

Celestial Origin Healing Runes

“Love is the essence of healing within us all”

by Janet Gardner



Celestial Origin Healing Runes

What are they and how are they used?

Celestial Origin Healing Runes have been created through my expanded awareness meditations and energy healing practices over the course of 25 years of practice. They are presented here in a way that humanity can relate to, benefit from and heal with.

Celestial Origin Healing Runes are a compilation of elevated and uplifting insights combined with healing energies that work on a multidimensional level. They are adaptogenic, holographic capsules of light, color and sound, containing keys and codes to assist you on a vibrational level, no matter where you are along your path. The concepts are put forth in a language that is designed to be easily understood and facilitate your present healing techniques at any level of mastery. Or, perhaps you are just getting started and have no experience, Celestial Origin Healing Runes are aligned and designed to assist wherever you are on your journey. It's not easy to describe what I know of them. I see/feel each card as a physical version of a luminous etheric tablet, more accurately described as Pranic Plasma, that contains a resonant frequency specific to its message, focus, support and healing potential. They address distortions of energy that result in an imbalance of energetic flow in the areas of concern. Celestial Origin Healing Runes support us holistically on the physical, mental, emotional and spiritual levels.

Within each description you will find pertinent information to assist you in understanding the selected rune and support you in moving through the areas of focus and concern. Each card works alone or in conjunction with one another. Choosing to work with a certain rune can be validation that you are indeed coming into harmony with its message or it may be indicative of a need to implement its wisdom and use its vibrations for support in your process of healing. Thus, it will deepen your understanding of the message and take your journey to the next level.

You can use Celestial Origin Healing Runes as support cards when working with a favorite deck for readings. Draw cards for a reading and then pull the Celestial Origin Runes to enhance and elaborate on the subject and circumstances relevant to the reading. The runes will assist in expanding your understanding of the information and facilitate the necessary healing process.

Another approach is to pull a rune and work with that card for the day or for a number of days, to integrate its wisdom and the healing energies it offers. You can put the card under your pillow or on your nightstand while you sleep. Or, you may want to carry it with you for the day. However you decide to interact with these runes is perfect and right for you!

Because each runes' energies are module-like, you can request its energies stay with you as long as needed. Once you are familiar with the card's image and message you can call it in through your intention.

The runes can be used during a healing session in person with your client or remotely. They work seamlessly in conjunction with other healing modalities; energy healing, crystals, essential oils, flower essences, sound healing and other ancient, modern and traditional therapies.

In order to work with any of these runes, simply connect to the card and set your intention. Intentions based in the frequency of Love will activate the rune and it will work through its own innate intelligence. Let the runes speak to you and bring their unique message, knowing that as we change, grow and evolve our understanding and interpretation of them will shift, expand and synchronize.



Card Cover

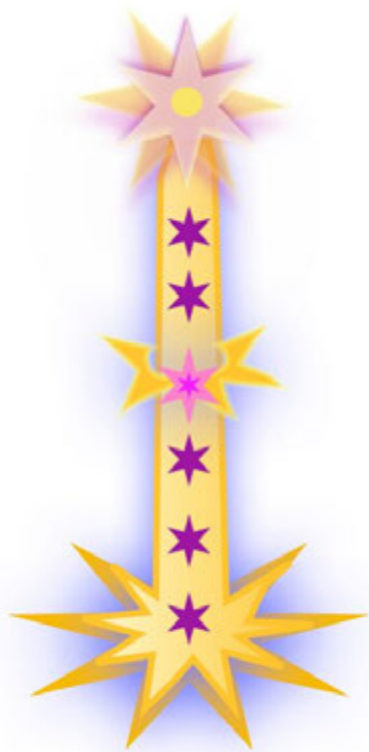
Our soul is vast, multidimensional, unlimited! This rune is symbolic of our soul's wisdom accumulated from discoveries, travels and experiences throughout the Universe. The gifts, talents and knowledge gleaned from our adventures are unlocked and available to us as we grow in love and expanded awareness. May we all unlock and touch upon our great potential by having the courage to listen to our inner voice and follow our dreams - the promptings from the Soul.



Air

Air

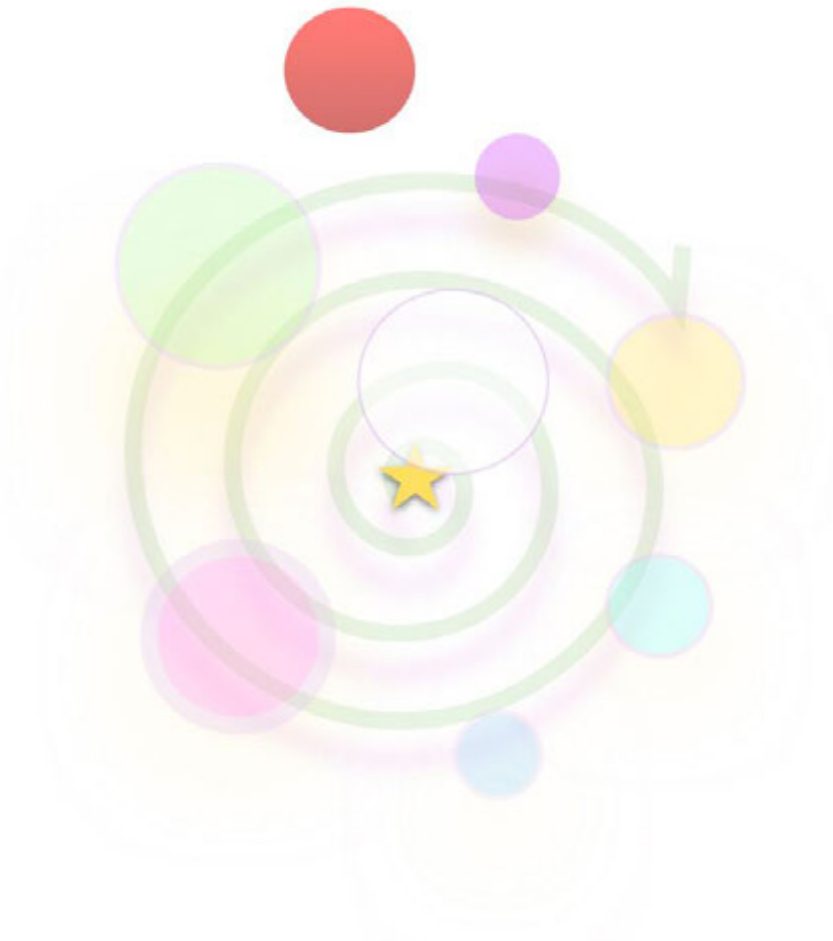
Assists in elevating consciousness in order to rise above outdated thought forms and patterns. It shows us that although we may not be able to see all things with our eyes, much of life exists all around us in the unseen. This rune asks us to use all of our senses to live a fuller life with greater understanding. So much wants to come alive within us, such as dormant abilities, that have been latent for eons. It asks us to heighten our intuition so we may feel, know and experience the great potentials that await us.



Alignment

Alignment

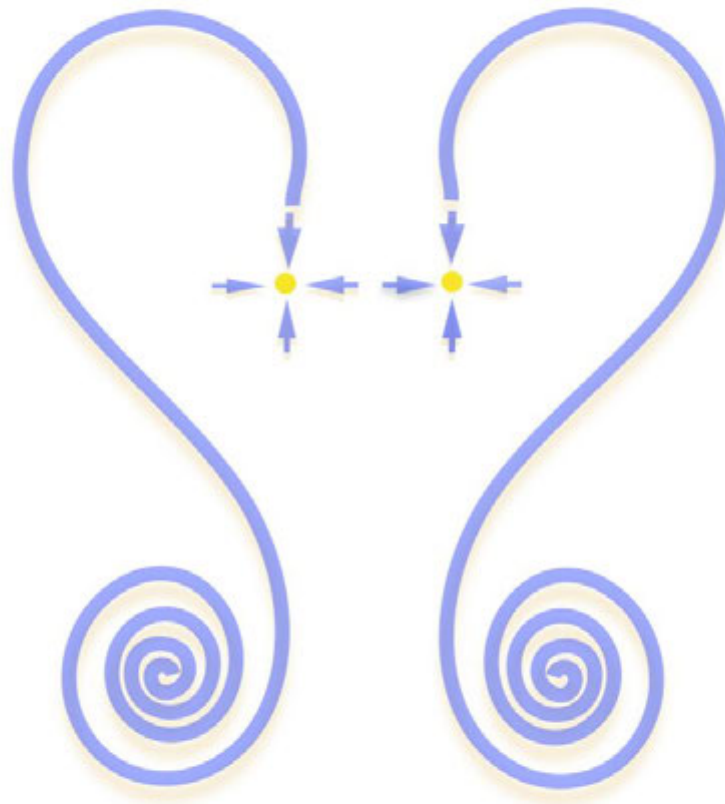
Assists the body in coming into alignment, especially focused on the skeletal system and it's supporting muscles, tendons and ligaments. It may also be used for aligning with dreams, goals and situations. When we are in alignment we are in a position to receive and release energy with ease, experience flow and harmony with our environment, including natural rhythms and cycles. This symbiotic relationship is essential for our optimum health and wellness.



