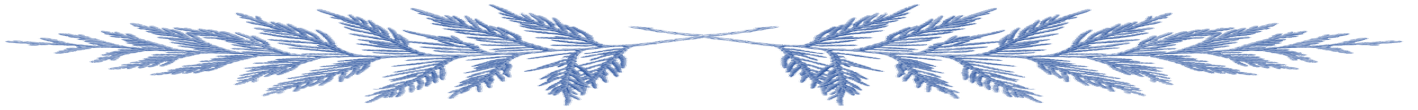


The 24 Common Runes Plus Their Meanings



The RUNES listed below are an ancient alphabet, typically associated with tribes of northern Europe. Runes can also be found in the cultures and writings of ancient Greece and Egypt. They conveyed a secret language and had special meaning to those who used them and are still considered by mystics to be a divinatory oracle. The names below are of the Germanic people who used them.

When making your own set of Runes, inscribe, etch, burn, or chisel these symbols on 24 like-size stones, 'coins', or chips while meditating on the meanings. From that point forward, your personal Runes will give guidance and messages from the otherworldly forces.

Algiz (Protective Sanctuary)

This is the place to stay when a safety zone is needed. As a mirror to the rune Teiwaz (later in this guide), the warrior goes to the sanctuary to reflect and heal the wounds from the battle. Here we can open ourselves up to the higher powers and divine connection to gather more strength for the next conflict. The shape of Algiz is receptive to the magical forces that flow down from the heavens. It is here that we can nurture our emotional well-being and fend off disruptive energies.



Ansuz (Messages & Signals. A Source)

Somewhat representing a flag, this rune tells us where we are and what action we should take from this point. The Ash tree is represented here. This is a strong tree, usually weathering storms and telling tales of its struggles as evidenced in its bark. We also grow as we weather our own storms, and perceptive people can read the marks of our experiences. The meditation here is to focus on the telltale signs of the past to show a signal of where our energies will take us next.



Berkana (Growth)

Spring-like perpetual growing is the meaning of this rune. This is the rune of venturing out and then returning to absorb the lessons learned. We then venture out gain to continue the perpetual growth. Each learning experience is the next rung in the ladder from where we continue. Problems treated with the perspective of Berkana usually come to pass with fruitful outcomes.



Dagaz (Daylight or Divine Light)

This is the time of the light, the time to work and the period of the normal day. Dagaz brings breakthroughs via the understanding of the divine light. This rune saves us from darkness and chaos, allowing productive outcomes. The meditation here is to concentrate on performing well in the days' working hours. This is the time for labor to bring about "fruit". Use this time to do your part to better the community and the people around you.



Ehwaz (The Sacred Horse)

Where would the Norse people be without their horses to take them on the long journeys? Active movement, as facilitated particularly by the horse (or other motivations that drive us), is noted here. The message here is to not forget what is needed to progress to the higher levels of personal and communal growth. We thank the animals and inventions that facilitate our forward movement, for without them we would only make slow progress at best.



Eiwaz (The Yew Tree)

The seeing of another reality sometimes can only come through conflict, either internally or externally. This rune has two realities that are bound by the connection of the vertical line. It is the quest for deeper knowledge, but that learning does not come easy. As the experience of life exists, so does the reality of death. Once one understands that death comes after life, and life comes after death, the lesson of Eiwaz is complete. The person can now move through the physical or spirit world without the need to feel torn or conflicted.



Fehu (Cattle or Material Riches)

This is what the community considers wealth. The commodity of the Norse people was cattle well before monetary currency was created, and you better believe that they sacrificed one of the herd now and then to keep the gods happy. The important reminder is to always be thankful and humble when things are well in one's economy. Meditation focuses on a type of thanksgiving for what has been acquired and not to squander when things are plentiful. Appreciate that rainy days are guaranteed by the laws of cycles, so best to be prepared.



Gebo (Harmonic Relationships)

When we honor our higher power, and in return our higher power blesses us, then we have harmony. This is divine partnership and is a great representation of the working of karma. Good things come in return for good deeds. When we recognize the higher self in our partner, that energy is also returned and fosters joy. Gebo reminds us that this also applies with our relationship to the habitat, knowing that we are in a special contract to uphold nature to then receive that which sustains us.



Hagalaz (Transformation by Force)

Similar to Eiwaz, this rune reminds us that sometimes we have a narrow jump between life and death, sometimes manifesting as a destructive force. This can be the wrath of nature at its worst. Months of work could be ruined by an act of nature. This also represents those things that are out of our control. Think of the letter H in the word 'humility' when thinking of Hagalaz. We are immortal souls in a temporal physical body. As strong as humans are, we are also delicate and vulnerable. We meditate on the acceptance of the tough times brought on by the seasons of change. This too shall pass.



Inguz (Fertility)

The space between the two Xs is where ideas and beings are conceived and born. Another linking to the goddess Frey, this represented the fertility from the joining of human beings. For many, this has a direct meditative purpose of the wanting of pregnancy. As new ideas are born, they must be kept safe in their infancy. The continued drawing of Inguz, one after the other, creates a protective knotting or wire that encompasses what will soon be born into the world. The masculine (yang) seed of the idea grows in the feminine (yin) potential. The balance of the two brings forth new life.



Isa (Stillness or Frozen)

There are dangers of the cold. Slippery ice and freezing weather were well regarded in the latitudes far from the equator and high from the sea. This is a powerful rune for the rune spell caster, for the one who understands the force of stillness can focus great power of influence. Meditate on the physics of static nature and notice the slowing of all things when the cold is omnipresent.



Jera (One-Year Cycle)

As many of the farmers know, crops are not impulsive or an overnight success. Usually a period of time must pass before one can count the blessings and success of the harvest. The meditation here is very simple. Persistence and foresight must be used to see what is to come from a venture. Most good things do not come from a short period of time. With proper planning and patience, the desired fruits will become evident.



