



# AQUARIUS WELLBEING (Lynn Boyle)

## Rune Cards with Key Words Deck – Card Meanings, History & Spreads

**The Elder Futhark Runes date from 2nd to 8th century AD.** They were used for writing Proto-Norse in Western Europe, mostly in what is now Germany, Denmark & Scandinavia, but was never a spoken language. The Elder Futhark consists of 24 runes that were arranged in 3 groups of 8; each group being referred to as an [Ætt](#) (Aett plural & singular Aettir after the English word for eight). The earliest known sequential listing of the full set of 24 runes dates to approximately AD 400 & is found on the Kylver Stone in Gotland, Sweden. Later developments produced the 25th rune, the blank rune called Wyrð or Odin's rune. The runes were carved on stones, posts or clay tablets. Those carved on pebbles or clay were used for casting & divination, as an oracle, to determine the powers at play & the best action to take or understanding to have of a situation but usually not to foretell the far future. The asymmetrical runes, if falling upside-down were read with reversed meaning. The symmetrical runes traditionally had the same meaning upside-down or reversed (merkstave) but I have included reversed meanings if you wish to use them.

The English word 'alphabet' comes from the first two letters of the Greek alphabet – 'alpha' and 'beta'. Similarly, the Norse alphabet is called 'Futhark' after the sounds of the first six characters; Fehu, Uruz, Thurisaz, Ansuz, Raido and Kenaz. Their English equivalents are 'f', 'u', 'th', 'a', 'r' and 'k' – hence 'Futhark'.

The 24 Runes divided into the 3 Aetts, were said to be ruled over by both a god & goddess. Each Aett conceals a particular teaching. The first Aett is ruled over by Frey (god of sun, rain, harvest, peace & prosperity) & Freyja (goddess of beauty, love, desire & fertility). The second Aett is ruled over by Heimdall (god of guarding, foreknowledge, eyesight, hearing, security & surveillance) & Mordgud or Modgud (goddess keeper & guardian of bridges in particular the Icy Bridge to the Underworld, a protector) & the third Aett are ruled over by Tyr or Tiwaz (bold & brave god of war) & Sisa or Sigyn (goddess of loyalty & bonds) (name not clearly identify in my sources).

### The first Aett – Freya's Aettir – Life Cycle

- Fehu - wealth
- Uruz - strength
- Thurisaz - anger
- Ansuz - message
- Raido - progress
- Kenaz - creativity
- Gebo - gifts
- Wunjo - victory

### The second Aett – Hagal's Aettir – External forces (usually forces of nature)

- Hazalaz – chaos
- Nauthiz - needs
- Isa - standstill
- Jera - cycles
- Eihwaz – spirituality
- Pertho – indulgence
- Algiz – protection
- Sowilo – authority

### The third Aett – Tyr's Aettir – Internal forces that help us deal with external forces of the 2<sup>nd</sup> Aett as we travel the path of the 1<sup>st</sup> Aett.

- Tiwaz – justice
- Berkano – birth
- Ehwaz – travel
- Mannaz – identity
- Laguz – subconscious
- Inguz – family
- Dagaz – change
- Othila – homeland

**RUNE MEANINGS:** (where applicable I have given the Tarot or Gypsy Card associate after the Rune meaning).



**1 FEHU (f) (pron fay-hoo with fay as in day, hoo as in chew). 1<sup>st</sup> Aettir.**

In ancient times, fertile cattle were regarded as units of wealth, therefore moveable or controllable possession.

**Upright:** Cattle, wealth, money, saleable or moveable possessions, luxury, good fortune, power, control, paying debts, money & credit. Also possession of valuable objects, ownership, something earned or won, increase in income, the value of the house or job, promotion. Dominion over others through money, opulent lifestyle, personal luxury, material display, extravagant spending. Fertility, creative energy, being progressive, dynamic & moving forwards. Love, balance & harmony, material stability, the value one has, personal worth & self esteem. Being fed & nourished on both physical & spiritual levels. Its essential to share good fortune with others, reminder of generosity, payment of debts. Its the rune to obtain wealth as well as the power to hold onto it. (In Tarot its like the 10 of Pentacles).

**Reversed:** Greed, hoarding, covetousness, miserliness, loss, bondage to material things, materialistic, slavery or subservience. Stupidity, dullness, subservience to others, cowardice, lack of vision, poverty consciousness. The matter is at a standstill, there is a lack of balance. (In Tarot its like 4 or 5 of Pentacles).