Angelic Presence

Angelic Presence

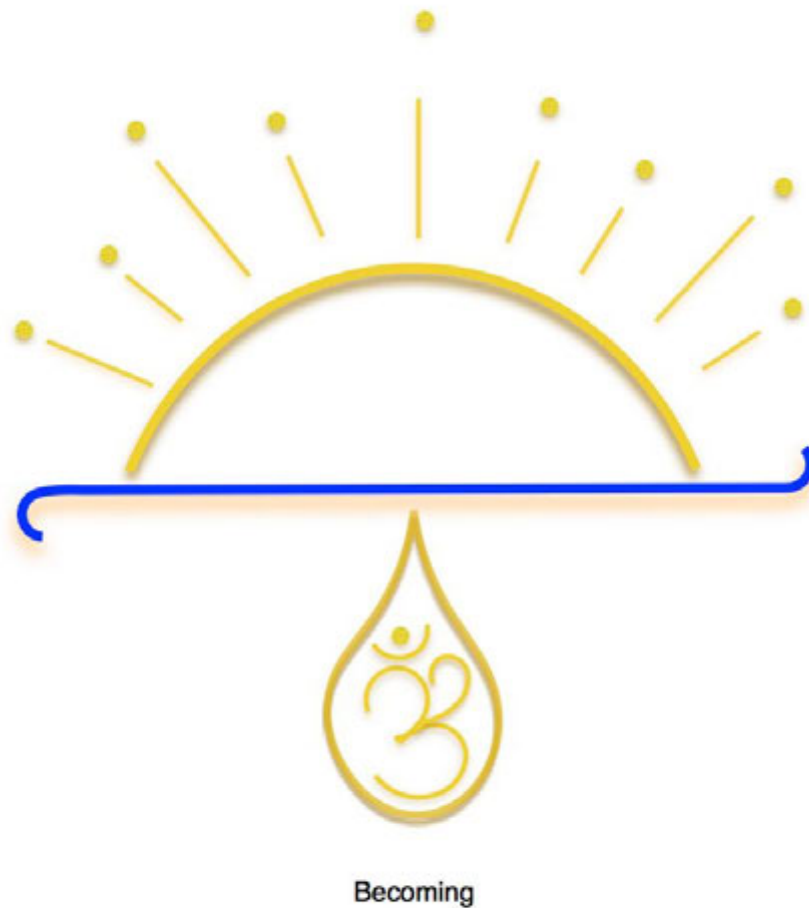
Angelic Presence denotes the presence of angels in your field. It can also be used to request their assistance. We all have our own guardian angels (Spirits) who are constantly with us, a part of us - along with a host of other angelic beings - guiding and protecting, willing and able to cooperate. They love when you call upon them for assistance in deepening your understandings of situations and expanding your consciousness.



Balance

Balance

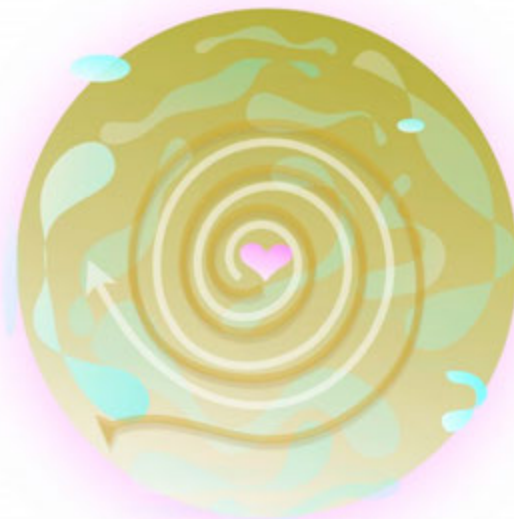
This rune assists in achieving balance in mental, emotional, physical and Spiritual situations in addition to achieving balance in relationship to masculine and feminine energies within the self and between you and others. Balance is optimal in navigating life, especially during times of vast fluctuations in energy, as well as chaotic environments, energetic downloads, upgrades and clearings. Please keep in mind, going out of balance is normal and necessary for growth and understanding, it's learning to come back to center that requires mastery. This rune is here to assist you in discovering our natural ability to seek balance.



Becoming

Becoming

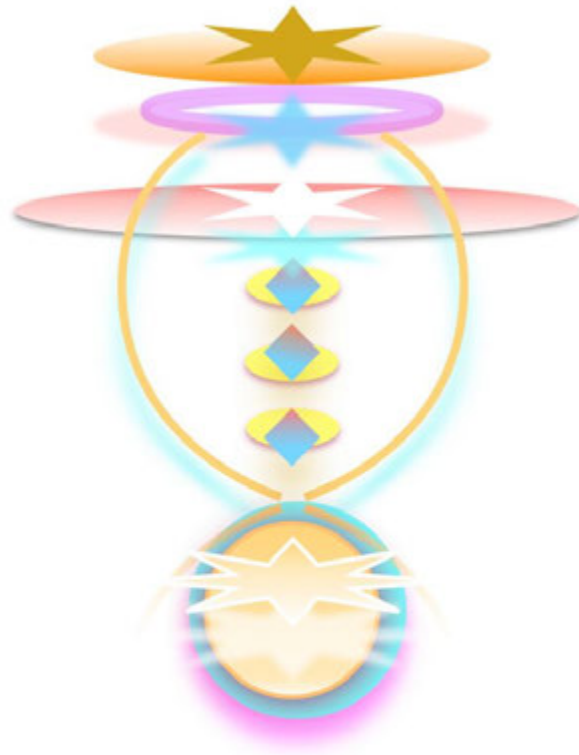
We are all in the process of Becoming ~ Becoming all that we can be, aligning with our soul's mission and our highest potential. This rune depicts our soul's presence coming to the earth plane and our light spreading its unique codes, keys, wisdom and gifts with humanity and throughout the Universe. May Becoming assist you in finding your unique expression and sharing it with the world. We are all in this amazing, creative and exciting process together.



Breath

Breath

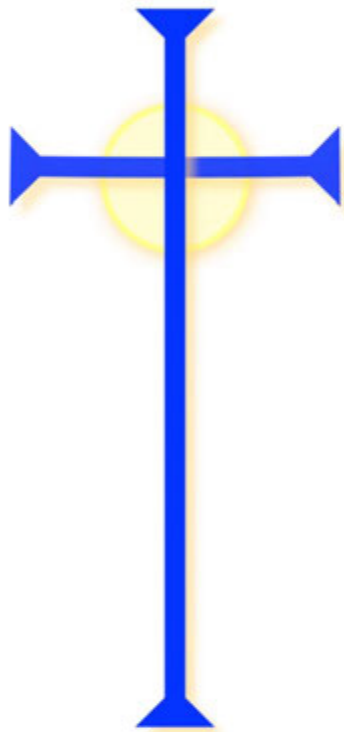
The quality of your breathing is paramount to your well being and once again rhythm comes into play. Breathing is an energetic expansion and contraction that weaves its magic into everything, and aligns us with the in and out breath of the cosmos, the ocean, Mother Earth and more. Breath is an intricate, ongoing dance we have with all of Creation! Taking long full breaths into your belly brings you into expanded awareness for a greater quality of life and is one of the greatest gifts you can give yourself. This type of breathing eliminates stress, anxiety, and panic while simultaneously grounding you to the present moment. The next time you're in nature see if you can feel her breathing.



Central Nervous System

Central Nervous System

Our central nervous systems are under a lot of stress from not only our own growth and expansion and evolutionary processes, but also from outside sources. Electronics, chemicals, demanding schedules and disharmonious frequencies in respect to our newly developing energy systems can be disruptive. Sensitivities to harsh environments that no longer support us, and lifestyle choices all have an effect. This rune can be useful in making new choices that are more harmonious to our constantly evolving nervous system, and help us to heal.



