

	Rune	Sign	Phonetic Value	Meaning	Description
Frey's Aett	Fehu	ᚼ	F	fee, cattle	mobile wealth/property, directed expansive energy, creation, new beginnings
	Uruz	ᚱ	U	auroch	primitive strength, [archetypal] patterning energy
	Thurisaz	ᚦ	Th	thorn, thurs	focused strength, healing, defense, breaking resistance, projection
	Ansuz	ᚹ	A	god, divinity	communication, inspiration, creative forces, release through ecstatic forces
	Raidho	ᚱ	R	ride	balanced action, journey, spiraling motion
	Kenaz	ᚷ	C, K	torch	controlled energy, [human] passion, transformation, associated w/ arts
	Gebo	ᚷ	G	gift	'gift for a gift', partnership, union, sacred marriage
	Wunjo	ᚹ	W	joy	tribal fellowship, frith, harmony, banish hostility, strengthen bonds
Heimdall's Aett	Hagalaz	ᚨ	H	hail	like hail-destruction for creation/growth, "seed of becoming" or Mother rune
	Nauthiz	ᚠ	N	need fire	necessity, resistance or friction of need-fire to goal, rune of "cause & effect"
	Isa	ᚲ	I	ice	like ice-embodies stasis-good for focus, quiet, ceased energy, concentration
	Jera	ᚯ	J, Y	harvest	natural cycles, fertility, fruition, "right place, right time"
	Eihwaz	ᚲ	Ei	world tree/yew	axis mundi/cosmic axis of life, connection/communication of worlds
	Perthro	ᚷ	P	lot [dice] cup	cause & effect in time (Ørlög, "primal layers"), divination
	Elhaz/Algiz	ᚷ	Z, X	elk	protection, connection with divinity/deity, awakening
	Sowilo	ᚱ	S	sun, lightening	success, strengthening & being [self], will,
Tyr's Aett	Tiwaz	ᚦ	T	[the god] Tyr	order, justice, victory (in accordance w/ law), discipline, "warrior's spear"
	Berkano	ᚷ	B	birch [goddess]	Earth Mother, life cycle (birth-life-death-rebirth), conceal/protect/nurture
	Ehwaz	ᚹ	E	horse	"horse & rider relationship", harmonious partnership [and its trust], fylgia
	Mannaz	ᚱ	M	man	divine archetypal structure in humanity, perfected being, intelligence
	Laguz	ᚲ	L	leek, lake	Primal waters life, flow energy, growth, life force, molding development
	Ingwaz	ᚷ	Ng	Ing [god]	Earth God, incubated/stored energy-to-release (like seed), directed energy
	Dagaz	ᚱ	D	day	Polarity & balance, awakening-enlightened consciousness, bi-polar creation
	Othala	ᚲ	O	Ancestor heritage	Ancestral heritage, prosperity & order among tribe, immobile property/energy & wealth, sacred space