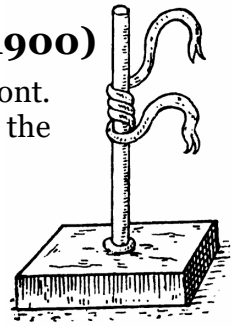
Gnostic Runology – The "FA" Rune (Historically)

http://www.GnosticStudies.org/Runes

The "Fe, Feoh" or F Rune According to Friedrich Fischbach (1900)





This Rune stands as the most important of them all and is, remarkably, in front. The Fire-Rune shows the Fire-Drill [*Feuerbohrer*] or Fire-Whirler and the Rotation Cords or Straps which were curved upwards and towards the right.

In certain modifications of the Fire-Drill symbol, the staff that is wrapped with straps became the Tree-of-Life and even the Axis of the World. Note that Mercury also directs the snakes around his staff.

As we have already explained, Fire-Worship is common to all ancient Peoples, thus it is obvious that this most sacred Character shows few Alterations. An Overview of the Development of this Rune shows that our common 'F' today is in Agreement with the most prominent Fire Ornaments, which are regarded as some of the oldest Blessing-Characters.

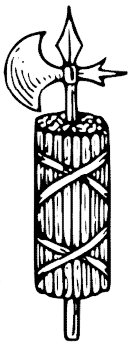


In the Character to the left, one recognizes the quadruple F, which has been interpreted as 'fresh, happy, free, devout'. On the right, the *Triquetrum* (which is like a triple F) denotes the Trinity.



According to the Edda (which has been called the Germanic Bible): *Odin, Wili* and *We* (Breath-of-Life, Light and Fire) form the Entire-Godhead [*Gesamt-Gottheit*]. The nordic Root-Syllables for Fire are "*We*" and "*Wi*" [pronounced '*Ve*' and '*Vi*' in Enlgish].

In German-speaking countries, Christmas Eve is called *"Weihnachten"* meaning "Fire-Night". This is said to have come from an ancient festival in which the Heavenly-Fire, the Sunlight, is celebrated as being born anew (let us not forget about *Dies natalis solis*[1]).



Before the Trinity of *Odin, Wili* and *We* was understood, Fire had long been venerated as the most visible and most beneficial Manifestation of the Godhead [*Gottheit*]. Even today holy Fire is still ignited on the Christian Altars.

The Rules for the Fire-Worship were strict, such that no Wood was to be used which had grown in unclean Locations (such as Cemeteries), and further that properly twisted Cords were needed. The Straps of the Roman *Fasces* were Ash or Birch wood Fire-Staffs which have a very rich symbolism. The Greeks celebrated the Consecration of such Fire-Cords (or *Tanien*) which were distributed at Festivals and they signified a Conjunction with the Holiest.

In Greek Mythology, Prometheus is known for stealing the Fire from the gods. Prometheus was originally called *Pramantheus*, since he possessed the Fire-Device, the *Pramantha*. As a Fire-Priest, he was the Foreseer, the wise Seer.

The Fire-Bird [*Feuervogel*] is another particular Symbol of Fire, since the Godhead descends in Lightning like a Bird from the Heavens. An Indian myth says that a Demon pursued God transformed into a Bird. When this Bird brought the Heavenly-Fire [*Himmelsfeuer*] down to Earth, it shot off a Feather and a Claw from which the plumed Tree-of-Life grew.

[1] *Dies Natalis Solis Invicti* ("Birthday of the Unconquerable Sun") is a winter solstice holiday celebrated on December 25th, dedicated to *Helios* (a Solar Divinity).

The assumption that the *Fe*-Rune only means Livestock and Wealth is easily refuted. The Connection of the Fire-Rune to Money and thus to Wealth, Livestock etc., is very old. After all, Metal was obtained through Fire and then shone like Fire. A Fire-Place signified Wealth in Primeval-Times, and the Number of Cattle was also decisive. It can also be assumed that both Livestock and Money were marked or protected by the Fire-Rune. Thus, it can be explained that the historical Development of the Fire-Rune meaning Livestock and Gold began when Fire-Worship was frowned upon.

