

Seated Rune Stances

Introduction

The central training tool of the Hafskjold-Stav system is a series of flowing body postures that is combined with breathing techniques. These body postures mimic symbols of Norse Philosophy known as runes. By practicing these body postures combined with different breathing techniques, you are in essence incorporating the Norse Philosophy into your mind, body and soul. The purpose of the Stav system being, as Ivar Hafskjold puts it, "is to see reality". There are of course many benefits to both the body and the mind in practicing these flowing body postures and breathing techniques. The rune stances (body postures) as they are known within Hafskjold-Stav system are easy to learn and can be practiced by anyone of any age. The rune stances are performed in a sequence combined with breathing which is coordinated with forming and dissolving of each stance. The performance of the stances is done in a slow and relaxed manner. Traditionally, there is a stepping action in performing these sequences of stances known as "the half moon step". This is a transition step which changes the direction one faces when performing a particular rune stance. The direction changes from North to East or from East to North depending on the sequence of rune stances being performed. There are 16 individual rune stances that make up the system. There are two sets which are called the right handed set and the left handed set. So when you perform a full set (both sets together) you are going through a 32 rune stance sequence.

Seated Rune Stances

A recent method that has been developed is a way of performing the rune stances in a seated position. This gives those with limited leg mobility and those who are paralyzed from the waist down a way to practice the rune stances that are done traditionally in a standing position. The seated version can also be practiced by those who find themselves limited in space. For example those people who work in an office. To continue with this example of someone who works in an office situation. Sitting in front of a computer and typing all day produces a lot of tension in the body especially the neck, shoulders and back. It is also draining on the mind because of the extended periods of intense concentration. Taking a break and performing a sequence of the Seated Rune Stances will release both tension in the body and the mind. Of course if you have the time and space to perform a traditional standing rune stance sequence even better.

The seated rune stances sequences follow both the traditional and contemporary patterns of their standing counterparts. There are four rune stances out of the sixteen traditional standing stances that have been modified because the legs are used in forming two of the stances and the legs together with the arms are used in forming the other two.

As mentioned in the traditional standing rune stance sequences there is a transition step known as the "half moon step" which changes the direction you are facing when performing a particular rune stance. When doing the seated rune stances in a fixed chair there will be no directional change and all rune stances will be done facing the one direction. There is of course the option when using a fixed chair to move the chair to face a different direction for each of the two individual sets (right hand and left hand). If you are using a swivel base chair or a wheelchair then the transition movement can be performed by simply turning the chair to the required direction as dictated by the sequence of rune stances you are following.

Seated rune stances are considered as a supplementary method of performing the traditional rune stances. So if you are physically capable of learning the traditional standing rune stances, then it is recommended that you learn the traditional standing method first.

Below is the four modified rune stances Rei, Sol, Bjork and Yr that are used for the seated version of the rune stances. The rest of the rune stances used in the seated version are the traditional standing rune stances done in a seated position. Anyone who is familiar with the standing rune stances should be able to do the seated version by substituting the four modified stances for the standing ones. The four modified stances could be used in the standing version if for example someone has problems with balance in the case of Rei and Bjork or knee problems in the case of Sol and Yr. I would also like to acknowledge and thank Ivar Hafskjold for his suggestions around the creation of the seated Sol and Yr postures.



Seated Rei



Modified Standing Rei



Seated Bjork



Modified Standing Bjork

Seated Rei Rune Stance

Bring top arm up centre line, palm facing inward. Bend arms at 90 degrees and place lightly on head. At the same time extend the lower arm forward pointing downwards. Palm faces inward. To come out of the stance reverse the process.

Seated Bjork Rune Stance

Bring top arm up centre line, palm facing inward. Bend arm at 90 degrees and place lightly on head. At the same time roll the lower arm in towards the body. Bend the arm at the elbow and turn the hand in towards the body. Palm faces down. To come out of the stance reverse the process.



Yr Transition 1



Yr Transition 2



Yr Seated Rune Stance



Modified Standing Yr

Yr Seated Rune Stance

Raise hands together palms facing down, until hands are above the head. Circle hands forward and down to the side of the body. Back of the hands face forward and are turned inward towards the body. To come out of the stance reverse the circle.

Sol Seated Rune Stance

Raise arms to shoulder height. Bend arms and wrists so they form 90 degree angles. Hands are at face level pointing forward with the palms facing down. To come out of the stance press the palms forward and down.



Sol Transition



Seated Sol Rune Stance



Modified Standing Sol