

UNDERSTANDING THE RUNES

These descriptions use the traditional Futhark order with the exception of placing Fehu at the end. With the runes placed in a circle, the end is also the beginning. I first saw this used in Kenneth Meadows book, Rune Power. It just felt right to me; to view the order of the Runes with this circular perspective. The Runes and their meanings are drawn from nature and nature is circular at its core. It is from this repetitive circle (spiral) that our lives flow and evolve, so it only makes sense to apply this to understanding ourselves. Let us walk this path with awareness and intention together, in Love.

URUZ



The beginning of all beginnings. There is a unique energy required to do that which has never been done before and to begin our lives again, again and again. It is a powerful and persistent force. The strength to do this is inherent because we are eternal beings, made in the image and likeness of our eternal Creator and Source. We begin again and again. So know that you have the strength to start each day (or project) anew when this Rune comes to you, and be grateful for your Eternal Source of strength and love. Go ahead and get started.

THURISAZ



With the strength and endurance provided for us in Uruz, we can now do one of our primary jobs for our soul development. Thurisaz represents Thor's hammer and we use it to clear away the things that do not serve our highest good. We are very creative beings and in our world today we are barraged with all that we have created. We must develop discernment in order to make our way through to find that which serves and supports our Will (the desire for Love) and that which does not (judgement, unforgiveness). This allows us to learn to find the way to enjoy the rose and not get pricked by the thorn. It requires care, awareness and intention.

Thurisaz is the primal and necessary energy that keeps entropy at bay. Without it we would surely self-destruct. It is the energy which assures that good conquers evil. This can be a very disruptive force for we are often attached to those things which do not serve our highest good. These are the places where we will feel Thurisaz at work. When we embrace the energy of Thurisaz we accept that there is a plan that is working for our highest good despite our own worldly wishes and desires. And it is from this perspective we can experience the protection that Thurisaz has to offer.

ANSUZ



As we clear away that which does not serve us and trust the ultimate plan of Good, we learn to consciously breathe and take in life. This awareness helps us to learn to listen and hear Spirit's guidance, and become inspired. First we must listen to and digest the Wisdom before we can speak our Truth. The ego is not in favor of this process. It would prefer to speak and not listen at all. Be sure to listen to the Guidance, check in with your own heart and be true to that Guidance and your Self. Be open to hearing the Truth from those who may be wiser or more experienced. In the process of conscious breathing and

listening we find our Truth by which we are meant to live. Without this there is no peace to be found.

RAIDO

The Raido Rune is a stylized letter 'R' with a vertical stem on the left and a curved top that ends in a small hook on the right.

The guidance given us by Ansuz enables us to embark on a journey which is Spirit-led and we learn to trust and follow our path. This does not mean the way is always clear or smooth, but it will be interesting. When we do this, we surrender to our inner Knowing and our rewards are great. Now is the time to speak for Raido encourages us to communicate. This process helps us along on our journey, to progress and find our way. Raido is the energy that keeps the sun, moon, and stars in their place, as well as keeping us on our own path & journey. Trust that you are guided and be grateful.

KANO

The Kano Rune is a stylized letter 'K' with a vertical stem on the left and two diagonal arms that meet at a point at the top.

When we follow the guidance and stick to our path, we will be shown the Light, and find the clarity we seek is available to us. We must engage our awareness and intention, for they are there for our use if we so desire. Embrace it. Honor it. Accept the help Kano offers you when you draw this Rune. It will help you see through the darkness. And with this light we gain understanding and insight for the things in our lives that call for it.

GEBO

The Gebo Rune is a stylized letter 'X' with a vertical stem on the left and two diagonal arms that meet at a point at the top.

This Light will help us see that in this worldly experience we have chosen, it's all about relationship and the GIFT that relationship is. This encompasses all relationships, from the one we have with ourselves and others to the Divine. We must truly understand the gift and blessing relationship is or our lives will be full of angst and sadness. The gift of time accompanies the gift of relationship, for it is time that we spend to develop the relationships. These gifts give us the opportunity to develop trust, for it is in trust that relationships strengthen and grow. This is our lesson. This is what we are here for.

