

JEREMY R.J. WHITE

SPIRITUAL GUIDE ~ PSYCHIC ~ HEALER ~ TEACHER

FREYR'S AETT



FEHU (pronounced *FEY-uu*)
WEALTH, Cattle, the letter F

The rune is pronounced as FAY-uu, as in when you pay someone some money, you transfer wealth and pay a fee.

The first of all the runes. Its ancient meaning is cattle, which corresponds nowadays to wealth, abundance and prosperity. This is a different sort of wealth to land as cattle can easily be transported. Long ago a man's wealth was measured by how many cows he owned...

The chant to bring wealth and abundance in to your life is ... FEE, FI, FO, FUM and has stayed with us up to the present day in the story of Jack and the Beanstalk. Fehu is also a very good rune to do with fertility and leads to a fruitful situation.

If the stone is reversed, money and abundance will flow away from the client, an unfruitful situation will arise. This is not all bad for something to have value, there is a price to pay and it is this payment that gives it value.



UR (pronounced *URR-az*)
STRENGTH, Ancient Cattle, the letter U

The second rune and means ancient cattle or deceased cattle and it comes from the name of the ancient cattle of Europe, the Auroch.

When our ancestors were still nomadic hunters the aurochs were the equivalent of the Buffalo to the Native Americans. They provided our food, our shelter and clothing. In a reading this symbol represents strength, energy and healing. The unstoppable force of the universe working on your behalf.

If the stone is reversed it can mean illness a drain on resources, a lack of energy.

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THORN (pronounced *THUR-az*)
DEFENSE, Boundaries, the letters TH

Means exactly what it says, a barrier of thorns to protect you or keep you in as you have been pushing the barriers. This rune is also representative of the God Thor and can mean an over excessive defense i.e., swatting a fly with Thor's hammer would be too much force in the situation. It can mean over reaction, snappy or hurtful words which the client instigates.

If Thorn is reversed it is the client themselves who is under attack, either by others or themselves. Energy vampires and energy leaks are signaled if this stone is reversed.



ANSUR (pronounced *AN-suz*)
INTUITION, Answer, the letters A

Means answers and intuition; it is where the word answer comes from in our modern language. All the answers are inside you just have to listen to your intuition. It is the symbol of the mystic and a good rune for a reader to get and work with. This is one of Odin's runes, the rune of insight and knowledge.

If the stone is reversed, the client will not be trusting their intuition and know something is wrong but still do it, hiding their eyes from the truth and going against their instincts.