

Gnostic Runology – Runic Exercises of Peryt Shou

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

The following information is a paraphrase from *Concentration and Willpower [Konzentration und Wille]* (1919) by Peryt Shou (Albert Christian A. Schultz) who seems to have had quite an influence not only on Huiracocha (Krumm-Heller), but also on many German-language Occultists.

Peryt Shou's 1st Practice (the *Man*-Rune)

Information from Shou:

First develop the M-Sound according to the formula: "My Will [*Mein Wille*]".

The Point below the Letter "M" designates the so-called 'Anusvara' or the Resonance of the letter itself, which is Carefully taught in hindu Yoga. Thus, the "OM", the carrier of this Echo, is considered by Hindus to be the *Ur-Word* (or Primordial-Word) and the highest and most sacred Force in the Universe. And not without Reason, it is said that the "OM":

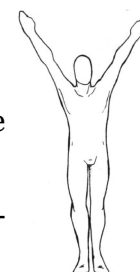
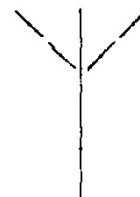
"includes all the Abundance of Divinity (and of Nature), which manifests itself to those who know how to become aware of this "OM" by murmuring it in the right way and delving into its meaning both externally and more intimately with their heart".

(R. Garbe, *Sankhya und Yoga*)

We concentrate on the "M" Rune, known as '*Madr*' or '*Man*' [see image on right].

In its first division, this Rune designates a Man who, invoking, stretches-out his Arms.

In its second, "*Man*" is the name given to the Primordial-Light-Substance [*Urlicht-Substanz*], which is received in such a posture and made effective within the Body as the manifested Logos.



Explanation:

Imitate the *Man*-Rune and Vocalize: "M" or "OM" (potentially "Manna" as well, which he says is the 'Bread' that is broken at the Lord's Supper).

Concentrate on the Shape of the Rune and on the attitude of receiving the "Primordial-Light-Substance" within your organism.

Peryt Shou's 2nd Practice (the Cross Posture)

Information from Shou:

He gives the following explanation for Fig.1b [on right], "The seven-layered 'Aura' as a representation of the seven [Heavenly] Spheres and the Awakening-Pose of the M-Waves." Shou says M-Waves are "Connecting-Channels, between Humans and the (7) [Heavenly] Spheres".

"We extend our Arms to the sides [in the form of a Cross], as indicated by the M-Rune (see also Fig. 1b), and now murmur the Syllable 'Lam' with a lingering M-Sound until we feel the centers of our palms begin to vibrate amid the reverberation of the 'Lam'-Motif hummed nasally (or felt through the nose).

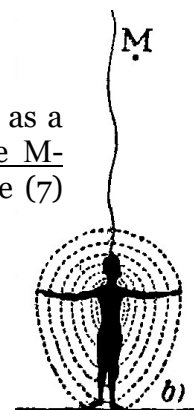


Fig. 1.

One feels a slight, cool suction in the palms. Certain Mexican Indians still have the custom of pouring Water into their cupped Hands during this process, which one can also do, for the finer Atmospheric Substance absorbed by the palms is the so-called Primordial-Water [*Urwasser*] or Ultra-Hydrogen, which is absorbed from natural Water under the Influence of the Logos. It is produced by splitting the natural Water-Molecule and absorbing its electromagnetic Energy.

In this Way, the so-called ‘Od’ is produced; not all People possess it to the same Degree, but it is of the utmost Importance for the Self’s now-beginning Process-of-Development for the Human Body, which vibrates in the Logos, since this development is ‘Odic’.

Once you have completed the Exercise up to this point, note that the ‘Od’ produced in this Way is as pure as possible and possesses the Qualities you wish. For with the Production of the ‘Od’, the Self [*Ich*] enters a new and significant phase of Development. Through the Wishing Power [*den Wunsch Gewalt*], it gains control not only over itself but also over other Beings and over Nature. It brought the Od through concentrated spiritual Wishing [*konzentrierten geistigen Wunsch*].

The Self [*Ich*] is most intimately connected to this Od or Wish-Substance [*Wunschstoff*] and remains so even after physical Death, for it is its spiritual Father. At that moment, we were progenitors, creators. For now, note that one’s own sexual Life, too, is of the utmost Importance for the generation of Od.

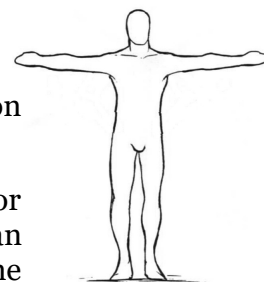
One will notice that the sensation of Suction and gentle Buzzing in the Palms-of-the-Hands, following the Exercise described above, is most beneficial when one lives a life of sexual continence. Furthermore, the Blood must not be too thick or laden with uric acid from an excessive Meat-Based Diet, otherwise the fine pores in which the ‘Primordial-Water [*Urwassers*]’ is retained will be unable to open.”

Explanation:

Take up the Cross position and vocalize “Lamm” with an emphasis on the M.

Cup your hand, palms up, as if to hold water in them. Note if you notice any sensation in your palms, such as a “cool suction” which Shou says is the generated “Od”.

Shou says that “Lam”, and “Lamm” (German for “Lamb”), may be better than OM for westerners because of the association with ‘the Lamb of God’ as a kind of Christian mantra that emphasizes the ‘M’ sound. He says that this is “the best translation of the ethical content of the syllable OM”.



Peryt Shou’s 3rd Practice

Information from Shou:

The gentle Buzzing that flows through the Body from the open Chakras (i.e., spiritual Centers) in the Palms-of-the-Hands was called “I-sîs” by the ancient Egyptian mysteries. For example, after performing the Exercise described above, when you spread your Hands: pronounce the second Syllable ‘Sîs’ nasally and very gently, with a subtle, murmuring Resonance of the ‘S’ within your Body. Practice this Several Times, and you will clearly feel the subtle, purring ‘S’, as you invoke the Name “I-sîs”, like a gentle, soothing Force.

The early Christians felt the same power in the invocation of the name ‘Je-sûs’, whereby the syllable ‘sûs’ is likewise to be spoken gently, ‘whispering’ with a continuous Resonance of the S-Sound in the Palms-of-the-Hands and, from there, throughout the entire Body.