The "Fa, Feh, Feo" Rune According to Guido von List (1907)

fa, feh, feo = Fire, Fire-Procreation [*Feuerzeugung*], Fire-Drill, Livestock, Property, to grow/waxing, to hike/migrating, to destroy (to shred).

The (First) One promises to help
You helpfully
In Struggle and in Misery
and in every Need/Necessity [*Not*].

The Root-Word "fa" (which is symbolized as the "Primordial-Word [*Urwort*]" in this Rune) encloses the triple Basic-Concept of: [1] "Arising", of [2] "Being" (Doing, Acting, and Ruling), and of [3] "Passing-Away to new Arising" [*"Entstehen" "Sein" und vom "Vergehen zu neuem Entstehen"*]. Thus it represents the Impermanence of all Existence and the Firmness of the "Self [*Ich*]" in constant Change (as in: transforming into something different) [*Wandel*].

This Rune therefore holds that the true purpose of Wisdom is for the Development of the Future life (the Ascending), while only the Fool mourns for what is Sinking (the Descending). Therefore its motto is: "Generate thy Happiness [*Glück*], and thou shalt have it!"

The "Fa, Feh, Feo" Rune According to Ernst Tristan Kurtzahn (1924)

Exoterically: Change/Exchange (when a thing changes for a different thing) [*Wechsel*][2].
Esoterically: Cosmos [*Kosmos*], the *Ur*-Fire [*Urfeuer*].
Generally: Fire and Fire-Procreation, Property of all kinds (especially Livestock), furthermore 'to grow' and 'to hike/migrate' but also 'to destroy'.

Fa in the sense of 'to do', 'to make', we find as a Root-Syllable [*Stammsilbe*] in corresponding Words of many Languages. Doing, however, is conditioned by the three stages: [1] Beginning, [2] Continuation and [3] Completion. Everything that exists materially is permanently subjected to this threefold Change in time.

Be that as it may, even the Pyramids gradually crumble over many-thousands-of-years, but from the Debris and the Dust new Formations arise again, but which will also not last in their Completion. Thus, "Everything flows *[Alles fließt]*", everything mutates in every Moment, be it a Material Object or a Living-Being...

The Wise person recognizes this necessary Change/Exchange [*Wechsel*] which encompasses all earthly and cosmic Events. They know that there is a secret Force, the *Ur*-Fire, which is represented as a Crucible in which the Change-of-Substance [*Stoff-Wechsel*] takes place.

[2] Translation note: 'Change' can be translated a number of ways from German. *Wechsel* is when something is exchanged for something else (one thing changes for a different thing), such as when changing the tires on a car. *Wandel* is when something is transformed into something else (the same thing transforms to be different), such as the weather is constantly changing. *Wechsel* can be instantaneous, while *Wandel* is usually a slower progression.

They rejoice at what remains in untouched and untouchable Rest, namely God, of whom the wise person knows themselves to be a Part (which is nevertheless the Whole).

These Realizations of the Wise, through the *Fa* Rune, help in the often painful Vicissitudes of Life, and can be synthesized through this simple comforting phrase: "This too shall pass".

The *Fa* Rune, therefore, belongs to the Planet Jupiter ( ) = *Wuotan* for the above mentioned reasons and, after all, Faust says "In the Beginning was Action [*Tat*]!".

The "Fa, Fe, Feo" Rune According to R.J. Gorsleben (1930)

Letter F and Number 1.

Fa or *Fe* Rune, Livestock, that which is fertile based on youthful energy and which procreates itself.

Dr. Friedrich Teltscher's *Ur*-word is *Lenkung* meaning "Direction" as well as Steering, Navigation, Guidance, Guiding, Leading.

