

The Runes for Beginners

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Special Thanks to all my clients and students who
have enhanced my life experience and my
understanding of healing and teaching.

Monica Grant, I thank you for always looking at
my work with a critical eye.

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CHAPTER 1:

THE RUNES BASICS

My interest in the runes started when I was exploring the world of divination. I liked the idea of single symbols to portray an idea and over the years, I have learnt to use the runes more for spiritual understanding and support, rather than for divining events. This work is based on the course material I use when I teach classes on working with the runes for the first time.

I suggest you buy a runes set for your first encounter with them. Once you are more familiar with the meaning and energy of the runes, you should consider making your own set.

1.1. INTRODUCING THE RUNES

The word rune means 'mystery.' It encapsulates the mysterious and hidden power of runes. There are quite a number of runes and symbols that have been discovered over the years, but I choose to use the runic symbols of the Elder Futhark. This is the ancient runic alphabet of the Germanic tribes most commonly used in Northern Europe dating back to 150-800 AD. The word 'futhark' means alphabet and it was found on inscriptions and stones. The futhark was used both as a method of writing and for magical and divination purposes. The

runes were carved on items, such as a sword or ring for protection, or cast in order to divine an omen. There has been a great deal of interest in the runes and their symbolic meaning. In modern times, the runes are used for divination and to invoke their magical energy.

I personally use the runes mostly to invoke their energy for purposes of self-healing or healing others and as talismans.

The interpretation of the runes is based on Norse mythology which is the study of the oral accounts told in the Nordic countries (Sweden, Norway, Iceland, Denmark, Finland) during the pre-Christian times, especially during the Viking age. This age was characterized by many wars, land invasions and the practice of magic. The depictions of Norse mythology reflect a great deal of magical beings, gods and the glory of war. These depictions can be found on the runes, image and picture stones. In later years, scholars captured the tales of gods, the supernatural and war heroes in poems, called *eddas*.

The Elder Futhark runes as a tool of magic and divination can be attributed to the Norse God, Odin. He was one of the chief Norse Gods, who was renowned for his deep passion and desire for spiritual wisdom and knowledge. He was also willing to share his wisdom with others and often acted as a mentor.

He sacrificed one eye to get a sip from the Yggdrasil, the world cosmic tree. He also hung on the Yggdrasil for nine days to gain the wisdom of the runes. The runes are seen as a gift from Odin to humankind.

The Yggdrasil (the world tree) was important in Norse mythology because it was reputed to contain knowledge and wisdom, which was shared with deserving humans. Here is a poem (*edda*) which captures the essence of the significance of the tree:¹

“The World Tree

*An ash I know,
Yggdrasil its name,
With water white
is the great tree wet;
From that place come the deus
that fall in the dales,
Green by Urth's well
does it ever grow.
From that place come the maidens
mighty in wisdom,
Three from the dwelling
down beneath the tree;
Urth is one named,
Verthandi the next,
On the wood they scored,-
and Skuld the third.
Laws they made there, and life allotted
To the sons of men, and set their fates.”*


¹ Peter Andreas Munch. *Norse Mythology: Legends of Gods and Heroes* at <http://oaks.nvg.org/norse-mythology.html>

1.2. CLASSIFICATION OF THE RUNES

The runes were, and still are, created on small pieces of wood or stone on which the individual futhark is drawn or carved. The Elder Futhark runes consist of 24 runes, which are classified into three groups of eight (*aett*) linked to the Norse Gods Freyr, Heimdallr and Tyr.









Freyr is associated with the first *aett*. He is the God of abundance; physical comforts and prosperity. He is said to have possessed a magical sword that could do battle under its own power. The runes in this *aett* are illustrated below.

FREYR'S AETT

							
Fehu F Cattle	Uruz U Ox	Thurisaz PH Thor	Ansuz A Odin	Raidho R Ride	Kenaz K Torch	Gebo G Gift	Wunjo W Joy








Heimdallr is associated with protection and is the Protector of the Gods. He is said to possess the ringing horn which he would sound to warn the Gods of enemies. He is often referred to as the Shinning God of Light and is described as having gold teeth and riding a golden horse. He is known to bring gifts from the Gods to humans. The runes in this *aett* are illustrated below.

HEIMDALLR'S AETT

							
Hagalaz	Naudhiz	Isa	Jera	Eihwaz	Pertho	Algiz	Sowilo
H	N	I	J	Ei	P	Z	S
Hail	Need	Ice	Harvest	Yew Tree	Destiny	Elk	Sun

Tyr is the war God who is famed for his courage and bravery. He had his right hand bitten off by a ferocious *fenrir* (wolf). He is often referred to as the God of single-handed combat. Here are the runes of this *aett*.

TYR'S AETT

							
Tiwaz	Berkano	Elwaz	Mannaz	Laguz	Ingwaz	Dagaz	Othala
T	B	E	M	L	NG	D	O
Tyr	Birch tree	Horse	Man	Lake	Ing	Day	Inheritance

The relevance and interpretation of the classification are a source of great interest and debate amongst scholars of the runes, and once you have become familiar with them, you should take time to research this issue to gain a deeper understanding of the symbolic importance of the runes.²

² The issue is explored in Cooper, D. Jason: *Esoteric Rune Magic*, St Paul: Llewellyn Publications, 1994

CHAPTER 2:

INTERPRETING THE RUNES

Generally, when runes are drawn, they appear upright. Occasionally, they may appear reversed. When a rune is reversed, you can interpret its meaning as a challenge or blockage. However, not all can appear reversed because the symbol appears the same in both directions. These runes are Gebo, Isa, Ingwaz and Dagaz. When interpreting the meaning of the runes you can read these as the challenges or blockages if they appear in a position relating to challenges or blockages. All the runes must therefore be interpreted to reflect whether they are providing guidance of matters that are challenges, or whether they are presenting something else (for example, a likely outcome). You must remember what position in the spreads the rune appeared. This will allow you to gain the maximum understanding of the message of that rune.

This section indicates the general interpretations that are attributed to the specific runes. You should use these as a broad guide and add your own meaning and amendments to the meanings and interpretations. Use these basic meanings to create your own understanding of the runic symbols. They are set out with the name, the pronunciation and the corresponding letter of our alphabet. There is a general message for each rune, followed by the divinatory meaning of the rune.

2.1 FREYR'S AETT:

***Fehu*:** (fay-hu) (F)

Description: An 'F' with the horizontal lines pointing upward.



Meaning: Cattle. It is a symbol of material wealth and abundance.

Interpretation: *Fehu* deals with issues of abundance on all levels.

Message: When you get this rune, the focus is on abundance of spirit. You might have been feeling deprived of love, money or spiritual support.

This rune tells us to generate abundance energy and receive the abundance the universe has for us all. It encourages you not to be frugal in your thoughts or actions. Think about what you have and enjoy it from the heart. Fill your mind with joyous thoughts of thankfulness and a deep appreciation of whatever you already have. One of the ways to enjoy your abundance is to openly share with others, expanding your openness to giving energy, which inevitably sends back the same energy to you on the receiving end.

