

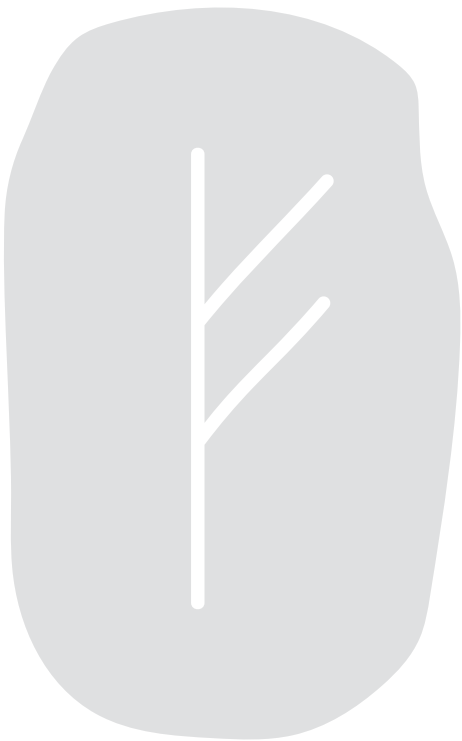
SET INTENTIONS WITH FEHU

Name 10 qualities that you value (other than money). This can be qualities that other people possess or characteristics that you want more of in your life. Values are beliefs that guide us and motivate our behavior.

What opportunities do you have in your life?

THE SHAPE OF FEHU

Take some time to draw or write Fehu in the space below, or use the space to brainstorm ideas and thoughts about Fehu. What else comes to mind when you think about this symbol?



COMMUNICATING WITH FEHU

Close your eyes and chant Fehu's name for 2-3 minutes. Pronounced:
(fay-who)



Holding your Fehu Rune in your hands, state the following affirmations:

- I am abundant.
- I am prosperous.
- I am wealthy.

Now, take a moment to listen. Let Fehu speak to you. What messages do you receive from Fehu?