

FREE COURSE



RUNES

RUNE STONES



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A Brief History – Runes

The word “ rune ” actually mean’s mystery, magic, secret, or whisper. They are an ancient Germanic alphabet that has been dated back to the 3rd century. It is thought that they were first used for divination purposes and later for writing and record keeping.

Legend has it that Odin, the Norse High God of the Aesir, hung from the world tree (Yggdrasil), impaled on his own spear for nine days and nights in order to gain the knowledge of runes. When the runes appeared below him, he reached down and picked them up, and the runic knowledge gave him power. He later passed on this knowledge to the Vanir goddess *Freya*. She in turn taught him the magic of Seidr. *Heimdall* the god who guarded the Rainbow Bridge taught the Runes to mankind.

The death of the runes as magical instruments occurred in 1639. The official laws of Iceland banned them, and any people found with runes in their possession were burned alive!

It is fascinating to think that as long ago as the 3rd century, runes had been used for major decision-making. That their belief in them was so strong gives them a sense of awe. I have great reverence for my stones and always treat them with the utmost respect. I truly believe that if you have a real affinity with your runes, they *will* speak to you.

Creating you own set

Today the use of rune stones is again becoming immensely popular. With many attractive sets available, (I personally have a beautiful amethyst set, which was given to me by a dear friend).

It can also be very satisfying to make your own set. These can be of wood with the glyphs burned onto them, or as simple as flat pebbles from the beach with the glyphs either engraved or marked with a permanent pen. Whatever style you choose, making the runes yourself will certainly help you to become familiar with them, and getting to know your stones is very important. A little imagination is all that it takes. I keep my runes in a velvet pouch, inside a beautiful box.

Lending your runes

Once you have become familiar with your own set, I think you will find it very difficult to lend these out. To me there is something very personal about my runes. I feel that my own personality is around these stones and strangely I am very protective over them.

The Blank Rune

Again this is down to the individual. There is no evidence to suggest that there ever has been a blank rune. You can of course delve into this a little deeper if you wish; my thoughts on this are not to include it in my castings. I will however give you the meanings, as I know them, so you can make your own decision on this. But my suggestion to you is that if you happen to have a set with a blank rune then keep it and use it, as a replacement should you need to.

While others prefer to pick the runes individually out of the bag and form a spread.

Day rune - A good way to get an answer for a certain question. Simply pick a single rune each day.

There are several different spreads to choose from and I will explain a few of these later on.

Rune Diary

It is always a good idea to keep a rune diary, as it is important to keep a record of all of your readings, whether you think they are good or bad. This will also help you to become more familiar with your runes.

Rune casting

The runes have become a great source of inspiration for many, and for some they provide a guide for daily life. It is more a means of analysing the path one is on, and a likely outcome.

The future is not fixed it changes with everything we decide to do. So if you don't like the prediction then you can always change your path.

Rune stone's are an Oracle from which you can seek advice. Sometimes they may not seem clear, and this is where your own intuition will be needed. These are the times when the runes will guide you to the answers. They work best if you focus on your current situation, and ask a specific question.

You will need of-course your own set of rune stones a cloth of your choice on which to lay your stones, and one that is for this purpose only. A quiet place where you will not be disturbed is ideal.

The Runes (In their groups of 8)

Freyr / Freyia's Aett

Love, Fertility, Life force and Increase.



Fehu



Uruz



Thurisaz



Ansuz



Raido



Kenaz



Gebo



Wunjo

Heindall's Aett

Limitations, Fate, The Inner Journey.



Hagalaz



Nauthiz



Isa



Jera



Eihwaz



Pethro



Algiz



Sowilo

Tyr's Aett

Connection to the Spirit and Others



Tiwaz



Berkano



Ehwaz



Mannaz



Laguz



Ingwaz



Dagaz



Othala

Elder Futhark

The old Germanic Runic alphabet of Elder Futhark contains 24 runes, these are divided into three groups of eight, and are called Aett or (Aettir plural). Each set of eight is ruled over by their own particular spirit, or Norse God. This helps you to remember their order, and later their significance in magical use will become clear.

Freya / Frey - Goddess and God of fertility and increase.

Heimdall - The watcher and keeper of the Rainbow Bridge to the Heavens

Tyr - War leader and spirit of the just

The word Futhark comes from the sound of the first six letters.