Challenges: It is a warning that a complete focus of energy on attaining material wealth might require the sacrifice of emotional and spiritual needs. Have you neglected your friends and family to gain more money? Have you compromised your ethics, beliefs or deep-seated desires

to attain wealth? In this position the challenge is for you to review your behaviour and attitude to material matters and assess how much it really costs you to get it. Decide what you are willing to give up and what you are truly getting in exchange.

Divination: An increase in material wealth can be expected in the near future. It is a good time to make large investments because they bring positive results. It may also denote domestic comfort.

Challenges: Guard against the wasting of money on frivolous items that are not needed. This is not a good time to invest in new financial ventures. Maintain a watchful eye on material possessions.

Affirmations: *I am thankful for my good health. I am thankful for the delicious food I have just eaten. I am thankful for my loving family and friends.*

A good exercise when working with this rune is to write down a list of things you are thankful for. The script is simple. For example you might start out with the following: *I am thankful for my good health. I am thankful for the delicious food I have just eaten. I am thankful for my loving family and friends. I am thankful for.....*

Start with the simple things and before long, the list will grow once your mind starts thinking about the abundance you see in your life. Go back and read the list. You will be amazed at what you already have.

Uruz: (oo-rooz) (U)

Description: Two vertical lines, the left being shorter, and a diagonal line connecting them at the top so that it slides downwards to the shorter line.



Meaning: Ox. A symbol of strength and perseverance

Interpretation: *Uruz* is a rune of challenge and adversity.

Message: It advises of the need to persevere despite the appearance of failure. Stand firm in your beliefs and desires. You can do it. It reminds us to focus on our strengths and skills. What is your gift or talent that will always help you resolve a problem? What is your unshakeable truth or belief? What is it that you truly know about yourself? What is the desired outcome you seek? Focus on this truth with unwavering intent.

It tells us to follow our dreams and passions even when there appears to be adversity. It is about the spiritual strength to know that we can reach our dreams. It reminds us that one day, our dreams will come true if we maintain our belief in them. It is about the wonder of the human spirit to triumph against misfortune.

On a physical level, it is a rune of physical strength and endurance. It encourages you to look at ways to increase your physical strength and health. It asks of you to eat correctly and to exercise your body. This rune often appears when you are feeling lethargic or out of sync with your environment. Clear clutter in your home and

life and meditate to strengthen your focus on important matters.

Challenges: It reflects your focus on negative thinking that led you to forget that you are strong and powerful in your own right. You are reminded that you are perfect, and that your need for approval from those around you is a weakness. It is the source of the deep disquiet within you, making you feel unworthy.

Divination: Expect obstacles and delays in your plans. Stand firm and you will overcome the difficulties with ease and find a renewed freedom, energy and strength.

Challenges: Weakness of will or mind may lead to failure.

Affirmations: *I am strong and powerful. I am perfect. I love and approve of myself.*

Thurisaz: (thur-ee-sahz) (TH)

Description: A vertical line with a 'greater than' sign (>) attached to the middle. The line extends above and below the > sign.



Meaning: Thor, giant. A symbol of force and assertion.

Message: It calls upon you to embrace the archetype of Thor, the Norse God of Thunder, who wields his powerful hammer in the protection of humankind.

It calls upon you to assert yourself in the universe as a magical person, as a partner in a relationship, as a businessperson, as a woman, as a man, etc. It asks of us to examine the areas in our lives where we have allowed the will and needs of others to foreshadow our own. This rune reminds us to take positive action to realise the full manifestation of our lives. It tells us to stand, shoulders upright, and take our place in the world.

Challenges: It warns us not to force our ideas or dreams on others because it will only lead to failure. Retreat from aggressive behaviour and assert yourself from a position of love and compassion.

Divination: You will encounter a situation or person who will force you to assert your beliefs and dreams.

Challenges: You will encounter a person or situation where your aggression will not lead to positive results. Retreat, as your force may lead to hatred, danger or betrayal.

Affirmations: *I choose to be powerful and happy on my own terms. I am assertive about who I am and what I believe. I assert my right to be free from the beliefs and values of others.*

Ansuz: (ahn-sooz) (A)

Description: An 'F' with the arms pointing downward.



Meaning: Odin. A symbol of spiritual power and communication.

Message: This rune heralds a period of spiritual awakening, of discovering with amazement the sheer glory of spiritual power. It is an invitation to open your mind to the possibilities of yourself as a spirit .At this time you will be drawn to explore spiritual matters and will seek wisdom and understanding of events and people around you. This rune beckons you to open the door, and allow your spiritual power to flow. It is a time to meditate, read and seek information about other dimensions. It is a time to turn inward, to find your life's purpose. What is the essence of who I really am? What would I regret not having done if I died now? What other entities and souls exists around me? What are the spiritual laws and how can I apply them to my life?

Challenges: It warns of a denial or rejection of your soul's need to connect to the divine. The rejection leads to a feeling of emptiness or an unexplained hunger.

Divination: You will meet a person who will inspire you to learn more about meditation, healing or channeling. Embrace the information and use it. You will discover a revealing message through speech or a written communication.

Challenges: You will encounter challenges to your beliefs and values by a manipulative person who does not have your best interests at heart. Be wary and stand firm in your beliefs.

Affirmations: *I am one with the universe or God. I am a spirit being learning the earth experience. I am spiritual peace and harmony. I am alive to my soul's needs.*

Name: *Raidho*: (rah-ceed-ho) (R)

Description: Shaped like the letter 'R' with the rounded upper portions made of two straight lines like the 'greater than' sign (>).



Meaning: Ride. A journey whether physical or spiritual, transportation issues

Message: This rune is a call to you to embark on and remain on the journey of discovery. This may be a journey of learning about matters of spirit or the living. Go ahead and explore new ventures at this time. The rune reminds us to remember that the lessons and experiences we learn while on the journey are the goal of living, not the destination. Let go of your fears of whether the venture or relationship will be successful. The point is to experience it.

Challenges: It tells you to move forward. Keep walking. You need to let go of your fears and take a step forward to release the feeling of stagnation or of being stuck in a rut.

Divination: It is a time of travel, which may include a vacation or a change in setting.

Challenges: Stagnation and the lack of movement in matters important to you.

Affirmations: *I am ready to move forward in love and power now. I am ready to move forward to my goals.*

Name: *Kenaz*: (ken-ahz) (K)

Description: A 'less than' sign (<).



Meaning: Torch. Light in the darkness, heat, fire, enlightenment, illuminating that which is hidden.

Message: Trust the new information and insights that you are receiving at this time. Accept that you are a body of light and that you can and must shine bright in the world. Celebrate your beauty and perfection. Share your love and light with others. For those who have been toying with an interest in healing, this is your cue to go for it.

Challenges: Your mistrust and cynical attitude is based on your poor self confidence. This fear is blocking you from enjoying love, light and laughter in your life.

Divination: Vision, revelation, knowledge, creativity or inspiration will be experienced at this time. You have the power to create your own reality, the power of light.