**2 URUZ, Ur (u,oo) (pron oo-rooz as in ooze). 1<sup>st</sup> Aettir**

The Aurochs, a now extinct Ox, was hunted by young Germanic males to prove their manhood, therefore it represents masculine potency.

**Upright:** Ox, power, strong & sturdy, courage, resolute action, freedom, vitality, energy, health, natural resistance & recovery, testing limits, physical strength, personal success, audaciousness. Also enterprise, opportunities, beginning of new bold projects, acceptance of new challenges, good luck, opportunities, unpredictable power, courage, earth energy, good health, physical healing. Sexual & creative energy, tests & greed, a dark period with loss of material or person, death of a cycle, out with the old & in with the new. We have to know our strength in order to achieve success, dominance of other's will, leader or soldier. A rune of power, but unlike Fehu, its a power that we can neither own or control. In Tarot its close to an Ace, Strength or the Death card. In Gypsy cards its like the Bear.

**Reversed:** Rash actions, hasty words, immaturity, lustfulness, callousness to others, contempt for the weak, brutality, blind rage, violence, crime of rape, uncontrollable desires, sadism. Unpreparedness, lack of forethought, unchanging or intolerant thinking. Opportunities have passed by or have been missed, possible health problems or depression, lack of energy or progress in certain areas. In Tarot its like the Devil card (negative aspects).



**3 THURISAZ (th) (pron thu-ri-saz with th as in thin, u as in pull, i as in easy, as as in father) 1<sup>st</sup> Aettir**

Literally Thorn, representing an evil giant or demon, wickedness, a thorn on one's side, a hammer, represents trolls, demons, giants, male power.

**Upright:** Thorn, demon, anger, temper, violence, aggression, malice, spite, misfortune. Negative change, conflict, dangers of a smaller less significant kind, evil, malice, petty spite, vindictive, cowardly actions, lies, deliberate attempts to hurt, sowing of confusion & doubt, rejoicing in misfortune of others, torture of the weak, persecution of the innocent, hatred, envy, jealousy. Can represent a wicked man or woman but also can be interpreted as success, security, protection, moral strength, directed energy, fighting back, possible good news, possible change that would have come without warning, contemplation, strength may be found by observing past & future, being able to defend ourselves without fear. Represents the ability we have to resist unwanted conflicts in a passive manner. In Gypsy cards its like the Snake.

**Reversed:** Poetic justice, tables turned, falling into one's own trap, just desserts, vengeful trap that misfires. Evil thwarted, a purging or catharsis, clearing the air, exposure of thought or nature through words or actions, the mask let slip. Unfavourable news, a sense of feeling vulnerable, the need for prudence, we are weak & fragile, we have enemies, the need to prepare ourselves for difficult moments.



**4 Ansuz (a) (pron an-sooz with a as in father, u sooz as in ooze) 1<sup>st</sup> Aettir**

The Divine Breath (mouth), the Sacred Ash & the World Tree (Universe).

**Upright:** Signals, valuable messages, wise instruction & guidance from elders or gods. Wisdom, spirituality, personal insight & psychic power. Accumulated knowledge, education, communication, intelligence, thoughts & words. Help, gifts, loving actions or protection from someone older or in authority. New beginnings, guarantee of harmony, stability, order & peace. Communications with a well-wisher, instruction or advice from a leader or a teacher, eloquent speech, the truth is revealed. Represents intellectual activities & the divine breath of all life & creation. In Tarot its like The Hierophant. In Gypsy cards its like the Owl.

**Reversed:** Rigid principles or excessive concern, the desire to control all events, over-controlling, inability to delegate authority, acting like a “mother hen”. Pomposity or tendency to lecture, the love of one’s own voice. Fussing over details, obsessive with order & neatness, mania for punctuality. Warns against lies, ego, infidelity, trickery or pranks especially if it involves an older person, who could cause trouble or play tricks & games. Think carefully before accepting advice. Someone could be lying or you could be lying to yourself.



**5 Raido (r) (pron ri-tho with ri as in ride, do pronounced th, o as in go) 1<sup>st</sup> Aettir**

Traditionally a journey on horseback, riding (rad), a journey with spiritual overtones, quest for enlightenment, journey of life, therefore travel.

**Upright:** Riding, wheel, journey, travel, movement, progress. A spiritual journey or physical travel that brings positive developments. Promotion, relocation, change of residence, vacation, business trip, transport, alteration of circumstances, escape. Personal development & transformation, the search, looking for fulfilment, personal evolution. Choice, equilibrium & justice, making the right move to ensure that effort & energy are channelled in right direction. Allows us to focus our energy so we may reach our goal however to do so effectively, we must be at the right place at the right time. In Gypsy cards its like the Wheel or Butterfly.