Christ Consciousness

Christ Consciousness

This term has many meanings to many people. I will speak of it from what it represents to me and the scope of frequencies within this rune. It is not referred to in a religious connotation, but from the consciousness of a love based, compassionate understanding. A unifying consciousness, which envelops our planet and lifts us up into our highest awareness and understanding. This level of consciousness beckons us to move beyond fear and lack and into the golden awareness of the Divine, our own Divinity. This rune assists you in aligning with Peace, Love and Oneness. Its vibration elevates us out of duality and into a cohesiveness based in a deep and bonding Love. Christ Consciousness aligns us with our highest potential and ever expanding awareness.



Compassionate Understanding

Compassionate Understanding

Compassion takes us out of sympathy, which often has an ‘I feel sorry for you’ connotation. It allows us to know and understand that each of us have hardships to endure. These experiences bring us into a deeper understanding of life. This rune teaches us that at times it is best not to interfere with someone’s necessary, although painful experience, or to step in the way of an important life lesson in the name of “helping”. From this perspective we can hold a space of compassion for all Beings that lifts them into the highest energy of Love, rather than a vibration of sorrow that may hold them in a state of pity and victimhood. When we are held in Compassionate Understanding, it gives us courage and faith that we can indeed master our task at hand.



Completion

Completion

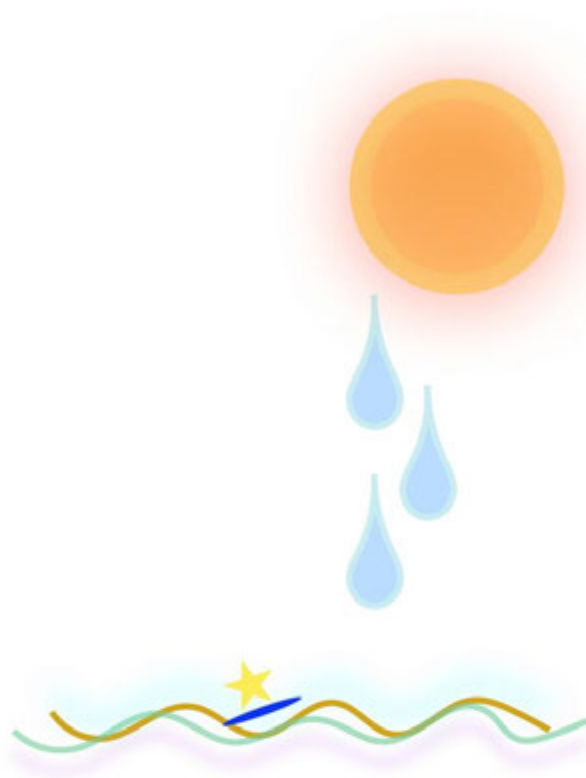
An ending in some regards. This supportive energy assists us in letting go of old and outworn patterns as we come into completion of a phase. This rune let's us know we are very close to moving into a new understanding of something we have been dancing or struggling with. A bright star of encouragement and a reward for a lesson well learned! Completion is always a blessing, as new adventures and explorations are around the bend awaiting our excited anticipation!



Deep Appreciation

Deep Appreciation

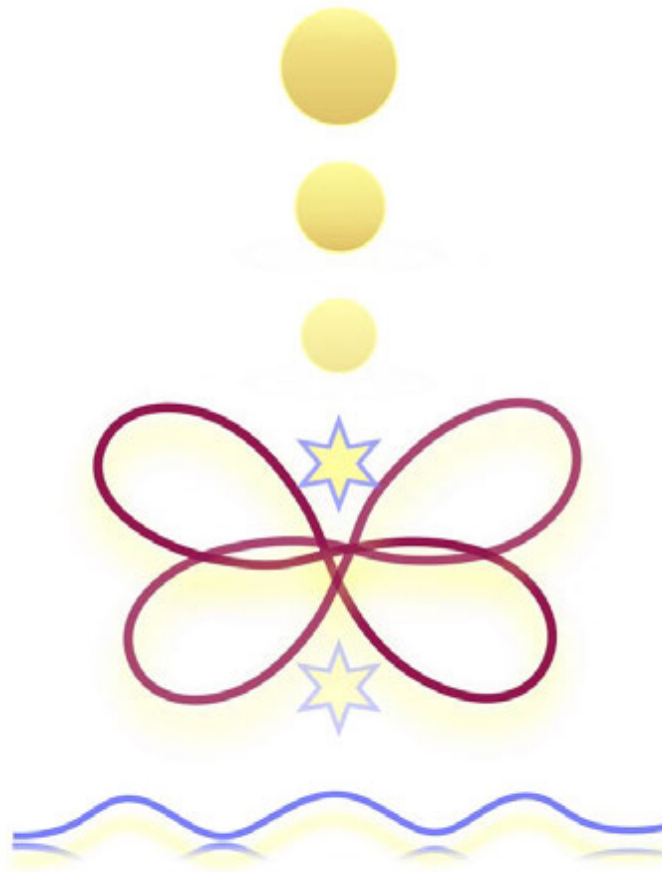
An important element along our sacred journey. Appreciation of what the Universe has put in front of you helps lift your resonance to a frequency that attracts more of what you can continue to appreciate and find delight in. It's our humble and grateful presence that ensures our own happiness, the smallest and simplest of things will carry light and love into our hearts. The experience of a breeze on your skin and the precious sounds of nature. The more deeply you go in your relationship with appreciation, the more joy and depth of passion you will discover. Allow this rune to elevate your journey, and may you uncover a new found perspective to enhance your rapport with life.



Ease

Ease

Ahhh ease! An energy that helps take the static out of life. Ease smooths the choppy seas and assists us in letting go of our resistance. That which is being presented to us is a mirror to our own inner environment. Ease helps us drop the burden and the drain that resistance brings to life, and turn the corner into letting go. It assists in reversing the upstream struggle and allows us to be carried onto a path of universal support. This 'stream' of consciousness will gently navigate you in the direction of your soul's guidance, goals and desires. Be brave and smile as you go.



Emotional Navigation

Emotional Navigation

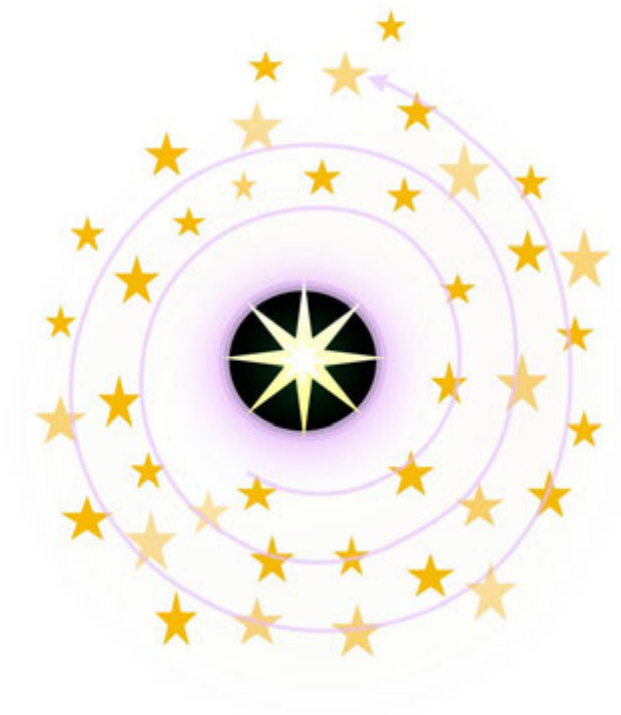
When we are experiencing waves of emotional waters, this rune supports us in profound ways. It gives us buoyancy and the ability to stand strong in what we are feeling, allowing our powerful emotions to rise up as we meet them with our full presence, without the fear of being overcome by these sensations. This presence, our eternal light and love, helps transmute energies of fear and bring old hurts and wounds the healing and nurturing you deserve. Emotional Navigation assists us in surfing the waves of emotion with a new found mastery.



