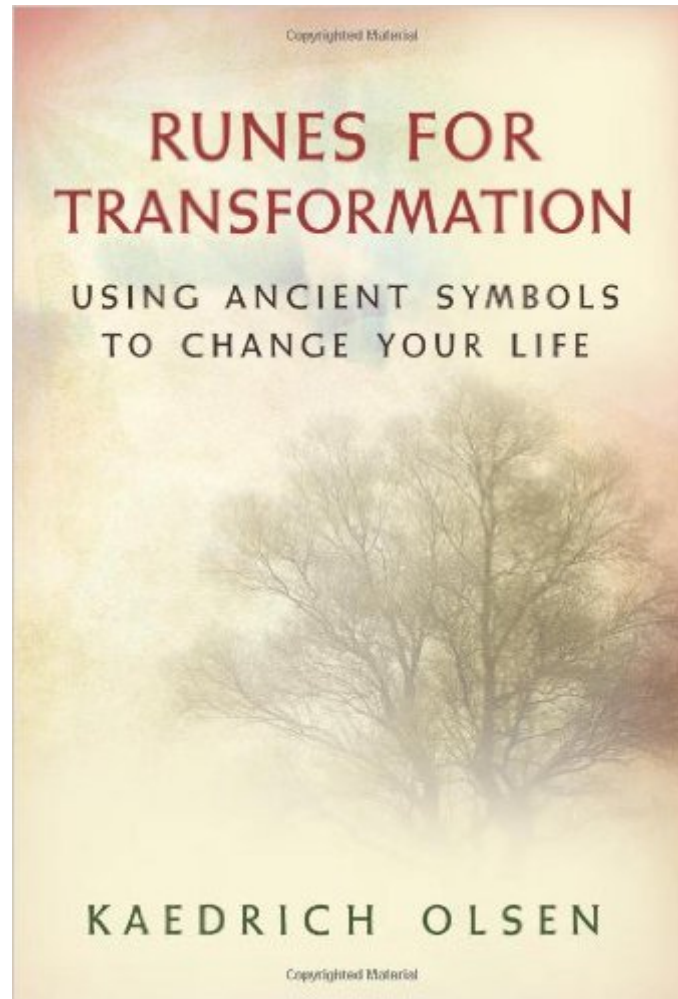


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# Runes For Transformation: Using Ancient Symbols To Change Your Life



## Synopsis

Runes have long been used as vital tools for transformation, the Vikings, for instance, would consult their wisdom before embarking on a journey or entering battle. Runic scholar Kaedrich Olsen reclaims the transformative power of runes for readers today as a key to unlocking our potential for personal growth.

## Book Information

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## Customer Reviews

Runes for Transformation is a comprehensive resource for both experienced runic practitioners, and beginners, and is by far the best book on rune knowledge that I have come across. Drawing from both ancient and traditional rune lore, and building transformational practices for personal growth and empowerment, it is comprehensive and enlightening, and a great place to start your journey into the runic archetypes. Most other books I have read about runes focus on their use for divination, and while this is a useful and worthwhile use of the runic staves, this book goes far beyond their divinatory meanings. This book cultivates an understanding of the historical, linguistic, mythological and spiritual understanding of the runic alphabet. Kaedrich Olsen gives readers a thorough background on the historical significance of runes and how they were actually used by the Norse based on historical evidence such as the rune poems. The runes' connection with Norse spirituality is covered, as well as traditional uses of runic magic and rune song. The author illustrates the energy of each rune, making each archetype understandable and identifiable. Next, readers are given meditations, and exercises that allow the energies of the runes to be applied for personal transformation and spiritual understanding. Practices such as creating your own set of runes for

divination and magic, Galdr the ancient practice of singing the runes for magical workings, using combinations of runic staves to create unique shifts in energy and connecting to the Norse pantheon through the energy of the runes are covered, leaving readers with a magical runic toolbelt, that allows them to connect to the runes in a variety of personal ways.

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