**Reversed:** Disruption, dislocation, upheaval, demotion, obstacles, problems, delays or a difficult journey. Delusion, aimless wandering, flight from responsibility, chasing rainbows, escape from reality, lack of fulfilment, long illness, in a rut or limbo, there are important lessons that need to be learnt.



**6 Kenaz, Kano, Cen (k) (pron ka-no with a as in father, no as in go) 1<sup>st</sup> Aettir**

Light was generated by fire which provides comfort & direction in the darkness, therefore guidance.

**Upright:** Fire, torch, light, vision, opening to guidance, inspiration, awakening. Renewed light & guidance after a period of confusion & darkness, revelations of things hidden, insight, finding the way, piercing the veil, a guiding star, a lantern in a storm, candle in a window, solution to a problem, the answer. Creative fire & artistic impulse, a shining beacon of hope in the dark. A warning of danger to health (fever, abscess, ulcer, physical & mental problems). The rune of knowledge, understanding, learning & teaching. Allows us to view situations with more clarity than normal. Progress, end of a journey, fulfilment of a purpose, rebirth, healing. In Tarot its like the Sun. In Gypsy cards its like the Key.

**Reversed:** Exposure to the harsh light of day, nakedness, receding hopes, realisation of futility, possible suicide attempt. Loss of dreams, awakening to reality, perception of personal limitation, seeing oneself & others in a true light, a block in creativity.



**7 Gebo, Gyfu, Gytu (g) (pron gay-bo) 1<sup>st</sup> Aettir**

The sacred mark dedicated to the gods. A gift given to the gods or humans, therefore a voluntary sacrifice. A remnant of Gyfu is still seen today to mark the passing of another year (with Xmas gifts).

**Upright:** Gift, present, offering, profit, improvement, partnership, engagement, marriage. Giving & receiving gifts, offers of help, kindness & aid to others, a love offering, friendship, generosity, inheritance, legacy, bequest, donation, endowment, charity, social services. Represents honour & connection that is created between people when they exchange gifts. Sacrifice, divinity & balance of opposing factions or elements. Raise in salary, unexpected improvement in fortune or condition, profitable business trip, a talent. Greetings, happy meetings & social gatherings, peace & unity. Restoration of health, partnerships & relationships are blessed, relationships move to a deeper level. In Tarot its like 6 of Pentacles. In Gypsy cards its like Stork.

**Reversed:** Necessary sacrifice, obligation, duty, toil, responsibility, the consequences of a charitable act. Privation, required observances, dependents, financial burdens, debts, poverty, need to accept welfare payments. Harm to friendship, separation, self centred behaviour. In Tarot its like 4 or 5 of Pentacles.



**8 Wunjo, Wyn (w,v) (pron woon-jo with woo as in wound, jo as in go) 1<sup>st</sup> Aettir**

Happiness that comes from gaining a precious material or spiritual object, therefore possessions.

**Upright:** Joy, glory, wins, gains, success, victory, good news, productivity. Hope & the possibility that your wishes will be fulfilled. Comfort, harmony & healing, renewed energy. Material & emotional gain through diligence. Happiness, peace & joy, glory in victory, delight in achievement, accomplishment, deserved prizes & welcome honours. Situation is changing for the better, time to re-evaluate your plans & goals. Acknowledge & learn about errors. Represents the balance between all things even in a chaotic world. Fellowship, common goals, wellbeing. In Tarot its like the Sun or 6 of Wands.

**Reversed:** Intoxication, wild enthusiasm, excessive expectations, unrealistic plans, unfounded hopes, empty dreams of glory, delirium, delusions of grandeur, mania, loss of touch with reality, possession by spirits. Indicates conflicts & negative changes, warning to anticipate strife in certain situations. Being unbalanced, question why we are pessimistic, exaggerated behaviour, think about our actions, take a different viewpoint. In Tarot its like the Moon (negative aspects).



or sometimes this



**9 Hagalaz, Haegl (h) (pron ha-ga-laz with ha as in father, g as in give, laz as in jars) 2<sup>nd</sup> Aettir**

Hail was the destroyer of crops therefore a natural affliction or disaster.