WUNJO

The Wunjo Rune is a stylized letter 'P' with a vertical stem on the left and a triangular top that points to the right.

When we know the true gift of relationship, we will know true joy and possibly Perfect Love in relationship (if we allow it). Perfect Love is here now, available and abundant. Be joyous for life is beautiful and amazing. When we know this, we are at peace and life is full and glorious, and there is no place we would rather be than right here, right now. This Rune calls for you to see the perfection, the Love and the Joy.

HAGALAZ

The Hagalaz Rune is a stylized letter 'H' with a vertical stem on the left and a horizontal top bar.

In this worldly experience, we are likely to encounter some disruption & change on our Spirit-led journey (especially in search for that Perfect Love). Embrace the challenge, for it is the sandpaper that smooths the wood and the grain of sand that turns into a pearl. This will ultimately bring about growth and a freedom not experienced before. Learn to flow with the disruption. Do not resist it. It is here to serve you. Know that disruption clears the space for new growth and opportunities and give thanks for it.

NAUTHIZ



When disruption abounds, we may need to pull ourselves in, focus and constrain the energy released by the disruption in order for us to grow. Slow down, focus your energy, pay attention and breathe. Remember, for everything there is a season. We must learn to focus our attention and intention in order to make the most of this incredible and boundless energy that is our Essence. Remember that electricity is only useful to us through the constraint and resistance we apply to it. When Nauthiz comes to us, we must consider, whether we need to focus (pull in) our energy or do we need to step back for the bigger picture? Either way, attention and intention are called for.

ISA



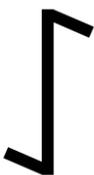
As we take the time to focus, it is useful to learn how to entertain the STILLNESS, if we are to know the Truth of our being. We are not the disruption, it is only an experience. The Soul longs for the peace & quiet, for that is where we come to truly know ourselves. Learn to embrace the stillness and resist the tendency to move on before you are ready. This will possibly help in future disruptions, if you allow the pace of the Universe to just be. When life gets too crazy all around us, we must intentionally be still. This is the purpose of meditation. Practice this so you can call on that Peace when you need it.

JERA



When we become still, we can discover the natural cycles of everything all around us. For everything there is a season. As we learn to flow with the cycles from the time to plow to the time to rest, we will experience the harmony and peace of our world. We will also come to know the rhythm of our own lives. Learn to understand the necessary ingredients for each phase of life. Sometimes it's rest, sometimes it's preparation, and sometimes it's just plain work. As we stay focused and patient, we will grow abundantly. Do your work and trust the bounty will come.

EIHWAZ



As we embrace the cycles of life, we must learn; AS ABOVE, SO BELOW. We are all connected. There is no separation. We all are one. This is a lesson we must carefully and FULLY learn. Our world has much resistance to this knowledge, but we have the skill, flexibility and the means to learn it, for it is our Essence. It is the only way to true Peace. We are all One. One Love, one heartbeat, one Will. Herein lies the Peace which surpasses understanding. It is a lesson which is mandatory in our learning process.

PERTH



In order to truly know our Oneness, we must open up to the Great Mystery and wonder of life. Our Oneness is almost too vast for us to integrate in to our world of limitation. We must allow for and embrace the unknown, the mystery, or we will miss out on so much this life has to offer. This Rune speaks to the mystery of Life itself. We know not from where we come, but we embrace Life just the same, with gratitude and Love.

ALGIZ



It is through embracing the mystery that we will know our True Protection. This requires trust. Until you know trust you cannot know true protection. One of our gifts from God is that we are safe, invulnerable, beyond any real harm. We must develop our God-given intuition and instincts. God does not leave us wanting. Feel the safety all around you. There is total peace in this knowledge. Seek it until you KNOW it.

SOWELU



When we know that we are One, safe, loving and loveable, we cannot but help to discover our true destiny. We are called to surrender and embrace this destiny, which can only bring us joy and fulfillment. It is provided for us but we must take the journey on. We are required to participate and choose the way we go. This is where we employ our free will. When we participate through listening to our heart and to the wisdom within & without, we find our lives are rich & rewarding. When we feel rich & rewarded, we give back to those around us, because it brings us joy and we find our Way.

