

Elder Futhark

Norse Runes Guide

Rune Casting and Reading



Elder Futhark Norse Runes Guide

This guide is designed to be printed as a booklet, and used in conjunction with a rune set. If you don't have your own, download **FREE printable rune tokens** from [Spiritlore](http://Spiritlore.com).

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The Aettir

The **24 runes** of the Elder Futhark are arranged into three aettir. 8 runes are assigned to each of the Norse gods Freyja, Heimdall and Tyr.

Freyja **CHANGE**



Freyja is a goddess of beauty, fertility, war and death.

Hers is the aett of change, sacrifice and trials, which bring about growth and experience. These runes represent challenges or hardship which must be faced and overcome. This might seem intimidating, but it is all in the aid of guiding one's life or circumstances in the right direction.

Heimdall **ACTION**



Heimdall is a Seer, a god of foresight, and ward of the gods.

His is the aett of the Self, introspection, and endurance of the winter frosts. In this aett, the warrior is challenged to fight, to rely on an internal strength, innate power, and the will to endure. These runes represent confrontation, endurance and necessity. This ultimately leads to resolution, salvation and protection.

Tyr **RESULTS**



Tyr is a god of war and victory, who lost his hand to the wolf Fenrir in a brave attempt to bind him for the gods' protection. He succeeded, and Fenrir was bound. His is the aett of victory and justice, granted only to the most deserving. Awarding atonement, achievement, divine aid, empowerment and peace. It represents resolution and protection.

Rune Casting

Methods for casting runes

For all casting you will want to focus your energy and intention. Hold your runestones in your hand, or place your hands over them and focus on a question, situation, person or object.

Single Draw



Close your eyes and select one stone. This stone will represent the energies surrounding the situation, person or object.

Past, present, future



Close your eyes and select three stones, to represent the past, present and future.

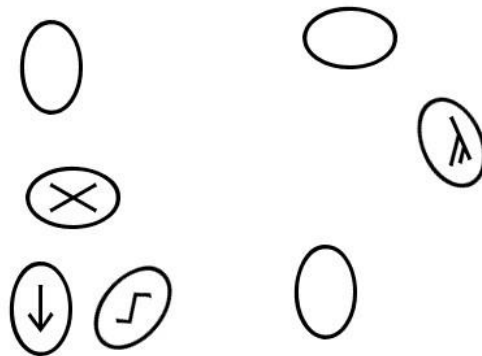
Past: This stone will represent past energies that are affecting the current individual or situation.

Present: This stone will represent current energies that are affecting the individual or situation. This is the predominant energy being worked with in this situation.

Future: This stone will represent a potential future based on the current path of energy or influences. If the influences or mindset is altered, the future might be altered as well.

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Rune toss



This is the most intuitive of castings. Gather a collection of runes in your hand, or gently shake a few out of your box or bag. The quantity is up to you - whatever you feel is necessary for that casting. Runes that are faced down are generally not read. What the runes mean is open to your individual interpretation, and depends on what you have asked.

Reversals

Reading reversals is completely optional. You can choose to read only their core meanings. Reversal meanings have been included for the sake of completeness, but do not feel obligated to use them. Some read runes that have fallen sideways as reversals (particularly for runes that can't be read as reversed), or simply as an energy which is blocked or not yet achieved.

Placement

The proximity or distance between runes can determine connections or disconnections between energies.

