

## **Suggestions for using your Rune Wand.**

Each wand is unique in shape and design. Every wood has its own inherent energy and this is matched to the designs that are placed upon it. Most wands are made so that they can serve many different functions. ( If you would like a wand with a very particular purpose in mind, please get in contact so we can discuss it further).

Wood has a soft, but very powerful and sustaining energy. It makes an excellent healing or meditational tool. Simply looking at or holding the wand will bring its balancing effects into the aura.

Most of the wands I make carry the symbols of the Anglo-Saxon runerow of 32 characters. Each of these represents an aspect of universal energy, so that the whole row reflects all aspects of creation. The shape of each rune contains the energy it represents, therefore it is possible to work with them effectively even if you do not know the traditional meanings. This means that the wand can be 'fine-tuned' to suit every situation.

### **Try the following:**

With a situation or issue in mind, close your eyes and then gently run a fingertip slowly over the rune symbols.

If you pay attention you will probably notice that at some places you will notice a difference in how you "feel". This is an indication of those energies that will be helpful or balancing to your situation. Simply visualise the runes becoming lively in some way. You can imagine them in front of you so that with each breath you absorb their balancing qualities. Or you can imagine them within your body. Find whichever way is best for you.

This process can be used for many different purposes. Before quietening down for meditation visualising the appropriate runes for you at that time will make the process more effortless; if you are using the wand for healing work it will activate the most helpful energies; if you are needing help in a difficult situation it will smooth any obstacle or negativity.

As well as the Anglo-Saxon runerow, there are often other symbols and patterns on each wand. These are the patterns representing the spiritual energy of the tree, its chant or mantra, words or verses that embody the qualities of the wand or its wood. These patterns and symbols can be used in the same way as the runerow for activating and focusing your work.

### **For healing and balancing:**

Try holding or placing the wand on your body as you relax comfortably. Passing the wand through your energy field, (aura), around your body can be equally, if not more effective, than placing upon the body - especially if you remember to activate the most helpful rune energies for each purpose.

Wood does not absorb energies or become 'tired' as crystals do, so your wand will not require regular energetic cleansing. If you like, you can pass it through incense smoke before and after use.

As an organic, flexible material, your wand may be affected by temperature and humidity. Occasional polishing with a little organic oil will clean and protect it.

Simon H Lilly

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