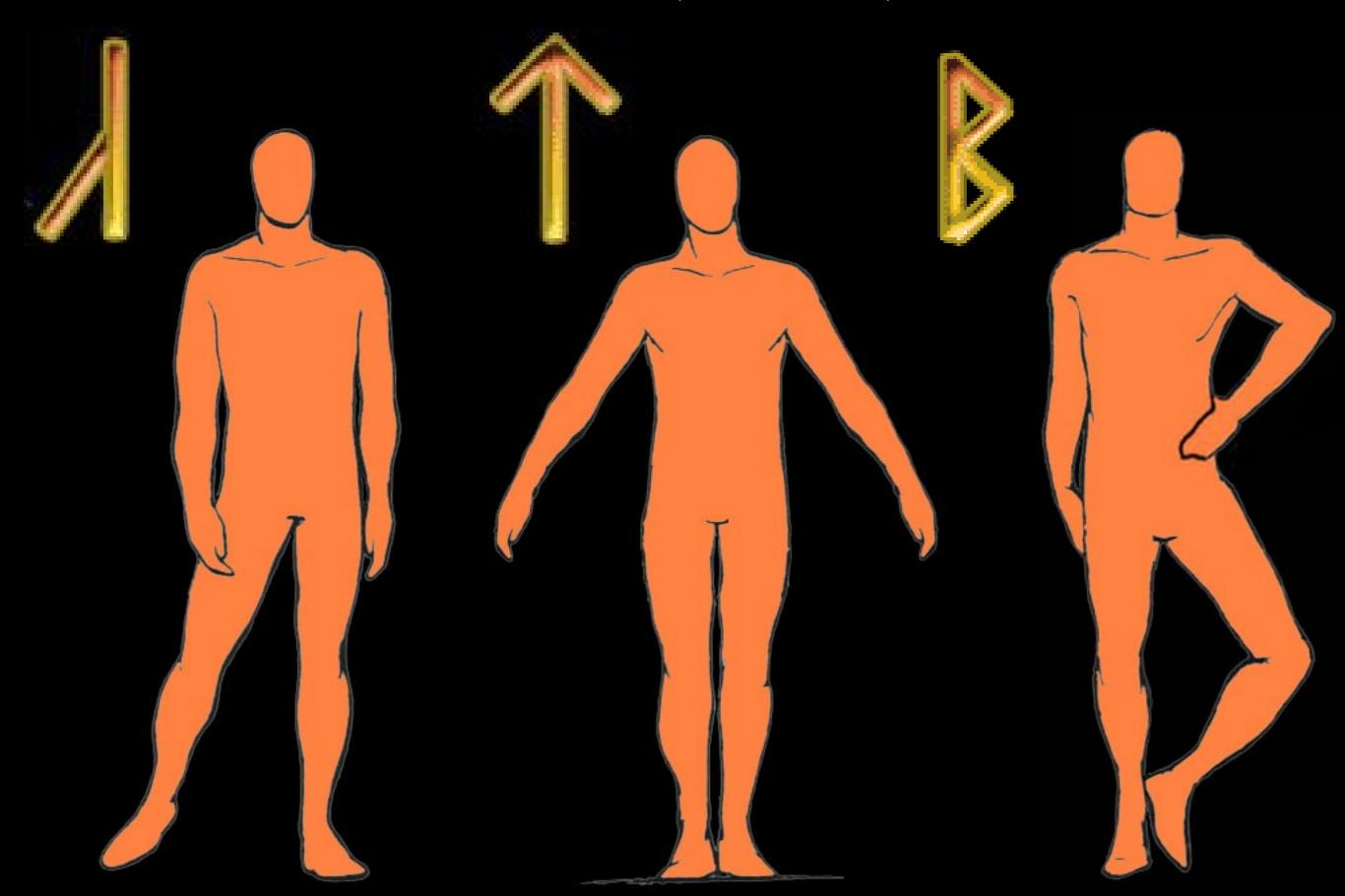
# RUNES AR, TYR, BAR



# RUNIC FUTHARK

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H	7 × z	1	A	5	1
B	1	M	Z L	AE	S X
P	'	w P	NG 🔷	D	°×

# RUNES AR, TYR, BAR



In the beginning (BAR-ASH-IT) created Elohim: the heaven (UR-ANOS) and the Earth (GAIA).

