



Runes and Rainbows

Kay T. Cook

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Blending informative illustrations and charts, example readings and knowledge from the author's many years of practical experience, this book will guide the reader through Runes and Rainbows, an integrated system for insight and empowerment. There are four steps to the Runes and Rainbows process. ~ Step One:

Learning how to read the runes using the interpretations provided. With practice it will be easy to give an exceptionally detailed and accurate rune reading. ~ Step Two: Using the Chakra Information Chart the life issues for each rune in an individual reading will give a deeper understanding. ~ Following the instructions

and using the Chakra and Information Chart and Colour Interpretation Chart to implement Step Three and Step Four, will allow you to explore the incoming universal energies. This will guide you to the future potential of any rune in the individual readings. ~#~#~# "For anyone beginning to take an interest in

studying 'Runes' I would definitely recommend this book. It explains simple methods of 'reading' runes and how to develop this ability in a way beyond traditional interpretations often given in divination works. In addition to 'reading' the runes, blending their meanings together with the symbolic colours of energy centres help the reader gain a deeper understanding of the spiritual realms. The personal examples recounted add the depth of knowledge that Kay has developed over many years of professional work. This work represents an additional approach to self-enlightenment and possibly the beginning of a journey towards helping others."

Nick Nicholls of Kingsbridge, Devon, England.~#~#~# "A breath-taking interpretation of rune readings and their relationship to chakras. Incredibly detailed and very well written. A fascinating book.!"

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