

THE CONTEMPORARY SHAMAN'S GUIDE TO UNDERSTANDING THE RUNE

FREYA'S EIGHT

ƿ Fehu [fey-who] (Domestic cattle, wealth) Possessions won or earned, earned income, luck, abundance, financial strength in the present or near future, sign of hope and plenty, success and happiness, social success, energy, foresight, fertility, creation/destruction (becoming). Reversed: Loss of personal property, esteem, or something that you put in effort to keep, some sort of failure, greed, burnout, atrophy, discord, cowardice, stupidity, dullness, poverty, slavery, bondage.

ᚱ Uruz: [ooo-rooze] (Auroch, a wild ox) Physical strength and speed, untamed potential, great energy and health, freedom, energy, action, courage, strength, tenacity, understanding, wisdom, sudden or unexpected changes (usually for the better), sexual desire, masculine potency. Uruz Reversed: Weakness, obsession, misdirected force, domination by others, sickness, inconsistency, ignorance, lust, brutality, rashness, callousness, violence.

ᚢ Thurisaz: [thoor-ee-saws] (Thorn or Thor's Hammer) Reactive force, directed force of destruction and defense, conflict, instinctual will, vital eroticism, regenerative catalyst, tendency toward change, catharsis, purging, cleansing fire, male sexuality, fertilization. Reversed: Danger, defenselessness, compulsion, betrayal, dullness, evil, malice, hatred, torment, spite, lies.

ᚦ Ansuz: [awn-sooze] (The As, ancestral god, i.e. Odin.) A revealing message or insight, communication, signals, inspiration, enthusiasm, speech, true vision, power of words and naming, blessings, the taking of advice, good health, harmony, truth, wisdom. Reversed: Misunderstanding, delusion, manipulation by others, boredom, vanity and grandiloquence.

ᚷ Raidho: [rye-though] (Ride, Wagon or chariot) Travel, both in physical terms and those of lifestyle direction, journey, vacation, relocation, evolution, change of place or setting, seeing a larger perspective, seeing the right move for you to make and deciding upon it. Personal rhythm, world rhythm, dance of life. Reversed: Crisis, rigidity, stasis, injustice, irrationality, disruption, dislocation, demotion, delusion, possibly a death.

◀ Kenaz: [kane-awze] (Growth, Beacon or torch) Growth, increase, vision, revelation, knowledge, creativity, inspiration, technical ability, harnessed power, fire of transformation and regeneration, fire of life, power to create your own reality, the power of light, open to new strength, energy, and power now, passion, sexual love. Reversed: Disease, breakup, instability, lack of creativity, nakedness, exposure, loss of illusion and false hope.

✕ Gebo: [gay-bow] (Gift) Gifts, both in the sense of sacrifice and of generosity, indicating balance, exchanges, contracts, personal relationships and partnerships, marriage (a type of partnership). Gebo cannot be reversed, but may lie in opposition: Greed, loneliness, dependence, over-sacrifice, obligation, toll, privation, bribery.

▷ Wunjo: [woon-yo] (Joy, victory) Joy, victory, comfort, pleasure, fellowship, harmony, prosperity, ecstasy, glory, spiritual reward, general success and recognition of worth. Reversed: Stultification, sorrow, strife, alienation, delirium, intoxication, possession by higher forces, impractical enthusiasm, raging frenzy, berzerker.

hagal's eight

⚡ Hagalaz: [haw-gaw-laws] (Hail) Wrath of nature, destructive, uncontrolled forces, especially the weather, or within the unconscious, tempering, testing, trial, controlled crisis, leading to completion, inner harmony. Hagalaz cannot be reversed, but may lie in opposition: Natural disaster, catastrophe, stagnation, loss of power, pain, loss, suffering, hardship, sickness, crisis.

† Nauthiz: [now-these] (Need) Needs, requirements, necessities, wants, delays, restriction, resistance leading to strength, innovation, need-fire (self-reliance), distress, confusion, conflict, and the power of will to overcome them, endurance, survival, determination, a time to exercise patience, recognition of one's fate, major self-initiated change. Confront fears. Reversed: Constraint of freedom, distress, toil, drudgery, laxity, deprivation, starvation, poverty, emotional hunger.

| Isa: [ee-saw] (Ice) A challenge or frustration, 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. Isa cannot be reversed, but may lie in opposition: Ego-mania, dullness, blindness, dissipation, treachery, illusion, deceit, betrayal, guile, stealth, ambush, plots.

↪ Jera: [yare-awe] (Harvest) The results of earlier efforts are realized, peace and happiness, fruitful season, break through stagnancy, hopes and expectations of peace and prosperity, success earned, life cycle, cyclical pattern of the universe,

change, things happen in their own time. Jera cannot be reversed, but may lie in opposition: Sudden setback, reversals, a major change, repetition, bad timing, poverty, conflict.

↳ Eihwaz: [eye-was] (Yew tree) Strength, reliability, dependability, trustworthiness, enlightenment, endurance, defense, protection, driving force to acquire, providing motivation and a sense of purpose, sights have been set on a reasonable target that can be achieved, an honest man who can be relied upon. Reversed: Confusion, destruction, dissatisfaction, weakness.

