

Freya's Aett

The "life cycle". The pieces that compose us and make us whole, whether relating to mundane mastery, intellectual pursuits, or spiritual revelations.

Fehu



FEHU

"CATTLE"

WEALTH, MOBILE PROPERTY, LUCK
NEW BEGINNINGS, INITIAL CONDITIONS

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Fehu creates physical dominion via the creation of opportunity. While this could reference advancement-oriented education, more commonly it will manifest as a newly revealed path that otherwise would have gone unnoticed. People will reach out to you, information will land on your desk, and synapses will connect. Ultimately, however it's done, Fehu leads to material mastery.

Uruz



URUZ

"AUROCHS"

SURVIVAL, ENDURANCE, PHYSICAL POWER
INDEPENDENCE, PERSISTENCE, LIFE FORCE

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

While most would say that Uruz manifests as physical strength, in my experience it relates more to wellness, constitution, and mental fortitude. Uruz will not empower you to be more than you are capable of. Rather, it will fill your vessel until it operates at the highest possible level. It will combat sickness and keep you moving forward regardless of the obstacles you face.

Thurisaz



THURISAZ

"GIANTS"

STRONG ONE, CONFLICT, TOOL / WEAPON
DEFENSE, PROTECTION, VIOLENCE

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

The unstoppable force. Thurisaz represents the giants, defensive annihilation, and the unrestricted flow of power. It does not move until it is trespassed against, but will dig deep into enemies and oppressors. A "burn it all down" rune, it's not surgical in nature-- it's a hand grenade waiting to erupt. This run can sometimes lead to primal possession, the magician taken by the sudden rise of energy.



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Published 29th March, 2022.

Last updated 29th March, 2022.

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Ansuz

ANSUZ

"A GOD"

ORDER, BREATH, GODS
MEANING, INSPIRATION, COMMUNICATION

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The God speaks. It is similar to Kenaz in terms of revelation, but focuses directly on the spiritual. The invocation of Ansuz will bring forth a series of "aha!" moments in extremely rapid succession. It will empower the user to control more force than they could normally muster, and will aid in spirit communication. In a way, this rune weakens the veil, making everything that crosses over that much more potent.

Raidho

RAIDHO

"RIDE"

JOURNEY, VEHICLE, RIGHTEOUSNESS
INNER COMPASS, NOBILITY, THE PATH

[DEEPER MEANING AT RUNESECRETS.COM](https://www.runesecrets.com)

In many cases there cannot be change without motion. Raidho is not the motion itself, but the inciting force that causes it. It is the wanderlust that overtakes the mind while driving. It is the instinctual desire to see that which has not been seen. More importantly, it is a catalyst for growth. That which we have not seen cannot be learned from. This rune pushes the user to explore, invest, and tinker.

Kenaz

KENAZ

"TORCH"

KNOWLEDGE, CRAFT, TRADITION
CONTROLLED FIRE, HEARTH, EXPERIENCE

[DEEPER MEANING AT RUNESECRETS.COM](https://www.runesecrets.com)

Mundane knowledge, the illuminator of that which is dark. Kenaz is functionally similar to Ansuz, but more directly related to Malkuth. Kenaz will reveal hidden information about situations, people, locations, and relationships. It is more academic knowledge than that of Ansuz, though there is some crossover. The two can be mixed, but there's a danger of becoming too flush with information to act.



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Published 29th March, 2022.

Last updated 29th March, 2022.

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Wunjo



WUNJO

“JOY”

HOPE, HARMONY, FELLOWSHIP
PERFECTION, FRIENDSHIP, KINDRED

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

"Joy" in this case has a dual meaning. It is not just the manifestation of new sources of joy, but the ability to find joy in one's present circumstances. Often times we simply need to reattune our perspectives in order to find happiness. It can also be a symbol of a positive resolution in the coming days. Regardless of circumstance, it can be used as a pick-me-up on a difficult day.

Gebo



GEBO

“GIFT”

EXCHANGE, SACRIFICE, SACRED UNION
INNATE TALENTS, GENEROSITY

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Gebo relates to gifts, which can come in many forms. In any case, they will be unexpected in their arrival. Gebo usually denotes small, heart-felt objects and services. In many cases, it speaks of a positive manifestation via that specifically originates from another human being. The transfer of goodness from one to another.