Eternal Light

Eternal Light

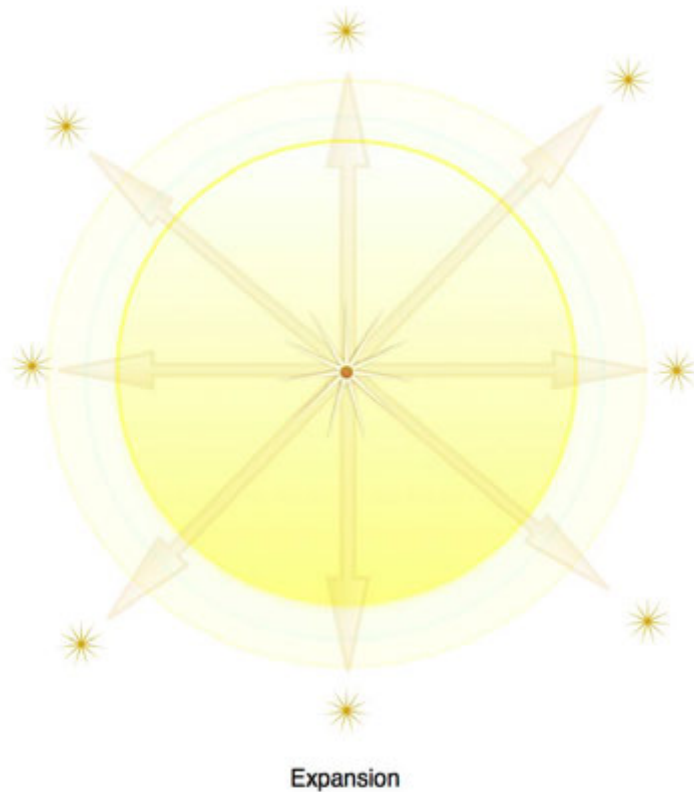
The light of God's consciousness - some call it Love, Source, Soul, by any name it is what brings life to existence and existence to life. The thread that connects us all and the all of creation, from the smallest particle to the most grand and expansive Universe. Let this rune assist you in being aware of its presence in everything you may encounter.



Excited Anticipation

Excited Anticipation

The universe is always aware of us, and seeks to deliver that which is in resonance to what we are broadcasting energetically. When living life from excited anticipation, All That Is responds in like, aligning us with outcomes that will elicit more of the same. The universe responds to our energy, which includes emotions, thoughts and feelings - ideas, goals and dreams. Our Excited anticipation gives us energy to spare and speaks to our soul, which in turn accelerates the arrival of our desires and puts us in energetic alignment with its resonance. This rune will assist in aligning you with this natural way of Being.



Expansion

The universe is ever expanding and so are we. I find this card helpful when I'm deep in a process of growth, be it mental, physical, emotional and/or Spiritual. It indicates we are in a shift and calling upon its energies will be beneficial. Other times it shows up after an expansion, as the energies of a denser vibration rise up to clear out of our field, which may seem even more challenging. Just knowing that this is what we are experiencing is helpful on its own. You are stronger than you think and can endure all things through love. Receive this rune as a reward for your tenacity and hard work.



Fire

Fire

The element of fire...call upon it for assistance in clearing the way and warming your body, mind and Spirit. Elevating consciousness, bringing love and compassion into your life and the transmutation of denser energies are all part of its innate intelligence. There are infinite ways to work with fire and its many colored flames. This sacred gift is intrinsically adept and can assist you in moving forward with its transformative nature. Be assured Fire always in alignment with our highest good and deepest love and passion.



Freedom

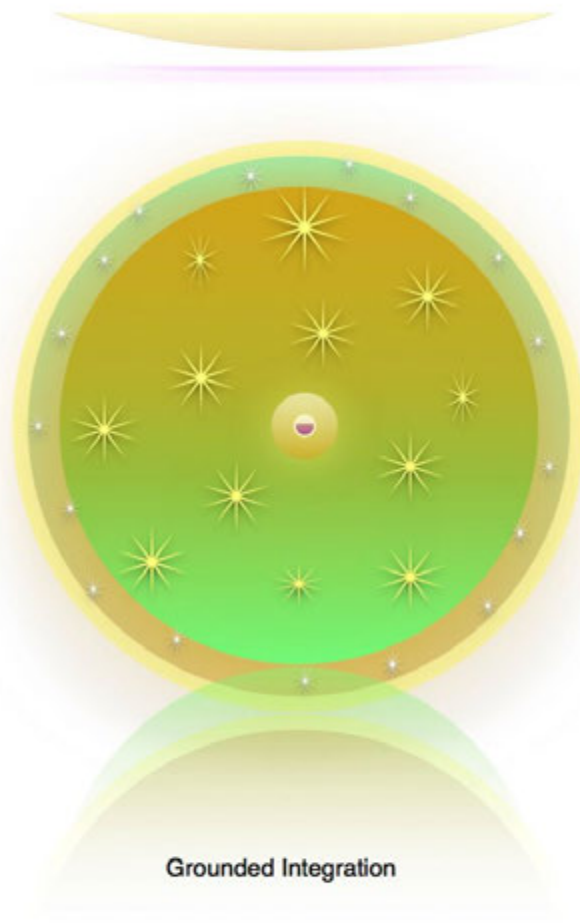
Freedom is for decommissioning inherited behaviors and control programs as we are released from slavery consciousness and limited beliefs. It assists in finding freedom from repetitive behaviors, ideas, and patterns which no longer serve us. We can say goodbye to habits and practices that prevent us from loving and embracing ourselves and life, while serving humanity in the ways our souls intended. In many ways Freedom helps us to know our own innocence.



Galactic Portal

Galactic Portal

The portal through which we entered our galaxy, the Milky Way. As a soul we each entered this vast galaxy through this portal, it was shown to me in a vision during a healing session with a client. I believe that this rune supports us in reconnecting to our deeper nature, and assists us in healing traumas to our Soul's essence during our journey here. It also supports in restructuring DNA sequencing and mitochondria repair. There are many guides and angels who assist in this process available to you when working with this rune. Galactic Portal also helps you to reconnect to the purity of your soul's missions and remembering your original blueprint when you designed your journey here.



Grounded Integration

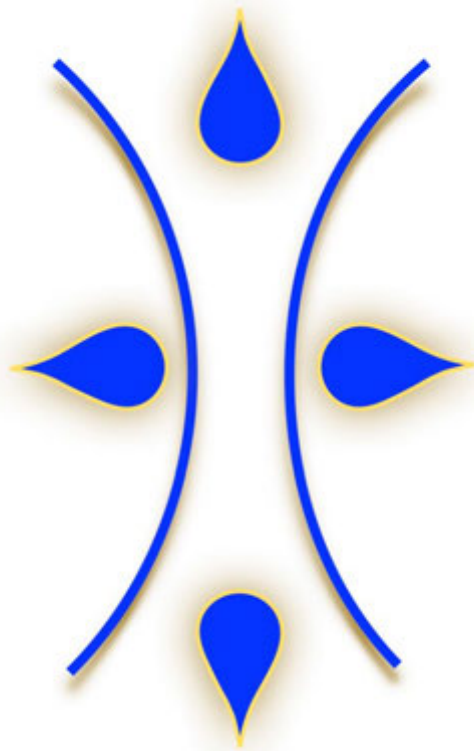
Each time we have a shift in consciousness these energies need to be integrated and grounded within our body, mind and spirit. As a process of evolution, we also receive energetic changes within our being on many levels, these also need to be grounded and integrated. Each of us are bringing our own special understanding and perspective to 'Life' on Earth. This rune assists in this process, and helps set the stage for deeper awareness and the synthesis of the new energies.