**Upright:** Hail, uncontrolled & destructive natural forces, disaster, drought, storm, avalanche, flood. Disruption, loss, affliction, destruction of property, loss of possessions, personal injury, hazard, any hardship involving violence. Also general changes, upheaval & discord, drama, short term setbacks, bad luck, illness, problems which need to be endured to come through to the other side. You can feel like a prisoner in own home, get rid of your old, invalid concepts; personal tests & eventual renewal. However, like a hailstone, it will eventually turn to water & allow flow again, the normal ups & downs of life they need to be experienced & endured to come out the other side with greater insight & understanding. In Tarot its like The Tower.

**Reversed:** Uncontrollable events leading to delays. A trial weathered, tempering, testing of your metal, dealing with adversity, strengthening through hardship, a character forming experience. Triumph over loss, turning adverse circumstances to advantage, rebuilding, starting over, rising from the ashes. In Gypsy cards its like the Phoenix.



**10 Nauthiz, Naudthiz, Nyd (n) (pron now-thiz with i as in is) 2<sup>nd</sup> Aettir**

Sacred to the Norns the Weavers of Fate & to Nort Goddess of Night who gives birth to Day. The quality of the human spirit that clings to life in the face of hopeless circumstances, therefore the necessity to endure.

**Upright:** Need & wants, constraint, suffering, resistance. Experiencing limitation, necessity, needs to be fulfilled first before anything else, considering what is necessary in the situation, dire extremity, poverty, physical or emotional hunger, limit of strength, failure of hope, loss of human dignity, naked to the bone, suffering beyond the will to resist, torment, afflictions, tortures of hell. Absence, sadness, tiredness, indicates hardship of existing on less than enough. Much hard work & patience are needed to work through the pain & strife, have determination & will, learn from the experience to overcome difficulty & not become bitter. Warning that we are afraid to make errors & because of that, perhaps we don't act, also that greed & desire will prove destructive. This rune restricts our possibilities & contains the power we need to break free from restrictions. In Tarot its like the 9 or 10 of Swords. In Gypsy cards its like the Cross.

**Reversed:** Stubbornness in the face of death, defiance of fate, endurance, subsistence on nothing, the will to continue, the persistence of life. Survival without glory or personal growth, refusal to surrender. Warns against hasty decisions, take careful thought about any pending commitment.



**11 Isa, Is, Isaz (i) (pron ee-sa with ee as in easy, sa as in father) 2<sup>nd</sup> Aettir**

Sacred to Intensity, it intensifies any other Rune associated with it. Ice formed the alluring but untrustworthy roadways across lakes, rivers & sea inlets in the frozen northern winters, therefore treachery.

**Upright:** Ice, standstill, treachery, deceit & lies. Obstacles & blocks to thought, concentration & mental processes, a barrier stopping or preventing equilibrium, needing patience & rest, frozen or stuck, a cooling trend in the situation, strong hidden forces preventing us moving on our path. Paralysis of will, impotence, rigid, inability to act, lack of progress, blindness to approaching disaster. Coldness between people, lethargy, death, ending, termination. Beguilement, deceit, hidden purposes or agendas, hurtful secrets, concealed meanings, entrapment, stealth, ambush, plots, betrayal, lies, treachery, a cunning or beautiful woman. Warns against proceeding, as a beacon it is a shining light but stillness, patience & sacrifice of the "I" may win the prize. Like ice frozen in Winter, we can only wait for the warmth of the sun to thaw it thus freeing us from the restrictions. It represents a halt in activity until a change is made. In Tarot its like The Hanged Man. In Gypsy cards its like the Fox.

**Reversed:** Glamour, illusion, obsessive love, pursuit, persistence in folly, infatuation, superficial beauty. Head in the clouds, hopeless desires, distant glittering prizes. Coldness that gives rise to conflict & arguments, the ice can be melted only by acting positively. In Gypsy cards its like the Cupid.



or sometimes this



**12 Jera, Ger (j, y) (pron Year-a with a as in father) 2<sup>nd</sup> Aettir**

The Harvest season marked the end of Summer & coming of Winter, turning of the great wheel of the year, therefore cycles & change.

**Upright:** Year, harvest, fruition, change of cycle, transformation. The sacred marriage between heaven & earth, fertility, thriving crops & harvest celebration, success & prosperity, a good & abundant year, the turning Wheel, cycles of nature & life, generally 12 days, 12 weeks or 12 months. Projects will succeed although plans can't be rushed, rewards reaped from past efforts after patience, growth, evolution & waiting. Favourable change of climate, revolution of circumstances, alterations, transformation, fulfilment, fruition. Revising of opinion, reappraisal, taking a second look, stroke of luck, ending one chapter to begin another. We must go with the flow of nature to reach our goals. In Tarot its like the Empress or Wheel of Fortune.