TEIWAZ



When we truly embrace our destiny, we will become the Spiritual Warrior that we are meant to be. We must stand for and BE the Truth we have been given and come to know. We can only be true to ourselves, for we are the only ones who know our OWN truth. This often calls for courage and faith, and that is the path of the Spiritual Warrior. When this Rune comes to you, know that you are being called to stand in your Truth. Do it with conviction and courage and you will show others the way of the Spiritual Warrior.

BERKANA



As we walk the path of the Spiritual Warrior, the result can only be one of growth and advancement in our own spiritual evolution. We are supported and guided by the very air we breathe and the wisdom we embrace. "All things are lessons God would have me learn." (ACIM)* We are always rewarded for honest work. It's the law of karma. If something is before you, it is yours to learn and embrace, be it hard or easy. And we will grow one way or the other. If we refuse, we stagnate and die, which goes completely against our God-given nature. There really is no choice but to live, so we might as well do it with love and gusto. *A Course In Miracles

EHWAZ



Embracing our path and evolution in a dance of cooperation, respect and oneness, we grow and blossom even more. We find connection, balance and satisfaction on this joyful ride we are taking, when we draw this Rune. This connection and balance can become other-worldly as we grow and draw our destiny to us. We can tap into the ethereal side of life, which is fascinating and inspiring. We can feel the joy of Life beyond the day-to-day reality and the mundane. What a gift!

MANNAZ



From the place of connection and cooperation we build community, embracing the diversity and finding our own role and purpose to play out. We explore and express what it is we do best to serve our community and the world. This Rune calls for self-exploration and the acceptance of responsibility for where you find yourself in the world. This is your gift to the world and your community. Give it your best shot!

LAGUZ



From this place of cooperation, we work with the abundant and infinite energies of Light, Love, Wisdom and Support. We feed ourselves and each other. We learn to be adaptable where we can and stand firm when we must. It is through this process that we develop our intuition, and we feel nourished and inspired. This Rune calls for us to go with the flow, but never at the cost of our own Knowing (intuition). Therefore it also calls for us to examine our choices and intentions. Do it with gentleness and care.

INGUZ



This amazing growth and expansion opens up our creativity with conscious awareness and intention. Again, the energy is provided, but we must do the work of cultivating the plan, creating the space, and holding the Knowledge. Be thorough in your process. This is how we manifest our world. By allowing the creative energy to flow, we are fulfilled.

DAGAZ



Honest work is always rewarded. Blessed transformation is the result and promise. A new day is forever given. Be excited for it. We must never give up hope. Embrace the Love that is given and the Love we give. Here we find fresh air to breathe into a new life. Be glad. Know that you are loving, loveable and loved.

OTHILA



At last we find our heritage, our legacy and inheritance. We now use the wisdom we are given and have gained to discern what is worth carrying forward and what is obsolete. We gladly let go of all that no longer serves us and retain and share that which is good and useful. We honor our ancestors in carrying forth their gifts to us. (In taking on a deceased relative's estate, there is usually a huge dump run after the estate sale and the division of goods. It's like that.)

FEHU



This is Heaven. Our reward for all our hard honest work, living in integrity, cultivating Love in all we do. When this is how we live our lives, we find peace and joy. Now we are Home, in an abundant and bountiful Universe. We are full of gratitude for all that is given and we share the bounty without hesitation, for we know that is the purpose of bounty. Life is good. If this is not how you feel, look at where you are placing your value. Have you put things that are transitory, weak, or superficial on your altar? For everlasting peace, we must truly value that which is of lasting reward. Look at your heart's desire to know your peace. Is it real? Is it honest? Only invest in those things that give you true peace.

BLANK (ODIN'S RUNE)

This Rune calls for us to open up to the Infinite, the Unknowable, the Divine. We open up to infinite possibilities, to that which may be beyond our imagination and therefore unknowable to us. This is sometimes called Odin's Rune. Odin is unknowable and holds the infinite for us. When the blank Rune comes to us, we are called to go within and discover our Truth for ourselves while allowing for the unlimited. We must ask Spirit to help us know which direction to take and then trust the Wisdom we receive even when it is still unknown to us.