



Eh-waz: Imploding energy, gravitational forces, often negative meaning, a time of contracting, draining, rune of the south elemental earth and the winter solstice, a time for introspection.



Perl-thro: Rune of concealment, hidden agendas, locked away from view, repression, sometimes means from past life, the unknowable, perthro can be like a safe that needs a key to unlock it or like a seed germinating in the soil.



Al-giz: Rune of protection and defence, the power to block harmful forces a shield, rune of standing in your power and of being truly who you are without any need to fear.



So-wu-lo: Rune of spirituality, of the spiritual aspect of your soul, the ability to make deep connections both within yourself to Mother Earth to vegetation and animals of course to other humans and extra-terrestrial beings Rune of psychic powers and our sixth sense.



Tei-waz: Rune of justice, the power to stand up for yourself, to stand up for what you believe in, for what is right, honesty and integrity, the way of truth, to walk with honour. Sometimes means a legal fight to get what you deserve.



Berk-ana: Rune of growth and healing of nurturing and caring motherly energy, fertility, birth or re-birth, renewal. Often called rune of the Earth Mother, also rune of self-sacrifice, may mean



Ahr-waz: Rune of the spring equinox, energy of cooperation of relationships and sexuality, giving and receiving, harmony and rhythm, partnership, friendship, soul mate. Rune of the east elemental air and time of adolescents.



Man-naz: Rune of self-consciousness, self-esteem or self-worth, ego and ide, selfishness, desires, dreams, fantasies and fetishes. Shadow working.



Lau-kasaz: Rune of emotional energy, water and flow, intuitions, feelings, our feminine side, heartfelt motivation, can also be un-rest or disturbance within.




Ing-waz: Rune of universal love, all love is unconditional if it is not, then it is not love, rune of our very humanity, endurance, most powerful motivating force, energising. Also contains hope and faith. Diamonds are cut into this shape as a symbol of enduring love.




Oth-ilan: Rune of security, boundaries we place around ourselves, can also mean prosperity in many different ways, possessiveness which is the shadow of greed, containment, holding on steadfast, immovable.




Dar-gaz: Rune of the mental body, thought, memory, mental clarity, sense of walking in the light and knowing where one is going, awareness, ability to search and transform. Rune of our masculine side.




Fay-hu: Rune of explosive expansive force, energy we use to accomplish our purpose as most of our purpose today revolves around the synthetic world most of us live in, fay-hu often means money. Rune of the summer solstice and the north, elemental fire. Prime of life.




Ur-uz: Rune of vitality, life-force energy, strength needed to make change, courage, often to do with health and vigour, wild and raw energy, can also mean stubbornness, convictions, determination.




Thur-es-asz: Rune of warrior energy, anger, frustration, the power and readiness to fight, hostility, pain, conflict mostly external but can mean repressed within where this energy becomes a poison.




Ans-uz: Rune of the ability to gain knowledge and understanding so as to poses wisdom, to do what is wise, to do good for yourself, ability to communicate, power of the mind to create your will (first level magic).




Rai-dho: Rune of movement, travel, journeying, astral-traveling, projection, change from one way of life to another, death. Rules the language of mathematics and sacred geometry.




Kau-nan: Rune of creativity, passion, sexuality, inspiration to get into life, highlights the need to find purpose in life not just content to exist. Rune of arts and craft, technology and advancement.




Ge-bo: Rune of balance and harmony, happiness out of contentment, rune of business relationships, what you put in is what you get out, rune of karma, rune of the west and elemental water as well as autumn equinox. Maturity in life.




Wun-jo: Rune of joy, celebration, glory earned through fulfilment or completion of goals now reached. Good news, success, power to face life's challenges into the future.




Hag-al-az: Rune of change often sudden and destructive, de-composition. Energy that clears out the old and unwanted, ready for the new. But may also mean unexpected good luck through a windfall which also brings sudden change.



Nau-diz: Rune of stress hardship and distressing times, energy needs to be found to take action now! Spite, evil intent, diseases, rooting, also rune of resistance. Rune of the shadow or alternative realm.



Isa: Rune of fear, freezing to a standstill, power to block flow, stillness. But if aspect is good can mean peace or tranquillity, or that something is on hold for now. Fear eventually turns to the power of fight or flight, as fear at first is a warning, but to stay locked in it, is anti-life and resists love.



Jer-am: The only rune with a broken symbol. It is the last of the 24 meaning the end of a cycle or time period and the beginning of a new one. We get the English word year from jeram. Power to let go of the past, to end mourning and welcome what is to come with re-birth.