Kano (An Opening)

When you are in the darkness, an opening with light is the best and most gracious thing to have bestowed upon you. This is the light at the end of the tunnel, and a great time for pouring energies into new opportunities. Meditation revolves around seeing out of seemingly dark situations for there is a way out of every situation. Focus on what the action is and invest energies into breaking through.



Laguz (Water)

All aspects of water are implied here. Flow, sea, river, lake, etc. are all different forms of the one element. The mystery of the tides is also implied as in ancient times it was not known that the moon had such a profound influence on the water of our bodies and of the earth. The flow of the water also creates subtle, yet powerful, changes and cleanses the body. This is for deep meditation of the purifying of materials that make up the body. Cleansing and going with the flow are important now.



Mannaz (Nature of Humankind)

The self and its place in the collective conscience of humanity is the recognition here. We are all part of each other, made of the same things, subject to similar experiences. This is a time of personal reflection of what life is all about and what one person can really do to help the community. Mannaz is love for humankind. It tells us to remember that personal accomplishments need the structure and support of society.



Nauthiz (Need or Vulnerability)

As a spirit, to come and inhabit a physical body means that one has made a contract with the Higher Self to be challenged. Nauthiz brings shivering cold in the night to necessitate the need to make fire. Nauthiz creates the chasms to create the need to build a bridge. When things seem very tough, remember that it was a lesson that was set from the beginning. This rune might give the challenge, but it also shows that we have been given the right mind to find a solution.



Othila (Inheritance)

Those who came before us have built the springboard from where we leap to reach the next level. We inherit by our birthright. When one life cycle ends, the next of the lineage acquires the wealth and responsibility. The meditation of Othila is to reflect on what our parents and ancestors did in their lives, so that we may then start to grow a better branch for the family tree. Their physical influences are gone. Only the energy of their actions remains to teach us new pathways.



Perth (Fate or the Unexplainable)

We often wonder how some things can still seem so random when the methodology of science is well in place. How can some walk away from catastrophe while others are swept away in the tide? Perth is the rune of Fate, and represents the hidden influences that help us from the otherworld. As we attune to our Higher Self, we see more clearly the rhyme and reason of our personal mysteries. The image of this rune can resemble a cave where our secret knowledge is stored. It is from this store we can use that knowledge to work in our favor.



Raido (Journeys)

There are times when a long journey must be taken. Sometimes it is spiritual in nature, and sometimes one must physically go on leave. Expeditions are a type of calling for learning, for we are challenged by stepping away from the known neighborhoods. Go deeper into the unexplored areas of the mind, or pack luggage to travel to a new landscape. There is much self-discovery to be had by the mere act of wandering.



Sowelu (Sun or Giver of Life)

The spiritual warrior knows where the true power of all the world reigns. What can stand the strength of the sun? It burns away all impurities. The shadows fear the sun for its light is their creator and their demise, for shadows are cast when the sun shines upon us and the objects of the world. Be aware of your essence and where life began. It is the vibrant energy of the life-giving sun that animates our being in this lifetime and all the others yet to come.



Teiwaz (The Sacred Horse)

This is the rune of Tyr, the god of war, and was often seen painted on the shields of many warriors in battle. This is the protector of the warrior and the giver of victory. Results are assured when the aim is true. Opposite the rune Algiz of passive protection, Teiwaz is the aim and action and includes all the sacrifices that are made to follow through. For meditation, draw this rune in your mind to gain strength and courage in overcoming any adversarial situation.



Thurisaz (The Thorn or Protective Defense)

There is a controversy of the meaning of this rune. Some note the negative forces of the dark side of ourselves and can be represented by our bad habits. Some say that it symbolizes what we need to create to act as a formidable defense. Even the rose protects itself, thus creates the thorns. But to us, the thorns must be navigated to enjoy the rose's beautiful scent. Ultimately, harshness can work for us or against us. Either way, Thurisaz says this is not the time to back down.



Uruz (Strength)

Primal energy to go, grow and heal are represented by this rune. It's in complete synchronicity with the earth and doesn't concern itself about the consequences of actions. Drawing this rune means knowing that life and healing from wounds are part of the experience. The meditation of Uruz is understanding that life is to be lived fully, and to live life for life. We may think this primal force is unsophisticated, but it has more faith than most, knowing that life cycles forever in many multiple forms.



Wunjo (Bliss or Glory)

Hard times have passed for now, and the time has come to fully feel the earned joy and momentary bliss. The constant pressures of life have ceased. Let music, dance, and feasting commence! It is the realization of what you have worked for and the temporary enjoyment of all your spoils. Being in this state of mind induces a separate feeling of lighthearted consciousness, one that is needed and longed for. Life is not suffering for those who know that enjoyment is more important than pain.



An Ode to Odin

Symbols does the mind seek

As Odin hung from the Yggdrasil tree

Nine days came, nine nights passed

Until the worries of the world fell from him.

It was then with his one third eye did he see

The Runes revealing the great mysteries.

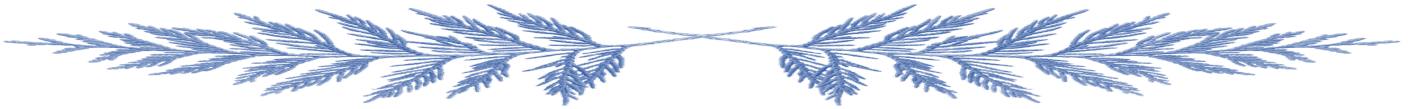
He bequeathed these letters to humankind

So that too, one day, we would also find

The guidance of the letters to lay out the path

Allowing us to boldly transcend life's aftermath.

-Keitan



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