

# Make Your Own Runes

By Rayne Storm Aug. 2009

Studies show that the younger you learn something; the easier it is...that's why cartoons like Nickelodeon's DORA the Explorer, which teaches Spanish - try to influence small children with other languages at a very early age... so it makes sense that learning Runes at a young age would work the same way.... especially since Runes are a language of their own.

## You will need:

- **A Base:** You can use many different bases for your runes...little pieces of wood, smooth pebbles/stones (you can purchase them in your craft department)...Or...you can make your own using Bakeable Clay (like Sculpty)... or for a more hands on experience I have found an a Great Make Your Own Clay. [PARENTS: go to this website: [http://www.mortonsalt.com/household/dough\\_sculpt.html](http://www.mortonsalt.com/household/dough_sculpt.html) for more information about Morton's Salt Playdough. This playdough is Very Easy to make with ingredients right out of your cupboard and than you have the choice to AIR-dry your creations (great for little ones) or BAKE-it (faster, but requires an Adults Help). [NOTE: I personally don't think that the AIR-dry version is as "solid" as the Baked ones...to hold up to children...but you can try it either way.]

- **Paints:** I Strongly suggest Acrylic paints for this project (you can get a pack of cheap acrylics – with 12 small wells for about \$4.) PARENTS: Be sure that your children, and other exposed areas of tables and chairs are Protected...Acrylics are NOT as washable!!! If that is a concern, you can let them use Poster/Tempera Paints, which are washable but doesn't like the clay as well...it may run once you put the protective finish on - depending on how much Poster paint was applied to the base.

- **Protective Finish:** And a Spray top coat, like FolkArt Clearcote Hi-Shine Glaze by Plaid (which is my preference, but by all means use what works for You)

- **Symbols:** You will also need the rune symbols you would like to use... I have included some suggestions for an 8-9 set of Runes for wee beginners. For "Wee-Wee" Pagans I suggest doing Color Runes...this way you can finger paint your own Runes too...you'll love it!!! (Plus you will learn your color associations). For the "Grasshoppers & Bumble Bee" Pagans – SO full of energy...now is a great time to learn the Rune Symbols. [PARENTS: I understand that symbols can vary slightly in looks and meaning too...so please feel free to adjust as needed... I have included the Wyrd or Blank Rune for those who do work with it] For "Pathfinder" Pagans...(teens or so)...

Make 3 separate sets (one of each of the Aetts: Freia, Hagal & Tyr) to make a complete set of Runes... only I suggest you do one set at a time...learn to master and know one set of Aett...than add to it the next set of Aett...master the set of 2 before adding the last set of Aett to master. For anyone looking to do a set of Witches Runes, Pooka has a wonderful set at: [http://www.pookapages.com/Witchs\\_Runes.htm](http://www.pookapages.com/Witchs_Runes.htm)

- **FOR PARENTS:** please see my website <http://thecauldron.info/p-projects.html> for an easy pattern to make rune bags and casting cloths.



# MAKING THE RUNES

Start Here, Unless you are using wood or stones...

-- Make a bunch of little round balls (about half the size of a small rubber bouncy ball) – and it never hurts to make a few extra just in case.

-- Now press your thumb into the top of the clay ball, to leave a small impression while flattening down the ball. This will also give you a “flat” surface to paint your Rune symbol.

-- DRY Your RUNES. [Depending on your foundation...BAKE or AIR-Dry your creations...if you bake them I suggest you foil line your pans!!] Make sure your Runes are completely dry before going on.

Start Here, IF you are using wood or stones...

Continue on here, if using a clay type foundation...

-- Now ...it's time to paint. For the Wee Pagans...most likely using Poster Paints...place your colors on a paper plate (one at a time if necessary) then put your thumb or fingers into the paint and press it onto your Runes. (Diaper Wipes make for easy finger/table clean-up) For older Pagans, using Acrylics...practice your symbols first...trace your runes onto a piece of Cardstock (so the paint won't run through) then paint your symbols on the cardstock...once you are confident, copy the symbol onto your Rune...this is why it never hurts to have extra Runes.

FOR PARENTS: After the paint dries (no matter your base: clay, stones or wood) you really should spray a sealer on them...it also helps to keep the symbol from peeling or rubbing off. Line a Shallow pan (so you can move them if necessary) with Aluminum Foil...lay out your Runes and apply a THIN coat (I can't stress that enough) – let dry – Repeat THIN coat - you will need a couple of layers...Applying the coat too thick can leave runs on your Rune or you will seal them to the Aluminum foil!! DO NOT SPRAY IF THE HUMIDITY IS HIGH – because they will never dry!! After applying the coat and letting it set a little while...nudge the Runes gently to make sure they aren't sticking to the Aluminum foil. Once the top of the Runes have a few coats of sealer and dried completely - you can flip them over and put a sealer on the bottom of the Runes, or not...your choice.

Now Consecrate your Runes. Either by family tradition or by your own means...or this is my suggestion: Have a PARENT light some incense of your choice...maybe it's your favorite (I consecrate most of my personal items in Rain...but my boys like Sandalwood) or an incense that corresponds with the purpose of your creation. Now hold your creation in your hands and hold it out in front of you. NOW PARENTS: CAREFULLY pass the incense smoke over and around your child's hands and creation while THEY say something like:

For this I made  
with my two hands  
With purest thoughts  
to serve me well.  
So it shall be! (or) So mote it be!

## USING YOUR RUNES:







Hold your Runes (in their bag), in your hands...Ask a clear question (in your mind or aloud)...Now draw 3 Rune, for easy quick questions or 3 Runes for “bigger” questions...the first Rune will represent the Past, the Second drawn will represent the Now, and the Third is the Future that can be.










Or you can “breathe-in” your Runes...especially helpful when you need a little extra luck or bravery! Hold the desired Rune in your cupped hands, think about the Rune and its gift you are about to breathe in...for example, say you need courage...hold the Tiwaz in your hands...now close your eyes and see yourself feeling brave, be-

ing brave...standing up against whatever scares you...now take a deep breath IN (through your mouth) take in as much as you can...close the Rune in your hands and breathe out through your nose. Feel the Courage, surge through you. Keep the Rune in your pocket, as needed. Be sure to thank the Gods before putting the Rune back with the others.

## MY SUGGESTIONS:

Print off these Reference Cards to keep with your Runes or make your own Reference Card.

<p>Using your Runes. Hold your Runes (in their bag) in your hands... ask a clear question (aloud or in your mind)...Now draw One Rune... for a simple answer...or you may want to draw three ...the 1st is the Past, the 2nd is the Now, and the 3rd is the Future.</p>	<p>WRYD</p> 	<p>What you seek is Destiny or Fate</p>
	<p>URUZ</p> 	<p>THURISAZ</p> 
<p>You can also 'Breathe in' your Runes. If you need courage... hold the Tiwaz Rune in your hand, think about the courage you need, now breathe in the Rune... carry it with you to use as needed.</p>	<p>RAIDHO</p> 	<p>For CREATIVITY</p>
	<p>WUNJO</p> 	<p>For GOOD LUCK</p>
	<p>TIWAZ</p> 	<p>For HEALING</p>

<p>BLACK</p> 	<p>ORANGE</p> 	<p>for COURAGE</p>
<p>RED</p> 	<p>GREEN</p> 	<p>for GOOD LUCK</p>
<p>YELLOW</p> 	<p>PURPLE</p> 	<p>for PROTECTION</p>
<p>BLUE</p> 	<p>WHITE</p> 	<p>for PEACE</p>
<p>PINK</p> 		<p>for LOVE</p>