

Key Rune: ☒ **Colour: Violet** keywords: *full potential, integration.*

- associated with balance within the mind. Imagination, inspiration, Higher Mind. The ability to express full potential within the individual and therefore useful in removing blocks to that fulfilment - such as disease, stress etc. A balance of warm and cold, active and passive, material and spiritual suggests an effective healer in most situations. Meditation, illumination, transcendence. Crown chakra, just above the top of the head. Physically linked to the brain, left/right balance, movement of cranial plates.

Key Rune: ◊ **Colour: Pink** keywords: *love, union.*

- for calming aggressive situations on any level Brings in the all-healing qualities of love, essential for the completion of all healing processes. Understanding the underlying unity within the diversity of creation. Compassion, increase of self-worth, trust and self-love. Linked to both the Heart and Sacral chakras, it is associated with the reproductive organs and the heart.

Key Rune: ⚡ **Colour: White** keywords: *transformation, purification.*

-for periods of change and transition. Cleanses on every level and cuts away unwanted debris. Clarity. Creates the space necessary to develop and to change. New beginnings, rebirth, purification. Will effect clearing of all the subtle bodies and aura.

Key Rune: † **Colour: Magenta** keywords: *compassion, reality as it is.*

- for seeing the nature of the self and reality without distortion. Stabilises the flow of emotions. Brings balance and stability to all aspects of the body. Creates the ability to give or receive love and compassion where there is a need to do so. Adaptability, flexibility and the ability to let go and accept change. Stimulating. Has a link to profound levels of the sacral chakra and the chakras extending upwards from the crown chakra.

Key Rune: ☒ **Colour: Ultra-violet** keywords: *transcendence, cosmic connections*

- the beginning of the beyond. Speeds up all vibratory rates and helps to access new forms, ideas and dimensions of existence. Brings detoxification on all levels and the assimilation of physical and subtle nutrients. Breaks all types of energetic entrainment, such as over-exposure to electro-magnetic fields. Strengthening to all levels of all systems.

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RUNES OF BIFROST

A unique and powerful means to bring constructive energies into your life. Bifrost is the name of the rainbow bridge that links heaven and earth in Norse cosmology.

Each wooden disc combines the inherent energy of the wood with a particular combination of universal energies, represented by the specific shapes of the runes.

Each disc is activated by a pattern of runes (called bindrunes), which encapsulates the energy of a colour. Bindrunes harmonise and amplify the properties of each individual runestone, creating a multi-level, powerful tool for healing work or to bring about changes in the body, emotions or mind.

The reverse of each disc carries a specific symbol that will transfer the rune energy via the pattern of the wood used in that disc directly to the individual in the most harmonious way possible.

Suggested ways to use the Runes of Bifrost:

Wear or carry the appropriate disc, or place under your pillow at night.

Place the disc where it can be the focus of attention whilst you visualise your goals.

Imagine breathing in the energy of wood and bindrunes as you gaze at the disc. Allow your outbreath to dissolve all obstacles and difficulties in achieving your goals.

Place a disc for a minute or two on those areas of the body needing healing. Repeat every couple of days until change can be felt.

Attaching a disc to a cord will turn it into a healing pendulum. This can then be used in two ways: a) allowed to move over the body the disc will rotate wherever its energy is required and will stop once sufficient has been absorbed, b) to check on a person's needs – holding the disc pendulum over the open left palm it will rotate where the energy is required and will remain motionless when it is not.

The colours of the spectrum correlate to the seven main energy centres of the body ('chakras'). Placing the appropriate disc on each centre for a few minutes will bring those centres to a state of energised balance.

When the same energy is required in different locations of the body, a disc's energy can be transmitted using the key rune symbol. (For example, if activating red energy is needed the disc can be placed at the base of the spine and the 'rad' symbol wherever else energy is lacking in the person.)

Use intuition or a dowsing technique to place the discs on and around the body to help restore harmony.

One or more disc can be used to focus magical intent, and to achieve personal goals.

Each disc is identified by a single rune, usually on the same face as the bindrune. The other side of the disc carries a visual representation of the energy of the wood from which it is carved, further amplifying its qualities.



Key Rune: **Colour: Red** keywords: *energy, gravity, solidity.*

- for activation of any stagnant, fixed, cold condition. Brings in energy. Protects from negativity. Strengthens life-force, links to planetary energies. Grounding, practicality, movement, manifestation on material levels. Base chakra, around base of spine.

Physically linked to movement, circulation, blood, life-force

Key Rune:  **Colour: Orange** keywords: *recovery, flow, creativity.*

- for all situations of shock and stress, whether present or in the past. Accidents, trauma, illness, hospitalisation. For when there is a feeling of not being centred, or focused. Repairs the etheric body. Deeply healing. Creativity and wisdom on every level. Ability to eliminate toxins and whatever is no longer needed. A flow of healing energy and life force.

Physically linked to the large intestine, urinary tract, reproductive organs. Sacral chakra, below the navel.

Key Rune:  **Colour: Yellow** keywords: *discrimination, organisation.*

- or the ability to recognise and identify what is of use and what is not. Mental clarity, memory, study, intellect. Ability to assimilate nutrients. Releases stress that is held at the Solar Plexus. Strengthens the immune system.

Physically linked to the digestive system, the skin, immune system, and the nervous system. Relaxation, optimism, clarity, joy. Solar plexus chakra, just below ribcage.

Key Rune:  **Colour: Green** keywords: *calm, space, growth*

- gives the space needed to express emotions and what is felt within the heart. Direction in life, clarity of purpose. Attunement to Nature. Calming and balancing, aids growth in a natural way. Relationships of all sorts, love, friendship, understanding. Heart chakra, in the centre of the chest.

Physically linked to the lungs, heart, arms and thoracic vertebrae.

Key Rune:  **Colour: Blue.** keywords: *communication, expression*

- very quietening, cooling, creates detachment and a safe distance. For any passionate, aggressive or overactive situation or complaint. Acts particularly on neck and throat areas. Ability to express oneself in a creative way.

Communication on all levels, ordinary and subtle. Ability to bring peace.

Encourages exchange of information and energy.

Physically linked to the neck, throat, thyroid, ears, nose, mouth. Throat chakra, at the base of the throat.

Key Rune:  **Colour: Indigo.** keywords: *perception, seeing*

- for the head and senses of perception, especially eyes and ears. Extremely quietening and cooling. Anti-inflammatory. Sensitivity to changing vibrations. Intuition. Far memory and other deep levels of communication. Controls psychic currents in the body.

Physically linked to the eyes, sinuses and ears. Ideas, inspirations, seeing, understanding. Dreams, spirit worlds, other levels of awareness. Brow chakra, in the centre of the forehead.