Clarity Sessions

with

Runic Diagnostics

HOW I WORK

ELENA V. NEZHINSKY

ELENA V. NEZHINSKY

Elena V. Nezhinsky is a writer and analyst whose work brings together systems thinking, more than ten thousand hours of contemplative practice, psychological insight, and Runic Diagnostics. For more than fifteen years, she has worked with people navigating spiritual awakening, deep inner crises, major life transitions, and difficult decisions. She is particularly interested in seeing a human life as a whole - the patterns shaping it, the forces moving beneath the visible story, and the point where genuine change can begin.

www.elenanezhinsky.com

Clarity Sessions
with Runic Diagnostics

How I Work

Elena V. Nezhinsky

Clarity Sessions with Runic Diagnostics

Elena V. Nezhinsky

Cover design: Jason Kolano
Interior design of print edition: Alexander Svistakov
Digital edition: 2026

Copyright © 2026 Elena V. Nezhinsky

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author, except for brief quotations used in reviews.

First edition, 2026
ISBN 978-1-7332220-3-7 (paperback)
Publisher: Open Field Press
www.elenanezhinsky.com

Introduction 6

Chapter 1 My Story 7

Chapter 2 How I Work With Runes 14

Chapter 3 How I Do Transformational Work 26

Chapter 4 How I See A Person As A Whole 40

What People Say 44

Sample Runic Diagnostics 48

Books By Elena 66

Contact 67

INTRODUCTION

I made this little book to answer one simple question:

what is it actually like to work with me?

My rule for this project was: light, fun, and fast.

The cover follows the same rule. It was originally created for another book I planned to write years ago and never did. The book never happened, but the cover stayed — and when this project appeared, I realized it had finally found the right home.

A pilgrim climbing a mountain with a heavy backpack of questions, only to find me waiting at the top in an apron with a bowl of borscht, feels surprisingly accurate.

The work itself can go very deep. But depth does not have to be heavy. So instead of turning this into another long project, I decided to gather the essential pieces in one place. You do not need to know anything about runes before reading it. You only need to be curious about one question:

What becomes visible when someone
gives your life their full attention?

That is really what this book is about.

A NOTE ON THE STORIES IN THIS BOOK

The stories in this book come from real encounters and real work. To protect people's privacy, names and identifying details have been changed. In some cases, personal details have been altered more substantially while preserving the essential dynamics of what happened.

Chapter 1

MY STORY

The Analytical Mind, Awakening, Ancient Forces, and the Return to People

For a time, my work had a very visible home: a small purple tent at the farmers market in Carmel Valley. On Sundays, people would come with questions about relationships, work, family, difficult decisions — or simply with the feeling that life no longer brought them the joy it once did. They would sit down across from me, I would lay out the runes, and together we would look at what was really going on.

This simple encounter draws on my whole life: an engineering education and systems analysis, more than ten thousand hours of serious meditation, profound spiritual experiences, years of inner and psychological work, and the gradual unfolding of an ability that has been with me since childhood.

THE ANALYTICAL MIND

By nature, I am an analyst. I have always had the ability to see a system as a whole, hold many factors at once, and notice the connections between them.

That way of seeing led me to study engineering and later become a systems analyst. My work was to enter complex systems, understand their internal architecture, see exactly where something was breaking down, and determine what needed to change. It gave professional form to a way of thinking that came naturally to me and taught me to hold enormous amounts of information in view without losing sight of the system as a whole.

That capacity has stayed with me. Today, I apply it not to technology but to a far more complex system: a human life. The ability to hold many factors at once, see hidden connections, and find the point where change can truly begin is one of the foundations of my work now.

It was at Time Inc., in 1998, that I met my first spiritual teacher. He was a vice president of information technology, a highly successful professional, and someone who had been deeply engaged in spiritual practice for many years. Through him, I began to look beneath the surface of life and ask a very different kind of question.

AWAKENING AND HUMAN WHOLENESS

I began meditating long before meditation became part of mainstream wellness culture. For me, it was never primarily about health or lifestyle. It opened the door to a much deeper investigation of consciousness.

I went through classical meditation training: first Zen, then Vipassana, and later direct inquiry into consciousness. I spent long periods in deep retreat, directly investigating the nature of mind, identity, and consciousness.

Those retreats also reconnected me with experiences from much earlier in my life.

Some of my earliest experiences, from infancy through about the age of five, involved states of perception I had no way to understand or name. In the earliest one, when I was about a year old, I experienced myself not as the baby lying in the crib, but as an unbounded awareness in which the body and everything around it appeared. There were several other experiences of this kind during those early years.

During those retreats, I experienced profound states of consciousness — states commonly described as awakening or enlightenment. In one of them, the same experience returned.

This time, I was able to recognize it consciously as it was happening: I experienced myself as awareness itself rather than as the person within it. At that moment, the forgotten childhood experiences returned with remarkable clarity, and I understood that they had all been expressions of the same fundamental experience.

Recognizing this continuity made one thing clear: this perception did not begin with spiritual training or anything I later learned. It was present before I had language or beliefs about it. After the age of five, this way of perceiving closed down almost completely, and for many years I lived without conscious access to it. Its return was gradual, unfolding through meditation, inner work, and life experience.

Later, I wrote about some of these experiences in my book Buddha on a Bull: A Practical Approach to Enlightenment .

Over time, I saw one thing more and more clearly: what I am at the deepest level does not change. Forms change. The body changes. Character, circumstances, and roles in life change. But the presence through which all of it is lived remains the same. Once this is recognized, it becomes difficult to see yourself — or anyone else — in quite the same way again.

These experiences changed more than my understanding of consciousness. They changed the way I see another person.

When someone sits across from me in a difficult situation, I see more than their confusion, conflict, or pain. I see the whole person and the life in which this particular problem has arisen. We can go very deeply into the situation itself without losing sight of the larger context.

I can hold different sides of a situation at once — contradictory facts, feelings, motives, and consequences — and stay with those contradictions without rushing to reduce them to one convenient explanation. Often, that is when what had been hidden begins to come into view. Sometimes it becomes clear fairly quickly where movement can begin. At other times, simply no longer forcing the situation toward an immediate solution allows it to start untangling on its own.

After many years of my own practice, I began working with people. For more than fifteen years, I worked with people going through spiritual awakening, deep inner crises, and major life transformations. These were not theoretical conversations about consciousness. I worked with real human stories — relationships, fears, losses, inner conflicts, and those moments when an old way of living no longer worked.

Over those years, I held countless one-on-one conversations and sessions, worked with people from different countries, wrote and taught, and created hundreds of articles for Complete Humanity. Gradually, my interest moved beyond spiritual awakening alone toward the whole human being — toward the ways consciousness, psychology, relationships, family patterns, and real-life circumstances weave together.

WHEN THE RUNES ENTERED MY LIFE

Runic Diagnostics turned out to be the missing piece I needed in order to see the deeper motives within a situation right away.

I do not work only with runes, but they have become one of my primary tools. Sometimes it feels as though they are what I had been waiting for all my life.

Long before Runic Diagnostics, I had been learning to observe energetic processes directly. Living close to nature, I spent a great deal of time observing fire, water, earth, and air —

watching how these forces joined, interacted, and expressed themselves in the material world.

When the runes appeared in my life, I began observing them in the same way. They entered my life with tremendous force. For a while, it felt like a hurricane. Every day I walked in the mountains, observing how these forces manifested in my body, psyche, and life circumstances, and writing down what I was beginning to understand.

Later, I discovered that almost everything I had been learning to see through runic energies in my own life became useful in my work with other people.

Those observations became notes, and gradually the notes grew into a book, *Walking the Runes: Stories of Love, Loss, Freedom, and the Patterns Beneath Them.*

By that time, however, my many years of work as a spiritual teacher and guide had already come to an end. I explored different tools and directions, but none of them felt like my path. Work on the rune book came to a halt. I withdrew almost completely from public life.

One evening, before going to bed, I turned to the Divine for direction. I wanted to know what I was meant to do next and how I could still be useful in this life. That same night, I had a lucid dream that felt more like a real encounter than an ordinary dream. In it, I was told:

"You will be doing Runic Diagnostics."

Things began moving almost immediately. A series of events soon led me back to the Rune master I had worked with on the book — events that were hard for me to dismiss as coincidence. This time, however, I needed a master to help me understand how Runic Diagnostics worked. That began ninety days of intensive daily work.

After that dream, everything changed. The runes became not only forces I observed, but also a diagnostic instrument.

