

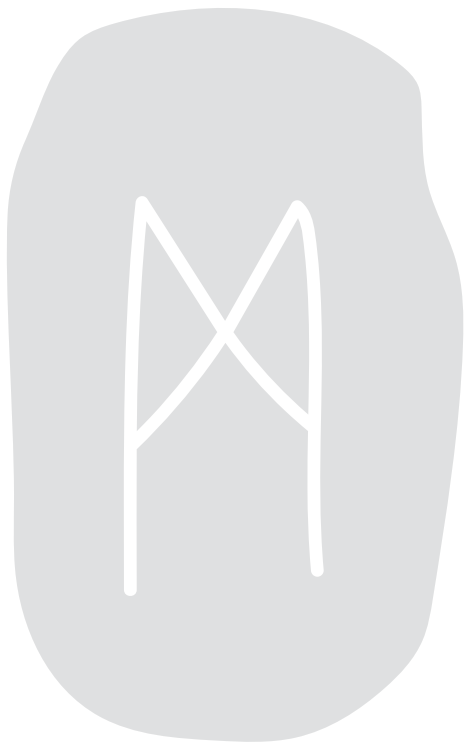
SET INTENTIONS WITH MANNAZ

What is your place in society? Are you satisfied with it?

What gifts or talents do you have that can be shared with the world?

THE SHAPE OF MANNAZ

Take some time to draw or write Mannaz in the space below, or use the space to brainstorm ideas and thoughts about Mannaz. Notice the symbol of Dagaz in this Rune. What does this represent and how are you a part of that?



COMMUNICATING WITH MANNAZ

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

Pronounced: (män -näz)



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

- I am infinite.
- I am surrounded with love from other people.
- I am sharing my talents and gifts with humanity.

Now, take a moment to listen. Let Mannaz speak to you. What messages do you receive from Mannaz?