

Working with the Runes

Webinar Handout.

Watch the Recording Here: https://youtu.be/WZuY_xhGSP8

For myself, I feel that the Runes differ from the tarot in that they speak directly and indeed call directly to the witness self, the watcher within, who will always strive to take right action above that of self-interest.

The tarot looks at our lives and indeed our questions and our choices through the perspective of human evolution reflecting back to us that which is happening through the lens of our human perspective. Even though the tarot draws on that which we can see and are aware of as well as that which we can't see, those aspects of ourselves and our developments that sit in our subconscious and unconscious, the rings speak directly to the witness self, that part of us that is always in attunement with the greater universal consciousness.

When we consult the runes, we are not necessarily seeking a direct or specific answer, more that we are striving to find that which would constitute right action thus acknowledging our capacity for free will and conscious choice.

The runes invite you to learn to trust that you yourself are an Oracle and a vessel of receivership and they encourage us to learn to recognise that we are in relationship with all of life, all of the time, and that when we learn to listen to ourselves and to life as it flows through us, we discover our relationship with the divine.

For more information on learning to listen to yourself you may wish to read. 7 Steps to Spiritual Empathy, Learn to Listen, Change your Life.

For me, this is the energy and vibration of the Runes.

Working with the Runes.

Runes can be used as a reading in their own right, or in collaboration with other forms of divination such as the Tarot and Oracle Cards.

Rather than asking direct questions, the Runes tends to respond better when you request guidance in knowing how to address an issue. They will give a flavour of the energy and the flow and of any work required on your part in determining the best course of action, and this course of action will always be a reflection of a higher purpose and the pathway of the spiritual Warrior.

One of the best ways to begin working with the runes is to draw a single Rune every morning requesting guidance or indeed the flavour of the energy for that day and keep a journal of this Rune, the messages you receive and the way in which events evolved during your day.

Some days, you will find that the energy and flavour of the day will have been mirrored beautifully in the guidance that you received. On other occasions you may find yourself needing additional guidance or clarification in which case at the end of the day you may wish to draw another rune. Indeed sometimes if the day has been particularly intense either in highs or lows, you may still wish to draw another rune simply to allow yourself to absorb the energy and fully benefit from the messages and guidance that are aiding your own ability to connect with the witness self within.

Reverse Runes.

Rather like in astrology, where the incoming energy of a planetary influence will always have the potential for a duality of energetic resonance, a higher level of frequency and a lower level of frequency, the same applies to the runes. Nine of the runes have no reverse position at all. When a Rune shows in a reverse position, as a general rule it will be showing us that there is an area of blockage getting in the way of the flow of the energy of the primary meaning of that particular Rune.

Layouts.

When working with a line of runes in a reading, I always read them right to left. Unless I am using them to link between Cards in an integrated reading to show the energy and flow of the messages and guidance being brought to us through the cards.

It is also possible to use specific spreads and layouts, much as we do with the tarot and oracle cards. When we do this, we are investing the position of the runes with an intention of meaning and the positioning and our intention and request will become an integral part of the definition and messages brought to us.

If you simply need a yes or no answer, you can draw a single rune and interpret the yes or no depending on whether the rune shows itself in an upright or reversed position. The specific rune will also give an indication of the situation surrounding your question.

On the following pages you will find some suggestions for laying out the runes followed by a brief overview of their different meanings and interpretations.

Laying Out the Runes – Different Spreads.

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Using Three Runes and Reading Right to Left set the Intention of these positions with the meanings below. You may want to draw 3 Runes simultaneously or make a note of them as you draw each one and put it back so that each position can draw from the entire set.

