

JEREMY R.J. WHITE

SPIRITUAL GUIDE ~ PSYCHIC ~ HEALER ~ TEACHER



EHO (pronounced *EE-oo*)

FOCUS, Yew Tree, Archer, the letter Y

The yew tree, the rune of the archer. Just like the bowman you have the target in sight and you can hit the bull's eye every time but you keep missing because you doubt your own abilities. You are your own worst enemy, you seem to like to self-sabotage. It is the circle, things that keep repeating themselves, the circle of life itself.

No reverse meaning.



PEORTH (pronounced *PEE-or* or *PERTH-ro*)

LUCK, Chance, the letter P

Is the rune of luck and chance, the dice cup. A good opportunity comes your way but don't delay or the chance will quickly pass by. You should tell your story and be proud of who you are. Just this once, take a gamble, take a risk because fortune smiles on you.

Reversed, Peorth is bad luck, don't take chances. If an opportunity arises or someone offers you a good deal, leave it at least two weeks before you make a decision, rush in at your peril. Check peoples qualifications don't take anything at face value.

HEIMDAL'S AETT

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ALGIZ (pronounced *AL-gez*)

SELF PROTECTION, Elk, the letter Z

The elk, the rune of self-protection, time to put yourself first. Self-importance is a powerful magic, after all how can you look after others if you don't take care of yourself. This is a time to protect you, with self-love. A mother must take care of herself in order to be able to take care of her kids.

Reversed, put others first or you have been putting others first, a time to give and share your energy. You could be run down after helping out too much.

HEIMDAL'S AETT



SIGEL (pronounced *SO EL - o*)

JOY, Sun, the letter S

Means the sun, joy and wonderment. This is a beautiful run, all will be well, contentment and the happiness. A rune that can undo a more troubling rune, after all how can things be bad when the sun shines down on you. The symbol of Baldr, the youngest son of Odin, he was the god of love and light and now protects you in all you do.

No reverse meaning.