And the earth (GAIA) was without form, and void; and darkness was upon the face of the deep. And (Rune IS) the Spirit of the Elohim moved (as TYR) upon the face of (BAR) the waters.

And Elohim said, Let there be light: and there was light (TYR-BAR).

And God saw the light, that it was good: and God divided the light from the darkness.

And God called the light Day, and the darkness he called Night.

And the evening and the morning were the first day.

#### RUNE AR

Behold I lay in Sion a chief corner stone, elect, precious: and he that believeth on it shall not Be Confounded.

The stone which the builders disallowed, the same is made the head of the corner.

And a stone of stumbling, and a rock of offence.

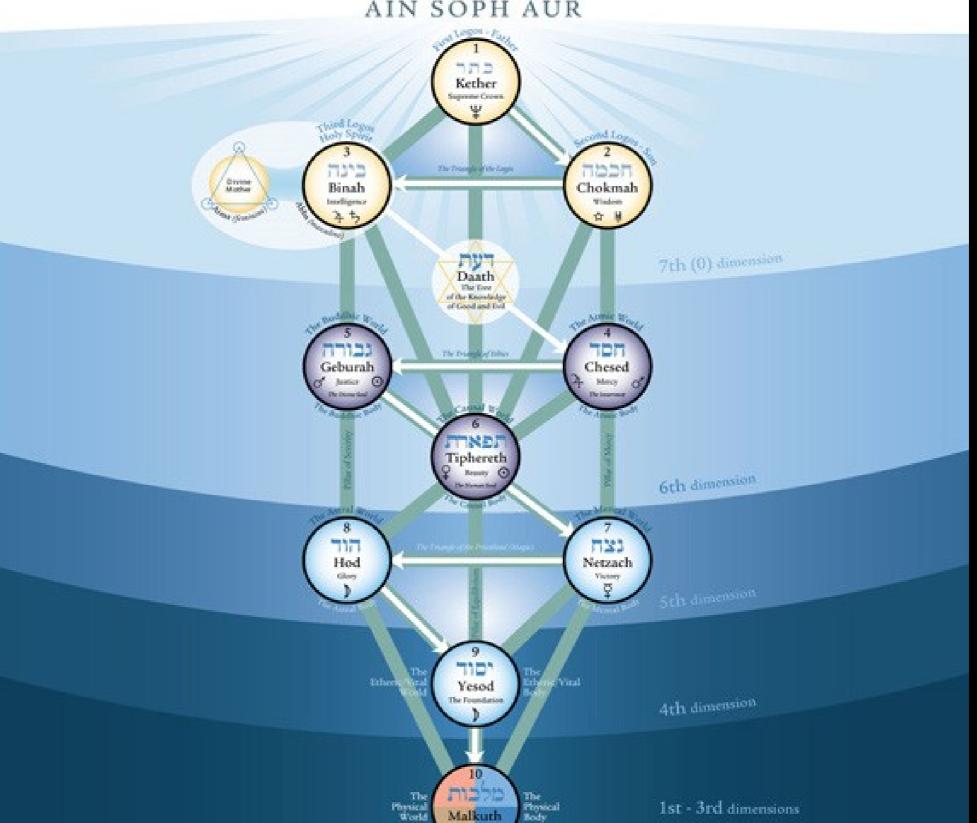
- I Peter (Perth Tyr AR) 4:8



Gibraltar Gibur-Altar

"Thou shalt edify an altar within thine heart, but thou shalt not make an altar of thine heart."

AIN
ABSOLUTE ABSTRACT SPACE
AIN SOPH
AIN SOPH
AIN SOPH AUR



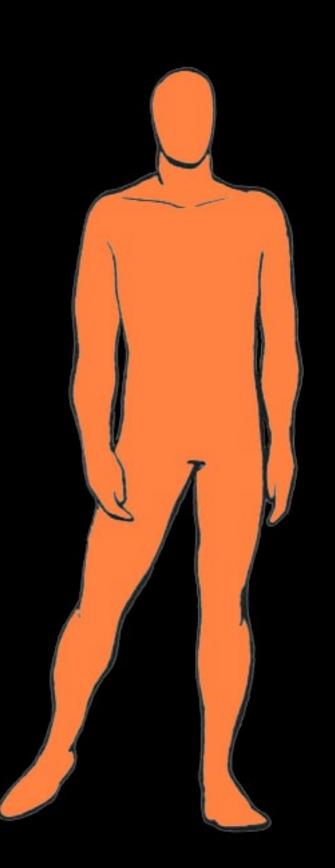


### RUNE AR

The Mantra ARIO prepares the Gnostics for the advent of the Sacred Fire. This Mantra must be chanted every morning, dividing it into three syllables:

AH.......R....I.....O......