Hagal's Aett

The imposition of outside forces into mundane life. These are things that affect us which are largely out of our control.

Hagalaz



HAGALAZ

“HAIL”

CATASROPHE, CRISIS, RADICAL CHANGE
ACCEPTANCE, SURRENDER, OPPORTUNITY

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Wide-spread, all-encompassing interference. Metaphorical the "maim, not kill" version of Isa, this rune will immediately conjure the most annoying, inconvenient problems imaginable. Roads will shut down, web services will crash, tires will pop-- whatever can trip you up will appear in a cascade of misery. Whatever comes, you can be sure that it will be absolutely "unpleasant".

C

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Published 29th March, 2022.

Last updated 29th March, 2022.

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Sowilo



SOWILO

“SUN”

VICTORY, GUIDANCE, MASTERY
WHOLENESS, SEAT OF THE SOUL

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Peace, wholeness, and righteousness. Sowilo is the universal "good" as it relates to our everyday lives. Often times it forecasts not only good things to come, but also the removal of toxicity from people and events in our lives. A rune that sometimes represents the circumstances that allow healing, it is a part of most "positive" workings. A good omen for the immediate future.

Algiz



ALGIZ

“ELK”

PROTECTION, HIGHER SELF, DIVINITY
TEACHING, SPIRITUAL CONNECTION

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Goodness from above. While Ansuz is focused on revelation, Algiz is focused on manifestation. This is often used as a form of banishing or protection. It is a "hot" rune and can be considered an aggressive defender, refusing to hold back when challenged. Unlike Thurisaz, however, it will follow your enemies home and continue to transgress. Sometimes used as a symbol of communication.

Perthro



PERTHRO

UNKNOWN

THE NORNS, LUCK, CHANCE, FATE
THE UNKNOWNABLE, PLAY, GAMES

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

An extremely difficult rune to work with due to the oceans of difference between its manifestations. Perthro can relate directly to the divine feminine, but is more commonly used to represent "luck" and the role it plays in a situation. It can also represent fate, but accurately determining the difference between the two requires tangible gnosis. I would encourage most to view things from both sides.



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Eihwaz



IHWAZ

"YEW"

INITIATION, DEATH MYSTERIES,
THE TIMELESS, ETERNITY, IMMORTALITY

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Representing death, renewals, and the everlasting, this is probably the most hotly contested rune in the Futhark. Some say it is a gateway to Saturnian aspects of life, while others look to it as a powerful symbol of protection-- in my experience, this is usually due to the fact that Eihwaz is tied to the death current, the results of which manifest very differently depending on the magician's works.

Jera



JERA

"YEAR"

HARVEST, PATIENCE, CYCLES
TIME, ORBITS, RIGHT EFFORT

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Inguz is the seed, while Jera is the scythe. Jera will rapidly bring the seeds that have been planted into manifestation. Similar to Pomba Gira's "you get what you deserve" style of energy, this rune will hasten things into fruition. IMPORTANT: make sure you've planted the right seeds. Make sure you've nurtured them well. Jera is dispassionate and will reward or punish you severely based on your work.

Isa



ISA

"ICE"

STASIS, STILLNESS, SELF
CONTROL, IDENTITY, FOCUS

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

The immovable object. Isa is a curse; it will freeze anyone and anything in place, wholly unable to move. If you have something you need to stall the progression of, this is the rune to use. Isa can be implemented to curb bad habits or stop situations from running out of control, but it must be done with extreme care. Isa is a difficult rune to escape and it can take weeks or months to exorcise it.



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Nauthiz



NAUTHIZ

“NEED-FIRE”

NECESSITY, FRICTION, RESTRAINT
INNOVATION, LIFE LESSONS, URGENCY

DEEPER MEANING AT RUNESECRETS.COM

Physical human needs. This does not generally relate to emotions, spiritual events, etc. Nauthiz will illuminate to the magician the things they require but have not managed to claim. It will rouse one to action where otherwise inaction would fester. If nauthiz speaks, you'd be best to listen-- you're probably missing something very simple and very important.

Tyr's Aett

Internal forces that we can muster to deal with external problems. Our own internal powers and capabilities, fortified through the runes.