Some runes look the same whichever way you look at them there is therefore no reverse meaning to these.

Some casters like to tip the whole bag out and read the runes that have fallen face up, and of course depending on whether the rune is reversed or not, will have a bearing on the reading as a whole.

Rune Meanings

Freyrs Aett

Fehu (F)



Nourishment

Sacred to Freya, Goddess of Fertility and Love

Right side

A rune of good fortune. Material stability, security and wealth.

Fulfilment, and rewards earned. Financial strength in the present or near future.
Social success.

Energy, Fertility, Foresight, and Harmony

This rune asks that you look after what you have, especially in times of good fortune, as this is the time when we relax and take our eye off the ball so to speak.

Enjoy your good fortune and remember to share it!

Reversed

At a standstill, lack of balance and possibly some form of loss.

Loss of property, esteem, or something in which you make an effort to keep.

You need to look closely at what is happening, and learn from it. Remember unwelcoming situations come in many shapes and forms.

Uruz (U)



Strength

Sacred to Thor, God of Thunder and Strength.

Right side

The rune of endings and new beginning's. A time of great energy and health. Freedom, Courage, Strength, Understanding and Wisdom.

Prepare for an opportunity disguised as a loss!

Possibly the life you have been living is due for major change.

Reversed

Could mean an opportunity missed. Over protectiveness, or possessiveness. Domination by others.

For some Uruz reversed serves to alert, giving clues in the form of minor failures, for others it may be a hard jolt.

Thurisaz (TH)



Place of Non - Action

Sacred to Loki, Trickster and Shape Changer. The God Thor

Right side

A tendency towards change.

This rune strengthens your ability to wait, as patience are what you need. Now is not a time for decisions, it is a time for reflection on what has brought you to where you are now and where you are going in the future. Do not act impulsively, or without knowledge.

As Thor was the Norse God of strength, other meanings are security, protection, and possibly good news.

Reversed

Reversed this rune indicates similar messages as above.

Thorn, as in thorn bush can point to dangers of a minor kind. A feeling of vulnerability. Unfavourable news.

A bad man or woman. Betrayal, and malice.

Ansuz (A)



Messenger

Sacred to Odin, God of Wind and Spirit.

Right side

A rune of Gods blessings and joy. A rune of wisdom

Receiving signals, messages, and gifts.

A time to expect the unexpected. New beginnings. New life.

A guarantee of harmony and order. Take special notice during meetings, or chance encounters, particularly with people older and wiser than yourself as it is possible that aid could come from someone older. Expect the unexpected.

Reversed

There is a warning against trickery or pranks, especially if an older person is involved. An older person causing trouble.

Think carefully before accepting any advice.

Raido (R)



Communication

Sacred to Thor and Thunder

Right side

A rune of personal development. Journeys and travel, the journeys may be of a physical or spiritual nature, or a relationship matter, either way it will bring positive developments. It is also a time of choice, seeing the right move for you and deciding upon it. Justice can be expected.

Reversed

Delays and possibly difficult journeys. Loss. Be particularly attentive to relationships. Efforts need to be made.

A possible injustice.

Kenaz (K)



Fire

Sacred to Hiemdal

Right side

A rune of renewed light after a period of darkness and confusion. Inspiration and creativity. Understanding, and a new strength and energy. In relationships there may now be an opening up. Communication and Knowledge.

Could also be a sign of possible ill health.

Reversed

Expect a change within a relationship, a friendship, or a part of yourself that no longer relates to the person you are now. It points to the end of a way of life.

Can also indicate a block in creativity.

Gebo (G)



A Gift

A sacred mark dedicated to the Gods

Right side

The giving and receiving of gifts, both in the sense of sacrifice, and of generosity, maintaining a balance. Kindness and aid to others. Partnerships and relationships are blessed, and move to a deeper level, but remember to retain your own individuality.

All matters pertaining to exchanges including contracts.

Reversed

There is no reverse meaning for this rune.

Wunjo (W)



Joy, Light

Sacred to Odin

Right side

A new clarity, which may result in a change of direction to your existing plans, now is the right time. Situations will change for the better.

Peace and harmony reign with the possibility of wishes being fulfilled. A rune of material and emotional gain. Success, and recognition of worth. A time of new friendships.