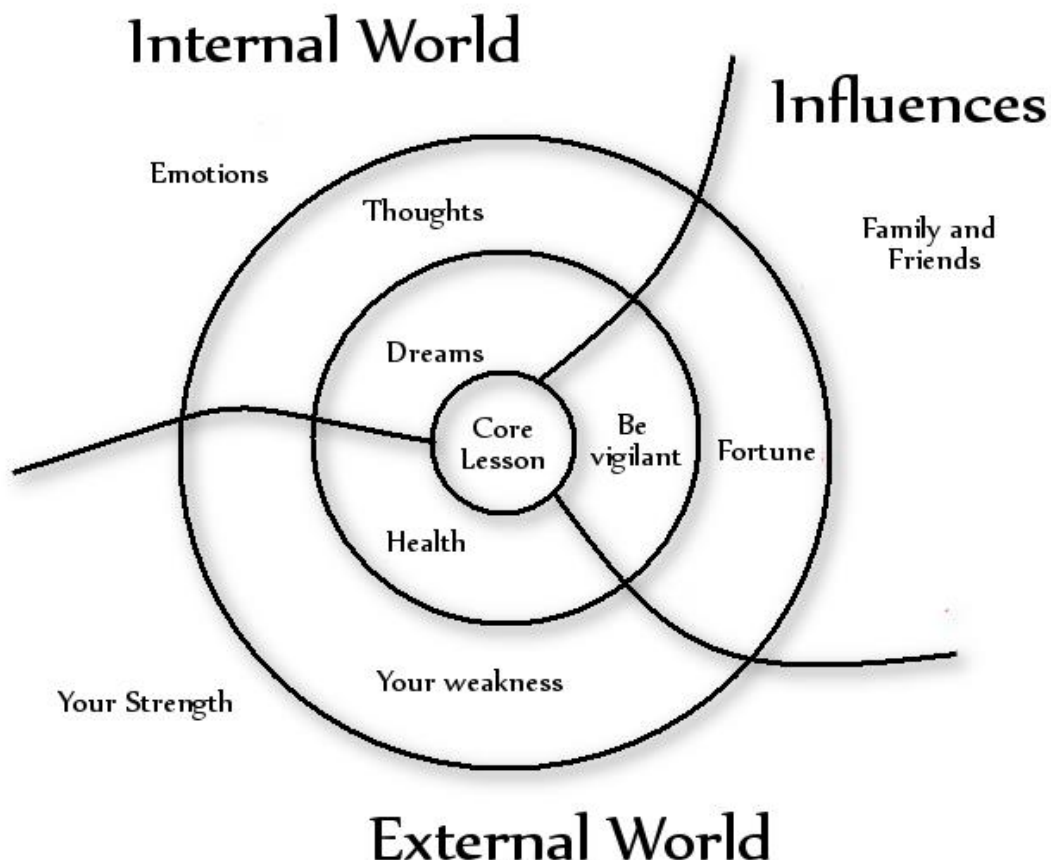
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Rune chart

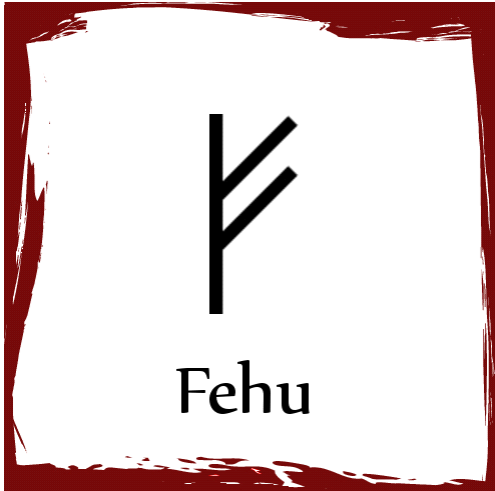
You can also make use of a map or chart like the following. You can create unique readings by including anything you'd like to query.

For this chart, the internal world reflects the emotional, mental and spiritual aspects of the self. The influences include the influence of family and friends, positive influences (Fortune) and negative influences or threats (Be Vigilant). For the external world this chart reads one's health, weaknesses and strengths.

For this kind of chart you would scatter your runes and see where they fall. If more than one stone falls within one area you will need to read all of them and decide how they relate to one another, and what they are trying to tell you. If no stones fall in an area it is not relevant at this time.