**Reversed:** Inversion, reversal, turning things on their head, setbacks, change for the worse, disappointment of hopes. The high are cast down, pride humbled, evil returned for evil, bad karma, bad luck. Block in nature, matters come to a head. In Tarot its like the Tower.



**13 Eihwaz, Ihwaz, Eoh, Yr (ae) (pron ay-waz with a as in play, waz has the a as in father) 2<sup>nd</sup> Aettir**

The wood of the Yew tree was used to make bows prized for their power, also to make protective amulets, therefore represents something that can be relied upon.

**Upright:** Yew tree (Tree of the Dead), tenacity, perseverance, fidelity. Ending of a cycle of life, highlights importance of cycle of death, regeneration & rebirth, the bridge or spiritual connection, magical protector & facilitator. Patience & inner strength needed to work through stagnation or difficulties, old ways & hurts will soon pass giving rise to new, turn negative things into positive ones. Have strength, stick with it & fulfill your responsibilities, keeping of vows, an instrument that won't fail, fidelity, honour & truth. Honest, trustworthy, dependable & can be relied upon, protective, strong, tough, tenacious, faithful, a guardian or dependable servant. In Tarot its like the Death card. In Gypsy cards its like the Dog card.

**Reversed:** Lack of imagination, dullness, inertia, subservience, no initiative, lower class mentality. Bonds of duty, unquestioned following of orders, blind faith in leader, universal foot soldier. Nostalgia, hankering for the past, acceptance of fate, emotional problems linked to death of loved one. (In Tarot its like 6 of Cups).



**14 Pertho, Peorth, Peord (p) (pron perth-o with o as in go) 2<sup>nd</sup> Aettir**

The fruit of the apple was luscious & sweet but too many apples gave stomach-ache, therefore sensual indulgence.

**Upright:** Hearth (also Apple or Dice Cup). Fortune, luxury, abundance, lavishness, opulence, satisfaction, indulgence, love of excess & display. Pleasure, attraction, sensuality, parties, fun & games, celebrations & feasts, fertility (womb & feminine). Mystery, things are not quite what they seem, magic, the rune of Revelation. Time to experience the unexpected & live in the now, time to remake our life. The game that is played between desire & destiny, taking a chance or a gamble, being open to what is, synchronicity, seeing the bigger picture. Reminds us of uncertainties of life, represents free will, viewed as a rune of memory & problem solving.

**Reversed:** Dangerous games, sadness & delusions, gluttony, drunkenness, lustfulness, excess of pleasure, decadence, debauchery, addictions, too much of a good thing, revulsion. Hidden things are revealed & cast out into the open, leave behind & forget our old, bad habits. In Tarot its like Devil or 9 of Cups.



**15 Algiz, Aquizi, Eolh (z) (pron al-geez with a as in father, g as in gem, eez as in ease) 2<sup>nd</sup> Aettir**

Magical & strong symbol of protection & for warding off harm that was probably patterned after the foot of a hawk or the splayed human hand, defence. Elk-Sedge (a type of grass) cuts & hurts you when its touched (hence needing protection).

**Upright:** Elksedge, Protection, the hand-sign that wards off evil, shielding, defence & shelter, a sign that a guardian spirit is watching over you, assistance from danger, help in battle, unexpected ally. Watchfulness & taking care, protect what you have been working for, standing up for something, advocacy or support, turning away harm, any attack will reflected back on its source. Resist any temptation that's put in your way. Contain the emotions, overcome pain & strife in order to move forward. New beginnings, divine aspirations & protection against evil, advises us to communicate with the Divine. Represents power of great restraint, defence & protection.

**Reversed:** Taboo, the forbidden, what must be avoided, danger, warning of avoiding danger which may be caused by another person. Deception & bad advice. Repulsion, turning away, not interested, fear of involvement, warding off, defensive, threat, over-protectiveness.



or sometimes this



### 16 Sowilo, Sowelu (s) (pron so-wa-loo with so as in go, wi as in way, lu as in loo) 2<sup>nd</sup> Aettir

Sunbeams, sunlight, a flaming meteor which was looked upon as the Hammer cast to earth by wrathful Thor, therefore power.

