

# Rune Fah

*The Runes · 1*

*“Whosoever wants to work with this Judo must begin to work with the Rune of Mercury, which has a violet colour that originates extraordinary cosmic forces.”*

34 passages 7 practices 14 sections 6 parts

Samael Aun Weor · in his own words

Every word here is his. Each passage was cut out of the book it belongs to by reference and carries that book and the chapter it came from, so anything on this page can be found again in the source.

This is the first of the runes he teaches, the Rune of Mercury, the one he tells us to begin with. His chapter on it starts not with the rune but with the fire: *“the Solar Fire is what is needed”*, he says, for the human being to be formed within us. Then, because *“Many types of fire exist”*, he names them, from the lightning in a storm to the fires of the ancient temples, and ends: *“We need to fecundate our intimate nature if what we truly want is the Solar Man to be born within ourselves.”*

Then the fire that shines in the pineal gland. Then the urgency he gives to the awakening of the consciousness. He is plain that the serpent *“only awakens and rises along the dorsal spine by means of the Maithuna”*, and that the breath, joined with meditation, is not to be undervalued for the awakening of the consciousness.

Then the runes themselves: *“A Judo of the Spirit exists; we are referring to the Runic exercises.”* In the practice of this one, he says, *“Pranayama, prayer, meditation and a specific sacred posture exist within it.”* The practice follows in his words: the salute on getting out of bed, the breath, the light that enters through the fingers, and the same practice at night under the stars, with a prayer of which he says *“This short yet great prayer can and must be prayed with all of our heart, as many times as we want.”*

The last part gives the two other places in his book where this rune is taught: its arms, set beside another rune’s, and the day on which the runes are begun.

What is in it


## Part One — The Solar Fire is what is needed

1 That which is called man must be formed and developed within it 3

## Part Two — Many types of fire exist

2 Many types of fire exist 3

3 The Fire of Hermes 5

4 The Initiatic books are written with characters of fire 5

## Part Three — The fire renews nature

5 From chakra to chakra along the dorsal spine 1

6 We need to awaken consciousness with maximum accelerated urgency 4

## Part Four — A Judo of the Spirit exists

7 A Judo of the Spirit exists 4

8 Pranayama, prayer, meditation and a specific sacred posture 1

## Part Five — This is the sacred posture of the Rune FAH

9 We must salute each new day 1

10 Inhaling the air through the nose and exhaling it through the mouth 1

11 The light of the Sun-Christ penetrates within us 1

12 Before the starry sky of Urania 3

## Part Six — Practice these Runes in order

13 The Rune FA has its two arms upwards 1

14 Practice these Runes in order 1

THE MAP

# Six parts: the Solar Fire, the many fires, the fire in the pineal gland, the Rune of Mercury, the sacred posture and its practice, and the runes in order

*Tap a part to go to it.*


The Solar Fire is what is needed
part one · 3 passages

Many types of fire exist
part two · 13 passages

The fire renews nature
part three · 5 passages

A Judo of the Spirit exists
part four · 5 passages

This is the sacred posture of the Rune FAH
part five · 6 passages · 6 practices

Practice these Runes in order
part six · 2 passages · 1 practice

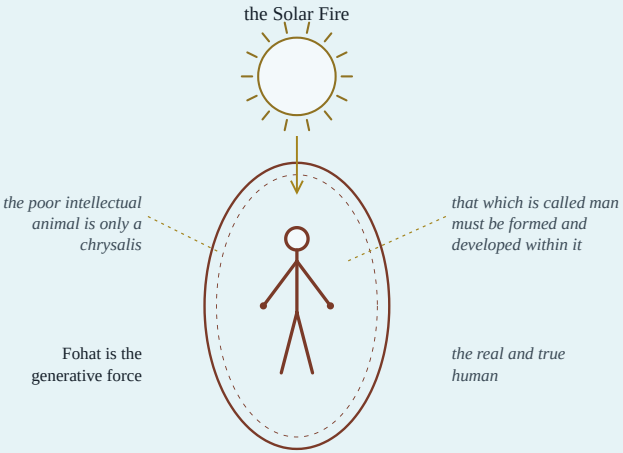
# ☼ Part One — The Solar Fire is what is needed

3 passages

# I That which is called man must be formed and developed within it

*He opens the chapter of the Rune Fah with the fire: the human being is still to be formed, and the Solar Fire, Fohat, is what forms it.*

THE CHRYSALIS AND THE SOLAR FIRE




*Passages 1 to 3: the intellectual animal as a chrysalis, the human being to be formed within it, and the Solar Fire, Fohat, that forms it. The drawing is ours.*

CHAPTER 3 RUNE FAH Beloved reader, we have stated very solemnly in our former Christmas messages that the poor intellectual animal is only a chrysalis and that which is called man must be formed and developed within it.