Prolonging the sound of each letter. It is advisable to work with this practice for ten minutes daily.



# RUNE TYR



Before the false dawn came over this earth, those who survived the hurricane and the storm gave praise to the Innermost, and to them appeared the heralds of the dawn.

- The Testament of Learning



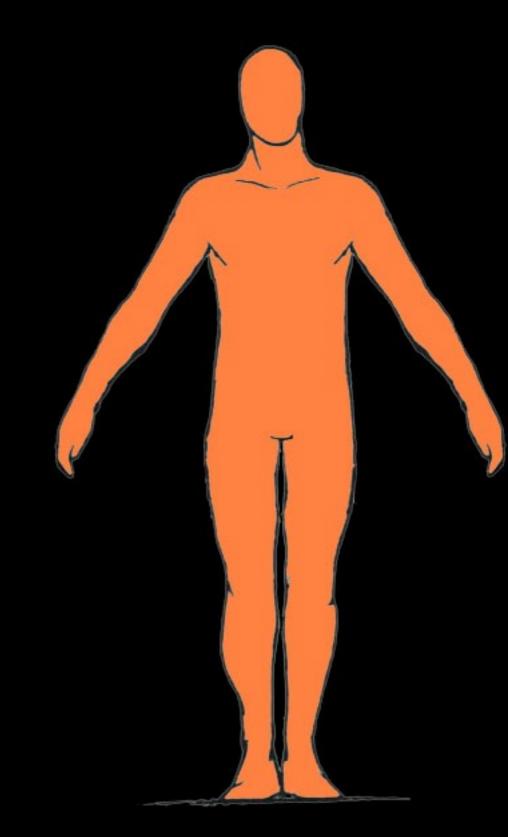
## RUNE TYR

#### **Practice**

The practices corresponding to the Rune TYR consist of placing the arms high above the head, then descending them to the sides while the hands are cupped like seashells. When lowering the straight arms pronounce the mantra:

The sound of the letters 'I' and 'R' should be prolonged in order to awake the consciousness.

The letter 'T' or TAU strikes the consciousness in order to awaken it. The letter 'I' works intensely within the blood which is the vehicle of the essence. The 'R', while intensifying the circulation of the blood in the veins and in the sanguineous vessels, is operating marvels with the igneous flames by intensifying and stimulating the awakening.

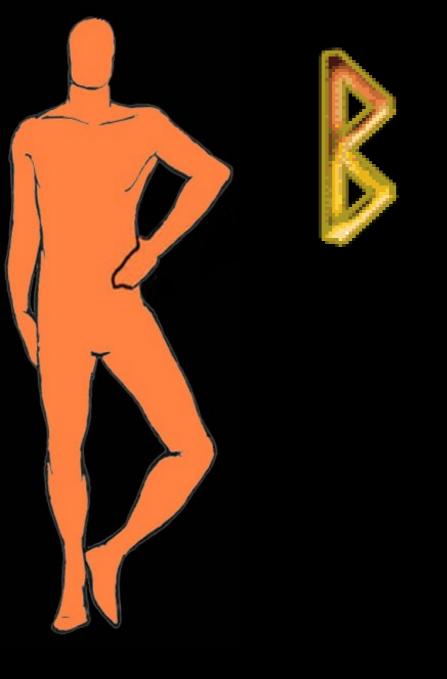


And Elijah came unto all the people, and said: How long halt ye between two opinions? If יהוה is God, follow him: but if Baal, then follow him. And the people answered him not a word.

