


The Rune Fa

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.

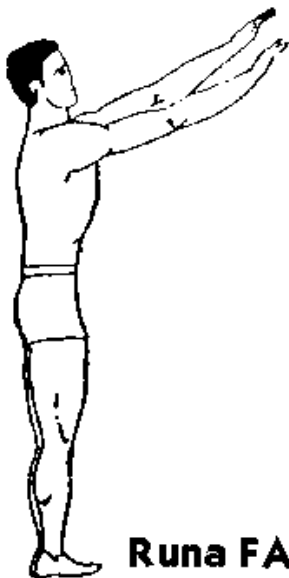
This is the sacred posture of the RUNE FAH. Thus, this is the method in order for us to work with PRANAYAMA, by inhaling the air through the nose and exhaling it through the mouth in a rhythmical way and with much FAITH. Let us imagine in those instants that the LIGHT of the SUN-CHRIST penetrates within 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. 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:



“MARVELOUS FORCES OF LOVE, revive my SACRED FIRES, so that my CONSCIOUSNESS will awaken. FAAA..... FEEE.... FIIII..... FOOO..... FUUU.....”

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



Runa FA

Samael Aun Weor. Esoteric Course of Runic Magic.

Glossary:

Pranayama (Sanskrit). - Control, restriction and regulation of breathing. HPB.

Runes (Scandinavian). - The runic language and characters constitute the language and the alphabet of the ancient Scandinavian's mysteries and priests. Runes are derived from the voice rûna, secret. HPB.

Runes. - The first creation of the Divine Verb it was the light, that's why the language can become light, overall when it has to do with the letters of the sacred alphabets, and among them there is the runic alphabet simply called Runes. These Runes are, then, Light, and we can make them visible through the Runic Magic. (Arnoldo Krumm Heller)

Urania.- Astronomy's Muse.

Practice in video (Spanish): http://www.samaelgnosis.net/videos/practicas/runa_fa.html

Practice in audio mp3: http://www.samaelgnosis.us/practice/more_practices/rune_fah.htm

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