



Runes for Transformation: Using Ancient Symbols to Change Your Life

Kaedrich Olsen

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Runes have long been used as vital tools for transformation. The Norse employed them as tools for communication, and the Vikings would use them as wisdom before embarking on a journey or entering battle. Runic scholar Kaedrich Olsen reclaims the transformative power of the runes for readers today as a key to unlocking our potential for personal growth and our life's vision. *Runes for Transformation* is unlike any other rune book on the market, with Olsen's unique techniques and applications for this ancient alphabet including affirmations, NLP, visualizations, and meditation, as well as the historical background essential to embarking on this path.

A highly respected teacher and transpersonal path worker, Kaedrich Olsen posits that the time for this "deeper working" of the runes has come and this will aid readers in both personal and collective evolution. *Runes for Transformation* is a rich resource and excellent guide for readers to take the steps to change their lives with a boldly modern approach to the ancient runes and for "change that really matters."

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