



Summer of Runes

by Ann O'Keife



Inguz



Dagaz



Othello



Fehu



Uruz

THE WORD RUNE MEANS TO 'WHISPER'. Our ancestors, the ancient Celts and Anglo-Saxons, would tell stories and recite poetry to teach people the inherent wisdom and knowledge contained in these 24 angular symbols. Odin, the All Knowing One and Shaman/Mortal, brought humanity the Rune symbols, in order to transcend the illusion of separation and connect us with All That Is.

Today the Rune symbols can be accessed for spiritual, emotional, physical and mental wellbeing and development, as well as being a wonderful compass for our modern lives.

The 24 Runes are equally divided into 3 Aetts, or families, of 8 Runes.

The first Aett is concerned with our Conscious existence on Planet Earth. How we look after our physical wellbeing, how we communicate and express ourselves; in essence how we work, rest and play.

The second Aett is concerned with the Unconscious realms. Carl Jung, the psychologist, was a great advocate of Runes and how symbolism influenced human behaviour; inner beliefs and our actions. This Aett uncovers the hidden to be made conscious. That may be overcoming fear; healing the past or discovering our inner talents and gifts.

The third Aett is one of transformation. How we integrate the conscious and unconscious in order to transform, grow and ultimately evolve.

Each Rune has an active theme every fortnight. Runes are entwined with the elements, animal totems, crystals, plants, trees and essences. Each Rune has its own deep poetic tale. This means that the Runes, like astrology, have an influence which of course can affect individuals, groups, and organisations in varying and diverse degrees. With this understanding, we can support ourselves on all levels and navigate our existence in harmony, peace and balance.

For the summer period, we complete a cycle in the transformational Aett before beginning anew at the end of June, just after the Summer Solstice.

Transformational Aett

Inguz

Active theme 14th-28th May.

The Rune of Integration, birth, new beginnings. May be timely to move home, plan new ideas and projects, and procreate. This is the void of all possibilities. Be a gardener in your own life. And be patient.

Dagaz

Active theme 29th May-14th June.

The Transformation Rune, connected with butterflies. Balance the brow chakra, the left and right hemispheres of the mind and the inner masculine and inner feminine. Be open to co-creating with the wisdom of the Divine and your higher self.

Othello

Active theme 14th-29th June.

The Home Rune. Honour your family, your roots, the past – yet be fully who you are in the present. Receive your true inheritance. Whether that is prosperity, property and the inherited gifts that we all possess. Then we can truly share with kith and kin.

Conscious Aett

Fehu

Active theme 29th June-14th July

The Passion Rune. Fehu is fiery and activates our base chakra. This is the Rune of passion, purpose and prosperity. Our ancestors had moveable wealth in cattle and livestock, in modern times it can be our phones and laptops! Refocus on balancing work, discovering passion or igniting it anew. Balance your finances. Use this energy to get moving and take positive action.

Uruz

Active theme 14th-29th July.

The Rune of the healer. Develop physical and mental strength and flexibility. Care and nurture others whilst always caring for yourself. Healer heal thyself.

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For readings, workshops and talks in Sussex, London and UK visit her website at www.livinglifully.net