Challenges: Lack of creativity, disillusionment and false hope.

Affirmations: *I am blessed with divine knowledge and understanding. I have the power to create my own reality. I create my reality based on my right to love and abundance.*

Name: *Gebo*: (gheb-o) (G)

Description: An 'X'.



Meaning: Gift. Generosity, hospitality, gift giving whether you expect something or as a fair exchange, sacrifice.

Message: You have a special gift that you need to share. In that sharing, you will find great joy and success. This rune asks you to explore what your unique talent is. Do you have a gift of singing, dancing, gardening, writing, helping others, sharing, loving the abandoned, healing? Discover your gift and use it to benefit others. The act of giving is a gift of its own, which brings great joy and is a gourmet style of soul food.

Challenges: This is warning that you need to establish boundaries about what you are prepared to give and how much. Giving for an ulterior motive, like thinking you will be loved, only leads to resentment and a depletion of your energy. Share only what you can and want to share to avoid feeling exploited and unloved.

Divination: Receiving gifts and experiencing unexpected generosity and good faith from those around you.

Challenges: Feeling obligated, burdened. Greed.

Affirmations: *I love and approve of myself. I am loved and appreciated. I am grateful for all the blessings I receive in my life.*

Name: *Wunjo*: (woon-yo) (W)

Description: Shaped like the letter 'P' with the rounded upper portion being made from two straight lines like the 'greater than' sign (>).



Meaning: Joy. Bliss, a symbol of happiness, revelry, good news, contentment.

Message: Embrace the joy in your heart. Express it and revel in it. Find the pleasure in the simple things that make you happy. Laugh, sing or dance. You are naturally a joyful spirit and this rune reminds you to enjoy it.

Challenges: This rune reminds you that you have been so negative in your thinking that you have forgotten the sweetness of life. Release regret and unforgiving thoughts and notice the beauty in the world around you to shed that feeling of disappointment.

Divination: Joy, comfort, pleasure, ecstasy.

Challenges: Sorrow, strife, alienation.

Affirmations: *I am a joyful spirit filled with love and laughter. I enjoy every moment of my gift of being alive. I see love and beauty around me. I am surrounded by many who love and approve of me.*

2.2. HEIMDALLR'S AETT

Name: *Hagalaz*: (ha-ga-lahz) (H)

Description: like the letter 'H', with the horizontal bar at a slight angle sloping to the right.

N

Meaning: Hail. The storm that brings change, new beginning, the chaos before creation.

Message: The unpleasant events and obstacles in your life right now are a signal for you to change the way you conduct your life. In that chaos, disappointment and betrayal is an opportunity to walk away from circumstances that no longer serve you. If you step back for a moment, you will notice that the universe is forcing you to change direction in your life. The hurt and pain you are feeling now is the kick in the butt to change that job, leave that relationship, move to the place you need to go, etc. You will notice that these disasters are prodding you to take action to get your heart's real desire.

Challenges: This rune advises you to see the blessings in the situation and be grateful that you are given the opportunity for a fresh start. This is not the time to dig

your heels in, because you will simply create more chaos or devastation.

Divination: Wrath of nature, destructive, uncontrolled forces, especially the weather, or within the unconscious to force the exploration or creation of new circumstances.

Challenges: Stagnation, loss of power. Pain, loss, suffering, hardship, sickness, crisis.

Affirmations: *I accept and welcome change in my life. I am ready to move to a joyous period in my life. I am free to move forward with confidence.*

Name: *Naudhiz*: (nowd-heez) (N)

Description: A vertical line with a diagonal line crossing it. The diagonal line runs from the upper left to the lower right.



Meaning: Need. Hopeful outcome if right action is taken.

Message: This is a time of retreat in any situation. The energy around you does not favour positive action at this moment. Release frustration and impatience and allow the free flow of energy around you. This rune tells you that you need to be passive at this stage and receive anything you need. Trust that your needs will be met.

Trust that you will receive all the resources and information you need by simply relaxing.

Challenges: You feel frustrated and helpless at this stage, feeling that your needs are not being met. The focus on this energy will manifest a state of deprivation emotionally, spiritually or physically. The lesson in this rune is to appreciate that all of us co-exist and need help from others to fully explore the possibilities of the human experience. It warns us that too much independence leads to isolation.

Divination: Survival, determination. A time to exercise patience. Recognition of one's fate. A time of introspection and meditation. Face your fears.

Challenges: Constraint of freedom, distress, toil, drudgery, laxity. Necessity, extremity, want, deprivation, starvation, need, poverty, emotional hunger.

Affirmations: *All my needs are being met right now. I trust that I will receive all the help I need. I am thankful that I always receive the assistance I need.*

Name: *Isa*: (ee-sa) (I)

Description: A single vertical line.



Meaning: Ice. A barrier, frustration.

Message: This rune tells us to expect blockages and obstacles that seem insurmountable. However, your

passion and desire can remove all obstacles and blockages. It is a rune to remind us to reaffirm our desires. You are called upon to refuel your passion and remember why you are pursuing a particular goal. This is an opportunity to decide if you really want that dream. Do you want it enough to do whatever it takes? It is also a rune of rejection. It tells us to focus of what we can halt or reject at this time. If you were wanting to leave a situation, this rune tells you that it is safe to do so at this time.

Challenges: It urges you that a positive outcome can be expected if your passion and desire is strong enough. If you do not feel strongly enough about the situation, let it go now.

Divination: Psychological blocks to thought or activity, including grievances. Standstill, or a time to turn inward and wait for what is to come, or to seek clarity.

Challenges: Treachery, illusion, deceit, betrayal.

Affirmations: *I am willing to wait for change to occur in its own time. I am blessed with the opportunity to sit back and reflect on my choices. I embrace the opportunity to retreat from my burdens.*

Name: *Jera*: (yare-a) (J)

Description: A 'greater than' sign (>) above a 'less than' sign (<), facing each other but not touching.



Meaning: Year. Harvest, completion of a cycle, rewards of labor, benefits of long-term planning coming to fruition, slow but steady change.

Message: This rune tells of rewards for past efforts. It calls upon you to celebrate your success and allow yourself to appreciate your past struggles. Reflect on the good aspects of your personality that allowed you to reach this positive place.

Challenges: You are unlikely to experience success or rewards now. Reflect on the weaknesses in your thinking or personality that have prevented you from receiving rewards. Do you have fears about being successful? Do you believe that you don't deserve to be happy, wealthy or successful? Examine these fears and release them. The lesson from this rune is to release negative patterns and fears that inevitably affect all areas of your life.

Divination: A time of peace and happiness, fruitful season. It can break through stagnancy. Success earned.

Challenges: Sudden setback, reversals. A major change, repetition, bad timing, poverty, conflict.

Affirmations: *I enjoy love, success and wealth. I deserve to be happy and successful. I am happy and successful.*

Name: *Eihwaz*: (ay-wahz) (EI)

Description: A vertical line with a short diagonal line running from the top towards the lower right, and a short diagonal line running from the bottom towards the upper left.