1 Runic Magic, 1969 · Chapter 3, Rune Fah

*Fohat is the generative force, the central living and philosophical fire*

Runic Magic, 1969

Certainly, the Solar Fire is what is needed in order for the accessibility of becoming human to be created and developed within each one of us.

2 Runic Magic, 1969 · Chapter 3, Rune Fah

Fohat is the generative force, the central living and philosophical fire that can originate the authentic and legitimate mutant, the real and true human within the Cosmo-biology of the rational animal.

3 Runic Magic, 1969 · Chapter 3, Rune Fah

## Part Two — Many types of fire exist

3 passages

## I Many types of fire exist

*The fires seen in nature: in tempests, in the wilderness, in cemeteries, and in lightning.*

Many types of fire exist; let us remember the Lights of Saint Elmo seen during tempests. It is good for us to remember the mysterious column of fire which was guiding the Israelites in the wilderness.

4 Runic Magic, 1969 · Chapter 3, Rune Fah

It is worthy to remember the strange meteors of fire that appear in cemeteries which physics in its own way has qualified under the name of Fatuous Fires.

5 Runic Magic, 1969 · Chapter 3, Rune Fah

Many reminiscences of lightning exist in the form of balls, cat-meteors, etc.

6 Runic Magic, 1969 · Chapter 3, Rune Fah

5 passages

## II The Fire of Hermes

*The sacred fires of the ancients, as H. P. Blavatsky recalls them and as he names them after her.*

In her monumental work entitled The Secret Doctrine, H. P. Blavatsky refers to the sacred fire of Zoroaster, or the ATASH-BEHRAN of Parsis.

7 Runic Magic, 1969 · Chapter 3, Rune Fah

How ineffable are the words of H. P. B. when she speaks of the Fire of Hermes!

8 Runic Magic, 1969 · Chapter 3, Rune Fah

❦

The explanations of this great martyr from the last century are notable when she brings to our memory the Fire of Hermes of the ancient Germans, the flashing lightning of Cibele, the torch of Apollo, the flame of the Altar of Pan, the shining sparks on the hats of the Dioscuri, on the head of the Gorgons, on the helmet of Pallas, and on the Caduceus of Mercury.

9 Runic Magic, 1969 · Chapter 3, Rune Fah

❦

How sublime was the imperishable fire in the Temple of Apollo, and in the Temple of Vesta!

10 Runic Magic, 1969 · Chapter 3, Rune Fah

❦

How sublime was the Egyptian PTAH-RA! During the night of the centuries, how magnus shone the fire of the Greek Cataibates Zeus, which descended from heaven to earth in accordance with Pausanias.

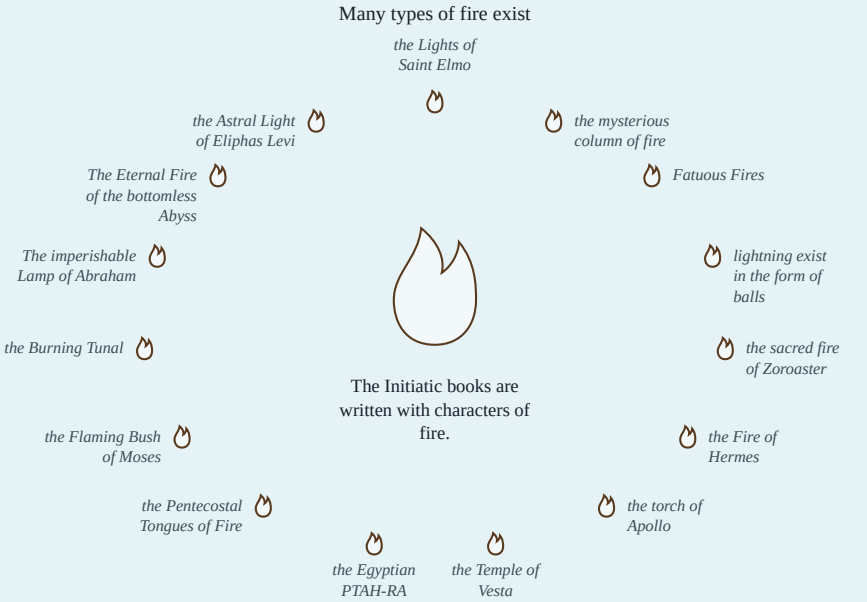
11 Runic Magic, 1969 · Chapter 3, Rune Fah

