

Gnostic Runology – Additional Man-Rune Practices

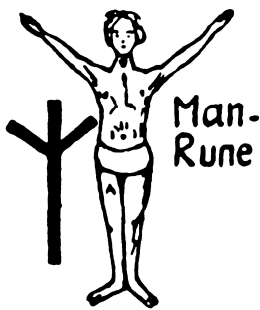
<http://www.GnosticStudies.org/Runes>

The Practice of the *Man-Rune* According to S.A. Kummer (1933)

The Rune-Man, the Rune-Woman assumes the well-known basic military Position (“at attention”) – the *Is-Rune* – facing North or East. The Posture is erect, the Chin is slightly tucked, and the Lower-Back is arched. The Hands are placed at the sides. The Heels are closed, Toes are angled outwards. Any forced Exaggeration of the posture must be avoided.



The Rune-Man, the Rune-Woman exhales and inhales deeply three times. During this Exercise the Practitioner must purify themselves spiritually and prepare themselves to Absorb divine Rune-Currents [*Aufnahme göttlicher Runenströme*].



One now raises both arms diagonally upwards, so that one represents the incarnated M-Rune, as shown in the Drawing. The palms of his hands are pointed slightly upwards like shells [or cups].

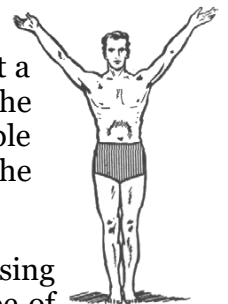
The Practitioner now begins to hum; *m-m-m*, while breathing deeply. One begins soft and deep, letting the Tone swell and rise to the highest pitch, then slowly lowering it again to a lowest Tone. The *m* is to be hummed at all Tone-Levels and in different Volumes; it can also be sung in a siren-like fashion. Imitate the Humming [or Buzzing] of Bees.

The whole Formula is to be repeated for half an Hour, with good Deep-Breathing. If your Arms become Tired, then you can take short Pauses in the *Ich-Rune* position, but continue to meditate spiritually on the Absorption of cosmic Subtle-Forces [*Aufnahme kosmischer Feinkräfte*].

The subtle Currents-of-Universal-Force, radio-like, penetrate into the Back-of-the-Head, flow through the Spinal-Cord and Sympathetic-Nervous-System and accumulate in the Solar-Plexus and around the Navel. At the same time, Subtle-Force-Waves flow into the Palms-of-the-Hands, Hand-Centers, flow through the Arms, stimulate the Thymus-Gland (Middle of the Chest), and join with the Currents-of-Universal-Force in the Sympathetic-Nervous-System, activating the Spleen, and strengthening the Accumulation of Currents-of-Universal-Force in the Solar-Plexus, from where they fade away through the Navel into the Aura. Some of them flood through the Legs and then flow through the Centers-of-the-Feet (Middle-of-the-Foot) into the Earth, the Location.

This Process is repeated throughout the entire duration of the Exercise and brings about a strange, blissful, beautiful Feeling [*schönes Gefühl*], a fine ringing and vibration in the Practitioner. The Glands and higher nerve centers of the Body begin to sparkle/bubble [*sprudeln*]; the inner Self [*innere Ich*] becomes free from the constricting Bonds of the Body; Thought-Flashes, Ancestral-Memories and astral Perceptions emerge within...

You can feel and sense the Cosmos, the World, in yourself and hear it rustle, sound and sing within you when you hum the Tones of the *Man-Rune*. Each Rune has a different type of Current, a Strength, Vibration, and Rhythm.



Whosoever understands and learns to consciously tune into the divine, cosmic Universal-Stream of the *Man-Rune*, becomes a conscious Magician and Master of their Fate/Destiny.

The *Man-Rune* can also be felt in other related Currents through the following Sound-Formulas:

"ma-me-mi-mo-mu" and "am-em-im-om-um"

Upon Completion of the Exercise, the Practitioner should drain off any excess Subtle-Force or unfavorable Waves accumulated through false Thoughts, in the following way:

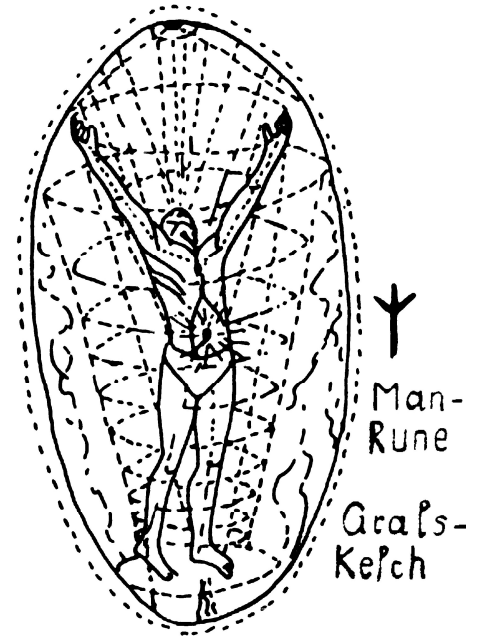
In the Position of the *Man-Rune*, hum the *M* in a high Tone, then sink it to the lowest Tone, while thinking or consciously willing, that all Waves that are harmful to the Spirit, Soul and Body combine with the Tone vibrating in the body and which then flow through the Body and subside into the Earth at the lowest tone under the Soles-of-the-Feet.

