

## 19<sup>th</sup> July Sunday Rune and Card Reading



In today's readings I found myself strongly drawn to use three different sacred herbs. Desert Sage, Sweetgrass and Osha.

The crystals surrounding the overall readings are selenite sticks which are said to increase and enhance the power of any herbs or crystals that you may be using. They are sitting in Lavender, said to bring calm, clarity and peace to both mind and emotion.

### Reading no. 1 – **Desert Sage.**

Desert Sage is a wonderful herb and these little smudge sticks emanate a magnificent energy. Personally I keep them with my packs of cards to keep the energy fresh and clean. For anyone who has bought a first edition pack of The Art of Manifestation Oracle Cards they will have arrived with a mini desert smudge stick as part of the package.

Sage is said to release negativity and keep bad spirits away from any areas where ceremony is taking place. Its cleansing properties are said to remove and disperse all forms of negative energy from ourselves, from our environment, and also from our tools, such as our Tarot and Oracle cards.

### Reading no. 2 – **Sweetgrass.**

Sweetgrass when burned gives off a wonderfully sweet vanilla scent. 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.

### Reading no. 3 – **Osha.**

Osha is said to work as a talisman and bring protection. Not unlike black obsidian, it carries the energy of the warrior and is said to heal broken situations.

The energy of Osha can be quite hard-hitting and personally I have used it when I have needed to cut chords to either a person, situation or any previous thinking patterns that seem to be re-occurring within my mind that are stopping me from moving forwards and tying me to patterns of thinking and behaviour from the past.