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Helrunar: A Manual of Rune Magick

Jan Fries

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Helrunar: A Manual of Rune Magick Jan Fries
How does one become a 'Helrunar' -- one who 'runes' or makes rune magick? This classic book tells you how. The runes are a pan-European magical language. Their roots lie in the ancient pagan beliefs of our ancestors who built many thousands of stone circles, long barrows and dolmens throughout ancient Europe. These same symbols and techniques were used by the pagan Celts and Germans. This book is a complete manual of magick based upon arcane symbolism and secret techniques. The runes are for all! They are neither a new religion nor a 'folkish' remnant but a vibrant magical system that really works. This book is suitable for anyone with an interest in the actual practice of magick. Its style and structure is similar to the author's much acclaimed 'Visual Magick'. Jan Fries lives in Frankfurt near the Tamus Mountains. He is a musician, artist and magician. For the edition he has edited the full text of all the rune poems and prepared over 100 original drawings and transcriptions of Celtic, Neolithic and Runic images. The reader is led right to the heart of this material on sigil sorcery, rune stance, rune breath etc.,

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