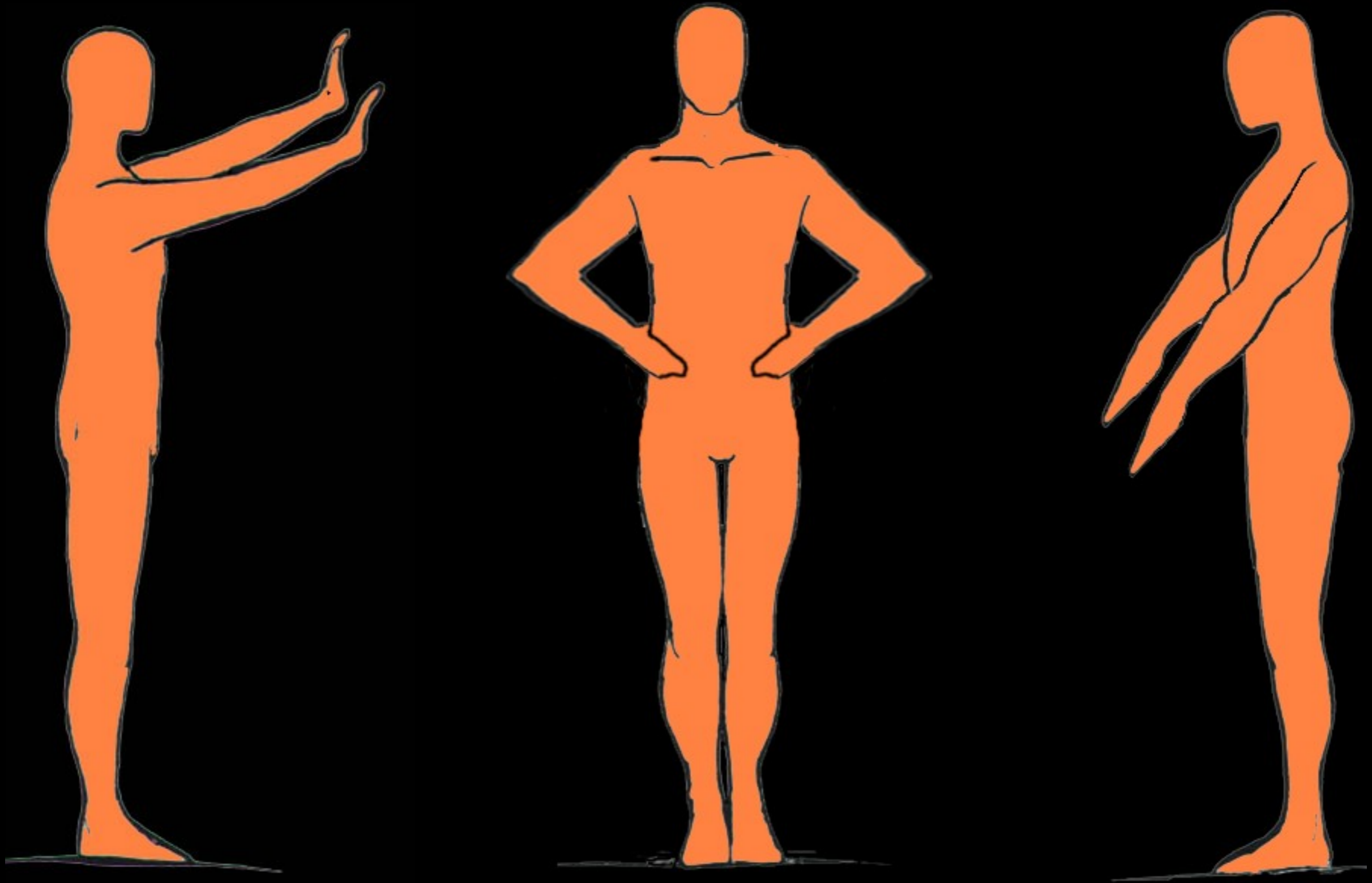
