

Whispering Woods Basic Rune class



Basic Rune Lore Class

Lesson I

History & Lore

For the duration and purpose of this class, we will be using the Elder Futhark system.

The futhark originally consisted of 24 letters, beginning with F and ending with O, and was used by the northern Germanic tribes of Sweden, Norway, Denmark, and Northern Germany.

The name "Futhark" comes from the first letter of the first six runes (Fehu, Uruz, Thurisaz, Ansuz, Raido, Kauno).

As a form of divination runes are similar to Tarot or I-Ching. They are symbols inscribed on any number of mediums (plastic, wood, stones, cards etc.).

The runes represent objects, gods, people, animals, concepts and occurrences.

There is more than one version of runes. In Scandinavia the number of Runic letters was reduced to 16 (the "Younger Futhark").

The Anglo-Saxon runes consists of 28 runes, and the Elder Futhark (24 runes) and so on.

The word "rune" comes from the Gothic "runa" and means a "secret thing", a "mystery". Prior to a written alphabet, runes were used as pictographs by the ancient Germanic

peoples. Some historians say that the Runes had their birth among the Teutonic (German speaking) tribes of northern Europe as long ago as 500 BCE.

By 400 C.E., use of a common set of 24 runes had spread across northern Europe, based on Etruscan and possibly Greek and Latin origins.

Runic inscriptions from distant times have even been found in North America, giving credence to the school of thought that the Vikings arrived in the Americas long before Columbus.

The majority of what we know about runes today comes from the Norse Sagas or the Eddas (poems).

The runic letters or "Runastafr" are used as a means of divination. Runes are an oracle from which one can seek advice from. The rune symbols are symbolic representations of the forces and events that impact our lives. The casting of the runes is called "Runemal".

Runes are ancient, and from the very beginning they have been associated with magickal powers and purposes. The first historical record of the use of runes for divination is found in Tacitus's "Germania", describing how the Germanii used runes to learn the outcome of an upcoming battle.

Sometimes the rune caster would stain their runes with red pigment to enhance their magical potency (which incidentally may have descended from the symbolic use of red soil during the Paleolithic - Old Stone Age).

It is said that "Odin"; the Norse High God of the Aesir, was the first to obtain the runes and their power. Using his spear, he impaled himself for nine days and nights, on the world tree, (Yggdrasil). He then passed on the runic knowledge to the Vanir Goddess, Freyja, whom in return, taught him the magick of "seithr". In time, "Heimdall "the God who guarded the Rainbow Bridge" passed on the runic knowledge to mankind.

This song cites the experience's of Odin at the Yggdrasil:

"I know that I hung, on the windy tree,
all of the nights nine, wounded by spear,
and given to Odhinn; myself to myself,
on that tree, which no man knows, from what roots it rises.

They dealt me no bread, nor drinking horn,
I looked down; I took up the runes,
I took them screaming, I fell back from there. "

A "Vitki" (magician or wise one) is the person actually using the runes and "Galdr" is the mantra used in runic rituals.

The runes are divided into three families (aettir) of eight runes each. Each aettir is named after the Norse Gods: Freyr (the Norse god of fertility), Hagal (god of weather), and Tyr (god of war).

Freyr's aettir - Fehu, Uruz, Thursiaz, Ansuz, Raidho, Kenaz, Gebo, Wunjo

Hagal's aettir - Hagalaz, Naudhiz, Isa, Jera, Eihwaz, Perthro, Elhaz, Sowilo

Tyr's aettir - Tiwaz, Berkano, Ehwaz, Mannaz, Laguz, Dagaz, Othala

Because the runes are implicitly linked to the Nordic pantheon, it is suggested that you explore this area of research as well. As a note to get you started, the Norse gods are divided into two major groups, the Aesir and Vanir, in addition to the giants who were the first to arrive.

Some schools of thought believe the Vanir gods represent an older pantheon of the indigenous people whom the invading Indo-Europeans encountered. In the end, the Aesir, the newcomers, overcame and assimilated the Vanir.

The Vanir consisted of Njörd, Freyr, Freyja, Nanna, Skade, Svipdag or Hermod. These were known as the fertility Gods.

The AEsir were composed of Odin, Frigg, Thor, Tyr, Loki, Heimdall, Ull, Sif, Bragi, Idun Balder, Ve, Vili, Vidar, Höd, Mirmir, Forseti, Aegir, Ran, and Hel.

The nine realms that make up the Yggdrasil are:

Vanaheim (land of the Vanir gods), Asgard (land of the Aesir gods), Alfheim (land of the light elves), Nidavellir (land of the dwarfs), Svartalfheim (land of the dark elves), Jotunheim (land of the giants), Niflheim (land of the dead), Muspelheim (land of fire), and Midgard (land of men, or "Middle Earth")

Important, please Read...

As you go from lesson to lesson on the Runes. Please keep in mind, that the interpretations given for each Rune are general in nature.

Runes will point you in the direction, but it is your intuition that will give you the definitive answer. So use these "general interpretations" as a starting point.

But by the same token, practice often and thus develop your personal insight in regards to interpreting runes. Only then can you become a true "Vitki".

Assignment:

Go to a stream and find enough stones of your choice and make a set of runes using the Elder Futhark.

Quiz:

1. The word "rune" means _____ .
2. Odin is the _____ .
3. Tyr's aettir are; _____ .
4. Use of a common set of 24 runes had spread across northern Europe by _____ CE.
5. Runic letters are known as _____ .
6. As a form of divination runes are similar to Tarot or _____ .
7. The first historical record of the use of runes for divination is found in Tacitus's _____ .



Whispering Woods



Rune Lore class



Lesson 2



In this lesson we will be covering the runes known as Fehu, Uruz, Thurisaz, and Ansuz. Remember that these interpretations are to be used as a starting point only. Develop your own interpretations of your runes.

These four runes are the first four letters of the word "Futhark".

Learn the runic positions and the chants. These are used to enhance your focus when connecting with a specific rune.

Some folks will read runes as "Merkstave" or backwards as having a negative interpretation. I personally do not subscribe to this concept. But I have included the Merkstave interpretations for your education and choice of whether to use or not.

Practice writing each of these runes and as you do, add to the interpretations of each rune. Handle the rune that you are studying and let its energy reach out to you. Visualize your interpretations in your third eye.

Direct this positive energy into your rune. Visualize a bright White light surrounding your body. Absorb this light into yourself and then project it down your arms, through your hands, into the rune that you are holding. Treat your runes with respect. When handling your runes, project feelings of love into them. This will energize the energies within the rune.

Each rune represents a mystery or a special piece of magick. And by connecting with the rune you are opening up to these mysteries. Thus allowing their energies to touch your spirit, for this is the mark of a "Vitki".

There is an old custom called "feeding" your runes. This is done by rubbing a drop of your blood on each of your runes. It is thought that this will enhance the connection between you and your runes.

This information is offered solely as part of the rune lore presented here.

Fehu represents mobile power. Uruz is a rune that represents wisdom and lore. Thurisaz is a rune of regeneration and fertility. And Ansuz is a rune of magickal ancestral power that has been handed down from the Gods.

Fehu - (fay - who) (letter F, cattle, wealth)



Associations: Gemstone - Moss agate
Polarity - Female

Element - Earth and Fire

Tree - Elder

Plant - Nettle

Deity - AEsir

Astrological Correspondence - Aries

Tarot correspondence - Tower

The name, "Fehu" is the reconstructed Old Germanic name of this rune. It is known as Fe in Old Norse, Feoh in Anglo-Saxon, and Faihu in Gothic.

The literal meaning of this rune is "cattle". Hebrew, Greek and Phoenician alphabets also start with a letter which represents cattle. In the days of yore, wealth was measured by ownership of cattle. And thus Fehu is the first letter of the rune alphabet.

Often, Fehu is connected to situations involving money and/or wealth and is very useful when used in prosperity spells.

Fehu also refers to our spiritual wealth as noted in this verse from the Anglo Saxon rune poem:

"Feoh byþ frofur fira gehwylcum; sceal ðeah manna gehwylc miclun hyt dælan gif he wile for drihtne domes hleotan."

**Wealth is a consolation to all men
Yet much of it must each man give away
If glory he desire to gain before his god.**

I personally interpret this as meaning that we should take stock not only of material wealth, but the daily lessons that leads us to spiritual wealth.

Reading: Possessions won or earned, earned income, good luck. This rune provides success, advancement in career, a turnabout in luck for those in difficulty.

Fehu is Frey's rune, and he is the Norse God of Fertility, itself a form of wealth. It represents abundance, financial strength in the present or near future. It is a sign of hope and plenty, success and happiness. It also represents social success, energy, foresight and fertility.

Your relationships benefit at this time from straight forward communication.

Fehu Merkstave: Loss of personal property, esteem, or something that you put in effort to keep. It indicates some sort of failure, failed ambition, Greed, burnout, atrophy, discord. It also represents cowardice, stupidity, dullness, poverty and health problems.

Galdr: fehu fehu fehu

f f f f f f f f

fu fa fi fe fo

of ef if af uf

f f f f f f f f

Stadha: Both of the arms are slanted upward, with the left arm slightly higher. The fingers are pointed straight out for projecting power. The palms face down and out. Position yourself to face towards the sun.

When practicing rune magick, combine the Galdr and the Stadha together. Project your entire consciousness into your energy work. Visualize the rune being used into your Third eye. Feel its power emanating throughout your body. As you do the Galdr, chant it with determination and force.



Uruz - (ooo - rooze) (U, Auroch)

Associations: Gemstone - Carbuncle

Element - Earth

Polarity - Male

Tree - Birch

Plant-Iceland Moss

Deity- Vanir (fertility

Gods)

Astrological Correspondence - Taurus

Tarot correspondence - High Priestess

Uruz means aurochs, the European wild ox that became extinct in 1627. Uruz is associated with physical strength and speed, untamed potential. "Uruz" is useful for using primal power to release creativity and to create sudden change.

This rune was known as Urus in Gothic and Ur in Old Norse. The Old English Rune Poem refers to its original meaning, the aurochs, and now-extinct ancestor of domestic European cattle.

The basic meaning of Uruz is things that like the aurochs are wild, free, and independent. This rune is about raw power. The Uruz rune is also used as a healer and strengthener. It can be a source of courage, boldness, and self-esteem, leading to a deep sense of confidence.

When combined with other runes, Uruz serves as an amplifier for the connected runes. Much like a quartz crystal amplifies the energies of other crystals.

From the Anglo Saxon rune poem we have:

"Ur byþ anmod ond oferhyrned, felafrecne deor, feohteþ mid hornum mære morstapa; þæt is modig wuht."

Aurochs is proud and has great horns; it is a very savage beast and fights with its horns; a great ranger of the moors, it is a creature of mettle.

Reading: This rune indicates that physical strength is a factor in your reading. It is a time of great energy and health. It represents freedom, action, courage, strength, tenacity, understanding, wisdom.

It includes emotional and spiritual strength.

It indicates sudden or unexpected changes (usually positive). And it represents sexual desire, male virility as well as the shaping of power and pattern and the formulation of the self.

Uruz Merkstave: Weakness, obsession, misdirected force, domination by others. It also represents illness, inconsistency, ignorance, lust, brutality, rashness, Ill-health or lack of mental fortitude, callousness and violence.

Galdr: uruz uruz uruz

u u u u u u u u

u u u u u r r r r r

u u u u u u u u

Stadha: Bend at the waist with the back horizontal and level with the ground. The arms and fingertips point down toward the ground. The head is pointed toward the East.

