









<b>Elder</b>			<b>Younger</b>		
<b>Futhark</b>	<b>Name</b>	<b>Description</b>	<b>Futhark</b>	<b>Name</b>	<b>Description</b>
ƿ	Fehu	wealth, cattle, life force, growth, success	ƿ	Fe'	wealth
ᚱ	Uruz	aurochs, primal forming essence, health, endurance, strength	ᚱ	Ur	Shower - ruination of the harvest
ᚦ	Thurisaz	Thor's Hammer, defense, opposition, protection, giants, impulse, chaos	ᚦ	Thurs	giant
ᚱ	Ansuz	Odin's rune, divine message, eloquence, Spirit communication	ᚱ	Ass/Oss	god
ᚱ	Raidho	soul journey, process over goal, partnership, rhythm, integration, justice	ᚱ	Reid	riding, journey via horse
ᚱ	Kenaz	torch, light, illumination, clarity, revelation, healing, well-being, transformation	ᚱ	Kaun	ulcer - childhood disease, painful spot
ᚱ	Gebo	balanced energy exchange, reciprocity, the gift, marriage			
ᚱ	Wunjo	fellowship, joy, wish rune, peace, harmony, happiness			
ᚱ	Hagalaz	Norn (Urdh) of the past, destruction within intentional boundaries, hail, celestial ice egg, protection	ᚱ	Hagall	hail - the coldest of grains, sleet, serpent sickness
ᚱ	Nauthiz	Norn (Skuld) of the future, friction within, inner fire, goals, binding, positive change, need	ᚱ	Naudr	Constraint - grief, oppression, tiring work

I	Isa	Norn (Verdandi) of the present, stasis, stillness, ice, becoming, will development, consciousness, focus, contraction	I	Isa/Iss	ice, destruction
↻	Jera	transformation, unfolding awareness, garden, herbalism, energetic alignment, year, fertility	†	Ar	plenty, crops that thrive, good summer growth
J	Eihwaz	connection between opposites, as above so below, link between realms			
Ɔ	Perthro	fate, womb, chance, Well of Urdh, childbirth, cause/effect, synchronicity, cauldron, divination			
Y	Algiz	elk, protection, BiFrost bridge between physical/astral realms, higher consciousness	h	Yr	yew, the bow, brittle iron, large arrow
Ʒ	Sowilo	will, Spirit, energy, self-confidence, healing, Higher Self, illumination, link between Spirit and form	h	Sol	Sun, shining ray, melts ice
↑	Tiwaz	spiritual warrior, faith, justice, idealistic male, troth, oaths, self-discipline, legal, sacrifice	↑	Tyr	Tyr - one-handed god, droppings of wolves
B	Berkano	fertility, birth, family, protection, new beginnings, fruition, birch tree, healing, growth	B	Bjork	birch, little tree, young shrub

	Ehwaz	change, momentum, intuitive bond, utual end, travel, Merkaba, partnership			
	Mannaz	humanity, integration, individual within society, thought rune, memory		Madr	man, builder of ship, earthly presence
	Laguz	intution, flow, harmony, clarsentience, occult, assertive female, dream work, trance work, emotional balance, draw energy back, purification, cleansing		Logr	sea, water, stream, geyser, lakes
	Inguz	seed, sudden release of energy, male fertility, DNA structure, gardening, inclusion, potential, genetic inheritance, grounding, inner focus			
	Dagaz	new day, dawn endings and beginnings, conclusion, daylight, awakening, all doors open, all options available			
	Othala	sacred space, ancestral heritage, Akash, protection, prosperity, balance, loyalty, tradition, security, peace, inheritance, possessions			