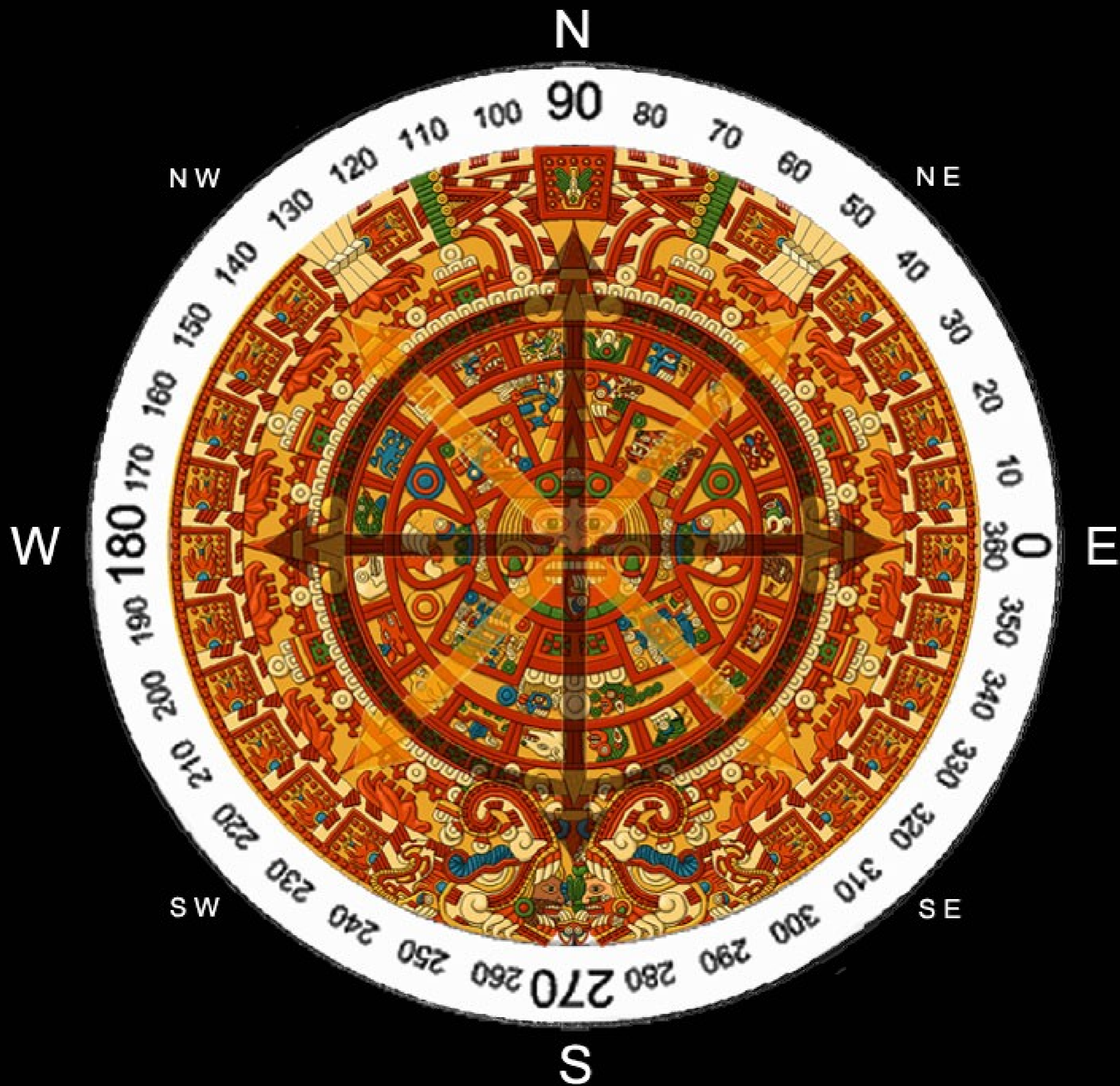