Thurisaz - (thoor - ee - saws) (TH, Thorn or a Giant)



Associations: Gemstone - Sapphire
Polarity - Male

Element - Fire

Thorr

Tree - Blackthorn

Plant - Houseleek

Deity -

Astrological Correspondence - Mars

Tarot correspondence - Emperor

The energy of Thurisaz can be used for good or for chaos. It represents the forces of the human psyche, including anger and lust. The thorn is a symbolic weapon. It can pierce, stab or tear. But it can also be protective, like a thorn filled hedge.

Thurisaz is reconstructed common Germanic for a creature later called Thurs or Jotun. These are the Giants of Norse Mythology. The "jotnar" represent natural forces usually hostile to humans.

Thurisaz is perhaps the most difficult and potentially most dangerous rune in the entire futhark. The rune poems; with the exception of the Anglo Saxon poem, refers to Thurisaz as "Giant". It should be noted that the Anglo-Saxon rune poem was the first and original rune poem, having first appeared in the 8th Century, and is the only poem with a verse for each of the 24 runes.

And for whatever reason the Norse and Icelandic rune poems give warning of the danger to women when citing the Thurisaz rune.

For instance the Norse rune poem states:

"Þurs veldr kvenna kvillu; katr verðr far af illu."

Thurse causes women sickness; cheerfulness happens little from difficulty.

The original Norse meaning of the word is "Frost Giant".

Thurisaz is thought to be a very ancient name for Thor, thus the power associated with this rune. For Thor was known as a mighty warrior. And the rune of Thurisaz is shaped like Thor's hammer.

The Anglo Saxon rune poem goes thus:

"Þorn byþ ðearle scearp; ðegna gehwylcum anfeng ys yfyl, ungemetum reþe manna gehwelcum, ðe him mid resteð."

(Thorn) is exceedingly sharp, an evil thing for any knight to touch, uncommonly severe on all who sit among them.

Reading: Reactive force, directed force of destruction and defense, turns an enemy's spells against them. Instinctual will, vital eroticism, regenerative catalyst. There is a tendency toward change. Catharsis, purging, cleansing fire. Male sexuality, fertilization.

Thurisaz Merkstave: Thurisaz represents danger, defenselessness, compulsion, betrayal, dullness. Evil, malice, hatred, torment, lies. Thurisaz may also signify a stroke of luck, but is more often a warning that your luck is running out.

Galdr: thurisaz thurisaz thurisaz

th th th th th th th th th

thur thar thur ther thor

thu tha thu the tho

th th th th th th th th th

Stadha: Stand up straight, with the left arm bent at the elbow, and the left hand on the hip, with the palm grasping at the hip bone. Face East.

Ansuz - (awn - sooze) (A, a God)



**Associations: Gemstone - Emerald
Male**

Element - Air

Polarity -

Eostre Tree - Ash Plant - Fly Agaric Deity- Odin, Loki,

Astrological Correspondence - Venus Tarot correspondence - Death

Ansuz is the "A" rune, and is the fourth Rune in the first aett of the Elder Futhark. The Proto-Germanic word "Ansuz" means a "God", in reference to the Gods and Goddesses of the Aesir and Vanir. Ansuz is said to be Odin's Rune. Ansuz is a rune of inspiration, evolution and increasing knowledge. It is also the rune of prophecy and revelation. It is a very positive rune to work with.

Ansuz represents the direction of "North" which in the Norse tradition is considered the direction of the Gods.

From the Anglo Saxon rune poem we read:

"Os byþ ordfruma ælere spræce, wisdomes wraþu ond witenas frofur and eorla gehwam eadnys ond tohiht."

God is the source of all language, a pillar of wisdom and a comfort to wise men, a blessing and a joy to every Knight.

Reading: A revealing message or insight, communication. Ansuz; is a rune of luck, good fortune and the invocation of divine power. It represents inspiration, enthusiasm, speech and true vision. Ansuz is primarily Odin's rune, and represents divine power, as well as blessings and the taking of advice. Good health, harmony, truth, wisdom.

Ansuz Merkstave: Misunderstanding, delusion, manipulation by others, boredom, Failed communication, Vanity and grandiloquence.

Galdr: ansuz ansuz ansuz

aw aw aw aw aw aw aw aw aw

aw aw aw aw aw aw s s s s s s

aw aw aw aw aw aw

aw aw aw aw aw aw aw aw aw

Stadha: Standing upright, stretch out both of your arms, parallel to the ground, and pointing slightly down the Left arm is slightly lower than the right arm. Face North.

Please keep in mind that runes are a very powerful source of divination. Runes generally tell it like it is without any gray area. When using runes; allow yourself to become fully immersed in the energy that each rune carries.

Be honest with yourself and allow this honesty to transcend any desire to ignore the message before you.

If you are looking for a form of divination to dabble in, runes are probably NOT it. Such power should be well respected and heeded.

Use runes with a clear mind and an open heart.

Assignment:

Take the time to research each of the Gods that are listed in the history section, both the Vanir and the AEsir.

Quiz:

- 1. In Anglo-Saxon, Fehu is known as _____.**
- 2. Ill-health or lack of mental fortitude is which Merkstave?**
- 3. Thorn is which rune?**
- 4. Uruz means _____.**
- 5. The energy of Thurisaz can be used for _____ or _____.**
- 6. Each rune represents a mystery or a special piece of _____.**
- 7. Merkstave means _____.**



Whispering Woods coven



Rune Lore class



Lesson 3



In this lesson; the fifth through eighth Runes of the Elder Futhark will be studied.

Raidho and Kenaz are the fifth and sixth letters of the word "Futhark". When studying each of these runes, remember to practice the galdr and stadha for each rune.

Raidho is the symbol which represents Asatru, the Nordic path. Kenaz is the rune of the artist and the craftsman. Gebo, the seventh letter, is the rune which represents sex-magick. Wunjo is the eighth letter and the rune that is used to combine different levels of energy or force into one.

Raidho - (rye - though) (R, Journey)



Associations: Gemstone - Chrysoprase

Element - Air

Polarity - Male

Tree - Oak

Plant - Mugwort

Deity - Forseti

Astrological Correspondence - Sagittarius

Tarot correspondence - Hierophant

Raidho is known as Rad in Anglo-Saxon and Reid in Old Norse and Icelandic and Reda in the Germanic tongue. And it is represented as the Horse in the Anglo Saxon, Norse and Icelandic rune poems.

Raidho is also associated with travel by way of a cart or chariot. Often the Sun and the Moon are depicted as traveling across the sky in a chariot.

It is thought that the runes evolved from a much older pictorial language called "hällristningar" which dates back to circa 1300 BCE.

The one thing to remember is that runes are an ancient form of communication and carries very old magick within their meanings.

From the Anglo Saxon rune poem we have:

Rad byþ on recyde rinca gehwylcum sefte ond swiphwæt, ðamðe sitteþ on ufan meare mægenheardum ofer milpapas.

"Riding seems easy to every warrior while he is indoors and very courageous to him who traverses the high-roads on the back of a stout horse."

Reading: Travel, both in physical terms and those of lifestyle direction. It can mean a possible or necessary journey in a reading, or transportation. It represents a journey, vacation, relocation, evolution, change of place or setting. Raidho enables one to see a larger perspective. Seeing the right move for you to make and deciding upon it. It represents personal rhythm, world rhythm and the dance of life.

Raidho Reversed or Merkstave: Crisis, rigidity, stasis, injustice, irrationality. Disruption, dislocation, demotion, delusion, possibly a death may be involved.

Gadr: raidho raidho raidho

r r r r r r r r r

ru ra ri re ro

rudh radh ridh redh rodh (rut rat rit ret rot)

or er ir ar ur

r r r r r r r r r

Stadha: Standing straight, bend the left arm at the elbow and place the palm on the hip bone. Slant the left leg out and slightly off the ground. The right arm is straight down and against the body. Face South.

Kenaz - (kane - awze) (K, Beacon or torch)



Gemstone - Bloodstone

Element - Fire

Polarity - Female

Tree - Pine

Plant - Cowslip

Deity - Freyja, dwarves

Astrological Correspondence - Venus

Tarot correspondence - Chariot

Torch or knowledge is the meaning of Kenaz in the Old English Rune Poem. Another name for this rune, "Kaunaz," means a sore or boils. This is the meaning of the rune in the Old Norse and the Icelandic rune poems. It has been suggested that a sore is an inflammation; a derivative of the Latin "flamma" or flame as in a torch and thus the association between the two spellings.

As a rune, Kenaz can help you gain access to knowledge, skills, and craftsmanship. Often these gifts are hidden within ourselves and must be brought to the forefront through trial and error (sores, burning desire).

According to the Anglo Saxon rune poem we have:

Cen byþ cwicera gehwam, cuþ on fyre blac ond beorhtlic, byrneþ oftust ðær hi æþelingas inne restaþ.

"Torch is known to every living man by its pale, bright flame; it always burns where princes sit within."

According to the Norse rune poem Kenaz is:

Kaun es beygja barna; bøl gørir mann fólvan.

"Sore is curse of children; sorrow makes man pale."

Reading: Kenaz represents vision, revelation, knowledge, creativity, inspiration and technical ability. It is the vital fire of life, harnessed power, fire of transformation and regeneration. Kenaz gives you the power to create your own reality, the power of light. Open to new strength, energy, and power now. It represents passion, sexual love.

Kenaz Reversed or Merkstave: Disease, breakup, instability, lack of creativity. Kenaz reversed also represents nakedness, exposure, loss of illusion and false hope.

Gadr: kenaz kenaz kenaz

ku ka ki ke ko

kun kan kin ken kon

ok ek ik ak uk

kaunnnnnnnnn

Stadha: Stand upright and raise the right arm at a 45 degree angle, at the same time lower the left arm at a 45 degree angle. The palm of the right hand is facing outward and the fingers of the left hand are pointed straight out from the arm.

Gebo - (gay - boe) (G, Gift)



**Gemstone - Opal
Female**

Element - Air

Polarity - Male and

**Tree - Elm
Freyr, elves**

Plant - Heartsease

Deity - Odin, Freya,

Astrological Correspondence - Pisces

Tarot correspondence - Lovers

The common Germanic name for this rune is Gybu. Derivations of this name has appeared in later Germanic languages, such as Gothic (Giba), Anglo-Saxon (Gyfu), and Old Norse (Gyfta). Its literal meaning is "gift".

The ancient concept behind the term "gift" is that one gives in order to receive. If we open our eyes we see this throughout Mother Nature as an essential balance.

In addition the Gebo rune represents Harmony and Balance between our spiritual and physical needs, thus the inference of sacrifice. Runes have a way of touching upon our most intimate needs and desires.

They can be used as a portal between our conscious and sub-conscious needs. And in this way a balance is attained between our spiritual and physical selves. I personally see runes as the portal to many portals. Sort of like the doorway to a long hall with many side doors leading to various mysteries of life.

The only verse available for this rune is from the Anglo Saxon rune:

Gyfu gumena byþ gleng and herenys, wrapu and wyrþscype and wræcna gehwam ar and ætwist, ðe byþ opra leas.

"Gift brings credit and honor, which support one's dignity; it furnishes help and subsistence to all broken men who are devoid of aught else."

Reading: Gifts, both in the sense of sacrifice and of generosity, indicating balance. All matters in relation to exchanges, including contracts, personal relationships and partnerships. Gebo serves as a portal to sexual union which in turn heightens the energy of magick.

Gebo Merkstave (Gebo cannot be reversed, but may lie in opposition): Gebo represents greed, loneliness, dependence, over-sacrifice, obligation, toll, privation, bribery.