Heart Centered Awareness

Heart Centered Awareness

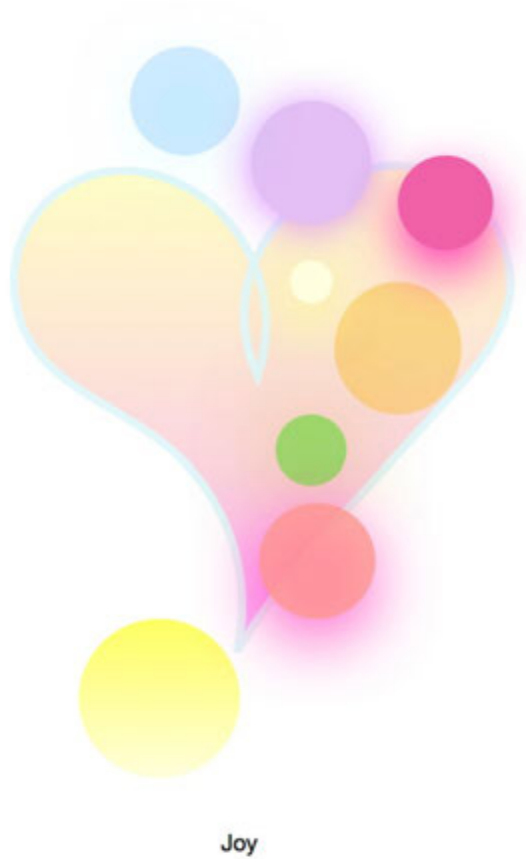
Bringing our awareness to all we encounter in life is paramount, especially if we wish to lead a life based in love. The heart center emits an electromagnetic charge which is the alchemy of thought and emotion. Our thoughts, combined with emotions, in turn materialize as matter and become tangible. When we are alignment with our heart center, we step into our true power as a human. Through the heart we begin to effect change in alignment with a world based in Love, Peace and Unity consciousness.



Influences

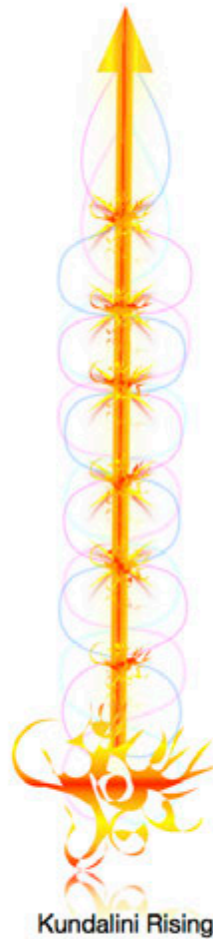
Influences

Incoming energies and outside influences. It is beneficial to be aligned with our soul's input and that of our Source - grounding these energies as we process them through our filter of awareness. At the same time we are constantly stimulated and affected by life ~ however that may be showing up at any given time. This rune reminds us to stay in alignment and in our truth regardless of these influences and supports us in that process. It also assists us in utilizing said energies for soul growth and maintaining conscious awareness throughout. It suggests that we can effect beneficial change within our environment through our magnetic heart centers.



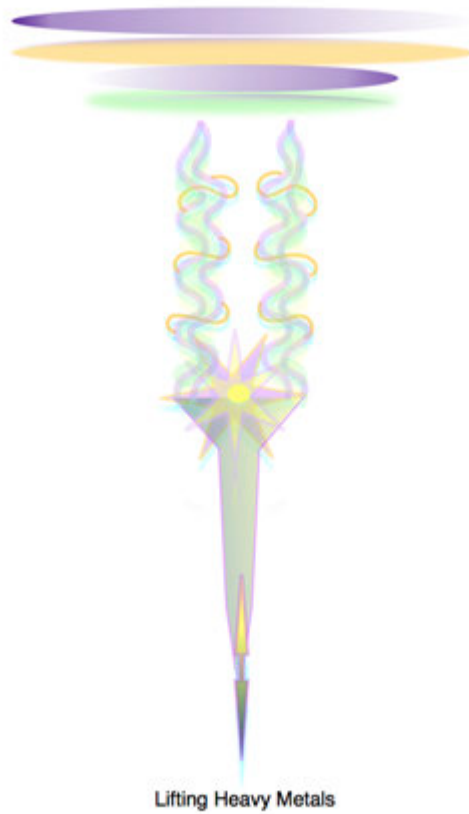
Joy

One of the natural states of the soul. Joy supports us in reconnecting and aligning with our Spirit. We feel this state of being~ness when we are in harmony and alignment with our true nature. Joy reminds us to seek out joy in life.



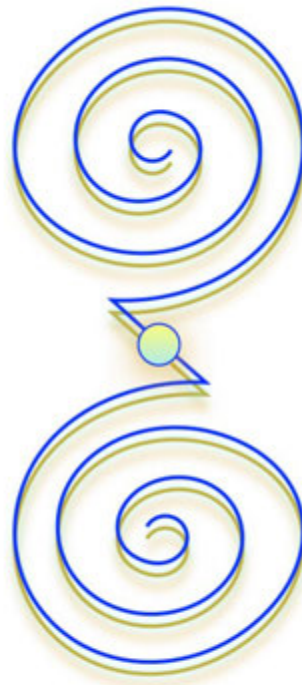
Kundalini Rising

Kundalini Rising symbolizes our Spiritual Fire rising through our Central Nervous System in an infinite and harmonious flow. This progressive movement has a natural pulse and cycle that shifts and changes effortlessly in tandem with our consciousness. If you are feeling blocked or stuck allow this flow to move through you and clear out any restrictions. This requires no effort, only your attention and intention.



Lifting Heavy Metals

Our environment, in many cases, is less than ideal. Some of what we are or have been exposed to contain heavy metals such as lead and mercury, which are very toxic and can lead to disease within the body. This rune was given to assist in lifting the frequencies of these metals from our systems, which in turn supports the body in gently releasing these toxins.



Lineage

Lineage

Most of us carry inherited beliefs, customs, ideals, habits, etc that are a part of our culture, religion, or other institutions. Often we never question our interpretation of life. I call it our lens of perception, our filter, the mist in which we see life through. We acquire much of this from our earthly ancestors, but also from our Spirit family - our galactic origins. These frequencies are held within our DNA, our cellular memory. This rune can reflect a need to know there is something we could address and/or require support in, in this regard. Sometimes lineage plays a supporting role in seeing things from an advantageous point of view, it's not always about something that isn't a universal truth. Choosing this rune may be confirmation of such. Regardless, having a clear perspective, which is not attached to someone else's belief system, is always advantageous.



Moon

Moon

The feminine, receptive, emotional aspect of our nature - our moon has a profound effect on us and all of creation. She represents cycles and rhythms that not only cause movement within us, but the tides of our oceans as well. Perhaps she has a message for you or a nurturing supportive role to play. Listen, use your intuition, open and be receptive in all your phases and cycles. Allow a natural ebb and flow to work for you in life and be in tune with nature. As she receives light from the Sun, you too can receive Light from the Universe, and in turn reflect your light outwardly to inspire others.



Mystery

Mystery

Before the advent of fear long, long ago... the allure of the mystical was natural and necessary, it still is. It was something we sought out with an open heart and an innate curiosity. In the shrouds of mystery lie the answers we yearn to know of ourselves, and the universe. We seek the subtle wisdom of our soul's conscious awareness. The darkness of mystery was never meant to be frightening, for she is full of sweet peace. and stillness. Like the void, it contains the magnetic quality of pure raw love. The wisdom of this rune tells us that you will find this within you, and it awaits your loving connection. Call upon "Mystery" when you feel afraid of the unknown so you may embrace it with a new perspective.

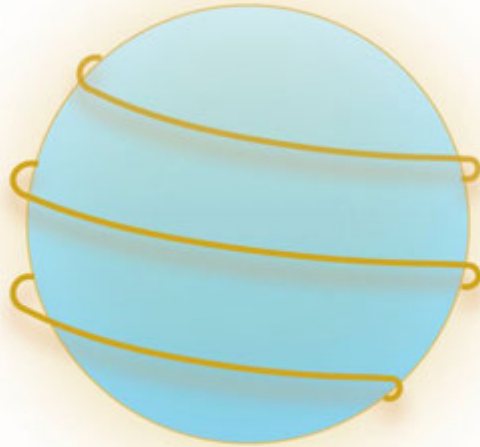
Mystery also teaches us that we can be comfortable in knowing that not all things are meant to be known.



Nature

Nature

We are an intricate part of nature - we are inseparable from it. Within nature we find our balance and here we are closest to Spirit. It's when we ignore this connection that we feel isolated and alone. Nature has so much to teach us through all of her various systems, flora and fauna, cycles and rhythms. Connect, listen, learn - and find the natural harmonies within. This rune will inspire us to connect to our own true nature and the wholeness that brings Love, Peace and Oneness when we deepen our connection to our Mother Earth.