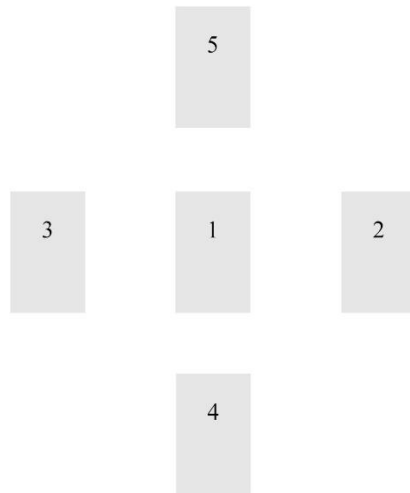


Position 1 - Where you are now.
Position 2 - An indication of Right Action.
Position 3 - The potential outcome or pathway forwards.

A Five Rune Sequence. Laying the Runes from top to bottom the positions indicate the perspectives listed below.

- 1 Position 1 - An overview of our position.
- 2 Position 2 - Any challenges we face on our pathway to Right Action.
- 3 Position 3 - Possibilities and potential choices.
- 4 Position 4 - What we may need to identify or let go of.
- 5 Position 5 - What is emerging.

A Five Rune Sequence in a Cross.
The positions indicate the perspectives listed below.



- Position 1 - You and the Now.
- Position 2 - Your Past including childhood influences.
- Position 3 - The imminent future.
- Position 4 - Karmic influence and unconscious issues.
- Position 5 - Future possibilities, your purpose and your calling. Creating Karma.

A brief overview of the Runes and their Meanings.

1. Mannaz. The self.



- Every moment is a new beginning.
- Connect with the inner self – your witness self.
- Now is the point of power.
- Ask what constitutes right action.
- Rise above your ego self.
- Be extraordinary in an ordinary way.
- Strive to do everything to the very best of your ability.
- Take your time and be present.

Reverse.

- Do you feel blocked?
- Travel inwards to find the answer.
- Remain humble.
- Ground yourself in the energy of now.

2. Gebo. Partnership.



- The energy of partnership is around you.
- You are called to discover equality within partnership.
- Do not collapse yourself into the highs and lows of emotion within relationship.
- Strive to remain your unique individual self in support of another.
- Remain separate and yet to be together.
- Engage in partnership with your higher self.
- Freedom.
- Relationship.
- Love.
- Connection with the divine.
- Relationship with spirit.

No reverse.

3. Ansuz. The Messenger Rune.



- Signals.
- Signs.
- Synchronicity.
- Look below the surface.
- Pay attention to unexpected events and happenings.
- Expect the unexpected.
- A call to a newer life.
- Self change.
- Draw on your deeper inner knowing to guide your actions and direction.
- Trust your intuition.

Reverse.

- Not listening to the signs.
- Lack of clarity, bound by fog. Fear/Obligation/Guilt.
- Are you fearful of change?
- Is uncertainty a challenge for you?
- Rediscover your Trust in the Universe.
- Take your time.

4. Othila. Separation.



- Old skins shed.
- A time of separation.
- Retreat. It is time to let go.
- Can be associated with real property.
- The letting go will make room for the new.
- Letting go of something to which you have a strong emotional bond.
- Letting go of an old perspective or belief.
- Free to become who you truly are.
- Inheritance.

Reverse.

- Do not cling to the past.
- Let go gracefully.
- Do not be held back.
- The inheritance is the gain to be found in the new once you have let go of the old.

5. Uruz. Strength.



- Terminations and New Beginnings.
- Manhood and womanhood.
- Adult hood.
- Growth.
- Source energy available for the new.
- Death and rebirth, the cycle of life.
- Opportunity disguised as loss.
- Building resilience.
- Perseverance with humility.

Reverse.

- Do not draw back from transition.
- Failures and disappointments bring valuable lessons.
- Challenge and adversity build strength. Do not lose sight of this.
- Consider your relationship with yourself.

6. Perth. Initiation.



- A right of passage.
- A secret matter.
- Hidden journey.
- The Phoenix rises from the ashes.
- Our spiritual awakening is a personal journey and not easily shared.
- The flight of the eagle soaring free from entanglement.
- Acquire a broader vision.