Rune Meanings



Wealth

Fehu

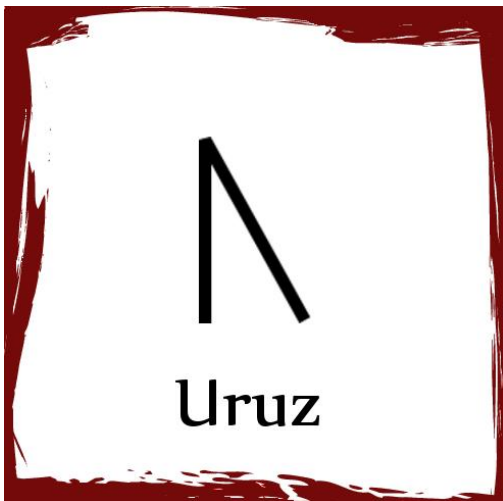
(pronounced
fay-who)
representing
domestic
cattle.

Freyja's Aett

This rune represents abundance and prosperity.

This abundance can take the form in health, wealth, hope and happiness. It is symbolic of fertility and creation, as well as income and material possessions.

Reversal: a loss, a time of lack or scarcity.



Strength

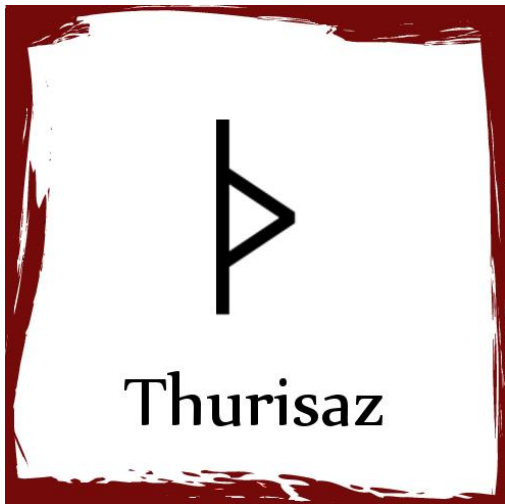
Uruz

(pronounced
oo-rooz)
representing
an Auroch (a
now extinct
species of ox)

Freyja's Aett

This rune represents speed, strength and unlimited potential. Vibrant health, energy, courage, tenacity and action. It can also be related to sexuality, potency and masculine energy.

Reversal: misguided force, lust, brutality, defencelessness and vulnerability.



Change

Thurisaz

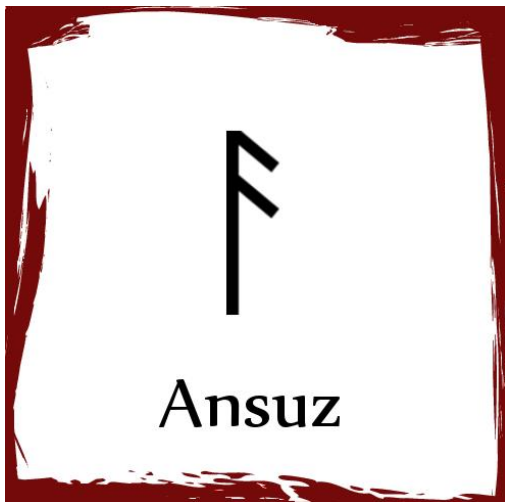
(pronounced thoo-ree-saws)
representing a
thorn or giant

Freyja's Aett

This rune represents a force of destruction or defence and indicates some kind of conflict.

It can represent a powerful catalyst for change, similar to a purging flame that clears everything in its path to create space for the new. This is not always a pleasant experience, but ultimately it is beneficial.

Reversal: evil or malice, danger or betrayal.



Communication

Ansuz

(pronounced awn-sooz)
representing
an Ancestral
God

Freyja's Aett

This rune represents some kind of message, signal or communication.

Seek advice, wisdom, truth and guidance appearing around this issue.

Reversal: miscommunication, manipulation, or deception.

