



The Little Giant Encyclopedia of Runes

Sirona Knight

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Tap into the age-old, secret power of runes to create a better and more enriching life. Generally associated with the ancient Northern European peoples, runes are magical symbols that convey the story of creation, life, destruction, and rebirth, and how these forces are constantly occurring on many levels of being. Runes connect with your body, mind, spirit, and the environment, and they 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 to use these tools to find answers to personal questions, increase self-awareness, relieve stress, gain a sense of personal empowerment, clear out blockages in your life, and even foretell future events. Cast and read runes, create runic charms, do runic yoga, and more. As you work with these mystical tools you will find within them the power to transform yourself. Bonus: extensive mythological glossary.



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