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F U T H A R K

F N P F R <

a guide for magical use by Vervain Helsdotter @vervainandtheroses

	<u>FEHU</u> (F) growth, abundance		<u>HAGALAZ</u> (H) manifestation		<u>TIWAZ</u> (T) justice, victory, what is right
	<u>URUZ</u> (U) will power, energy, manifestation		<u>NAUDIZ</u> (N) need, necessity		<u>BERKANAN</u> (B) nurturing, mother, earth mother
	<u>THURISAZ</u> (Th) destroy obstacles		<u>ISA</u> (I) stillness, strength of self		<u>EHWAZ</u> (E) partnership, reflection, harmony
	<u>ANSUZ</u> (A) inspiration, throat chakra		<u>JERA</u> (J/Y) harvest, return on investment		<u>MANNAZ</u> (M) humanity
	<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>PERTHRO</u> (P) luck, mystery, divination		<u>INGWAZ</u> (Iny) seed, potential
	<u>GEBO</u> (G) gift/sacrifice, balance relationships		<u>ELHAZ</u> (Z) protection, shield		<u>DAGAZ</u> (D) transition, transformation
	<u>WUNJO</u> (W) joy, gathering		<u>SOWILO</u> (S) success, sun		<u>OTHALA</u> (O) family, boundaries, inheritance