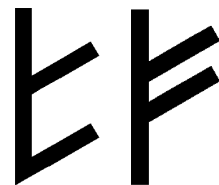


Gnostic Runology – The “FA” Rune and its Practice

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

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).

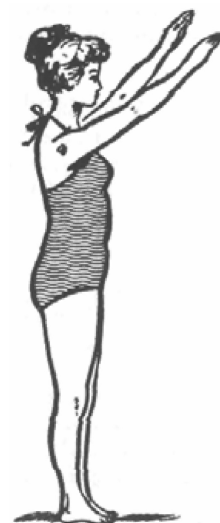


The word *Pyre* (fire or bonfire) comes from *Fyr*, *Fir* and then became First (remember that the first thing that was done was the Light). From *Fyr* came Free and forms the word Freemason, in order to signify that Masons should be the first ones who (with the realization of their symbols) awaken the 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...



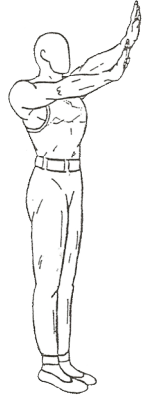
It should be noted that the FA Rune is the Rune of the Light, it is the one that encloses within itself the Christonic substance. The object of the exercise of this Rune is to Awaken. Additionally, the FA Rune is that of activity and, therefore, invites the disciple to Magic: to perpetual and constant 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.