RUNES FA, DORN, OS

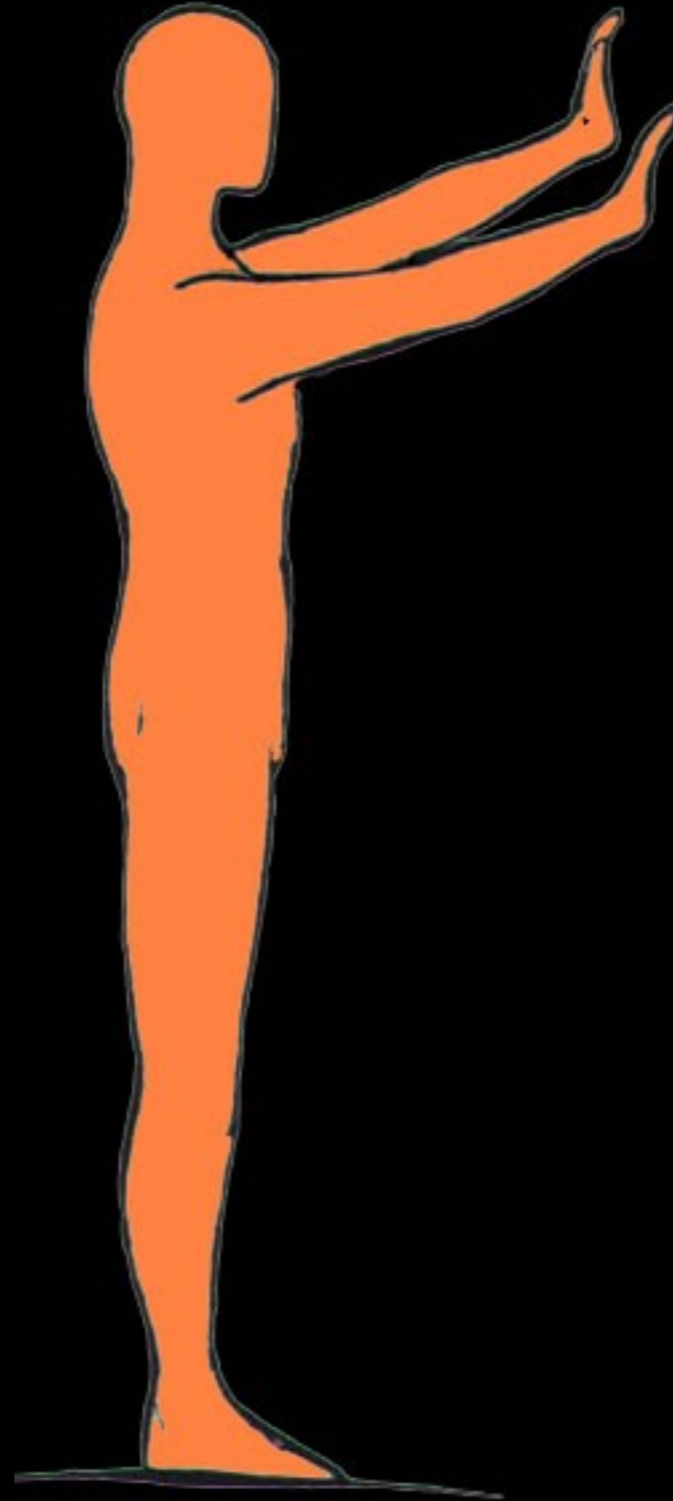


RUNES FA, DORN, OS





RUNE FA





RUNE FA

The hands of Zerubbabel have laid the foundation of this house; his hands shall also finish it; and thou shalt know that Yod-Havah Zabaoth (יהוה צבאות) hath sent me unto you. - **Zachariah 4: 9**

Who shall ascend into the hill of יהוה? or who shall stand in his holy place?

He that hath clean hands (כף *kaph*), and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

He shall receive the blessing from יהוה, and righteousness from Elohim Jesus (אלהים יהוה) - **Psalm 24: 3-5**

For he shall give his angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in [their] hands (כף *kaph*), lest thou dash thy foot against a stone. - **Psalm 91: 11, 12**



RUNE FA



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 arms must be placed in such a way that the left arm is a little more elevated than the right one, and the palms of our hands must face the light in an ineffable and sublime attitude of one who truly longs to receive the solar rays.

This is the sacred posture of the Rune **Fah**. Thus, this is also a method 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.

Let us imagine in those instants 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.

You must also practice this Runic judo in the mysterious and divine nights, before the starry sky of Urania, with the same posture, and praying like this:

Marvelous forces of Love, revive my sacred fires so that my consciousness will awaken.

Fah...

Feh...