↳ Perthro: [perth-row] (Lot cup, vagina) Take a chance, uncertain meaning, a secret matter, a mystery, hidden things and occult abilities, initiation, knowledge of one's destiny, knowledge of future matters, determining the future or your path, relating to things feminine, feminine mysteries including female fertility, and vagina, good lot, fellowship and joy, evolutionary change. Reversed: Addiction, stagnation, loneliness, malaise.

Y Algiz: [all-yeez] (Elk, elk antlers) Protection, a shield, the urge to shelter oneself or others, defense, warding off of evil, shield, guardian, connection with the gods, awakening, higher life, follow your instincts, keep hold of success or maintain a position won or earned. Reversed: Hidden danger, consumption by divine forces, loss of divine link, taboo, warning, turning away, that which repels.

↳ Sowilo: [so-we-low] (Sun, lightening bolt) Success, goals achieved, honor, life-force, health, power will be available to yoto affect positive changes, victory, health, and success, contact between the higher self and the unconscious, wholeness, power, elemental force, sword of flame, cleansing fire. Sowilo cannot be reversed, but may lie in opposition: False goals, bad counsel, false success, gullibility, loss of goals, destruction, retribution, justice, casting down of vanity. Wrath of god.

Tyr's Eight

↑ Tiwaz: [tea-waz] (Tyr, the sky god, arrow, spear) Honor, justice, leadership and authority, analysis, rationality, knowledge of one's true strengths lie, willingness to self-sacrifice, victory and success in any competition or in legal matters. Reversed: One's energy and creative flow are blocked, mental paralysis, over-analysis, over-sacrifice, injustice, imbalance, strife, war, conflict, failure in competition, dwindling passion, difficulties in communication, and possibly separation.

↳ Berkano: [bear-kawn-no] (Berchta, the birch-goddess, breasts) Nurturing, birth, general fertility, both mental and physical and personal growth, liberation, regenerative power and light of spring, renewal, promise of new beginnings, new growth, arousal of desire love affair, new birth, prospering of an enterprise or venture. Reversed: Family problems and or domestic troubles, anxiety about someone close to

you, carelessness, abandon, loss of control, blurring of consciousness, deceit, sterility, stagnation.

 Ehwaz: [ay-waz] (Horse, two horses) Transportation, transportation vehicle (ent a horse, car, plane, boat or other vehicle), movement and change for the better, gradual development and steady progress are indicated, harmony, teamwork, trust, loyalty, ideal marriage or partnership, confirms the meanings of the runes around it. Reversed: This is not really a negative rune. A change is perhaps craved. Feeling restless or confined in a situation. Reckless haste, disharmony, mistrust, betrayal.

 Mannaz: [mawn-nawz] (Man, humankind) The Self; individual or the human race, attitude toward others and their attitudes towards you, friends and enemies, social order intelligence, forethought, create, skill, ability, divine structure, intelligence, awareness, some sort of aid or cooperation is coming. Reversed: Depression, mortality, blindness, self-delusion, cunning, slyness, manipulation, craftiness, calculation, no help is forthcoming.

 Laguz: [law-gooze] (Water, or a leek) Flow, water, sea, a fertility source, the healing power of renewal, life energy (prana) and organic growth, imagination and psychic matters, dreams, fantasies, mysteries, the unknown, the hidden, the deep, the underworld, success in travel or acquisition, but with the possibility of loss. Reversed: An indication of a period of confusion in your life, wrong decisions and poor judgements, lack of creativity, feelings of being in a rut, fear, circular motion, avoidance, withering madness, obsession, despair, perversity, sickness, suicide.

 Ingwaz: [eeng-wawz] (Ing, the earth god) Male fertility, gestation, internal growth, common virtues, common sense, simple strengths, family love, caring, human warmth, the home, rest stage, a time of relief, of no anxiety, all loose strings are tied and you are free to move in a new direction, listen to yourself. Ingwaz cannot be reversed, but may lie in opposition: Impotence, movement without change.

 Dagaz: [thaw-gauze] (Day or dawn.) Breakthrough, awakening, awareness, daylight clarity as opposed to nighttime uncertainty, a time to plan or embark upon an enterprise, power of change directed by will, transformation, dark moving into light, hope/happiness, the ideal, security and certainty, growth and release, balance point, the place where opposites meet. Dagaz cannot be reversed, but may lie in opposition: a completion, ending, limit, coming full circle, blindness, hopelessness, darkness.

 Othala: [oath-ah-law] (Ancestral property, inheritance) Inherited property or possessions, inherited traits or values, a house, a home, what is truly important to one, group order, group prosperity, land of birth, spiritual heritage, experience and fundamental values, aid in spiritual and physical journeys, source of safety,

increase and abundance. Reversed: Lack of customary order, totalitarianism, slavery, poverty, homelessness bad karma, prejudice, clannishness, provincialism, what a man is bound to.

Note: the blank rune is a modern and quite recent addition to the rune. I do not use it when casting rune. My purchased my first rune stones and saved the blank rune to that I could paint a symbol on it if one of the other rune was ever lost. I think that is the best use for the blank rune. By the way, years later I still haven't had to paint rune symbol on the blank rune.