Reversed

Conflict and changes that are not positive. It is a warning to expect problems in certain situations

Heindall's Aett



Hagalaz (H)

Hail, Wrath of Nature

Sacred to Heindall

Right side

Events may seem totally out of your control, when you draw this rune expect disruption. But be ready for an awakening, this can be in any number of ways, you may think that you have finally seen the light.

You may experience a loss, or a break up of a partnership,

Look to yourself for the answers.

It is possible you may experience a loss before there is a great gain.

Reversed

There is no reverse meaning for this rune.

Nauthiz (N)



Need, Necessity, Pain.

Sacred to Norns, weavers of fate and Nort, Goddess of night that gives birth to day.

Right side

A rune of limit, and patience. Recognition of one's fate.

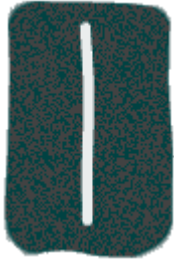
Face your fears. This is a time to pay off old debts, to restore harmony and balance. A time to consider your plans carefully.

Hard work is required to work through this time, but try and treat it as a learning curve.

Reversed

Warns against hasty decision-making, don't be impulsive, and keep your anger under control.

Isa (1)



Ice, Standstill, That which Impedes

Sacred to intensity, it intensifies any other rune associated with it.

Right side

A rune of obstacles and mental blocks, a barrier preventing, and warning against proceeding. Look to yourself to see what it is you are holding on to why you are allowing this situation to carry on, and let it go. There could be a coldness between people. Positive actions are what is needed. You need to be self-reliant. This rune reinforces the runes around it.

Reversed

There is no reverse meaning for this rune.

Jera (J)



Year, Fertile Season

Sacred to Freya and Frey the Bountiful People

Right side

This rune symbolises success. What you have sown so shall you reap. The result of earlier effort's being realised. Projects will succeed, although plans cannot be rushed, and patients must be the order of the day.

Reversed

There is no reverse meaning for this rune

Eihwaz (EL)



The Yew Tree
Sacred to Odin.

Right side

Perseverance and foresight are what is needed here.

It indicates that you have set your sights on a reasonable target and can achieve your goals. Old ways will pass giving way for the new. An honest man who can be relied upon. This could well be a trying time it is certainly a meaningful one.

Reversed

There is no reversed meaning for this rune.

Perthro (P)



Something Hidden

Sacred to Frigg, the " All Mother "

Right side

A rune of mystery, and things not quite being what they seem.

Powerful forces of change are at work here. Good changes.

This is a rune of revelation. There could well be surprises, and unexpected gains are not unlikely.

Reversed

Secrets may come out into the open. It is a time for you to move on, out with the old in with the new. Not an easy time, but a necessary one, for your own good.

Algiz (Z)



Protection

Sared to Heimdall, the Watcher

Right side

New opportunities and challenges are typical of this rune, but be aware that unwelcome influences may come with this. The protective urge to shelter yourself or others. Following your instincts, and protect what has been worked for.

Resist temptation.

Reversed

Be thoughtful about your health. Look carefully at associations you form at this time, people may be using you, but if you are aware of this and take responsibility, then you can only benefit. Be mindful of danger from another person.

Sowilo (S)



Sun, Wholeness, Life Forces

Sacred to Balder, the beautiful God of the Solar Wheel.

Right side.

A rune of Health, Wealth, and Happiness.

It portends good fortune in any journey, especially one over water.

This is a rune of great power. Making energy available to you for the positive changes in your life. Always be true to yourself, and never lose sight of who you are, and what you stand for.

Reversed

There is no reversed meaning for this rune.

Tyr's Aett



Tiwaz (T)

Victory.

Sacred to Tyr, Lord of the Heavens, and War Leader

Right side

A battle with you is what is going on here, it is a time to look deep within as it is there that the answer lies. Patience is a virtue as far as this rune is concerned. It signifies success in competition and in legal matters. New partnerships will produce great things.

Reversed

Matters of trust and confidence are the issue here. Be careful of upsets that sap your energy. If you are sad because a brief friendship has come to the end, then don't be, because everything has its purpose. You are asked to examine your motives. You will find the answer within yourself.

