

Gnostic Runology – Summary and Conclusion 2

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

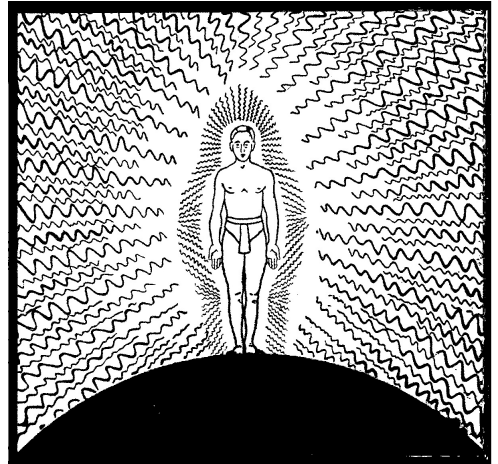
The Philosophy of the Runic Practices

Whether they are called Rune Postures, Rune Yoga, Runic Yoga, Runic Gymnastics, Runic Exercises, or Rune *Stadhagaldr*, it is relevant to understand their theoretical basis.

The basic idea is that the human organism is like an antenna that can send and receive different types of energy (sometimes referred to as “waves [*wellen*]”). As the practitioner becomes more accustomed to the Runic practices, they may also receive (or, specifically, be able to differentiate and understand) spiritual information about themselves and the universe (and everything in between).

There are different types of ‘waves’ or ‘currents’ that come from different “zones” and therefore have different information in them and provide different types of energies. The easiest way to think about it is in two zones:

- A – **Celestial (or Heavenly):** the energies from everything above us (the sky, the atmosphere, the planets, the solar system, the sun, the stars, etc.)
- B – **Terrestrial (or Earthly):** the energies from everything below us (the plants, the rivers and waterways, the surface of the earth in general, but also the interior of the earth, all the way down to the magnetic core of our planet itself.



Marby talks about 5 zones (see Marby’s Runic Theories for more information), but it can be just as powerful to use two.

The Runes, themselves, are said to be something like archetypal structures. **They are special shapes that attract and vibrate various types of energy from the universe.** Some say that their structure can even be deciphered into an explanation of how the corresponding energies are working in them (for more information, see Teltscher’s Runic Theories).

However, a simple way to remember the practices is that each Rune has an archetypal energy and by taking its shape, we are able to integrate that energy into ourselves.

Understanding How to Practice Runic-Yogic

According to the Philosophy of Rune-Yoga, by imitating the shapes/forms of the Runes and vocalizing their sound/mantra(s), one is able to extract and infuse oneself with their corresponding cosmic forces. This is aided by the practitioner’s understanding the Rune’s archetypal associations.

First one becomes familiar with the shapes of each of the Runes and then their associated posture(s) or position(s). There are six methods to put the Rune positions into practice:

1. Static Body Position – Adopting and then holding a specific posture with the whole body that imitates the shape of a single Rune
2. Static Hand Position – Adopting and then holding a specific posture with the hand(s) that imitates the shape of a single Rune
3. “Drawing” – To draw the shape of a Rune in front of oneself with the hand or finger

4. Dynamic Position – Moving between two or more Body Positions (the same could be done with Hand Positions)
5. Spinning Position – Holding a Body or Hand Position with the upper body, but the feet and legs move slowly in order to turn the whole body in a complete circle
6. “Moving” – this would be taking various Body Positions while walking, marching, hopping, jumping, or dancing around.

Next, while using any of the above methods, the practitioner may also add any or all of the following:

1. Visualization of the Rune’s shape
2. Mantra
3. Prayer
4. Poem or Affirmation

For the Mantras, they may be determined in the following way(s):

1. The Rune’s Name is Mantralized (*Tyr*= “Tir”)
2. For Consonants:
 - a. Sound of the Rune by itself (*Sig* = “Ssss”, *Hagal* = “Hhhhh”, *Rita* = “Rrrr”, etc.)
 - b. Alliterative based on the sound of the Rune and then adding the 5 vowels A, E, I, O, U (*Fa* = “Fa, Fe, Fi, Fo, Fu”, *Dorn* = “Ti, Te, To, Tu, Ta”)
3. For Vowels: Sound of the Rune by itself (*Ur* = “U”, *Os* = “O”, *Is* = “I”, *Ar* = “A”, *Eh* = “E”)
4. Similar word(s) which also carry a significance that is associated with the Rune (*Sig* = “Sieg” a German word meaning ‘Victory’, *Ar* = “Ara” a Spanish word meaning ‘Altar’ or ‘Altar Stone’)

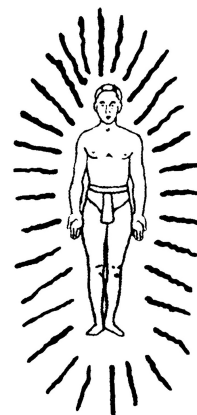
Methods of vocalizing Mantras:

1. Internally or Mentally (without making a sound externally)
2. Whispering
3. Using a Normal Voice
4. “Crying out” or using a Loud Voice

Recommendations for Practicing Runic-Yoga

Before taking on any Runic Positions, one should face East or North (or towards the Sun, etc). Stand firm in the *Is*- or *Ich*-Rune-Position and quiet the mind (put the mind in ‘blank’).