**Upright:** Sun, energy, light, fuel, action, power, ambition, manifesting. Health wealth & happiness, elemental force, creativity, cleansing or purifying fire. Positive beneficial magic, contact with one's Higher Self, spiritual power to resist disintegration. Time to use the Sun's energy for regeneration & reveal hidden secrets, guidance (especially for sailors), the light of the world. Independence, authority, destroyer of inertia, banisher of doubt, act of will, bold action, clarity of vision, leadership, initiator, masterstroke, going to the heart of the matter. With this rune we can see things more clearly, it sheds light on dark times. In Tarot its like the Sun. In Gypsy cards its like Ganesha.

**Reversed:** Punishment, retribution, exposure of guilt, fall from grace, suffering for past crimes. Ego, wrath, nemesis, vengeance, work of the furies, negative competition, cruel intentions. Warns against possibility of carelessness or recklessness leading to ill health or danger. In Tarot its like 7 or 10 of Swords. In Gypsy cards its like the Snake.



### 17 Tiwaz, Teiwaz, Tyr, Tiw (t) (pron ta-waz with ta as in play) 3<sup>rd</sup> Aettir

Governed by Tyr (Tiw) who was the upholder of oaths & legal contracts, renowned for his courage, therefore honour.

**Upright:** Try. Warrior. Justice, law. Judgement, balance & harmony, ethics & honour, truth, integrity, discernment, dedication, legal matters, court action, fair dealing in a dispute, success in law or difficulty, equitable arrangement. Energy, passion, focus, enthusiasm, faith, contentment, self knowledge, success. Eloquence & persuasive speech, the truth be told, witnesses come forth. Bravery & steadfastness in the face of adversity, a brave & noble death, victory & valour, responsibility & discipline, duty, spiritual power. New partnerships will produce great things. This rune promises us success in our actions but without personal sacrifice. Also success in legal matters but only if we were right to begin with. In Tarot its like The Hanged Man or Justice. In Gypsy cards its like the King.

**Reversed:** War, battle, argument, dispute, strife, conflict, clash of wills, clash of ideas, disagreements, unwillingness to compromise, excessive pride, arrogance, intolerance, need to dominate others. Frustrations & quarrels that sap the strength. Need for sacrifice & think about what we are doing. In Tarot its like 5 of Swords or 5 of Wands.



### 18 Berkana, Beorc (b) (pron ber-ka-na with ber as in berry, a as in father) 3<sup>rd</sup> Aettir

The first new life in Spring is the turning green of the birch tree, therefore fertility.

**Upright:** Birth, growth, desire, love & union, fertility & starting a family, manifestation, spring time. New beginnings, projects, happiness, start of something special, potent things brewing, melting a cold heart, perspective changes, playfulness, cheer & vitality, nurturing, tending to needs. Personal growth & development, flow of ideas, creativity, prosperity of an enterprise, will clear any doubts before moving forward. Rites of Spring, first crush, desire, arousal, love, sowing wild oats, marriage, physical fertility, conception of children, new birth, beauty & feminine power. In Tarot its like an Ace.

**Reversed:** Immaturity, childishness, carelessness, uncontrolled desire, lust for life, pursuit of youth. Infatuation, crime of rape, conception of illegitimate children. Hurdles or problems getting in the way of birth or the start of something, warns of stagnation.



**19 Ehwaz, Eoh, Eh (e) (pron eh-waz with eh as in yeah, a in waz as in father) 3<sup>rd</sup> Aettir**

The horse was best means of transport in Northern forests therefore travel & movement. Also Summer sun, the masculine (erection).

**Upright:** Horse, travel, movement, progress, promotion. A message from the gods or someone of rank about travel or change or job, career or residence, aid to the restless. Rapid progress, speed, transport (actual vehicle, car, boat, plane), movement on any level, the ability to leap over obstacles, advancement with ease. A spiritual journey, have faith in one's destiny, the road ahead. Pride, happiness, fidelity, loyalty & trust. advancement or evolution of relationships. This rune reminds us that in order for success there must be a natural flow in the task at hand; with this rune to give us power & making use of our good intentions, we can achieve success. In Tarot its like the 8 of Wands.

**Reversed:** Haste, recklessness, a fool rushing in, intoxication with speed, racing. Throwing caution to the wind, forcing an issue, lack of control, tempting fate. Difficult relationships or problems, warns of restlessness & desire to escape by travelling or moving away from the problem, the passage away from pain.



**20 Mannaz (m) (pron man-maz with a as in father) 3<sup>rd</sup> Aettir**

Governed by Mannus, the northern Adam, first man & archetype of the race, therefore mental virtues.

