

























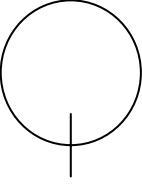

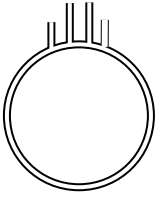

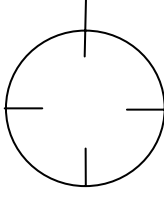


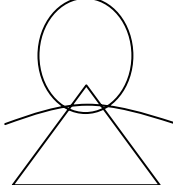
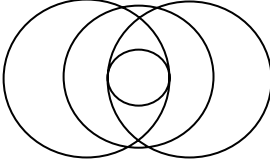
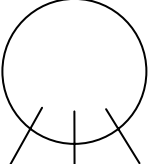
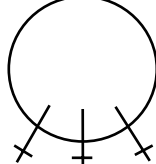
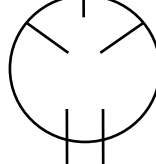
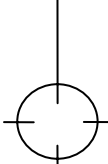
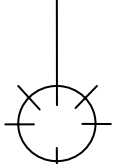
Rún Valdr Quick Reference Sheet

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

							
Fehu - money, increase	Uruz - strength, health	Thurisaz - destruction, active defense	Ansuz - air, communication, Gods	Raidho - travel, one's life journey	Kenaz - fire, creativity, sex	Gebo - gift, reciprocity	Wunjo - joy
							
Hagal - disruption	Nauthiz - need & necessity	Isa - ice, blockage, manifestation	Jera - year, harvest, proper timing	Eiwaz - death, initiation, backbone	Perthro - fate, one's path in life	Algiz - protection	Sowilo - sun, outpouring of divine energy
							
Tiwaz - victory, law, maleness	Berkano - earth, beginnings, femaleness	Ehwaz - partner, body	Mannaz - mankind, consciousness	Laguz - water, subconscious	Ingwaz - potential, storage	Dagaz - day, liminal space	Othala - home, the known

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

						
Shambul Activation	Shai Nal Power	Grija Purification (white)	Han-so Transformation	Tunai Sealing	Reloxon Distance & Time (white)	Reloxoné Conduit (purple)
						
Greel-ya Astral Projection	FreyI-Tay Love	Haxo (objects) Awakening life in objects & animals	Haxon (animals)	Turan Sealing for objects	Grimbol (people) Attunement Symbol	Grimbol (objects)

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 Reloxoné to establish conduit between power source and working. Use Reloxon to set time limit, if desired. If used for distance healing than Reloxon 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 Grimbol 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 Grimbol. See each rune and symbol slide down the long line of Grimbol to rest inside the circle part.
3. When done, use Tunai to seal the attunement. See Tunai as being very big, entirely covering the Grimbol 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 Grimbol symbol the one with the extra lines. This Grimbol 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.