





















Quick Reference Rune Chart
Anastasia Haysler, February 12, 2016

Rune	Name	Letter	Meaning
	Fehu	f	Wealth, cattle, material possessions.
u	Uruz	u	Aurochs, strength, masculine energy.
	Thurisaz	th	Thorn, primal energy, the god Thor.
	Ansuz	a	Signals, messages, the God Voice.
	Raido	r	Journey, progress.
	Kenaz	c, k	Opening, light, torch.
	Gebo	g	Gift, exchange, partnership.
	Wunjo	w or v	Joy.
	Hagalaz	h	Hail (the weather phenomenon), disruption, ruin.
	Nauthiz	n	Need, constraint, binding.
	Isa	i	Ice, slippery circumstances. Also stuckness, as well as the water flowing under the frozen surface.
	Jera	j, y	Harvest, fertility, fertile season, cycle of time.
	Eihwaz	ei	Yew tree, defense, death.
	Perthro	p	The element of chance, that which is beyond your control. Opportunity.
	Algiz or Elhaz	z	Elk, sedge leaves, protection.
	Sowelu	s	Sun, light, warmth, healing energy.
	Teiwaz	t	The god Tyr; strength; warrior nature; justice.
	Berkana	b	Birch tree, growth, rebirth, regeneration, healing.
	Ehwaz	e	Horse, journey, relationships based on trust.
	Mannaz	m	Self, person.
	Laguz	l	Water, that which flows, adaptability, changeability.

Rune	Name	Letter	Meaning
	Inguz	ng	The god Ing/Freyr; fertility.
	Dagaz	d	Transition, moment of change, breakthrough.
	Othala/Othila	o	Inheritance, ancestral rights and wealth.
	Ear	ea	Organic change, gradual process, singletree, death, the grave, Hel (both the Goddess and the place).
	Ac	a	Oak tree, flexible strength, rootedness, Angrboda.
	Ior	io	Boundaries, liminality, Jormundgand.
	Yr	y	Yew-bow, archer, focus, excellence in work.
	Os	o	Mouth, speech, song, language, eloquence, divine voice, Loki.
	Cweorth	q	Funeral pyre, necessary sacrifice.
	Stan	st	Stone, keystone, cap, peak.
	Chalc	ch (like k)	Chalice, cup, that which contains.
	Gar	g	Gungnir (Odin's spear), the unknowable, mystery, Odin.
	Wolfsangel	sz (as in ease)	Hook, binding, trap. That which contains and neutralizes negative energies.
	Erda	oe, as in er	Erda the earth goddess, fertility, physical joy.
	Ul	ue	Turning point, healing, Waldh.
	Ziu	zz	Thunderbolt, cosmic energy. Tyr, Zisa, Zeus.
	Sol	ss	Sun, light, healing energy, Sol or Sunna.
	Wendhorn	mm	Cycles of time, phases of birth, growth, death, rebirth.
	Fyreudal	none	Bellows, thus the air of inspiration and motivation.
	Wan	none	Emptiness, potential, possibility.