Meaning: Yew tree or the world tree (Yggdrasil), connections between different worlds and people, getting to the heart of a matter, mystical connection, wisdom

Message: The rune is about experiences of a mystical nature. It often appears when your spirit guides wish to connect with you in love and sharing. Pay attention to the signs around you. What repeated words, songs or actions keep drawing your attention? What sensations or smells seem to appear randomly and are repeated? Look for the signs and make the connection. This rune tells you that if you have had difficulties with mystic connections before, now is the time when your energies are more receptive and you will find it easier to do so.

Challenges: It tells you that you are feeling unfocussed, overwhelmed or lethargic and these feelings stem from your resistance to connection with the mysticism beckoning your attention. Recognise that this is a priority now and the acceptance of you mystic self will help you feel stronger, more focused and better able to cope smoothly with mundane tasks.

Divination: Enlightenment. The driving force to acquire, providing motivation and a sense of purpose.

Challenges: Confusion, destruction, dissatisfaction, weakness.

Affirmations: *I am a magical spirit. I am a light worker. I am the power to manifest my life's purpose.*

Name: *Pertbro*: (per-thro) (P)

Description: A vertical line on the left with an elongated 'v' connected to the top from the right, and an elongated inverted 'V' connected to the bottom from the right.



Meaning: Destiny, game of chance, universal order.

Mysterious circumstances

Message: In this rune we see the element of universal cohesion. The recent experiences of coincidence, unexpectedly being in the right place is a message that despite all our efforts to choose unwisely, the universe is so well-ordered that we will be lovingly guided to the right people, places and circumstances. The lesson here is to stop trying to control every event in your life and allow universal forces to assist you and guide you. Give thanks for the loving help you are receiving, despite your resistance.

Challenges: It warns that you do not control everyone and everything in your life. It reminds you that you do not have to do everything yourself, you are not alone.

Divination: A mystery, hidden things and occult abilities.

Challenges: Addiction, stagnation, loneliness, overburdened.

Affirmations: *I am grateful for the signs the universe provides me. I am making choices in my best interests now. I am comforted by the knowledge that the universe acts in my best interests.*

Name: *Algiz* ("all-yeese") or *Elhaz*: (el-hazh) (Z or R):

Description: A cross with both ends of the horizontal bar pointing upward.



Meaning: Elk, elk-sedge. Protection, warding, self-defense physically and magically.

Message: This rune informs you that you are safe. You are protected from physical, emotional and spiritual harm right now. Your energy fields are strong and secure and you can confidently forge ahead with you plans.

Challenges: Your energies are low now and it is not a good time to take on new, strenuous or challenging tasks. Work with the rune to clear your negative thoughts.

Divination: Protection. Keep hold of success or maintain a position won or earned. *Challenges:* Hidden danger, warning, turning away.

Affirmations: *I am protected from all harm now. I am safe. I am free from all harm.*

Name: *Sowilo*: (so-wee-lo) (S)

Description: Shaped like a single vertical bolt of lightning.



Meaning: Sun. Sunna (female Norse sun goddess), good fortune, energy, victory, clarification, healing.

Message: If the question for now is whether you are making the right choice, the answer is a resounding yes. The rune speaks of success and victory. Obstacles are removed and you are ready to enjoy success. It is signal that previous fears and insecurities have been successfully released. It is a good time to manifest new dreams or to take assertive action in realising dreams you have abandoned or given up on. Sunna is the sun Goddess who brings sunshine every day. She is a symbol of healing, joy and laughter. This rune tells you the situation asked about is healing and positive results can be expected.

Challenges: Release fears and insecurities so you can achieve your dreams. In this position you are also warned that your inability to achieve success is a sign that you are pursuing goals that are false, based on someone else's dreams for ulterior motives.

Divination: Success, goals achieved, honor.

Challenges: False goals, bad counsel, false success, gullibility, loss of goals.

Affirmations: *I recognise and honour my achievements. I am proud of myself. I am successful in all areas of my life.*

2.3. TYR'S AETT

Name: *Tiwaz*: (tee-wahz) (I)

Description: An upward pointing arrow.



Meaning: Warrior, Fight, Tyr.

Message: The message of this rune is that you will be called upon to fight for your beliefs. It is a rune of conflict, teaching us that sometimes war is necessary to achieve peace. It urges you to find the warrior within you and to take positive, bold action for what you believe in. Know that you have the courage to be whatever you want to be.

Challenges: Your lack of courage, strength and passion for your beliefs may find you losing a battle.

Divination: Loyalty, self-sacrifice, spiritual and/or physical warriorship, legal issues, possible conflict, fighting for what is right.

Challenges: One's energy and creative flow are blocked. Mental paralysis, over-analysis, over-sacrifice, injustice, fear.

Affirmations: *I am a warrior. I am powerful and creative. I win all my battles with ease.*

Name: *Berkano*: (ber-kah-no) (B)

Description: Shaped like the letter 'B', except the two rounded portions are made from straight lines, like the 'greater than' sign (>).



Meaning: Birch tree. Mother, fertility, goddess, feminine, a birth or rebirth, nurturing, creativity.

Message: This rune foretells a period of new beginnings in your life. It is the rebirth of soul, mind and body.

After a period of retreat, you will experience new ways of dealing with your life and you are called open to embrace this change. Open the doors for new opportunities that come your way. It is also a time of great creative expression and if you draw this rune, you can be assured that your soul will be fortified by creative expression.

Challenges: It warns that your unwillingness to try new things and new experiences will lead to stagnation in your life. Let go of preconceived ideas and prejudice about the world around you.

Divination: Birth, general fertility, both mental and physical and personal growth, liberation. A new love affair or rejuvenation of passion in an existing relationship.

Challenges: Family problems and or domestic troubles. Anxiety about someone close to you, sterility.

Affirmations: *I love and appreciate my family. I enjoy love and passion in my life.*

Name: *Ehwaz*: (eh-wahz) (E).

Description: A large capital letter 'M' or a capital E facing down.



Meaning: Horse (Two Horses), teamwork, strong partnership or friendship, link between humankind and spirit realm.

Message: This is the rune of partnership and signals a strong union in the most prominent area of your life. The lesson from this rune is that you need to embrace the fellowship, love or partnership offered to you now. Your strength at this time is in working with others. The lesson is one of co-dependence and co-existence with the world around you. It asks you to shed your hard shell of aloof independence and succumb to the beauty of togetherness because your soul yearns to share now. Relax and feel comforted in the indulgence of someone else taking care of things for a while. This rune reminds us that needing others is not a sign of weakness but a sign of having the strength to put your trust in others.

Challenges: It warns of loneliness and alienation if you attempt to put on brave face when you are yearning for help and assistance. Be brave enough to ask for help.

Divination: Harmony, teamwork, trust, loyalty. An ideal marriage or partnership.

Challenges: Disharmony, mistrust, betrayal.

