

## **SET INTENTIONS WITH URUZ**

List 5 ways that you are powerful.

Do other people have power over you? How does this affect you?

## THE SHAPE OF URUZ

Take some time to draw or write Uruz in the space below, or use the space to brainstorm ideas and thoughts about Uruz. What else comes to mind when you think about this symbol?



## COMMUNICATING WITH URUZ

Close your eyes and chant Uruz's name for 2-3 minutes. Pronounced:  
(oo-rooz)



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

- I am free.
- I am powerful.
- I have everything that I need.

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