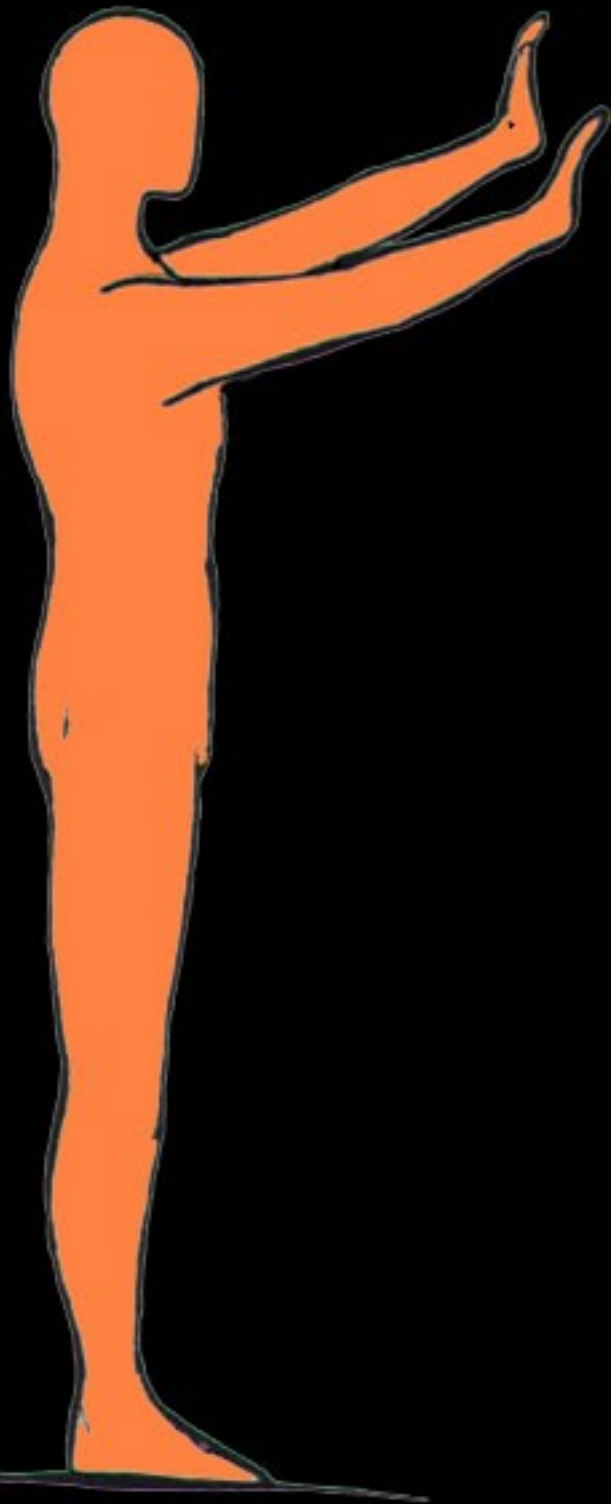
Fih...

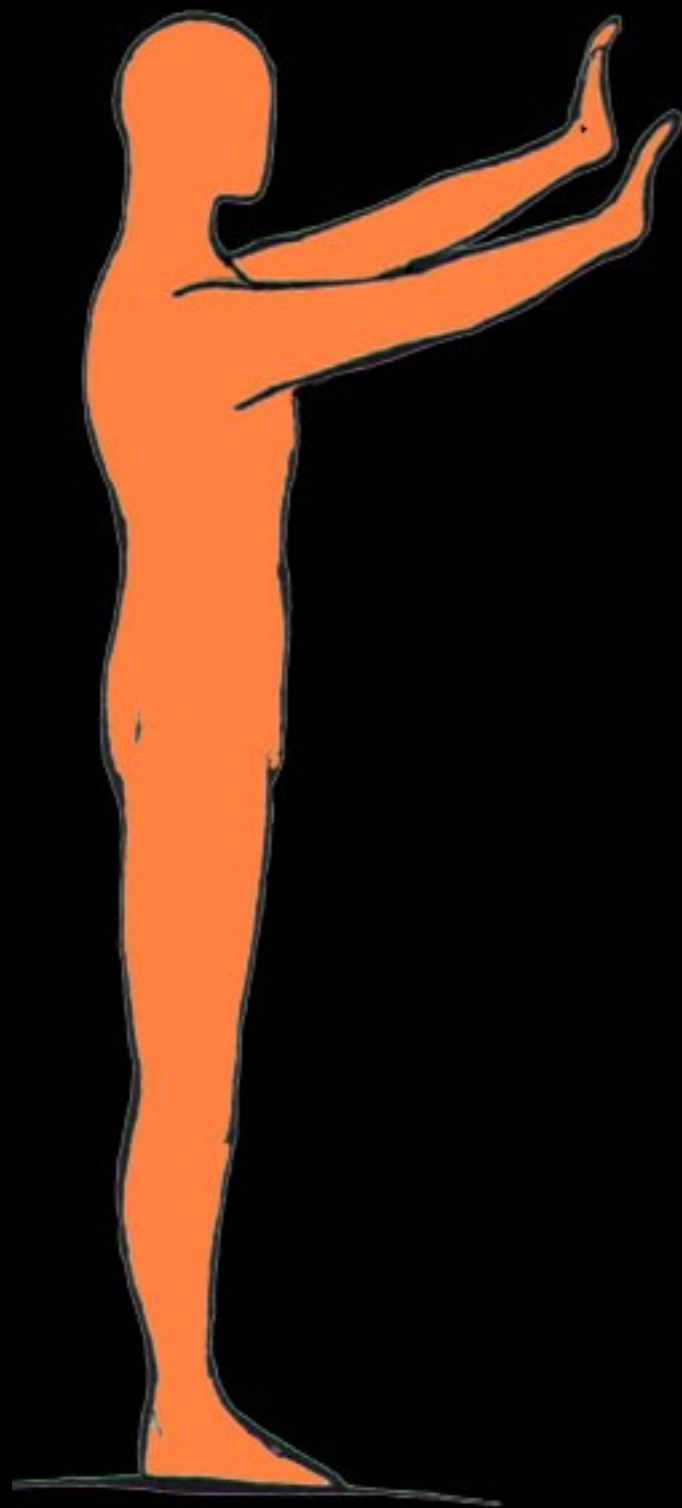
Foh...