Affirmations: *My family lives in peace and harmony. I am loved and supported. I am happily married. I am loved and pampered.*

Name: *Mannaz*: (man-naz) (M)

Description: Mannaz: Two vertical lines with a horizontal 'X' connecting the top of the two lines so that it appears like a golf flag and its mirror image.



Meaning: Man, human. Identity, self-realization, the human race, human strength and weakness, the physical plane, defining purpose in life.

Message: This is rune about your identity and what it means to you. It begs the question, who am I? At this time, you are urged to consider what the essence of your being is. How do you best describe yourself? What is your life's purpose? It nudges you to decide who you truly are and act in accordance with your divine purpose. This rune often appears when you are faced with new choices and are not sure which path to choose. The answer in this rune is to follow your heart and do whatever brings you closer to your life's purpose. This might require an exploration of options you had not considered before.

Challenges: This rune warns us that we should find our way back to activities that bring us closer to things that are important. Avoid people or activities that make you feel that you are compromising who you truly are. Deal

with other people from your true self, not from a position of what you think they want you to be.

Divination: The perception of the self in relation to the world. Creativity, skill, ability, self-confidence.

Challenges: Depression, self-delusion. Feeling unsupported.

Affirmations: *I am confident. I am capable of achieving any goals I desire. I have the ability to manifest my goals and dreams.*

Name: *Laguz*: (lah-gooz) Lake, leek (L)

Description: The right half of an upward pointing arrow.



Meaning: Water, the subconscious, intuition, creativity, going with the flow, movement.

Message: This is a rune of fluidity. It tells us to go with the flow, to release your emotions in expression. Give yourself permission to express love, pain, joy, disappointment or fear. The expression of these emotions will allow you to move forward and explore new options. Allow yourself to create new dreams. Immerse yourself in creative activities.

Challenges: It indicates an unwillingness to let go of emotions that no longer serve you. It warns that your focus on regrets, past disappointments and nostalgia stifling your ability to see the new opportunities being presented to you.

Divination: Flow in your life; things running smoothly.
Dreams, fantasies.

Challenges: A period of confusion in your life. You may be making wrong decisions and poor judgments. Lack of creativity and feelings of being in a rut. Procrastination.

Affirmations: *I move freely in my life. My life runs smoothly. I allow myself to express my feelings in a loving way.*

Name: *Ingwaz*: (ing-wahz) (NG)

Description: The 'less than' sign (<) and 'greater than' sign (>) facing each other and touching to form a four-sided diamond.



Meaning: Masculine energy and sexuality, Freyr, father.

Message: The message of this rune is universal love. The capacity to love is what distinguishes humans in the animal kingdom. This rune calls upon you to see the world through loving eyes. Look at the plants, animals and people you encounter through loving eyes. See the world as if everything in it was your child and you were the doting father. Approach your problems from a position of love. It is the loving energy of giving and receiving that makes for a remarkable, bountiful earth experience. This rune speaks of love: emotional, spiritual, physical and a generosity of spirit.

Challenges: Selfishness or selflessness is an obstacle to your success right now. Love others enough to share you

love and compassion but love yourself enough to say no to those who drain you. The secret to love is to give from a place of love, not fear of rejection or greed.

Divination: Family love, caring, human warmth, the home. Male sexuality

Challenges: Impotence, movement without change.

Affirmations: *I am loved and adored. My family is happy and secure. I enjoy warmth and comfort in my life.*

Name: *Dagaz*: (dah-gahz) (D)

Description: An elongated 'X' with both the left and right sides being close into triangles by vertical lines.



Meaning: Day. Daylight, clarity, good fortune, balance, revelation, growth, transformation.

Message: It is a time of transformation, of new circumstances coming to light and a warm clarity in matters that have been previously confusing or shrouded in mystery. The information sought will be revealed at this time and the way forward will reveal itself in a gentle, easy manner. It is a new day and this teaches us to move forward and seize opportunities that come our way. It reminds us of the amazing order in the universe, once we relax and let go.

Challenges: This rune tells of new opportunities, but in this position, it warns of the dangers of indecision and

procrastination that lead to disappointing missed rewards.

Divination: Breakthrough, awakening, awareness. A time to embark upon an enterprise. The power of change directed by your own will, transformation.

Challenges: A completion, ending, limit, coming full circle. Blindness, hopelessness.

Affirmations: *I have the power to change circumstances that do not serve my best interests. I have the willpower to achieve my goals.*

Name: *Othala*: (oh-tha-la) Inheritance (O)

Description: A diamond shape with the two lower sides extended beyond the point at which they meet to form legs.



Meaning: Ancestors, kinship, spiritual or physical family, heritage, protection of home and land.

Message: This is the rune of the past. It urges us to go back and remember our families and friends who influenced, helped and supported us. Remember the core values that have carried you through the difficult times. When faced with the question “what should I do about a situation?”, this rune tells you to look to your ancestry for answers. What were the family values that helped you? What were the family beliefs that stilled your mind and your heart in times of distress? Go back in time and honour the best parts of you.

Challenges: It warns of the temptation to forget the past and past relationships. You can only release the past if you accept the lessons you learnt from it. Painful experiences taught you strength and compassion. Happy memories gave you inspiration and courage. Honour all that you have become now as a result of the building blocks of past experiences. Treat matters of the past as lessons you have learnt, rather than avoiding them.

Divination: Ancestral property; inherited property or possessions, a house, a home. Spiritual heritage, experience and fundamental values.

Challenges: Lack of customary order, Bad karma, prejudice. Rejection of family.

Affirmations: *I honour the lessons I have learnt from my mother and father. I value my family and its contribution to my growth and understanding. I love and respect my family.*

CHAPTER 3:

WORKING WITH THE RUNES

Runes are used primarily for divination as an oracle, for healing or to draw the focused energies associated with that rune. They can also be used to empower objects or as a talisman. In this chapter, we look at how you can use the runes to begin your journey and relationship with the energies for the Elder Futhark.

3.1. RUNES AS AN ORACLE

As an Oracle the runes may be used to divine on choices that you need to make or gain some insight into a situation that is of interest or concern to you. The method of divination is simple:

(a) Be clear what you want to find out about. Here, you must phrase your question in a manner that will allow you to derive benefit from the exercise of consulting your rune oracle. Focus your mind on the issue at hand, and avoid simple yes or no questions. Useful questions are:

What do I need to know at this time?

If I choose this new job, lover or move, etc what outcome can I expect?

What are the spiritual lessons I need to learn from this experience, relationship, etc?

Which rune should I meditate with at this time?

(b) The runes should be placed in a cloth or pouch and shaken, whilst the question is being asked in your mind or out aloud. Take out the rune/runes that your hand is immediately drawn to. Draw out a single rune at a time. Turn it over and notice whether it is facing upwards or reversed. If you are starting with the runes or divination and have little experience, I suggest you limit yourself to a single-rune reading. Spend some time learning about that rune and meditate with it or the symbol in your mind. This will help you get the full benefit of the message that the rune has for you. This single-rune reading is often referred to as the **Odin's rune**.