New Earth

New Earth

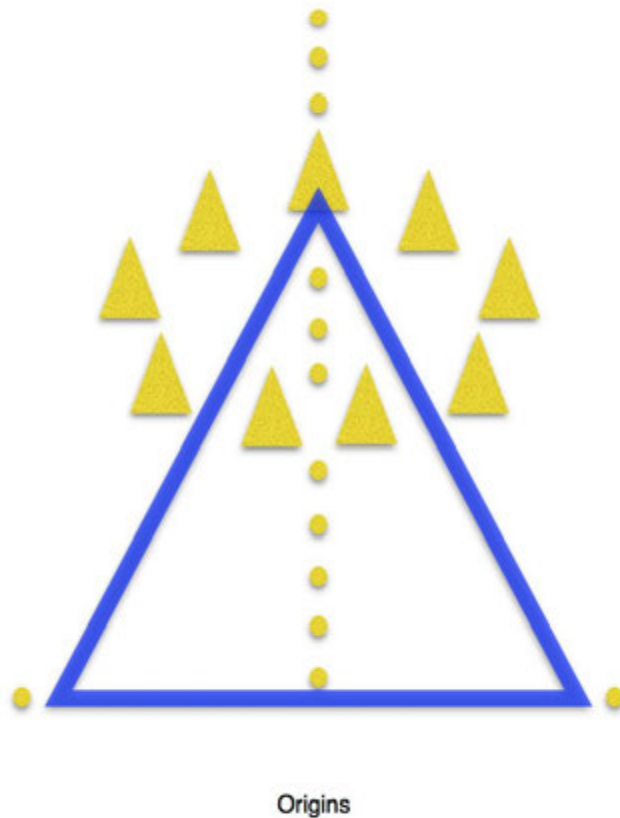
This is a term used to refer to an updated/upgraded Earth matrix. Here the contrast of duality is lessened and we experience a deepened sense of Love, Peace and Oneness. An earthly experience where all of the love based dreamers, who are creating her, hold a unified vision of peace and equality for all. When we choose to vibrate here, by leaving fear based living behind, we begin to create a new reality for ourselves and one another. Perhaps it's time for a shift in consciousness - just ask for her assistance. What then will you bring as your contribution to a New Earth? What are your dreams, visions and aspirations?



Nurture

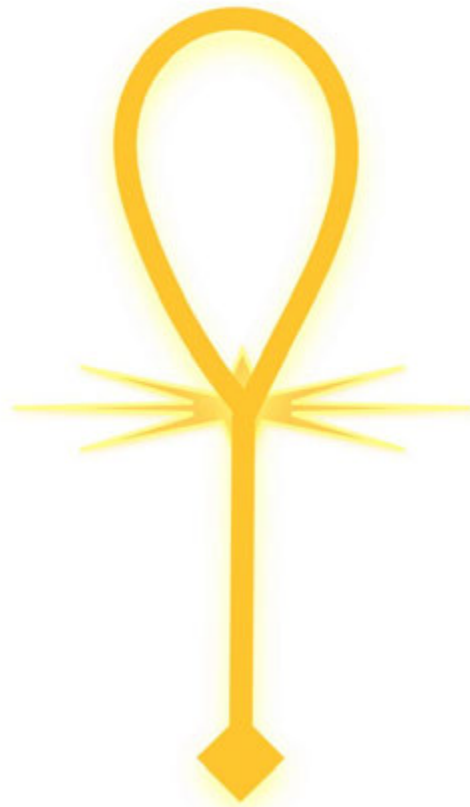
Nurture

In order to grow in a natural, whole and balanced way we need so much more than food and water. Nurturing is a sacred element that activates our essence to blossom into its fullest potential. When given, it is an elixir of love. Fear and chaos have been a great distraction, so in many cases true nurturing has gone by the wayside after centuries of humanity existing in survival mode. Often there is no reference or personal experience when others need our nurturing, most especially if we were never nurtured. Look to nature for clues and also deep into your untouched innocence. When we are feeling void of what we most need, we can search inwardly and discover how to nurture ourselves.



Origins

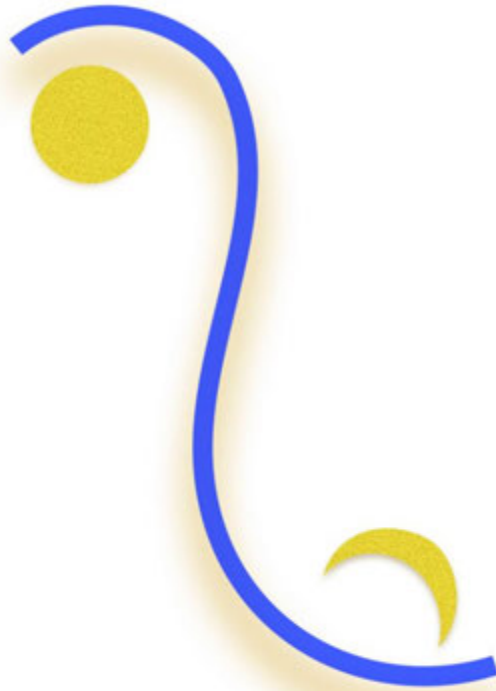
This rune speaks of the wisdom we carry from our soul's travels and the codes and templates that make up who we are at our core. It's important to honor our differences, this is where we discover our unique gifts that we contracted to bring to Earth at this time. You are greatly needed and your participation is key. Whether you have travelled from a far flung galaxy, a local star within this galaxy and or have hailed from the angelic realm - no matter what the stars in your eyes reflect - Blessed are you. As we accept our originality we discover the immense power within. Our individual vibration is like a note in humanity's celestial song and honoring these gifts is an elixir to the soul.



Personal Power

Personal Power

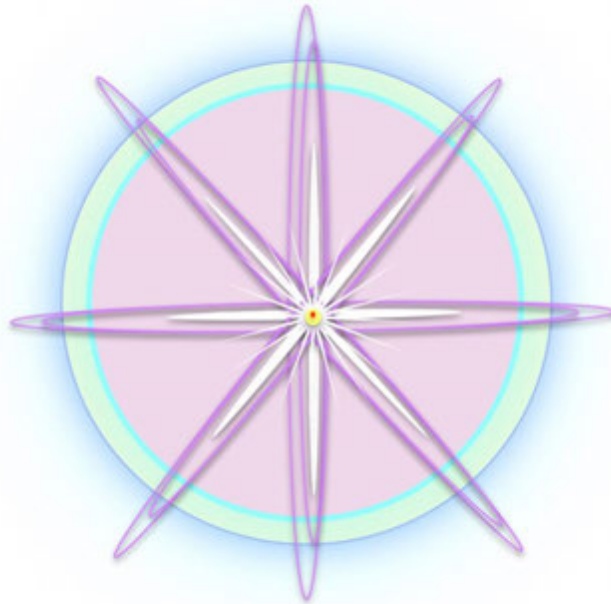
This ankh like rune presented itself to hold the frequencies for that which needs to be healed around living in our fullest potential. We are meant to be powerful, and that power is Love. When you are open, grounded and in your truth you are the most powerful you can be. Truth that comes from your heart and based in love is fundamental and this combo is the key to living life fully in your Personal Power. This state of being is never reckless nor over bearing, but confident and loving - focused, present and highly creative.



Planetary Influence

Planetary Influences

As intricate Beings, connected to all things on a deep and profound level, we are influenced by the planetary bodies. Each planet has a gift or contributing energy that speaks to our body's wisdom and understanding. We are an inseparable part of the whole and part of these cycles and rhythms. Working with this rune reminds us of our earthly experience in relationship to the cosmos. Each planet affects us in its own unique way, according to its placement in our birth chart and our unique relationship to it. Much of how we are feeling at any given time is connected to Planetary Influences. This rune comes to inform you that you may be under a powerful planetary influence at this time.



Pranic Plasma Flow

Pranic Plasma Flow

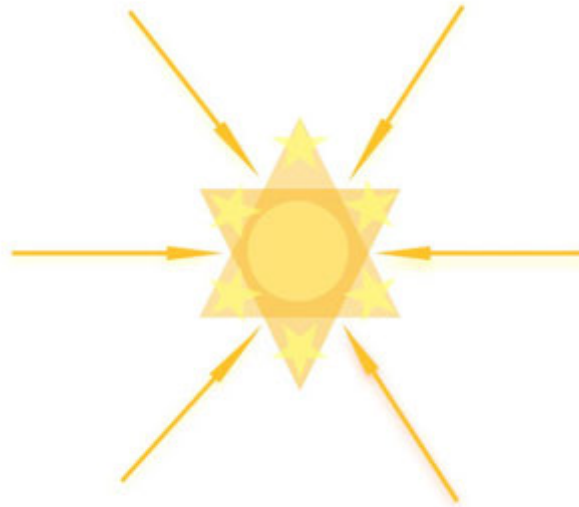
The energies in this rune refer to the flow of prana and plasma. Prana is the energy of love, the life giving force of the universe. Plasma is composed of Adamantine Particles, the smallest of particles used in the creation of all things. They are at the command of pure raw love. When we activate our electromagnetic heart center, our thoughts and emotions are alchemized into matter. Pranic Plasma Flow is the flow of pure potential, pure raw love, combined with the basic particles of creation, a river of creative life force flowing to and through us. Living with an open heart creates the power of the universe within. Living in Heart Centered Awareness is truly living as we were designed to. This is life on the New Earth.



