



Sign of the times

The word Rune means "to whisper" as written by Tacitus the Roman philosopher. In the days before the World Wide Web, our ancestors used storytelling and word of mouth to pass ancient wisdom and information to each other.

THE RUNE SYMBOLS, all 24 of them, are angular and were often carved, in stone and wood. Their exact origins are steeped in mystery, but ancient texts suggest that they developed from the Middle East around Mesopotamia, before tribes migrated towards to West. The Runes evolved as a form of communication, through sagas, poetry and storytelling, in the Northern countries of Denmark, Norway, Sweden and Germany, before the Saxons brought them to the British Isles. We can see Rune symbols carved in sacred sites like New Grange in Ireland and on standing stones in Northumberland and Scotland. British literature from JRR Tolkien's

The Lord of The Rings to our own Sussex professor, Dr Brian Bates' book *The Way of Wyrð*, talk of these mysterious symbols.

So, how can these symbols help us in the modern world?

Consulting the Runes is like consulting and tapping into your own unconscious, wise mind. The Runes are very much connected to all aspects of Nature: the plant and animal kingdoms, the elements and the Seasons. Being in harmony with yourself and the outer World is central to the Runes philosophy.

The Runes are divided simply into three Aetts (or groups) of eight runes: physical conscious level, the

unconscious level, and the transformational level. The first aett addresses everyday physical issues and feelings: such as work, creativity, health, partnerships and enjoyment. The second aett addresses the unconscious level. Carl Jung, the psychologist believed that symbolism deeply effected out unconscious minds and that our beliefs affected our thinking and behaviour. Unconscious beliefs, fears, inner gifts and talents can be revealed in this aett. Bringing the unknown into the open means letting go of the past, and embracing those inner talents and strengths that we all possess. The third and final aett addresses the transformational level. This is where the conscious and

unconscious come together and change happens. Maybe a house sale is completed, a time of renewed health or a positive event occurs. Through connecting with the Runes and being in contact with aspects of Nature, we can transform the mundane into the marvellous.

Ann O'keife has been giving Rune readings, talks and workshops for 15 years. She is passionate about the Runes and Nature, and wants to share this with others. Ann is giving a FREE talk on *The Runes — what they are, how they work and what their benefits are* on Saturday 5th April from 11am-12.30 at Revitalise Therapy Centre, Hove.

I am running a Special One day workshop on Saturday 31st May at Revitalise therapy centre and café, Hove. Cost £40 (to include a free set of handmade runes!).

Ann is also available for one to one consultations. www.livinglifefully.net 01273 871524