

Rune	Name	Meaning	Keywords	Reversal
ƒ	Fehu	Cattle	material success, wealth, abundance, fertility	materialism, greed
ᚱ	Uruz	Ox	personal power, strength, freedom, vitality	overbearing, unchecked
ᚦ	Thurisaz	Thorn	internal protection, caution, cleansing, defense	self harm, paranoia
ᚹ	Ansuz	Estuary	communication, message, connection, revelation	gossip, failure to listen
ᚷ	Raidho	Wagon	life's journey, transition, road, change, travel	undirected, fear of change
ᚫ	Kenaz	Torch	knowledge, information, skill, clarity, improvement, inspiration	ignorance, confusion too much information
ᚷ	Gebo	Gift	reciprocity, exchange, relationships, balance	NONE
ᚢ	Wunjo	Joy	happiness, good result, fun, satisfaction	sadness, aimless
ᚨ	Hagalaz	Hail	destruction preceding rebirth, renewal	NONE
ᚦ	Nauthiz	Need	urgency, essential, duty, restraint, requirements	NONE
ᚱ	Isa	Ice	stability, stagnation, unchanging, constant	NONE
ᚷ	Jera	Year	harvest, cycles, change, repetition, work/investment produces results	NONE
ᚹ	Eiwaz	Yew Tree	physical-spiritual connection, mystical, ritual	NONE
ᚷ	Perthro	Dice Cup	chance, fate, embracing the unknown, womb	chaotic, uncertainty
ᚹ	Algiz	Elk	protection, security, patronage, instinct	insecure, trapped
ᚦ	Sowilo	Sun	success, triumph, vitality, power, health	NONE
ᚹ	Tiwaz	Glory	leadership, goals, self-awareness, authority, male	conflict, selfishness
ᚢ	Berkana	Birch Tree	nurturing, healing, care, growth, birth, female, divine mother	family issues, neglect lack of self-care
ᚱ	Ehwaz	Horse	trust, partnership, loyal, progress, teams	lack of trust or progress

ᛞ	Mannaz	Humanity	people, community, society, identity, true self, traits/gifts that make us human	inhumanity social pressure
ᛚ	Laguz	Lake	emotions, subconscious, revelation, spirituality, excavation, uncovering what is hidden	too emotional overwhelmed
ᛞ ᛚ	Ingwaz	Seed	beginning, essence, sprouting, potential, ideas, inner self, the root of the matter	NONE
ᛞ	Othala	Legacy	inheritance, responsibilities, home, family	rigidity, pressure
ᛞ	Dagaz	Day	opportunity, optimism, awakening, thresholds, light overcomes darkness, transformation	NONE

English Letter / Rune Equivalent

Notes:

It's optional to use the same rune for each English vowel or to differentiate between long and short vowels. Follow your preference to skip silent letters and use diphthongs or to transliterate every English letter.

English	Rune	Name	Pronunciation / Transliteration Notes
A	ᛅ	Ansuz	
B	ᛃ	Berkana	
C	< ᛚ	Kenaz Sowilo	Use Kenaz for hard C (Carolyn) Use Sowilo for soft C (Cecilia)
D	ᛞ	Dagaz	
E	ᛚ ᛞ	Isa (Eee-saw) Ehwaz (Aa-waz)	Use Isa for long E (Evelyn) Use Ehwaz for short E (Ethel)
F	ᛚ	Fehu (Feh-hu)	
G	ᛞ	Gebo	Hard G (Giselle), can use Jera for soft G (Gerald)
H	ᛞ	Hagalaz	
I	ᛚ	Eiwaz (I-waz)	Pronounced long I (Ivan), can also use for short I (Israel)

J	⚏	Jera (Yeee-ra)	Jera can used for Y or J
K	<	Kenaz (Key-naz)	
L	⌆	Laguz (La-gooz)	
M	⌚	Mannaz	
N / NG	⌆ ⚏	Nauthiz / Ingwaz	Use Nauthiz for N (Nell) and Ingwaz for NG (Ingrid)
O	⚔	Othala	Pronounced long O (Odelle), can also use for short O (Olive)
P	⌚	Perthro	
Q	< ⌆	Kenaz-Wunjo	Combine Kenaz-Wunjo for 'KW' sound
R	⌚	Raidho (Ride-ho)	
S	⌆	Sowilo	

T / TH	⌆ ⌚	Tiwaz / Thurisaz	Use Tiwaz for T (Tom) and Thurisaz for the TH (Thorne)
U	⌚	Uruz (Ooo-ruz)	Pronounced long U (Uriah), can also use for short U (Uthelbert)
V	⌆	Wunjo (Wun-yo)	
X	< ⌆ ⌆	Kenaz-Sowilo or Algiz	Use Kenaz-Sowilo when pronounced KS (Alex) Use Algiz when pronounced like Z (Xavier)
Y	⚏	Jera (Yeee-ra)	
Z	⌆	Algiz	

* Interpretations and equivalentents are the intuitive work of Spiritsaid, based on traditional and modern sources.