Presence

Presence

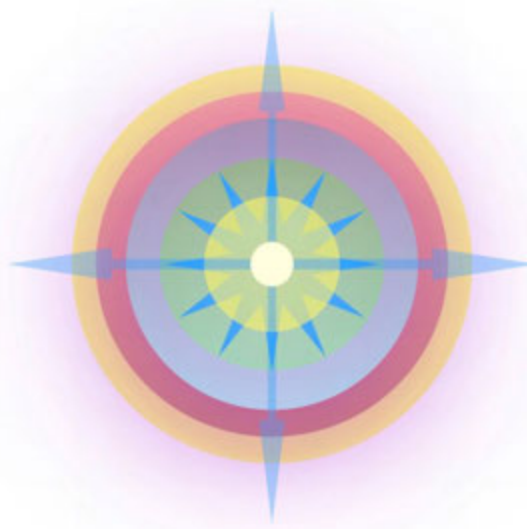
Living life in the moment is Presence. When your current focus is not reacting to something that has occurred in the past nor worrying about what the future might bring, you are able to deliver all of yourself to the moment, knowing each juncture in time steps into the next. Your presence is not only a gift to you, but also to the world around you. We all crave the richness of another when they fully connect with us, it's the ultimate gift you can give. The saying, "there is no time like the present" is better said, "there is no time IN the present". Living in the now moment allows our experience of life to become truly intimate. Releasing yourself into each moment, without resistance, allows the soul to step more fully into the consciousness of it all and create magic. It's here where you will find yourself.



Receptivity

Receptivity

Open, connect, receive, embrace, allow. When we are not pinched off from life we are able to receive the gifts that yearn to be given. Resistance causes drag and slows down the vast and unlimited resources wanting to embrace and fill us with vibrancy. Resistance blocks us from being in the flow and can cause inflammation in the body. Many of us have been taught to shore up against that which we fear, creating walls of separation. The very act of giving fear your presence feeds the very thing you resist, drawing it closer. Energetically align with that which feels good. Open up to receive the flow of your desires from the Universe and all that is unwanted will naturally fall away.



Release

Release

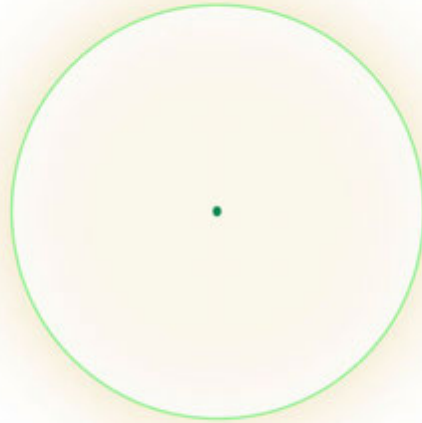
Let go! Release is Receptivity's partner, as the wave is to the ocean. The tides come in and flow out - the natural expansion and contraction of the universe. Energy, as does each moment, comes to us for our processing and presence, and then yearns to be released back to all that is. This is what brings comfort to our soul like the gentle rocking of a boat as we drift along the shores of life. Re-lease gives us a new lease on life. In contrast, holding on causes tension, distortion and discomfort. Make room for more - let go and soar!



Rising Star

Rising Star

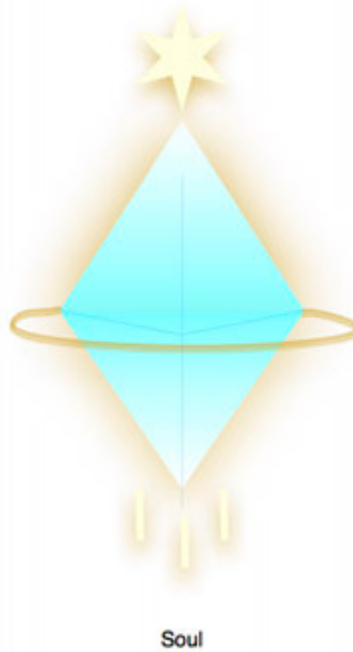
You are, we all are rising stars. This rune's energy calls to us as we launch our creative ideas, and connect to our higher purpose. Rising Star shows up when we have let go and dared to follow our dreams, or when we have a need of assistance in doing so. Perhaps it's time to ask for its support in bringing our ideas into the world. This star rune speaks to us on many levels - just listen to the wisdom it has to offer. We are elevating our consciousness and being lead towards our shining self, as we remember who we are and why we came here. Know that you truly are a star in the Universe



Simplicity

Simplicity

Less is more - less interference, less static, less interruption, less noise. Keeping things simple allows for the mundane to become profound. In the end, it's what we are all seeking. As a society we have become addicted to distraction, our endless quests keep us from the very thing we would discover should we just stop, breathe and be present. What a paradox, and one that hampers us from fully embracing life! If you lead a busy life you can still slow down within and expand your consciousness into the moment by staying present. Realize that which you seek is your own miraculous light and by simply slowing down you can live a fuller life.



Soul

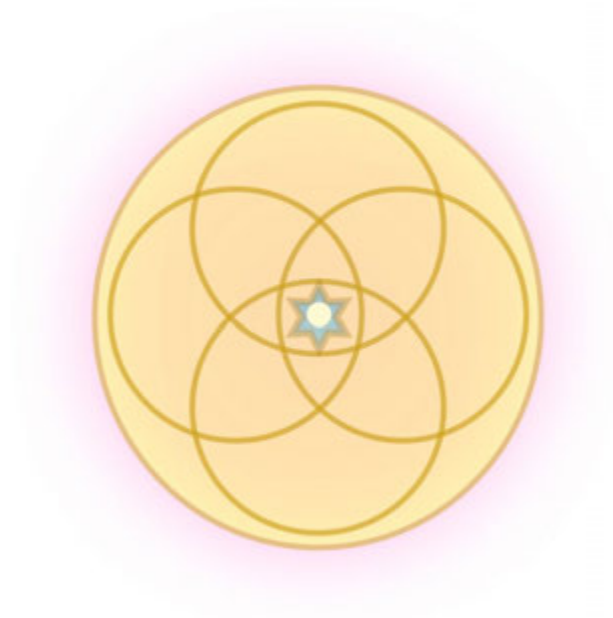
It's been said that our existence in human form contains but a small drop of the vastness of who and what we are as a Soul. When something has Soul we think of it as deep, engaging, and full of unique expression. Soul is passionate and confident in its actions because it is connected to something greater, and is eager for expansion. Soulfulness feels good! Our spirit always seeks to express more - through a multitude of creative endeavors. I define this creativity as a sense of inspiration and adventure when connecting with our soul's desires. Enhance your life's experience by making room for more of your Soul and its creative expressions.



Soul's Earthly Presence

Soul's Earth Presence

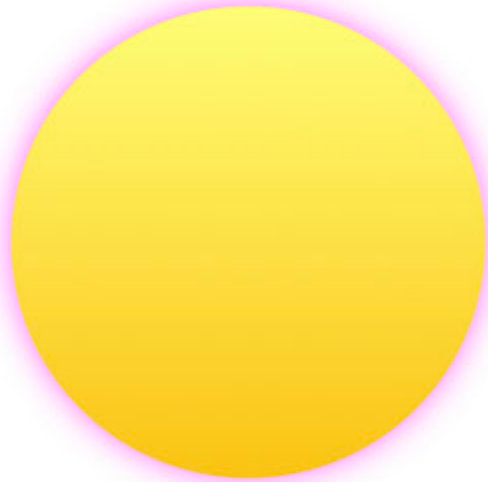
That spark of our essence that experiences its existence on the earth plane. As mentioned in the Soul rune above, it is this expression that yearns to be dynamic in its unique way. It relates to our breath, our connection to humanity, and the one human oversoul that represents humanity's presence on Earth. We are all composed of the same star dust in its many diverse expressions. Incarnating on Earth is a great gift that we often forget unless we remember why we came. We intended to make a difference just by being present for life. Remember to love one another if only for this one reason. Our power lies in our connection, therein lies our ability to bring peace to Earth.