**Upright:** Man, human, self, being, logic. Rune of Mankind & all the attributes that set humans apart, the mind & intellect, design, pattern, plan, structure & order. Memory, intelligence, imagination, foresight, logic, skill, craftsmanship, artistry, vision, insight, invention, perception, ideas, eloquence, a Magus. Family matters, identity, upbringing, connection to others but also what makes us separate, what makes up unique, mutual joy, culture, communication with others without any barrier. The desire for change but the middle path should be sought & followed. This rune lets us know we can achieve our fullest potential; it reminds us that humankind have shared experiences in life. We can use the power of this rune to gain the upper hand in disputes & arguments. In Tarot its like the Emperor or the Magician. In Gypsy cards its like the King.

**Reversed:** Cunning, sly, deception, craftiness, calculating, misdirection, sleight of hand, manipulation of others, double-dealing, fraud, con-artist, trickster, master of illusion, shape-changer, wearer of masks, lack of common sense. need for more rigidity, solace & isolation especially from family. Take time out for self.



**21 Laguz, Lagu (L) (pron la-gooz with a as in father, gooz as in ooze) 3<sup>rd</sup> Aettir**

Water signified allure of far off lands & the depths, therefore the unknown. (Water, lakes, rivers, pools, wells, steams, oceans).

**Upright:** Lake, water, tides, ebb & flow, easy flowing nature, being flexible & adaptable, emotions, power of green growth bursting through the soil. The subconscious, intuition & mystery, psychic ability, courage to trust your hunches, fears, mystery, allure, emotions, romance, prophetic dreams, fantasy, visions, imagination, creativity, soul. Success in travel, gains made at the expense of loss. A giving & adaptable nature, going with the flow like the tides. In Tarot its like The High Priestess or the Moon. In Gypsy cards its like the Fish.

**Reversed:** Madness, obsession, uncontrolled urges, impulses, mania, moody, nightmares, submerged, subconscious fears, the hidden, deep, stormy waters. Despair, sickness, suicide by drowning, bloodletting or drugs. Escape into fantasy world, excessive sleep, coma, limbo, depression, emotional turmoil. In Tarot, its like the Moon (negative aspects).



or sometimes this



**22 Inguz, Ingwaz (ng) (pron ing-gooz with ing as in Spring, gooz as in ooze) 3<sup>rd</sup> Aettir**

Ing was God connected to the simple virtues of hearth & family.

**Upright:** Masculine fertility, sowing, family, home, dwelling. Peace, prosperity, hearth & home are protected, happy family life, loving & nurturing environment, human warmth, compassion. Fertility (especially male potency & masculinity), fertilising power, sexuality, children, new beginnings, grounded, balanced, changes coming. Projects, ideas & people reach their full potential, increase, success, conclusion, accomplishment, successful career, matters come to a head, problems are solved, simple strengths, common virtues, good sense, stability, honest work. This rune allows us to spread our energy far & wide. It protects our homes. To use Ingwaz effectively we must learn to build up our powers over time then release the power all at once. In Tarot its like 10 of Cups or 10 of Pentacles.

**Reversed:** Toil, responsibilities, dependents, stressed by the need to produce, preoccupation with career, rising up the social ladder, obsession with bettering lifestyle, buying a bigger house, moving to a more affluent neighbourhood, worry about the future, dissatisfaction with present blessings. Warns of need to be more diligent & that progress is being blocked. In Tarot its like 4 of Cups.



**23 Dagaz, Daeg (d) (pron tha-gaz with the d as in that, a as in father) 3<sup>rd</sup> Aettir**

The light cast by the sun as it circles the sky, dispelling shadows & completing a cycle.

**Upright:** Day, time period. Harmony of opposites, happiness, equilibrium, flux, evolution or transformation, self-trust, time is right to embark on a new project but be cautious in the journey. Balance between dark & light, night gives way to day, ending & new beginning, balancing & reflection, a beacon of light bringing forth clarity, the facts are known, change, unexpected success & abundance, prosperity & growth. Completion, full circle, period of study or labour, a phase, a span of life, unit of time, the total view, fulfilment of a cycle, uniting all loose ends, rebirth. This rune can stop harmful energy from getting to you but also allow the good energy to slip through so you can make good use of it. In Tarot its like the World card (or the Yin Yang symbol).