At first, I applied Runic Diagnostics to my own life. Then I worked with people I knew, and later with clients. I was not simply studying a system. I was constantly testing it in real situations and learning to distinguish living information from my own interpretations.

By then, the runes had become integrated with everything that had come before. Analytical thinking, the ability to sustain attention, psychological understanding, and the capacity to see broader patterns — all of it came into the work with them.

That book is now nearly finished and will be published in 2027.

For me, the runes are ancient living forces. Through them, I see what is operating beneath the visible surface of a situation: inner contradictions, blocked movement, possibilities that have not yet been realized, and the deeper pattern organizing events that may look chaotic from the outside.

The analytical mind gives this work precision. Spiritual experience helps me perceive the whole person. The runes reveal the forces operating within the situation, and direct conversation brings all of it back into the concrete reality of that person's life.

Together, this allows me to work with very complex situations without oversimplifying them or losing sight of the whole picture.

RETURNING TO PEOPLE

I first offered Runic Diagnostics publicly at a festival in Southern California. I arrived with a folding table and chair and had no idea whether anyone would come up to me at all.

People stood in line for three days.

That experience gradually grew into my purple tent at the farmers market, where the work took on a very particular form.

People who come to me privately usually already know what they are looking for and are ready for this kind of work. The farmers market was different. There, I met all kinds of people. Some later came to me for a private session. Some could not afford one. Some came specifically to see me. Others were simply walking by with vegetables, coffee, or a dog — and suddenly stopped. Anyone could come over and sit down.

There is something very ancient in this. Spiritual teachers did not always live only in monasteries or apart from ordinary life. Some sat right where life was happening: among merchants, travelers, craftspeople, and families. If someone was seeking, they could walk up.

In old Zen images, the path does not end with awakening on a mountain. The final stage is a return to ordinary human life. After the searching and the realizations, a person comes back to the people with open hands.

The purple tent became that kind of place. It still remains part of my work, appearing at private events and other settings where this kind of open encounter makes sense.

The purple tent came to hold my whole path: systems analyst, meditator, writer, spiritual guide, and a woman who learned to work with ancient forces.

When someone sits across from me, we may begin with one specific question. But I never forget that this question is only one part of a much larger life — and that the person is always more than the problem they came to solve.

That is where our work begins.

Chapter 2

HOW I WORK WITH RUNES

For a long time, the distance between writing about the runes and working with them was the width of a folder. At the farmers market, the pages of my manuscript would lie in front of me. Then someone would walk into the purple tent, I would put the papers away, turn toward the person sitting across from me, and begin. What I had just been thinking about on the page was suddenly a living situation.

I have not read a single book about runes. In a way, I took the same path with runes that I once took when I was studying consciousness. You can read books about enlightenment, the nature of mind, and awakening. Instead, I spent years sitting in Vipassana and directly observing what happens in consciousness.

It was similar with runes. I watched how these forces manifested in life — first in my own, and then in my work with other people. Gradually, I began to notice the same processes repeating themselves again and again, and my understanding of the runes grew out of those observations. Perhaps that is why my understanding developed relatively independently of other people's interpretations. I did not first fill my head with someone else's explanations and then try to figure out where my own observations fit among them. I simply watched what was happening.

But knowing the runes and doing Runic Diagnostic for another person are not the same thing at all. You can understand a great deal, observe runes in your own life, ask them questions, and even write a book about them. But working with another person and interpreting what the runes are showing about their life is an entirely different level of responsibility.

When I do Runic Diagnostic, nothing unusual happens to me. I do not enter a special state, I do not feel that I have connected

to something, I do not hear anything, and I do not sense the presence of any forces. I simply work. So why do I trust the runes so much? Because of experience.

At first, I tested them against my own life, then with people I knew, and eventually I began working with other people. Years passed, and hundreds of situations accumulated. Again and again, I saw how what the runes showed was confirmed in conversation or became clear later, when a missing piece of the picture appeared.

At the same time, I can certainly be wrong. I am still the one interpreting what I see. That is why, for me, Runic Diagnostic never ends with me looking at the runes and announcing the truth to someone. The diagnostic gives us a starting point. Then the conversation begins.

At the market, I most often began with the person's overall situation. Sometimes someone came with a specific question. Sometimes they only knew that something felt stuck, unclear, or in need of change. A person would tell their story as they understood it at that moment. That story already contained explanations, hopes, fears, conclusions, sometimes an entire version of their life that they had been building for years. The runes helped us look beneath that story.

And this is where the most interesting part begins.

THE INVESTIGATIVE COMMITTEE

Once, a woman wrote to me that my work reminded her of criminal law.

She is a lawyer. Years ago, she studied at the Sverdlovsk Law Institute, and criminal law was her favorite subject. She was especially interested in the difference between the act itself and the motive. The act seems to lie on the surface: this is what happened. But then the most interesting part begins — why did

the person do it, what was behind it, what circumstances change the meaning of what happened? The same action can look completely different depending on the motive.

She wrote that while reading about my Runic Diagnostics, she understood why this work fascinates me so much.

I remembered a man who once came to see me. He was smiling and looked perfectly fine. We sat across from each other, I laid out the runes — and I saw that things were nowhere near as simple as they appeared. That is where the conversation began.

We pulled on one thread, then another. Details appeared, then more details — almost like evidence. Something that had seemed insignificant at first suddenly became the key: an old episode, a recurring reaction, a casually dropped phrase.

Sometimes everything comes together very quickly. At some point, both the person and I suddenly see the whole picture, and we sit there almost euphoric because what only an hour earlier had been a tangled mess has become completely clear.

And sometimes it unfolds very differently. I can spend half an hour circling the same place, almost like a parrot repeating the same thought to someone in different words. She does not understand what I mean, and the funniest part is that I myself do not yet fully understand why I keep returning to it. I just know: there is something here. This is an important element.

And then suddenly the person says:

"Ohhh… Well, yes. There is that."

And everything changes. I can see her stop holding on to the image of herself as someone who knows everything about herself, understands everything, and has everything under control. She relaxes a little, the need to defend the previous version of her story disappears, and very often only then does the real work begin.

Over the years of working with people, I have understood one simple thing: not everyone wants clarity. And not everyone has to want it right now. An illusion is not always simply a mistaken thought. Sometimes inside it are hope, an image of oneself, a sense of belonging, a way to preserve a relationship, or protection from pain. When such a structure begins to collapse, the first thing a person feels may not be freedom, but pain.

Some people are ready to stay in that place long enough to look further. Others quickly return to the old story. My job is not to force someone to see what I see.

For me, Runic Diagnostic is an investigation into what is actually happening in a person's life, including what they themselves may not yet see or be able to name. The runes give me the first clues, and then we follow the trail together.

Apparently, I work for the Investigative Committee after all.

WHEN THE RUNES SHOW WHAT CANNOT BE SEEN

There have been several times when a person sat down in front of me, smiled, spoke normally — and from the outside it was impossible to understand the scale of what was happening in their life.

Once, a young man came to see me. He looked calm, almost casual, but I could see that he was tense. I looked at the runes and asked whether something serious was happening with his health.

He said that a few days earlier he had received a serious diagnosis.

We continued looking. Then something appeared around family and responsibility that did not make sense to me. I could see that there was another story there — something unresolved, something he had carried for a long time.

He became quiet. Then he told me about a decision he had made when he was very young, a decision connected with someone he had loved and had never really forgiven himself for.

He had carried an enormous amount of guilt about it for many years.

We sat for a long time. Until then, the present crisis and that old guilt had existed as two completely separate things in his life. During our conversation, they came into the same field. The crisis had opened something in him that had been waiting a very long time to be faced.

He began to see that perhaps he could go through what was happening now without continuing to carry the old guilt with him.

When he left, the diagnosis had not disappeared. But he himself was in a different place. He had more ground under his feet and a sense that there was something here he could meet consciously, rather than only something terrible happening to him.

Later, he wrote to me. The treatment was behind him, he was back at work, and he said that he often thought about our conversation and that he was doing well.

Sometimes the investigation comes together right there during the conversation. And sometimes the meaning becomes clear only later.

WHEN NOTHING FITS

I was once invited to work at a large private event. I set up my tent, and people began coming in one after another.

At one point, a man sat down with me. I did a diagnostic and began asking questions. What I was seeing did not match his

story at all. Something serious was clearly happening in his relationship.

He denied everything.

> "No, everything is fine. The relationship is wonderful. Work is wonderful. Life is wonderful."

It was one of the strangest moments in my practice. I felt as though I was looking at one life while the person sitting in front of me was describing an entirely different one.