Berkana (B)



Birth, Growth

Sacred to the Earth Goddess

Right side

This rune is about new birth and new beginnings. While it can indicate an actual birth or marriage, it can also refer to personal growth. Prosperity involving a new venture. You must be ready for this new beginning, by removing any doubts, or unfinished business.

Reversed

Possible family upsets, or anxiety about someone who is close to you. Beware of deceit. A feeling of stagnation. You may be dismayed that you have taken the wrong action, but next time you try be more diligent.

Ehwaz (E)



Progress, Movement

Sacred to Frey, Summer Sun.

Right side

This is a rune of travel and change, possibly a job, career, residence, or maybe all three. There could be an improvement of a situation. Teamwork, trust and loyalty are all here. The rune indicates that you have progressed thus far, and should now be in a secure place, where you can face the future with confidence. But remember to share this good fortune with those around you.

Confirmation beyond doubt of the runes around it.

Reversed

A warning against overreaching, and trying too hard. Feeling confined and restless in a situation, perhaps a change is craved.

Be careful of feelings of betrayal, and mistrust. As in all things time is of the essence and patience is a virtue.

Mannaz (M)



The Self

Sacred to Odin the All Father and Heimdall the watcher.

Right side

This is a rune of major growth.

About awareness, and the ability to know what is right. A rune is about you and your ability to know yourself, to be true to yourself.

Remain modest, as this is not a time to look for credit for achievements. Notice your attitude towards others and their attitude towards you. Expect to receive some sort of aid or co-operation now.

Reversed

A lack of common sense.

If you feel blocked right now, then take a step back and look within yourself. Be humble. You could feel the need for isolation especially from family.

Laguz (L)



Water, Flow

Sacred to Njord, God of the wealth of the sea.

Right side

A time of nourishment. A rune indicating psychic ability. Trust in your intuition. Expect success in travel..The possibility of gains made through loss. A time for re-valuing, re-organising, and possibly change.

Reversed

You may be experiencing a period of confusion in your life right now. You may be making wrong decisions and feel you are going round in circles. This could be because you are not trusting your own wisdom when you should be.

Inguz (NG)



Fertility, New Beginnings

Sacred to Frey, Summer Sun, and Consort to Freya

Right Side

This is a rune of peace, prosperity, and also fertility. It may mark a time of joyous deliverance of new life, or a new path. This rune has great power, and is telling you that you now have the strength to tie up loose ends, enabling you to move in a new direction. Being centered and grounded will free you from unwanted influences. The hearth and home are protected.

Reversed

There is no reversed meaning for this rune.

Dagaz (D)



Breakthrough, Transformation
Sacred to Heindall, the watcher

Right side

It may feel like you have stepped out from the dark and into the light, now everything seems clear. A time to embark on new ventures. A major period of achievement and prosperity is often introduced by this rune, but do not engross yourself to deeply in the future or behave recklessly, Some hard work may be involved. Everything in the garden looks rosy.

Reversed

There is no reverse for for this rune.

Othila (O)



Seperation, Retreat, Inheritance

Sacred to Heritage

Right side

Property is associated with Othila, as it is a rune of acquisition and benefits, stability and prosperity. Source of safety, increase, and abundance. Inherited property, or possessions, a house, a home. Family values. Although something may have to be given up, or lost in order to acquire property or an estate, the wise use of resources are shown here.

Reversed

You may be called upon to make radical changes to your old way. Total honesty is required here, or you may cause pain to others and damage yourself.



The Blank Rune

This rune stone is blank, and symbolises something that cannot be known or controlled and as such, fate will decide the outcome.

As I have stated before there is no evidence that this rune existed.

So the usage of it is entirely up to you

The Single Rune

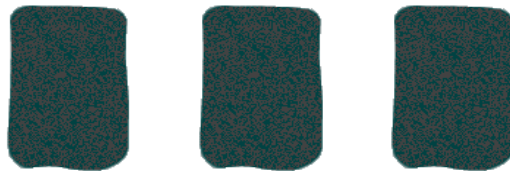


Selecting one rune can help you focus more on the issue in question.

If you are undecided about something, Drawing a single rune can help you deal with the situation more clearly

How you happen to turn the stones may alter the direction of the symbols to either upright or reversed, this is of-course all part of the process. It may help you to always use the same method when choosing your stones.