5 passages

# III The Initiatic books are written with characters of fire

*The fire of Pentecost, of the burning bush and of the Pleroma; and what we need, if the Solar Man is to be born within us.*

MANY TYPES OF FIRE




*Passages 4 to 16: the fires he names, from the tempest and the wilderness to the temples, Pentecost and the Pleroma, around his line on the initiatic books. The flames are ours.*

Certainly, the Pentecostal Tongues of Fire and the Flaming Bush of Moses are very similar to the Burning Tunal which brought about the founding of Mexico.

12 Runic Magic, 1969 · Chapter 3, Rune Fah

The imperishable Lamp of Abraham still shines refulgent and terribly divine.

13 Runic Magic, 1969 · Chapter 3, Rune Fah

*The Eternal Fire of the bottomless Abyss or Pleroma of the Gnostics is something that can never be forgotten.*

Runic Magic, 1969

The Eternal Fire of the bottomless Abyss or Pleroma of the Gnostics is something that can never be forgotten.

14 Runic Magic, 1969 ·Chapter 3, Rune Fah

❦

When referring to the Sacred Fire, it is convenient to mention the fulgent vapours of the Oracle of Delphi, the Sidereal Light of the Rosicrucian-Gnostics, the Akasha of the Hindustani Adepts, the Astral Light of Eliphas Levi, etc.

15 Runic Magic, 1969 ·Chapter 3, Rune Fah

❦

The Initiatic books are written with characters of fire. We need to fecundate our intimate nature if what we truly want is the Solar Man to be born within ourselves.

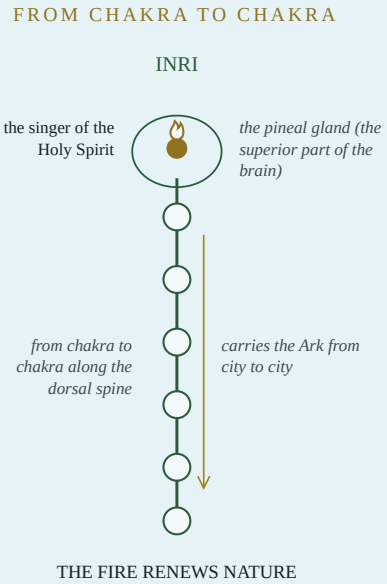
16 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in The Three Factors*

# Part Three — The fire renews nature

1 passage

# I From chakra to chakra along the dorsal spine

*INRI, and the fire that shines in the pineal gland.*




*Passage 17: INRI, the fire that shines in the pineal gland, and the Ark carried from city to city, from chakra to chakra. The outline and the arrow are ours.*

INRI “IGNIS NATURA RENOVATUR INTEGRA”: THE FIRE RENEWS NATURE INTEGRALLY. Among the multiple fires which crackle in the Divine Eagle, the one which glows, glitters and shines in the pineal gland (the superior part of the brain) is always the singer of the Holy Spirit which carries the Ark from city to city, in other words, from chakra to chakra along the dorsal spine.

17 Runic Magic, 1969 · Chapter 3, Rune Fah

4 passages

## II We need to awaken consciousness with maximum accelerated urgency

*The urgency of the awakening of the consciousness. Then what the Gnostics know of the serpent, and what Pranayama joined with meditation is for.*

Really, we need to awaken consciousness with maximum accelerated urgency if what we want is to know ourselves in depth. Only the Self-conscious human being can penetrate into the parallel universes by will.

18 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Awakening*

The Hindustani Hatha Yogis talk at length about Devi-Kundalini, the igneous serpent of our magical powers, and they even suppose that they can awaken it based on respiratory exercises and many other complicated and difficult physical practices.

19 Runic Magic, 1969 ·Chapter 3, Rune Fah

❦

We, the Gnostics know that the brazen serpent, which healed the Israelites in the wilderness, the divine Princess of Love, only awakens and rises along the dorsal spine by means of the Maithuna. Nonetheless, it is not advantageous to undervalue Pranayama. It is worthy to know that this magical science of breath (Pranayama), when wisely combined with scientific meditation, permits us to utilize certain sparks, flashes, flames of Kundalini, for the healthy purpose of attaining the Awakening.

