

Bindrunes for Magical and Practical Purposes
Anastasia Haysler
February 14, 2016

Bindrune Worksheet

1. Decide your goal. What do you want this bindrune to help with? Perhaps it's confidence to help with a job interview, or attracting prosperity, or setting boundaries for dealing with a difficult person.

Your name is a bindrune. If you are uncertain what you want, or have too many things going on to decide on just one to address, creating a bindrune of your name and charging it with power is an extremely helpful general working.

My goal is: _____
_____.

2. Figure out what qualities or characteristics you associate with the goal. If you are doing a bindrune for confidence, think about what confidence means to you.

The qualities or characteristics that I associate with my goal:

3. Go through the runes and choose all the ones that you think would be useful for the bindrune. Think about which runes embody the qualities you want to add, or associations with specific Gods who can bring the right energy.

The runes which might work for this bindrune are:

4. Consider all the runes you have chosen, and pick three. You can choose two, or five, or however many call to you. Three is a good number because they combine to make a new shape specific to the bindrune, but are still recognizable as their individual characters. Using more than three creates a muddled image, and muddled does not help. If you are making a bindrune of your name, use each letter only once, no matter how many times it appears in your name.

The runes I choose are:

5. Play with the runes in different arrangements until you find one that pleases you. Once you have the bindrune's shape, consider the order in which to add them.

Top: Highest aim **or** locking the energy. Considering using a locking rune on a bindrune that uses high-energy characters such as Raido, Uruz, Sowelu, Ziu, Cweorth.

Middle: What keeps it going.

Base: Grounding energy, foundation.

Possible arrangements:

6. Once you have the final shape you like, draw it with focus and intention.

7. Charge the bindrune. Meditate on the design, focusing your energies and visualizing your goals. You can burn incense or use aromatherapy sprays to create a scent environment. Chant, sing, sprinkle the bindrune with salt to purify or empower it, add a drop or two of essential oils or wine or other spirits. Pass it through smoke, or add a drop of your blood. Whatever you feel called to do to charge the rune is the right thing to do.