**Reversed:** End of growth, career or relationship (the day is done, let's call it a day). Limitation, fence, wall, prison or boundary. Fear of the unknown, death, sleep, a step into darkness, holding back. Warns of treading too carefully & conserving energy.



**24 Othila, Othala, Ethel (oe) (pron o-thee-la with o as in go, th as in thin, i as in meet, a as in father) 3<sup>rd</sup> Aettir**

At first the circular swaths of land cleared around a family home, it grew to mean ancestral property or estate, territory of the clan, land of the tribe, nation of people, therefore native land.

**Upright:** Homeland, estate, land, earth, enclosed property. Immovable possessions, ancestral property & inheritance, wealth that cannot be sold, permanence, house, city, region of birth, country, where the heart is, allegiance, citizenship, passport, national or racial pride, patriotism. Heirlooms, assets, legacy, what you leave the world. Wealth of family, friends, culture & heritage passed down to us. Mental & spiritual heritage, old traditions & family values, personal traits, fundamental ideas & spiritual values. Accomplishments in life, skills, credentials, what has been carved out by trial or won by valour. Something may have to be given up or lost in order to acquire property or an estate. Freeing of one from a group or clan, discarding traditional well-worn ways in order to move forward. The wise use of resources is needed. In Tarot its like 10 Pentacles.

**Reversed:** Prejudices, bigotry, bad karma, accumulated vices. Clannishness, provincial attitudes, class consciousness & separation, suspicion of strangers, lack of hospitality. The family grave, family problems or disputes, break ups, hatred of one's own past & background, problems with parents, arguments or problems with an inheritance. In Gypsy cards its like the Tower.



**25 Wyrð Odin Fate Blank 25<sup>th</sup> Rune**

Wyrð rune or Odin's rune. **Upright & Reversed:** Nothing, the unknowable, the beginning & the end, fate, karma, destiny, death & rebirth. This Rune is blank & symbolises something that cannot be known or be controlled & as such, fate will decide the outcome, matters are hidden by the gods & yet to be revealed. (This Rune is a more modern addition to the symbology but has added it if you so require it).

## SOME RUNE SPREADS

### Single Rune Spread

One can draw a single rune card for a variety of reasons: to act as a guiding rune for the day; to act as a guide before beginning a project; or to gain further insight into a problem. The single rune card gives you an overview of an issue or of what lies ahead & is often all the guidance one needs. It is simple, quick and effective. Before drawing a single rune card, hold your rune deck then shuffle, while focusing on the issue upon which you wish the runes to comment. You may wish to say one of the following:

"I wish the runes to comment upon the day ahead."

"I wish the runes to comment upon (name a future endeavour)."

"I wish the runes to comment upon (name an issue or problem)."

Then pick a single rune card. Meditate while holding that card, then look up its meaning.

### Three Runes Spread #1

The three-rune spread is particularly useful in giving an overall picture of an issue. It places the issues in its context by showing the events that have led up to it, the issue itself, and finally, the most likely future outcome. The three-rune spread is like a signpost at a crossroads showing where you are, where you have been and where you can potentially go if you learn the lessons you need to learn.

For the three-rune spread, the rune cards are laid out as follows:

1. Past
2. Present
3. Future

Once you have thought for some time on an issue & have it clearly fixed in your mind, draw your first rune card. While focusing on the rune you drew, think of the events that have led up to the issue or how you have attracted the issue into your life. Now draw the second card, & while focusing on this card consider the present moment regarding the issue. Finally, draw your third rune card, focusing on your wish to be shown where the issue is taking you or what the possible future outcome will be. It is important to focus on what each rune represents when drawing it. The stronger your focus & intent, the clearer your answers will be.

### Three Runes Spread #2

1. The Overview of the situation
2. The Challenge that you are facing in this situation
3. The Action you should take OR avoid in this situation

### Norse Spread

1. Centre - The person asking the question and the direction in which he/she is coming from.
2. Left - Everything that is related to the question from the immediate past.
3. Bottom - Hidden aspects to the questioner, something the questioner may have overlooked.
4. Top - The spiritual forces involved.
5. Right - The answer to be read in conjunction with the previous four runes.

- **Credits - Research & Graphics:** Lynn Boyle   **Graphics Assistant:** Mark Boyle
- **For more information:** <https://www.facebook.com/pages/Lenormand-Oracle-Cards-by-Lynn-Boyle/376106535856381>
- <https://www.facebook.com/groups/prophecycorner/>
- eMail: [mrsboyle\\_au@yahoo.com.au](mailto:mrsboyle_au@yahoo.com.au)
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