

## Fehu

**Sound:** “f”

**Stands for:** Possessions, movable wealth, how energy comes into form. It invites us to explore our relationship with and attachment to money and belongings.

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## Uruz

**Sound:** “oo”

**Stands for:** Aurochs, a wild, undomesticated, untamable energy that cannot be contained and dies when it is forced to be civilized.

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## Thurisaz

**Sound:** “th”

**Stands for:** Thurs or old Norse giants. It is chaos present at creation. The coming together of fire and ice. Something that might cause us to bleed but won't kill us. Can be used as a defense. Unlike the structure favored by the gods.

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## Ansuz

**Sound:** “aah”

**Stands for:** The ability to speak things into existence, to create. The power of spoken words to become actual beings themselves. Holds us accountable for what we say.

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## Raido

**Sound:** “r”

**Stands for:** Rhythmic movement and sound. The beat of a drum, the pounding of horse's hooves. The ability to travel between the worlds. An actual trip.

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## Kenaz

**Sound:** “k”

**Stands for:** Inner knowing, the things we know that we did not study or learn about. Ancestral wisdom etched inside our bones. Being able to see in the dark without the need of light.

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## Gebo

**Sound:** “g” as in “gift”

**Stands for:** Gift, the equal exchange of energies. The binding together in a contract, with individuals or groups. The sacrifice involved in offering something up to make it holy.

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## Wunjo

**Sound:** “w”, “v”

**Stands for:** Joy that comes from community and the obligations and responsibilities that come with that. The halls of death are also filled with joy. The sun shines there.

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## Hagalaz

**Sound:** “h”

**Stands for:** Hail and hailstorms. Fast moving, hard-hitting storms that you are warned about so pay attention. It's connection with the weather binds it with Hela, she who welcomes the dead.

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## Nauthiz

**Sound:** “n”

**Stands for:** Necessity or need and reminds us that not all things are about ease and flow. We must also have friction, effort coupled with resistance. Willingness to work at something.

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## Isa

**Sound:** “ee” as in “east”

**Stands for:** Ice, slowing down of motion, preservation as well as destruction. Elements changing form. The forming of a bridge. The illusion of safety.

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## Jera

**Sound:** “y” in “year”

**Stands for:** Harvest, the turning of the seasons. All things happen at their own speed. Discernment and sorting. If you plant barley, you will get barley, not corn. Something has come to end. Something is about to begin. The need for connection with the cycles and rhythms of life.

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## Eihwaz



**Sound:** “eo”, “æ”

**Stands for:** Yew Tree and the perfect balance between life and death. The dangers of focusing only on the light and what’s above. Looking into the roots and wells for wisdom.

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## Pertho



**Sound:** “p”

**Stands for:** The pouch that holds the dice. Willingness to play the game without having the answers, to be uncomfortable with the unknown. Giving birth to what’s inside

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## Algiz



**Sound:** “zz” as in “buzz”

**Stands for:** Two sides of hiding: danger and protection. Being warned when needed. Possibly connection with reindeer not elk.

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## Sowelo



**Sound:** “s”

**Stands for:** Sun, Sunna the sun goddess in Norse mythology. Warmth, growth, light. Light allows you to see but can blind you as well.

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## Teiwaz



**Sound:** “t”

**Stands for:** This is the arrow that pierces you when it points true north. To stand with honor and truth. What part of yourself do you lose when you compromise your integrity?

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## Berkana



**Sound:** “b”

**Stands for:** Birch Tree, new beginnings. Rune of the mother. She nurtures and feeds as well as destroys. She will eat her young when necessary. Where do people feed off your energy?

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## Ehwaz



**Sound:** “e” as in “every”

**Stands for:** Horse and movement that is in synch with itself. Where are you harnessed with someone or something not your equal? Where do you try to move forward while putting on the brakes?

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## Mannaz



**Sound:** “m”

**Stands for:** Humankind and reminds us that there is no separation of spiritual and human. It is the same energy, a whole and complete experience.

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## Laguz



**Sound:** “l”

**Stands for:** Water that is both life giving and death dealing. It seeks its level by going to the lowest places. It is movement and flow inside our bodies.

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## Ingwaz



**Sound:** “ng” as in “long”

**Stands for:** Fertility, sexuality, the power that blesses the flocks, the fields and the family. Ingvi-Frey and his sister Freya, the twins necessary for life and death.

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## Othila



**Sound:** “o” as in “old”

**Stands for:** Home, the sacred enclosure of our ancestral land. Knowing who you are and where you come from. Connecting with your ancestors and honoring that they gave you life so you offer things up to the earth to repay them.

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## Dagaz



**Sound:** “d”

**Stands for:** The perfect balance between day and night, light and dark and the still point in the middle where neither of them exists and where both of them reside. The transformation.

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## Ac



**Sound:** “a” as in “saw”

**Stands for:** Oak Tree, guardian energy, a doorway into the realm of Other. Angrboda loves this rune as she dwells in the Oakwood forest, giving birth to things we fear and do not want.

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## Os



**Sound:** “o” as in “home”

**Stands for:** Mouth, the in and out of the estuary, the in and out of breath. They necessary rhythm of life that pushes and allows at the same time. We take inspire so we can expire.

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## Yr



**Sound:** “y” as in “yoga”

**Stands for:** Bow and arrow, a thing created that hits the mark. To kill in order to live. A favorite of Skadi, she who skis and hunts. You must pull back before you release. Helps you find your way.

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## Ior



**Sound:** “io” as in “helios”

**Stands for:** The World Serpent and the necessity of its thrashing and destruction. It is a border crosser, able to be on both sides at the same time.

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## Ear



**Sound:** “ea” as in “dear”

**Stands for:** Earth grave, the place to which we all return. Some things take a long time to break down and life can only arise from death. It is the darkness from which all things emerge. The unavoidable end of all things.

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## Cweorth



**Sound:** “quor”

**Stands for:** Flames of the funeral pyre, the rapid transformation of fire. Offspring of Surt, fire ancestor present at the coming together of Niflheim and Muspelheim, already present in the Gap, held together by the weavings of the Norns.

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## Calc



**Sound:** “k”

**Stands for:** Offering Cup. What must be poured out, to be returned to the earth so it can be used again? What does your cup contain? Can it perhaps be as well the three roots of Yggdrasil, reaching down deep into the wells of all remembering?

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## Stan



**Sound:** “st”

**Stands for:** Stone, megalith, boulder. The stone giants who close, seal and guard the mouths of the burial mounds. It can open to you as a doorway into the realm of the Unseen Ones. It is the pieces held in Pertho that are tossed out when the stillness of Isa moves.

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## Gar



**Sound:** “g” as in “gap”

**Stands for:** The Center Point from which the Web of Wyrd travels forth in all directions, giving place for all the runes. The gift of Gebo laid upon the Great Potential of Ingwaz. The pattern that fits within the Rune Spirit Wheel.

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