Tiwaz



TIWAZ

“THE GOD, TYR”

JUSTICE, SACRIFICE, SOVEREIGN ORDER
LAWS, PRINCIPLES, SPIRITUAL WARRIOR

DEEPER MEANING AT RUNESECRETS.COM

Justice and war. Tiwaz is an emanation of the God Tyr. Where Uruz creates strength through wellness, Tyr imparts strength through divine presence. The metaphorical adrenaline shot of the runes, this can be called on when you need to be more than you're capable of. It can also be used to mount resistance to the profane, uniting war-fighters under a single and wholly unifying banner.

Berkano



BERKANO

“BIRCH GODDESS”

REBIRTH, SANCTUARY, PLANTLIFE
MATURE WISDOM, HEALING, SAFETY

DEEPER MEANING AT RUNESECRETS.COM

Birth, motherhood, and all things feminine. While Perthro is sometimes seen as a female energy, Berkano is attributed specifically to womanhood. Beyond this, it serves as a divine spark-- a fulminating wellspring of creation. If you need something to exist where it did not before, consider the applications of Berkano. Additionally, it can be used to nurture those things that are created.



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Ehwaz



EHWAZ

“HORSE”

TRUST, TEAMWORK, LOVE,
PARTNERSHIP, ANIMALS, EMOTION

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Ehwaz specifically relates to allies. Whether it be in the form of communication, mobility, or gifts, this rune notes that help is on the way-- people are rushing towards you in order to remove you from harm, build up your life, and jump into the trenches beside you. A very personable rune, it can be severely hampered if an individual is mostly closed off from the world. Mundane miracles.

Mannaz



MANNAZ

“MANKIND”

MIND, MEMORY, LEARNING
DIVINE STRUCTURES WITHIN HUMANITY

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Mankind and the traits of mankind. This rune speaks to people in your life and the things they need and want. It can relate strongly to accountability and making sure that people are holding up their end of a situation. Often times if Mannaz is drawn in relation to a problem, it means that someone involved is simply not doing what is necessary; they need to be removed or replaced.

Laguz



LAGUZ

“LAKE”

SUBCONSCIOUS, COLLECTIVE MEMORY, UNITY
PSYCHIC POWERS, DREAMS, IMAGINATION

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Water, dreams, prophecy. Laguz, more than anything, emphasizes the need to be mutable in a situation; do not simply continue to do as you've always done. Do not adhere strictly to dogma or accepted tenets of belief. Ebb and flow like water, reshape and be reshaped. Never forget that water can carve through stone and rust metal if given enough time. Listen to your dreams and omens.



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Inguz



INGUZ

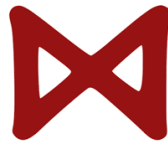
“SEED”

CREATION, GENESIS, PROCESS
EVOLUTION, ENERGETIC BURST

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

The fool, the first steps of a journey. Inguz often times denotes that a spiritual force is active in the subjects life-- one that is working closely around them to tweak scenarios to their advantage. While some seeds can be poisonous, most produce healthy, wholesome fruit. While Berkano symbolizes the creation, inguz symbolizes the pre-creation, planning, and KPIs related to something new.

Dagaz



DAGAZ

“DAY”

AWAKENING, ENLIGHTENMENT, INVISIBILITY
INCOMMUNICABLE PARADOX, NONDUALITY

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The culmination. Dagaz represents the end of night. While Jera is the beginning of this process, physically moving things to their endpoint, Dagaz is what comes immediately after. It is truth, knowledge, and can often symbolize a period of stability and peace. In many ways, it is synonymous with rest and relaxation-- not to excess, but in order to provide reflection and respite.

Othala



OTHALA

“HOMELAND”

INHERITANCE, ESTATE, LEGACY
GREATER PEACE, HEAVEN ON EARTH

DEEPER MEANING AT [RUNESECRETS.COM](https://RuneSecrets.com)

Inheritance. This rune speaks of family, community, and the things passed down from generation to generation. It can mean a literal inheritance is on the way, or it can mean that a trait from the mother or father is about to make an appearance. If someone has sown seeds long enough to be considered as having a "legacy", then it can be tied to that.



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