Source Alignment

Source Alignment

This Rune speaks to our alignment with All That Is, God, that which created us - what ever you choose to name it. It also reminds us we are never separate from Source, even when we forget and feel disconnected. Intentionally connect to your own Source Alignment and open to the experience of feeling at one with your Creator and wholly supported in life.



Sun

Sun

The sun's rays are a source of warmth and light for life on our planet, while streaming codes and keys for the evolution of our solar system. This star supplies nutrients and unlimited energy that supports the seeds of creation. Its intelligent fire burns through illusion and awakens the sleeping potentials within us that are meant to flourish and nourish humanity. Inseparable from our own nature, the Sun reminds us that each of our inner suns shine like millions of blazing stars out into the Universe - reflecting our deep and intimate connection to all things.



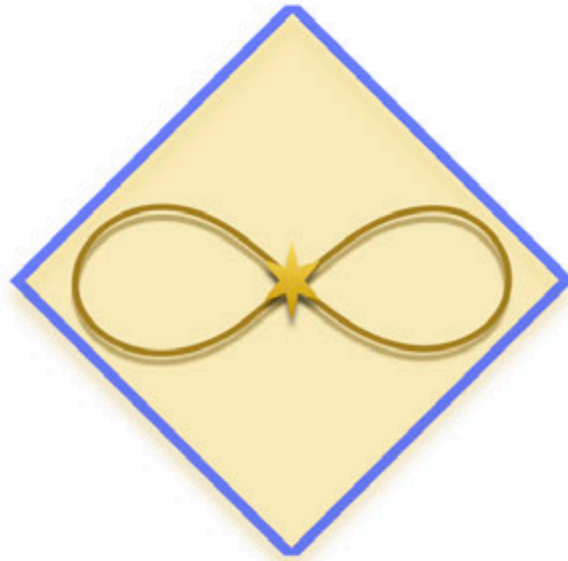
Surrender

When we let go and allow, we come into alignment with our Soul's intentions. Surrender does not imply giving up or submitting in any way - it's more about allowing. Allowing what naturally wants to flow to and through us, while letting go of the fears and illusions we have around trusting the Universe. Surrender reminds us that what we desire seeks us and to let go of our resistances so that can happen. This unfoldment may look different from our limited vision can foresee. Sometimes things need to fall apart before our aspirations can come together and that's the part than can look contrary to our ideas. By staying in our heart center and surrendering we will know the truth beyond the current state of affairs.



Sweetness of Life

The Sweetness of Life is a reminder for us to refocus our attention on the gifts in life. Sometimes we get sidetracked by allowing that which is in contrast to our desires to derail us. Contrast is provided so we can make clear choices in alignment with what ignites our heart's fire and feeds our seemingly empty spaces with love and delight. If you tend to substitute activities that do not support your soul, in a quest for filling what feels vacant within, work with this rune. Discover the sweetness within in the vastness as nothing is truly a void. This space is pure potentiality, the Unified Field - welcome its refreshing presence.



Systems

Systems

Works with any and all of the many systems within the body, mind and Spirit. The nervous, skeletal, digestive, endocrine, lymphatic, and muscular systems, including meridians and chakras are examples. This rune supports the delicate and intricate fabric of the intertwined relationships we have with ourselves and the Universe. Our connection to all things is essentially composed of many systems that collaborate with one another and make up the whole. When systems are in balance we experience harmony and wellness, enabling us to maintain a clear and deep connection on all levels.



Trees

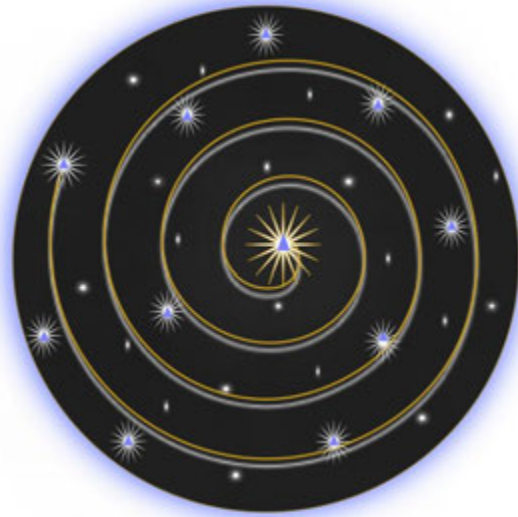
All of nature has a message, and trees provide many. Similar to us they are a bridge for Spirit, a vessel in which our Creator can ground into Gaia. These woody sentients are a supreme reminder of how important it is to stay grounded, for if we are ungrounded all the powerful energies that flow to us have no where to go and this causes disharmony within our bodies. Trees embody wisdom, diversity, endurance, rhythms and cycles. They provide shelter, protection, oxygen, clean air and food for much of the planet. Key to our survival and essential for all of life, these precious beings teach us the importance of communication and interconnectedness. Spending time with trees is rebalancing and puts us in harmony with our environment, which is crucial for our wellbeing. What message does 'Trees' have for you?



Trust

Trust

Trust is essential. Trusting in ourselves is paramount and it gives us strength of conviction, while setting a natural boundary that shows others we are deeply committed to ourselves and our ideals. Trusting in the universe brings us peaceful surrender. This energy is grounding and also brings a solidity to our presence and goes hand in hand with confidence and integrity. All of this is supportive as we move through life maintaining our connection to all things and our relationship to our authenticity.



Unified Field

Unified Field

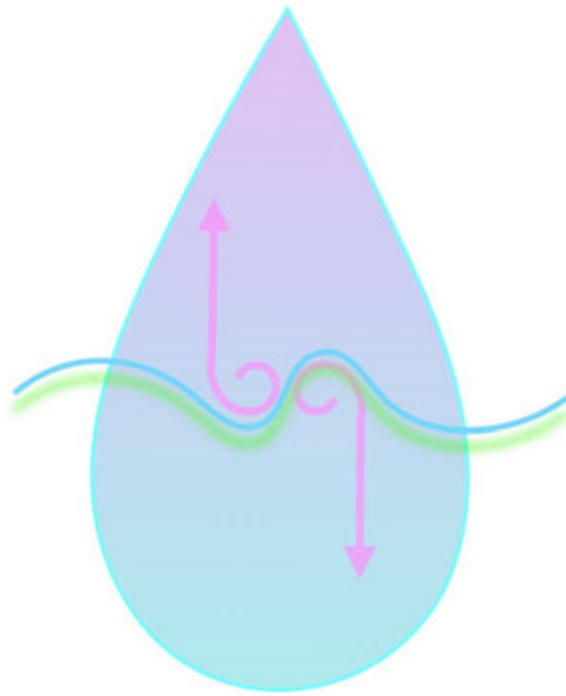
As I interpret it - the field of pure potentiality - the void - a place of creation. Composed of the simplest and smallest of particles, the adamantine particle, which responds to pure raw love. It contains no opposites, so it holds all things in neutrality. It calls to us in meditation, unifying our conflicts so we may find peaceful resolution, answers to questions and discover ideas that benefit the whole. You can access this non-local field of potential through your intention and your neutral focus will hold you there. As you remain an impartial observer this is a lesson of self mastery and the playground of creativity. If you take a linear line (way) of thinking with its contrasting/polarizing views into the Unified Field, you can make this line a circle through the unification of conflicts for the benefit all.



Universal Abundance

Universal abundance

This rune is a reminder that the Universe is endlessly abundant. We have been taught over thousands of years to believe in scarcity, so there is often times no frame of reference to unlimited supply. We have forgotten our powers of Creation. Deep within you lies the truth of who you are. Use this rune to help you activate dormant skills and a new perspective on abundance. The key is not found in want and lack but in an activated Heart Center where your love commands the adamantine particles - the essence of creation.



Water

Water

Water shows us flow and surrender. It is susceptible to energetic frequencies and can be influenced by our thoughts and emotions and asks for our prayers and blessings as often as you can remember. It is adaptable, mutable, and an essential element of life and is effortless and powerful at the same time. Water is symbolic of our emotions, which often come in great waves of intensity. Water teaches us to ride them out rather than be taken out. Always remember the importance of staying hydrated with the purest water available to you.