

## Basic Meanings for Elder Futhark Runes

	<u>Mannaz</u> : The self, seeing things as they really are, hope, truth.		<u>Kano</u> : Creation, fertility, inspiration, hearth / forge fire of destruction and creation, channelling the Divine.
	<u>Gebo</u> : Generosity, exchange of energies, give and take, universal flow of energy.		<u>Teiwaz</u> : Loyalty, organisation, justice, calmness, honesty, vigilance.
	<u>Ansuz</u> : Receiving messages, gifts, advice, new connections, chance encounters.		<u>Berkana</u> : Mother Goddess, fertility, gradual momentum from small beginnings, unleashing new creations into the world.
	<u>Othila</u> : Retreating, separate paths, picking battles wisely, letting go of outdated attachments.		<u>Ehwaz</u> : True connection, team dynamics, bonds, loyalty, growing strong together, partnership.
	<u>Uruz</u> : Life Force, cycles of change, letting go & starting again, setting goals and striving for them.		<u>Laguz</u> : Our unconscious, transformation, letting go of fears, replenishment.
	<u>Perth</u> : Phoenix from the ashes, surprises, quests, feeling free, letting everything go, destiny.		<u>Hagalaz</u> : Change, disruption, freedom, awakening, acknowledging your power, flexibility, Destiny demands your growth.
	<u>Nauthiz</u> : Saluting our shadow side, delays, working on The Self during setbacks, learning from difficulties.		<u>Raido</u> : Journeys, planning, self-development, seeking advice, relocating.
	<u>Inguz</u> : Hermit, solitude, facing our fears, growth, rest, processing feelings.		<u>Thurisaz</u> : Compulsion vs consideration, healthy vs unhealthy patterns, exploring unconscious motives, shedding baggage.
	<u>Eihwaz</u> : Destiny delays you for a reason, patience, new beginnings, growth from difficulties, prepare the ground first.		<u>Dagaz</u> : Awakening, seeing the good, enlightenment, dawn.
	<u>Algiz</u> : Protection, awareness, noticing vs reacting, courage, facing your truth, mindfulness.		<u>Isa</u> : Surrender, sacrifice, patience, shedding what is weighing you down, cycle of change, acceptance, the essential stillness before the creation of the new.
	<u>Fehu</u> : Rewards, fulfilment, sacred love, gain, setting some gains aside, enjoyment, sharing, gratitude.		<u>Sowelu</u> : Sunlight, hope, guiding light, finding our path, listening to our intuition.
	<u>Wunjo</u> : Happiness, harmony, paying attention to what needs improving, connecting with others.	notes	
	<u>Jera</u> : Seasons, nature, patience, reaping what was sown, trust.		