(c) If you want elaboration on the issue or want to use more runes, here are three ways in which you can place the runes to read their message. The manner and order in which divination tools (cards, runes, etc) are laid out is called a **spread**. Each position represents a different aspect or influence on the question being asked.

i. Three Rune Spread

Draw out three runes and place them in a horizontal line in front of you. They are read from the left to the right and the positions represent the following aspects:



1. You at present
2. Challenges or Blockages
3. The Likely Outcome

The runes must be interpreted in the context of their position.

Rune 1 tells you about your current attitude or thoughts about the matter at hand. Pause and reflect on this rune to help you review the thoughts, attitudes and feeling you have about the matter being asked about.

Rune 2 indicates what factors, blockages, obstacles or influences will have a bearing on the outcome.

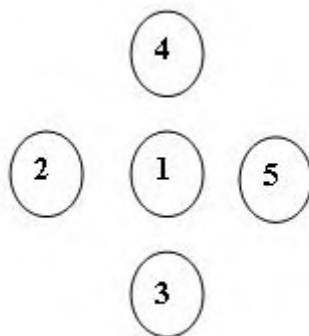
Rune 3 indicates the most likely outcome if the circumstances in Rune 1 and Rune 2 remained unchanged.

This spread can also be interpreted as the Past, Present and Future Spread, where **Rune 1** reminds us about the background to the issue at hand, **Rune 2** tells us where you are at the present moment, and **Rune 3** foretells a likely outcome if the circumstances in Rune 2 remain unchanged.

ii. Norse Cross

Draw out 5 runes and place them in the following order:

Place the first rune in the center of your work area. The second rune goes to the left of the first rune. The third rune goes below the first rune. The fourth rune goes above the first rune. The fifth rune is placed on the right of the first Rune.



1. You at Present
2. Past influences
3. Hidden Aspects
4. Positive Action
5. The Likely Outcome

Rune 1 represents you, the querent and what your attitudes, feelings and thoughts are about the matter at present.

Rune 2 reminds you of the past influences in the matter.

Rune 3 alerts you to hidden forces, energies, information or persons that you were unaware of who have a bearing on the matter asked about.

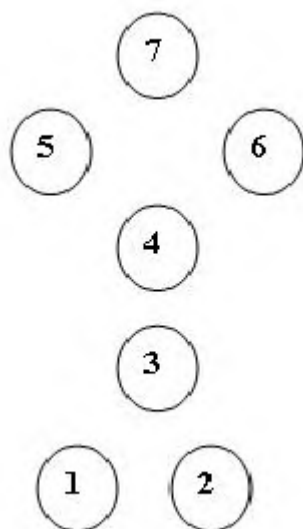
Rune 4 alerts you to what positive action you can take to achieve the desired outcome. It may be a shift in consciousness, thoughts and attitudes about the matter.

Rune 5 foretells the likely outcome if the surrounding circumstances remain unchanged.

iii. The World Tree Spread

This spread is suitable when you want to engage in a spiritual journey or to gain insight about spiritual challenges or goals.

Place the first rune to the left on your work area. The second rune is placed to the right of the first rune. The third rune is placed in the middle, above the first and second rune. The fourth rune is placed above the third rune. The fifth rune is placed on the left, above the fourth rune. The sixth rune is placed on the right above the fourth rune, across from the fifth rune. The seventh rune is placed in the middle position, above the fifth and sixth rune.



1. You
2. Lesson
3. Blockages
4. Strengths
5. Releases
6. New Path
7. Guiding Rune

Rune 1 represents you and what your attitudes, feelings and thoughts are about the matter at present.

Rune 2 reflects the most important soul lesson for you at this time.

Rune 3 reflects the core blockage, mental attitude or negativity you need to be aware of.

Rune 4 represents the positive qualities or strengths you need to assist you in your quest.

Rune 5 represents the area in which you need to release issues, thoughts or persons who no longer serve your soul's purposes.

Rune 6 informs you of a possible new path or direction that you might explore now.

Rune 7 suggests the rune energy that is the best guiding rune for you at present.

3.2. THE RUNES FOR HEALING

Runes are a powerful way for you to heal yourself, a situation or for mediation to gain clarity and peace.

Healing in this context is the shifting of undesirable, negative energy that no longer serves you to positive energy that serves your life at the time of healing. The need for healing occurs when we feel restless, lethargic, angry, despondent, etc and feel a willingness to release those thoughts and feelings for new patterns of energy. Feelings and thoughts that we associate with negativity are not in themselves bad, they are part of the balance we need in order to enjoy the full life experience and to strengthen our resolve. There are times when we should express anger and disappointment. These expressions are sometimes necessary to express our true selves, or to get the most benefit from an experience. At some point, however, these negative feelings and thoughts become heavy energy, wearing us down, making us unable to

achieve our goals. At this point, we should ideally release that energy and move on to positive energy. The problem is that we become so accustomed to being angry, fearful, lethargic, etc that we find it difficult to release what is known for the unknown, positive possibilities. This is when a healing is appropriate to shift the energy in a subtle, non-invasive way.

I have used meditation and aura healing to achieve this purpose. I don't really like change, so these methods gently dissuade me from my path of one type of energy for another. I also use an affirming phrase for few days, until I no longer need it. I have included some affirming phrases that you might like to try for the different runes. These are included in the summary of the runes.

i. Meditation

The easiest meditation technique is to create a sacred place in your mind, go there and enjoy it. Close your eyes and breathe deeply and slowly a few times (about 5 times) and create a sacred place, at sea, mountains, farm, space, etc.

Focus your mind on this place and look around at all the details – colours, smells or other impressions. Do this as often as you can and you will find it easier to get into a meditative state.

Feel your muscles relax and allow your mind to wonder around this place.

When you feel sufficiently relaxed and your mind feels less clustered, you can allow your mind to see the rune that you drew. Look at the rune for a while, noticing its colour and texture. Images will begin to appear. Do not think about what they mean at this stage. Just observe what you are seeing. When you are done, leave your sacred place and open your eyes. Write down what images you saw and interpret what they mean in the context of the rune, its position and the question you asked.

If you find it difficult to focus your mind or to create a sacred place, try this alpha state meditation. In this mediation, you will visualize 7 numbers in the specific colours that are associated with energy centres in your body, called **chakras**.

Slowly count from 10 down to 1 whilst breathing slowly and evenly.

Visualise the number 1 in a bright red glow. Hold it for a while, and then watch it fade away.

Do the same for:

the number 2 in a bright, sun orange;

the number 3 in a deep gold;

the number 4 in a bright leaf colour;

the number 5 in a pale, baby blue;

the number 6 in a dark, sapphire blue; and

the number 7 in bright purple.

Once you have released the number 7, visualise the rune you have drawn for meditation. Visualise it as emitting a white light which you receive through your crown at the top of head, working its way through the centre of your body until it touches your toes. Take a deep breath and enjoy its warm glow throughout your body.

You can ask the question “*what do I need to know right now?*”

Observe any images, smells or sounds that you experience.

When you are done, count up from 1 to 10 and open your eyes.

Record the images, smells or sounds you hear.

