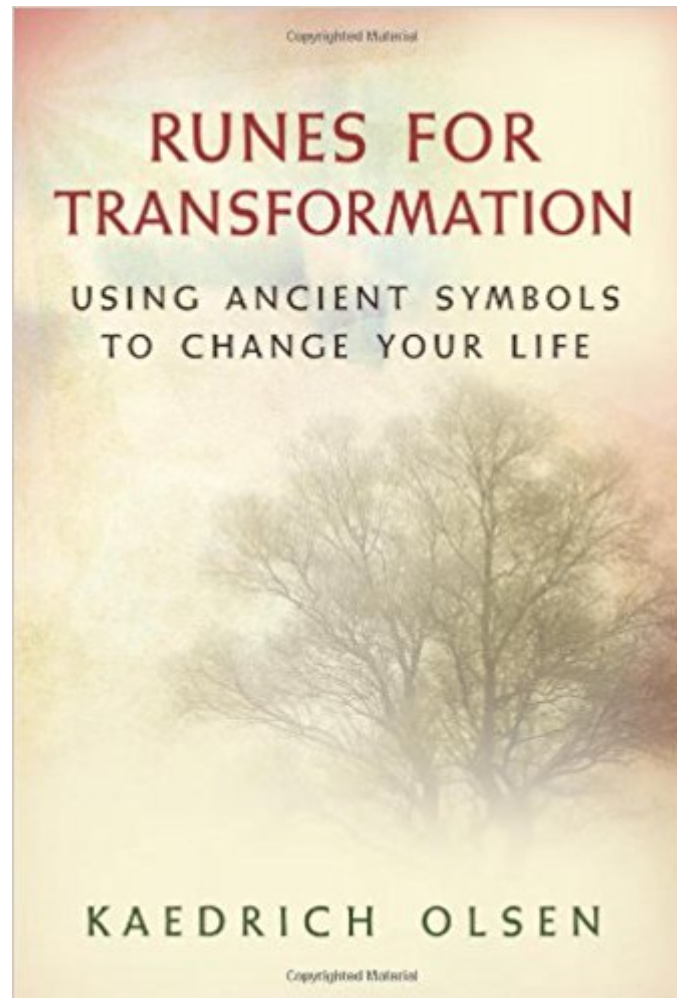




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# **Runes For Transformation: Using Ancient Symbols To Change Your Life**



## Synopsis

Runes have long been used as vital tools for transformation, the Vikings, for instance, would consult their wisdom before embarking on a journey or entering battle. Runic scholar Kaedrich Olsen reclaims the transformative power of runes for readers today as a key to unlocking our potential for personal growth.

## Book Information

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## Customer Reviews

Kaedrich Olsen has studied the runes and Northern mysteries for over 20 years. He also studied spiritually based hypnotherapy and Shamanism in order to become a transpersonal hypnotherapist. Within this practice, he applies runic wisdom to develop powerful techniques his clients use to transform their lives. Kaedrich lives in Boulder, Colorado with his wife and two daughters, where he is an accomplished leader in the Nordic spiritual community.

Believe you can change: If you have the attitude of "I'll believe it when I see it," nothing will work for you. You must dive into your transformation with both feet. It is not the belief in the runic system you need, but rather the belief in yourself that you can make the change. This belief in yourself comes when you make the full commitment to change. This is a complete cycle that is self-perpetuating and has a cumulative effect. The more you do it, the stronger your power becomes until your transformation is unstoppable.

Of all the books that I own concerning the Runes, and I own many, this one is probably my favorite.

The author offers a refreshingly metaphysical approach to the ancient wisdom of the Runes while avoiding the more controversial assertions that authors like Edred Thorsson have made. "Runes for Transformation" does not waste time delving too deep in the history of the runes, but instead concentrates the bulk of its energy on providing an accessible, practical guide to using the Runes to subtly change your reality in modern times. I can't recommend this book enough for anyone even remotely interested in the Runes.

Tunic manual meets how to book in a good way. Uses the runes to address change you want to bring about in your life. Solid tunic information with powerful exercises. I've studied the runes for twenty years and found value in this book. Easy to read too.

This work covers many of the ways in which runes are willing to work with the human who thinks s/he owns them. The primary work of any magician is transformation of the self, and Kaedrich Olsen lays out many paths for the magical worker to take toward this goal lucidly and intelligently. While not for beginners with the runes, it is an excellent and profound guidebook for those whose rune studies have advanced beyond that phase. I would recommend this to a friend without reservation.

While runes are commonly used for divination, this book delves more deeply into their mysteries. It is an excellent resource for someone who wishes to use them in magic and provides helpful exercises for developing a personal connection with them. I found the section on bindrunes and runic power words to be particularly useful. If you are solely focused on using runes in divination, this may not be ideal for you at this point in your studies, although it does give excellent perspectives on the the runes from different angles, which will improve your understanding of their meanings. The primary focus of this book is on using the runes for personal growth and the discussion of their divinatory use is limited to only a couple of pages. If you are new to the runes, this may not be the best place to start, as it seems a bit more advanced to me. If you are someone who is looking for something beyond the new age fluff books on runes that are floating around out there, this may be perfect for you.

good read

Very good book on Runes. I found it thorough without being too cumbersome. I wanted a good primer in rune work, and this fit the bill perfectly. Highly recommend.

Brilliant! Explains in an understandable manner that not only can help you but also gives you an ability to help others around you.

Can't get enough of ancient ways!

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