

## Runes Memory Guide

Out of sight, out of mind should not be a slogan for goals. Runestaves (glyphs, symbols) can be used anywhere either as a memory guide as presented here or as originally written about in my book RnR Runes and Remedies (excerpted below) under the section title Talismans and Amulets.

This monogram is to compliment the work in my learnINGblog entry entitled “SMART Goals for Ben Franklin Decisions.” As elucidated under Project SMART it is helpful to have a symbol or word represent your goal so as to write it everywhere and thus have it as a constant reminder of the work to be done. . The reason to use a symbol/word is to make it easy to write so that it can be easily put anywhere. I have written it on the cut off glued part of a Post-It note to put up on the top frame portion of my computer screen at work and at home.

The various actual forms start out by letting you enter a short phrase or word title for the goal or project. There is a box space below, and to the left of the “Specific (succinct)” description lines, to enter an ID symbol (or word) to identify this endeavor; the symbol that is contemplated here. A Rune symbol taken from my book RnR Runes and Remedies is a great choice and is expanded on here.

Most often a single Rune will suffice as a memory aid but a grouping of more Runes can be used if you find this helpful. The excerpt below gives hints as to how to develop a grouping.

“Enter the appropriate rune in the blank space (see chart below):

\_\_\_\_\_ the Rune that represents the central most important idea associated with your desire

\_\_\_\_\_ the Rune that represents the second most important idea or some important aspect related to your wish

\_\_\_\_\_ the Rune that represents another important idea or aspect related to your wish

\_\_\_\_\_ a Rune that represents some other important idea or aspect you want reminding of

\_\_\_\_\_ a Rune that represents some other important idea. Could be a Rune that sums up your need or provides a portal forward

Now think, what would I be constantly looking at that I can write these Runes on. It should be something small and portable so that you can take it everywhere. If you are in one place for any length of time on a regular basis, consider also writing the runes on a post-it note and putting it in some easily visible spot.”

### IMPORTANT!

Do not worry about memorizing the Runes or their meaning for the purpose at hand here. You don’t even have to remember the meaning of the Runes you have used as long as they act as your reminder. Your subconscious mind will actually remember the mystic meaning and so be working in the background to help you achieve your goal.

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# *Talismans & Amulets*

(reprinted from RnR Runes and Remedies)

If you are already writing a person's name in Runestaves then why not perform some Runic magic and add some avertive or good luck Runes. Make the person feel good by telling and explaining what you are doing. After all one of the early important functions of Runes was to carve or draw them on various objects to bring good fortune, so why not continue the tradition. Combining glyphs into one compound figure makes for a delightful talisman, especially if the chosen Runes are appropriate to the situation (read more below.)

By using Runes in talismans you are employing sympathetic magic, much as in using the Runes in divination. Sympathetic magic is the practical physical plane application of the basic Cosmic Law of Attraction of Alikes.

In English we have two common terms for a good luck charm and it does not seem elegant to confusedly use both of them when talking from one perspective. A talisman is something that has magic powers of protection because of the object itself or more often for what is written on it. An amulet is something worn on the body as protection such as a charm or inscription in a locket, etc. The first word is of Germanic origins while the second is of French origins. Their meanings aren't really that different so the preference is to use talisman for Rune scripts in keeping with the Germanic origins of the Runes. (An amulet would be the term applied to a Philosopher Stone as found in the Accessing Awen book.) Also talisman does not have the restrictive connotations of being in close contact with, or intimate possession of, the person so that this also makes it a better term to use.

## **FORGE YOUR OWN RUNE TALISMAN**

The formal use of Runes is in a talisman of multiple Runes is called a TALISMAN LIBERATING CODEX or TLC for short. A TLC is a collection of Runes assembled under a common cause. A TLC has invaluable use in aiding efforts like healing, visualization and performing rituals. It is can be used as a memory aid to remember to do the meditations and rituals, much like the traditional tying of a string around your finger. Also do not underestimate the assisting power of belief in keeping your talisman as a good luck charm.

A rune talisman is easy to create. Since different Runes can be picked each time you create a TLC, a unique talisman is created each time even if it is written on the same carrier. A key fob that is mostly blank space is a great talisman. So is an identification bracelet that is not engraved but left blank. Stationary stores carry special markers that will write on these materials. When your needs change, just clean off the old Runes as they have now done their work and write in new ones for a new talisman.

Use the above guide to help pick the required Runes. Don't worry if you later forget what the actual Runes mean. The important thing is that they keep reminding you to do your visualization, meditation and ritual work. You can use any number of Runes, but three to five is usually a good amount. The Runes and their meanings are found just below.

Below is a listing of the Runes and meanings that can be used for sympathetic magic as in talismans and good luck messages. Also as here listed to be Runes Memory Guides.

- ƒ “May the Force be with You” To send good and helpful vibes
- ∩ To clear obstacles and create opportunities
- ‡ To come to the right decision
- ƒ Success in studies or to obtain wisdom
- ℞ For safety while traveling
- < To generate strength, self-confidence, and a positive attitude
- × To attract or maintain romantic interests
- ‡ Happiness through harmony and contentment
- ∩ To effect major changes
- † Success with long term goals
- | To calm emotions or situations that are getting out of hand
- ⚡ Success in a new project
- ∩ Success in resolving problems
- ℞ To find lost things and make financial gain
- ‡ For protection and security
- ∩ For health, peace of mind, and sexual prowess
- ↑ To succeed over adversity
- ‡ Positive changes related to family or continued contentment therewith
- ∩ Strength to do the right thing
- ℞ To obtain positive reinforcement from others
- ∩ Obtain inner guidance or to increase psychic strength
- ◇ To culminate a cycle of events or a project
- ℞ For fortunate new beginnings
- ⚡ To achieve personal glory or for the team

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“SMART Goals for Ben Franklin Decisions.”