The meditation exercise is now complete, but the healing from it is not. I often find that it takes me a while to fully appreciate the message I have received. I mull over the song I have heard or the phrase or image, and I am sometimes confused on how it has any bearing on my life. The moment of full realisation often happens when I have stopped thinking about the logical answer. On other occasions, because I am blessed with friends and family who are like-minded, I start telling them the experience and I suddenly understand how relevant it is to me. I suggest you write down your thoughts about it and pose questions to yourself. The moment you understand and appreciate the issue, a shift in your thinking invariably occurs. This a good time to say or




write a relevant affirming phrase to trick your mind to shift into this new thinking.

ii. Healing the aura

The aura is an energy field that encompasses the human body. It appears as an egg-shaped area of light and colour that extends beyond the skin. It surrounds the human body like a cocoon of light.


Auras are thought to be caused by the vibrations that surround every material object; the energy from non-living objects is fixed and does not change over time. Light energy is drawn into this egg, which acts as a prism, changing the light (or breaking it down) into its component color elements

The human aura is both an energy field and a reflection of the body's subtle life force. Your aura reflects your health, character, and physical and psychological well-being. It also acts as an indicator of disease long before the onset of actual symptoms.

For healing, I use the **Uruz**  rune because of its strength properties, particularly when I need to heal the physical body or **Laguz**  for healing emotional issues; and **Isa**  to help someone stop a bad habit or addiction.

You can ask the question “*which rune is best suited for my healing right now?*” to draw an appropriate rune for you.

For self-healing, close your eyes and visualise the **Uruz**



 symbol hovering above your head and see it emit a bright aqua flame. Allow its bright sea-coloured light to create an egg of light around your body. Observe any impression you have of any tears, leaks or blockages in your aura. Use the power of the light to push through that tear, leak or blockage and stop once you are satisfied that the aura looks complete and healthy. Take deep, slow breaths and feel any negative energy leaving your body. Release the light and the rune and open your eyes. Do this any time you feel the urge to do it.

If you are healing someone else, you can do the same visualisation on their behalf, seeing the aqua flame working through the aura clearing any negative energy.

You can do this when the person is not physically near you (distant healing).

If the person is at the same place with you, you can ask the person to lie down and take deep breaths. Draw the **Uruz** symbol on your dominant hand and feel a blue aqua flame coming through your hand. Position it a few inches above the body, starting at the head working your way to the feet. Visualise the flame clearing all blockages, tears and leaks. When you feel the aura is clearing, release the light and rune. Shake off any excess energy that might have built up in your hand.

You can also do this in your mind, or physically on your own body as a surrogate for the person being healed.


Healers will find that using the **Ingwaz**  and/ or **Sowilo**  symbol on themselves during a healing very beneficial. **Ingwaz** is a powerful symbol of universal love energy and **Sowilo** is the symbol of healing. You can visualize these symbols flowing through your body from your crown down to your toes before you start healing someone. You could also draw the symbols on crystals and keep them in your healing area. Of course, you could just keep these runes there too.

Remember that you might feel a strong urge to use another rune. Use whatever rune you are drawn to, because we are not always consciously aware of what the real issue or circumstance is that we need to heal.


3.3. RUNES FOR MAGIC

Each of the runes has an associated meaning or energy that can be invoked to assist you in all areas of your life.

You can draw the runic symbol in your mind's eye and direct it to a situation or person. For example, you feel that you are in need of protection. You can visualize the

algiz  rune and see it standing tall in the front and back of you as you proceed through the day. You could also place the rune (or draw it) around your home for protection purposes.

You can also carry the relevant rune with you to draw its energy and support your desired outcome. You might


carry the **fehu**  rune to assist you to access financial energy or to remove a financial blockage.

You could use the runes to manifest desired goals. Write down what the goal is using the rune to make that phrase or sentence. Each rune has a corresponding letter in our alphabet, so you can write your goals as runic symbols.









You might also write your name in runic symbols to empower yourself.

Below is a summary of the runes with their corresponding alphabet letter and the general meaning for ease of reference³.

FREYR'S AETT

							
Fehu F Cattle	Uruz U Ox	Thurisaz PH Thor	Ansuz A Odin	Raidho R Ride	Kenaz K Torch	Gebo G Gift	Wunjo W Joy

HEIMDALLR'S AETT

							
Hagalaz H Hail	Naudhiz N Need	Isa I Ice	Jera J Harvest	Eihwaz Ei Yew Tree	Pertho P Destiny	Algiz Z Elk	Sowilo S Sun

TYR'S AETT

							
Tiwaz T Tyr	Berkano B Birch tree	Ehwaz E Horse	Mannaz M Man	Laguz L Lake	Ingwaz NG Ing	Dagaz D Day	Othala O Inheritance

Bind Runes



As you become more familiar with the runes and their magical workings, I suggest you explore working with **bind** runes. A bind rune is a symbol or talisman that is created from more than one rune to concentrate or fortify its power for magic purposes. The runes are drawn together in such a manner that they are entwined or superimposed on each other to create a symmetrical

³ This website can assist you converting your name into runic alphabet: <http://www.pbs.org/wgbh/nova/ancient/write-your-name-in-runes.html>

shape.⁴ They can be drawn on crystals and gemstones and kept with you, or on any object or jewelry.

Here are simple examples of bind runes to give you an idea of how this works. I usually use two or three runes to create the symbol.


For a new love relationship, you could combine **Ehwaz**

 for partnership and **Wunjo**  for joy. The **Wunjo** is added to the right of **Ehwaz**. I make this symbol in pink or on a rose quartz crystal as a symbol of romance.





For protection of your property, you could combine

Algiz  for protection and **Othala**  property and



Thurisaz  to invoke the power of Thor. **Othala** is added above **Algiz**, and **Thurisaz** on the right of the leg of **Algiz**. I use a clear quartz crystal for this and white as a colour if I draw it.

⁴ There are a wide range of resources on this issue. See <http://wolfmoongrove.com>; <http://www.earthchildpendants.co.uk/bindrunes.html>;




To find a new job, obtain material wealth or business combine **Dagaz**  for new beginnings and **Fehu**  for abundance. **Fehu** is added on the right of **Dagaz**. I use a citrine quartz for this symbol and gold as a colour.





For spiritual enlightenment, you could combine **Ansuz**  for spiritual communication and **Kenaz**  for enlightenment. **Kenaz** is added to the left of **Ansuz**. I use an amethyst crystal for this symbol and the colour purple.




You can add **Eihwaz**  for psychic powers. It runs along the base of **Ansuz**




For healing, you can combine **Ingwaz**  and

Sowilo  for healing energy to facilitate the healing of others. **Sowilo** has been added to the bottom left of **Ingwaz**.



When healing others, you can add **Laguz**  to this symbol for emotional healing at the top, and **Uruz**

 for both emotional and physical healing. You simply extend a line downwards from **Laguz**.



For healing mind, body and spirit, you can **Kenaz**



to this symbol at the bottom.



The possibilities for using bind runes are endless. Once you have developed your personal interpretation and understanding of the runes, you will find that you create your own sacred bind runes.

