

Elder Futhark Rune Study Guide

Daily Prompts

1. Write- Practice writing one rune ten times while also saying the name out loud each time.
2. Shape- What does this rune look like? *An image.*
3. Meaning- Copy and say out loud core words and expanded meaning.
4. Reflection- Sit quietly for 30 seconds. Visualize the words hanging in the air momentarily. Then allow the meaning of the rune to settle on your crown. Journal reflection questions.
 - a. This rune reminds me of what? *Think of a memory or situation. If not, that's fine.*
 - b. What happens when this rune is blocked?
 - c. What happens when this rune flows freely?
 - d. Where do I see this energy in my life?
 - e. What does this rune ask me to learn?
 - f. Journal spiritual reflection question. *Located in rune definition handout.*
5. Closing- At the end of the day journal reflection questions.
 - g. Where did I see the rune today
 - h. How did the rune feel today?

Elder Futhark Modern-Friendly Pronunciations

Freyja Aett Internal and Divine Forces	Heimdallr's Aett External and Destructive Forces	Tyr's Aett Creation and the Cycle of Life
Fehu "FAY-hoo"	Hagalaz "HAH-gah-lahz"	Tiwaz "TEE-wahz"
Uruz "OO-rooz"	Nauthiz "NOW-theez"	Berkano "BER-kah-no"
Thurisaz "THOO-ree-sahz"	Isa "EE-sah"	Ehwaz "EH-wahz"
Ansuz "AWN-sooz"	Jera "YEH-rah"	Mannaz "MAHN-nahz"
Raidho "RYE-doh"	Eihwaz "EYE-wahz"	Laguz "LAH-gooz"
Kenaz "KEN-nahz"	Perthro "PER-thro"	Ingwaz "ING-wahz"
Gebo "GAY-bo"	Algiz "AHL-geez" Elhaz "EL-hazh"	Dagaz "DAH-gahz"
Wunjo "WOON-yo"	Sowilo "SO-wee-lo"	Othala "OH-thah-lah"

*For more traditional pronunciations visit Scott T. Shell (Germanic Beliefs and Religion) YouTube video.

Elder Futhark Rune Definitions

Fehu ƒ

Cattle • Money • Movement

- **Core meaning:** Transferable wealth (liquid assets, stocks, etc.), cash resources, prosperity in motion.
- **Spiritual theme:** What you cling to stagnates and what you share grows.
- **Life lessons:** Prosperity grows when used wisely, shared, and is kept flowing.

Journal Spiritual Reflection: Are my resources flowing in the right direction—or are they blocked?

Uruz ᚱ

Wild Ox • Strength • Vitality • Endurance

- **Core meaning:** Raw physical and primal power.
- **Spiritual theme:** Becoming through challenge.
- **Life lessons:** True strength is resilient, not forceful.

Journal Spiritual Reflection: How do I channel my power responsibly?

Thurisaz †

Thorn • Conflict • Defense • Awakening

- **Core meaning:** The thorn, giants, disruptive force. Male energy.
- **Spiritual theme:** Conscious destruction that clears the way.
- **Life lessons:** Some obstacles are teachers.

Journal Spiritual Reflection: Is this conflict meant to protect or transform me?

Ansuz ƒ

Communication • Wisdom • Divine breath • Odin

- **Core meaning:** Speech, inspiration, sacred knowledge, teaching.
- **Spiritual theme:** Listen to messages from higher realms.
- **Life lessons:** Words shape reality. Your words can heal, inspire, teach – or do harm.

Journal Spiritual Reflection: Am I listening as deeply as I speak?

Raidho R

Journey • Order • Ride (Cart) • Path

- **Core meaning:** Travel, rhythm, alignment, life's road map.
- **Spiritual theme:** Living in harmony with life's journey.
- **Life lessons:** The journey itself can be the lesson.

Journal Spiritual Reflection: Am I on the right path—or just moving?

Kenaz ‹

Torch • Insight • Revelation • Tools

- **Core meaning:** Illumination, creative energy
- **Spiritual theme:** Guiding torch lights the path forward.
- **Life lessons:** Be willing to see things as they truly are.
- **Journal Spiritual Reflection:** What truth is revealed to me?

Gebo X

Gift • Exchange • Balance

- **Core meaning:** Sacred reciprocity.
- **Spiritual theme:** Relationship as spiritual practice.
- **Life lessons:** Equal exchange creates harmony.

Journal Spiritual Reflection: Are my exchanges mutual and honest?

Wunjo P

Joy • Harmony • Belonging

- **Core meaning:** Shared happiness.
- **Spiritual theme:** Joy as alignment.
- **Life lessons:** Fulfillment comes from connection with others.

Journal Spiritual Reflection: What brings me genuine joy?

Hagalaz H

Hail • Disruption • Chaos • Renewal

- **Core meaning:** Sudden change, storm.
- **Spiritual theme:** Destruction makes way for new growth.
- **Life lessons:** Sometimes a do over is necessary.

Journal Spiritual Reflection: What must break for something new to grow?