The “Grail-Chalice”: Additional Work with the *Man-Rune* (1933)

The Grail-Chalice Position [*Stellen des Gralskelches*] should only be attempted after the *Man-Rune* has been practiced for at least 20 minutes beforehand. Otherwise the Aura of the Practitioner will not be sufficiently charged with Subtle-Forces [*Feinkräften*] and the Runic-Antenna-Network [*Runen-Antennennetz*] has not yet developed. This is absolutely necessary for the Formation of the Grail-Chalice.

For this Position, the Practitioner assumes the *Man-Rune* [posture] again. The Hands are stretched upward like chalices; the Head is raised, the Eyes directed serenely into the Universe. The Weight should be placed on the left Foot, while the right Foot is placed slightly to the side, which stimulates the astral Force-Centers of the Body to the greatest extent.

The Rune-Current, the Subtle-Flowing-Force, can therefore not sufficiently dissipate through the one Foot into the Earth and seeks a Way-Out through the Navel into the Aura, where it then forms the Grail-Chalice, in Conjunction with the fading Subtle-Forces [*Feinkräften*] of the Mouth. In this Position, the Practitioner will feel a fairly strong Prickling sensation in and around the Navel.



Now the Practitioner should sing the Formula: "o-o-m-m" rhythmically, like the ringing of Church-Bells (for example), while imagining that Rings of Subtle-Force are resonating from out of their mouth, vibrating around their whole Body and increasingly complete the Grail-Chalice, which ultimately results in a strong, magnetic Center-of-Light which attracts higher, spiritual, cosmic Influences. It is important that in this Mysterious-Exercise a pure, noble Thought-Life, the Wish and Striving for Universal-Love and Higher-Development prevails. During the Singing one should think as follows:

Fa-tor [All-Father], I call to Thee,
Infuse me with Universal-Force,
awaken the Grail within me,
threefold in Love, I serve *Tyr*!

The cosmically connected person is able to build around themselves a very strong *Od-Nebula*, the so-called "Cape-of-Invisibility" [*Tarnkappe*].

In order to materialize the oscillating Grail-Chalice even more, the Practitioner should turn in a circle on the left Foot, rhythmically singing the Formula in various Tones and Volumes, breathing deeply. In this position, the Practitioner receives Advice/Counsel [*Rat*], Knowledge and astral Perceptions, according to their Level-of-Development.

After ending the Exercise, you should also perform a good Drainage (as explained for the *Man*-Rune). This is followed by a 10-minute Pause of Listening and Waiting in inner Peace and Silence.

Hail and Victory [*Heil und Sieg*] to thee on the Way of the Grail! The Grail is, in its higher Significance, nothing other than the holy Vessel of the Universe, the self-contained Universe which pure Practitioner builds around themselves: “As thou art, so is thy Grail!”

The Practice of the “Man” Rune According to the F.R.A.

The following was taken from a Facebook post¹ in a Portuguese language FRA group “*Grupo de Estudos Mestre Huiracocha*”. It appears that it was first posted February 10, 2016, and then reposted September 26, 2019 at 8:06am MT both times by Andrey Oliveira.

“GNOSTIC RITUAL TO INVOKE THE SOLAR LOGOS

Preparation: Cleanse and organize the temple at will, and with the inspiration of how to arrange the altar according to the work.

Burn a lot of incense.

Standing in the center of the Armanen Runic Circle, in the *Man* Rune position (the 15th Nordic Rune of the Armanen Futhork), face east, and close your eyes.

After being quiet for some moments, recite the Invocation to the Solar Logos so that it penetrates your essence and floods your mind, as follows:

Universal and Cosmic Force, mysterious energy, fertile womb from which everything is born; Oh Thou, Solar Logos, Igneous Emanation, Christ in Substance and in Consciousness, Potent Life whereby everything advances: Come unto me and permeate me, illuminate me, bath me, pierce me and awaken within my Being all those ineffable substances which are as much a part of thee as they are a part of me.

Universal and Cosmic Force, Mysterious Energy, I conjure thee, come unto me: remedy my affliction, cure me of this evil and remove from me this suffering, so that I may have harmony, peace and health.

