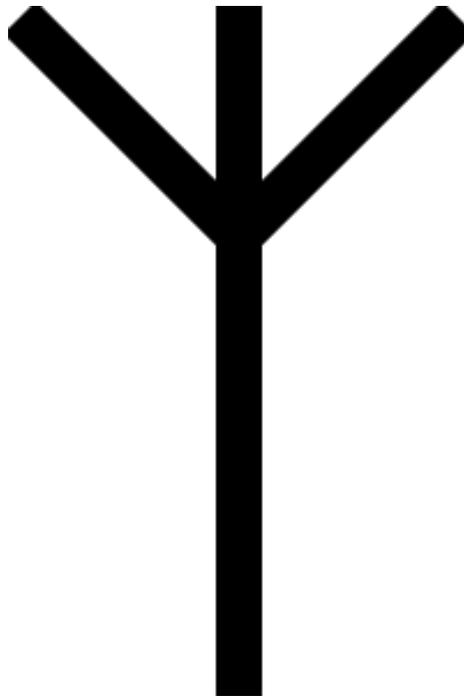




THE ARMOR OF ELHAZ

TECHNIQUE OF PROTECTION- USING THE VIBRATIONAL FREQUENCIES OF
ALGIZ TO CHANNEL PROTECTIVE ENERGIES FROM YOUR HIGHER SELF



“Fear has its place in every heart. Courage is only a response.”



The Elder Futhark¹ rune Y is conventionally called Algiz or Elhaz, from the Common Germanic word for "elk".

Since the Algiz rune means protection and defense, is commonly associated with Heimdallr², or Heimdall, who is considered a patron god and watchman of the gods. Therefore, this rune shows defensive spines or antlers such as those used by Viking warriors on their helmets. Mystically, the authority to communicate with non-human sentient beings is attributed to Algiz.

ELHAZ'S ESOTERIC SYMBOL - THE ALGIZ RUNE

The visual representation of the Algiz Rune resembles a tree with symmetrical arms. Algiz, or Elhaz, is shaped like a vertical line and two slanted lines in the upper third of it, which represents the outline of a man with open and raised arms towards heaven, in a gesture of prayer, a request for protection or praise.

Columns with this configuration can be found universally in construction because this design is capable of sustaining large structural loads. This is a symbol that can immediately create sacred space and sacred grounds safely. Elhaz, or Algiz, protects us by connecting a circuit to our spiritual resources, linking us to guardianship, a sovereign right to exist, during our time here.

¹ The Elder Futhark (or Elder Fupark, Older Futhark, Old Futhark) is the oldest form of the runic alphabets.

² Heimdallr is attested as possessing foreknowledge, keen eyesight and hearing, is described as "the whitest of the gods".

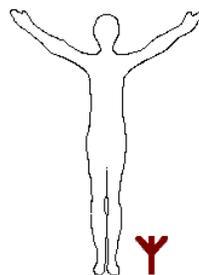
RITUAL OF SELF ATTUNEMENT

This technique³ is a powerful tool to be used in emergency situations, but can be easily adapted to be used amply, as a constant shielding, depending on your own degree of concentration and volition.

This is a simple ritual that does not demand previous arrangements or complicated preparations. We strongly recommend to be used daily before normal activities, during personal challenging occasions, when traveling, before healing sessions, and sacred rites.

STEP 1

Take a minute to recollect your energies with introspections and a few deep breaths. This will serve for you to gather some vital energy, called OND in this tradition, which you will be needing soon.



Assume the Algiz stadha (position) and make a short prayer or invocation, asking for divine protection, or the protection of any particular deity.

Then visualize six shields around your body: one to the right, one to the left, one to the front, one to the back, one above and one below you.

The sizes, shapes, colors and other details of the shields you are visualizing do not matter: you can follow your intuition to create them.

³ This technique was adapted from the writings of Mirella Faur "Nordic Mysteries".



What is essential is that all the shields should be visualized as metal ones and all with a flaming Algiz symbol engraved on the center. You can enrich this visualization experience adding the sound of fire burning to this mental image. Continue to visualize the flow of OND coming from all the six directions and add the strength and power of a Large Elk behind each of the shields to enable you with the power of endurance and stamina.



You may want to seize this moment by reciting a small poem, a blessing or sing a short music that you can use to later can evoke the same energy of protection and endurance you gathered during this ritual. This can be a mind-note to help you in

emergencies situations, where you can repeat the words, tones and vibration in always the same way. This will help manifest the shields and protection.

After gathering the energy and the power of the moment, repeat to yourself,

"Algiz in front of me, behind me Algiz. Algiz my right, to my left Algiz, Algiz above me, below me Algiz.

All those Divine powers (or you can mention the name(s) of a god or goddess Archetype(s) who you may consider your immediate protector(s)) Algiz will protect me wherever I am, from any power, any interference or any harmful presence in my life, my work, my health and my well-being. Ka! "

To perform this ritual, it is not necessary to turn to the four cardinal directions, but stay for a few moments "seeing" and "feeling" the shields and the runes drawn on them.

Then visualize the images fading, but knowing that their operation will continue throughout the day. This ritual should be practiced frequently, preferably early time in the day, especially before a day with more intense activity.

Regular practice strengthens the aura and subtle fields and enhances personal magnetism, concentration and mystic power. Practice makes perfection.

Side Note



Some of the more experienced Mystics tend to use more complex symbols that represent Cosmic Shields such as the AEGishjalmur, or "Helm of Awe", which is composed by four crosses, with eight arms and that uses a complete driving force of the rune Algiz. AEGishjalmur was commonly used to prevent abuse of power and to have the upper hand in dealing with complex conflict. It is not a symbol to be toyed with under any circumstances.

