

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
ᚨ	Gebo	Gift	reciprocity, exchange, relationships, balance	NONE
ᚢ	Wunjo	Joy	happiness, good result, fun, satisfaction	sadness, aimless
ᚼ	Hagalaz	Hail	destruction preceding rebirth, renewal	NONE
ᚤ	Nauthiz	Need	urgency, essential, duty, restraint, requirements	NONE
ᚱ	Isa	Ice	stability, stagnation, unchanging, constant	NONE
ᚲ	Jera	Year	harvest, cycles, change, repetition, work/investment produces results	NONE
ᚱ	Eiwaz	Yew Tree	physical-spiritual connection, mystical, ritual	NONE
ᚮ	Perthro	Dice Cup	chance, fate, embracing the unknown, womb	chaotic, uncertainty
ᚷ	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

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

English Letter / Rune Equivalent

Notes:

Please follow your instinct about the level of rigor / specificity that makes you happy.

It's perfectly fine to use Ansuz for all letter A's or differentiate long A/short A if that pleases you.

You can transliterate every letter or skip silent letters and use diphthongs.

“Faith” could be transliterated 𐌸 𐌺 𐌹 𐌸 𐌺 [FAITH] or 𐌸 𐌺 𐌻 [FA(TH)].

English	Rune	Name	Pronunciation / Transliteration Notes
A	𐌸 / 𐌰	Ansuz Ehwaz (Aa-waz)	Use Ansuz for short A (Andy) Use Ehwaz for long A (Abraham)
B	𐌪	Berkana	
C	< / 𐌺	Kenaz Sowilo	Use Kenaz for hard C (Carolyn) Use Sowilo for soft C (Cecilia)
D	𐌻	Dagaz	
E	𐌺	Isa (Eee-saw)	Some use Isa for long E (Evelyn) and Ehwaz for short E (Ethel)
F	𐌶	Fehu (Feh-hu)	
G	𐌷	Gebo	Hard G (Giselle), can use Jera for soft G (Gerald)

H	ᚺ	Hagalaz	
I	ᚦ	Eiwaz (I-waz)	Pronounced long I (Ivan), can also use for short I (Israel)
J	ᚷ	Jera (Yeee-ra)	Jera can used for Y or J
K	ᚫ	Kenaz (Key-naz)	
L	ᚠ	Laguz (La-gooz)	
M	ᚱ	Mannaz	
N / NG	ᚢ / ᚩ	Nauthiz / Ingwaz	Use Nauthiz for N (Nell) and Ingwaz for NG (Ingrid)
O	ᚬ	Othala	Pronounced long O (Odelle), can also use for short O (Olive)
P	ᚰ	Perthro	
Q	ᚫ ᚰ	Kenaz-Wunjo	Combine Kenaz-Wunjo for 'KW' sound
R	ᚱ	Raidho (Ride-ho)	
S	ᚱ	Sowilo	

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

Z	Ʒ	Algiz	
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* Interpretations and equivalents are the intuitive work of Spiritsaid, based on traditional and modern sources.