Sometimes one part of a diagnostic does not make sense to me at first. We keep talking, another detail appears — and everything falls into place. But here, it was not one small missing piece. Almost nothing matched.

For the first time, I thought: maybe the runes simply are not giving me the right picture.

I did the diagnostic again.

I got the same thing.

The man sat in front of me completely relaxed, smiling, absolutely certain that everything was wonderful.

Finally, I said:

> "I have the feeling that today the runes simply do not want to give you any information."

It sounded strange even to me. I had never said anything like that before. But I was not going to force someone to agree with my picture either.

So, according to his story, everything was wonderful and he certainly did not need my help.

For a minute, I almost believed him myself.

Then his wife sat down in my tent.

I did her diagnostic, we started talking, and before long she told me that she was deeply unhappy in the marriage and was already thinking about divorce.

I simply sat there looking at her.

Everything I had seen in her husband's diagnostic suddenly made sense.

What struck me was something else: for the first time, I had seen something in one person's diagnostic that only became understandable after talking with the other.

That was when the idea first occurred to me that couples could be approached differently: first talk separately with each person, see one system through two different windows, and then, if it actually made sense, meet together.

I came to the private event expecting to do ordinary individual consultations, and I left with a new possibility for my work.

WHEN IT BECOMES CLEAR LATER

One morning at the market, I noticed an older woman standing on the other side of the parking lot. She was looking toward my tent as if she wanted to come over but could not quite make herself do it. I smiled at her, and she walked toward me.

She was exactly the kind of woman I would not normally expect to see in my little circus tent. People like her usually come to the Sunday market for vegetables, fruit, homemade bread, and other farm products. She had a long-established life, investments, her own doctors, attorneys, and people she was accustomed to calling when a problem arose. My tent clearly did not belong anywhere in that system.

She was extremely anxious and had no idea what to do. Her husband had died, she had become involved in a legal dispute

with one of her tenants, who happened to be an attorney, and the situation was becoming increasingly complicated. Selling the apartment seemed like one possible way out, but she was not sure.

And now she was sitting across from me.

We talked for a long time. After the diagnostic, I told her that I did not think she should sell the apartment right now. Trying to get rid of the problem as quickly as possible, in my view, would only create more stress. I suggested taking the apartment off the market for the time being.

She did not believe me.

About a month later, the woman came back.

> “At first I didn’t believe you,” she said. “I thought, how can I possibly not sell it? The easiest thing would be to sell the apartment and finally get this man out of my life.”

She had continued trying to sell it. The tenant made showings difficult, every legal step created new expenses, and the pressure kept increasing. After several such attempts, the woman ended up in the hospital with heart palpitations and severe anxiety. Then suddenly the same tenant offered to buy the apartment himself — for considerably less than market value.

And that was when she saw the whole picture differently. All the obstacles, expenses, and pressure were leading toward one point: she was supposed to become exhausted and frightened enough to finally accept his terms.

Something changed in this petite, elegant woman.

> “I understand what you meant now,” she said. “I’m not selling this apartment. I’m going to fight for myself.”

The first time, anxiety and confusion had made it difficult for her to act. Now the woman sitting in front of me had her

strength back. She decided to sell another property, get the money from there, and defend this apartment to the end.

There was fire in her again.

WHEN SOMEONE BRINGS AN EXPERIENCE THAT IS HARD TO EXPLAIN

Sometimes people tell me things they might not feel comfortable saying somewhere else.

Once, a woman came to me because she felt that she needed to go into nature. But she could not really explain to anyone why. With me, she finally said it directly: she needed to come into contact with some kind of force of the Earth, allow it to pass through her body, and then transmit it further into the world.

That did not sound crazy to me. I had gone through a period myself when I felt an almost irresistible need to be in nature. I outfitted my car for car camping and spent several months traveling to remote places, simply living alone among forests, mountains, and the ocean. Some of the most mystical experiences of my life happened there. So I knew very well that a powerful inner impulse can sound very strange to another person and still be an important part of someone's actual experience.

I looked at the runes. Instead of contradicting what she was experiencing, they showed that this impulse was worth exploring. It was important for her to go into nature and give that practice a place in her life.

Another time, an older woman came to see me. The runes showed a very strong sense of purpose, and I asked her about it.

She calmly told me that she felt connected to another civilization and had written a book about love and relationships in the Fifth Dimension.

"Has it been published?" I asked.

> "No," she replied very seriously. "People in the Third Dimension are not allowed to have this knowledge yet."

I decided not to interfere with interdimensional publishing regulations.

She was completely serious, and so was I. I did not need to decide exactly how the Fifth Dimension was organized. The runes had already shown that her sense of purpose was real and important to her. That was what I worked with.

Over time, I noticed that people really do tell me very unusual things. I can trust the experience itself without necessarily sharing the person's explanation of what is happening. A person may be mistaken about how they understand it, may build an entire system of beliefs around it, but I do not dismiss what they are actually experiencing.

Perhaps that is why people feel that they can speak freely with me. I trust what they are living through. And that trust becomes mutual.

THE QUESTION AS A CONTAINER

Over time, I began to see how important the question itself is when we enter a diagnostic. A question creates a kind of container for the work that follows.

The way I frame the question shapes that container: what exactly are we looking at, and how broadly or narrowly? The runes then respond within that structure and show what becomes visible there.

That is why a question that is too narrow can sometimes become a poor container. Someone may come with a question about a man, a job, or a particular decision, while the most important thing happening in their life is somewhere else entirely. If the diagnostic is immediately confined inside the original question, we may simply fail to see the deeper process.

At the market, I increasingly began with the person's overall situation: what is happening in this person's life right now? Then I would see where the conversation led and which questions were actually ready to be asked.

WHEN THE QUESTION IS TOO NARROW

Once, a woman came to me because she was trying to understand which direction to take in her life. She felt that something needed to change, but she could not see clearly what the next step was.

I looked at what was happening in her life as a whole.

Reversed Algiz appeared in Asgard. For me, this immediately opened the subject of protection and belonging within a larger system. As we talked, it became clear that she seemed to be missing a deeper kind of support — the feeling that something stood behind her, that she belonged to something larger.

At the same time, Gebo appeared in Vanaheim. In everyday life, she was not lonely at all: she had many friends, good relationships with people, and plenty of social support. So the issue was not that there was nobody around her.

Gradually, a different picture began to appear. Again and again, she was looking for someone or something to belong to: a spiritual path, a relationship, a community, something else.

Behind all those different stories was the same search — for a place, a system, a feeling: "I am not alone. I belong somewhere."

At first, she could not feel any support in her ancestry at all. Her relationship with her immediate family had been so difficult that they seemed to block access to anything larger behind them. What began to open during the session was a different view: whatever those individual personalities had been like, life had still passed through them and continued forward. That raised

another question: could she begin to feel that larger lineage directly, without needing an outside intermediary?

I did a second diagnostic on that question.

And that was when the work unexpectedly moved beyond the diagnostic itself.

Chapter 3

HOW I DO TRANSFORMATIONAL WORK

WHEN I WORK WITH MORE THAN RUNES

Runes help me see what is happening with a person. From there, the work may move beyond interpretation.

Sometimes I see a pattern directly in the way a person speaks to me, reacts, agrees, withdraws, tries to disappear, or clings to a familiar version of their story. I create conditions in which a person's own pattern becomes visible and they have an opportunity to act differently.

In the previous chapter, I wrote about a woman whose diagnostic led us to the subject of belonging and connection to her lineage.

Then I had a very clear impulse to draw.

I took a small sheet of paper and drew a simple stick figure to represent her. Then behind that figure, I added her mother and father. Behind each of them, another mother and father, and then the next generation. The drawing began to grow into a huge tree. I continued one more level, tracing the branching lines, and suddenly two large wings appeared behind the woman's figure.

We both became quiet and looked at the drawing.

"I have goosebumps," she said.

So did I.

The conversation had become something she could actually see. In front of her was a very concrete image: behind one person stand a mother and father, behind them two more and two more,

and beyond them an enormous number of people because of whom she exists here at all.

Then I realized what we were actually doing. A few minutes earlier, I had thought she needed a shaman who could perform a ritual of inclusion into her ancestral system. And now we were doing it right there in the tent. I was drawing generation after generation behind her, and her sense of herself was changing right in front of my eyes: instead of a person standing alone with no sense of support behind her, we were looking at a person inside an enormous system.

There may already have been someone outside waiting for me to become available. I was not thinking about that. In that moment, we were inside the process.

I suggested that she buy a large sheet of paper and simply keep drawing, generation after generation, perhaps seven generations back, without worrying about creating a correct family tree or judging which ancestors had been good or bad.