Gadr: gebo gebo gebo

gu ga gi ge go

gub gab gib geb gob

og eg ig au ur

g a a a f f f f

Stadha: Stand upright with the legs spread apart at slightly more than shoulder width. The feet point straight out and the arms are raised and spread out so that the hands are directly over the feet, thus forming an "X".

Wunjo - (woon - yo) (W or V, Bliss)



Gemstone - Diamond

Element - Water

Polarity - Male

Tree - Ash

Plant - Flax

Deity - Freyr, elves

Astrological Correspondence - Leo

Tarot correspondences - Strength

Wunjo is the last rune of the first aett. Wunjo, like Gebo is not present in the Younger Futhark and so the only rune poem for this particular rune is found in the Anglo Saxon rune poem. The Gothic name for Wunjo is "Winja", and in the Nordic tongue it is "Vin". Because Wunjo also relates to pranks there is a connection to Loki, the master prankster in Norse mythology.

The general translation for Wunjo is "Joy" though it may also mean "pasture". Wunjo is considered one of the more pleasant of the runes for one to use.

From the Anglo Saxon we have:

Wenne bruceþ, ðe can weana lyt sares and sorge and him sylfa hæfþ blæd and blysse and eac byrga geniht.

"Bliss he enjoys who knows not suffering, sorrow nor anxiety, and has prosperity and happiness and a good enough house."

Reading: Joy, comfort, pleasure. Wunjo represents; fellowship harmony, prosperity, ecstasy, glory and spiritual reward. As well as the possibility of going "over the top". If restrained, the meaning is general success and recognition of worth.

Wunjo Reversed or Merkstave: When reversed, Wunjo represents stultification, sorrow, strife, alienation. It also represents delirium, intoxication, and possession by higher forces, impractical enthusiasm, raging frenzy and berserker.

Gadr: wunjo wunjo wunjo

wu wa wi we wo

wun wan win wen won

wo we wi wa wu

w w w u u u n n n

Stadha: Stand at attention with the feet at an 45 degree angle. Place the fingertips of the left hand against the crown of the head.

Assignment:

Make a flow chart showing the relationship of each of the Nordic deity. Keep this chart for your own reference guide.

Quiz:

1. Runes evolved from a much older pictorial language called _____.
2. The tree associated with Gebo is the _____.
3. Wunjo has a connection to which Norse deity?
4. The "Torch" represents which rune?
5. Loss of illusion and false hope is the Merkstave of _____?
6. Which rune is the last of the first Aett?
7. "Rad byþ on recyde rinca gehwylcum sefte ond swiþhwæt, ðamðe sitteþ on ufan meare mægenheardum ofer milpaþas" refers to which rune?

H

Whispering Woods

I

Basic Rune Lore class



Lesson 4



In this lesson the ninth through twelfth runes are being presented.

Hagalaz is the mother rune, due to its association with the mystical number, nine. Nauthiz is a rune of powerful protection. Isa is a symbol of the individual ego. Jera is the rune that represents natural law.

Hagalaz - [haw - gaw - laws] (H, Hail)

H

Associations: Gemstone - Onyx

Element - Water

Polarity - Female

Tree - Ash

Plant - Byrony

Deity - Ymir

Astrological Correspondence - Aquarius

Tarot correspondence - World

Hagalaz is often associated with Urd; the Norn who is associated with the past. Hagalaz is often considered to be a negative rune.

Hagalaz is the first Rune of the second aett which is ruled over by Heimdall, the Watcher of the Gods. It represents the most powerful sacred number of the Nordic Tradition, which is the number nine. The name "Hagal" translates as "hailstone" and its meaning is often associated with frozen ice that in turn, thaws.

This frozen, heating aspect of this rune represents the natural balance of life. Without one there cannot be the other. In rune magick, Hagalaz, like Thurisaz, can be used magically to break Nauthiz.

From the Anglo Saxon rune poem comes:

"Hægl byþ whitust corna; hwyrft hit of heofones lyfte, wealcaþ hit windes scura; weorþeþ hit to wætere syððan".

Hail is the whitest of grain; it is whirled from the vault of heaven and is tossed about by gusts of wind and then it melts into water.

Reading - Wrath of nature, destructive, uncontrolled forces, especially the weather, or within the unconscious. Hagalaz also represents tempering, testing, trial, Controlled crisis, leading to completion, inner harmony.

Hagalaz Merkstave (Hagalaz cannot be reversed, but may lie in opposition): Natural disaster, catastrophe. When in opposition, Hagalaz represents; stagnation, loss of power, pain, loss, suffering, hardship, sickness, crisis.

Gadr: hagalaz hagalaz hagalaz

h h h h h h h h

hu ha hi he ho

hug hag hig heg hog (hul hal hil hel hol)

oh eh ih ah uh

h h h h h h h h

Stadha: Stand upright with the arms straight out to the sides in a cross position. The palms are pointed outwards.

Nauthiz - [now - these] (N, Need)

Associations: Gemstone - Lapis Lazuli

Element - Fire

Polarity - Female

Tree - Rowan

Plant - Snakeroot

Deity - Nornir, etins

Astrological Correspondence - Capricorn

Tarot correspondence - Devil

The Nordic name for Nauthiz is "Naudr". Nauthiz is associated with Skuld the Norn of the future. Another spelling for Nauthiz is "Nied" which is pronounced "need." This rune represents a need to be filled and is often considered a negative rune. In addition to need, Nauthiz also considered to be a rune of change.

In ancient times, one practice involving Nauthiz had midwives scratching Nauthiz onto their fingernails and the palms of their hands to ensure a safe grip on the newborn infant. Nauthiz is also used to bind an opponent and to inhibit further attacks.

The Anglo Saxon rune poem says this about Nauthiz:

"Nyd byþ nearu on breostan; weorþeþ hi þeah oft niþa bearnum to helpe and to hæle gehwæpre, gif hi his hlystaþ æror".

Need is oppressive to the heart; yet often it proves a source of help and salvation to the children of men, to everyone who heeds it betimes.

Reading - Delays, restriction. Nauthiz represents resistance leading to strength, innovation, need-fire (self-reliance). It also represents distress, confusion, conflict, and the power of will to overcome them. Other traits are endurance, survival, determination and a time to exercise patience. Recognition of one's fate. Major self-initiated change. Face your fears.

Nauthiz Reversed or Merkstave: Constraint of freedom, distress, toil, drudgery, laxity. Necessity, extremity, want, deprivation, starvation, need, poverty, emotional hunger.

Gadr: naudhiz naudhiz naudhiz

n n n n n n n n

nu na nu ne no

nudh nadh hudh nedh niodh

(nut nat nit net not)

un an in en on

n n n n n n n n

Stadha: Stand upright; raise the right arm to the side at a 45 degree angle. Lower the left arm to the side at a 45 degree angle.

Isa - [ee - saw] (I: Ice.)



Associations: Gemstone - Cats Eye
Female

Element - Water

Polarity -

Tree - Alder

Plant - Henbane

Deity - rime, thurses

Astrological Correspondence - the Moon

Tarot correspondence - Hermit

The traditional meaning of Isa is Ice, and therefore this is also considered to be a negative rune as the situation in which this rune appears is unlikely to change for a long period of time. Ice can also be an expansive force or one that crushes anything caught in its grasp and thus connective runes are usually needed to interpret the exact meaning of Isa in a reading..

Isa is associated with Verdandi the Norn of the present. Isa is considered an elemental rune and is related to the element of water, albeit in its frozen state. Isa is also associated with the rhime-giants in Nordic mythology.

Isa according to the Anglo Saxon rune poem:

"Is byþ ofereald, ungemetum slidor, glisnaþ glæshluttur gimum gelicust, flor forste geworuht, fæger ansyne".

Ice is very cold and immeasurably slippery; it glistens as clear as glass and most like to gems; it is a floor wrought by the frost, fair to look upon.

Reading - 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. This rune reinforces runes around it.

Isa Merkstave (Isa cannot be reversed, but may lie in opposition): Ego-mania, dullness, blindness, dissipation. Treachery, illusion, deceit, betrayal, guile, stealth, ambush, plots.

Gadr: isa isa isa

iiiiiiiiii

iiiiiiisssss

(sssss iiiiii)

iiiiiiiiii

Stadha: Stand at attention with the arms raised straight overhead and the palms touching each other.

Jera - [yare - awe] (J or Y: A year, a good harvest.)



Associations: Gemstone - Carnelian

Element - Earth

Polarity - Male and Female

Tree - Oak Plant - Rosemary

Deity - Freyr

Astrological Correspondence - the Sun Tarot correspondence - Fool

Jera is the rune of Harvest, though its literal meaning is "Year". In Common Germanic it is Jera, in Old Norse it becomes Ar, and in Anglo-Saxon it is Ger. Freyr (Fro Ingwe) is Freya's twin brother.

He is the horned God of fertility. Sif is the Norse Goddess of the grain and the wife of Thor. He is also known as King of the Alfs (elves).

The Anglo Saxon rune poem states:

"Ger byþ gumena hiht, ðonne God læteþ, halig heofones cyning, hrusan syllan beorhte bleða beornum ond ðearfum".

Year is a joy to men, when God, the holy King of Heaven, suffers the earth to bring forth shining fruits for rich and poor alike.

From the Icelandic rune poem we get:

"Ár er gumna góði ok gott sumar algróinn akr."

(Good harvest) is the profit of all men, and a good summer, and a ripened field.

Reading - The results of earlier efforts are realized. It is a time of peace and happiness, fruitful season. It can break through stagnancy. Jera represents hopes and expectations of peace and prosperity. The promise of success earned. Jera is associated with Life cycle, cyclical pattern of the universe. Everything changes, in its own time.

Jera Merkstave (Jera cannot be reversed, but may lie in opposition): Sudden setback, reversals. Jera in opposition is also major change, repetition, bad timing, poverty, conflict.

Gadr: jera jera jera

j j j e e e r r r a a a

j j j j j j j j

ju ja ji je jo

(jur jar jir jer jor)

j j j e e e r r r a a a

Stadha: Stand erect and raise the right arm straight out, bend the right arm at the elbow so that the right hand touches the crown of the head. Bend the left arm down at the same angle as the right arm, with the left hand fingertips touching the left hip bone.

Assignment: Make a runic candle(s) by inscribing your preferred runes onto a large votive candle(s). The color of the candle should correspond with the type of spell or ritual that you will be using the runic candle for.

Quiz:

1. "Need is oppressive to the heart" is connected to which rune?
2. A good harvest is associated with which rune?
3. Onyx is the gemstone for which rune?
4. Hagalaz is associated with which Norn?
5. Can Isa be reversed?
6. Which Deity rules the second aett?
7. The Rowan tree is associated with which rune?



Whispering Woods



Basic Rune Lore class



Lesson 5



Yep, you guessed it. Here we will be looking at the Thirteenth through the Sixteenth Rune of the Elder Futhark.

Eihwaz is the rune that represents the cosmic tree (yggdrasill). Perthro represents the mystery of divination. Elhaz is the most complex of all of the runes. It represents the unity of human and spirit.

Sowilo is known as the victory rune.

It is also the rune that was distorted by the Nazi regime under Adolph Hitler.

Eihwaz - [eye - wawz] (EI, Yew)

Associations: Gemstone - Topaz

Element - Earth, Air, Fire, and Water

Polarity - Male

Tree - Yew

Plant - Lilac

Deity - Ullr, Odin

**Astrological Correspondence - Scorpio
Man**

**Tarot correspondence - Hanged
Man**

Eihwaz is often associated with “Ygdrasil”, the Norse World Tree. Ygdrasil is also known as a Tree of Death.