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Raidho

(pronounced
rye-though)
representing a
wagon or
chariot

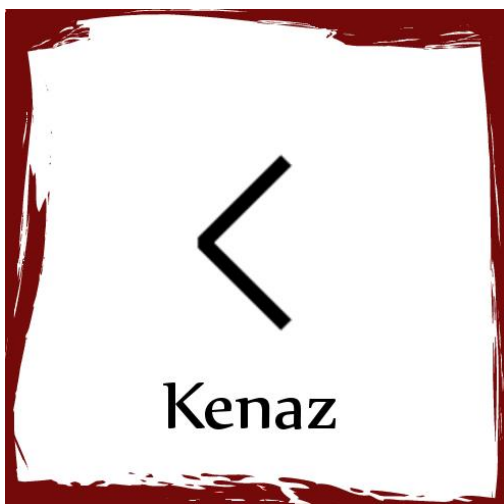
Freyja's Aett

This rune represents travel, which can be physical or metaphorical.

A change in location, journey or transformation. A change of perception or revelation.

Journey

Reversal: crisis, stasis or rigidity, injustice, delusion or even death (not necessarily physical death).



Kenaz

(pronounced
kane-awz)
representing
a beacon or
torch

Freyja's Aett

This rune represents inspiration, revelation, vision and knowledge. The vitality of fire, and the power of light.

The ability to forge and create one's own reality, or the availability of a source of strength, energy or power.

Vision

Reversal: illusion, vulnerability or false hope.

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Gebo

(pronounced
gay-boe)
representing a
gift

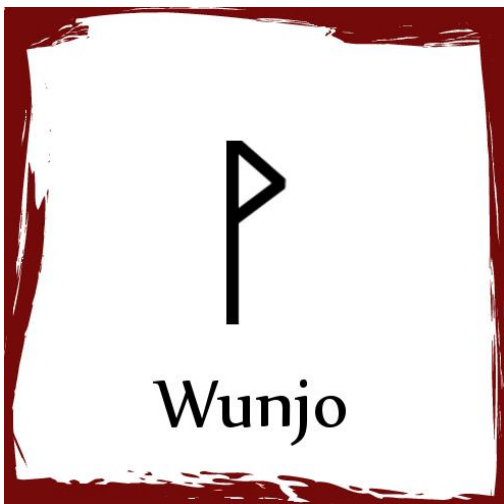
Freyja's Aett

This rune represents exchanges, contracts, relationships and partnerships.

It indicates a balance of interaction, sacrifice and receiving generosity.

Gifts

This rune cannot be reversed. In some cases it can be read as loneliness, dependency, obligation or painful sacrifice.



Wunjo

(pronounced
woon-yo)
representing
joy

Freyja's Aett

This rune represents joy, pleasure, comfort, prosperity and harmony, which may come as the result of spiritual commitment or achievement.

A recognition of success and worth.

Joy

Reversal: alienation, intoxication, or over-enthusiasm



Hagalaz

(pronounced
haw-gaw-laws)
representing
hail

*Heimdall's
Aett*

This rune represents the destructive wrath of nature, or uncontrolled forces (possibly emotions, or the unconscious mind). This often represents a trial or crisis which, when lead to completion, ultimately promotes harmony.

Chaos to Harmony

This rune cannot be reversed. In some cases it can be read as a natural disaster, the suffering of hardship, sickness, catastrophe or crisis.



Nauthiz

(pronounced
now-theez)
representing need

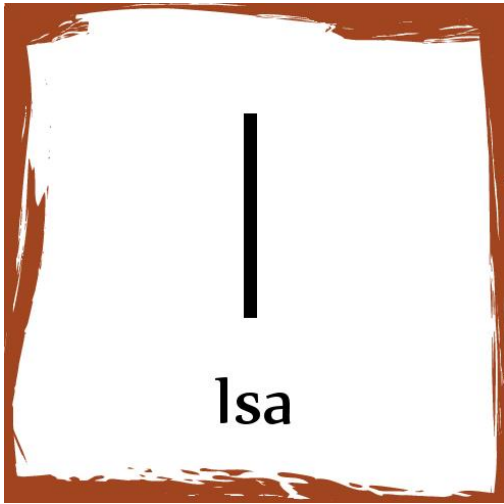
Heimdall's Aett

This rune represents delays, restrictions and resistance, leading to strength, innovation and self-reliance. This change must be initiated by the querent or persons involved.

