

The Goddess Runes

I first handled goddess runes in 1995. Unlike the Elder Futhark, I felt an instant resonance with this set. I loved taking them out, shaking them in my hand and tossing them on the cloth. And, my readings were good-really good right from the first time.

I believe there were several reasons for my instant attraction. First, there is so much physical interaction with the runes. The Futhark can feel very cold and “mental: while the goddess runes are very female, giving, and warm. Secondly, there is such a history behind these runes-like stepping back in time to the time when rune mages threw their stones on the ground for the client

The Goddess Runes are an excellent tool for in depth exploration of spiritual issues-be it present day issues or past life issues. Seen from such a perspective, even mundane life choices assume a new dimension.

The set is 14 runes, a querent stone (I hold to the convention of 2 separate stones. . . a male and female querent stone) and any items in the pouch that help make it a more sacred feeling set of objects for the person casting the runes. Unlike other rune sets, the querent does not handle the stones. They are “tossed” by the reader. This seems to set them apart more, also, and leads to a tremendous simpatico between runes and reader.

This disk can help you learn to use the set easily.

First, we memorize the runes (it makes divination easier if you do not have to constantly check on meaning) then we will explore some ways of using these runes

THE RUNES



BENEFICIAL GAIN

growth, learning, progress

fire leads into a “seed bag”

passion leads into growth



CHANGE

change, a break, death, transformation

this rune shows Man and god connected



COMFORT

pleasure, ease, joy

here is woman, pregnant, expectant, full of joy and fertility



CONFLICT

war, conflict, quarrels, disagreements

notice that the house rune, WOMAN (security) has taken on an aggressive look.



CONFUSION

muddled, not secure, foggy.

Compare to the CONFLICT rune. This is a house gone to pieces, as the conflict is a house set for aggression.



GIFTS

partnership, good luck, rewards, sexuality

the fire is open in 4 directions-man and God



HOME

house, car, building, tradition

the womb of woman represents security , but this extends (line underneath triangle) to a womb that MOVES. Flexibility.



LOVE

family, the union of man and woman making new lives (children)

can mean anything that includes more than one person- harmony, artistic talent, sexual passion., or “the tribe-“ society as an extension of family.



MAN

boy or man

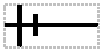
masculine traits; the arms outstretched, the phallus ready to penetrate the womb and create new life



MONEY

prosperity, the ego (the sun)

finances, or work,
the “seed-bag” (testicle)
creativity



NEGATIVITY

problems, danger, lies, worry, jealousy

this is a sword (male) and even the dagger handle can harm. Both ends point out danger. Connected to the “need-fire” of the Futhark, magical connotations also contains the idea of sacrifice-of “giving up “ something, of Christ on the Cross.



PASSION

fire sexual union, spiritual rightness

this is a very female rune.no skirt covering her . openness implies the ability of Man and God or Man and Woman to unite.



UNION

love, man and woman united

male and female principles,
balanced partnership Fertility is implied.



WOMAN

the womb, nurturing, femininity

all things female. Balance to the man rune

WHAT YOU NEED TO BEGIN CASTING RUNES

1. Runecloth

this can be bought or made. A man's handkerchief will do nicely. Any cloth appeals to you will work well: I find a plain cloth easiest to work with.

2. Runebag

anything that will tie tightly and isn't terribly large; there are only 14 runestones and they do not take up much space! A bag that holds your cloth, too, is excellent. A Tarot card box or other small box is an alternative.

3. Runes

Making a runeset.

You can gather stones, small glass pebbles (the kind sold to fill up vases of flowers) pieces of seashell, or pieces of bone or wood to make your runes. They need to be about the same size and weight so that they fall evenly when cast. You will need 16 total: 14 runes, a male querent stone and a female querent stone.

* It should be obvious by now, that our ancestors understood sexuality as sacred and as the basis of the creative fire of the universe. Maybe this seems a little mundane or overly graphic to us in modern times. But the simplicity and wisdom of the Goddess Runes is based on this fundamental view of the universe.*

Choose a stone or piece of wood that is longer overall; somewhat phallic in shape. It is perfectly OK to mix different objects to make your querent stones: a seashell set could have crystal querent stones, or glass stones could have 2 other colors of glass for the querent stones; use your imagination! A female querent stone is normally round.

There is a school of thought that having 2 stones is unnecessary. If this intuitively appeals to you, then choose one stone or crystal or glass marble different from the 14 regular runes

You will need metallic paint, or black paint to paint the rune shapes on the stones.

Craft stores have paint pens that do a good job for the rather fine lines you need to create. Gold or silver works well; black is also nice. You can also use a dremel to

etch lines into your runes if you wish, then paint them. Just copy the 14 shapes above. The querent stone is left blank.

BUYING A RUNESET

**At Rainbow's End
545 Maple Street
Lebanon PA 17046
crystal1@bellatlantic.net
717-272-7900**

**\$15 for the set
\$3 postage and handling**

runes are in glass, colors range from blue to purple to red to pink....comes with one querent stone. (add a male stone if you wish. I use a long tumbled stone or a crystal point.)

CASTING THE RUNES

The runes are held in the hands as you focus on your question. Make sure it is just one question. "will John marry me and get a new job" is not one question. The ATTITUDE of the question matters too. "what will be the result of...." Is a better question than "am I gonna date the cute guy in the bar?"

Runes show patterns in our lives. They are not fortune telling toys!

Now lay the querent stone in the middle of the cloth (to center the energy). Mine never stay put when I toss the rest of the runes, by the way. As you allow the rest of the runes to mix in your hands, you will feel when it is right to gently toss them onto the cloth.