Eihwaz or Iwaz, means Yew in the Common Germanic language. In Old Norse it is Yr, and it is spelled Eoh in Anglo-Saxon. Since the Yew was used to make bows for hunting and defense, it is considered to be a positive rune in the aspects of life.

Having Eihwaz in ones reading usually indicates that one can be successful at obtaining ones goal (hitting the mark).

Even when Eihwaz is associated with death it is in association with some undesirable aspect of our life which has died off, which in effect is a positive action.

Eihwaz as portrayed in the Anglo Saxon rune poem:

"Eoh byþ utan unsmeþe treow, heard hrusan fæst, hyrde fyres, wyrtrumun underwreþyd, wyn on eple."

Yew is a tree with rough bark, hard and fast in the earth, supported by its roots, a guardian of flame and a joy upon an estate.

Reading - Strength, reliability, dependability, trustworthiness. Eihwaz also represents enlightenment, endurance, defense, protection. It is the driving force to acquire, providing motivation and a sense of purpose.

Eihwaz indicates that you have set your sights on a reasonable target and can achieve your goals. It denotes an honest man who can be relied upon.

Eihwaz Reversed or Merkstave: Confusion, destruction, dissatisfaction, weakness.

Gadr: eihwaz eihwaz eihwaz

(iwaz iwaz iwaz)

e e e e e e e e

[a neutral, closed vowel sound]

iwu iwa iwi iwa iwu

iwo iwe iwi iwa iwu

e e e e e e e e

Stadha: Stand upright and stretch both of the arms down at a 50 degree angle. At the same time, bend the left leg back at about the same angle.

Perthro - [perth - row] (P, hearth)



Associations: Gemstone - Aquamarine

Element - Water

Polarity - Female

Tree - Aspen Plant - Aconite

Deity - Nornir

Astrological Correspondence - Saturn

Tarot correspondence - Wheel of Fortune

Perthro is the sixth Rune of the second Aett. The Anglo-Saxons call Perthro, "Peord".

Perthro is often identified with Wyrð, which is the Nordic concept for "Fate".

In relation to fate, Perthro is said to mean lot-box, gaming-piece or dice-cup. Thus chance seems to play a part with this particular rune. Divination is also closely aligned with this rune.

From the Celts we get the word "Perth", which means "bush", thus one possible meaning for Perthro is "fruit tree". Beyond these observations there are no definite definitions for this word, although there is a 11th. Century Latin manuscript called "Bodly MS 572".

In this manuscript is a passage in Old Norse which talks about various secret rune systems. Within this discussion is an excerpt about the rune Perthro being "piastr biarkan" (an opened Berkanan rune). And so the mystery of this rune continues.

The Anglo Saxon rune poem states:

"Peorð byþ symble plega and hlehter wlancum [on middum], ðar wigan sittap on beorsele bliþe ætsomne."

Lot-box is a source of recreation and amusement to the great, where warriors sit blithely together in the banqueting-hall.

Reading: Uncertain meaning, a secret matter, a mystery, hidden things and occult abilities. Perthro represents initiation, knowledge of one's destiny, knowledge of future matters, determining the future or your path. Perthro pertains to all things feminine, feminine mysteries, including female fertility and the vagina. Perthro is also related to, good lot, fellowship, joy and evolutionary change.

Perthro Reversed or Merkstave: Addiction, stagnation, loneliness, malaise.

Gadr: perthro perthro perthro

pu pa pi pe po

purdh pardh pirdh perdh pordh

po pe pi pa pu

p p p e e e r r r th th th r r r o o o

Stadha: Sit on the ground and while keeping the back straight, raise the knees up with the feet flat on the ground. Rest the elbows on the knees, with the forearms slanted forwards. Face the West.

Elhaz - [ale - hawz] (Z or R, protection.)

**Associations: Gemstone - Amethyst
Male**

Element - Air

Polarity -

**Tree - Service
valkyrjur**

Plant - Hedgegrass

Deity-

Astrological Correspondence - Cancer

Tarot correspondence - Moon

The word Elhaz means "elk." The alternative name, "Algiz," means "protection." Elhaz is connected with Frey and Freya, both of whom are Solar Deities. In fact, in the battle of Ragnarok, Frey is said to fight with an antler as his weapon.

And Elk-sedge is a plant with sharp leaves, thus the protection aspect. The rune symbol itself is said to be a pictorial display of an Elk's antlers. Use Elhaz to strengthen the power of other runes.

From the Anglo Saxon rune poem we get:

"Eolh-secg eard hæfþ oftust on fenne wexeð on wature, wundaþ grimme, blode breneð beorna gehwylcne ðe him ænigne onfeng gedep."

Elk-sedge is mostly to be found in a marsh; it grows in the water and makes a ghastly wound, covering with blood every warrior who touches it.

Reading: Protection, a shield, the protective urge to shelter oneself or others. Elhaz is associated with defense, warding off of evil, shield, guardian, connection with the gods, awakening, higher life. It can be used to channel energies appropriately. Follow your instincts. Keep hold of success or maintain a position won or earned.

Algiz Reversed: or **Merkstave:** When reversed Algiz represents hidden danger, consumption by divine forces and loss of divine link. As well as taboo, warning, turning away, that which repels.

Gadr: elhaz elhaz elhaz

z z z z z z z z z z

[a deep whirring, whistling sound]

uz az iz ez uz

oz ez iz az uz

z z z z z z z z z z

(m m m m m m m m m)

Stadha: Stand upright with the arms stretched out upwards and to the sides to form a Y.

Sowilo - [soe - wee - low] (S, sun)

Associations: Gemstone - Ruby

Element - Air

Polarity - Male

Tree - Juniper

Plant - Mistletoe

Deity - Sol

Astrological Correspondence - The Sun.

Tarot correspondence - Sun

In Old Norse, Sowilo is known as Sol or Sig, in Anglo-Saxon it is Sigel, and Saul or Saugil in Gothic. As the Sun, Sowilo represents the center of our universe.

In Norse mythology, Sol was the Goddess of the Sun, and a daughter of Mundilfari and Glaur. Mundilfari along with Glaur, were Giants who were the parents of both Sol and Mani (God of the Moon). Sowilo is said to be a victory rune and was altered by the Nazis as one of their national symbols.

The Anglo Saxon rune poems say:

"Sigel semannum symble biþ on hihte, ðonne hi hine feriaþ ofer fisces beþ, oþ hi brimhengest bringeþ to lande."

Sun is ever a joy in the hopes of seafarers when they journey away over the fishes' bath, until the course of the deep bears them to land.

From the Icelandic rune poem we get:

"Sól er skýja skjöldr ok skínandi röðull ok ísa aldrregi."

(Sun) is the shield of the clouds, and a shining glory, and the life-long sorrow (destroyer) of ice.

Reading – Sowilo represents success, goals achieved, honor, the life-force, health. It represents a time when power will be available to you for positive changes in your life, victory, health, and success. Contact between the higher self and the unconscious. It is associated with wholeness, power, elemental force, sword of flame, cleansing fire.

Sowilo Merkstave (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.

Gadr: sowilo sowilo sowilo

s s s s s s s s

s s s o o o l l l

su sa si se so

(sul sal sil sel sol)

us as is es os

si se su sa su

s s s s s s s s

Stadha: Squat down so that your thighs and calves are pressed together. Rest the buttocks on the heels. Keep the back straight and the forearms alongside the thighs.

Assignment: Make a chart of the twelve astrological signs and assign the proper rune/s to each one.

Quiz:

- 1. Which rune is represented by the Yew?**
- 2. Amethyst is associated with which rune?**
- 3. Lot - box is associated with which rune?**
- 4. Perthro is discussed in which Latin manuscript?**
- 5. "Sun is ever a joy in the hopes of seafarers when they journey away over the fishes' bath, until the course of the deep bears them to land." relates to which rune?**
- 6. The "Wheel of Fortune" is the tarot correspondence for which rune?**
- 7. "Hidden danger: is Merkstave for which rune?**



Whispering Woods



Basic Rune Lore class



Lesson 6



Are we having fun yet? In this lesson we will look at the Seventeenth through Twentieth Rune of the Elder Futhark.

Tiwaz is the rune that represents war, law and justice. Berkano represents the life changes of the complex mystery of the Goddess. Ehwaz is a rune of trust and loyalty. Mannaz represents the connection between Man and Gods and represents the total sum of mankind.

Tiwaz - [tea - wawz] (T, Tyr, God of war)



Associations: Gemstone - Coral

Element - Air,

Polarity - Male

Tree - Oak

Plant - Aconite

Deity - Tir, Mani, Frigg

Astrological Correspondence - Libra

Tarot correspondence - Justice

Tiwaz is the first of Tyr's Aett, the third and final aett. In Anglo Saxon, Tiwaz is "Tiw or Tiu", in Old Norse it is "Tyr".

Magically, Tiwaz is of great use anytime a victory needs to be won. Traditionally Tiwaz was marked or engraved two or more times on an object such as a weapon.

In more advanced runic magick, Thurisaz was also inscribed along with Tiwaz.

Often in the prelude just before a battle is to take place, both the Gods Tyr and Odin are invoked, "Tyr keep us, both Tyr and Odin!"

The name Tyr literally means "God" and it is thought that at one time he was the chief God of the Norse pantheon before Odin superseded him.

The name of the week "Tuesday" is named for Tyr; (Tiw's day).

Tiwaz in the Anglo Saxon rune poem:

"Tir biþ tacna sum, healdeð trywa wel wiþ æþelingas; a biþ on færylde ofer nihta genipu, næfre swiceþ."

(Tir) is a guiding star; well does it keep faith with princes; it is ever on its course over the mists of night and never fails.

Reading – Tiwaz represents the tenets of honor, justice, leadership, authority, analysis, rationality. Knowing where one's true strengths lie. Willingness to self-sacrifice. Victory and success in any competition or in legal matters.

Tiwaz Reversed or Merkstave: 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.

Gadr: tiwaz tiwaz tiwaz

t i i i i r r r r r

tu ta ti te ter tor

tur tar tir ter tor

ot et it at ut

(Tyr Tyr)

T i i i i r r r r r

Stadha: While standing straight, raise the arms to the sides and bend them at the elbows at a 45 degree angle forming a V to either side.

Berkano - [bear- kawn - oh] (B, birch)



Associations: Gemstone - Moonstone

Element - Earth

Polarity - Female

Tree - Birch

Plant - Lady's Mantle

Deity - Nethus, Hel

Astrological Correspondence - Virgo

Tarot correspondence - Empress

Berkano is considered a healing rune, especially when dealing with the illnesses and problems associated with childbearing and early childhood.

An excellent amulet for a pregnant woman is a birch wood charm with Berkano etched on it and then charged in the name of Frigga.

In the Younger Futhark, Berkano sometimes stood for the sound of “P” as well, since Perthro is not present in the Younger Futhark.

Berkano is often used in love spells, but must be done so with caution. For it is also used in fertility spells. It is also used in protection and concealment spells.

In order to obtain a balance in life, Berkano is often paired with Tiwaz. As opposites they tend to pull each other into a mutual polarity.

The Norse name of Berkano is "Bjarkan". The Anglo Saxon name is "Beroc". And the Icelandic name is "Bjarkan".

According to the Anglo Saxon rune poem we have:

"Beorc byþ bleða leas, bereþ efne swa ðeah tanas butan tudder, biþ on telgum wlitig, heah on helme hrysted fægere, geloden leafum, lyfte getenge."