> The First one promises to help You helpfully,
> In Sorrows, Disease and Pain
> In eternal Change [*Wechsel*] the World converts/alternates [*wandelt*]
> From Passing-Away to new Becoming.

It is the Father-"*Fa-tor*"-Rune, Procreation in the Material and Spiritual realms; it also means Fire-Procreation, Fire-Drill, Livestock, Property, to grow, to hike/migrate; its Demonic is: Destruction, to shred-through, to run away, to grind-through.

The Syllable-Stems *Fa*, *Fik* gives us many German words, such as: testify/beget/procreate, Father, Priest, Pope; Fire, Spark, Leader, to make fire, Fever; Fat; Zeal/Enthusiasm, create, Fiber, Thread, Yeast; to fall/descend (glide); to take care of a sick person, to babble; from this comes the Poplar Tree; to grasp, to catch, solid, to pack, to patch.

Fiisk (Old German for 'Fish') is the symbol of spiritual Further-Procreation, and therefore an Emblem for those who follow the Christ.

The Root-Word *fa* = Beginning, and it is at the Beginning of the *Futhark*-Runes, it is the Basis or Basic-Concept, the introduction of the Trinity of [1] Arising, of [2] Being, and of [3] Passing-Away. It also introduces the Circle of Events or Occurrences [also called: 'Recurrence'], of the Eternal Return of the "*fa-tors*" (the fathers, or *fa*-doors).

In the Indian book *Dzyan* (possibly the oldest document of humanity, according to Blavatsky's *Secret Doctrine*), which contains the *Ur*-Creation myth: the "*Fo-hat*" is the *Ur*-Procreating Power in Nature, 'Bio–Electricity': *That, That, That* [*Der, Die, Das*]!

"Fo-hat" is *That* which imprints the *Ur*-Concepts of the World-Spirit into Matter, the *Ur*-Procreation-Element [*Ur-Zeugungs-Element*].

Fa is the Procreation-Rune, the Male- or Father-Rune, therefore the Father, *Pater*, *Pader*, as well as *faire* ('to make' or 'to do' in French), *fare* ('to make' in Italian), Latin: *fa-cere* = to make, *fa*-mily; *Fa-Ma*. Father- and Mother-Principles, Chinese: *fu-mu*.

Fo is the Name of the Buddha, of spiritual Procreation, in Chinese. His Name, Buddha, or *Wudda* shows it is related to *Fuddha, Fuotan,* and *Wodan*, the Breath, the Spirit, and the Fire.

Fuotan = Wodan who is the Father of all Gods and Humans.

Fa-tum is Destiny, **the *fa-tun* = to Do Procreation ourselves!**

The *Fa*-Rune is also the *Fyr*-Fire-Rune, the Symbol of the purely generated Fire, which works creatively in pure Love.

On the *Fyr- Pyr-* and Fire-mountains was where the Fire-Dragon or fire-spitting "*Lindwurm*" guarded the Virgin, there the Heroic-Youth had to conquer the Heroic-Virgin. *Siegfried* too rides through the Flaming-Embers onto the *Hindar*-Mountain, in order to win *Brunhilde* for himself.

The ancient Egyptian *Permaseon* were what we now call *Frei-Maurer* or "Free-Mason" (after the God *Froh* or *Freya*) *Ur*-linguistically, this is derived from *per, pir, pyr, Fyr*, *Fier*, Fire, which also means Light, and the Word *massen,* or *messen* meaning 'to measure'. They were, therefore, the Fire- and Light- Measurers (or those who measured Fire and Light), the Astronomers, the Star-Gazers, the Priests. Together with the Carpenters, they guarded the Mystery/Secret until today, without fully understanding it.

It was the Priests with whom the Human-Rune-Row, the Human-*Futhark*, began. Thus, the Pharaohs of the Egyptian reveal themselves. The *Fa* Rune speaks to the Knower of the necessary Change (or exchange into something different) [*Wechsel*] of all earthly and cosmic Existence.