For me, it was important not to idealize the ancestors. Some of them may have been difficult, destructive, unknown. But every one of them, at some point, said yes to life. And because of that entire chain, she exists now — a person who can act, create, and change her life.

The runes had shown where the work was. After that, I was no longer working only with the runes.

I am highly attuned to another person. Sometimes I notice tension, contradiction, or movement before the person has had time to name it. I also have a strong directive side. When I see something, I begin working with it. I may ask a question, stop someone, push, suggest an action, or sometimes change the situation itself right there during the session.

For me, transformational work begins here: seeing what is happening and creating conditions in which a person can understand their pattern and, at least once, act differently.

WHEN I WORK PROVOCATIVELY AND HELP THE PATTERN APPEAR

My way of working changes with the person in front of me. Sometimes the work is very gentle. Sometimes conversation and a few precise questions are enough. And sometimes a person wants change but is so deeply inside their own pattern that they cannot see it while it is happening. Then I may work much more provocatively.

Once, a woman came to me, and at the very beginning of the diagnostic I explained: the runes show me energies and processes, but we have to put the specific story together. I told her to keep checking everything I said against her own experience. I could be wrong in my interpretation, and I wanted her to tell me when something did not fit.

She nodded.

For the next forty minutes, she agreed with practically everything I said.

> "Yes."
>
> "Exactly."
>
> "I agree."

But at some point I felt that something did not fit.

I started pressing her.

> "Are you sure that is true? Don't agree with me. Look for yourself. Feel it. Does this actually fit you?"

Sometimes I turn on a strong, almost authoritarian side — along with my Russian accent, which can easily become slightly

New York mafia when necessary. That was where I went in that moment.

She became quiet, listened to herself, and finally said:

“No.”

I asked:

“And the things you agreed with before? Was something off there too?”

Gradually, she began to see that there had been.

Then we both saw the pattern happening right in front of us.

“Look at what just happened,” I told her. “You agreed with me even when it did not actually fit you. You adjusted yourself to the stronger figure instead of checking what was true for you.”

I told her that perhaps this way of behaving had once been necessary for protection — maybe back in childhood, around someone stronger or more authoritarian. But now she was carrying the same mechanism forward and switching it on automatically even where she no longer needed it.

And she had just done it with me.

At that point, the issue she had originally come with moved into the background. Something much more fundamental had appeared between us during the session itself.

I asked her to repeat:

“I will never conform anymore.”

At first, she said it almost in a whisper.

“I will never conform anymore.”

“Again.”

She repeated it a little louder. Then again. And again.

I watched her voice change, her face change, even the way she sat. At some point, she no longer needed my help. She was saying it herself, louder and more confidently:

“I will never conform anymore.”

And now it was no longer a sentence she was repeating after me. She was speaking for herself.

We were both laughing and happy.

She had disagreed with someone she experienced as stronger and more authoritative, and the relationship was still intact. I was on her side.

I think that was the moment she first felt that the pattern was something she had learned, not who she was. She could respond differently.

> “This is what our work was really about,” I told her. “Not the individual situations we discussed, but this mechanism. You just saw it in action — right here, with me. And most importantly, you already tried doing something different.”

The old pattern would not disappear after one meeting. But now she knew she could respond differently. She had seen it happen between us, felt how it worked, and tried something different right there in the session.

WHEN THE PATTERN APPEARS IN THE MOMENT AND I STOP IT

Once, during a session, I noticed something strange. A woman said several times in a row, “Okay, thank you,” and started getting up, even though we had not finished.

At one point, I stopped her.

“Do you need to go somewhere?”

“No.”

“Then where do you keep going?”

She looked a little confused.

“I just don’t want to take up your time. You’re busy.”

And that was when I understood what we were actually working with.

“Look at what you’re doing right now. You keep making yourself smaller. For some reason, my time matters more to you than yours. My space matters more than yours. You have already tried to leave several times, even though I am not asking you to go and our work is not finished.”

It was happening directly between us. She sat as if she was already taking up too much space simply by being there, as if it would be better to quickly say thank you, get up, and free the space.

“But we are working together right now,” I said. “And while you are sitting across from me, you are the most important person to me.”

Then I asked her to sit differently: not on the edge of the chair, to open her shoulders, take up space, stop rushing to disappear.

“Like that. Sit. This is your time too.”

And we continued the session.

What mattered was that the pattern appeared directly between us. She made herself small, and I became the figure around whom she automatically decided that she should take up less space.

And I could show it to her immediately:

"Look. This is what you are doing right now."

Then we immediately played out a different scene: she stayed, sat fully, occupied her space, and stopped rushing to leave.

Sometimes it is not enough for a person to understand a pattern in words. Sometimes they need to experience, at least once, what it is like to be different.

WHEN CLARITY DOES NOT REQUIRE A RADICAL DECISION

A man came to me who had been unhappy in his marriage for a long time but had hardly spoken to anyone about it.

Gradually, a picture emerged of a relationship in which he lived with a great deal of inner tension. As we talked, he began telling me how much he had been carrying inside and how hard it was to know what to do with it. The longer we talked, the clearer it became to him how unhappy he was with the way he was living.

By the end of the meeting, he was absolutely certain that he wanted a divorce.

I told him not to rush. In that state, clarity can easily be mistaken for a need to act immediately. I suggested that he approach what was happening seriously, carefully, and with compassion toward himself and toward his wife.

A few days later, he wrote that he wanted to take exactly that approach. They started going to therapy together.

Several months passed. Recently, I asked how he was doing. He replied that he was doing well, that his wife was working hard on herself and changing a great deal. They were planning a vacation together.

I remembered how he once told me that he was only happy when she went away and he was left alone. And I smiled.

WHEN FRICTION APPEARS

Sometimes work with a person leads to friction. It can happen when a person begins to want something from the relationship with me that I cannot give them. Sometimes that creates friction between us.

Once, a woman came to me for a private session. We worked well together. Afterward, things began to move in her life: she did several things she had been afraid to do, traveled somewhere on her own that she had long been afraid to visit, and allowed herself to step outside her usual pattern.

A few days later, she unexpectedly came to see me at the market.

I was happy to see her and invited her to sit in the tent for a few minutes and tell me how she was doing.

But almost immediately, I felt that something between us had changed.

At one point, she looked around at the tent, the little table, the chairs, and asked:

“So this is how you make a living?”

For a moment, I did not even know how to respond. I simply do not think about my life in those terms.

There was silence between us for a few seconds. And in that silence, I felt the friction very clearly for the first time.

Then came personal questions and increasing familiarity, as if our first meeting had created a different kind of relationship between us.

She had already read my book and knew a lot about me, and it was as if she had decided that now a different kind of relationship could exist between us.

I answered for a while, but very quickly felt the boundaries beginning to blur. At some point, she asked another, even more personal question, and I knew I was not going any further in that direction.

I told her that I was not going to discuss that part of my personal life, stood up, smiled, and said that I needed to get back to work.

She left.

After that, we never saw each other again.

Later I wrote to her and asked how she was doing, but she did not respond.

That was the end of our connection. But it did not cancel the work we had done together.

Before our first meeting, she had idealized me quite strongly. Then she saw me in another context — in a tent at the market, in ordinary life. Something in her image of me changed. She began relating to me differently, almost like a friend.

I did not try to smooth that over or restore the old, comfortable way she had seen me.

My job is not to make sure a person keeps a good image of me, and it is not to make sure they keep coming back.

Sometimes transformation includes exactly this kind of movement: you stop holding onto a figure you placed above yourself, become disappointed, separate, and go your own way.

In that sense, friction can also be part of the work.

Sometimes a person comes closer to me and later needs to move away. I do not try to stop that.

DEEP LIFE DIAGNOSTIC: KISS THE DOOR FRAME

One of the people I worked with had spent years moving between two very different parts of his life.

He had a well-paid position in banking that gave him stability, benefits, and financial security. But what felt alive and meaningful to him was somewhere else — yoga, meditation, retreats, creativity, spiritual practice.

He had already tried leaving the bank once. He taught yoga, explored other possibilities, opened businesses, and tried to build a different kind of life. Eventually, he returned to banking. The difference in income and stability was simply too great to ignore.

By the time we began working together, he had been depressed for several years. He no longer wanted a banking career, but he had also lost much of his energy for the things he loved. Even teaching yoga had stopped bringing him joy.

Before we began, I had already studied his life in depth through several analytical systems and symbolic frameworks, so I entered the work already oriented to the larger patterns shaping his life.

