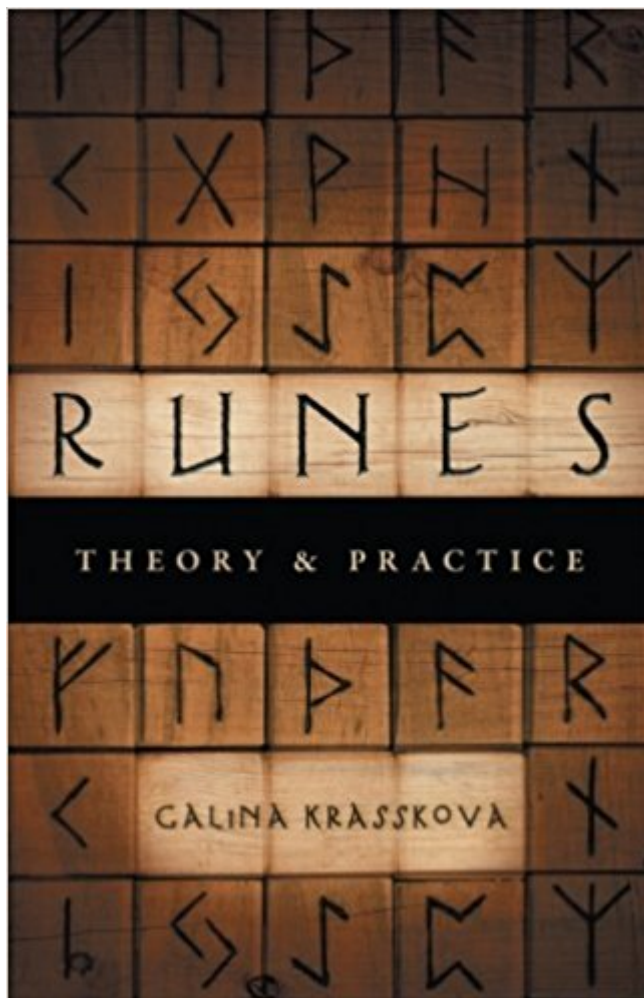


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# Runes: Theory And Practice



## Synopsis

Runes: Theory & Practice provides a thorough examination of the Norse runes. It will enable a beginner to delve effectively into their usage, but will also challenge the experienced rune-worker to better and deepen his or her understanding of these mysteries. Runes: Theory & Practice begins with an explication of the story of Odin, the Norse god who won the runes by sacrificing himself on the World Tree. It continues by examining each of the individual runes in turn, both the Elder Futhark and the lesser-known Anglo-Saxon Futhorc. Each rune is studied not only from a historical viewpoint, but also from the perspective of a modern practitioner. You will be introduced to the practice of galdr, the proper way to sacrifice to the runes, as well as to their magical usage and the art of reading for divination. Most importantly, Runes: Theory & Practice specifically addresses the runes as living spirits and provides guidance on developing a working relationship with these otherworldly allies.

## Book Information

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## Customer Reviews

Galina Krasskova has been a Heathen priest and Northern Tradition shaman for more than a decade. An ardent devotee of Loki and Sigyn and godatheow of Odin, she has both written about and lectured extensively on Heathen devotional practice. She has taught at The New Seminary in New York City and the New Kingdom Church of Asphodel's College of Brigantia. She holds a diploma in interfaith ministry from The New Seminary, a BA in religious studies from Empire State College, and an MA in religious studies from New York University. Her published work includes *Exploring the Northern Tradition* and *Northern Tradition for the Solitary Practitioner*.

The book -- generally is good, and NOT for beginners -- the only quibble I have is the section detailing the runes themselves. We have a lot of seemingly odd "meanings" for the runes, which seemingly fit well on other rune pages, so it almost looks like a crazy patch-work of rune-meanings ... So I needed to have 2 or 3 books to reference while I was reading this one ... (The rune meanings seemed to go off on such odd-tangents, it was hard to explain, the meanings were well done, just not for THAT specific rune ... When she did hit the mark on the correct rune-- it was beautiful to see her insights, but that was an uncommon thing .. As far as what people consider her "controversies" -- I will see if I can enlighten a few. 1st) the blood sacrifice to the runes: The runes are sacred tools, and living things -- they have a spirit within them!!, thus the need to be fed occasionally (like the Zuni do for their fetishes). Also, runes being consecrated, in the old way -- used blood from a sacrificed horse -- so nowadays, we use our blood to sanctify the runes...so say a drop of blood from a pricked finger-- is that THAT much to ask? no its not. 2) Ettin worship: Now ALLLLLLL spirits need to be respected, honored, given offerings, understood and communicated with -- beings as powerful as Jotun-kind are usually primal natural forces -- which the shamanic-seider folk would understand, and indigenous "shamans" of the world DO deal with on a daily basis!! So if one wants to truly worship or greatly honor spirits, I really don't see anything wrong or controvertial -- especially if seen from a "shamanic" perspective.

This is one of my favorite rune books. Krasskova is insightful, well-researched, and a wonderful writer. Above all, she is crystal clear about what is academic research and what is UPG, something that cannot be said of entirely too many others. My only negative comment has to do with the formatting of the e-book. I recently purchased (and had to return) the Kindle version (my paperback copy is getting a bit tatty--which should be an indication of how many times I've referred back to it), but through no fault of the author's, the Kindle version is...challenging. Just a warning: buy the physical book. It's worth the extra couple of bucks and the space it takes up on the shelf.

I have read several different rune books and hers is the most interesting. She doesn't reiterate the same information from the other books. She gives you Her knowledge and experience. It's s really good read.

If you've got room on your shelf or in your budget for only one rune-meanings book, and you are beyond the beginner stage, ante up for this one. Ms. Krasskova's scholarship is impeccable, her writing clear, and moreover, she is unafraid to discuss her own gnosis in encountering the runes.

She also labels it clearly as such. The lists of correspondence for each rune is lengthy, and includes herbs, animals, colors, actions, objects, postures, events, and deities. She includes a modern poem for each rune, including the eight additional runes found in the Old English Rune Poem, and the Old English, Icelandic, and Old Norse Rune Poems as well. Some runes do not have an assigned verse; she mentions this. If you are a serious student of the runes, "Theory and Practice" is a good book to have on your shelf, and it will sustain you for quite a long part of your journey into understanding the runes.

This was my first book of choice to read when I first undertook the study of the runes, and it did not disappoint. Thanks to the unapologetic frankness and expertise of the writer, I able to diligently and with respect and thoughtfulness dive into a relationship with these ancient spirit allies. I doubt I would be where I am today if this book was not my guide.

I have recently been drawn to the Runes and have read two other books. This one has an immediacy of spirit, a vivid way of painting meaning so that it is readily absorbed. She captures and then communicates the Runes in such a way that they then capture the reader. This is the only book I am studying for now, reading and re-reading it, letting it slip into the layers of my experience. There is true love here, of she for her Gods and Their Runes, and it is a contagious love.

I'm happy to be almost able to begin to understand Runes. I should have known this earlier in life since this is part of my heritage. In the 50's and 60's Americans who are immigrants were like witch hunters. my family came to north america unnamed back then. In the 4th or 5th c I need and want more info on Runes. Thank you very much from one who can see.

Do you have several books on runes? This is one that belongs there as well! Find your own personal take on each rune through the work available in this text. Great read! Looking forward to working through the exercises.

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