Out of the *Fa*, out of the Torch, out of the *pha*-llus emanates the spiritual and material Light, the Procreation. The Creation-Rune also explains the Myth of the *Phoe*-nix Bird, which rises again from its ashes to new Becoming through Being and Passing-Away. The Bird is a Messenger and the Symbol of Love; *Ve*-nus is their Goddess. The Word "Phoenix", can be dissected into *fa-na-ask* = procreated-born-Ash or [1] Arising, [2] Being, [3] Passing-Away. Into this realm also belongs the Name *Faust* = *fa*-ust, which means Action-Wish. "In the Beginning was Action!"

This Rune reminds us that Life, that Procreation, exists in eternal Change [*Wechel*], but also: "Generate Your Happiness/Luck and you shall have it!"

The *Fa*-Rune shows the upright Man who is pointing to the left side, which is the *Is*-Rune, the Self-Rune [*Ich*-Rune], with Arms stretched upwards (which is in a commanding Position) and which has the meaning of Procreation-Force.

Man is here, relying upon himself, having an Abundance of Procreative-Force. But he realizes and confesses himself as being Part of the Whole, namely God, the Father, the Creator, who's Image he is made in.

Man is, then, the Son of the Father, who gains that Knowledge in the Moment, when he descends from the Rune-Tree, from the Wood, from the World-Cross, from the World-Ash Tree, and goes back into the *Ur*.

"They offered me neither Bread nor Wine,
then I bent down, seeking,
I Recognized the Runes, lamenting: I took them up
Before I came down from the Tree.

Now I began to become and to be wise,
To grow [wachsen] *and to feel well.*

Upon the Word, Word formed around Word;
and Work itself [evolved] upon Work [and thus] to Works:

Now I know the Sayings like no seer Woman
and like none of the Children-of-Men."

Thus Man sings the Song of Wodan's Rune-Knowledge from the Edda, which clearly represents an Initiation-Tradition of the greatest Antiquity.

The "Fa, Fiu, Fe, Feo" Rune According to S.A. Kummer (1932-1933)

(F) The F-Rune, *Fa, fiu, fe, feo*, *Fa*-tor = Father; *Ur*-Fire; Procreation in the Spiritual and in the Material; Fire-Procreation; the Fire-Drill. The fire-generated, magical Force that creates all; the eternal Return of the *Fa-tor*; the purest Love; what constantly works creatively. – Numerical value 1.

Fa, the creative Cosmos, the all creating. *Fuotan* = Wuotan, the Father of the *Æsir*; as well as the Nordic *Froh/Freyr* and *Freya/Freyja* ("Lord" and "Lady", the male & female fertility gods).

Fa is Male-Procreation, the Father-Rune. *Fa*, Father, *Pater*, Pope/Pontiff, Spark, Fever, Thread, Fiber, to grasp, to catch.

Fa, Torch, Phallus, the Light that emanates from the spiritual, physical Procreation.

Fa is the Basic-Concept of the Trinity of [1] Arising; [2] of Being (Working, Ruling, Capacity), Fire birth [*Feuer zeugend*]; and [3] of Passing-Away, returning to new Arising: the eternal Return of the *Fa-tors*. The Phoenix Bird (which through Being and Passing-Away, ascends to new Arising).

Fa, Fire, the fire-breathing Dragon, *Lindworm* (a wingless Dragon or serpent with arms), Salamander, the Fire-Spirits.

Fa is the Permanence in the Impermanence of all Existence. *Fo* = Buddha.

***Fa-tun* = *Fa*-doing/action = Procreative-Doing/Action!** Property/Possession, Livestock, to Grow/Waxing, to Hike/Migrating. *Fa* in the lower Sense: Change [*Wechsel*] of all Kinds, shred, slash, pierce, penetrate.

The Demonic of the *Fa*-Rune is: Inhibition, Counteraction, Counter-Sense, Reluctance, egotistic, Greed, Lust, Contamination.

