Secret of the Dragon's Breath
Tap into the age-old, secret power of runes to create a better and more enriching life. Generally associated with the ancient Northern Europeans, runes are magical symbols that convey the story of creation, life, destruction, and rebirth, and how these forces constantly affect our many levels of being. Runes connect with your body, mind, and spirit, as well as the environment, and are ideal for use in psychological integration, spiritual growth, healing, and magic. Learn the history of runes and the meanings and associations of each symbol. Then discover a wide variety of ways runes can help you find answers to personal questions, increase self-awareness, relieve stress, gain a sense of personal empowerment, and clear out blockages in your life. As you work with these mystical tools you’ll find within them the power to transform yourself.

The book of runes for questioning, doing magic and gaining self-knowledge

Nightside of the Runes
Reading the Runes in Old English and Old Norse Poetry is the first book-length study to compare responses to runic heritage in the literature of Anglo-Saxon England and medieval Iceland. The Anglo-Saxon runic script had already become the preserve of antiquarians at the time the majority of Old English poetry was written down, and the Icelanders recording the mythology associated with the script were at some remove from the centres of runic practice in medieval Scandinavia. Both literary cultures thus inherited knowledge of the runic system and the traditions associated with it, but viewed this literate past from the vantage point of a developed manuscript culture. There has, as yet, been no comprehensive study of poetic responses to this scriptural heritage, which include episodes in such canonical texts as Beowulf, the Old English riddles and the poems of the Poetic Edda. By analysing the inflection of the script through shared literary traditions, this study enhances our understanding of the burgeoning of literary self-awareness in early medieval vernacular poetry and the construction of cultural memory, and furthers our understanding of the relationship between Anglo-Saxon and Norse textual cultures. The introduction sets out in detail the rationale for examining runes in poetry as a literary motif and surveys the relevant critical debates. The body of the volume is comprised of five linked case studies of runes in poetry, viewing these representations through the paradigm of scriptural reconstruction and the validation of contemporary literary, historical and religious sensibilities.

The Traditional Poetry of the Finns

Knowledge
Introduction to the use of runes as a practical script for a variety of purposes in Anglo-Saxon England.

Iron Age Myth and Materiality
Reveals the occult wisdom and multidimensional layers of meaning hidden in the Nordic Rune stones • Explores the practice of the Uthark divination system encoded within the traditional exoteric Futhark system of reading the runes • Traces the relationship between the rune stones and numerology, the Cabballa, alchemy, Gothicism, and sigil magic • Examines the history of the runes and the ancient spiritual mysticism of Odin • Uncovering the dark side of the Nordic rune stones hidden beneath their traditional interpretation, Swedish scholar and runologist Thomas Karlsson examines the rune work of Swedish mystic and runologist Johannes Bureus (1568-1652) and professor Sigurd A. Gell (1881-1937), both of whom devoted their lives to uncovering the secret uses of rune stones concealed from all but the highest initiates. Karlsson begins by examining the Uthark system of divination--the Left Hand Path of the runes—that lies hidden under the traditional Futhark system. According to the lore of Uthark, a cryptographic ruse was used to make it impossible for the unintiated to know the true order of the runes. Exploring Gell’s decryption of the Uthark system, Karlsson reveals similarities between the numerology of ancient mystery cults and the Runic tradition. He explains the multidimensional meaning of each rune from the Uthark perspective, their relationships with the nine worlds of Norse cosmography, and the magical powers of rune-rows and the three aettir rune groupings. He details how to create your own magically-charged runes, direct and activate the force of the runes, and use them for rune meditation, divination, sigil magic,
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galders (power songs), and rune yoga. Karlsson also examines the secret dimensions of the 15 “noble” runes, the A dulrunes, based on the theories of Johannes Bureus. U sing his knowledge of the Cabbala and alchemy, Bureus created magical symbols with the A dulrunes as well as one symbol containing all 15 A dulrunes, which Bureus called the “A dulruna.” Karlsson explains Bureus’ spiritual system of initiation, the Gothic Cabbala, revealing the connections between old Norse wisdom and the Cabbala. He explores Bureus’ A dulrunes and explains how Bureus outlined seven levels of meaning for each rune, with those initiated into the highest rune levels able to conjure spirits and raise the dead. Covering more than just rune practices, Karlsson’s exploration of the dark or night side of the runes provides a comprehensive guide to Norse spirituality and the ancient spiritual mysticism of Odin.