20 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic, The Science of Meditation*

❦

To consciously work within the distinct parallel universes, to travel by will in a lucid, clear and brilliant way through all of those supra-sensible regions, is only possible by transforming the sub consciousness into consciousness.

21 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in The Subconscious*

## ☿ Part Four — A Judo of the Spirit exists

4 passages

## I A Judo of the Spirit exists

*The runic exercises, and the rune to begin with: the Rune of Mercury, violet in colour.*

A Judo of the Spirit exists; we are referring to the Runic exercises. These are formidable in order to attain the awakening of the consciousness.

22 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic, The Twenty-Seventh*

Whosoever wants to work with this Judo must begin to work with the Rune of Mercury, which has a violet colour that originates extraordinary cosmic forces.

23 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic*

> *We need the Fohat's breath, the Pentecostal sparks, in order to fecundate our own psyche*
>
> Runic Magic, 1969

Therefore, it is necessary to know that this aforesaid Nordic Rune encloses in itself the whole potency, an impulse for fecundity.

24 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic*

We need the Fohat's breath, the Pentecostal sparks, in order to fecundate our own psyche, in order for us to become Self-conscious.

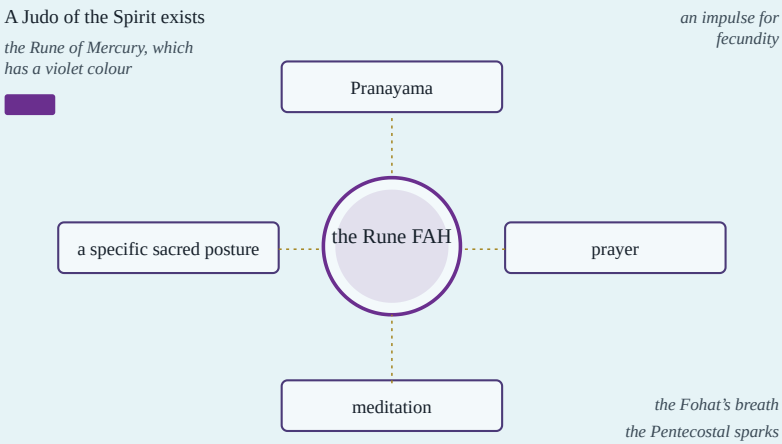
25 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic*

1 passage

## II Pranayama, prayer, meditation and a specific sacred posture

*The four things he finds within the practice of this rune.*

WHAT IS WITHIN THE PRACTICE




*Passages 22 to 26: the runic exercises as a Judo of the Spirit, the Rune of Mercury and its violet colour, and the four things he finds within the practice of this rune. The violet swatch is the accent of this booklet.*

If we analyze the practice of the Rune FAH, we can affirm that Pranayama, prayer, meditation and a specific sacred posture exist within it.

26 Runic Magic, 1969 · Chapter 3, Rune Fah · *also in Runic Magic, The Solar Logos*

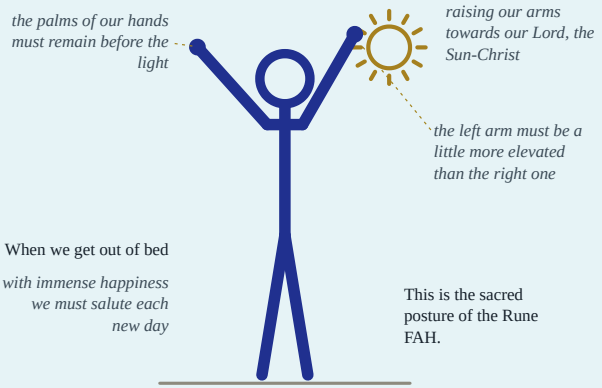
## Part Five — This is the sacred posture of the Rune FAH

1 passage · 1 practice

## I We must salute each new day

*On getting out of bed: the arms raised to the Sun-Christ, the left a little higher than the right, the palms before the light.*

THE SACRED POSTURE




*Passages 27 and 28, the posture of the Rune Fah. The figure faces you, so its left arm is on your right. The drawing is from Practice These Runes in Order and may later be replaced by a painting.*

A PRACTICE

PRACTICE When we get out of bed, with immense happiness we must salute each new day by raising our arms towards our Lord, the Sun-Christ. The arms must be placed in such a way that the left arm must be a little more elevated than the right one, and the palms of our hands must remain before the light in that ineffable and sublime attitude of one who really longs for receiving the solar rays.