Endurance, survival, determination, patience and will.

Endurance

Reversal: distress, deprivation, laxity, poverty or lack.



Isa

(pronounced
ee-saw)
representing
ice

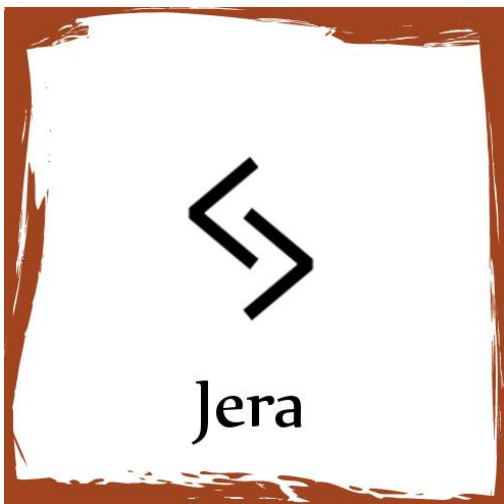
*Heimdall's
Aett*

This rune represents a challenge or frustration.

This is a time to turn inward and wait for clarity or progression.

Introspection

This rune cannot be reversed. In some cases it can be read as egocentrism, blindness, schemes, deceit and treachery.



Jera

(pronounced
yare-awe)
representing a
year, or a
good harvest

*Heimdall's
Aett*

This rune represents the end result, the product of previous efforts. Reaping what you have sown.

A time of peace, hope, expectation and prosperity.

Triumph

This rune cannot be reversed. In some cases it can be read as a setback, major change, repetition, poor timing or conflict.



Eihwaz

(pronounced
eye-wawz)
representing a
Yew tree

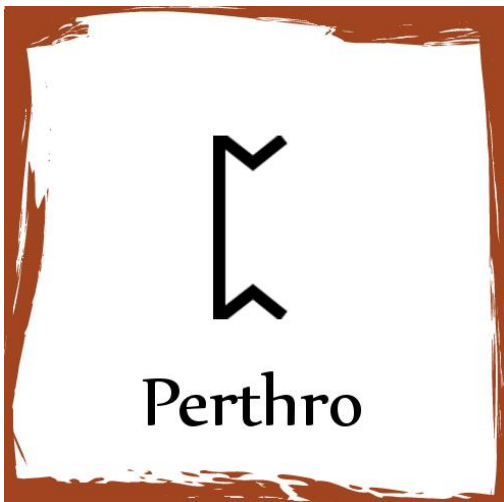
*Heimdall's
Aett*

This rune represents strength, reliability, trustworthiness and dependability.

Indicates a reasonable and honest venture or individual.

Dependability

Reversal: confusion, dissatisfaction or weakness.



Perthro

(pronounced
perth-row)
representing a
lot-cup
(ancient dice
box for
casting fates)

*Heimdall's
Aett*

This rune represents secrecy, uncertainty, mystery and the occult. It can involve one's future path that is currently hidden or uncertain.

Relates to feminine energies, fertility and potential for change.

Foresight

Reversal: addiction, confusion and shame.

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Algiz

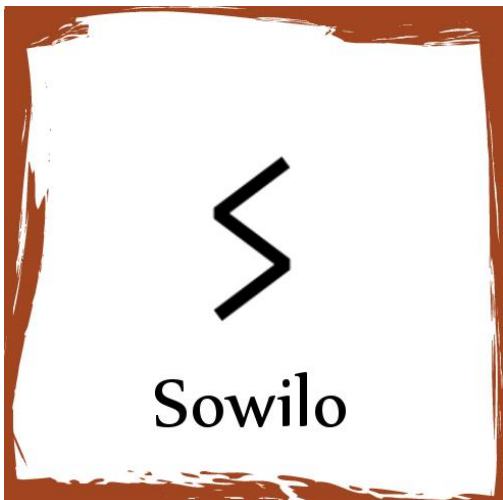
(pronounced all-yeez)
representing an Elk or Protection

Heimdall's Aett

This rune represents protection or a shield. It can be the urge to protect oneself or others, to ward off evil and protect what one has. It can also represent another protective force.