Fuh...

This short yet great prayer can and must be prayed with all of our heart, as many times as we want.

Samael Aun Weor







I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ.

I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, saying:

I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia: unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea.

And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;

And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle.

His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire;

And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters.

And he had in his right hand seven stars: and out of his mouth went a sharp twoedged sword: and his countenance was as the sun shineth in his strength.

And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am Alpha and Omega, the first and the last:

I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. - Revelation 1: 8-18

PETER PINEAL

Matthew 16: 13-19

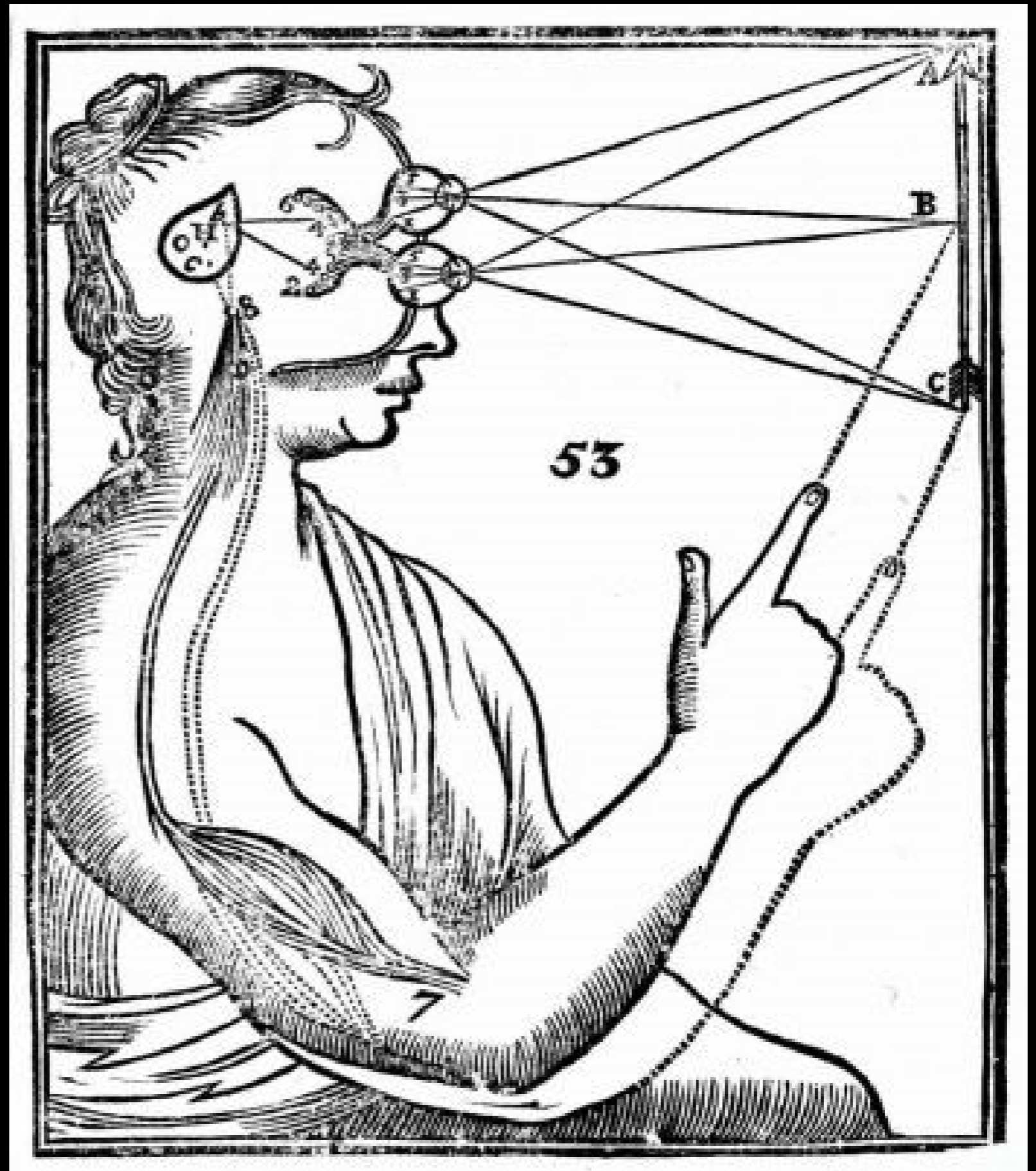
When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?