Three Rune Spread



New situation

Action

Situation Now

The Three Rune Spread is satisfactory for all readings. You may wish to place them face down, and then turn them up. Pick three runes one at a time and place them from right to left. Reading from the right.

The first rune is about the situation as it is. The second rune is about the course of action needed. The third rune is about the outcome of the situation if you meet your challenges successfully.

Have a go yourself! Hope you have enjoyed this Free Course, if you are interested in predictions you may find our Tarot Course of interest. See below for more details:

About the School of Life Studies

We are a professional Distant Learning Training School. The mini course you have just read has been put together for you just for fun, however the following courses are for training purposes and all offer a recognised qualification on completion to enable you to practice your therapy if you so wish.

All our courses are self-study so it does not matter where you live you can complete your course in the comfort of your own home or print off to work away from your computer.

Accreditation

All our professional study courses offer a diploma/certificate on completion and are accredited by the International Practitioners of Holistic Medicine. We are also an affiliated member of the International Wheel of Colour.

Way Forward

We have many students who are now working as professional holistic therapists, please read our testimonial page for honest feedback on our courses.

Tuition Support

If you feel that you would like the support of a personal tutor throughout your studies then please visit our sister site at Luna Holistic Study Courses. You will be offered a personal tutor throughout your studies and your courses offer further accreditation by the AADP (American Association of Drugless Practitioners) Graduates of Luna Home studies will be eligible to apply to be board certified holistic health practitioners through the AADP. More details can be found at www.onlinehomestudies.com

Diploma/Certificate Courses



Professional Tarot Reading Course (diploma level)- 3

Parts

This comprehensive course provides you with all the knowledge that you need to become a professional Tarot Reader of the highest standard. This course is designed to introduce you to the world of Tarot from complete novice and on completion will enable you read the cards for yourself and others on a professional level. It takes time and practice to develop your skills, however this course is specially designed for tarot beginners and even if you have been reading the tarot for some time, you will find this course invaluable and an excellent tool to improve your readings.



Professional Palmistry Reading Course (diploma level) – 3 parts

This course provides you with a good all round knowledge of palmistry, which is the art of characterisation and foretelling the future through the study of the palm. Hand analysis or Palm Reading (as it is also known) is practiced all over the world. Although there are many cultural variations the principles are the same.



Reiki Level 1 & 2 (certificate/diploma level)

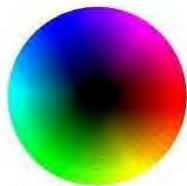
Reiki is one of the most well known healing therapies that works by actively balancing the chakra system. People learning or having reiki often report very positive life changing events taking place for them after. Reiki clears away blockages so that your natural flow of energy can be released. This blockage is what causes illness and stress. This holistic form of healing treats the

physical body and the mind together, strengthening the bodies own healing ability and rebalancing its energy.



Crystal Therapy - (diploma level) – 3 parts

Crystals and stones have their own energy vibration and colour and are one of the most useful tools to use during the balancing of the chakra system. Crystals have a perfect hexagonal molecular structure that causes them to vibrate at a constant rate. This is what makes them such good components in many modern technological items. It is thought that, when placed close to specific organs or energy points within the body, crystals will activate a vibrational response that initiates the process of balance and harmony. Crystal healing can be used to treat a variety of physical ailments including for example, migraines, digestive problems and low energy. In addition crystal healing is often used to help mental and emotional issues such as tension, stress, depression and anxiety. You will learn how to treat clients with a full crystal therapy treatment and will be a confident & professional therapist. People often report how much more calm and relaxed they are after a crystal treatment.



Colour Therapy (diploma level) 3 parts

The human body absorbs light that is made up of the colour spectrum and each colour in the spectrum has a frequency, wavelength and energy associated with it. The symptoms of disease are a sign that there is a shortage or improper utilization of colour and light in the organs and cells of the human body. This is due to many factors, such as our lifestyle, stress or too little of a particular colour frequency in our energy system. Studies show that the colour of fruit and vegetables indicate their individual health-promoting benefits.



Aromatherapy (certificate level) – 3 parts

In this introduction to aromatherapy course you will learn how to use and blend oils, massage, and all the basics you need to become a qualified and confident aromatherapist. Aromatherapy is a totally relaxing experience. By learning how to combine certain oils you can stimulate certain blocked chakras.