Protection

Reversal: hidden danger, a repelling force or a block.



Sowilo

(pronounced so-wee-low)
representing the sun

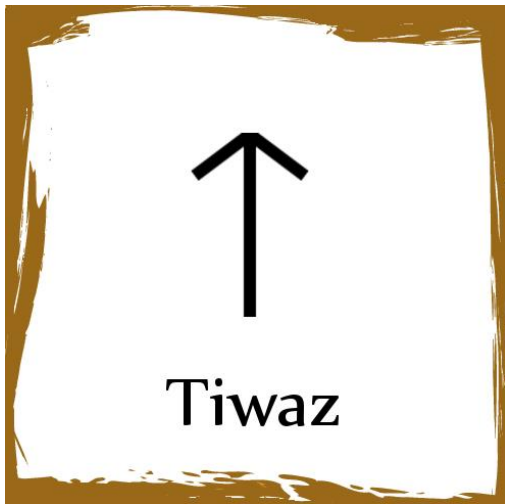
Heimdall's Aett

This rune represents power, success, achieved goals and a sense of honour. It can appear in the form of health, life-force, positive change and success. Wholeness, power, influence.

Power

This rune cannot be reversed. In some cases it can be read as false goals and success, poor counsel, gullibility, and vanity.

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Tiwaz

(pronounced
tee-wawz)
representing
the sky god

Tyr's Aett

This rune represents a force of honour, justice, leadership and authority.

Understanding one's strengths and weaknesses. Self-sacrifice.

Victory and triumph.

Protection

Reversal: a sense of paralysis, injustice, imbalance, strife or failure.



Berkano

(pronounced
bear-kaw-no)
representing
the birch-
goddess

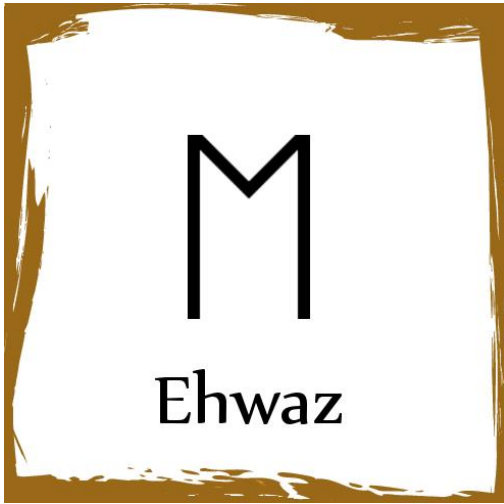
Tyr's Aett

This rune represents fertility, birth and growth and can be related to mental, emotional or physical aspects. Regeneration, renewal, promise, and new beginnings. Love, blossoming and creation.

Renewal

Reversal: family problems, domestic issues, carelessness, sterility.

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Ehwaz

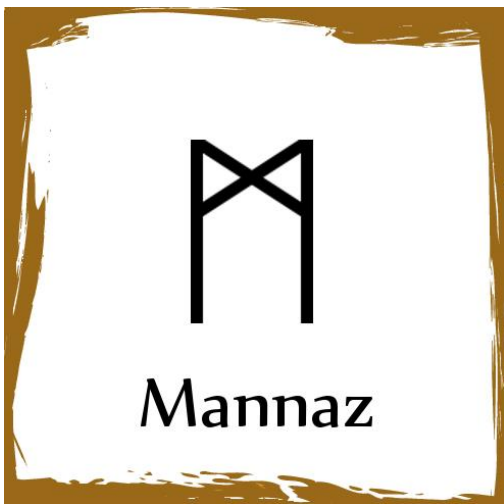
(pronounced
ay-wawz)
representing
two horses

Tyr's Aett

This rune represents transportation or a vehicle, and/or movement in a better direction. It indicates gradual change, progress and development as well as trust, working with others and being loyal.