And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.

He saith unto them, But whom say ye that I am?

And **(from the Pineal Gland)** Simon Peter answered and said, Thou art the Christ, the Son of the living God.

And Jesus answered and said unto him, Blessed art thou, Simon Bar Jonah **(Son of the Dove)**: for flesh and blood hath not revealed it unto thee, but my Father **(the Holy Spirit)** which is in heaven.



Matthew 16: 13-19

And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.

And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.



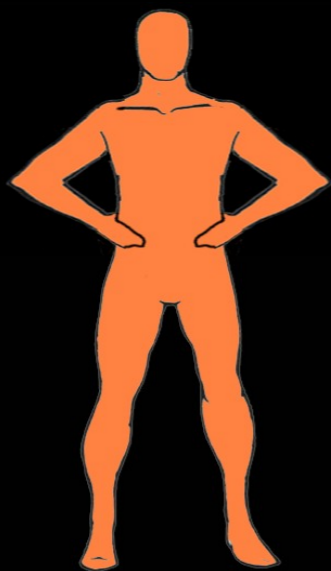
And it shall come to pass in that day, that I will call my servant Eliakim the son of Hilkiah: And I will clothe him with thy robe, and strengthen him with thy girdle, and I will commit thy government into his hand: and he shall be a father to the inhabitants of Jerusalem, and to the house of Judah.

And the key of the house of David will I lay upon his shoulder; so he shall open, and none shall shut; and he shall shut, and none shall open. - **Isaiah 22: 22, 23**

And to the angel of the church in Philadelphia write; These things saith he that is holy, he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth;

I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name.

Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee. - **Revelation 3: 7-9**



Revelation 9: 1:

And the fifth angel sounded, and I saw a star fall from heaven unto the earth: and to him was given the key of the bottomless pit.

Revelation 20: 1-3:

And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand.

