

**10**  
**Algiz**  
**Reversed**



**Boundaries**

**Heart in the Past (Overview):** Respect and protection for your feelings, your health and your well-being are almost always at issue when you receive the Rune of Boundaries. Calling as it does for drawing lines and setting limits, this Rune announces that the time has come to provide yourself with healthy and appropriate Boundaries within which you can heal.

Perhaps the challenge you are now facing requires the courage to say no to something that no longer has a place in your life. Boundaries and walls are very different things. As you decide what to accept and what to reject, you will learn to live feeling protected, and yet free of walls.

Drawing this Rune can be an affirmation: *Setting appropriate limits creates freedom.* Cherish your ability to do this, since good Boundaries are essential to developing healthy feelings about yourself. In the Circle of the Runes, healthy Boundaries always bear witness to the fact that someone has courageously undertaken the journey from Denial to Honesty.

When we were younger, the word “boundary” meant limitation. With the maturity of time, we can recognize that good Boundaries create safe harbors in which to change, to heal and to grow.

Receiving this Rune is a reminder to run a reality check.

Are the Boundaries you have established being recognized and respected? On the other hand, are you being sensitive in respecting the Boundaries of those you love and those with whom you work: your family, your friends, your colleagues and *especially* your children?

Like well-tended gardens, sound Boundaries need attention and care, for without well-maintained Boundaries, there can be no safe passage to a new life.

Let it be said this way: Family values crumble and fall away without the support of healthy Boundaries. In their absence, our ability to teach our children to respect us and each other is weakened. Good Boundaries provide a shade tree, a learning tree, under which our children and our children’s children will gather the knowledge that they will then pass on to future generations.

14  
Kano  
Upright



**Acceptance**

**Heart in the Present:** This is a Rune of major blessings, blessings received and blessings bestowed. Acceptance forms the foundation for loving yourself. Before you can rebuild your life, you must come to know the peace that accompanies self-acceptance, for out of that peace arises the wisdom and the willingness to greet each day with a quiet heart.

In the circle of God's wisdom, Serenity and Acceptance are linked by Patience. Serenity and Acceptance are twins. Yet, as with all twins, one must be born first, one second; one leading, one following. To be a happy second twin is to understand the true nature of Acceptance. Therefore, waste not a moment to invoke the Serenity Prayer:

*God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

Whatever may be troubling you, this Rune is saying, know that the time has come to accept what you cannot change, especially if it has caused you confusion, sorrow or pain. To do so restores to you the power to change what you can. If you feel the pain is too great, you may need to turn to prayer in order to find your way to Acceptance. And yet sometimes it is unwise to pray away the pain, lest the understanding to be gained on the far side of pain be prayed away, too.

For it is the gradual Acceptance of the feelings and memories of the past that enables us to change. And while you may be unable to alter your present situation, what you *can* do is transform your response to that situation. Herein lies your freedom — a freedom that will, in time, permit you to move on.

Remember that you are a human being, this Rune is saying. Embrace your imperfections and know that you can set a new course for your life, one degree at a time, one day at a time.

Here is a thought so simple that it might seem trivial, and yet it lies at the heart of Acceptance: *Where you are now is just fine, because that's where you are, and you have a perfect right to be there.* Anyone who is reluctant to support you in being where you are, at this moment, is no friend of Acceptance.

For until we can teach our children the power of Acceptance, there is neither the possibility for lasting change, nor any hope to alter the course of human events in the years to come.

*Receiving this Rune calls for gladly giving up the old and being prepared to live, for a while, empty, while you wait for the new to become illuminated in its proper time.*

24

**Sowelu  
Upright**



**Compassion**

**Appropriate Action:** It has been said that when we have Compassion for one another, we shall be of one mind. For in living a compassionate life, we are practicing the Presence of God in a simple and universal way. Drawing this Rune reminds us to take time to show Compassion to those we meet along our way.

