

ELDER FUTHARK RUNES & MEANINGS

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KVASIR'S INSIKTSRUNAR - "INSIGHT RUNES"

When interpreting a rune cast during a divination ritual you will need to understand what each rune's meaning is. As you can see, they each have a broad category of interpretations that are not particularly specific. This simultaneously makes it easier and more difficult to understand what the Gods are trying to reveal. Reflect upon your life and the rune's given meaning below. It may take some soul-searching to find the connection or it may be plainly obvious the moment you see it. Context matters, so remember to also focus on the question asked and how it relates to other runes cast or in what order it was drawn to get a clearer picture of the purpose of the rune presenting itself. There is no "right" or "wrong" way to interpret your rune, but if the seeker purposefully hides important information from the reader or does not wish to do the necessary soul-searching, then success will be limited. If the ritual becomes too stressful it is ok to pause and reflect upon it before trying again.



Fehu (F) "Livestock" : Wealth / Prosperity / Hope / Abundance / Foresight / Creativity / Fertility / Good Health / Good Fortune / Freyr. It represents an unselfish abundance. We need to appreciate what is in our lives.



Uruz (U) "Wild Bull" : Untamed Potential / Physical & Mental Strength / Hard Work / Speed / Tenacity. It is about motivation, perseverance, and having the strength to stop others from exerting power over you.



Thurisaz (TH) "Thorn" : Reactive Force / Defense in Conflict / Thor. As roses have thorns, this rune is about resisting danger and protecting oneself. Also represents Thor's hammer, a powerful weapon for destruction or defense.



Ansuz (A) "Estuary" : Knowledge / Insight / Inspiration / Wisdom / Communication / Óðinn. It reminds us that there is always a divine presence within and around us. Can indicate good advice or insight is arriving.



Raidho (R) "Wagon Wheel" : Rhythm / Travel / Journey / Evolution / Communication. It depicts a journey: physical, emotional, intellectual, or spiritual. The wheel symbolizes focusing on the journey rather than the destination. It reminds us that life goes in cycles.



Kenaz (K, C, Q) "Torch" : Vision / Revelation / creativity / technical ability. It brings light to a situation. This rune is an indicator that it is time to start creative projects. A beacon of truth. Being guided by your own shining light.



Gebo (G) "Gifts" : Relationships / Sacrifice / Exchanges / Contracts / Partnerships. It can either be an exchange of gifts between people or be gifts from higher realms. This can also symbolize forgiveness or a partnership.



Wunjo (W, V) "Pure Joy" : Comfort / Pleasure / Victory / Triumph / Safety / Harmony / Rewards. It can represent good health and happiness. This also represents focusing on a balance, not focusing solely on the good or the bad. It can also be a symbol of eyes being opened to the truth.



Hagalaz (H) "Hail Storm" : Destruction / Wrath of Nature / Uncontrolled Forces / Unavoidable Change. Things will be destroyed and changed. The old must be dismantled to reveal new opportunities, so weather the storm. Being tested with obstacles.



Nauthiz (N) "Need" : Restriction / Survival / Self-reliance / Endurance / Willpower. Predicting hardship or only getting by on necessities. There is a lack of resources. Remain strong and do not give in to cravings or fear.



Isa (I) "Ice" : Challenges / Frustration / Psychological Barricades / Slow Progress / Clarity / Stasis. Stagnation and a lack of change or movement. No action is occurring, a Pause. Waiting for the right moment or for sufficient information.



Jera (J, Y) "Year" : Peace / Prosperity / Harvest / Cycles / Balance / Gratitude. It represents harvesting rewards of your hard work. If you don't feel like you have many blessings then they could be on their way or you should show gratitude for what you currently have.



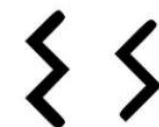
Eihwaz (E, I) "Yew or Ash Tree" : Strength / Reliability / Trustworthiness / Divine Protection / Yggdrasil. The Tree of Life. This rune symbolizes an end leading to new beginnings. Death and re-birth, the circle of life.



Perthro (P) "Dice Cup" : Destiny / Mystery / Fate / Secrets / Occult. Things may not be quite as they seem. Look for signals to point you in the right direction. The gambler's rune, learn to play the hand you are dealt.



Algiz (Z, X) "Elk" : Protection / Shield / Ward Off Evil / Guardianship. It is a good time for taking calculated risks while under some degree of protection. An awakening or intuition. You may be needed to provide protection.



Sowilo (S) "Sunlight" : Warmth / Goals Realized / Success / Honor / Cleansing. There is a positive feeling associated with this rune, and that there will be a victory of light over darkness. A cause for celebration and optimism.



Tiwaz (T) "Leadership" : Courage / Honor / Justice / Leadership / Authority / Spear Tip / Victory / Tyr. You have the courage and ability to accomplish things right now. Truth and honesty will overcome.



Berkana (B) "Birch Tree" : Fertility / Femininity / Birth / New Beginnings / Growth. There is female energy and female reproduction in this rune. Birth can be either literal or figurative, as in the birth of a child or a new idea.