Nauthiz †

Need • Constraint • Survival • Empty Pot

- **Core meaning:** Necessity and hardship.
- **Spiritual theme:** Growth through limitations.
- **Life lessons:** Discipline forges strength.

Journal Spiritual Reflection: What is this hardship teaching me?

Isa I

Stillness • Ice • Pause

- **Core meaning:** Suspension, focus, inertia.
- **Spiritual theme:** Power of still awareness.
- **Life lessons:** Waiting is sometimes the work, contemplating everything but deciding nothing.

Journal Spiritual Reflection: What needs stillness rather than action?

Jera ↻

Year • Harvest • Cycles • Reward

- **Core meaning:** Right timing, fruition.
- **Spiritual theme:** Natural cycles and law-cause/effect, birth/death, student/teacher, creator/destroyer.
- **Life lessons:** Work in harmony with natural cycles and reap the rewards of your labor.

Journal Spiritual Reflection: What seeds am I tending?

Eihwaz ⚔

Transformation • Initiation • Endurance • Yew Tree

- **Core meaning:** Practical protection, connection between the Divine and mundane.
- **Spiritual theme:** Spiritual resilience and inner strength.
- **Life lessons:** The nature of being is cyclical and transformative.

Journal Spiritual Reflection: What will I become if I let go?

Perth or Perthro ⚔

Mystery • Fate • Game Piece • Cup

- **Core meaning:** Chance, secrets, spiritual revelation, the mind, womb, feminine mysteries.
- **Spiritual theme:** Trust in the unseen and take risks.
- **Life lessons:** Let go of control and embrace the mystery.

Journal Spiritual Reflection: Where must I surrender certainty?

Elhaz or Algiz Ʒ

Elk • Protection • Boundaries • Courage

- **Core meaning:** Shield, sanctuary.
- **Spiritual theme:** Divine guardianship.

Journal Spiritual Reflection: What am I protecting—and why?



Sowilo

Sun • Success • Wholeness

- **Core meaning:** Vitality, victory, whole power of the Sun.
- **Spiritual theme:** Alignment with true-self, Higher Self.
- **Life lessons:** Success through perseverance.

Journal Spiritual Reflection: What drives my life energy?

Tiwaz ↑

Tyr • Justice • Honor • Sacrifice

- **Core meaning:** Direction, courage, moral strength.
- **Spiritual theme:** Truth above comfort.
- **Life lessons:** Integrity requires sacrifice.

Journal Spiritual Reflection: What cause is worth sacrificing for?

Berkano

Birth • Growth • Healing • Birch Tree

- **Core meaning:** Hardiness, new growth, to heal, sustaining energy, process of birth and growth.
- **Spiritual theme:** Universal force of growth, Earth energy. Female energy.
- **Life lessons:** Anything worth having must be cared for. What you nurture will grow, what you neglect will struggle.

Journal Spiritual Reflection: What am I nurturing?

Ehwaz

Movement • Trust • Partnership • Horse

- **Core meaning:** Mutual progress.
- **Spiritual theme:** Growth through cooperation.
- **Life lessons:** Progress happens when people move together towards a shared goal.

Journal Spiritual Reflection: Who moves with me?

Mannaz

Man • Self-awareness • Community • Identity

- **Core meaning:** The human condition and conscious awareness of the Self.
- **Spiritual theme:** Self-awareness, humility, and cooperation are key to human wisdom.
- **Life Lessons:** No one grows entirely on their own.

• **Journal Spiritual Reflection:** How do I show up in community?

Laguz †

Water • Intuition • Flow

- **Core meaning:** Emotional balance and psychic currents.
- **Spiritual theme:** Trusting intuition.
- **Life lessons:** Flow brings wisdom.

Journal Spiritual Reflection: Am I resisting or flowing?

Ingwaz ♦ or ✘

Seed • Fertility • Ing (Freyr) • Incremental Change

- **Core meaning:** Gestation, stored energy, growth.
- **Spiritual theme:** Inner readiness
- **Life lessons:** Bide your time. Rest precedes creation.

Journal Spiritual Reflection: What is forming within me?

Dagaz M

Daylight • Awakening • Transformation

- **Core meaning:** Sudden clarity.
- **Spiritual theme:** Enlightenment through a shift in consciousness.
- **Life lessons:** Trust the process of transformation, mundane tasks & maintenance.

Journal Spiritual Reflection: What truth is dawning?

Othala ✎

Ancestral Property • Home • Legacy • Heritage

- **Core meaning:** Ancestral wisdom
- **Spiritual theme:** Sacred inheritance.
- **Life lessons:** Honor roots while evolving good patterns.

Journal Spiritual Reflection: What legacy am I shaping?

Resources

Paxson, Diana L. 2005. *Taking Up the Runes: A Complete Guide to Using Runes in Spells, Rituals, Divination, and Magic*. San Francisco, CA: Weiser Books.

Kniaziuk, Yvehen. 2026. *Runic Formulas & Book of Runes*.
(Version 4.8.3) [Mobile App] Google Play/App Store.

Wayfarer's Mark. 2012. *Wayfarer's Mark: Rune Illustrations and Videos*.
YouTube. <http://www.youtube.com/@WayfarersmarkIllustrations>.