The *Fa*-Rune is under the Planet Jupiter. Motto: "Generate your Happiness in *Fa*, and you will have it!"

Kummer's Full Body Rune Exercise(s):

In the *Ich*-Rune-Position, the Student raises both Arms diagonally upwards with the left Arm a little higher than the right; this is the *Fa*-Rune-Position.

1) The first exercise aims especially to take-in the intense Solar-Forces, thereby intensifying the practitioner's Magnetism. The Palm-of-the-Hands ought to face the Sun so that their Rays descend directly upon them.

Now the Breathing-Exercise: the Student concentrates on taking-in an intense electrical Force [*starke elektrische Kräfte*] when Inhaling and that they are expelling the spent Force while Exhaling.

After that, they concentrate with an intense Willpower [*starkem Willen*] on how powerful Solar-Waves [*Sonnenwellen*] penetrate into their Palms and flow in a Stream-of-Force through their whole Body.

The Practitioner takes advantage of this Rune-Position every sunny day because it enables them to have a great Impact against the lower and demonic Influences; additionally, in this Position their body is charged by the Sun with a large amount of 'electric-like Current' [*elektrisch-artigen Stromes*].

2) This second Exercise is done once a week. The Student goes out at night under the Starry Sky and takes up the position of the *Fa*-Rune. Then they meditate as follows:

> "All-Father, Oh thou great Creator of the Worlds,
> be always in Thy Son/Daughter, be in me,
> I came out of Thee, and I return unto Thee in Bliss.
>
> You are Love, shine through, enlighten me!
>
> Aspiring, I joyfully battle for Thee!"

Then they do the following Breathing-Exercises: As they Inhale, they visualize that they take-in intense Universal-Love [*All-liebe*]; and when Exhaling they expel all lower Sensations [*niederen Empfindungen*].

With their Palms turned towards the Stars, they take up the *Fa*-Rune posture, and cosmic Force-Waves flow through their entire Body.

They softly sing or hum the "F" or "Fa", we also recommend the Sound-Formula: "fa-fe-fi-fo-fu".

The Student is closely connected with the great Cosmos, with the All-Mighty of all Worlds, from vast expanse: lofty Waves speak to them. They feel that they are one with the triune, high-holy God, with All-Father.

The *Ur*-Fire, the most secret, highest Universal-Force, creates Inner Refinement and a higher Awareness-of-Self. Witness within thee, dear Student, the great, cosmic Happiness.

3) The Student has been instructed on how to take Sun- and Star-Forces into themselves with this Rune-Position. Now, however, it is also of Value to also learn to take in Waves that strengthen their spiritual, and occult Abilities.

Therefore, during the New-Moon and waxing Moon, the practitioner goes into Solitude, where they are unobserved, and faces the Moon in the *Fa*-Rune posture. Then they perform their Breathing-Exercise with their Hands up and their magical Gaze fixed upon the Moon. One meditates:

> "Intense Lunar-Waves flow into my Hands, flow through my whole Body and fortify my Soul.
>
> I feel charged, invigorated, free, harmonious and happy.
>
> Occult Forces within me are awakening.
>
> My spiritual Abilities are becoming significantly stronger.
>
> My Sympathetic-Nervous-System and my Solar-Plexus
> are charged over and over again with Forces,
> that awaken and amplify my finer Senses
> such as Clairvoyance, Clairsentience and Clairaudience."

This Rune-Position should last 7 Minutes and must be repeated at least 3 times. The Student then goes to Bed immediately and avoids any Entertainment or Conversations, etc. Their Thoughts should be focused only on the Exercise.

Kummer's Hand Rune Exercise ('Mudras' or "Rune-Grips"):

The *f, Fa*-Rune. The Rune Practitioner should take up the *Ich*-Rune-Position (Military "At-Attention"); this is followed by a deep Breathing-Exercise three times, with thoughts directed toward physical and spiritual purification; which must be observed with all the Rune-Grips.