Turn each rune up, making sure you leave it in the same position it fell. There are no reversed runes in goddess runes; it makes no difference which way they face. (For those of you used to casting rune sets and only reading the stones which are face up, that is fine. Keeping a consistent pattern of readings is more important than any one person's "rules." I chose to read all the stones; they can put together quite a story.)

INTERPRETING THE CAST

Get ready for the fun!

your major markers are

- where did the passion stone fall ?(spiritual rightness)
- where did the negativity rune fall?
- are the stones in straight lines or spiral?
- are there any shapes or pictures formed by the runes?
- what is closest to the querent stone

THE MAJOR POINTERS ARE

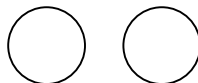
NEGATIVITY
SPIRIT(PASSION)

- What does negativity point to? This will be the area of greatest concern
- Does Spirit fall at the beginning or end of the cast, or next to the querent (you are looking for whether they are on the “right path”)
- Look for breaks or changes, very often the change or death stone will mark the change

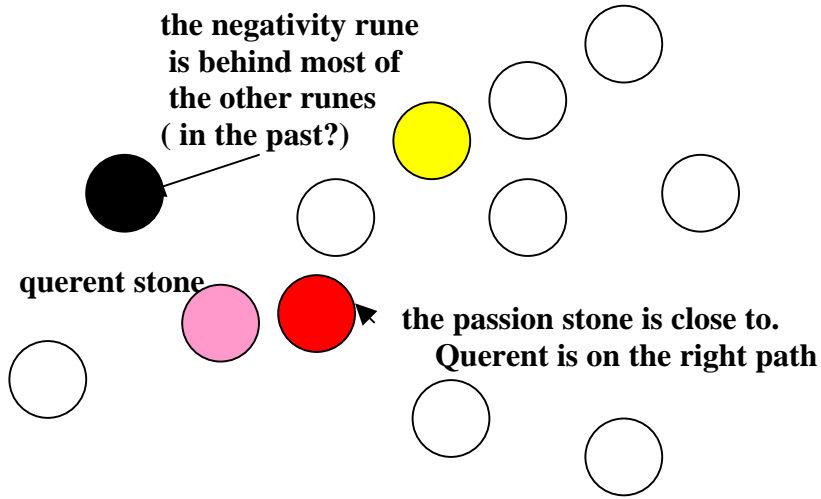
Sample Cast 1

YELLOW is the CHANGE rune
RED is the PASSION rune
BLACK is the NEGATIVITY rune
Querent Stone is pink

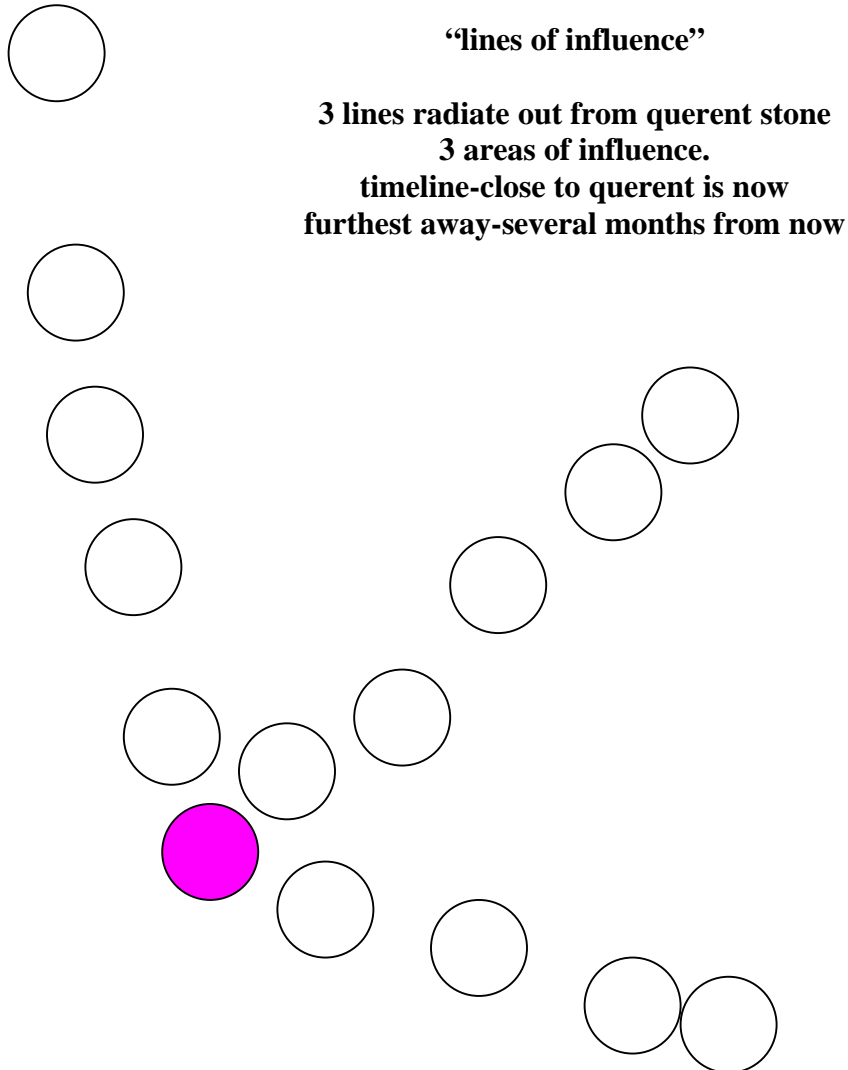
these runes are so far from
the others, they may not be
necessarily included in the



reading at all!



SAMPLE CAST 2



Hope this introduction gets you started. Use your intuition!

Happy Rune Casting!

Bibliography

Goddess Runes; P. M. H. Atwater, 1996. Avon Books, 1350 Way of the Americas; New York, NY, 10019