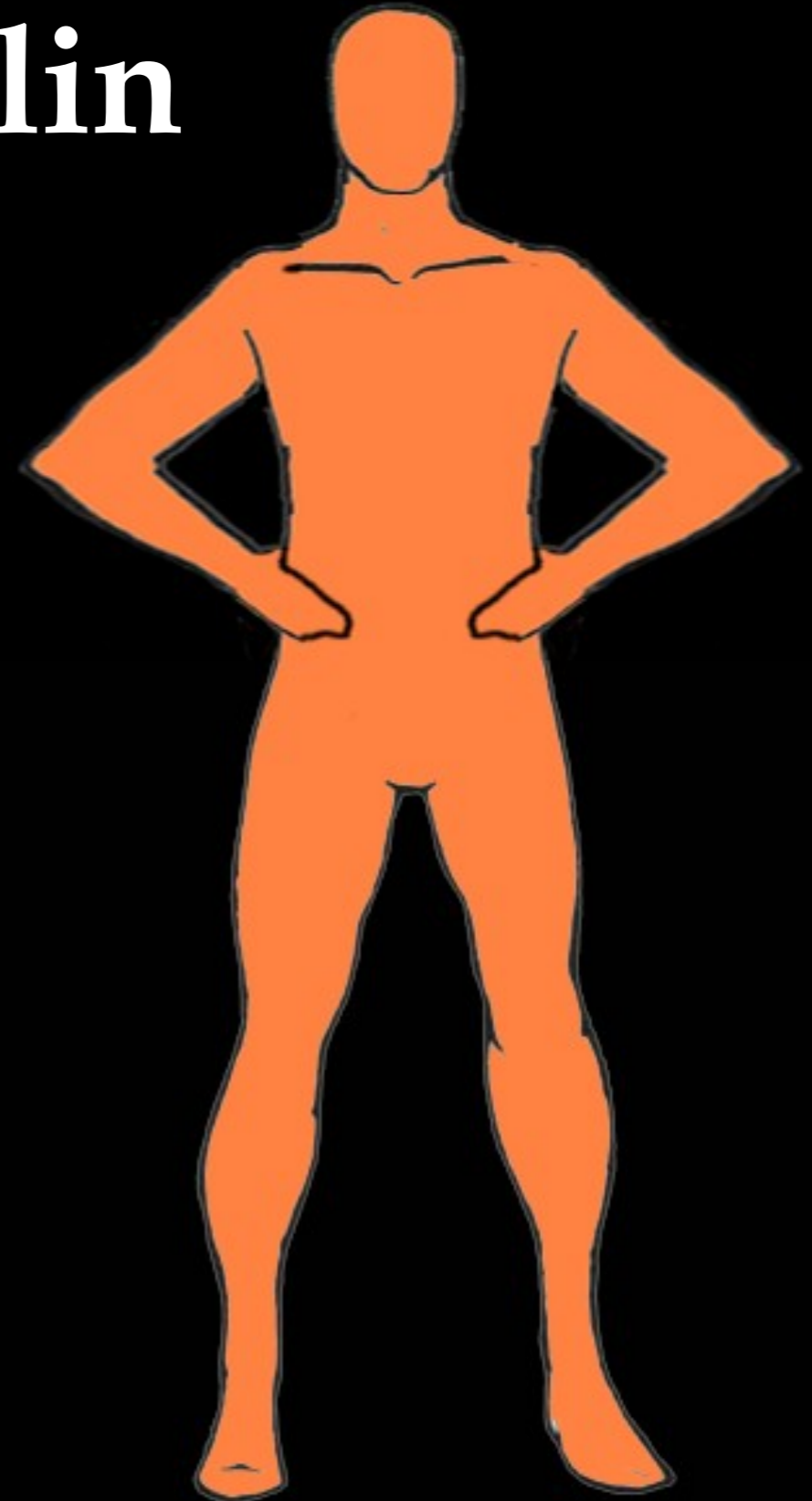
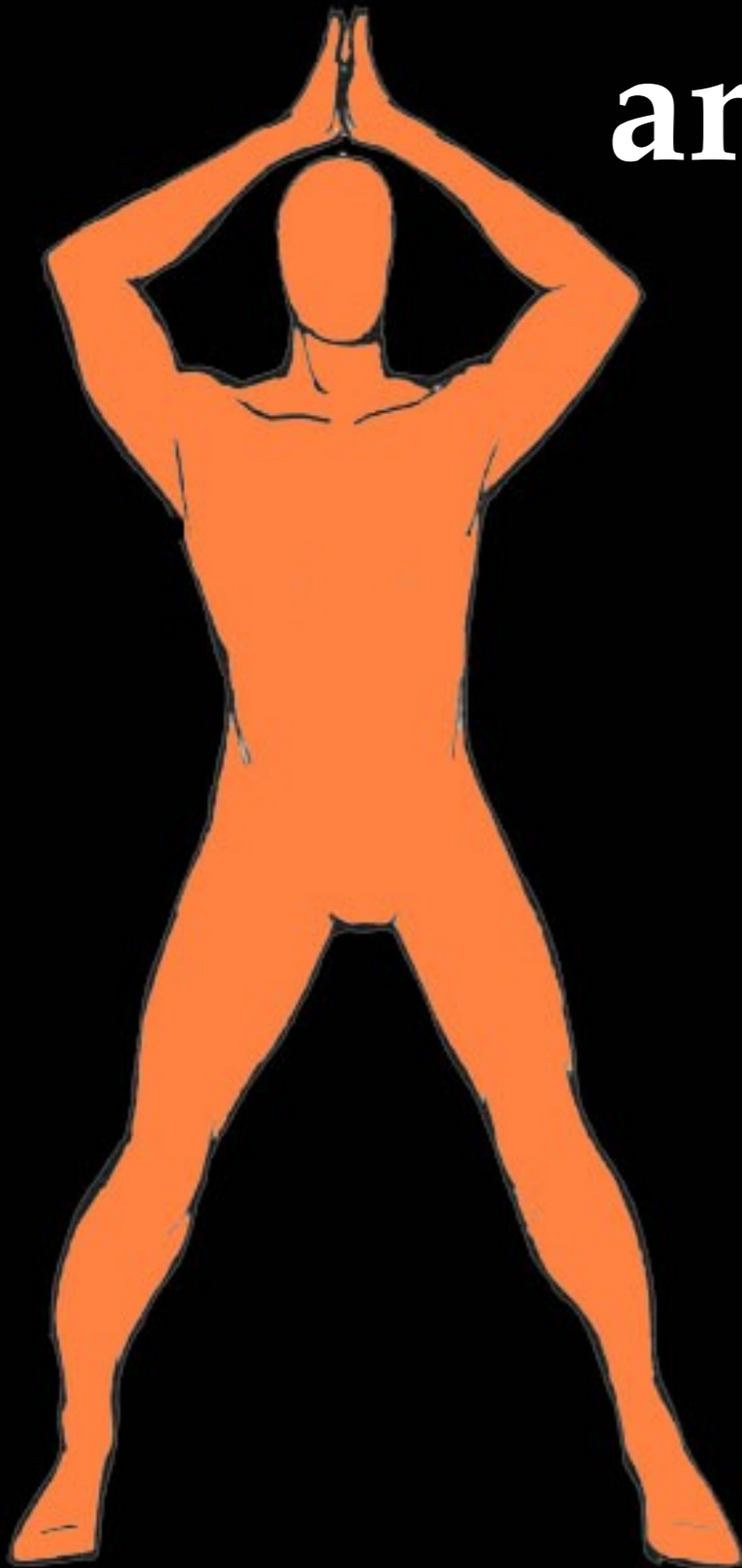
And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years,