An Introduction to English Runes Runes are the ancient Norse alphabet used for communication, divination, and magical work. Here, a merican runologist Edred Thorsson provides an in-depth guide to the world of runes for beginners and enthusiasts alike. Thorsson’s presentation of this powerful system provides a valuable tool for self-development and spiritual transformation. The Big Book of Runes and Rune Magic: Introduces the 24 runes of the Elder Futhark along with their definitions and mystical properties Explores the historical lore of runes using archaeological evidence to explain where the runes come from, what they mean, and how they evolved Reveals the hidden lore and esoteric dimension of runes, looking at the cosmology of the Old Norse to explain the role runes played and how they were used over time Includes specific sections on rune magic and divination, rune poems, and runic numerology, as well as instructions on how to make your own runes and imbue them with numinous power, arrange the optimum setting for a rune reading, and prepare yourself psychologically and spiritually for casting the runes This book includes material from the author’s previous books Futhark, Runelore, and Runecaster’s Handbook.

Rune Power

Mythology Runes, runes and more runes! The sacred science of the Gods, the runes were made available to their children, our ancestors. Much information is available about the runes, yet so very little is known as to how they are actually used. They are chanted, they are written, and they are drawn, yet all these methods fail to produce rapid or tangible manifestations. Using the runes is a science and, like any science, the rules under which their principles and practices operate need to be known. Unleashing a runic vocalisation using proper Galdr has been kept secret for ages, known to only an extremely select few who were capable of mastering their very Self. These methods for Galdr (rune use) were passed down through generations as part of our spoken tradition, with only sparse written instruction preserved. At long last, actual methods and underlying principles of manifesting the power of the runes are being made known within these pages. Learn how to wield the runes, how to unleash and manifest them, how our ancestors used them to recode reality and reform events in life. Written in clear practical steps this book is the ideal guide for the beginner and experienced rune seeker. Each and every rune holds a secret, a key, a power, a source of knowledge and a potential. Learn to unleash it ALL using actual High Galdr.

Runes A celebration of the best-selling new-age classic contains an expanded and refined explanation of the runic system, additional commentary, and a new author introduction, in an anniversary edition that shares new insights into using runes as an insightful self-help tool. 50,000 first printing.

Exceptional Human Experience Discusses the origins and meanings of runes, and their use in magic, ritual, amulets, and divination

The Mystic RUNES A practical guide to the Anglo-Saxon Futhark and how runes were used in Old England Examines the 33 Northumbrian runes of the Anglo-Saxon Futhark, providing the meanings, historical uses, symbolism, and related tree and plant spirits for each Explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions Provides a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons Shows how traditional spirituality is intimately tied to the landscape and the cycle of the seasons In the early Anglo-Saxon period, the region of Great Britain known as Northumbria was a kingdom in its own right. These lands, in what is now northern England and southeast Scotland, were the targets of the first Viking raids on Britain. This violent influx, followed by the establishment of trade routes with the Norse, brought the runes to the region, where they intermingled with local magical traditions and legends, resulting in the development of a practical runic wisdom entirely unique to Northumbria. In this guide to the Wyrdestaves, or rune practices, of Old Northumbria, Nigl Pennick examines the thirty-three runes of the Anglo-Saxon Futhark and how they were used in Old England for weaving the web of Wyrd. Sharing runic lore and legends from the area, he explains how the Northumbrian runes are unique because they contain elements from all the cultures of the region, including the Picts, Britons, Romans, Angles, Scots, and Norse. He illustrates how each rune in this tradition is a storehouse of ancient knowledge, detailing the meanings, historical uses, symbolism, and related tree and plant spirits for each of the thirty-three runes. The author describes the Northumbrian use of runes in magic and encryption and explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions. He also shows how the Northumbrian runes have a close relationship with Ogam, the tree alphabet of the ancient Celts. Providing a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons, Pennick explains how traditional spirituality is intimately tied to the landscape and the cycle of the seasons. He reveals how the runic tradition is still vibrantly alive in this area and ready for us to reawaken to it.

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Where Eagles Fly In modern life many dismiss ancient knowledge such as the runes as nonsense and superstition. Their use and value in divination and magic is well known, but what about another aspect of the magic inherent in these ancient symbols, healing? Within these pages, authors David and Bernard Frank explain the meanings of the runes, and explore their use in healing and meditation. David and Bernard help guide you to build your own spiritual connection to the Norse gods and goddesses, and include a true-life case study of the runes being used for healing, in a woman's fight against cancer. The runes are an ancient marvel, and are more than simply the alphabet of a long-gone culture. Runes: The Secret Healer is focused upon the use of runes as a means of healing and maintaining good health in mental, emotional, physical, and metaphysical contexts.