Birch bears no fruit; yet without seed it brings forth suckers, for it is generated from its leaves.

Splendid are its branches and gloriously adorned its lofty crown which reaches to the skies.

Reading - Birth, general fertility, both mental and physical and personal growth, liberation. Regenerative power and light of spring, renewal, promise of new beginnings, new growth. Berkano represents arousal of desire, a love affair or new birth, the prospering of an enterprise or venture.

Berkano Reversed or Merkstave: When Berkano is reversed, it represents family problems and or domestic troubles, anxiety about someone close to you, carelessness, abandon, loss of control. As well as blurring of consciousness, deceit, sterility, stagnation.

Gadr: berkano berkano berkano

bu ba bi be bo

b e e e e r r r r

(burk bark birk berk bork)

ob eb ib ab ub

b e e e e r r r r r

Stadha: Stand upright and bend the left arm at the elbow with the palm resting on the hip. With the heels touching bend the left leg at the knee, the left foot is at an 90 degree angle to the right foot.

Ehwaz - [ay - wawz] (E, Horse) **M**

Associations: Gemstone - Iceland spar Element – Earth Polarity - Male and female

Tree - Ash

Plant - Ragwort

Deity - Freyr, Freya, Alcis

Astrological Correspondence - Gemini

Tarot correspondence - Lovers

Ehwaz is the 19th rune of the Elder Futhark, representing the letter e.

The horse has often been described as a symbol of male sexuality. The bond between humans and horses has always had a ancient and enduring connection. For they have long been a source of food and transportation.

There are many tales of the trust and reliance between humans and horses. And many Gods and Goddesses have been associated with horses. Odin for example, rides Sleipnir, the eight-legged horse.

In some instances, folks will run naked with a horse in order to assume (shape-shift) the astral connection with the horse.

Ehwaz can be used to connect with our Inner being, riding into the deepest vestiges of our spirit. Thus Ehwaz is a rune of journey.

The sounds and movements of a horse are also used as a form of divination.

From Tacitus, (Publius (Gaius) Cornelius Tacitus (56 CE – 117 CE) we get:

"Although the familiar method of seeking information from the cries and the flight of birds is known to the Germans, they have also special methods of their own to try to obtain omens and warnings from horses.

The horses are kept at the public expenses in the sacred woods and grooves that I have mentioned; they are pure white and undefiled by any toil in the service of man. The priest and the king, or the chief of the state, yoke them to a sacred chariot and walk beside them, taking note of their neighs and snorts. No kind of omen inspires greater trust."

From the Anglo Saxon rune poem we get:

"Eh byþ for eorlum æþelinga wyn, hors hofum wlanc, ðær him hæleþ ymb[e] welege on wicgum wrixlaþ spræce and biþ unstyllum æfre frofur."

Horse is a joy to princes in the presence of warriors. A steed in the pride of its hoofs, when rich men on horseback bandy words about it; and it is ever a source of comfort to the restless.

Reading: Transportation. It may represent a horse, car, plane, boat or other vehicle. Movement and change for the better. Gradual development and steady progress are indicated. Ehwaz also represents harmony, teamwork, trust, loyalty, an ideal marriage or partnership. It leads to confirmation beyond doubt, of the meanings of the runes around it.

Ehwaz Reversed or Merkstave: This is not really a negative rune. A change is perhaps craved. Feeling restless or confined in a situation. Reckless haste, disharmony, mistrust, betrayal.

Gadr: ehwo ehwo ehwo

e e e h w o o o

ehwu ehwa ehwi ehwe ehwo

ehwo ehwe ehwi ehwa ehwu

e e e h w o o o

Stadha: While standing upright slant the left arm up and to the side at a 45 degree angle, slant the right arm to the side and down at a 45 degree angle.

Mannaz - [mawn - nawz] (M, Man)



Associations: Gemstone - Garnet

Element - Air

Polarity - Male and Female

Tree - Holly

Plant - Madder

Deity - Heimdall, Odin

Astrological Correspondence - Jupiter

Tarot correspondence - Magician

From the Anglo Saxon rune poem comes:

"Man byþ on myrgþe his magan leof: sceal þeah anra gehwylc oðrum swican, forðum drihten wyle dome sine þæt earme flæsc eorþan betæcan."

(Man) is dear to his kinsmen; yet every man is doomed to fail his fellow, since the Lord by his decree will commit the vile carrion to the earth.

Reading: The Self; the individual or the human race. Mannaz represents your attitude toward others and their attitudes towards you. Friends and enemies, social order, intelligence, forethought, creates, skill, ability. Divine structure, intelligence, awareness. Expect to receive some sort of aid or cooperation now.

Mannaz Reversed or Merkstave: Depression, mortality, blindness, self-delusion. Cunning, slyness, manipulation, craftiness, calculation. Expect no help now.

Gadr: mannaz mannaz mannaz

m m m a a a a a n n n

mu ma mi me mo

mun man min men mon

um am im em om

mon men min man mun

m m m a a a a a n n n

m m m m m m m m m

Stadha: Stand upright and lift the elbows straight up while crossing the forearms in front of the face, right over left. The elbows can also be crossed behind the head.

Assignment: Write a short essay on each of the Nordic Deity learned thus far. Keep this as a learning tool both for yourself and others that you may teach in the future.

Quiz:

1. Ehwaz is which rine of the Elder Futhark?
2. When victory is needed which rune should be used?
3. Which rune stands for "Man".
4. Sleipnir is a _____ .
5. Berkano stands for _____ .
6. Ragwort is associated with which rune?
7. The Tarot correspondence for Tiwaz is _____ .



Whispering Woods



Basic Rune Lore class



Lesson 7



These are the last four runes of the Elder Futhark. I hope that you have enjoyed yourself up to this point.

Laguz is a powerful rune of initiation, especially in regards to life.

Ingwaz is an old Germanic Earth God, who is the consort of the Earth mother Nerthus.

They work in tandem to replenish the cosmic energy of life.

Dagaz is the rune that represents polarity.

And the final rune, Othala, represents material prosperity and sense of being.

Laguz - [law - gooze] (L, Water)



Associations: Gemstone - Pearl

Element - Water

Polarity - Female

Tree - Willow

Plant - Leek

Deity - Njord, Baldr

Astrological Correspondence - The Moon.

Tarot correspondence - Star

Laguz means “lake.” Laukaz is the alternative name and means “leek,” In days of old, the leek was a good-luck charm, and a love-charm. It was also used as an antidote to poisoning. Thus Laguz is known as a rune of healing.

Derolez (Albert Derolez is Emeritus Professor at the Free Universities of Brussels; he was formerly Curator of Manuscripts and Rare Books at the Library of the State University of Ghent) cites a large number of variants for this rune, found in some 15 manuscripts. All are variants of "lagu" (lago, laga, or lac).

The oldest recorded appearance of the rune name, Laguz appears in Codex Leidensis of the 10th century, the name of this rune is "laukr", which means "leek".

Laguz is considered to be a feminine related rune and thus is associated with the great mysteries of life.

From the Anglo Saxon rune poem we get:

"Lagu byþ leodum langsum geþuht, gif hi sculun neþan on nacan tealtum and hi sæyþa swyþe bregað and se brimhengest bridles ne gym[eð]. "

Sea seems interminable to men, if they venture on the rolling bark and the waves of the sea terrify them and the course of the deep heed not its bridle.

Reading: Flow, water, sea, a fertility source, the healing power of renewal, life energy, organic growth, imagination and psychic matters. Laguz also represents dreams, fantasies, mysteries, the unknown, the hidden, the deep, the underworld. As well as success, in travel or acquisition, but with the possibility of loss.

Laguz Reversed or Merkstave: An indication of a period of confusion in your life. You may be making wrong decisions and poor judgments. Lack of creativity and feelings of being in a rut. Fear, circular motion, avoidance, withering. Madness, obsession, despair, perversity, sickness, suicide.

Gadr: laguz laguz laguz

l l l l l l l l l l

lu la li ke lo

(lug lag lig leg log)

ul al il el ol

lo le li la lu

lll a a g g g u u u

llllllllll

Stadha: While standing up straight, stretch both arms, straight out together and point them slightly downwards. The palms are pointed down.

Ingwaz - [eeeng - wawz] (NG, Fertility)



Associations: Gemstone - Amber

Element - Earth, and Water

Polarity - Male

Tree - Apple

Plant - Self-heal

Deity - Ing, Freyr

Astrological Correspondence - Cancer, the New Moon

Tarot correspondence - Judgment

Yngvi, Ingui or Ing are the ancient names for the God "Freyr".

Ingwaz is said to be named for the Norse God of Nature, "Ingvi Freyr". One school of thought has it that Ingvi Freyr is buried at Gamla Upsala in Sweden.

Another thought is that he was said to have come to the people as a infant alone on a boat. He reigned as their king, and his body after death was sent out again over the waves, presumably in the direction of the West.

Legend has it that he traded his self-propelled sword for his Jotun-bride "Gerd", and that at Ragnarok, he fights with an antler instead.

He is sometimes associated with the "Green Man", though the association is fragmentary.

It is interesting to note that Ingvi Freyr is the tutelary God of the Swedish folks and divine ancestor of their old royal family, the "Ynglinar".

He is often depicted with an erect phallus and thus is known as a phallic God.

It is thought that the pictogram for Ingwaz is intended to represent the birth canal or a vagina.

The Anglo Saxon rune poem states:

"Ing wæs ærest mid East-Denum gesewen secgun, oþ he siððan est ofer wæg gewat; wæn æfter ran; ðus Heardingas ðone hæle nemdun."

Ing was first seen by men among the East-Danes, till, followed by his chariot, he departed eastwards over the waves.

So the Heardingas named the hero.

Reading: Male fertility, gestation, internal growth, common virtues, common sense, simple strengths, family love, caring, human warmth, the home. Ingwaz also represents the rest stage, a time of relief, of no anxiety. A time when all loose strings are tied and you are free to move in a new direction. Listen to yourself.

Ingwaz Merkstave (Ingwaz cannot be reversed, but may lie in opposition): Impotence, movement without change, production, toil, labor, work.

Gadr: ingwaz ingwaz ingwaz

i i i n n n g g g

ung ang ing eng ong

ong eng ing ang ung

i i i n n n g g g

Stadha: Stand erect with the arms stretched overhead, bent at the elbows, and fingertips touching over top of the head.

Dagaz - [thaw - gauze] (D, Day)



Associations: Gemstone - Chrysolite

Element - Fire, and Air

Polarity - Male

Tree - Spruce

Plant - Hemp

Deity - Odin, Ostara

Astrological Correspondence - The Full Moon.

Tarot correspondence - Temperance

There is often controversy as to which rune is last, Dagaz or Othala. For the purpose of this course I have put Othala as the last rune.

Dagaz, which traditionally means "day" is also called "Daeg".

Dagaz has ties to a number of runes. Though Sowilo is the Sun, Dagaz is her passage across the sky. Daytime is the time of activity. Objects can be revealed, seen clearly and

recognized for what they are. It dispels the ignorance of night and the hidden aspects of gloom and shadow. Dagaz is for exposing. Eihwaz, Perthro, and Laguz are for cloaking.

The saying "the sky's the limit" comes from the idea that Dagaz resembles the "lemniscate", the symbol of infinity. And thus the possibility of change is always within our grasp.

With the light of day beginning with the dawn, our opportunities for change are limited only by our desire to pursue such choices, for the day represents clear vision. Through Dagaz, the darkness of our lives can be overcome.