The work itself unfolded over about a week as a kind of private immersion. We were in different cities, so instead of meeting in person, we exchanged voice messages back and forth throughout that time. He would send me long reflections, I would listen carefully, respond, ask questions, and sometimes give him something very specific to try.

What I saw was that he did not need to choose between the two parts of his life.

The bank did not have to become his passion. It could become the structure that supported the life he actually cared about.

At one point, after listening to him complain again about having to go to the bank every day, I told him something very simple.

> “If you suddenly lost this job tomorrow, especially at a time when so many people are struggling to find stable work, you might find yourself wanting to kiss the bank’s door frame every morning just to have it back.”

For some reason, that image broke through.

He later told me that every morning, when he walked into the bank, he looked at the door frame and remembered what I had said. And he laughed, because he knew it was true. Something in his relationship with the job changed.

He did not suddenly discover a spiritual calling in banking. He still did not want to build his identity around a banking career. But the job stopped being only a prison. It became the financial structure that allowed other parts of his life to grow again. The second shift happened in a completely different way.

One day, after he sent me another long voice message, I asked him to listen to his own recording at one-and-a-half speed.

The faster playback removed some of the long pauses and heaviness in his delivery. What remained was the content of what he was actually saying.

He listened to himself and suddenly heard someone intelligent, thoughtful, deep, and alive.

Later he told me that he had looked at himself from the outside and recognized himself again. Not the depressed version

of himself he had been living inside, but the person he knew he was — older now, with more depth, but still unmistakably himself.

That recognition changed something.

His energy began to return. He started teaching yoga again, going on retreats, traveling, and developing other creative and spiritual interests.

And this time, he did not have to abandon the bank to do it.

He could go away on retreat knowing that when he returned, his work was still there. He could teach, travel, explore, and create without demanding that every meaningful part of his life also support him financially.

That was the larger pattern I had been working with from the beginning.

Sometimes transformation does not mean leaving one life and starting another. Sometimes it means changing the relationship between the parts that are already there.

And sometimes a person does not need to become someone new.

They need to recognize themselves again.

WHEN THE WORK DOES NOT END WITH THE SESSION

I see a person as a process that continues beyond the time we spend together.

A client I had worked with before wrote to me. After our first meeting, she told me that one of the most important things for her was being able to speak with me completely openly, without feeling judged or evaluated. Now she wanted to meet with me from time to time simply to talk.

When I told her the price of my usual follow-up session, she said she would think about it and let me know when she was ready.

That could easily have been the end of the conversation.

But I knew where she was in her life. Her life had been stable and predictable for a long time. Within that predictability, she had started to feel bored. She wanted more freshness, movement, some kind of new energy, but she could very easily remain inside what was familiar and comfortable.

At the time, I was working Sundays at the farmers market in Carmel Valley by donation, specifically so I could remain accessible to people with different financial situations. I thought that might actually be the better option for her.

A regular follow-up session would have paid me more, but I was thinking about what might be more useful for her.

Let her get up on Sunday morning, get ready, get in the car, and drive somewhere she does not normally go. Let her come to Carmel Valley and step into my crazy purple tent.

For her, that was already a small movement against inertia.

After some time, she wrote that she liked the idea. But as soon as it stopped being abstract and required actual action, a new resistance appeared — something we had never discussed before.

And that was where the situation became even more interesting. What had started as a question of price and meeting place suddenly revealed another layer. I had simply suggested one small step, and the step itself showed where the resistance lived.

Sometimes transformation happens during a conversation. Sometimes a person says something out loud for the first time that they had been ashamed to say, and simply doing that allows

them to breathe more freely. And sometimes the situation itself shows us something we had not even intended to look for.

I watch what is happening around a person, and sometimes the situation itself suggests where movement might begin.

And the work does not always end with the session. Sometimes it continues afterward — in the way I think about the person, the way I connect what I already know about them with what is happening now, and what I see as a possible next step.

Sometimes a client gets one short sentence or message from me. From the outside, it may look like just a few words. But much more can stand behind those words: my view of their process, my understanding of where they are now, and what I see as a possible next step.

Sometimes the work begins before the meeting. Sometimes it continues after it.

These encounters gradually changed my own understanding of what this tent had become.

Over time, several people said similar things to me:

"I'm so glad you're here."

"Thank you for existing."

And each time, I understood: I was in the right place.

I could see that it mattered to people to know that if life became tangled, there was a place they could come, sit down, and look at it together with someone else.

I never deliberately set out to create such a place. I simply put up my tent every week and was there.

When no one was around, I would take the pages of this book out of the folder and keep writing. Then someone would appear, I would close the folder, and the book would become life again.

Chapter 4

HOW I SEE A PERSON AS A WHOLE

Some of the experiences that shaped the way I work were existential rather than professional, and they changed the way I see a human being. I do see a person as a separate personality, of course. We each have our history, temperament, fears, desires, relationships, habits, wounds, ambitions, and very particular ways of getting ourselves into trouble. But I do not see a person as an isolated part, cut off from the larger whole. That distinction affects almost everything I do.

I can work with the person at the level of personality. Sometimes that is exactly where the problem is showing up. Someone comes because of a relationship, money, work, children, a decision, a period of depression, or simply because life no longer makes sense in the way it used to. But I am rarely interested only in the version of the person who arrived with the problem. We all have periods when we are weaker than usual. Sometimes nothing seems to be moving. There are no new ideas. The future disappears. What worked before no longer works, and nothing has replaced it yet. A person can begin to mistake that period for who they are. I don't.

I may see very clearly that someone is exhausted, frightened, confused, angry, dependent, stuck, or completely overwhelmed. I am not pretending those things are not there. But I am also looking at something larger. I tend to see a fuller version of the person who is already there.

One of my clients explained this to me better than I could. She had come to see me several times, and on one of her visits she said, "You know why I keep coming back to you? Because you see the best version of me. I know that version too. I just can't be her right now." That stayed with me because she was right. She could come to me a complete mess, and I would see

the mess. But I would not talk to the mess. I would talk to her. There is an enormous difference.

When someone is in a difficult period, the world often begins interacting with the version that is currently visible. Someone who is depressed becomes “a depressed person.” Someone who is living with anxiety and fear becomes “the frightened person.” Someone who has lost direction begins to be treated as someone who has no direction. After a while, the person can begin to live as if that description were the whole truth about them.

Sometimes one conversation can interrupt it. For an hour or two, they sit with someone who does not mistake their present condition for their identity, and they begin to remember themselves. Not because I tell them how wonderful they are. That would not interest me very much. They recognize something — a strength, a clarity, a direction, a way of standing in the world that they know is theirs, even if they have not been able to live from that place for some time. That recognition can make transformation possible.

One of the young men I worked with simply did not know what to do with his life. He had explored expanded states of consciousness, questioned many of the assumptions around him, and eventually left college because he could no longer see the point of continuing. He did not want to enter a life that felt mechanical or unconscious to him, but he also had no clear idea what to build instead.

He was twenty-five. I asked him to imagine another sixty years of living in the same state he was in now — without energy, without inspiration, without knowing what to do or why. I told him that stepping into the system did not mean surrendering to it. He could learn how the world works, understand what he wanted from it, and enter on his own terms instead of simply being carried into a life designed by someone else. He still had decades of life ahead of him. He could not stay frozen in that state and call it freedom. If he wanted his life to change, he had

to keep moving. Later, his mother told me that he had decided to return to college.

Then I spoke with his father. His path had been almost the opposite. He had spent decades as a successful businessman, practical and capable, someone who understood systems and knew how to function inside them. Only later in life did the structures that had once given him identity and direction begin to lose their meaning.

And suddenly I saw the two of them sitting in almost the same existential place. The son had begun questioning the system before fully entering it. The father had begun questioning it after succeeding inside it. Their lives were completely different, but underneath them was almost the same question: How do I participate in life now?

This is one reason I like working with young adults. Parents may know their children extraordinarily well, but they also know them through years of shared history, expectations, fear, love, conflict, and the experience of being their parent. I meet the young person without that history. For a while, they can simply be a person in front of me — not someone's difficult child, not the one who dropped out, not the one who is disappointing or worrying the family, but a separate human being with their own questions, their own timing, and their own direction.

Most of my work happens in the moment. In a Clarity Session, I work with Runic Diagnostics, conversation, intuition, experience, and close attention to what is happening in front of me — including small details in the way a person speaks, reacts, hesitates, or changes.

For deeper work, such as a Deep Life Diagnostic, I may use several systems in order to see the person from more than one angle. I may look at astrology, Human Design, a person's life story, and other symbolic or analytical frameworks. Each one

shows me something different. I do not treat any of them as the final truth about a person. They are lenses.