Knowledge The Great Spirit Says: A Rainbow Warriors Journey is a spiritual and detailed account of a personal shamanic journey to the universal mind. Drawing upon her life-changing out-of-body experience, author Jeanette Sacco-Belli shares how, through connecting to the eternal spiritual realm, we become free from the fear of death and the unknown, and can experience an elevated state of pure ecstasy and joy. She conveys how the power of the mind, when used or used in the voice of unity, this oneness contains the ancient knowledge of our existence. When we allow the silence of nature and its wisdom to heal us, we become connected to our highest self, elevating personal growth and human separation. Oneness is only an illusion. When we hear from our inner ears and see with our inner eyes we are then awake, and know that there is only one universal voice, one God, one mind, one spirit.

Shamanic Experience A comprehensive and practical guide to the ancient oracle based on the runic alphabet of the Norse • Reveals the symbolism and divinatory significance of the 24 rune "staves" • Provides clear instructions on how to craft your own rune stones • Explains the role of runes in the Norse wisdom tradition and its influence on such works as Tolkien's Lord of the Rings Nordic runes are a potent and profoundly transformative magic system that gives contemporary readers access to the ancient wisdom tradition of Northern European cultures. The runes have deep resonances within the pagan Norse world of gods and goddesses, giants, dwarves, warriors, and wizards, which have greatly influenced the work of J.R.R. Tolkien, among others. Norse tradition attributes the discovery of the runes to the "All-Father" Odin—a god of inspiration and secret wisdom and the mythical prototype for runecasters, who established the pattern for gaining his knowledge. Nordic Runes addresses three major areas: Runetale, the history of this 2000-year-old Norse oracle; Runestaves, the meaning of the individual runes of the Elder Futhark alphabet and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive guide to the oracular application of the ancient runes, including their crafting, divination, and self-development. As Nordic Runes shows, the runes do more than simply reflect the path of fate; they help develop and enhance intuition. By learning to cast and interpret the runes, the user becomes receptive to the energy currents in material reality and empowered in the arts of its transformation.

Mythology for Students An examination of the sacred botany and the pagan origins and rituals of Christmas • Analyzes the symbolism of the many plants associated with Christmas • Reveals the shamanic rituals that are at the heart of the Christmas celebration The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. But Christmas is no ordinary folk observance. It is an evolving feast that over the centuries has absorbed elements from cultures all over the world—practices that give plants and plant spirits pride of place. In fact, the symbolic use of plants at Christmas effectively transforms the modern-day living room into a place of shamanic ritual. Christian Rättsch and Claudia Müller-Ebeling show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity. The fir tree was originally revered as the sacred World Tree in northern Europe. When the church was unable to drive the tree cult out of people's consciousness, it incorporated the fir tree by dedicating it to the Christ child. Father Christmas in his red-and-white suit, who flies through the sky in a sleigh drawn by reindeer, has his mythological roots in the shamanic reindeer-herding tribes of arctic Europe and Siberia. These northern shamans used the hallucinogenic fly agaric mushroom, which is red and white, to make their soul flights to the other world. Apples, which figure heavily in Christmas baking, are symbols of the sun god Apollo, so they find a natural place at winter solstice celebrations of the return of the sun. In fact, the authors contend that the emphasis of Christmas on green plants and the promise of the return of life in the dead of winter is just an adaptation of the pagan winter solstice celebration.

I Ching The ancient origins and divinatory power of the runes • Uncovers the original divinatory meaning of each rune through the myths of its corresponding Norse god or goddess • Includes beautiful full-color illustrations of the runic gods and goddesses • Presents rune-casting spreads for divination and character analysis • Explores the controversial history of runes from the Paleolithic Stone Age to today Invented long before the appearance of the runic alphabet Futhark less than two thousand years ago, the runes were originally created as symbols for specific deities. Representing the twenty-four Norse gods and goddesses from the Vanir and Aesir pantheons, the runes provide a way to establish direct contact with the divine shapers of fate. Based on the work of Austrian mystic and runologist Guido von List and anthropologist Marija Gimbutas as well as the oldest rune artifacts to survive from pre-Christian Europe, this book reveals the long history of runes from their appearances in Paleolithic cave paintings through their rechristening in Mithraic times to their modern resurgence as a popular tool of divination. It uncovers the original names and divinatory meanings of each rune by exploring the myths, personality traits, astrological periods, identifying colors, and gemstones of the rune's corresponding god or goddess. It also illustrates and explains five ancient rune-casting spreads used by Norse adepts for divination as well as character analysis. By renewing their link with the divine, Gods of the Runes shows how working with the runes can be a genuine mystical experience, enabling a personal connection with the gods and a rediscovery of their perennial
truths.