- A transition of destiny.

Reverse.

- Do not try to cling to ways of past.
- Changes are both inevitable and important.
- Do you feel obstructed?
- You always have choices although they may not be those that you wish.
- Your character is being tested.
- Persevere.

7. Nathiz. Constraint.



- Obstacles.
- Restrictions.
- Frustration and irritation.
- Use this time wisely.
- Across the T's and dot the I's.
- When Fishman can't go to see they meant their nets.
- Observe your situation with humour.
- Setbacks are a form of guidance, view your situation through this perspective.
- You may need to reconsider your plans.
- Rectification comes before progress.

Reverse.

- Dive into your unconscious.
- Discover that within you that holds you back.
- Take things step by step.
- Be methodical.
- Pragmatically and metaphorically, spring clean and remove obstacles systematically.
- Hold your faith.

8. Inguz. Fertility.



- New beginnings.
- A rune of great power.
- New pathways and beginning of a new life.
- Completion of beginnings is required.
- Resolve, complete, clarify and lay to rest. A new life awaits.
- Fertilise the ground for your own deliverance.
- The emergence into a new phase of life.
- Cleanse and release, movement forwards is essential.

No reverse.

9. Eihwaz. Defence.



- You develop an aversion to that which does not resonate with you.
- Perseverance is required.
- Develop patience.
- If an obstacle is in your way, consider that it may prove valuable.
- Align your energy with your higher knowing and the way will become clear.

No reverse.

10. Algiz. Protection.



- Managing your emotions.
- Discover your emotions as friends and allies rather than enemies within.
- Accelerated growth and transition.
- Your external world is a mirror of the internal and necessary changes.
- Do not absorb the emotions of others.
- Right action is your shield.

- Stand your ground and hold your boundaries.

Reverse.

- Be mindful not to burden others.
- Look after your own health.
- Emotional vulnerability.
- Are your boundaries too rigid and inflexible?
- Are you lacking in boundaries contributing to your own vulnerability?

11. Fehu. Possessions.



- Nourishment.
- Symbolised by cattle.
- Ambition satisfied.
- Unexpected rewards and gains.
- Fulfilment.
- Appreciate what you have with humbleness.
- Remember to share your good fortune.

Reverse.

- Financial struggles.
- Feeling as if circumstances are out of your control, look for the learning in this.
- What does true wealth mean to you?

12. Wunjo. Joy.



- Out of darkness into light.
- A fruit bearing Rune.
- A time of challenge is coming to an end.
- Carried across the gap by the wings of heaven.
- New clarity.
- The self aligned with the self.

Reverse.

- Something is slow in coming to fruition.
- A difficult passage, you are called to hold the light.
- Take time to reflect and consider before taking action.
- Meditate.

13. Jera. Harvest.



- A rune of promise.
- Beneficial outcomes.
- Working with cycles and seasons.
- A year.
- Prepare the ground, sow the seeds and provide the best possible conditions for growth.
- Encouragement of success.

No reverse.

14. Kano. Opening.



- New direction.
- Finding direction.
- Clarity.
- Out of darkness into light.
- Fire.
- Time for action.
- The way will be shown.

Reverse.

- Is something coming to an end?
- Whatever is leaving it is time to let it go. This will create a new beginning.
- You are called to develop inner stability and let go of anything that is no longer valid to you.

15. Teiwaz. The Spiritual Warrior.



- Get out of your own way.
- Developed discernment.
- Walk in right action.
- You are called to follow the pathway of the Spiritual Warrior.
- The Universe has the upper hand.
- The Universe has your back.
- Courage.
- Dedication.
- Patience and perseverance.

Reverse.

- Are your motives and intentions in alignment with your spiritual pathway?
- Low-energy.
- Too attached to outcomes.
- Feeling fragmented and discombobulated.