When reading the Anglo Saxon rune poem we see:

"Dæg byþ drihtnes sond, deore mannum, mære metodes leoht, myrgþ and tohih eadgum and earmum, eallum brice."

Day, the glorious light of the Creator, is sent by the Lord; it is beloved of men, a source of hope and happiness to rich and poor, and of service to all.

Reading - Breakthrough, awakening, awareness, daylight clarity as opposed to nighttime uncertainty. It is a time to plan or embark upon an enterprise. The power of change is directed by your own will, transformation. Hope/happiness, the ideal. Security and certainty. Growth and release. Balance point, the place where opposites meet.

Dagaz Merkstave (Dagaz cannot be reversed, but may lie in opposition): A completion, ending, limit, coming full circle. Blindness, hopelessness.

Gadr: dagaz dagaz dagaz

dh dh dh dh dh dh dh dh dh

d d d a a a g g g a a a z z z

du da di de do

dh dh dh dh dh dh dh dh dh

odh edh idh adh udh

od ed ud ad ud

d d d a a a g g g a a a z z z

Stadha: Stand up straight and cross the arms over the chest with the fingertips touching the shoulders.

Othala - [oath - awe - law] (O, Inheritance)



**Associations: Gemstone - Spinel
Male**

Element - Earth

Polarity -

Tree - Hawthorn

Plant - Clover

Deity - Odin, Thorr

Astrological Correspondence - Full Moon

Tarot correspondence - Moon

And now on to the last rune in the Elder Futhark. Othala (ancestral property) becomes "Ethel (homeland property)" in the Anglo-Saxon Futhark. To the Norse, Othala becomes Odal (nature or inborn quality) or Udal.

Othala has a great deal of controversy attached to it. Today's racist "skinheads" will state that Othala stands for putting an end to "race mixing." This convoluted reasoning comes from the concept that Othala stands for inheritance, which may be extended to include genes as well as land.

You make your own interpretations as they suit you personally. During the Nazi regime this symbol was used by the so called "Dutch Nazis" as their party symbol.

Because of the concept of inheritance, Othala is a gift that each of us is in essence, born with. For our genes, culture and so forth are handed down to us through our family line. This should not pre-suppose a sense of superiority over others (in my opinion).

It should be noted that the "roof" pictured in Othala rests upon the rune of Gyfu, which is the rune of an exchange of gifts between people. This conveys the message of Othala as something built upon mutual exchange and satisfaction.

When doing rune magick you may want to consider using Ansuz in conjunction with Othala in order to maintain balance.

And once again from the Anglo Saxon rune poem we get:

"Eþel byþ oferleof æghwylcum men, gif he mot ðær rihtes and gerysena on brucan on bolde bleadum oftast."

Estate is dear to every man, if he can enjoy there in his house whatever is right and proper in constant prosperity.

Reading - Inherited property or possessions, 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.

Othala Reversed or Merkstave: Lack of customary order, totalitarianism, slavery, poverty, homelessness. Bad karma, prejudice, clannishness, provincialism. What a man is bound to.

Gadr: othala othal othal

o o o o o o o o o o

o o o o o o

othul othal othil othel othol

othol othel othil othal othul

o o o o o o

Stadha: Stand and spread the legs wide to the side. Raise the arms over the head and bend them at the elbow so that the fingertips are touching over the top of the head.

Assignment: Create a pouch for your runes if they are now truly yours. It can be as ornate or as simple as you choose.

Quiz:

- 1. An indication of a period of confusion in your life, is which rune in Merkstave?**
- 2. Laguz means _____.**
- 3. Othala stands for _____.**
- 4. Amber is the gemstone for _____.**
- 5. Which rune is cited in 15 different manuscripts?**
- 6. Who is the tutelary God of the Swedish folks?**
- 7. The polarity of Dagaz is _____.**

Whispering Woods Rune Lore class

Lesson Eight

Runic Divination Forms

As with any form of divination, the best interpretation comes from your personal intuition. And this can be developed only through practice.

Following are the more common forms of runic interpretation. The form that you use will depend on the situation at hand. Practice all of these forms and become familiar with them. Only in this way can you best interpret the question before you.

There are some who employ a blank rune in their readings. Since this is not part of the original rune set, I personally do not use a blank rune. Nor will it be covered in this class.

There are a number of other spreads that relate to runic divination. I have presented here the spreads that I feel will most assist you at the beginning of your travels along this path. Remember, practice often, develop your own interpretations and enjoy the energy and insight that the art of rune lore will bring you.

There is no quiz attached to this lesson, as these forms are for your practice.

Odin's rune: 

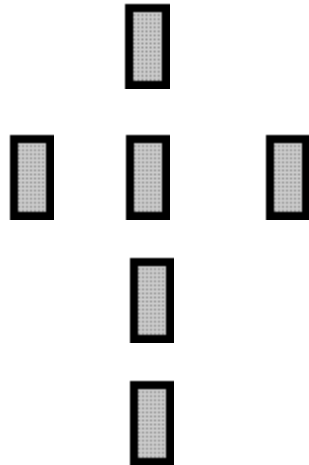
Place the runes in a rune pouch and shake them up. Draw out one Rune. This represents the crux of your present situation or the basic answer to your question.

Three Rune Spread: 

After placing the runes in a pouch and shaking them up, draw three of them out and lay them in a horizontal line in front of you. Reading them from left to right the first rune represents the present situation. The second rune represents future challenges. And the third rune represents the best outcome.

Or you can read the 1st Rune as the past, the 2nd Rune as the present and the 3rd Rune as the future.

Runic Cross:



After placing the runes in a pouch and shaking, pull out six runes. The first rune goes in the center of the spread, and this represents the current situation.

The second rune goes to the right of the first rune and represents the past.

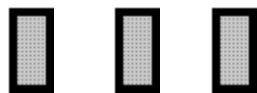
The third rune goes to the left of the first rune and represents the future.

The fourth rune goes below the first rune and represents the foundation of the situation.

The fifth rune goes above the first rune and represents the challenge ahead.

And finally the sixth rune goes above the first and fifth rune and represents the best outcome.

Three Life Spread:



While thinking about where you find yourself right now, mix the runes for a moment and pull the first three from your pouch. Place them face down in a horizontal row.

Take the first rune and turn it over from right to left do the same with the second and third runes. Read these three Runes in combination with one another.

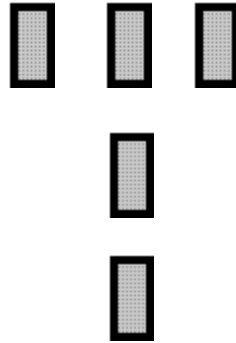
They form a holistic picture of your physical, mental, and spiritual condition.

Rune1 - the first rune, to the left, represents your present physical condition.

Rune 2 - The second Rune from the left reflects your present mental condition.

Rune 3 - The 3rd. rune to the right signifies your present spiritual condition.

The Body, Mind, and Spirit Reading



In this spread, five runes are used for exploring past incarnations. Again, after placing the runes into the pouch and shaking, withdraw five runes.

The first rune is placed to the right of the spread and represents birth and childhood of this life.

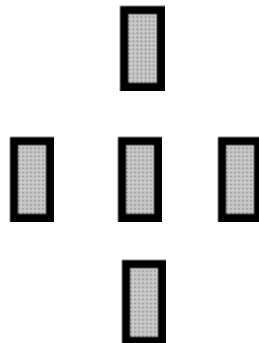
The second rune goes to the left of the first rune and represents the present.

The third rune goes to the left of the second rune and represents the future in the present life.

The fourth rune goes below the second rune and represents past incarnation.

The fifth rune goes above the second rune and represents future incarnations.

The Five Elements



This five rune layout delves into the elemental influences of earth, air, fire, water, and spirit, which affect the question at hand. It gives more subtle insights into the question being asked.

Rune 1 - The rune at the top represents earth, your physical self, surroundings, and environment.

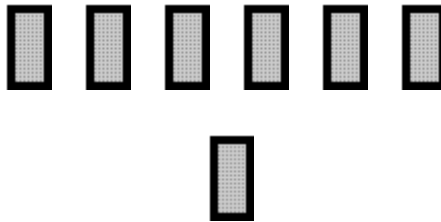
Rune 2 - The rune to the right denotes the air element, symbolizing intellectual influences related to the question. This rune also reflects your present state of mind.

Rune 3 - The bottom rune (fire) indicates the creative forces which are at work.

Rune 4 - The rune to the left (water) reveals your emotions in regard to the question.

Rune 5 - The center rune represents the spiritual influences and your connection to deity.

Seven Rune Layout



Select seven runes and lay them out in a row of 6 with the final one below the row and centered as shown.

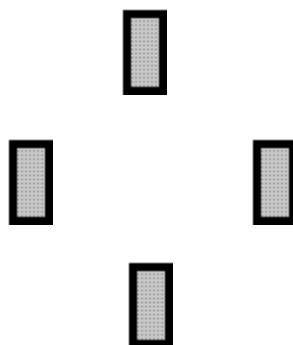
In this reading, you will have to be interpreting two runes at a time. The first two runes are the problem.

Runes 3 and 4 are read next. These show the factors in the past which have led up to the situations at present.

Runes 5 and 6 are the two most important runes in this rune cast. They represent the advice the runes are giving you, and extra special care must be taken to interpret their meanings as they relate to one another.

They can indicate a need to wait and not act or a need to act immediately. They also may indicate a total shift of emphasis to new realms totally unrelated to the problem in question. The final position, rune 7, is the result position. Keep in mind that a positive rune in this place (or a negative one, for that matter) will only be truly positive (or negative) if the preceding runes indicate such an outcome.

The Four Dwarfs Spread



Ideal for discovering how you really feel about a relationship, job, spiritual path, or any emotionally charged issue, the Four Dwarfs Spread describes the four primary underlying desires in relation to your question.

Begin the reading by getting into a receptive state of mind. take a few deep breaths, calm yourself, and focus your attention on an emotionally charged question, something that resonates with you personally.

Next, mix the runes slowly, and then pull four runes, putting them face down in the position shown.

Rune 1 - This rune denotes your past desires in regard to the question. The past desires of your ancestors may also be reflected in this rune.

Rune 2 - The rune to the east reveals your present desires and exactly how you feel about the question right now.

Rune 3 - The rune to the west describes the desires and feelings of others, and how these desires affect your question.

Rune 4 - The south rune symbolizes your heart's deepest desire, that which you keep hidden from the world. This heart's desire will grow and blossom within the next four months, if the fourth rune is positive.

