

August 30th Sunday Rune and Card Reading



In celebration of the opening of the A-Z of Emotional Health online store this weekend we have a very special set of readings today, guided by Native American Herbs. All available in the Store.

<https://www.azemotionalhealth.store/>

In the BIG AUGUST SUMMER DRAW, as well as the usual monthly FREE Private Reading and a First Edition Pack of The Art of Manifestation Oracle Cards I will also be drawing names from our Youtube Subscriber email list and giving away various Crystals and herbs as well. If you are not yet on the Subscriber List you can join it here. <https://bit.ly/3eVBv1E>

You only have to join once to be in every monthly draw.

Reading no. 1 – **Yerba Santa.**

Yerba Santa is an extraordinary herb. Growing at high altitudes it's very essence embodies durability and resilience and it is known for its medicinal qualities for respiratory healing.

From a Spiritual perspective, Yerba Santa, which literally translated means 'Holy Weed or Holy Herb' Yerba Santa is said to aid us in managing transition and change and the associated emotions of loss, grief and sadness supporting us to re-balance at a core level of Soul.

Reading no. 2 – **White Sage and Lavender.**

White Sage is the most widely used herb for 'smudging' ie cleansing, and is used in healing, ceremony and ritual. It has been proven that when burned the smoke changes the ions in the air, confirming the ancient knowledge held by the Native American Peoples who have used Sage for cleansing, purifying and releasing negativity for thousands of years.

It is said to assist in meditation clearing any negativity opening the pathway to create a deep connection with Spirit and is known to bring balance and to centre us in the here and now.

Lavender is said to bring calm, clarity and peace to both mind and emotion, its Spiritual essence representing an inner space of stillness, silence and devotion. It is also said to reduce anxiety and aid recovery from depression, restlessness and problems with rest and sleep.

Reading no. 3 – **Sweetgrass.**

Becoming increasingly rare, whereas Sage will disperse negativity, Sweetgrass will literally attract positivity. And so the combination of the two can be quite magnificent when working with ceremony to release negativity and reverse the energy within any form of challenging situation.

Sweetgrass when burned gives off a wonderfully sweet vanilla scent and is one of the most relaxing energies that I have experienced in learning to use different herbs.