

## **How to use your Oracle Bowl.**

Every Oracle Bowl is unique in its shape and design, but there are some common features and each bowl can be used in the same sort of ways.

It is not necessary to understand all the symbols on your bowl, nor to be a skilled and fluent reader of runes. The shapes of the symbols themselves carry the energy that they represent, so simply visualising or using them in some way, once selected, will encourage the desired outcome.

I tend to use the full Anglo-Saxon runerow of thirty-two characters, ( as opposed to the more usual Germanic Futhark of twenty-four). For those familiar with the Germanic runerow you will see that the Anglo-Saxon ( or English), runerow, has the same first twenty-four runes, ( though some have a slightly different shape), but there is an additional eight runes that allow a more subtle and detailed focus.

Some runes have more than one form, and these may be used if the design requires. As well as the standard rune shapes, I often use coded runes. These are simply a numerical form of each rune, which has a fixed place within the runerow as a whole. The rune row is traditionally divided into sections of eight runes ( called an "aett"), so FEOH, the first rune of the first aett has the numerical value 1:1. BEORC is the second rune of the third aett and so numerically is 3:2. These will usually be represented by a central vertical stave with the appropriate number of strokes to left and right. If the coded runes are an integral part of the divination used in the bowl I will usually place a reminder of how the system works somewhere in the design!

As well as at least one full runerow, each oracle bowl will also have other text or symbols. These are in English or in Anglo-Saxon ( Old English), and will have been selected because they evoke the qualities of the wood used. Again, it is not necessary to consciously understand the content- they act as a background energy to deepen and enhance the oracular processes.

An oracle bowl can be used in a variety of ways. Experiment to find which is the most effective for you. In the traditional world-view, all things are intimately connected. There can be no random events, no mistakes, no accidents. If you approach the oracular process with the right attitude it will always provide a useful perspective.

### **Method One.**

Whether you have a pressing need or not, sitting comfortably and quietly holding the oracle bowl between your hands and relaxing will encourage a clarity of mind and the opportunity for your deep mind to offer creative ideas and insights.

Because the runerow represents every aspect of Universal energy, settling down in a receptive way allows the body and mind to begin to balance themselves by absorbing the qualities that are lacking.

## **Method Two**

When there is conflict, indecision or a lack of clarity about a situation the oracle bowl can be used to determine which rune energies are the best for understanding or improving your position.

First, take a few deep breaths, quieten yourself and take your attention to the problem. Don't try to think of solutions, simply review the circumstances you find yourself in. It is helpful to clarify what you need to know. Is it understanding (that is, a revealing of hidden factors), or resolution ( a means to improve the situation), that you need? In general, we can never be fully aware of all significant factors, so whatever the scenario it is often more useful to simply ask for which energies (runes) will resolve or improve the outcomes, or will help you to manage the situation in the best possible way.

Now we can take our attention to the runes and symbols, because the unconscious mind will be sensitive to the energy they represent and will naturally be drawn to those of the most use to us. There are different ways that can be used to find the "active" runes.

- 1) with your eyes closed or relaxed in a slightly unfocused gaze, run your fingertip lightly over the rune symbols. You will notice that there is a different "feel" to some of them. Allow your finger to come to a halt wherever it wants -the unconscious mind uses the body's own responses to make its preferences known to the conscious mind. You may find there are several different runes that are active.
- 2) use a small wand or stick as a pointer and follow the same process as in 1).
- 3) if the oracle bowl is of an appropriate size and shape, you can use a small object, like a crystal or a pebble to lightly cast into the bowl. The place it lands will be significant.

Make a note of the rune or runes that have been selected on a piece of paper. If you want to interpret the possible meanings of the runes, remember to do so in the context of the situation.

To make use of the rune energies chosen, they need to be used in some way. The simplest is to draw them out on a piece of paper and carry them with you. Alternatively, you can place them where you can see them often, or by your bedside, so that the helpful energies will be absorbed during rest.

A very helpful method is to visualise the active rune /runes in front of you, about the same size as your height, and with each inbreath, imagine that you breath in the energy of the rune. You can also visualise the rune shape within your body, revitalising and balancing you.

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