Movement

Reversal: restlessness, feeling confined, recklessness, disharmony, mistrust and betrayal.



Mannaz

(pronounced
mawn-nawz)
representing
mankind

Tyr's Aett

This rune can represent the self, or humanity as a whole. Social order, friendships, divine structure, and cooperation.

Suggestion of some kind of aid or cooperation.

Creativity

Reversal: depression, cunning, manipulation, self-delusion, lack of support.



Laguz

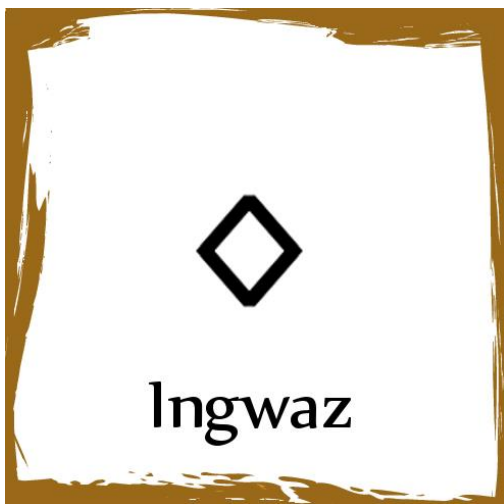
(pronounced
law-gooz)
representing
water

Tyr's Aett

This rune represents the flow of water or a source of healing power and renewal, life energy and growth. Related to imagination and psychic matters, dreams and fantasies.

Imagination

Reversal: confusion, poor judgement and decisions, lack of creativity, fear, avoidance, obsession, perversity and sickness.



Ingwaz

(pronounced
ing-wawz)
representing Ing
the earth god

Tyr's Aett

This rune represents masculinity, fertility and internal growth. Virtues, common sense, strength, family bonds, human warmth and caring. It can also represent the home or a time or relief and refuge where everything falls into place, leaving you free to move in a new direction.

Virtues

This rune cannot be reversed. In some cases it can be read as impotence, toil, labour.

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Dagaz

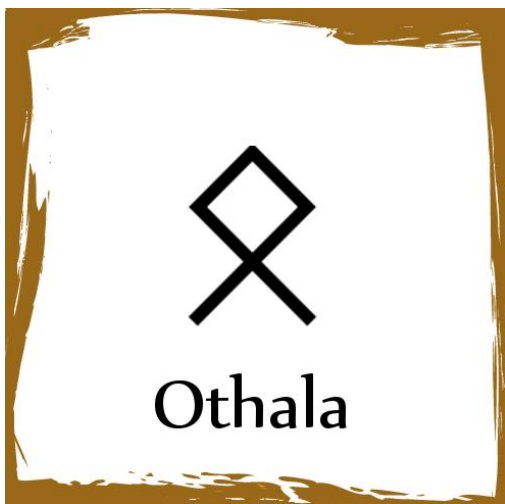
(pronounced
thaw-gauze)
representing
day or the
dawn

Tyr's Aett

This rune represents a breakthrough, clarity, awakening or awareness. A time for planning, change directed by will, transformation, security, certainty, hope and happiness. Balance.

Will

This rune cannot be reversed. In some cases it can be read as completion, ending, or a limitation.



Othala

(pronounced
oh-thaw-law)
representing
ancestral
property

Tyr's Aett

This rune represents property, possessions, a home or some other important source, often inherited. It indicates aid in spiritual and physical journeys, a source of safety, increase or abundance.

Source

Reversal: bad karma, poverty, lack or obligation.



Thank You

Thank you for downloading our guide!

We hope you found it interesting and useful. We would love some feedback!

Tell us about your experiences, what you loved – and what you didn't! Have you worked with runes before? Do they work well for you?

Your insight helps us create content that's relevant for you.

Join our community. Share your thoughts, share your light!

Blessed be.

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Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.