



### 3. THURISAZ

**Do not get drawn into unnecessary drama. There are many sides to every story, so make sure you research a situation thoroughly before making a decision. Ignorance is no excuse. Choose wisdom and remove the old thorn in your side. Choose the positive flow of enthusiasm, fecundity and passion, rather than aggression, small-mindedness and force.**

*I am the hammer of wisdom:  
I smash ignorance,  
Exploding smallness,  
Expanding outwards,  
The thorn no longer in my side.  
I am Thurisaz.*

Thurisaz (pronounced, “thoor-ee-saws”) is part of the Elder Futhark. Although often referred to as a “thorn”, this rune more accurately represents Thor’s hammer, Mjölnir, and the god

himself. Thor, a protective figure, who defended Asgard from the giants, is the hero one calls upon to fight for freedoms and balanced expansion.

The hammer can easily be misconstrued as a dull brute of a weapon, but in this case the hammer is used to smash ignorance and small mindedness, as well as clear away untruth. There is a solidity that Thurisaz requires, an acknowledgement that we have the wisdom and tools we need within us – that we do not always have to look outward for validity.

Thurisaz suggests that courage may be needed to overcome our hesitancy to strive for greater creativity or prosperity. Both self-sabotage and chronic procrastination are challenges for many. Thurisaz gives us the confidence to break through these forms of fear with passion and gladness.

**Reversed:** Beware of those who hold a smaller vision of life than you do – and of those who may envy your dreams or vision. You may need to undertake more research before you make a key decision, otherwise the result may be quite detrimental to you or your business. Ignorance is no excuse. Do your due diligence. Be aware of being heavy-handed or pushing people too hard, as this will only backfire.

**Element:** Earth, Fire



## 4. ANSUZ

**Improved communication, clear thinking and wise action are all of great importance, now. Do not deny what someone or something really is in favour of a kinder perspective. Find order in chaos. We have inherited both positive and negative aspects from our ancestors, and it is useful to know both. The universe is conspiring to open up new ways for you.**

*I inhale.  
I am filled with your divinity,  
The spark of all that is.  
Awareness floods ignorance.  
My blood sings in recognition.  
I exhale  
The chaos and stagnancy.  
I am Ansuz.*

The great Allfather Odin breathed life and inspiration into each and every human. The Norse believed that our intellect and life

began in the very first inhalation after birth and ended with the final exhale at death. So every breath was a gift from the gods and the universe itself. The nature of this gift of air was Ansuz.

Ansuz, (pronounced, “awn-sooze”) a rune from the Elder Futhark, concerns itself with all aspects of communication – from listening to thought to speech. But its key relates to the energy behind that communication. Ansuz asks that we communicate with clarity, honesty, accuracy and with some order. The Norse understood that the world was chaotic and dynamic, but to name things, to describe them well, gave the world some order and stability, which was useful at all levels of experience.

Listening to our own intuition and the messages of the higher powers, including ancestor and divine energies, is also part of the message, here. We have inherited the blood of countless ancestors, known and unknown, and with it their life force and physicality. It is not enough to believe that we have the blue eyes of our grandmother or the hands of our great-grandfather. It is also important to understand that we have the bravery of the first and the ability to build of the second. Yet, too, we may have inherited negative aspects of a forebear, and we must name these, as well, to bring balance to our lives.

**Reversed:** Ansuz reversed indicates either a lack of critical thinking or outright dishonesty. You or someone around you is not seeing a situation accurately or is denying the existence of something that is evident to everyone else. Denial, and the refusal to name something so that you can change it, is central to Ansuz reversed. If this refusal continues, the situation will deteriorate further. Liberate yourself with honesty and plain speech.

**Element:** Air



## 5. RAIDHO

**Your joys are signposts to your purpose and destiny. The journey is as important as the destination. Focus on the now, rather than the burdens of the past or the unrealised future. Stretch. Aim for new horizons. Work with the rhythms of life, not against them.**

*As the wheel turns,  
I am at the centre, seeing all things  
As they are, right now;  
Being within each step,  
Free to choose,  
Blue sky, green fields.  
I am Raidho.*

With lives deeply connected to the seasons, the Norse were more mindful of the “now” of life as it rhythmically unfolded than are we. They ate, lived, travelled and even raided according to

the seasons. Raidho (pronounced, “ride-ho”), a rune that is part of the Elder Futhark, reminds us to focus on every aspect of the now. Doing so will make each day rich and full of wisdom and awareness.

The Vikings were adventurers and pioneers. They travelled great distances, and understood that their journeys were to be as treasured as their destinations. In keeping with this concept, Raidho asks us to focus on every precious step of our own personal journeys and not to concern ourselves too much with what might happen in the future or what has happened in the past. In fact, Raidho suggests we unburden ourselves of the weight of the past entirely and step into the new unencumbered, so as to make the journey both easier and more joyful.

By asking us to ride the natural flow, Raidho offers an energy of personal freedom. If we reject others’ time frames for us, their unreasonable expectations and their opinions and, instead, look to our own sense of timing and our own feeling of the rightness of that to which we are drawn, we will experience the space and freedom to choose wisely and without excessive anxiety.

**Reversed:** Be mindful: You are living too much in the past or in the future. We must make good decisions now. We may have placed too much emphasis on our goal or destination and pushed aggressively to get there at any cost. What happens if we actually don’t like where we have ended up? What if the price of the goal was too high to enjoy the results? Eat and act according to the rhythm of the seasons. Be a part of nature, not apart from nature.

**Element:** Earth, Air