16. Berkana. Growth.



- Symbolised by the Birch tree.
- New beginnings. A new phase of life is beginning.
- Gentle persistence.
- Consistent perseverance.
- A rune of promise.
- Cleanse, release, and begin afresh.

Reverse.

- Growth feels blocked.
- Interference.
- Obstacles to moving forwards.
- Reconsider your plans and cultivate the ground for new beginnings.

17. Ehwaz. Movement.



- Transition.
- Movement forwards.
- Gathering momentum.
- Steady progress.
- The bettering of any situation.
- Numerous shifts and changes.
- A gradual realisation.
- Symbolised by the horse.
- A rune of promise, however work is required.

Reverse.

- Movement appears to be blocked.
- Consider your situation carefully, there are no missed opportunities.
- You may be called to avoid action.
- If you are unclear take your time before proceeding and consider what is most appropriate for the pathway of the spiritual Warrior.

18. Laguz. Flow.



- Water.
- Attuned with the Moon.
- The unconscious.
- The ebb and flow of emotions/careers/relationships.
- The flow of beings into a new phase of awareness.
- The flow of beings into a new phase of life.
- Our intuition.
- Illuminations from the divine.

Reverse.

- Align with the natural rhythms and cycles of the Moon.

- Are you ignoring your intuition.
- Are you pushing too hard in one direction only and ignoring the signs being offered to you.
- Are you procrastinating?
- Delve deep and discover what it is within you that holds you back.

19. Hagalaz. Disruption.

H

- Akin to the energy of Uranus, the great awakener.
- Power.
- Change. Freedom. Liberation.
- A need to break free from something.
- Circumstances happening that cause you to take a new pathway.
- Expect disruption.
- Disruption with purpose.
- Unexpected events and happenings.
- Your strength is your awareness.

20. Raido. Journey.

R

- Communication.
- Travel, they usually travel within.
- Union and reunion.
- Union with your higher self.
- Journey within and remove any obstacles within you that limit your progress.
- Self-healing and self-change.

Reverse.

- What is blocking your growth?
- Consider that any diversions on your journey may prove to be beneficial.
- Look within to discover the answers.
- The outcome may not be as you had expected.

21. Thurisaz. Gateway.



- Reflection.
- Meditation.
- Review.
- Gratitude.
- Learning.
- A pivotal moment of potential growth and change.
- Review, reflect, learn, grow. Now step through the gateway.

Reverse.

- Fast moves forwards.
- Accelerated growth.
- Do not be hasty.
- Try to make time for reflection.
- If progress is feeling blocked or limited reflection is required.

22. Dagaz. Breakthrough.



- Transformation.
- 180° turn.
- A major shift.
- Lightbulb moment.
- The timing is perfect although the outcome may not be exactly as you had imagined.
- Take a leap.
- Rely on trust.
- A major period of achievement and prosperity may be indicated.

No reverse.

23. Isa. Ice.



- Standstill.
- Withdrawal and retreat for contemplation.
- You may feel drained and tired.
- Things are not moving forwards as you would like.
- Develop patience.
- Surrender to the higher knowing of the universe.
- Winter is upon you and contemplation will sow new seeds.
- Shed, release and cleanse. Remove all resistances and the thaw will come.

No reverse.

24. Sowelu. Wholeness.



- The path you must follow.
- Life force.
- The pathway of the spiritual Warrior, your destiny.
- An invitation for a quest.
- A rune of great power indicating regeneration.
- Use your energy wisely.
- Travel inwards to discover strength.
- Understand yourself as the source of empowerment within your own life.
- Practice the art of allowing.
- Attune yourself with a greater universal consciousness.

No reverse.

25. The Blank Rune.



- A period of gestation.
- Pregnancy.
- Endings and beginnings.
- Possibilities and opportunities.

- The unknowable future.
- The death and life cycle, a time of rebirth.
- An invitation to step into your fullest potential.
- Release any obstacles within you and surrender to the divine.
- Your karmic pathway.
- Cannot be avoided.

No Reverse.