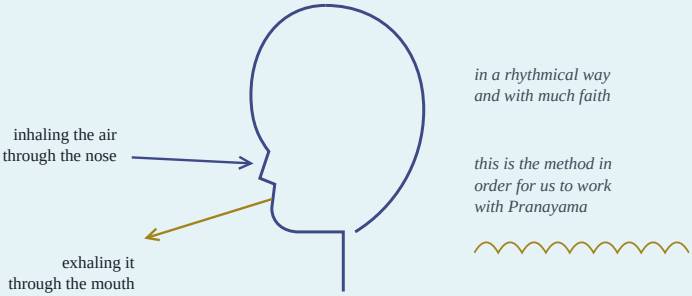
27 Runic Magic, 1969 · Chapter 3, Rune Fah · *also in Runic Magic, The Intimate Christ, The Solar Logos*

1 passage · 1 practice

## II Inhaling the air through the nose and exhaling it through the mouth

*The breath, in the posture.*

THE BREATH




*Passage 28: the breath in the posture, in through the nose and out through the mouth, in rhythm. The profile, the arrows and the wave are ours.*

A PRACTICE

This is the sacred posture of the Rune FAH. Thus, this is the method in order for us to work with Pranayama, by inhaling the air through the nose and exhaling it through the mouth in a rhythmical way and with much faith.

28 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Runic Magic, The Intimate Christ, The Solar Logos*

1 passage · 1 practice

## III The light of the Sun-Christ penetrates within us

*What to imagine while breathing: the way the light takes.*

THE WAY OF THE LIGHT

Let us imagine in those instants




the light of the Sun-Christ

*penetrates within us through the fingers of our hands*

*then circulates through our arms*

*inundates the whole of our organism*

finally reaches the consciousness

*to stimulate it, to awaken it, and to call it into activity*

*Passage 29: what to imagine while breathing in the posture, station by station, in his order. The circles and arrows are ours.*

A PRACTICE

Let us imagine in those instants that the light of the Sun-Christ penetrates within us through the fingers of our hands, then circulates through our arms, inundates the whole of our organism, and finally reaches the consciousness in order to stimulate it, to awaken it, and to call it into activity.

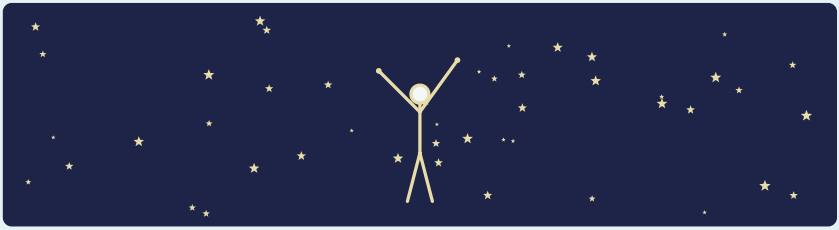
29 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Awakening, Imagination, Inspiration, Intuition, Runic Magic, The Consciousness, The Intimate Christ, The Solar Logos*

3 passages · 3 practices

# IV Before the starry sky of Urania

*The same practice at night under the stars, and the prayer that goes with it.*

THE NIGHT PRACTICE



before the starry sky of Urania, with the same posture

*in the mysterious and divine nights*

*Marvelous Forces of Love, revive my Sacred Fires, so that my consciousness will awaken.*

FAAA → FEEE → FIIII → FOOO → FUUU

*as many times as we want*

*Passages 30 to 32: the same practice at night under the stars, his prayer, and the five sounds drawn out as he spells them. The sky and the boxes are ours.*

A PRACTICE

You must also practice this Runic Judo in the mysterious and divine nights, before the starry sky of Urania, with the same posture, and praying like this:

30 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Prayer in the Work, Runic Magic, The Intimate Christ*

*This short yet great prayer can and must be prayed with all of our heart, as many times as we want.*

Runic Magic, 1969

A PRACTICE

Marvelous Forces of Love, revive my Sacred Fires, so that my consciousness will awaken. FAAA….. FEEE…. FIIII…… FOOO…… FUUU……

31 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Awakening, Prayer in the Work, Runic Magic, The Intimate Christ*

A PRACTICE

This short yet great prayer can and must be prayed with all of our heart, as many times as we want.

