

September 27th Sunday Rune and Card Reading



Reading no. 1 – **Willow.**

Willow, rather like the energy of Rose Quartz, is associated with love and the depths of our emotions within relationship. Its roots reach far into the soil in search of water and in folk law it is said that if we tie a Willow strand into a circle within a living tree and ask for love, the Tree will hold our wish until it comes true, keeping the energy steadfast, centred and grounded.

The Weeping Willow is said to ease the passage of grief and mourning, enabling us to move through and beyond loss, reconnecting us to the source of life through love.

Reading no. 2 – **Black Cohosh Root and Lavender.**

Black Cohosh Root is associated with the power of the feminine and is said to bring protection and guidance by creating a deep and flowing energetic connection between body and soul. Assisting us in understanding our emotions as a source of empowerment, this powerful little root connects us with the lioness within, aligning us with our internal sources of creativity.

This root is sacred to the Earth Goddess and is known to assist with any menopausal symptoms and to ease pains in labour.

Lavender is said to bring calm, clarity and peace to both mind and emotion. It is known as an adaptogen, meaning that it will enter our system and seek the areas within us that most need it's healing and is said to reduce anxiety and aid recovery from depression, restlessness and problems with rest and sleep.

Its Spiritual essence brings about an inner space of stillness and silence with connection and devotion to Spirit making it one of the most valuable herbs we have to support our Meditation practise.

Reading no. 3 – **Obsidian Black Apache Tears**

Apache Tears are considered one of the most powerful stones to assist us in grieving. Their name comes from a Native American legend where certain members of a tribe were pursued and rather than be captured they jumped to their death. The women of the tribe cried and as their tear fell to the ground they formed these unusual shaped rocks as a reminder never to forget.

Apache Tears are also used for Psychic protection and if you are involved in any form of healing work, particularly the processing and resolution of trauma, it is said that they will bring protection whilst walking in the shadows of someone else's journey. As such they are a profoundly helpful companion when working with any form of Soul retrieval.

For myself, if I am wanting to meditate into some form of journeying, seeking answers within, then Obsidian is my companion every time!