Whispering Woods Rune Course

Open Book Exam



- 1. Which God were the Runes first revealed to? A. Loki B. Baldor C. Tir
D.Odin**
- 2. Of what pantheon is this God (question 1) a member of? A. Greek B. Roman
C. Nordic D. Celtic**
- 3. Which rune is considered a powerful rune of initiation? A. Fehu B. Raidho
C. Laguz D. Isa**
- 4. Gandr is a: A. Priest B. Wand C. Magician D. God**

5. The Astrological Correspondence of Nauthiz is: A. Leo B. Aquarius C. Capricorn D. Gemini
6. The symbol which represents Asatru is: A. Kenaz B. Raidho C. Perthro D. Jera
7. The rune that represents wisdom and lore is: A. Tiwaz B. Ansuz C. Mannaz D. Uruz
8. The Futhark originally consisted of: A. 22 letters B. 24 letters C. 20 letters D. 26 letters
9. Ygdrasil is: A. A Goddess B. A God C. World Tree D. Runic Poem
10. In the Three Rune Spread, the center rune represents: A. past B. future C. present D. barriers
11. The rune that represents polarity is: A. Thurisaz B. Fehu C. Gebo D. Dagaz
12. The rune which represents sex-magick is: A. Tiwaz B. Gebo C. Othala D. Eihwaz
13. The Anglo-Saxon runes consists of: A. 30 runes B. 26 runes C. 24 runes D. 28 runes
14. Kenaz stands for: A. Birch B. Torch C. God of War D. Spirit
15. The element for Mannaz is: A. Water B. Fire C. Air D. Earth
16. The gemstone for Dagaz is: A. Quartz B. Ruby C. Jade D. Chrysolite
17. In the Body, Mind, and Spirit Reading, the 3rd. rune represents: A. Physical B. Spiritual C. Future D. mental
18. The Younger Futhark consists of: A. 20 runes B. 18 runes C. 16 runes D. 24 runes
19. The plant for Isa is: A. Henbane B. Aconite C. Ragwort D. Mistletoe
20. The element for Othala is: A. Fire B. Water C. Air D. Earth
21. Uruz means: A. Wrath B. Power C. Crane D. Aurochs
22. Runes are thought to date back to: A. 300 C.E. B. 500 B.C.E. C. 200 B.C.E. D. 50 B.C.E.

23. In the Five Elements spread, the 4th rune represents: A. state of mind B. emotions
C. past D. present
24. The World Tree consists of: A. 7 spheres B. 5 spheres C. 9 spheres D. 11 spheres
25. Merkstave means: A. vertical B. backwards C. horizontal D. frontwards
26. Astrological correspondence for Ehwaz is A. Gemini B. Sagittarius C. Leo
D. Jupiter
27. The tree for Mannaz is: A. Holly B. Elm C. Oak D. Spruce
28. The Deity that represents Sowilo is: A. Odin B. Sol C. Loki D. Heimdall
29. The first four letters of the word Futhark are: A. Fehu, Uruz, Thurisaz, and Ansuz
B. Hagalaz, Nauthiz, Isa, Jera C. Tiwaz, Berkano, Ehwaz, Mannaz
D. Laguz, Ingwaz, Dagaz, Othala
30. The rune that represents the cosmic tree is: A. Hagalaz B. Isa C. Eihwaz
D. Perthro
31. The mother rune is: A. Jera B. Kenaz C. Tiwaz D. Hagalaz
32. Astrological correspondence for Sowilo is: A. Moon B. Jupiter C. Sun D. Leo
33. Jera means: A. Wrath B. Good harvest C. Rainfall D. Emotions
34. Ingwaz is an: A. Rain God B. God of Thunder C. Earth God D. Sky God
35. Perthro represents: A. mobile power B. war, law and justice C. polarity
D. the mystery of divination
36. Stadha is: A. Rune poems B. Rune positions C. Rune wand
D. Rune interpretation
37. The gemstone for Berkano is: A. Moonstone B. Aconite C. Quartz
D. Pearl
38. Fehu represents: A. divination B. mobile power C. secrets D. levitation
39. The tree for Tiwaz is: A. Maple B. Elm C. Yew D. Oak

40. The God for Dagaz is: A. Thor B. Heimdall C. Loki D. Odin
41. Nauthiz is a rune of: A. sex magic B. polarity C. strength D. powerful protection
42. Vitki is a: A. runic position B. magician C. rune D. rune wand
43. The element for Gebo is: A. Air B. Water C. Fire D. Earth
44. The Gods for Wunjo are: A. Thor, Urdu B. Odin, Loki C. Ing, Nerthus D. Odin, Frigg
45. The unity of human and spirit is represented by which rune? A. Hagalaz B. Thurisaz C. Ansuz D. Elhaz
46. Muspelheim is the land of: A. Fire B. Dark Elves C. Giants D. Dwarves
47. The tree for Othala is: A. Willow B. Yew C. Birch D. Hawthorn
48. The gemstone for Ingwaz is: A. Lodestone B. Amber C. Pearl D. Ruby
49. The rune of the individual ego is: A. Tiwaz B. Isa C. Berkano D. Fehu
50. The element for Jera is: A. Earth B. Air C. Fire D. Water

Rune Pronunciation

Rune	Name	Letter	Phonetic Value
	Fehu "fay-who"	F	f as in "fire"
	Uruz "ooo-rooze"	U	oo as in "booze" oo as in "book"

Þ

Thurisaz "thoor-ee-saws"

TH

unvoiced th as in "thorn"

F

Ansuz "awn-sooze"

A

a as in "awning", or "law"

R

Raidho "rye-though"

R

r as in "ride"

<

Kenaz "kane-awze"

K or C

k as in "kick", or hard c as
In "cane"

X

Gebo "gay-boe"

G hard

g as in "gift", y as in "yes"

ƿ

Wunjo "woon-yo"

W

w as in "warm"

H

Hagalaz "haw-gaw-laws"

H

h as in "hail"

ƿ

Nauthiz "now-these"

N

n as in "need"

I

Isa "ee-saw"

I

ee as in "sleep"



Jera "yare-awe"

J or Y

y as in "year" or j as in "jaw".



Eihwaz "eye-wawz"

EI i

as in "pride"



Perthro "perth-row"

P

p as in "poem"



Algiz "all-yeese"

Z

z as in "zeal"



Sowilo "soe-wee-low"

S

s as in "sun"



Tiwaz "tea-wawz"

T

t as in "Tuesday"



Berkano "bear-kawn-oh"

B

b as in "birch"



Ehwaz "ay-wawz"

E

e as in "day"



Mannaz "mawn-nawz"

M

m as in "mankind"



Laguz "law-gooze"

L

l as in "life"



Ingwaz "eeeng-wawz"

NG

nasal sound as ng in "singer"



Dagaz "thaw-gauze"

D

voiced th as in "the"



Othala "oath-awe-law"

O

o as in "oath"

The Rune Poems:

Old Norse Rune Poem

Fe veldr frænda rogi; foeðisk ulfr i skogi.

Fee causes kinsmen contention; grows up the wolf in the forest.

Ur es af illu jarni; opt hleypr hreinn a hjarni.

Slag is from poor iron; often runs reindeer on hard frost.

Þurs veldr kvenna kvillu; katr verðr far af illu.

Thurse causes women sickness; cheerfulness happens little from difficulty.

Oss es flestra ferða för; en skalpr er sverðr.

Oss is most journeys' dealings; but sheath is the sword's.

Reið kveða hrossum versta; Reginn slo sverðit bezta.

Riding is said for horses worst; Reginn forged of swords the best.

Kaun es beygja barna; böl gørir mann fólvan.

Sore is curse of children; sorrow makes man pale.

Hagall es kaldastr korna; Kristr skop heim inn forna.

Hail is the coldest grain; krist fashioned the world in ancient times.

Nauð gørir hneppa kosti; nøktan kelr i frosti.

Need makes for scant choices; naked ones freeze in frost.

Is köllum bru breiða; blindan þarf at leiða.

Ice all call the bridge broad; the blind require leading.

Ar es gumna goði; getk at örr vas Froði.

Harvest is man's profit; I think open-handed was Froði.

Sol es landa ljomi; lutik helgum domi.

Sol is radiance of lands; I bow to holiness' doom.

Tyr es einhendr Asa; opt verðr smiðr at blasa.

Tyr is the one-handed Aesir; often happens the smith must blow.

Bjarkan's laufgroenstr lima; Loki far flærðar tima.

Birch is with leafy, greenest limbs; Loki bore deceit's luck.

Maðr es moldar auki, mikil es greip a hauki.

Man is dust's increase, Mighty is the hold of the hawk.

Lögr's es fellr or fjalli, foss; en gull eru hnossir.

Water is, falling from mountains, force; but gold a costly ornament.

Yr es vetrgröenstr viðá; vant's, es brennr, at sviða.

Yew is winter-greenest wood; expected, when burning, singeing.

AngloSaxon Rune Poem

Feoh byþ frofur fira gehwylcum; sceal ðeah manna gehwylc miclun hyt dælan gif he wile for drihtne domes hleotan.

Wealth is a comfort to all men; yet must every man bestow it freely, if he wish to gain honour in the sight of the Lord.

Ur byþ anmod ond oferhyrned, felafrecne deor, feohtep mid hornum mære morstapa; þæt is modig wuht.

Aurochs is proud and has great horns; it is a very savage beast and fights with its horns; a great ranger of the moors, it is a creature of mettle.

Þorn byþ ðearle scearp; ðegna gehwylcum anfeng ys yfyl, ungemetum reþe manna gehwelcum, ðe him mid rested.

(Thorn) is exceedingly sharp, an evil thing for any knight to touch, uncommonly severe on all who sit among them.

Os byþ ordfruma ælere spræce, wisdomes wrapu ond witena frofur and eorla gehwam eadnys ond tohiht.

God is the source of all language, a pillar of wisdom and a comfort to wise men, a blessing and a joy to every Knight.

Rad byþ on recyde rinca gehwylcum sefte ond swiþhwæt, ðamðe sitteþ on ufan meare mægenheardum ofer milpaþas.

Riding seems easy to every warrior while he is indoors and very courageous to him who traverses the high-roads on the back of a stout horse.

Cen byþ cwicera gehwam, cuþ on fyre blac ond beorhtlic, byrneþ oftust ðær hi æpelingas inne restaþ.

Torch is known to every living man by its pale, bright flame; it always burns where princes sit within.

Gyfu gumena byþ gleng and herenys, wrapu and wyrþscype and wræcna gehwam ar and ætwist, ðe byþ oþra leas.

Gift brings credit and honour, which support one's dignity; it furnishes help and subsistence to all broken men who are devoid of aught else.

Wenne bruceþ, ðe can weana lyt sares and sorge and him sylfa hæfþ blæd and blysse and eac byrga geniht.

Bliss he enjoys who knows not suffering, sorrow nor anxiety, and has prosperity and happiness and a good enough house.

Hægl byþ hwitust corna; hwyrft hit of heofones lyfte, wealcaþ hit windes scura; weorþeþ hit to wætere syððan.

Hail is the whitest of grain; it is whirled from the vault of heaven and is tossed about by gusts of wind and then it melts into water.

Nyd byþ nearu on breostan; weorþeþ hi þeah oft niþa bearnum to helpe and to hæle gehwæpre, gif hi his hlystaþ æror.

Need is oppressive to the heart; yet often it proves a source of help and salvation to the children of men, to everyone who heeds it betimes.

Is byþ ofereald, ungemetum slidor, glisnaþ glæshluttur gimumm gelicust, flor forste geworuht, fæger ansyne.

Ice is very cold and immeasurably slippery; it glistens as clear as glass and most like to gems; it is a floor wrought by the frost, fair to look upon.

Ger byþ gumena hiht, ðonne God læteþ, halig heofones cyning, hrusan syllan beorhte bleða beornum ond ðearfum.

Year is a joy to men, when God, the holy King of Heaven, suffers the earth to bring forth shining fruits for rich and poor alike.

Eoh byþ utan unsmeþe treow, heard hrusan fæst, hyrde fyres, wyrtrumun underwreþyd, wyn on eþle.

Yew is a tree with rough bark, hard and fast in the earth, supported by its roots, a guardian of flame and a joy upon an estate.

Peorð byþ symble plega and hlehter wlancum [on middum], ðar wigan sittað on beorsele bliþe ætsomne.

Lot-box is a source of recreation and amusement to the great, where warriors sit blithely together in the banqueting-hall.

Eolh-secg eard hæfþ oftust on fenne wexeð on wature, wundað grimme, blode breneð beorna gehwylcne ðe him ænigne onfeng gedep.

