

the

F U T H A R K

F N P F R <

a guide for magical use by Vervain Helsdotter @vervainandtheroses

F	<u>FEHU</u> (F) growth, abundance	H	<u>HAGALAZ</u> (H) manifestation	↑	<u>TIWAZ</u> (T) justice, victory, what is right
N	<u>URUZ</u> (U) will power, energy, manifestation	+	<u>NAUDIZ</u> (N) need, necessity	B	<u>BERKANA</u> (B) nurturing, mother, earth mother
P	<u>THURISAZ</u> (Th) destroy obstacles	I	<u>ISA</u> (I) stillness, strength of self	M	<u>EHWAZ</u> (E) partnership, reflection, harmony
F	<u>ANSUZ</u> (A) inspiration, throat chakra	↳	<u>JERA</u> (J/Y) harvest, return on investment	M	<u>MANNAZ</u> (M) humanity
R	<u>RAIDO</u> (R) journey, path finding	↓	<u>EIHWAZ</u> (EI) level up, spiritual ascension, personal development	↑	<u>LAGUZ</u> (L) water, life force, life blood, cleansing, moon
<	<u>KENAZ</u> (K) creativity	↳	<u>PERTRO</u> (P) luck, mystery, divination	◇	<u>INGWAZ</u> (Inj) seed, potential
X	<u>GEBO</u> (G) gift/sacrifice, balance relationships	Y	<u>ELHAZ</u> (Z) protection, shield	⊗	<u>DAGAZ</u> (D) transition, transformation
P	<u>WUNJO</u> (W) joy, gathering	⚡	<u>SOWILO</u> (S) success, sun	⊗	<u>OTHALA</u> (O) family, boundaries, inheritance