

SET INTENTIONS WITH EIWAZ

What does rebirth mean to you?

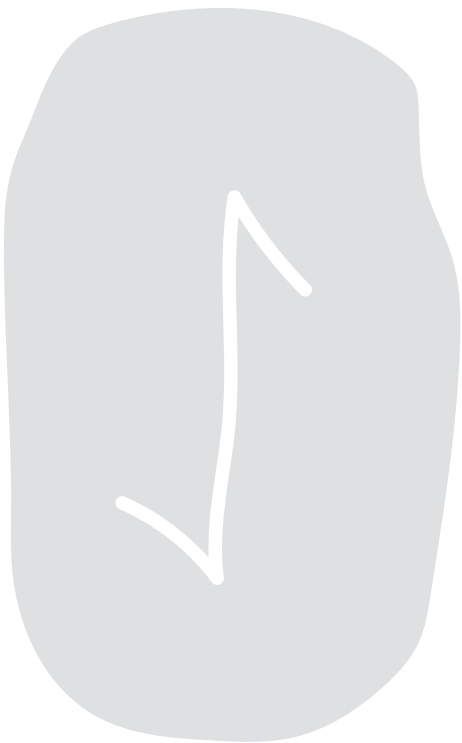
What does enlightenment mean to you?

What does "as above, so below" mean to you?

Do you think that anyone can take a shaman's journey? How and why?

THE SHAPE OF EIHWAZ

Take some time to draw or write Eihwaz in the space below, or use the space to brainstorm ideas and thoughts about Eihwaz. What does the shape of the symbol remind you of?



COMMUNICATING WITH EIHWAZ

Close your eyes and chant Eihwaz's name for 2-3 minutes.

Pronounced: (yoo-wǎz)



Holding your Eihwaz Rune in your hands, state the following affirmations:

- I am moving forward in my life.
- I am taking the right actions to get where I want to go.
- I am on the right spiritual path.
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Now, take a moment to listen. Let Eihwaz speak to you. What messages do you receive from Eihwaz?