CHAPTER 4:

SUMMARY OF RUNE

MEANINGS

This chapter contains a summary of each of the runes for divination purposes and a list of sources used. There is also a list of other materials you might find as useful as I did.

4.1. DIVINATION MEANINGS



Febu (fay-hu) (F): **Divination:** An increase in material wealth can be expected in the near future. It is a good time to make large investments because they bring positive results. It may also denote domestic comfort.

Challenges: Guard against wasting money on frivolous items that are not needed. This is not a good time to invest in new financial ventures. Maintain a watchful eye on material possessions.



Uruz (oo-rooz) (U): **Divination:** Expect obstacles and delays in your plans. Stand firm and you will overcome the difficulties with ease and find renewed freedom, energy and strength.

Challenges: Weakness of will or mind may lead to failure.



Thurisaz (thur-ee-sahz) (TH): **Divination:** You will encounter a situation or person who will force you to assert your beliefs and dreams.

Challenges: You will encounter a person or situation where your aggression will not lead to positive results. Retreat, as your force may lead to hatred, danger or betrayal.



Ansuz (ahn-sooz) (A): **Divination:** You will meet a person who will inspire you to learn more about meditation, healing or channeling. Embrace the information and use it. You will discover a revealing message through speech or a written communication.

Challenges: You will encounter challenges to your beliefs and values by a manipulative person who does not have your best interests at heart. Be wary and stand firm in your beliefs.



Raidho (rah-ceed-ho) (R): **Divination:** It is a time of travel, which may include a vacation or a change in setting.

Challenges: Stagnation and the lack of movement in matters important to you.



Kenaz (ken-ahz) (K): **Divination:** Vision, revelation, knowledge, creativity or inspiration will be experienced at this time. You have the power to create your own reality, the power of light.

Challenges: Lack of creativity, disillusionment and false hope.



Gebu (gheb-o) (G): **Divination:** Receiving gifts and experiencing unexpected generosity and good faith from those around you.

Challenges: Feeling obligated, burdened. Greed.



Wunjo (woon-yo) (W): **Divination:** Joy, comfort, pleasure, ecstasy.

Challenges: Sorrow, strife, alienation.



Hagala (ha-ga-lahz) (H): **Divination:** Wrath of nature, destructive, uncontrolled forces, especially the weather, or within the unconscious to allow for the exploration or creation of new circumstances.

Challenges: Stagnation, loss of power. Pain, loss, suffering, hardship, sickness, crisis.



Naudbiz (nowd-heez) (N): **Divination:** survival, determination. A time to exercise patience. Recognition of one's fate. Major self-initiated change. Face your fears.

Challenges: Constraint of freedom, distress, toil, drudgery, laxity. Necessity, extremity, want, deprivation, starvation, need, poverty, emotional hunger.



Isa (ee-sa) (I): **Divination:** Psychological blocks to thought or activity, including grievances. Standstill, or a time to turn inward and wait for what is to come, or to seek clarity.

Challenges: Treachery, illusion, deceit, betrayal.



Jera (yare-a) (J): **Divination:** A time of peace and happiness, fruitful season. It can break through stagnancy. Success earned.

Challenges: Sudden setback, reversals. A major change, repetition, bad timing, poverty, conflict.



Eihwaz (ay-wahz) (EI): **Divination:** Enlightenment.

The driving force to acquire, providing motivation and a sense of purpose.

Challenges: Confusion, destruction, dissatisfaction, weakness.



Pertbro (per-thro) (P): **Divination:** A mystery, hidden things and occult abilities, destiny.

Challenges: Addiction, stagnation, loneliness, overburdened.



Algiz ("all-yeese") or **Elhaz**: (el-hazh) (Z or R):

Divination: Protection. Keep hold of success or maintain a position won or earned.

Challenges: Hidden danger, warning, turning away



Sowilo (so-wee-lo) (S): **Divination:** Success, goals achieved, honor.

Challenges: False goals, bad counsel, false success, gullibility, loss of goals.



Tiwaz (tee-wahz) (T): **Divination:** Loyalty, self-sacrifice, spiritual and/or physical warriorship, legal issues, possible conflict, fighting for what is right.

Challenges: One's energy and creative flow are blocked. Mental paralysis, over-analysis, over-sacrifice, injustice, fear.



Berkano (ber-kah-no) (B): **Divination:** Birth, general fertility, mental and physical and personal growth, liberation. A

new love affair or rejuvenation of passion in an existing relationship.

Challenges: Family problems and or domestic troubles. Anxiety about someone close to you, sterility.



Eh-waz (eh-wahz) (E): **Divination:** Harmony, teamwork, trust, loyalty. An ideal marriage or partnership.

Challenges: Disharmony, mistrust, betrayal.



Mannaz (man-naz) (M): **Divination:** The perception of the self in relation to the world. Creativity, skill, ability, self-confidence.

Challenges: Depression, self-delusion. Feeling unsupported.



Laguz (lah-gooz) (L): **Divination:** Flow in your life; things running smoothly. Dreams, fantasies.

Challenges: A period of confusion in your life. You may be making wrong decisions and poor judgments. Lack of creativity and feelings of being in a rut. Procrastination.



Ing-waz (ing-wahz) (NG): **Divination:** Family love, caring, human warmth, the home. Male sexuality.

Challenges: Impotence, movement without change.



Dagaz (dah-gahz) (D): **Divination:** Breakthrough, awakening, awareness. A time to or embark upon an enterprise. The power of change directed by your own will, transformation.

Challenges: A completion, ending, limit, coming full circle.

Blindness, hopelessness.



Othala (oh-tha-la) (O): **Divination:** Ancestral property; inherited property or possessions, a house, a home. Spiritual heritage, experience and fundamental values.

Challenges: Lack of customary order, bad karma, prejudice.

Rejection of family.

4.2. RESOURCE MATERIAL

There is a large volume of material available on the runes and their interpretation. It is useful for you to read as much as you can to further deepen your understanding of the magic of the runes.

For a detailed description of Norse mythology, see Peter Andreas Munch. *Norse Mythology: Legends of Gods and Heroes* at <http://oaks.nvg.org/norse-mythology.html>

The interpretation and description of the runes is an adaptation from Patricia Deneen at <http://www.squidoo.com/runemeanings> and 'The runes' at <http://www.sacred-texts.com/pag/runes.txt>

The divination meanings are an adaptation of those provided at

<http://www.sunnyway.com/runes/meanings.html> and
<http://www.rune-scripts.arollo.com/runes-meanings.htm>

Further Reading:

Arild Hauge's Runes at <http://www.arild-hauge.com/eindex.htm>

<http://www.ancientscripts.com/futhark.html>

Jason D Cooper *Esoteric Rune Magic*. St Paul: Llewellyn Publications, 1994

Jason D Cooper *Using the Runes: A Comprehensive Introduction to the Art of Runecraft*. Aquarian Press, London, 1987

Diana Paxson *Taking up the Runes* Weiser Books, 2005