32 Runic Magic, 1969 ·Chapter 3, Rune Fah ·*also in Prayer in the Work, Runic Magic*

## Part Six — Practice these Runes in order

1 passage

# I The Rune FA has its two arms upwards

*From his chapter on the Rune Os: the arms of this rune set beside the arms of another.*

ARMS UPWARDS, ARMS DOWNWARDS



the Rune FA has its two arms upwards



the Rune Olin has them downwards

*this is profoundly significant*

*Passage 33, from his chapter on the Rune Os: the arms of this rune beside the arms of the Rune Olin. The figures are ours.*

Observe very carefully the two diagrams of the Rune Os. In the same way that the Rune FA has its two arms upwards, the Rune Olin has them downwards, and this is profoundly significant.

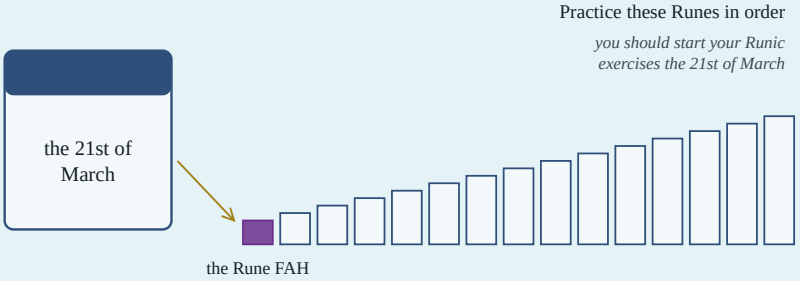
33 Runic Magic, 1969 ·Chapter 28, Rune Os ·*also in Runic Magic*

1 passage · 1 practice

## II Practice these Runes in order

*From his last rune chapter: where the runic exercises begin, and when.*

IN ORDER




*Passage 34, from his last rune chapter, with the name of this rune from passage 26: the fifteen runes in his order, begun on the 21st of March. The steps are ours; the other fourteen are the booklets to come.*

A PRACTICE

Practice these Runes in order, you should start your Runic exercises the 21st of March [read Chapter 3]. Dedicate the time that you wish to each Rune.

34 Runic Magic, 1969 ·Chapter 46, Rune Gibur ·*also in Runic Magic, The Twenty-Seventh, The Wheel of the Year*

### Where to practise

The practice is gathered in Part Five. These lines only point back to it; each names the passages it rests on.

1. On getting out of bed, salute the new day with the arms raised to the Sun-Christ, the left a little higher than the right, the palms before the light. (27)
2. In that posture, breathe in through the nose and out through the mouth, in rhythm and with faith. (28)
3. Imagine the light coming in through the fingers, along the arms, through the whole body, until it reaches the consciousness. (29)
4. At night, under the stars, the same posture, with his short prayer and the five sounds, as often as you wish. (30, 31, 32)
5. If you go on to the other runes in his order, he gives the day to begin. (34)

### Read beside it

- *Runic Magic*: The whole book's practices, every rune in one volume; 14 of these passages also stand there.
- *The Intimate Christ*: The Sun-Christ and the Christ within; 5 of these passages also stand there.
- *The Solar Logos*: The Sun behind the sun the morning salute is made to; 4 of these passages also stand there.
- *Awakening*: The awakening of the consciousness this rune serves; 3 of these passages also stand there.
- *Prayer in the Work*: His prayers, this one among them; 3 of these passages also stand there.
- *The Benefits of Pranayama, Ham-Sah and Alchemy*: The science of the breath at more length.

### About this booklet

His words only. 34 passages, all from one book, the *Esoteric Course of Runic Magic*: his whole chapter on this rune, “Rune Fah” (32 passages, in his order), and the only two other places in all his books where he teaches it, one line in his chapter on the Rune Os and one in his last rune chapter. Every passage carries its book, the chapter it came from and the year it was first printed. Nothing has been paraphrased, joined or improved; no mend was needed. Where the printed page reads “how magnus shone” it is printed as it stands.

Shared with other booklets. 17 of the 34 passages also stand in another booklet, and each is marked “also in” where it stands: 14 in *Runic Magic*, and 13 in other works. 17 are printed here

alone.

No sentence of his is cut in half. Where the scan broke one of his sentences across two paragraphs, the two halves print as one passage; 5 passages run over more than one paragraph. His headings (Chapter 3, Rune Fah, the INRI line, Practice) stand at the head of the passage they introduce.

No editor's notes were owed. The doctrine check was run over every passage and every line of ours. He says himself that the serpent "only awakens and rises along the dorsal spine by means of the Maithuna" (passage 20), and that Pranayama with meditation lets us use certain sparks of it for the Awakening of the consciousness. The prayer of the night practice asks that the consciousness awaken.

Gathered and checked by the editor. The first booklet of *The Runes*, one for each of his fifteen runes, in his order.