Elk-sedge is mostly to be found in a marsh; it grows in the water and makes a ghastly wound, covering with blood every warrior who touches it.

Sigel semannum symble biþ on hihte, ðonne hi hine feriaþ ofer fises beþ, oþ hi brimhengest bringeþ to lande.

Sun is ever a joy in the hopes of seafarers when they journey away over the fishes' bath, until the course of the deep bears them to land.

Tir biþ tacna sum, healdeð trywa wel wiþ æpelingas; a biþ on færylde ofer nihta genipu, næfre swiceþ.

(Tir) is a guiding star; well does it keep faith with princes; it is ever on its course over the mists of night and never fails.

Beorc byþ bleða leas, bereþ efne swa ðeah tanas butan tudder, biþ on telgum wlitig, heah on helme hrysted fægere, geloden leafum, lyfte getenge.

Birch bears no fruit; yet without seed it brings forth suckers, for it is generated from its leaves.

Splendid are its branches and gloriously adorned its lofty crown which reaches to the skies.

Eh byþ for eorlum æþelinga wyn, hors hofum wlanc, ðær him hæleþ ymb[e] welege on wicgum wrixlaþ spræce and biþ unstillum æfre frofur.

Horse is a joy to princes in the presence of warriors. A steed in the pride of its hoofs, when rich men on horseback bandy words about it; and it is ever a source of comfort to the restless.

Man byþ on myrgþe his magan leof: sceal þeah anra gehwylc oðrum swican, forðum drihten wyle dome sine þæt earme flæsc eorþan betæcan.

Man) is dear to his kinsmen; yet every man is doomed to fail his fellow, since the Lord by his decree will commit the vile carrion to the earth.

Lagu byþ leodum langsum geþuht, gif hi sculun neþan on nacan tealtum and hi sæyþa swyþe bregap and se brimhengest bridles ne gym[eð].

Sea seems interminable to men, if they venture on the rolling bark and the waves of the sea terrify them and the course of the deep heed not its bridle.

Ing wæs ærest mid East-Denum gesewen secgun, oþ he siððan est ofer wæg gewat; wæn æfter ran; ðus Heardingas ðone hæle nemdun.

Ing) was first seen by men among the East-Danes, till, followed by his chariot, he departed eastwards over the waves.

So the Heardingas named the hero.

Eþel byþ oferleof æghwylcum men, gif he mot ðær rihtes and gerysena on brucan on bolde bleadum oftast.

Estate is dear to every man, if he can enjoy there in his house whatever is right and proper in constant prosperity.

Dæg byþ drihtnes sond, deore mannum, mære metodes leoht, myrgþ and tohih eadgum and earmum, eallum brice.

Day, the glorious light of the Creator, is sent by the Lord; it is beloved of men, a source of hope and happiness to rich and poor, and of service to all.

Ac byþ on eorþan elda bearnum flæsces fodor, fereþ gelome ofer ganotes bæþ; garsecg fandap hwæper ac hæbbe æpele treowe.

Oak fattens the flesh of pigs for the children of men.

Often it traverses the gannet's bath, and the ocean proves whether the oak keeps faith in honourable fashion.

Æsc biþ oferheah, eldum dyre stiþ on stapule, stede rihte hylt, ðeah him feohtan on firas monige.

Ash is exceedingly high and precious to men.

With its sturdy trunk it offers a stubborn resistance, though attacked by many a man.

Yr byþ æþelinga and eorla gehwæs wyn and wyrþmynd, byþ on wicge fæger, fæstlic on færelde, fyrdgeatwa sum.

Bow is a source of joy and honour to every prince and knight; it looks well on a horse and is reliable equipment for a journey.

Iar byþ eafix and ðeah a bruceþ fodres on foldan, hafap fægerne eard wætre beworpen, ðær he wynnum leofap.

Serpent is a river fish and yet it always feeds on land; it has a fair abode encompassed by water, where it lives in happiness.

Ear byþ egle eorla gehwylcun, ðonn[e] fæstlice flæsc onginneþ, hraw colian, hrusan ceosan blac to gebeddan; bleða gedreosaþ, wynna gewitaþ, wera geswicaþ.

Dust is horrible to every Knight, when the corpse quickly begins to cool and is laid in the bosom of the dark earth.

Prosperity declines, happiness passes away and covenants are broken.

Icelandic Rune Poem

Fé er frænda róg ok flæðar viti ok grafseiðs gata.

(Money) is the (cause of) strife among kinsmen, and the fire of the flood-tide and the path of the serpent.

Úr er skýja grátr ok skára þverrir ok hirðis hatr.

(Drizzle) is the weeping of clouds, and the diminisher of the rim of ice, and (an object for) the herdsman's hate.

Purs er kvenna kvöl ok kletta búi ok varðrúnar verr.

(Thurs) is the torment of women, and the dweller in the rocks, and the husband of Vardhrúna (a giantess?).

Óss er algingautr ok ásgarðs jöfurr, ok valhallar vísi.

(Ase = Ódhinn) is the olden-father, and Ásgardhr's chieftain, and the leader of Valhöll.

Reið er sitjandi sæla ok snúðig ferð ok jórs erfiði.

(Riding) is a blessed sitting, and a swift journey, and the toil of the horse.

Kaun er barna böll ok bardaga [för] ok holdfúa hús.

(Sore) is the bale of children, and a scourge, and the house of rotten flesh.

Hagall er kaldakorn ok krapadrífa ok snáka sótt.

(Hail) is a cold grain, and a shower of sleet, and the sickness (destroyer) of snakes.

Nauð er Þýjar þrá ok þungr kostr ok vássamlig verk.

(Need) is the grief of the bondmaid, and a hard condition to be in, and toilsome work.

Íss er árbörkr ok unnar þak ok feigra manna fár.

(Ice) is the rind of the river and the roof of the waves, and a danger for fey men.

Ár er gumna góði ok gott sumar algróinn akr.

(Good harvest) is the profit of all men, and a good summer, and a ripened field.

Sól er skýja skjöldr ok skínandi röðull ok ísa aldrregi.

(Sun) is the shield of the clouds, and a shining glory, and the life-long sorrow (=destroyer) of ice.

Týr er einhendr áss ok ulfs leifar ok hofa hilmir.

(Tyr) is the one-handed god, and the leavings of the wolf, and the ruler of the temple.

Bjarkan er laufgat lim ok lítit tré ok ungsamligr viðr.

(Birch twig) is a leafy limb, and a little tree, and a youthful wood.

Maðr er manns gaman ok moldar auki ok skipa skreytir.

(Man) is the joy of man, and the increase of dust, and the adornment of ships.

Lögr er vellanda vatn ok viðr ketill ok glömmungr grund.

(Wetness) is churning water, and a wide kettle, and the land of fish.

Ýr er bendr bogi ok brotjarnt járn ok fifu fárbaudi.

(Yew) is a strung bow, and brittle iron, and Farbaudi (= a giant) of the arrow.

Thorn Ritual (Runic Ritual)

You will need:

Runic wand (or fingers if not available)

A place in which to cast the circle

Meditation on the aspects of the Thorn (Thurisaz) Rune

Sit quietly in the space in which the circle is to be cast.

Meditate on the various aspects of the Thorn rune

Concentrate on the passive and active protective aspects of the force embodied in the Thorn Rune.

Stand Facing North.

Assume the Isa stance, hands at side and feet together.

Visualize yourself as an antenna for the forces of the universe. Feel the forces flowing through you from above and below. Let the energy flow through your body from the floor and the sky passing your solar plexus and energizing it.

When you feel that the energy is flowing smoothly through your body visualize the space around you as deep blue.

Like the deep blue of the late night sky shimmering with energy scintillating as you look in to it.

Inhale evenly and deeply from you diaphragm (letting your stomach expand and contract with your breath.

Do not allow your upper body to be moved by the intake of breath.

Let the sides of your mid section and the back of your midsection expand and contract with your breath.

Breathe fully and calmly. Let the breath energize your cells.

Feel the energy adding to the energy raised with the Isa meditation.

Trace the Hammer of Thor with your dominant hand using the wand or your fingers...



As you trace the Thorn, say (vibrate) the word Thorn (or Thurisaz if you are using the Norse name).

Visualize the energy flowing from you solar plexus, through your hand/wand, tracing the rune.

Turn to the East and repeat the invocation.

Then turn to the South and then to the West, and then above you, then below you.

Turn to the North (if not already standing in that direction) and say:

Thorn in the North, Hallow and hold this Holy Stead.

Do this for the other five Thorns you have invoked.

Having invoked the six points of the circle, we will be invoking a thorny circle of briar in four parts.

Each "string" will be invoked as long as you can say the word Thorn.

When your breath runs out then one should inhale and begin another string, until you have inscribed four interlacing, intricate strings of etheric briar.

You will be tracing these strings so as to create a ball similar to yarn.

As you are tracing the strings of briar, visualize the briar as being covered with sharp, pointy, nasty looking thorns. Invest these thorns with the power to keep out unwanted influences.

Stand facing north.

Inhale and as you exhale vibrate the word "Thorn" make the vibration of the name last as long as you have breathe.

As you are saying the word, trace the briar in a circle around you. Visualize the stream of briar coming out of the end of your wand/finger. Trace the briar in any way you want.

When your breath runs out from the first "Thorn", inhale and invoke that name again..."TTTTTTHHHHHHHHHOOOOOOOOOOORRRRRRRRRRNNNNNNNNNNNNNNNNNNNN", drawing a string of briar around the inner surface of a globe, forming a globe of briar with your actions.

Remember to see what is already there and fill in the spaces you have yet to get to.

When you are out of breath again, inhale, and begin the third string of Briar. Don't forget to get the space over your head and below your feet.

Make wide sweeping motions, small scribble motions. Let your enjoyment of movement arouse more energy, feel the energy flowing through you, through your hand, and coming out in the stream of briar.

When you are out of breath inhale, and invoke the Thorn one last time.

Make sure to get all of those places that have not been covered. Don't worry about small spaces; just make sure that there are no large gaps in the ball of briar you have just make. Fix the holes with this last invocation.

As you finish this last invocation of Thorn stand facing the north.

It is not uncommon to feel both exhilarated and exhausted by this process. Stand, with feet apart and hands spread over your head.

Breathe deeply. Visualize the glowing ball of briar, see it, its green tendrils intertwining, feel the vibrancy of its life force, a force that you have given to it. Breathe deeply, calming yourself.

While standing with your feet apart, arms upraised in a "Y" inhale, and as you exhale feel your energy flowing through the orb of briar, and see, as you energize the orb, the thorns grow.

See the thorns, brownish and reddish, getting larger and closing up the small spaces that existed between the strings of briar.

Feel the spaces being blocked off. See the blue of the space around you; see the orb of thorny briars.

Keep the thorns growing until you feel that the orb is complete and capable of keeping out any unwanted influences. Infuse the orb of briar with the ability to repel unwanted energies and permit those energies desired.

Stand in a comfortable position. We are near the end of the ritual. The following is the invocation of the God/Goddesses.

Stand in the Isa position. Say IIIIISsssssssss.

Stand in the As (Anuz) position. Say Odhinn.

Stand in the Beorch position. Say Urdh.

Stand in the Ing position. Say Freyr.

Stand in the Foeh position. Say Freya.

Stand in the Thorn position. Say Thorr.

Stand in the Isa position. Breathe deeply.

Thank the God/Goddesses silently. Feel the Orb of Thorns surrounding you. Begin your working...secure in your sacred space.