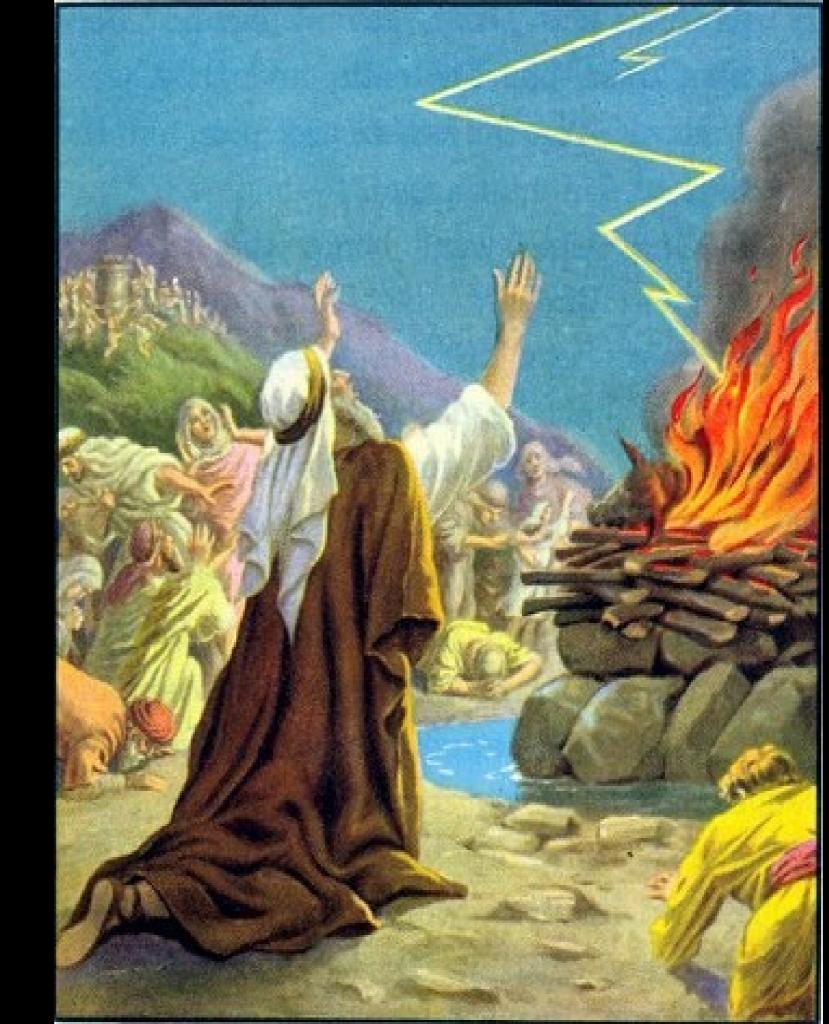
Then said Elijah unto the people, I, even I only, remain a prophet of יהוה; but Baal's prophets are four hundred and fifty men.

Let them therefore give us two bullocks; and let them choose one bullock for themselves, and cut it in pieces, and lay it on wood, and put no fire under: and I will dress the other bullock, and lay it on wood, and put no fire under:

And call ye on the name of your gods, and I will call on the name of יהוה: and the God that answereth by fire, let him be God. And all the people answered and said, It is well spoken. 1 Kings 18: 21-24



If we place before the sacred syllable AR the letter B, then, we indicate with this the necessity of attracting the Sun to the Earth.



And Elijah said unto all the people, Come near unto me. And all the people came near unto him. And he repaired the altar of that was broken down.

And Elijah took twelve stones, according to the number of the tribes of the sons of Jacob, unto whom the word of יהוה came, saying, Israel shall be thy name. - 1 Kings 18: 30, 31

Hear me, O יהוה, hear me, that this people may know that thou art יהוה אלהים [Yod-Havah Elohim], and that thou hast turned their heart back again.

Then the fire of יהוה fell, and consumed the burnt sacrifice, and the wood, and the stones, and the dust, and licked up the water that was in the trench. - Kings 18: 37, 38

## RUNE BAR

#### ESOTERIC PRACTICE:

You must intelligently combine the exercises of the Rune BAR with the exercises of the Rune TYR or TIR. Place the arms high above the head, descending them while the hands are cupped as shells, and while singing the mantras TIR, BAR, as follows:

Tiiiiiiiiiiiirrrrrrrrr, Baaaaaaaaaaaaarrrrrrrrrrrr.

Objective of this practice:

- 1. To wisely mix within our own interior universe the magical forces of the two Runes.
- 2. To awaken consciousness.
- 3. To intimately accumulate Christic Atoms of high voltage.

