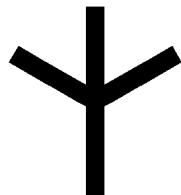


Gnostic Runology – The “Man” Rune and its Practice

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

The “Man” Rune According to Huiracocha



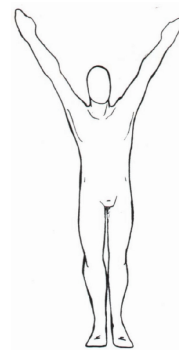
The name of this Rune, MAN, signifies Human Being, but it also means HAND (from the Latin 'Manus'). It is one of the most important Runes and, by its very form, invites us to a constant Prayer. It is the human being who implores upwards, to the Great All. “MANE-MANU” are also anagrams of the Mantrams AMEN and AUM, which are the ones that must constitute our prayers and must always express: “I AM OF DIVINE ORIGIN”.

Let us remember that greatly misunderstood and misinterpreted phrase “I am as much as you are.” It does not signify establishing a comparison between two people: this phrase is symbolic. It means, “I, as a small Microcosmos, am so much like you, immense Macrocosmos.”

The person who is conscious of their value, must never go about with a lowered head, they must never go far in an attitude of humiliation, but must instantly possess the idea that they are REAL LIFE, flooded with ardor, with fire, with accumulated potency and potentiality; who dominates and who is not dominated, etc. In whom reason vibrates and this is, in them, like an overwhelming force and that, while listening, is firmly grounded, with the forehead up, and with all the right of their personality and the full weight of their spiritual energy.

In Hebrew “OM”, as a monosyllable, is translated as ‘that which is True’, ‘that which is Vital’, ‘that which is Legitimate’, and, in that sense, we must possess the biblical phrase that is spiritually found on the Banner of the Gnostics: “I AM THE TRUTH AND THE LIFE!”.

In the *Man* Rune, the two arms rise in order to determine that LOVE, Divine Sex, is our own transmuted substance. No operation of white Magic can be done without raising the arms (even if it is mentally) to the Great All, thinking that everything has a trunk, a base, and in doing so we indicate that everything is a TREE, the tree of Humanity, the tree of Life...



MAN RUNE PRACTICE: The practice is to be done in the morning facing towards the Sun (at the moment it ascends in the East) in that attitude of raised hands as expressed by the Rune and imploring for help and support. This practice should never be employed with a passive, useless or in any similar attitude. This should always be done on the 27th of every month from 3:30 to 4:00 GMT.

Here is the corresponding prayer (which can also be done partially):

“I AM THE TRUTH AND THE LIFE. But I, MYSELF, without complaining to anyone and without asking for anything external. Without my prayer going outside, but doing it within...

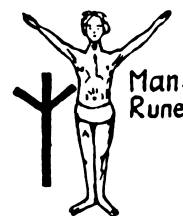
I AM THE LIGHT... since that divine spark which is God, dwells and resides within me and the purpose of my life is to liberate it, achieving it, recognizing it for myself, so as to make it objective before my eyes....

I am health, I am a hand of the Great All through which it executes its will; and I, as a living antenna, must gather the divine forces of the Cosmos without twisting its course nor adulterating its Law.”

The “Man” Rune According to a Student of Samael Aun Weor

Samael says that the MAN Rune “represents man [*representa al hombre*]” (that is, the human being) in his book *Igneous Rose*. And in Arcanum 2 of *Tarot & Kabbalah*, he says: “I saw the stars and practiced the MAN Rune...”, but he does not give a corresponding practice...

However, one of Samael’s students (from Glorian Publishing) had an internal experience where he was able to associate the “Prayer to the ‘Solar Logos’ ” with the *Man* Rune. He recommends doing this *Man* Rune practice on its own or immediately after doing the *Laf* Rune practice (specifically the walking *Laf* practice on the 27th of each month).



We take up its corresponding posture (arms raised towards the heavens) and say the following prayer:

“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, bathe 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.”

Then one can also add at the end:

“**AUM**” three times

or “**Om Tat Sat Om**” three times (which can be vocalized three times in the following way:
“OM Tat Sat OM Tat Sat OM Tat Sat OM”. This mantra is given to connect with the doctors
of the Temple of Alden in Ch. 16 of *Revolution of Beelzebub*)

or even “**Om Tat Sat Tan Pan**” three times (which is a mantra that corresponds to the Sun,
given with the Exorcism for Sunday).

* Note that this prayer has different versions, based on how it is translated from original Spanish. Also see [the Man Rune Supplement](#) for another translation from Glorian.