Small Press This volume is a comprehensive collection of critical essays on The Taming of the Shrew, and includes extensive discussions of the play's various printed versions and its theatrical productions. A spinal has included only those essays that offer the most influential and controversial arguments surrounding the play. The issues discussed include gender, authority, female autonomy and unruliness, courtship and marriage, language and speech, and performance and theatricality.

Norse Mythology A captivating look into the society of the Knights Templar Brought to you by the author of Freemasons For Dummies, The Templar Code is more than an intriguing cipher or a mysterious symbol - it is the Code by which the Knights Templar lived and died, the Code that bound them together in secrecy, and the Code that inspired them to nearly superhuman feats of courage and endurance. The Templar Code for Dummies reveals the meaning behind the cryptic codes and secret rituals of the medieval brotherhood of warrior monks known as the Knights Templar. This intriguing guide will cover such topics as who the Knights Templar were, how they rose so high and fell so far, and most importantly why there is so much interest in them today. The Templar Code For Dummies will explore myths and theories of Christian history that appear in the Da Vinci Code such as the quest for the Holy Grail, the Catholic Church's relationship with women that are hotly debated today with special emphasis on the Templar connection. It also explores the surprising part the Templars have played in some of the most important historic events of these past seven centuries, including the French Revolution, the birth of groups such as the Freemasons, and even the American Civil War.

The Great Spirit Says Increasing numbers of people are intrigued & captivated by the unique powers of the Runes. This book reveals how you can benefit from the treasure house of wisdom contained in them.

Cardozo studies in law and literature In this audio book, Norse Mythology: A Concise Guide to the Gods, Heroes, Sagas, Rituals, and Beliefs of Norse Mythology, the listener will be transported to the ancient customs of beliefs of the ancient Vikings of the north. This audiobook is dedicated to exploring the gods and goddesses that the Nordic people worshiped. You will discover: A description and explanation of the Norse mythological gods and goddesses, and which tribe the gods mentioned belonged to An introduction to the Nordic pagan belief systems, and the multifaceted ways in which their religious practices were incorporated into their daily lives Popular Nordic sagas, a description of what sagas were, and examples of the most important sagas within the Norse culture A n explanation of the most revered Norse rituals and celebrations, and how their beliefs left their impression on religious practices that are still held by Christianity today The Nordic people had many heroes of myth and legend, and you will be introduced to both stories of myth and living, breathing Viking heroes that were revered. Norse mythology is intricate and complex, and the ideals behind their mythological beliefs were often intertwined with real life events. This audiobook will examine how both myth and fact contributed to the culture and traditions of the Nordic people, and how these influences and stories continue to live on throughout the centuries!

Runes A new, updated edition of the essential guide to the practice of the runes as a magical tool for spiritual development. In Futhark, rune master Edred Thorsson reinitiates us into our heritage, explaining the mysteries of a profound system of thought and practice that underlies our developing Western culture. Futhark covers both the spiritual heritage of ancient runic lore and the practical steps we can take to draw on rune power. This complete book of rune instruction includes rune history and lore, its basis in metaphysical thought and mysticism, complete definitions of the twenty-four runes of the Elder Futhark, and the etymology, phonetic value, and interpretation of each rune. The reader will learn how to perform chants and rituals using runic energy, how to sign and send runes, and how to practice runic meditation. The author's presentation of this powerful system is lucid and profound, and provides a valuable tool for spiritual transformation and self-development.

Futhark Experience heightened awareness and tap into your soul's innate wisdom with this FULL COLOR 2nd Edition of The Mystic RUNES! Here you will find thought-provoking guidance, be uplifted, enlightened, stimulated and intrigued in your search for direction.

