



## Runic Magic Through Movement

By Claire Bellenis

GREEN MAGIC, United Kingdom, 2013. Paperback. Book Condition: New. 198 x 128 mm. Language: English . Brand New Book. Claire shows us the techniques which place the emphasis upon invoking the quality and energy of the different runes for magical purposes by making their shapes with our bodies, accompanied by chanting. . She has been studying and working with the Runic Elder Futhark for over twenty years. During this time she has found a way of using the magic of the runes by making their shape with the body. She acknowledges the work of the early twentieth century revivalists, F. B .Markby and S. A. Kummarr who, like her, emphasised physical runic postures as a means of accessing the power of each rune.

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