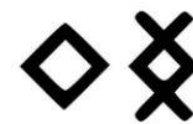
Ehwaz (E) "Horse" : Transportation / Change / Harmony / Progress / Teamwork / Loyalty / Trust. Movement and travel; quick progress is being made. This rune also symbolizes faith and loyalty, and even with quick progress, the need to remain humble.



Mannaz (M) "Humanity" : Friends / Enemies / The Self / Social Order / Morals / Values. It is the symbol of working together for the collective good. All humans are connected; even when at odds with one another.



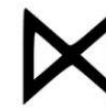
Laguz (L) "Water" : A Lake / Renewal / Dreams / Fantasies / Intuition / Imagination. Water has a cleansing energy and reminds us to go with the flow. This is a time to be fluid, and follow your intuition and subconscious.



Ingwaz (NG) "Seed" : Internal Growth / Gestation / Masculinity / Male Fertility / Ancestry / Family. A rune of fertility and sexuality. The completion of a major event or a turning point, and tying up loose ends.



Othala (O) "Inheritance" : Heirlooms / Tradition / Home / Heritage. It represents maintaining the status quo. It reminds us of family traditions. It reminds us of our lasting legacy and what is truly important.



Dagaz (D) "Dawn" : Daylight / Breakthrough / Awakening / Embarking on an Enterprise. It represents the dawn of a new day. This can be a breakthrough, growth, progress, or fundamental change. This rune is a symbol of hope and brighter futures. The transformative power of change.

Insiktsrunar Divination Process: Using Norse Elder Futhark Runes

1. Web of Wyrd: This symbol represents the tapestry of fate that the three Norns weave at the base of the World Tree "Yggdrasil". The 9 threads of the Web of Wyrd contain all the runes in Elder Futhark, so within its borders all possibilities from the Past, Present, & Future are intertwined with each other. We cast runes upon this symbol and let the threads of fate guide us as we read the runes.



2. Rune Stones: The Runes of Elder Futhark are not merely letters of an alphabet; they were discovered by the All-Father, Óðinn and contain deeper meaning when used in magical rituals or divination. This card has a list of the 24 runes and their basic meanings. Some meanings may change depending on the way each rune falls, as you will see below. Runes should be inscribed upon a natural material like stone, wood, bone, or antler.

3. Asking Questions: When asking the Gods a question it is best to leave it open-ended. Rather than asking "Will I get a big promotion this year?" try instead to ask something like "Will the Gods reveal details about my career?" Runes describe the totality of your life events, not just narrow questions about minutia and details you are focusing on; instead, you get the "Big Picture" when reading runes.

4. Selecting Runes: Begin with a prayer or invocation to your patron deity (Óðinn, Freyja, the Norns, etc); asking for guidance and wisdom. The seeker requesting the reading should always pull the runes themself. This may be done blindly by placing their hand in the bag or the runes may be placed face down on a surface for them to inspect. Either way, fate is guiding their hand, so they cannot select runes intentionally by looking at the symbols on their face. The seeker then places the runes in the rune casters hands to be cast/read.

5. Individual Rune Revelation: If there is a narrow question that you wish to read, then a single rune may answer your question. For example you can ask "What character traits will my future husband have?" Then select a number of runes between 1 to 3; the number is determined by the individual requesting the reading, then interpret the runes using the context of the question to guide you.

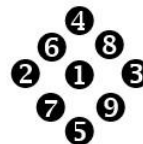
6. 3-Rune Revelation: This reading is done when 3 individual runes are pulled at the same time and the rune caster places them face down and in order of (1) Past Influences, (2) Present Influences, & (3) Future Outcomes. Each rune is revealed one-at-a-time and tells of something important that happened, is happening, or will happen in their life. This is used to gain a better understanding of where you came from and where you are going and reminds you that your past, present, & future are all interconnected and affect each other in profound ways that we may not always see on a daily basis. If the seeker requires more understanding, then additional runes may be drawn and placed below one or more of the runes to add to their meaning for extra clarity.

7. 5-Rune Insight: This method of divination works in much the same way as the 3-Rune Insight method, but gets more detailed. Begin by having the seeker ask a question that they desire to get insight on. Then reflect upon the question and determine which rune best represents the question. Find that specific rune and place it in the center of your ritual space at Rune (1). Next draw 4 runes and place them around the central rune as shown. Rune (2)



represents Past Influences. Rune (3) represents the possible Future Outcome. Rune (4) represents advice from the Gods. Rune (5) represents the seeker's subconscious influence or self-advice or personal struggles that need to be overcome.

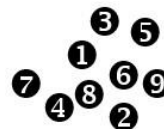
8. 9-Rune Insight: This reading is identical to the 5-Rune Insight, but adds 4 additional runes for greater clarity. Rune (6) represents the Active Past, which are Past Influences that are still affecting the seeker today and can be changed going forward by making good choices. Rune (7) represents the Fated Past, typically guilty feelings or resolved challenges. Rune (8) represents the Active Future, actions that can improve the seeker's chances of navigating life successfully. Rune (9) represents the Fated Future, typically future actions and feelings that can't be affected by the seeker's choices.