“The” Secret King • Explores the five periods of runic revival: the Renaissance, the Enlightenment, the Romantic period, the early 20th century, and the late 20th century • Examines the use of runes by the foremost magicians and scholars of each era, including mystic and scholar Johannes Bureus, who developed his own integrated system of runology known as Adalruna • Reveals how the Nazi misguided use of the runes showed a lack of comprehension of what was being discovered by scientific rune scholars of the day In this exploration of the history of the runes from 1500 CE to the present day, Stephen Edred Edwards examines the five periods of runic revival: the Renaissance, the Enlightenment, the Romantic period, the early 20th century, and the late 20th century. For each period, he discusses both the scholarly studies and those focused on the esoteric mysteries of the runes—-and how these two branches of study were at first intertwined yet diverged in later revivals. Focusing in particular on the first runic revival, Edwards examines the use of runes during the Renaissance by the foremost magicians and scholars of the era, including mystic and scholar Johannes Bureus, the “grandfather of integral runology,” who developed his own system known as A dalruna. In his examination of the runic reawakenings of the early and late 20th century, Edwards looks at how the runes were employed as part of a reassessment of Germanic identity, one school of which led to Nazi Germany. He
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explains how the Nazi use and abuse of the runes was misguided and revealed a lack of comprehension of what earlier rune scholars had discovered through their extensive studies of the past. He also offers a fresh look at the work of Guido von List and clears him of his guilt by association with the Nazis. Detailing the multilayered history of the runes, the author reveals the integrated way the predecessors of today's rune workers thought and conceived of the runes, highlighting how their discoveries helped shape modern magical practices and scholarly studies. He calls for a return of integral runology as was practiced during the Renaissance and before. By reuniting the two branches of runic study, blending the scientific with the magical, we make way for new discoveries in runology and a chance for a full-scale reawakening of integrated runic knowledge.

High Galdri Runes and Rune Secrets This book traces the development of the ideal of sincerity from its origins in Anglo-Saxon monasteries to its eventual currency in fifteenth-century familiar letters. Beginning by positioning sincerity as an ideology at the intersection of historical pragmatics and the history of emotions, the author demonstrates how changes in the relationship between outward expression and inward emotions changed English language and literature. While the early chapters reveal that the notion of sincerity was a Christian intervention previously absent from Germanic culture, the latter part of the book provides more focused studies of contrition and love. In doing so, the author argues that under the rubric of courtesy these idealized emotions influenced English in terms of its everyday pragmatics and literary style. This fascinating volume will be of broad interest to scholars of medieval language, literature and culture.

Rune Magic

Pagan Christmas In an age when much of the earth's surface has been explored, the spiritual realms within us are still, for many people, uncharted territory. This Inner Space was experienced by shamans and the 'Wise Ones' of all cultures and traditions who could bring to the surface of consciousness knowledge that could then be applied to improve the quality of individual lives. Today, the opportunity exists for us all to experience the reality of transcending distance and time, find new understanding, and discover the inspiration and guidance to meet all of life's challenges. Shamanic Experience, packaged together with its unique shamanic drumming CD, can enable you to: -- awaken and develop your inner senses & resources-- access other levels of awareness and retrieve information that is relevant to all areas of your life -- discover that the power of every living thing, including yourself, lies within Divination with Runes

Nordic Runes In this highly inspirational book, Meadows introduces a science for enlightenment that is designed for modern-day life-one that derives from the principles of shamanism.

Runic Lore and Legend

Reading the Runes in Old English and Old Norse Poetry Iron Age Myth and Materiality: an Archaeology of Scandinavia AD 400-1000 considers the relationship between myth and materiality in Scandinavia from the beginning of the post-Roman era and the European Migrations up until the coming of Christianity. It pursues an interdisciplinary interpretation of text and material culture and examines how the documentation of an oral past relates to its material embodiment. While the material evidence is from the Iron Age, most Old Norse texts were written down in the thirteenth century or even later. With a time lag of 300 to 900 years from the archaeological evidence, the textual material has until recently been ruled out as a usable source for any study of the pagan past. However, Hedeager argues that this is true regarding any study of a society's short-term history, but it should not be the crucial requirement for defining the sources relevant for studying long-term structures of the longue durée, or their potential contributions to a theoretical understanding of cultural changes and transformation. In Iron Age Scandinavia we are dealing with persistent and slow-changing structures of worldviews and ideologies over a wavelength of nearly a millennium. Furthermore, iconography can often date the arrival of new mythical themes anchoring written narratives in a much older archaeological context. Old Norse myths are explored with particular attention to the central mythical narratives of the Old Norse canon, the mythic cycle of Odin, king of the Norse pantheon. In addition, contemporaneous historical sources from late Antiquity and the early European Middle Age - the narratives of Jórdanes, Gregory of Tours, and Paul the Deacon in particular - will be explored. No other study provides such a broad ranging and authoritative study of the relationship of myth to the archaeology of Scandinavia.