Many of Compassion's qualities are found in other Runes. They shine in Forgiveness, Trust and Love, all of which weave together in the Wholeness to which our nature aspires.

If a family member or friend is sick or sorely troubled, drawing this Rune indicates an opportunity for you to show your Compassion through service.

For some, receiving this Rune calls for a profound recognition: admitting to yourself something that you have long denied. At such a challenging time, remember to have Compassion for yourself.

If you are involved in physical healing, notice that in the Circle of the Runes, Compassion lies between Fear and The Divine. As if to say that Fear, passing through the prism of Compassion, is transformed into the energy and radiance of Love.

To the compassionate self, this Rune is a gentle reminder that the journey to wholeness is just that, a journey. Along the way, in your meditations and your prayers, ask to see the world through compassionate eyes.

7

Nauthiz  
Upright

Shame

**Obstacle (Surrender):** Shame from the past throws a shadow across today's sun. How long have you been a child of Shame, standing alone outside the schoolyard fence, watching the other children as they play?

Drawing this Rune signals a time when the Shame you have lived with for so long can be understood and healed, dissolved into memories and pictures that belong only to the past.

Many of us still carry the feelings of chaos and uncertainty from a home where no one listened and boundaries were seldom or never honored. Wherever you are in your recovery, take a few moments to remember the first time you recognized the source of your pain. It is our feelings of Shame that damage trust and sabotage self-acceptance. For this reason, facing both known and secret fears is an essential part of healing the Shame that has bound you to your past.

For some, receiving this Rune acknowledges that you have arrived at a place in your recovery where you possess the clarity, the strength and the will to heal your feelings. You are being called to finally open the sealed rooms of exhaustion, aloneness and fear in which you have been living for so long.

Take comfort from this: When the time is right, you will find the courage to tell just one person what happened — just one. This Rune teaches that a new life is possible, and that you are indeed learning how to live that life.

Imagine a day when you are free from all feelings of Shame. A day when you are no longer suffering from the painful experiences of your childhood, or feeling wounded by the betrayal of those to whom you looked for the guidance that never came. Realize that you have survived your pain, and honor yourself for your commitment to the healing journey. For it is one of self-acceptance, self-love and self-care. A noble journey out of the shadows and into the Light.

2

Gebo  
Upright

Trust

**New Situation (Opportunity):** This is a Rune of restoration. It calls for the rebuilding of belief in yourself, in your life and, if you have fallen away, in your relationship with the Divine.

It has been said that faith is not belief without proof, but rather Trust without reservation, and that Trust, when cared for and respected, encourages the self to blossom. Trust is divine medicine.

For some, drawing this Rune asks you to show Trust in a present situation. For others, it calls for embracing the changes you are facing with Trust and wisdom.

If this Rune applies to your relationship with yourself, know that love grows when Trust is present. And in relationships of the heart, remember that *I love you* and *I trust you* are two stones for crossing the same stream.

On the other hand, if Trust is lacking in your life, consider what you can do to restore it, or to create it where it never was. For Trust is the foundation upon which we build our lives and do God's work in the world. However oppressive or painful the moment may seem, this Rune urges you to have faith and to know that, as you heal, you *will* be able to trust again.

Look at it this way: Each time you face the issue of Trust, you are being asked to grow. When you push through your fears and trust your feelings, you do grow — and Trust grows in you.

Receiving this Rune, you are encouraged to take the first step, to reclaim the lost Trust you once cherished and thrived upon. We are born to live our lives in Trust. Let no one tell you differently.

*Know thyself* was the counsel of the Oracle at Delphi in ancient Greece. Now, at the close of the twentieth century, to those wise words let us add: *Trust and heal thyself*

Persevere in your journey, and trust in your healing process, for both are uniquely yours and as individual as fingerprints and snowflakes.

Whenever this Rune comes to you, remember the wise teacher, the one that speaks from the silence within us. *The breath of heaven is everywhere Trust is.*