

October 18th Sunday Rune and Card Reading



Reading no. 1 – **Palo Santo.**

Palo Santo literally translated means; “Holy Wood”. Its wood comes from a tree called Bursera Graveolens and coming from ancient Incan traditions, has been used for centuries as an energy cleanser.

Not unlike the use of White Sage in Native American ceremony, the energy of Santo Palo is said to be capable of resetting any energy that has been influenced by trauma, negativity or conflict, indeed it is considered so powerful that it neutralizes negativity before it even starts, therefore offering protection during periods of upheaval, transition and healing.

Reading no. 2 – **Yerba Santa.**

Yerba Santa is an extraordinary herb. Growing at high altitudes its 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.3 – **Copal.**

Copal is the resin and therefore the ‘life blood’ of a tree. The word Copal comes from the Aztec word, ‘Copalli’, meaning the sacred blood of the Tree. It is known for its powerful healing qualities and has been used by native peoples across the globe for centuries.

Traditionally it was taken from Lightning struck trees and so is associated with Thunder Spirits.

Used to heal, repair and protect it is said to offer such a high level of purification that it clears the way to connect with Spirit and the Divine.

It is often used to reduce anxiety, and to bring balance, calm and harmony, opening the Soul to inspiration and divine guidance.