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**Fehu  
Upright****Honesty**

The sacred hand mirror of truth now lies in front of you. Pick it up in silence and, without fear, look into your present situation. Ask if you are being honest, first with yourself, and then with others. To be honest with one's self is where all healing begins.

If you are only now learning the simplicity that is born of true Honesty, take a moment to remember the very first time you admitted to yourself or to another the depth and truth of your feelings. Be grateful for the relief you felt and the wisdom you gained by laying down the burden you had carried for so long.

For some, drawing this Rune is a sign that the days of hiding from yourself and from others are over. If, however, those days are still upon you, meditate on Shakespeare's poignant words, *This above all: To thine own self be true.*

Honesty opens locked cupboards in the heart. Being honest is one way of relieving the pain. If you find that speaking the truth is still difficult, perhaps the very reason you received this Rune is to remind you to ask God for the courage to try again.

Consider, if you will, Honesty's position on the Circle of the Runes. Between Boundaries and Serenity, the Oracle is saying, lies the frontier of Honesty. Once you reach this place, life is easier, for it takes less effort to be honest than dishonest. When you deal honestly with life, your body and your heart will create Boundaries for you — Boundaries that support you while you take the steps to change — and step by step, Serenity will become an ever greater part of your life.

Receiving this Rune, you are reminded that there is less of everything — less hope, less trust, less faith, less to life itself — without rigorous Honesty. The moment has come, this Rune is saying, to make a searching and fearless moral inventory of your feelings, your ways of thinking and your actions. And to remember that, when Honesty goes, it takes Serenity with it, for the seeds of the courage to heal can only grow in honest soil.

It has been said that among the attributes of the well-nourished self are the ability and the willingness to nourish others. Honesty nourishes the soul even as it fosters healing.

As the years go by and the course of our life changes, it is the ability to be honest with ourselves that provides us with the opportunity to teach the next generation that there is both honor and power in speaking the truth.