I ask thee in Thy Sacred Name, which the Mysteries and the Gnostic Church have taught me, so that thou can make all of the Mysteries of this plane and the Superior Planes vibrate with me, and that all of those Forces unite to achieve the miracle of my healing. So be it.

EUOE EUOE EUOE	IAÔ SABAOTH	
KIRIE ABRAXAS,	KIRIE MITHRAS,	KIRIE PHALLE...
EUOE KIRIE PHALLE,	EUOE PAN, EUOE PAN,	EUOE ISCHURION,
EUOE ATHANATON,	EUOE ABROTON,	EUOE IAÔ...
KHAIRE PHALLE,	KHAIRE PANPHAGE,	KHAIRE PANGENETOR...
HAGIOS, HAGIOS, HAGIOS	IAÔ...	

Finish the invocation as you wish (you may add your own personal Prayer).

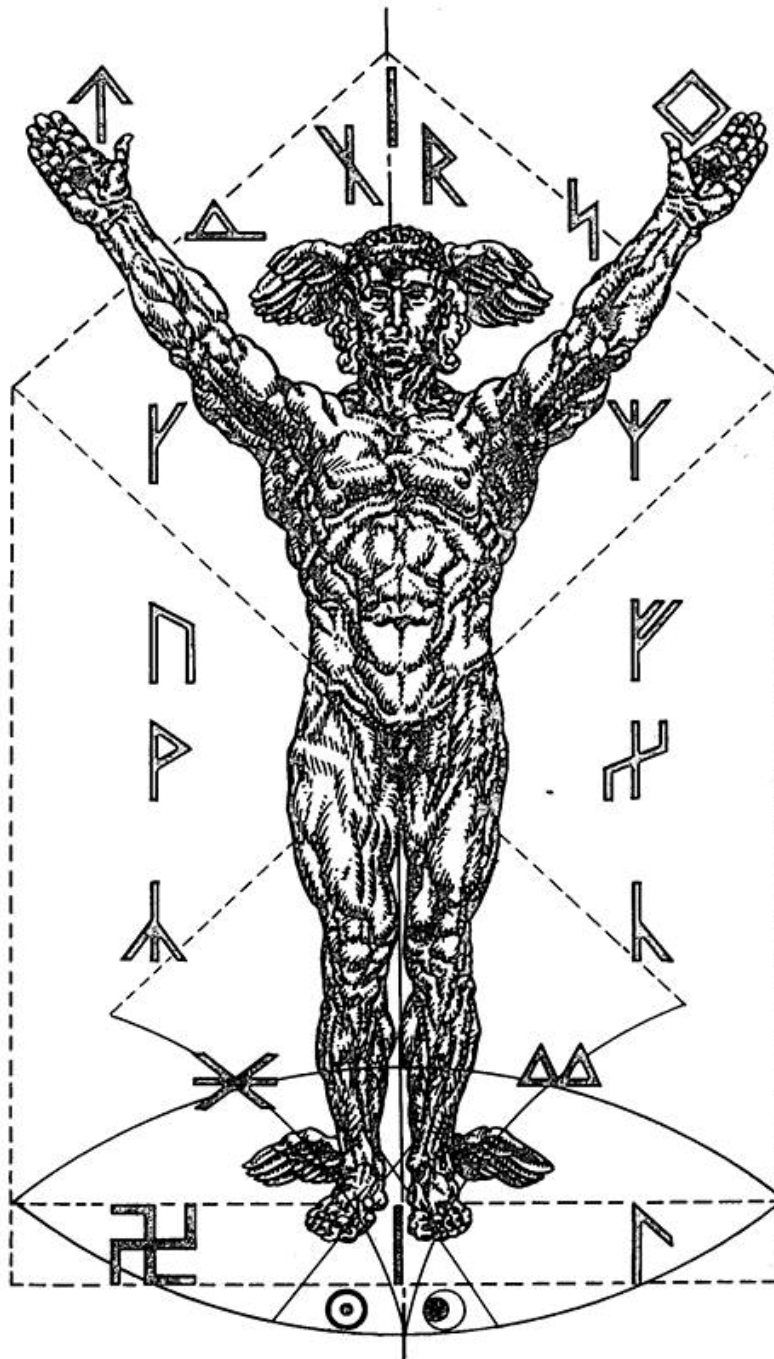
¹ The original Portuguese post (from “*Grupo de Estudos Mestre Huiracocha*”):
<https://www.facebook.com/groups/326937950975696/permalink/968847126784772/>

Now get into meditation.

Consecrate the offerings (bread & wine) and consume the sacraments.”

Note that many of the mantras above are also given in *Occult Medicine and Practical Magic* (sometimes published as *Esoteric Medicine*) by Samael Aun Weor, in the section called “Curative Words (Mantras)”.

At the end of the post, the following graphic (of the *Man Rune* position) was also included:



El Hombre-Runa. La Runa MAN.