The map is never the person. The systems help me see, and then I look at the human being.

Different parts of a person may come forward at different times — the frightened one, the competent one, the one who wants approval, the one who is ready for a different life. I see those parts, but I do not let any one of them define the whole person.

I see a person as a whole, larger than personality. There is the family and genetic inheritance a person comes through, the patterns carried through generations, the life they have already lived, and something deeper in them that seems to have come here for its own experience and evolution. I am aware of this when I work with someone.

I am aware that the person sitting in front of me is much larger than the story they are currently telling me. When I speak to someone, I am always, in some way, speaking to the whole person. Sometimes they hear me. Sometimes they recognize themselves. And sometimes that is enough for something to begin moving again.

WHAT PEOPLE SAY

“Elena sees you — including all of your bullshit — and somehow helps you laugh about it at the same time. She helped me recognize my inner critic for what it really is: just a voice I can choose to listen to… or not. I found working with Elena to be powerful, meaningful, liberating, and deeply clarifying.”

Sandy Shea, WildNature Life Coaching, Colorado

“I recently had a session with Elena while struggling with deep uncertainty about what to do with my life and feeling incredibly stuck. I was amazed by her ability to pinpoint an important weakness I needed to face in such a direct and deeply resonant way. She brought clarity and direction to things I had been unable to fully see on my own, and the session genuinely shifted how I relate to my future. Her wise, fearless honesty and profound insight into my character gave me a sense of direction I have not felt in many years.”

Brad C., Landscaper, Brisbane, Australia

“I’ve never had anyone take such a genuine interest in me and my life the way Elena did. She somehow knew exactly the right questions to ask and guided me straight to what was truly important. It felt like the deepest therapy session I’ve ever experienced — like I reached a completely new level of understanding within myself — and at the same time, I also received clarity around very practical personal and business questions. The whole experience was both deeply human and incredibly insightful.”

Bill K., Business Owner, California

“You have been — and continue to be — a great teacher through the way you share openly, honestly, and sometimes quite vulnerably. Thank God there are people who can articulate and point things out in ways that help untangle the mind-fucks people create for themselves.”

Todd Schmidt, Alpaca Farmer, Florida

“I briefly felt a bit uncomfortable not carrying around all my crap, and then I just felt lighter, and very, very quiet.”

R.

“I sat down with Elena at the Carmel Valley market expecting an interesting conversation and walked away with a level of clarity I honestly didn’t expect. She has a rare ability to listen deeply and reflect things back with directness, humor, and compassion. Our session helped me reconnect with myself in a way that felt both grounding and freeing.”

Kathy, Retired, Carmel Valley, California

“With joy, laughter, and playfulness, Elena guided me through a beautiful process that helped me clarify my core values and gain a deeper sense of purpose for the next phase of my life. The simplicity of the process allowed Elena’s natural intuition and insight to emerge very clearly as she explored different angles of my situation with genuine care and attention. The conversation itself felt deeply supportive and meaningful, and I left with a renewed sense of clarity, openness, and connection to myself.”

Fergus Denhamer, Retired CEO, Portugal

“There is something unusual about Elena’s way of seeing people and situations. What stood out to me was not only the clarity she brought, but the way she was able to move directly to the essence of things without unnecessary drama, performance, or spiritual clichés. At times the conversation was deeply practical, at times surprisingly humorous, and at other moments profoundly revealing. I left feeling clearer, lighter, and more honest with myself about what truly mattered. What Elena offers is difficult to categorize. It feels less like divination or coaching, and more like sitting with someone genuinely capable of helping hidden things become visible.”

Private Client, Carmel Valley, California

“Elena is not afraid to give highly practical advice, speak honestly, and share her own experience. She inspired trust in me through her directness, vulnerability, and precision. She has a remarkable ability to isolate the main issues and dismiss irrelevancies. She helped me find the courage to make changes I had been too terrified to make. Through this process, I discovered that ordinary life, properly lived, is far more meaningful and satisfying than I had ever imagined. I also began to understand more clearly what I truly need to address in this life, what matters most to me, and how surprisingly simple the path forward can actually be. Thank you, Elena. **I’m a changed man.**”

Matthew Skipping, Drummer, London, UK

“I personally had the pleasure of working with Elena, and she is a truly warm and genuine human being. She creates a space where you immediately feel comfortable sharing openly, and she listens with great attention and presence. After our session, I felt energized, and several important things became much clearer to me through the work with the Runes. What stood out most was how naturally the insight unfolded during the session and how accurately it reflected what I was experiencing internally.”

Semen L., Business Owner, San Diego, California

“After following Elena’s journey for years, I was surprised when she began sharing her relationship with the Runes. Knowing her as someone who explored many paths of life and the mystical deeply and sincerely, I felt her readings would be operating at a very different level than most people who simply read oracles. What struck me was the precision and depth of her insight, and the natural ease with which she worked. The way I see it, Elena found a kind of symbolic language that allows her to express and give voice to what she truly sees. I felt supported, guided, and able to move forward with greater clarity and trust in what I feel deeply in my heart.”

Adrian, Medicine Guide, Peru

“I asked Elena to come to my last birthday party to read Runes and she was fantastic. Everyone who decided to go into her tent came out in awe at the experience. There were even others who regretted not talking to her while they had the chance. I highly recommend her for an event — she was the icing on the cake.”

Kristin Setliff, Architectural Designer, Carmel Valley, California

“Elena will bring you clarity. She offers a rare combination of skill, intuition, and no-nonsense communication.”

Cara Carozza, Accountant & Writer, Carmel Valley, California

“After working with Elena, I found myself deeply affected by both our interaction and by her as a person. I started reading her book, and now my mind is trying to understand what touched my soul so deeply before I could even explain it🙂”

Larisa Loish, Bikram Yoga Teacher, San Jose, CA

“You really are gifted and accurate with your readings, Elena. I’ve worked with a lot of people, and your work is exemplary.”

Sally Barton, Bowen Therapy Practitioner, Pacific Grove, California

“Such clarity that truly made sense and resonated with something deeper I already felt inside.”

Lori Lothian, Astrologer at Awakened Dreamer, Canada

“What impressed me most was not only Elena’s insight, but her genuine attention and presence. There was no pressure, no performance, and no attempt to tell me what I should do. Somehow, through humor, honesty, and thoughtful questions, things that had felt complicated became much simpler.”

James P., Santa Cruz, California

“Communicating with Elena always feels like contact with someone genuinely unusual and deeply interesting. There is a sense of inner groundedness, lightness, and openness in the way she relates to people. At the same time, she is not afraid to speak honestly about herself, about you, and about the situation itself. What makes this especially unique is that somehow you can laugh and reflect deeply at the same time. Her insight often feels like a very precise recognition of the true essence of a situation. Elena works beautifully with the Runes as a tool for clarity and deep diagnostics. Through them, she helps bring into awareness things that are often hidden or difficult to fully see on our own. If you come to Elena with a sincere question, you will most likely leave with greater clarity, understanding, and a feeling that something important became visible. 🙏”

Boris E. Zelenberg, Yoga Teacher, Retreat Leader, NYC

Runic Diagnostic: What is happening in Stephanie and Josh's marriage, and what is shaping the relationship from each side?

Runic Diagnostics explores the deeper dynamics shaping a situation and helps reveal what may be hidden beneath the surface.

RELATIONSHIP DIAGNOSTIC — STEPHANIE'S SIDE

What from the past is shaping this relationship?
(Raidho in Niflheim)

This is a long-standing relationship with a substantial shared history. Stephanie and Josh have already traveled a significant part of life together, and the present situation has grown out of that long shared path.

What is happening in the social field?
(Berkana reversed in Midgard)

Stephanie is irritated with Josh and tends to find fault with him. The softer, more receptive side of her relationship to him is not flowing easily. Friction and dissatisfaction have become part of everyday life.

What is happening in physical reality?
(Ehwaz in Vanaheim)

Stephanie is a strong person of intention. When she decides what she wants, she tends to carry that intention into reality. Family life is one of the clearest places where this shows: she chose this path and has continued to build and sustain it through persistent intention and action.

What is happening beneath conscious awareness?

(Ansuz reversed in Svartalfheim)

Subconsciously, Stephanie does not have a wide view of the situation. She tends to experience what is happening from within her own frame of reference, which can make it difficult to see the larger relationship dynamic.

What is happening in the conscious mind?

(Jera in Jotunheim)

Consciously, Stephanie still experiences herself as being in this with Josh. She sees them as a pair and as part of an ongoing shared process. The relationship is something she expects to continue working with.

