

RUNE MEANINGS



TYR'S ÆTT

Courage



Teiwaz/Warrior

Be completely present. Replace fear with awareness. Decide and act when necessary.



Laguz/Flow

Embrace new inspiration and your divine connection. Create. Invent. Solve.



Berknan/Growth

With pain and discomfort comes necessary learning of important lessons and growth. Invite the healing in.



Ingwaz/Fertility

Your planning, preparing and hard work is done. Be patient and trust that the reward is coming at the right time.



Opila/Inheritance

Allow what is rightly yours to come. You are worthy of all you have and so much more.



Mannaz/Self

Be true to yourself and things will work out for your own best interest. You come first.



Ehwaz/Movement

Take action. Embrace the opportunity for change. Confidently make a move.



Dægaz/Breakthrough

You are on the precipice of resolving the struggles you face. Have faith in the process. Serenity will come.



HEIMDALL'S ÆTT

Vision



Hagalaz/Disruption

Unexpected change brings a new beginning or rebirth that is best for you. Embrace its unfolding.



Eihwaz/Defense

The most powerful defense is to be flexible about whatever comes your way.



Sowilo/Wholeness

Approach each step on your path with gentle awareness and curiosity. Your unique journey to wholeness is sacred.



Naudiz/Constraint

Pause before you speak and act. Consider the outcome you want before responding with purpose.



Isaz/Standstill

Now is a time for stillness and inaction. Rest and recharge. Do nothing.



Jera/Harvest

The fruit of your labor is here. Mindfully enjoy and share all of the bounty you have created.



Perth/Initiation

Make the first/next move. Be decisive and take immediate action.



Algiz/Protection

Release all fear. No harm will come to you. You are protected by forces seen and unseen. You are loved.



FREYA'S ÆTT

Love



Ansuz/Signals

Your intuitive abilities are strong. Trust your immediate impressions.



Fehu/Abundance

Take time to count your blessings. Practice a gracious state of mind.



Uruz/Strength

You have and always will persevere through all that comes your way.



Gebo/Partnership

Be open to a new union. Accept help when offered & ask when needed.



Raido/Journey

You are where you are meant to be at this moment. You are not alone.



Wunjo/Joy

Selfcare is key at this time. Create time to do things that give you joy.



Kanu/Opening

Be open to unexpected invitations and opportunities.



Purisaz/Gateway

Consider what you must let go of to live life fully and embrace the happiness you deserve.