Now raise the left Arm vertically upwards, the left Hand takes the Position of Figure 1, representing the *Fa*-Rune Grip.

One sings "f-f-a-a" with good deep breathing; first rising from the lowest to the highest Tone, next lowering the voice to the middle tone and then rising it again to the highest. Repeat the Singing in this Position for 3 Minutes.

This is followed by a short Pause in the *Ich*-Rune Posture, then the whole Exercise is repeated two more times. During the rest or Pause: thoughts are then focused on the unfolding Primordial-Fire (the *Ur*-Fire); on Fire-Procreation; on the fire-generated magical Force; and on pure Love for the *Fa-tor* of all Worlds.

On the third repetition the Rune Practitioner will detect a strong Prickling sensation in the Center of the left Hand, this is the emerging Primordial-Fire (the *Ur*-Fire).

With daily Repetition all glands and higher Body-Centers become so energized that the collection of Subtle-Forces [*Feinkräften*] in the left hand increases more and more, causing a real burning sensation. The Hand begins to appear reddish (or to "blush"), and often even vibrates with a bright red Radiance, it may also happen that higher astral perceptions occur (seeing images, hearing voices, etc). These Phenomena will be different for each Rune Practitioner entirely depending upon the Blood-Constitution [*Blutsverfassung*] and their spiritual Development.

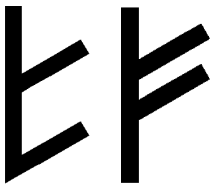
The Rune Practitioner now consciously-directs the Subtle-Forces gathered in the Hand throughout the whole Body, while Singing from the highest to the deepest Tones.

Regarding the magical Application of this Grip against other Persons, I do not give instructions, but advise each Rune Practitioner to use these Grips only for their own Development. For this Rune-Grip I give the following Sound-Formulas: "fa-fe-fi-fo-fu".

Gnostic Runology – The "FA" Rune and its Practice

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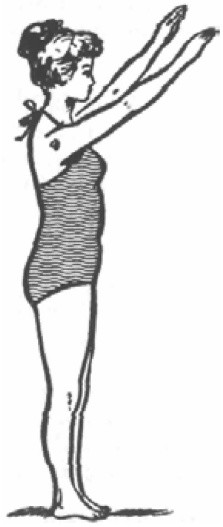
The "Fa" Rune According to Huiracocha



The alphabet (for the majority of Languages) begins with A and ends with Z, but we are going to begin our study with the F of the *FA* Rune and end with the G of the *GIBOR* Rune. In order to take the first step, it is very necessary for us to verify all the values related to this Rune: Father, Fecundate, *Facer* (Galician meaning 'to make' or 'to do'), Fire, Face, Factor, Faculty, *Faena* (Spanish meaning 'labor' or 'task'), Phallus, Front and *Fohat* (the Generating Force [*Fuerza Generatriz*], the Central Fire of Nature).



The word *Pyre* (fire or bonfire) comes from *Fyr, Fir* and then became First (remember that the first thing that was done was the Light). From *Fyr* came Free and forms the word Freemason, in order to signify that Masons should be the first ones who (with the realization of their symbols) awaken the Sacred Fire within themselves. Through time, all words have their changes and thus *Foutan* became *Wotan* (the God of Fire for the Germans and the God or Great Spirit of the Mayas, the First of all the Gods, the Gods' God).



Morning Practice: In the early morning, when rising from the bed, we must raise both arms towards the sun (making sure that the left is raised higher than the right and that the palms of the hands are in front of the light) in the attitude of receiving its rays. In this position our body depicts the *FA* Rune.

Once in this position, one begins to breathe rhythmically (breathing in through the nose and exhaling through the mouth, but sinking the stomach so that there is no air inside), always thinking that the current of the Solar Light, the Spiritual Light, penetrates into us through the arms and floods our whole body.

Let us also think that this current of Light received does not leave our body and does not leave us, but remains in our organism, because (if we have prepared ourselves properly with the previous practices from the Zodiacal Course, then) it will indeed occur, and in our aura one will notice a New kind of brightness...

