



Manifesting Inner Tranquility: Rune Journaling the Elder Futhark: Journaling Includes Rune Number Use (Paperback)

By Hildegard Heidel Schunke

Solfeggiosound Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learning to discern energies and enhancing inner dialogue can be done in simple, fun steps of 5 minutes a day. Using energy discernment selections, your own energies work through Elder Futhark Rune characters as inner talk. The communication reinforces self-trust, opening doors to inner knowing. Journaling the results displays patterns of embedded choices for review and release. Dagaz pictured on the cover suggests that now is the time to embark on a soul journey. The power of change is directed by your own will into transformational trust of self. Relaxing into improved inner dialogue brings inner tranquility.



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