

Rún Valdr

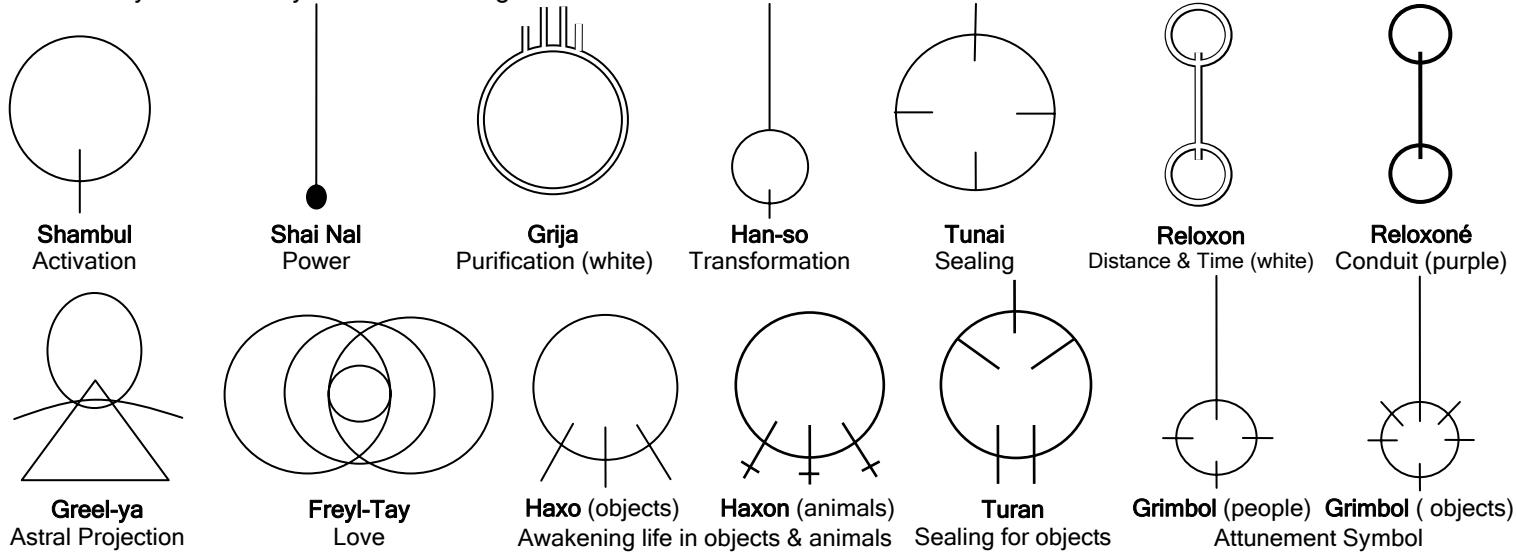
Quick Reference Sheet

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Runes - All runes are to be red or gold in color.

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|--------------------------------|---|--|-------------------------------------|-------------------------------------|------------------------------------|----------------------------|---|
| F | H | P | F | R | < | X | P |
| Fehu - money, increase | Uruz - strength, health | Thurisaz - destruction, active defense | Ansuz - air, communication, Gods | Raidho - travel, one's life journey | Kenaz - fire, creativity, sex | Gebو - gift, reciprocity | Wunjo - joy |
| H | t | I | Jera - year, harvest, proper timing | Eiwaz - death, initiation, backbone | Perthro - fate, one's path in life | Algiz - protection | S |
| Hagal - disruption | Nauthiz - need & necessity | Isa - ice, blockage, manifestation | Mannaz - mankind, consciousness | Laguz - water, subconscious | Ingwaz - potential, storage | Dagaz - day, liminal space | Sowilo - sun, outpouring of divine energy |
| ↑ | B | M | | | | | ❖ |
| Tiwaz - victory, law, maleness | Berkano - earth, beginnings, femaleness | Ehwaz - partner, body | | | | | Othala - home, the known |

Rún Valdr Symbols - All symbols are to be gold or red in color unless otherwise noted.



Activate, or use, runes and other symbols by seeing the image of the rune or symbol and repeating its name silently three times.

Rún Valdr Working - May be used for healing or for magical work.

1. Start with Shai Nal going through person's body (If for healing). Keep this symbol pictured throughout the working. All other symbols will be put inside Shai Nal. Place hands on the second chakra and top of head.
2. Pick M, Γ or M (or any combination of each) to focus on mind, subconscious or body, respectively.
3. Use Han-so to initiate transformation. The circle part should be centered on the second chakra.
4. Use any other symbol or rune as appropriate to the working.
5. State affirmation or purpose of the working.
6. Use Shambul to activate the working.
7. If so desired, use Relaxoné to establish conduit between power source and working. Use Relaxon to set time limit, if desired. If used for distance healing than Relaxon should be the first thing done in the working to make sure the distance, or time, is bridged.
8. Keep visualizing Shai Nal, seeing it emitting a red, pink, or gold light that comes out of the person's skin. Feel them changing.
9. When done, use Tunai to seal the attunement.

Rún Valdr Attunement - 1. Use Grimbul over person with circle centered on second chakra. See person become the symbol.

2. Starting with runes and following with the other symbols, activate and place each one in the circle part of Grimbul. See each rune and symbol slide down the long line of Grimbul to rest inside the circle part.

3. When done, use Tunai to seal the attunement. See Tunai as being very big, entirely covering the Grimbul symbol and the person receiving the attunement.

Making Magical Objects - 1. Use Shai Nal and Haxo on the object to make it alive.

2. Use the second Grimbul symbol the one with the extra lines. This Grimbul is for inanimate objects. See the object become the symbol. Place in Shai Nal and Shambul, followed by any other runes, Rún Valdr symbols or other symbols you desire.

3. Tell the object its purpose, i.e. what you want it to do.

4. Use Relanor to establish a one-way conduit to a power source (sun, moon, elemental planes, another galaxy, the earth, etc.). Tell the object that it may draw on the power from the source as often as it needs and use as much energy as it needs to fulfill its purpose. You may use multiple sources of power.

5. Use Turan to seal the attunement.