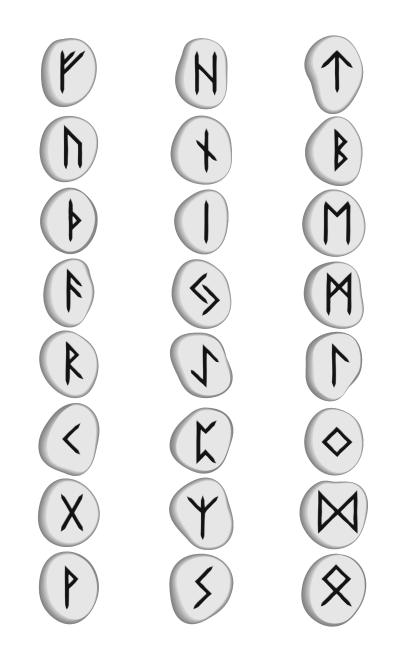
## **Exploring the Runes**

## **Gwyneth Moss January 2024**

Download these slides from <a href="https://efthelps.com/runes">https://efthelps.com/runes</a>

## **The Runes**

- Archetypal symbols of the indigenous people of Northern Europe
- Stone and grave inscriptions, 2000 years old, have survived
- Mostly runes would have been carved on wooden sticks which have not survived
- We don't know how they were used prior to being adopted as an alphabet
- See 'The Goddess versus the Alphabet' by Leonard Shlain



## **Archetypal Metaphors**

- Each of the runes has a norse name and an associated metaphor
- Metaphors of the seasons, of nature and the farming life of the indigenous people, or of the Norse Gods
- Each has deeper layers of meaning which become increasingly subjective with familiarity
- The interpretation is modified and moderated by the surrounding runes in a rune cast