Angel Healing (diploma level) – 2 Parts

This is one of the most spiritual therapies and combines all the above. Some say we each have our own angel with us all the time that watches over us from birth. Angels also come in and out of our lives all the time but most of us are unaware of their presence. Angels guide us on an emotional level and spiritual level and by connecting with their energy you can learn to heal yourself and others. Often angels appear either unobserved or observed in times of great crisis. They have often been seen by many people at their time of departure from their earthly body, both by themselves and medical staff. You may hear someone calling your name and when you look there is no one there, you can be sure they are just trying to let you know they are nearby. Angels come in many forms, both human, supernatural, animals, visions of light etc... This course will teach you how to use crystals and oils to connect with your guides.



Professional Feng Shui (diploma course) 3 Parts

This course will tell you everything you always wanted to know about the Chinese art of object arrangement including a description of the must-have objects to perform basic curative Feng Shui. This course also includes information about different types of Feng Shui as well as suggestions for how to use every day objects so that your house doesn't end up looking like the lobby of a Chinese Restaurant! In this comprehensive course you will be trained to become a feng shui expert.



Hopi Ear Candling (certificate course) 2 Parts

This comprehensive course gives a simple introduction, insight and instruction into all the areas required to become a Hopi Ear Candling Practitioner. The course is open to both practicing holistic therapists and practitioners and anyone else who has a desire to learn this skill. No previous knowledge is required. Hopi Ear Candling is an ancient treatment that has been used for thousands of years and today continues to be widely used by practitioners to treat a range of issues. On the surface of it, Hopi ear candles loosen and remove excess wax from the ear canal, yet by doing so, they are able to effectively treat a number of conditions such as headaches / migraines, sinusitis, tinnitus and allergic rhinitis.



Indian Head Massage (diploma course) 3 Parts

In this 3 Part course you will learn that Indian head massage is a trademarked term for an alternative medicine massage therapy. The head, neck and face are massaged with the purpose of manipulating energy channels. The goal is to clear blocks in these energy channels that cause a build-up of negative energy that are purported to cause ailments. The belief is when the energy does not flow properly; negative energy builds up, causing common ailments, including stress, pain and aches, and baldness or hair loss. Indian head massage is practiced all over Europe and was brought to the west by Narendra Mehta in the 1970's. This has become one of the fastest growing holistic courses and is now practised in most hair salons. This course will teach you from complete beginner how to become a fully qualified Indian Head Masseur.



Psychic & Spiritual Development Certificate

Course – 3 parts

Complete Guide & Practice - Psychic & Spiritual Development Certificate Course This complete guide & practice of Psychic and Spiritual Development course is aimed at those of you who already have an interest and knowledge in holistic healing or tarot/palm reading. You will find that this course will bring more depth and benefit to your therapies and will help both you and your clients to open up to a deeper awareness of how spirit works with you. You will learn how to connect to your authentic guides and how to receive and understand their messages. You will learn some simple tried and tested meditation techniques that will make it easier for you to open up to your natural psychic abilities. You can learn how to communicate with spirits and understand how angels can help you on your journey. Learn how to pick up messages using Psychometry and with plenty of exercises included to help you develop your skills you will soon be in a position to use and connect with universal energy for the benefit of yourself and others.

Some of the things you will learn: -

- Spiritual Development
- Mediumship
- Science & Spiritualism
- How to dowse using a pendulum
- Meditation for development
- Psychic Exercises
- How to connect with your guide
- How to receive & understand messages
- Psychometry
- Tips when reading for clients & how to connect to their guides
- Working with your guides to assist others
- Learn how to Channel
- Trance Mediumship

Who employs Holistic Therapists?

More and more people are using holistic therapists in Hospitals, Nursing Homes, Business, the Beauty industry etc.....

There are now more than ever lots of private practices opening and people's attitude toward this type of healing and treatment is more open than ever before.

With the stress of every day life people are turning towards holistic healers to help them where conventional medicine has failed.

We hope you have enjoyed learning about runes. If you have enjoyed this course why not download our free aura/chakra course which incorporates colour, chakras and energy.

The School of Life Studies are accredited by the International Practitioners of Holistic Medicine so you can be assured that you are trained to the highest of standards.

Start a new career today

Visit www.lifestudys.com