What is happening emotionally and energetically?

(Hagalaz reversed in Muspelheim)

There is a significant accumulation of frustration and tension toward Josh. This is more than a collection of small complaints: the emotional field has become destructive enough to affect the relationship itself. Stephanie appears deeply dissatisfied with him.

What deeper pattern is shaping the situation?

(Othala in Hel)

At the systemic level, the family bond is real and strong. This marriage is not held together only by habit or convenience; family and belonging form a deep structure underneath it.

What information is coming from the soul level?

(Dagaz in Alfheim)

The relationship is ready for the completion of one cycle and the beginning of another. This does not automatically mean ending the marriage. It suggests that the present form of the relationship has reached its limit and needs to change.

What information is coming from a higher perspective?
(Tiwaz reversed in Asgard)

The higher perspective does not support continuing the relationship through force, battle, or constant toughness. One possible source of Stephanie's frustration is that she experiences herself as carrying more strength and responsibility than she wants to carry beside Josh. The answer is not to fight harder or hold the marriage together through sheer force of will.

RELATIONSHIP DIAGNOSTIC — JOSH'S SIDE

What from the past is shaping this relationship?
(Raidho in Niflheim)

Josh shows the same foundational rune as Stephanie. From his side as well, this is a long relationship with a shared history and a substantial path already traveled together.

What is happening in the social field?
(Mannaz in Midgard)

Stephanie is an important person in Josh's social reality. She is connected with his sense of himself, his activity, and his ability to realize things in life. She occupies a meaningful place in the structure of his life.

What is happening in physical reality?
(Ansuz reversed in Vanaheim)

In everyday reality, Josh can become centered in his own perspective and interests. The difficulty with seeing the larger picture is present on both sides, but in different places: for Stephanie it appears beneath conscious awareness, while for Josh it is already manifesting in the relationship itself.

What is happening beneath conscious awareness?

(Dagaz in Svartalfheim)

Subconsciously, Josh is also moving toward the end of the present cycle and toward a new stage of the relationship. This closely echoes Stephanie's Dagaz at the soul level. Both diagnostics show that the old form of the marriage has reached a turning point.

What is happening in the conscious mind?

(Kenaz in Jotunheim)

Consciously, Josh is trying to understand. There is mental engagement, interest, and a need for greater clarity about what is happening between them. He is still looking at the relationship and trying to make sense of it.

What is happening emotionally and energetically?

(Gebo reversed in Muspelheim)

The emotional and energetic exchange between them is not functioning well. Josh is not experiencing enough reciprocity or mutual flow. This mirrors Stephanie's difficult Muspelheim position from another angle: she carries destructive frustration, while he experiences a breakdown in exchange and partnership.

What deeper pattern is shaping the situation?

(Eihwaz reversed in Hel)

At the systemic level, the relationship is going through a serious negative change. Something in the existing structure is no longer viable in its previous form. This does not cancel the family bond shown in Stephanie's Othala; it shows that an important family system is under significant strain.

What information is coming from the soul level?
(Berkana in Alfheim)

At the soul level, Josh's orientation toward Stephanie as a woman remains positive. There is support for the feminine, caring, relational dimension of the bond. Whatever is happening in the conflict, his deeper response to her is not simply rejection.

What information is coming from a higher perspective?
(Ingwaz in Asgard)

From the higher perspective, the relationship is connected with life force, fullness, and material well-being. This is a strong positive position. The bond still carries substantial life energy and the potential for a more sustaining form, even though the present structure is under pressure.

OVERALL PATTERN

These two diagnostics describe the same marriage from two different positions, and they fit together unusually well.

The relationship has a long shared history and a substantial family foundation. Despite the current strain, the connection is not empty: there is still attachment, value, and life in the bond.

The central difficulty is in the emotional exchange between them. Stephanie carries accumulated frustration and tension, while Josh experiences a breakdown in reciprocity. Both can become enclosed within their own view of what is happening, making it difficult to meet each other clearly.

Both diagnostics point toward the same transition: the present cycle of the relationship has reached its limit, and another form is trying to emerge.

This does not read as a marriage with no foundation. It reads as a marriage whose old way of functioning has reached its limit. More force, endurance, or control will not solve the problem, and the underlying crisis cannot simply be ignored.

PRACTICAL CONCLUSION

The relationship is not asking for more endurance of the same pattern. It is asking for a transition. Stephanie does not need to carry the marriage through greater force, control, or determination; Josh needs to participate in a more reciprocal way and widen his own view of the relationship. The family bond is substantial, and there is still life in the connection, but the old form is no longer enough. The practical task is to create a different pattern of exchange in which Stephanie does not have to be the stronger force holding everything together and Josh becomes a more active participant in the relationship.

Runic Diagnostic: Would it be beneficial for me to approach this organization and offer my services there?

A client had been invited to an open house at a private local organization. She was considering whether it might be a suitable place to offer her professional services. The prospect of entering a new professional community appealed to her, but she was still developing this part of her practice and wanted to understand whether the opportunity was worth pursuing.

DIAGNOSTIC ANALYSIS

What was already in motion before the question was asked?
(Niflheim — Ehwaz)

There was already a strong intention to enter a new professional environment and introduce her work to a different circle of people. The idea had genuine momentum behind it; she was drawn to the possibility of working within a new community.

What was happening in the social situation?
(Midgard — Gebo reversed)

The contact did not materialize. She had been invited to an open house, but another work meeting ran late. By the time she was free, it felt too late to attend, and the introduction never took place.

What was possible in physical reality?
(Vanaheim — Wunjo)

Offering her services in that setting could be rewarding. There was potential for warmth, enjoyment, and a positive exchange, both for her and for the people she might work with.

What was happening beneath conscious awareness?

(Svartalfheim — Kenaz)

The possibility genuinely interested her. It sparked enthusiasm, curiosity, and the wish to learn more about this new professional environment.

What was happening consciously?

(Jotunheim — Thurisaz)

She wanted to make a deliberate choice: how to approach the organization, how to present her services, and whether she was ready to enter that environment.

What was happening energetically?

(Muspelheim — Algiz reversed)

She did not feel fully secure about entering an established organization. Its social structure was unfamiliar, and she had not yet built the professional footing she wanted. The prospect left her feeling exposed rather than confident.

What was the deeper reason for considering this direction?

(Hel — Othala)

At the root of the question was a desire to find a community where her work could take root: a professional setting in which she could build lasting connections and feel that her work belonged. The interest went beyond finding individual clients.

What did the deeper self show?

(Alfheim — Ingwaz)

There was genuine potential. She had the inner capacity to pursue this direction, and material resources were also available within that environment.

What was the larger pattern?

(Asgard — Jera reversed)

The cycle had not yet matured. The opportunity had promise, but the timing was premature. Approaching the organization too early might use up a valuable opening before she was ready to make the most of it.

OVERALL PATTERN

The opportunity had real potential. Her services could be well received, and both personal and material resources were available. The decisive factor was timing and readiness.

The initial contact had not developed into a professional connection, and she did not yet feel established enough to approach the organization from a strong position. The broader pattern favored returning to this possibility later, after this part of her practice had matured.

PRACTICAL CONCLUSION

Continue gaining experience and strengthening the work. Approach the organization when she can present her services with greater confidence and preparation.

Runic Diagnostic: What is preventing me from expressing myself authentically?

A two-stage diagnostic showing how an initial question can reveal a deeper issue and lead naturally to a focused follow-up.

FIRST DIAGNOSTIC

Question: What is preventing me from expressing myself authentically?

DIAGNOSTIC ANALYSIS

How is the difficulty showing up in ordinary life?
(Midgard — Berkana reversed)

The difficulty is especially visible in the relational field. Relationships with women have become a source of tension, disappointment, and instability, and this affects how freely you can stand in your own position in the social world.

What lies in the past of this pattern?
(Niflheim — Ehwaz)

There has already been a real intention to move forward and live from a more authentic place. The desire for change is not new. You have been trying to leave an older way of living and find a direction that feels more true.

What is trying to manifest in reality?
(Vanaheim — Ansuz)

A life organized around meaning, truth, and spiritual understanding is trying to become real. This is not simply an abstract interest. There is a genuine pull toward a path in which your voice, understanding, and inner life matter.

What is happening beneath conscious awareness?

(Svartalfheim — Raidho)

At a deeper level, you want movement. Something in you is already oriented toward your own path and does not want to remain in a life that feels stagnant or disconnected from who you are.

What is happening consciously?