The Big Book of Runes and Rune Magic Learn magic and meanings— and everything else you need to know about runes Dig into the rich history of runes and unlock the knowledge of their power. If you're looking for a good starting point then this is the book for you! There's a lot to learn and this guide breaks it down into easy to understand terms anyone can learn. Learn how to integrate runes into your everyday life today by learning everything from the meanings of runes to proper care and storing techniques. This book will teach you: • What Are Runes • Rune Lore • Rune Meaning • Rune Divination • Rune Magic • Getting Acquainted With Your Runes • Casting And Reading • Storing Your Runes ... and more! What are you waiting for?
Gods of the Ancient Northmen Become familiar with the gods and goddesses of ancient Viking mythology, the conquerors who set off on trips across the seas and oceans from the north. In this guide, the main legends, the heroes, the rituals, and their struggles are highlighted as the best-known myths from Scandinavian beliefs. You will read about Ragnar Lothbrok, Odin, Thor, Freya, and Hel. You will read about their marriages, their relationships, and their battles and secret, supernatural powers. Become aware of how these mythological entities have influenced the culture then and now.

Revival of the Runes Ce livre vous invite à découvrir les runes et à en faire l'expérience.

The Well of Remembrance Secret of the Dragon's Breath continues the adventures of Gavin Kane, Emily Scott, and Bunty Digby, thirteen-year-olds who continue to struggle with their daily lives, during the spring of 1941. While relatively safe on the north Cornish coast, the teens are well aware that England is under constant threat, as the Germans continue to bomb London and the surrounding industrial cities. While these friends have learned to cope with air raid sirens and strict rationing, they're soon faced with another sinister attempt to bring Britain to her knees. Yet with the addition of several new characters, the teenagers discover the true meaning of friendship from these unusual allies. Secret of the Dragon's Breath also marks the return of that high-spirited dragon, Sir Thaddeus Osbert, who not only breathes fire, but also craves sugar. Faced with danger and intrigue, the teens call upon their dragon friend to help them battle the Nazis, who are determined to win the war, no matter what the cost. With a terrible new force threatening their beloved England, it's up to Gavin, Bunty, and Emily to seek out a magical solution. When their favorite dragon unleashes yet another secret power, you can be assured the outcome will not only be exciting, but full of long-lasting implications as well.

The Templar Code For Dummies Runes have long been used as vital tools for transformation. The Norse employed them as tools for communication, and the Vikings would use them as wisdom before embarking on a journey or entering battle. Runic scholar Kaedrich Olsen reclaims the transformative power of the runes for readers today as a key to unlocking our potential for personal growth and our life's vision. Runes for Transformation is unlike any other rune book on the market, with Olsen's unique techniques and applications for this ancient alphabet including affirmations, NLP, visualizations, and meditation, as well as the historical background essential to embarking on this path. A highly respected teacher and transpersonal path worker, Kaedrich Olsen posits that the time for this "deeper working" of the runes has come and this will aid readers in both personal and collective evolution. Runes for Transformation is a rich resource and excellent guide for readers to take the steps to change their lives with a boldly modern approach to the ancient runes and for "change that really matters."

Gods of the Runes

The Book of Runes, 25th Anniversary Edition

Sincerity in Medieval English Language and Literature In his introduction to The Well of Remembrance, author Ralph Metzner provides a telling explanation of the theme of his work: "This book explores some of the mythic roots of the Western worldview, the worldview of the culture that, for better and worse, has come to dominate most of the rest of the world's peoples. This domination has involved not only economic and political systems but also values, basic attitudes, religious beliefs, language, scientific understanding, and technological applications. Many individuals, tribes, and nations are struggling to free themselves from the residues of the ideological oppression practiced by what they see as Eurocentric culture. They seek to define their own ethnic or national identities by referring to ancestral traditions and mythic patterns of knowledge. At this time, it seems appropriate for Europeans and Euro-Americans likewise to probe their own ancestral mythology for insight and self-understanding." Focusing on the mythology and worldview of the pre-Christian Germanic tribes of Northern Europe, Metzner offers a meaningful exploration of Western ancestry.