



Nancy Eshelman: I didn't know runes from ruins, but the experience was interesting

Published: Sunday, September 30, 2012, 6:54 AM Updated: Sunday, September 30, 2012, 6:56 AM



By **NANCY Eshelman, For The Patriot-News**

Melody Bishop agreed to meet me at 3 at the Alta View Wellness Center in Lower Paxton Twp. I have a thing about being punctual, and the traffic on Route 22 was making it seem less and less like I'd arrive on time.

When I pulled into the parking lot at 3:01, I figured if I hustled I wouldn't make a terrible first impression. I fumbled with my keys and my purse, spilled out of the car and headed toward the steps leading to the entrance.

Somehow at the top step, I went down on my left knee. I looked around; the coast was clear. No one had seen my ungainly fall.

I collected myself and walked into a tranquil environment, the kind of place where people use their library voices. There, I met Melody in person.

She and I are Facebook friends, two people who connected online because we know people who know each other.

That's where I had read a few lines about her website, **Runes by Melody**. I didn't know runes from ruins, but the gist was that she uses these ancient tiles to help people learn more about themselves.

It's not black magic, and the website emphasizes it's for entertainment purposes, which I assume is designed to satisfy some legal mumbo jumbo. It falls into the category of reading tea leaves, palms or tarot cards. You believe or you don't, but it's always interesting.

Melody and I sat on opposite sides of a table, and she had me hold her bag of runes. She said to select five with my non-dominant hand, and she placed them in a row on the table. She explained the meaning of each and had me repeat the process, placing each new tile in a row beside the others. She made a few more observations, had me shuffle a deck of large Earth Magic cards, then placed several rows of cards from the top of the pack.

My first chuckle came when she stopped at one of the cards and asked if I am clumsy. I related what had happened earlier outside her door, and explained it wasn't the first time my feet had wrapped around something or nothing and sent me to my knees, or worse.

Now I know there's a reason why. I'm cerebral. I have so much swirling through my head all the time that I neglect



to watch what's at my feet. She suggested I be careful with that.

People who know me will agree she was spot on when the runes suggested I have a tendency to put others before myself. She suggested I take a day trip, alone, and find a quiet spot to sit and enjoy a coffee (which I don't drink, but a soy chai latte would do).

She also detected that I need a place all to myself in my house. The 7-year-old who lives with me would tell you that I sometimes close the French doors separating the dining room from my living room because I desperately need what he calls "a piece of quiet."

She also suggested I get out in the sun more, even if it's to sit on the deck for a few minutes. I'll find energy in the sun, she said.

There was more, but you get the picture.

I thought she was accurate. She's not a fortune teller, predicting the future. People come to her, she said, looking for validation of their feelings.

"We're distracted," Melody said of the population at large. "We don't have time to listen to our gut and when we do, we don't know what it's saying."

Melody, who lives in Dillsburg and comes from a long line of intuitive readers, has been working with runes for two decades.

The runes are an ancient Viking alphabet. The runes a person selects and their placement represent what the individual needs to understand her life as it is now. Think of them as road signs in a foreign language. The reader uses her intuition to translate them.

Whether you take them seriously or as a simple reminder to watch your feet is up to you. But Melody was right about one thing: the experience was fun.

- **TO LEARN MORE:** Visit Melody's website at www.runesbymelody.com. She offers both individual sessions and parties. Melody will be the Spirit of Oneness wellness event at Colonial Park United Church of Christ, 5500 Devonshire Road, Lower Paxton, beginning at 10 a.m. Oct. 13.

NANCY ESHELMAN: columnist1@verizon.net

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