(Jotunheim — Algiz reversed)

Fear is active in the conscious mind. Part of you is trying to protect yourself from another painful disruption, and that protective stance makes it difficult to move freely even when you know that change is needed.

What is happening emotionally and energetically?

(Muspelheim — Dagaz)

There is strong pressure to complete the old chapter and break into a new one. Emotionally, you are no longer willing to remain where you have been. The desire for a decisive shift is real and intense.

What does the deeper system show?

(Hel — Hagalaz reversed)

The present difficulty is rooted in earlier disruption. Important structures in your life have already broken apart, and the effects of that collapse have not been fully integrated. The system is still organizing itself around what was lost.

What does the deeper self need?

(Alfheim — Perth reversed)

The new phase cannot be forced into existence before the inner work is ready. Something still needs to be understood and integrated. The next chapter is not closed to you, but it is not available through pressure or impatience.

What is the larger pattern?

(Asgard — Tiwaz reversed)

The central issue is not lack of purpose. It is difficulty standing firmly in your own direction when fear is present. The path requires more inner courage and self-trust than you currently feel able to access consistently.

WHY A FOLLOW-UP WAS NEEDED

The first diagnostic showed that fear was not incidental. It was one of the central forces interrupting movement toward a more authentic life. That made the next question clear: what is the underlying cause of that fear?

FOLLOW-UP DIAGNOSTIC

Question: What is the underlying cause of the fear?

DIAGNOSTIC ANALYSIS

What lies in the past of the fear?

(Niflheim — Gebo)

The fear is connected to relationship history. Partnership has carried a great deal of emotional weight, including the hope that connection with another person would provide support, stability, and a secure place to stand.

How does the pattern show up in ordinary life?

(Midgard — Raidho)

You are not actually static. You continue to move, search, and develop. From the outside there is activity and forward motion, even while internally you may feel that you have not reached the place you are trying to reach.

What is happening in reality?

(Vanaheim — Dagaz reversed)

The movement has not yet produced the breakthrough you want. You are active, but the new stage has not fully arrived. This gap between effort and visible transformation reinforces the fear that you may remain stuck.

What is happening beneath conscious awareness?

(Svartalfheim — Ehwaz reversed)

At a deeper level, trust in movement has been disrupted. Part of you expects that moving toward something important may lead to instability, loss, or another derailment. This makes forward movement feel less safe than it appears on the surface.

What is happening consciously?

(Jotunheim — Ansuz)

Your mind is strongly oriented toward meaning and spiritual development. You are actively trying to understand what your life is asking of you and how to move toward a path that feels true.

What is happening emotionally and energetically?

(Muspelheim — Tiwaz)

There is more strength here than the fear suggests. You do have will, determination, and a capacity to act. The problem is not the absence of strength; it is that the strength is competing with an older pattern of fear and self-doubt.

What is the deeper root of the pattern?

(Hel — Fehu reversed)

The deeper problem is that a genuinely new cycle has not yet begun. You keep moving, but much of that movement still takes place inside an old structure. Until the underlying source of security changes, the next stage remains difficult to establish.

What does the deeper self show?

(Alfheim — Uruz reversed)

At the deepest personal level, vitality and confidence are not fully available. There is a tendency to feel less powerful than you actually are, especially when you are asked to stand alone without reassurance from another person.

What is the larger pattern?

(Asgard — Berkana reversed)

The larger pattern points back to the relational field and to the role that feminine support has played in your sense of stability. When emotional security depends too heavily on being held, reassured, or anchored by a woman, it becomes harder to trust your own center.

OVERALL PATTERN

The central problem is not that you lack a path, a desire for change, or the capacity for a deeper life.

You are already moving toward something more authentic. What interrupts that movement is a long-standing fear of losing stability when you stand fully on your own. Relationships have carried too much responsibility for providing emotional ground, and when those relationships became unstable, your own direction became harder to trust.

The result is a painful contradiction: one part of you urgently wants a new stage, while another part still looks outside itself for enough safety to begin it.

Authenticity, in this case, is not primarily about discovering who you are. It is about becoming able to stand in what you already know without needing another person to make that position feel safe.

PRACTICAL CONCLUSION

Do not make a dramatic breakthrough the immediate goal. The more useful task is to build enough internal stability that movement no longer depends on reassurance, relationship, or external confirmation.

Continue moving toward the work, spiritual life, and forms of expression that feel true, but allow fear to be part of the process rather than treating it as proof that you are on the wrong path.

The next stage begins when your own center becomes a more reliable source of support than the people around you.

You do not need to invent a new self. You need enough courage and inner ground to live from the self that is already trying to emerge.

Runic Diagnostic: What caused my online business to decline?

A focused diagnostic exploring why a once- successful business stopped moving forward and what the decline was actually showing.

DIAGNOSTIC ANALYSIS

How is the decline showing up in ordinary life?
(Midgard — Tiwaz reversed)

The business has lost forward pressure. What once required determination and persistence now feels exhausting. There is less willingness to fight for growth, push through resistance, or keep carrying the business by force.

What lies in the past of the business?
(Niflheim — Ansuz)

The business once carried a strong sense of meaning and purpose. There was inspiration behind it and a feeling that the work mattered. That original sense of mission belonged to an earlier stage of the business and is no longer enough to sustain the present one.

What is happening in physical reality?
(Vanaheim — Eihwaz reversed)

The business has effectively died in its previous form. This is not a temporary slowdown or a difficult phase. The old business cycle has ended in reality.

What is happening beneath conscious awareness?
(Svartalfheim — Kenaz reversed)

The inner fire has gone out. The business no longer generates the same insight, excitement, or creative ignition it once did. Even if the mind still wants the business to work, the deeper source of inspiration is no longer feeding it in the same way.

What is happening consciously?

(Jotunheim — Jera reversed)

Consciously, there is already a separation from the old work cycle. The person may still be trying to maintain the business, but internally the previous pattern of work has already been left behind. The old cycle is no longer renewing itself.

What is happening energetically?

(Muspelheim — Hagalaz)

There is accumulated frustration and anger around the work itself. What once gave energy may now create irritation, pressure, or emotional exhaustion. This makes it even harder to keep feeding the same business model.

What does the deeper system show about the business?

(Hel — Othala)

This was not a casual experiment. The business was a serious, rooted project and a substantial part of life. Its decline is therefore not evidence that the work was meaningless or never belonged to the person. Something real and important was built here.

What does the deeper self want?

(Alfheim — Perth reversed)

A new phase is not being born inside the old form. The deeper problem is not simply that the business needs more effort. It needs renewal, but that renewal is not coming through the structure that already exists.

What is the larger pattern?

(Asgard — Ehwaz reversed)

At the largest level, the overall direction has lost coherence. Effort, inspiration, purpose, and growth are no longer moving together. The business is no longer functioning as one integrated system.

OVERALL PATTERN

The business did not decline because of one isolated mistake.

The old cycle had already begun to end internally before the decline became visible from the outside. The original sense of purpose had weakened, inspiration had faded, frustration had accumulated, and no new phase was being born inside the existing structure.

What looked like a business problem was also a transition problem. The project had once been real, meaningful, and substantial, but its old form had reached its limit.

PRACTICAL CONCLUSION

The answer is not simply to work harder or recreate the business exactly as it was.

The old model has reached its limit.

The real task is to identify what still has life in it, what belongs to the completed cycle, and whether a genuinely new form of the business wants to emerge.

If nothing new is being born inside the old structure, pushing harder may only delay a transition that has already begun.

BOOKS BY ELENA

Buddha on a Bull: A Practical Approach to Enlightenment

A personal and practical exploration of awakening, identity, and what remains when the stories we tell about ourselves begin to fall away.

Written from lived experience rather than theory, the book brings spiritual inquiry back into ordinary human life, with honesty, humor, and very little interest in spiritual grandiosity.

Available in English and Russian.

Walking the Runes: Stories of Love, Loss, Freedom, and the Patterns Beneath Them

A book about the patterns that shape a human life.

Through stories of love, loss, family, relationships, fear, freedom, money, belonging, and change, I follow the deeper forces that keep appearing beneath very different life situations.

The runes give the book its structure, but the book itself is about people: the choices we make, the patterns we repeat, the moments when something breaks open, and the ways a life can begin moving in a new direction.

Russian edition forthcoming December 2026.

English edition forthcoming March 2027.

CONTACT

For current information about Clarity Sessions, Runic Diagnostics, and other ways to work with me, please visit my website.

Complete Humanity

Elena V. Nezhinsky

Email

CompleteHumanity@gmail.com

Website

www.elenanezhinsky.com

Telegram

@ElenaNezhinsky