in Norse cosmology.

As Algiz, it symbolizes the elk, or the serrated edges of the elk sedge plant; both of these relate to its qualities of defense.

- Protection
- Awakening of Consciousness
- Divine Guidance
- Draw Fortunate Influence
- Attract Opportunity
- Link to Higher Self
- Alignment with Guardian Angel
- Make Profitable or Wise Decision
- Strong Defense
- Shielding Device
- Communication with other worlds

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Benefits of Performing the Waiest Spirit Warrior Runic Qigong Stances

Working with these stances can provide many benefits to the well being of body, mind, and spirit.

On the physical level, the stances align the skeleton and develop correct posture. Performing the stances also strengthens the musculature essential to holding the spine correctly while gently stretching the sinews and toning the muscles. Deep and natural breathing is promoted using both the lower (diaphragm) and upper (intercostal) parts of the lungs. Good balance and body awareness will also develop with regular practice.

On the mental level, the mind is calmed and focused with practice of the stances. When balance and concentration is a problem, we, both, become aware of the unbalanced state of mind and are provided with a means of becoming centered again.

In the Waiest Spirit Warrior Runic Qigong tradition we use the term “Megin” for the intrinsic energy, which the Chinese call “Chi”. The stances enable us to cultivate the flow and purity of this energy, which is very beneficial to general health and a heightened sense of well-being.

Mægen/Megin – SPIRITUAL ESSENCE - strength, power, might, ability, the main part, greater part. It is a powerful concept in Nordic heathen spirituality.

Megin is a spiritual energy which resides in every living organism. By being self-aware of its existence, it can be channelled to help achieve your goals.

Megin is about using your own strength and might to achieve your goals instead of relying on the power of the Gods.

Megin is about learning to use your self power to achieve your goals. Remember, Waiest is about taking the ideas from old and looking at them through new, modern eyes and knowledge, not focusing on the mythological ideas of gods, but on the actual idea of the energy that flows through the entire universe. The concept of Megan is intriguing because it is not about praying to a God but about the energy of the universe working with you to help you achieve your goals, using your own strength and will power.

Once the stances can be performed well the practitioner can begin to explore other training using the postures as a strong yet, flexible, foundation for many other activities.

Once you become more proficient at flowing your Megin/Chi, this becomes helpful in many other activities as well from different sports to weightlifting, working out, and cardio. You can also apply the techniques in the flow of Megin/Chi to other areas of your life like business and relationships. It's really all about being creative.

When weight training, put your mind in the muscles you are using. Focus on those muscles. Imagine the flow of the energy of the universe flowing through you, giving you more stamina and strength. Breathe and calm your mind. You can also do this while doing cardio exercises.

If you're in a business meeting, about to go into an interview or taking a test, visualize success in your mind.

Visualize your confidence in your abilities to reach your goals. Remember, your main concern is the energy, not the vessel, so do not let the vessel or words of others affect you, but rather focus your mind on your energy and the flow of the energy of all things and being at one with that journey.

These are different ways of using your self power to achieve your goals.

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RUNIC HAMMER WORKOUT

Coming Soon