Remember that the Rune positions may be used to absorb “waves”, “currents/streams” or “Subtle-Forces” from the cosmos. Visualize your physical body as an instrument (something like an organic antenna) with your feet connected to the Earth (even if this is through the floor of a building). The rest of your body (legs, torso, arms and head) is above the feet and is able to absorb “waves” or “currents” and then retransmit them into the Earth through the feet. Sense yourself as a cosmic instrument.



Ask/Pray that you can perform the practice in the best way possible.

Next perform the [Microcosmic-Star](#) and the [Gnostic sign of the Cross](#). Then begin your Rune-Exercise(s).

Take up the Rune-Position, close your eyes, and visualize the Rune’s Shape or better: visualize yourself as the Rune’s Shape.

Next, mantralize and, while doing so, observe yourself to see if you notice anything. Images, shapes, colors, sounds, memories, as well as subtle sensations (such as vibrations, hot/cold, tickling or itching, etc.) may enter into your perception.

When you are done with the mantra(s), pause while continuing to observe yourself in silence for a few moments. This may be prolonged for as long as you like, but the important point is for the mind to be 'blank' and to be actively observing the interior (directing the awareness toward that objective) – not thinking. What do you perceive? Are you perceiving anything different or 'new'?

Pick another Rune and then take up its corresponding Rune-Position. Close your eyes, repeat the visualization and mantralization. Then observe yourself in silence.

Repeat as you see fit.

In conclusion, again perform the Microcosmic-Star and the Gnostic sign of the Cross. Return to Standing in the *Is-* or *Ich-*Rune-Position for a brief moment before ending the practice.

Afterwards, it is advised to meditate for 5-10 minutes minimum. You can add a singles transmutation practice to this as well for added benefit.

If you would like a suggestion of a few Runes to practice, try the following:

- *Fa, Ur, Dorn*
- *Fa, Dorn, Os/Othil*
- *Fa, Os/Othil, Tyr, Bar*
- *Fa, Is, Tyr, Bar*

Do at least one set of each, then gradually increase doing 2 sets of one or another.

Results of Practice

It is important to be consistent with the practice if you want to see results. Even if you only do 2 or 3 runes, do something everyday. You can do them in the morning before breakfast or in the evening before bed, or both. But remember that the little bit of time is very well worth it for the momentum you will receive internally.

After consistent practice for a certain amount of time (which varies from person to person), you will start to notice changes in your energy levels and in your ability to implement your willpower, to overcome things you previously considered difficult, etc. Your dreams or astral experiences may become more vivid or you may be able to recall them more easily, etc.

At some point, during or just after practice, you may experience awareness of what is called "the Spatial Sense", which can range from a more vivid awareness of your surroundings to something like seeing your physical body from outside of it (above, behind, etc). The defining factor is that you are aware of your surroundings in a different way.

Regardless of what you do or don't experience, remember that the key is to do the practices with a 'blank' mind, that is: not thinking of anything, but to only visualize the shape of the Rune. Other images or memories, etc., may emerge, but do not let the mind get in the way of this experience. If you are having trouble with this, then try singles transmutation practices first and then do your Runic practices.

A Reminder Regarding Esoteric Practices

Many people say that one must be careful when doing Runic Practices. Let us remember that the Gnostic should already be familiar with Gnostic Psychology (specifically: Self-Study and Mystical Death). If you are new to this subject, please study our [Gnostic Psychology series](#) to learn more about this topic, because it is ESSENTIAL to avoid any issues related to you may encounter when practicing the Runes.

Generally, the issues one encounters are an accumulation of energy or energies (aka “waves”, “currents”, “streams”, etc.) that either:

- 1) one does not know how to handle, or
- 2) are used by the Ego to create more problems, or
- 3) are facilitating internal experiences that one does not understand.

Each of these cases can be solved through applying the Gnostic Teachings. We need to develop a relationship with our Inner Divinity. We need to Pray and ask our Inner Divinity for help, and then we need to listen with a receptive mind.

Sometimes we need to Meditate and Transmute more (see [Meditation Practices](#)).

Sometimes we need to study Psychology more, and learn to work on ourselves.

Sometimes we need to Pray more and study more Kabbalah (see our [Gnostic Kabbalah series](#), specifically understanding the Ray of Creation and the meaning of the Hebrew Letters, Numbers and their associated Glyphs) to interpret the messages we are receiving.

But we always need to listen to our Inner Guide, our Inner Teacher, our Inner Being, so that we can do what is right for us individually.