9. 3-Rune Guidance: This reading is used to problem solve. The seeker will describe the struggle and ask for guidance. Draw 3 runes, the rune caster places them face down, and reveals them one-at-a-time. Rune (1) represents Past Influences that contributed to the cause of the problem. Rune (2) represents the Challenges that are being faced or that will be faced when trying to overcome the problem. Rune (3) represents Guidance in the form of one possible solution that may be useful in overcoming the problem.

10. 5-Rune Guidance: This reading is identical to the 3-Rune Guidance, but with additional insight. Draw 5 runes, the rune caster places them face down, and reveal them one-at-a-time. Rune (1) represents Past Influences that contributed to the cause of the problem. Rune (2) represents the Challenges that are being faced or will be faced when trying to overcome the problem. Rune (3) represents a Positive Aspect of the problem; possibly a silver lining or a useful tool/skill you have available. Rune (4) represents Immediate Advice for lessening the discomfort caused by the problem. Rune (5) represents Long-Term Guidance in the form of a possible solution for how to overcome your problem and perhaps to make strides towards personal growth.

11. 9-Rune Divination & Casting with the Web of Wyrd : 9 is the sacred number of the Norse Gods and a 9-rune casting will reveal the most detail answers to any questions asked, but it is also much less focused in its approach. Because there are many runes this requires more intuition be applied to understand what is being said. Draw 9 runes and place them in the hands of the rune caster. They will be "cast" upon the Web of Wyrd while looking towards the heavens and asking for guidance; this can be a simple drop or a roll out of the palm, or even a little toss. Use caution to ensure that the runes all hit the Web of Wyrd and at least a portion remain upon it. Some may find their way off the edges, and that is to be expected, but if they all fly off wildly the reading will fail and must be re-attempted.



Begin reading the runes by observing the following details about the runes: face-up or face-down, touching the threads of the Web of Wyrd or not upon it, touching other runes or separated by distance, laying upon the same thread of the Web that intersects with other runes to connect them, close to the center of the symbol or far to the edge. Once you have taken-in all these details, you may begin reading the runes.

Face-up runes should be read first and those that are upon the Web of Wyrd are the priority (the most centrally located runes being the most important runes to read). These runes represent events actively happening in the present. If multiple face-up runes are physically touching each other then they should be read as a single combined rune. If any runes are on the same line, then they are separated in some way yet still connected and should be read as related events.

Face-up runes found to have fallen off the Web of Wyrd represent past events that are related to the present face-up runes; they may give further insight into why the individual finds themselves in their current situation.

Face-down runes are read after the face-up runes. Those runes that land face-down and lay upon the Web of Wyrd are read as future events. If a face-down rune lay upon the same line as a face-up rune, then they are causally linked and should be read in order as the future is directly affected by the present.

Face-down runes that land off the Web of Wyrd represent missed opportunities or regrets; these runes remind us to keep an eye on the future and not miss opportunities when they present themselves. When seen in the correct way, missed opportunities and regrets fuel our desire to change who we are for the better. We may have made mistakes in the past, but we can still recover and grow in the future as we learn from those mistakes.

As you read these runes make sure you are having a conversation with the individual receiving the reading. The seeker will help guide you as you interpret the runes that you see. They may be excited by the results or confused or even upset. If the seeker disagrees with your reading, it is important to ask them what that rune means to them as they may make a better connection than you can. It is the seeker's life that is being viewed after all and you are just a temporary spectator, so it would be unreasonable to expect you to fully understand all the nuanced details of their life experiences.

12. The Wyrd Rune / Óðinn's Rune (the Blank Rune): The Wyrd rune represents uncertainty, mystery, and chaos. Whenever the Wyrd Rune is drawn or cast you will place it as if it were any other rune. But then draw a new rune to place touching the Wyrd Rune. This new rune will be read in place of the Wyrd Rune, but it's meaning will be reversed. For instance the Kenaz Rune typically means "Vision" or "Inspiration", but when coupled with the Wyrd Rune it might represent "Confusion" or "Hesitation".

13. Yes / No Questions: Typically it is not advisable to ask pointed questions that require a binary answer of "Yes" or "No", but it can be done. Begin by withdrawing the runes:  Jera (Ja : Yes) and  Nauthiz (Nei : No) from your bag. Ask your question, but ensure that it is a question about yourself, not a factual question about the world or a question about someone else. Cast both runes upon a surface and observe the results. If one rune is face-up and the other face-down, then you have been given your Yes/No answer. If both are face-down or face-up, then your question may require refining to answer.

14. Runic Dice: Rune divination can be performed using dice, in much the same way as a traditional casting or drawing. Typically there will be 3 "D8" or 4 "D6" dice in a set to get the full 24 Elder Futhark runes. You can do a casual casting by rolling all 3 dice using one of the 3-Rune methods, but if you wish to use more runes you will need to roll the dice multiple times and write down the results before interpreting.