

Make your own Runes



Following the Webinar on working with Runes I decided to do a live workshop on making your own Runes and what an amazing time we had!

Please don't worry if you missed the live workshop, the recording is available on Youtube to watch at anytime, the link is below and here a few brief notes and guidelines that seem most relevant to share.

To my mind, the key to making Runes is in the energy and the intention that we invest in the process. Rather like preparing an amazing meal, it is not only the physical ingredients that the recipients receive, but the energy and the enjoyment and the love that goes into the preparation and the making of the food.

Here are a few of my personal golden rules to follow in approaching the making of your Runes.

- Use whatever materials you can find and invest them with your personal energy and love!
- Take your time, you don't have to make them all in one day.
- Play with different materials, get creative!
- They don't have to be 'perfect'.
- Remove your inner critic and have fun!
- Let your Runes speak to you. Keep a notebook handy during the process of making and make a note of any messages that come to you as you make each one.

Feel free to send photos of your Runes to the A-Z Emotional Health Facebook page - <https://www.facebook.com/azofemotionalhealth/> And I'll post them so we can all celebrate our creativity and inspire others to do the same!

And don't forget there is a huge handout from the Working with Runes Webinar with different layouts, key meanings and interpretations.

Make your own Runes - <https://youtu.be/19NYHDXK2bc>

Working with Runes – Layouts Meanings & Interpretations - https://youtu.be/WZuY_xhGSP8