It should be noted that the FA Rune is the Rune of the Light, it is the one that encloses within itself the Christonic substance. The object of the exercise of this Rune is to Awaken. Additionally, the FA Rune is that of activity and, therefore, invites the disciple to Magic: to perpetual and constant activity, because it is not possible for one who practices the Runes to be a lazy person and to stop seeking for a continuous activity and a perennial work.

While we raise our arms towards the Sun, as we have said, all our focus must be extremely consistent with this act (of seeking continuous activity and perennial work) in order to take advantage of all the activity that produces this 'attaining power'. The Nordic and Rose-Cross Mysteries teach us that work is a joy, a pleasure. Therefore, working to transmute the Solar Forces within ourselves is how we can cultivate the Royal Art and become true human beings. One must love the work for what it is.

Only the one who assimilates this new principle into themselves will be able to take advantage of all the benefit that comes from the FA Rune. Whosoever thinks only of work will never fail and, since there is no work without reward, they will be rewarded and never needy. Therefore, if the disciple meditates well, then they will recognize that this Rune encloses the key to well-being through honest work. Every time we see this Rune, we are firmly called to honorable work and tenacious labor like those who designed and constructed the great Temples & monuments of the world.

Nighttime Practice: Once the Disciple has verified the exercises that are recommended for the morning, upon rising (in order to charge oneself and inundate oneself with the Solar Force), then it is advisable to also do a nighttime practice. Any night, but with as much frequency as possible, go to a secluded place and face the starry sky, raising the arms taking the same position and bursting forth into this evocation:



"UNIVERSAL FORCE, POWERFUL DEITY,
YOU WHO IGNITE THE DIVINE LIGHT
AND IRRADIATE IT THROUGH ALL THE COSMOS,

LET YOUR SACRED FIRE INFLAME AND BLAZE WITHIN ME

SO THAT I MAY TRANSMIT THAT LIGHT
TO ALL THOSE PERSONS I COME IN CONTACT WITH..."

This evocation should be said with all fervor and volitional courage. One must then pronounce the following syllables elongated: "FA... FE... FI... FO... FU...", while feeling united with the Great All, with the Infinite Cosmos, and as if being in the middle of it.

The FA Rune encloses all the force, all the strength, and all the energy of Fecundation (in the absolute sense of the word). Seek, Oh Disciple, to Fecundate all your success & all your happiness with this energy, and then success & happiness will come towards you in the nocturnal silence of your spiritual night like precious gifts...

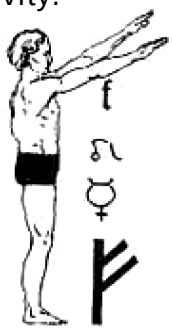
The "Fa" Rune According to Samael Aun Weor

Certainly, the SOLAR FIRE is what is necessary in order to make and develop (within each one of us) that possibility of becoming a true Human Being. We need to fecundate our own intimate nature if what we truly want is the SOLAR HUMAN BEING to be born within ourselves.

A 'Judo of the Spirit' exists; we are referring to the Runic Exercises. These exercises are formidable in order to attain the Awakening of the Consciousness. Whosoever wants to work with this Judo must begin with the Rune of Mercury (the *FA* Rune), which has a violet color that originates extraordinary cosmic forces and encloses all potency, as well as the impulse for fecundity. We need the breath of the *Fohat*, the Pentacostal sparks, in order to fecundate our own Psyche, in order for us to become Self-Conscious. If we analyze the practice of the *FA* Rune, we can affirm that Pranayama, Prayer, Meditation and a specific sacred Posture exist within it.

Practice(s): 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 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 *FA* Rune. 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.

In those instants, let us imagine 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.



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

"WONDERFUL FORCES OF LOVE, revive my SACRED FIRES,
so that my CONSCIOUSNESS will awaken. FA... FE... FI... FO... FU..."

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