

# The Elder Futhark Runes

Freyja's Aett		Heimdall's Aett		Tyr's Aett	
Cycle of life, health and the physical realm		External forces of nature, things we tend to have no real control over		Internal forces, spirituality and personal power	
	<b>Fehu (F)</b> <i>Fay-who</i> Property, wealth, power		<b>Hagalaz (H)</b> <i>Hag-a-lass</i> Crisis, change, chaos, evolution		<b>Tiwaz (T)</b> <i>Tea-wazz</i> Victory, justice, success, balance, sacrifice, fairness
	<b>Uruz (U)</b> <i>Oow-russ</i> Life force, health, vigour, strength		<b>Nauthiz (N)</b> <i>Naught-his</i> Need, wanting, desire, effort, resistance,		<b>Berkano (B)</b> <i>Burr-ka-no</i> Goddess, motherhood, birth, nurturing, growth
	<b>Thurisaz (Th)</b> <i>Thor-is-as</i> Lightning, gateway, breakthrough, masculine sexuality		<b>Isa (I)</b> <i>Is-ah</i> Stillness, waiting, inertia, contemplation, preparation		<b>Ehwaz (E)</b> <i>Eh-wazz</i> Trust, cooperation, team work, loyalty commitment, friendship
	<b>Ansuz (A)</b> <i>Ann-sooz</i> Communication, conversation, breath, sound		<b>Jera (J/Y)</b> <i>Yeah-rah</i> Year, annual cycle, harvest, fruition, reward		<b>Mannaz (M)</b> <i>Man-nazz</i> Humankind, intelligence, thinking, planning
	<b>Raido (R)</b> <i>Ride-ho</i> Travel, movement, rites of passage, leadership		<b>Eihwaz (E/I)</b> <i>Yew-was</i> Endurance, protection, life/death connection		<b>Laguz (L)</b> <i>Log-gooze</i> Water, sea, river, lake flow, love, dreams, turning the tide
	<b>Kenaz (K)</b> <i>Ken-as</i> Knowledge, creativity, enlightenment, study		<b>Perthro (P)</b> <i>Per-throw</i> Karma, fate, chance, prophecy, beginnings		<b>Inguz (NG)</b> <i>Ing-guss</i> A seed, potential, internal growth, development
	<b>Gebo (G)</b> <i>Gay-bow</i> Giving & receiving, gifts, talents, forgiveness, sex		<b>Algiz (Z)</b> <i>Al-jiz</i> Protection, healing, spirituality, higher self		<b>Dagaz (D)</b> <i>Day-gas</i> Daylight, dawning, awakening, realisation, enlightenment
	<b>Wunjo (W)</b> <i>Won-yo</i> Pleasure, joy, harmony, contentment		<b>Sowilo (S)</b> <i>Sew-ee-low</i> The sun, life force, success, will and intent		<b>Othila (O)</b> <i>Oh-thil-ah</i> Inheritance, ancestry, family, spiritual power, prosperity