And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.



RUNE OTHILA

Variation of OS and Aztec Ollin



Observe very carefully the two diagrams of the Rune Os

In the same way that the Rune Fa has its two arms upwards, the Rune Olin has them downwards, and this is profoundly significant.

During these esoteric practices, there is the need to successively alternate movements by placing the arms in the first position (downwards), then in the second position (placing the arms on our waist as in the Rune Dorn or Thorn). I repeat, examine very carefully the two diagrams of the Rune Os.

During these Runic practices, you must combine the movement with harmonious and rhythmic breathing. Inhale the Prana through the nose, and exhale it through the mouth along with the mystic sound TORN, prolonging the pronunciation of each letter.

TTTOOOOOOOOOORRRRRRRRRRRRRNNNNNNNNNNNNNNNN

When inhaling, imagine the sexual forces rising, ascending from the sexual glands through the pair of sympathetic nervous cords, which are known in India by the names of Ida and Pingala. These nerves or tubes reach the brain, then after they continue through other nerves towards the heart. These nerves are other channels; the Amrita Nadi is one among them.



Observe very carefully the two diagrams of the Rune Os

When exhaling, imagine the sexual energies entering the heart, and even penetrating more deeply, reaching to the consciousness in order to awaken it.

Strike the consciousness with force, with **Thelema** (Willpower), thus combining the Runes Thorn and movement (Os).

Afterwards, pray and meditate. Beseech the Father who is in secret, ask Him to awaken your consciousness.

Beseech your Divine Mother Kundalini; beg Her with infinite love to raise, to make the sexual energies reach the heart and even further, to the very profound depth of your consciousness.

You must love and pray, meditate and supplicate. Build faith even the size of a grain of mustard seed *and ye shall say unto this mountain, Remove hence to yonder place; and it shall remove.* [Matthew 17:20] Remember that doubt is the beginning of ignorance.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. - Matthew 7:7

Samael Aun Weor



RUNE OS & DORN

