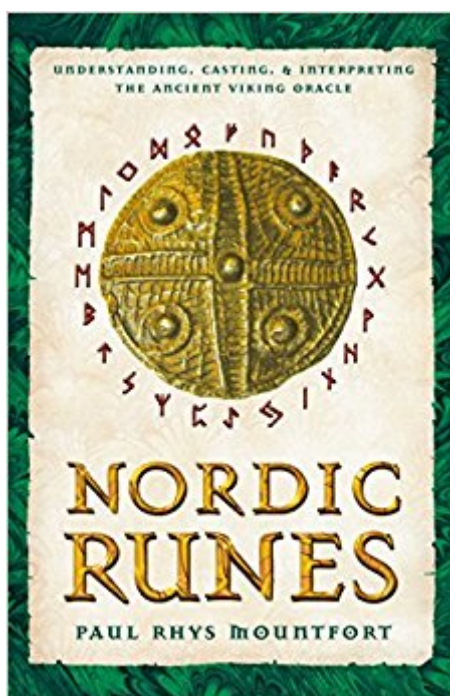


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# Nordic Runes: Understanding, Casting, And Interpreting The Ancient Viking Oracle



## Synopsis

A comprehensive and practical guide to the ancient oracle based on the runic alphabet of the Norse

- Reveals the symbolism and divinatory significance of the 24 rune "staves"
- Provides clear instructions on how to craft your own rune stones
- Explains the role of runes in the Norse wisdom tradition and its influence on such works as Tolkien's Lord of the Rings

Nordic runes are a potent and profoundly transformative magic system that gives contemporary readers access to the ancient wisdom tradition of Northern European cultures. The runes have deep resonances within the pagan Norse world of gods and goddesses, giants, dwarves, warriors, and wizards, which have greatly influenced the work of J.R.R. Tolkien, among others. Norse tradition attributes the discovery of the runes to the "All-Father" Odin--a god of inspiration and secret wisdom and the mythical prototype for runecasters, who established the pattern for gaining his knowledge.

Nordic Runes addresses three major areas: Runelore, the history of this 2000-year-old Norse oracle; Runestaves, the meaning of the individual runes of the Elder Futhark alphabet and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive guide to the oracular application of the ancient runes, including their crafting, divination, and self-development. As Nordic Runes shows, the runes do more than simply reflect the path of fate; they help develop and enhance intuition. By learning to cast and interpret the runes, the user becomes receptive to the energy currents in material reality and empowered in the arts of its transformation.

## Book Information

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## Customer Reviews

"More than just a clinical textbook on rune work, this book was a pleasure to read. . ." (Roxanne, The Beltane Papers, April 2004)"The runes have an entire mythology and history, all of which is meticulously explained in Paul Mountfort's Nordic Runes." (Dell Magazines, October 2003)"Nordic Runes by Paul Rhys Mountfort serves as an excellent guide for those wishing to understand and utilize the runes. . . . His tome is comprehensive and rests firmly on a solid foundation of scholarship. It is also user friendly and fun to read." (Thor the Barbarian, Nemeton, Jan 2006)

**DIVINATION / NORSE MYTHOLOGY** Nordic runes--the runes of the Elder Futhark--comprise a potent and profoundly transformative divination system that gives us access to the ancient wisdom tradition of Northern European cultures. These runes have deep resonances within the Northern pagan world of gods and goddesses, giants, dwarves, warriors, and wizards, which have greatly influenced the work of J. R. R. Tolkien, among others. Nordic Runes addresses three major areas: **Runelore**, the history and rich mythological tradition of this ancient oracle first discovered by the All Father, • Odin. **Runestaves**, which includes full explanations of the meanings of each of the 24 runes in the Elder Futhark, accompanying visualizations, and practical lessons for daily life. **Runecasting**, a comprehensive guide to the oracular application of the ancient runes, including their crafting, their use in divination, and interpretations of sample castings. As Nordic Runes shows, the runes do much more than simply reflect fate; they help develop and enhance intuition and open new paths of growth, self-discovery, and transformation. **PAUL RHYS MOUNTFORT** is a writer, researcher, and workshop leader specializing in the Celtic and Norse traditions. He is the author of *Ogam: The Celtic Oracle of the Trees*. Active in the contemporary Pagan community, he lives with his partner and son on Waiheke Island, in the Hauraki Gulf of Auckland, New Zealand.

Excellent rune book. This is the 3rd or 4th different rune book I've gotten over the 25 years or so I've been reading runes. My last name is a rune and my ancestry is Nordic/Germanic so this is a passion of mine. I even have the whole runic alphabet plus a few bind runes tattooed into a design on my back. I got to see authentic ancient rune carvings in Sweden in 2010. This Nordic Runes book is an excellent mix of history and useful info for throwing readings. The author really knows his stuff, so it's not dumbed down, and it's a great choice for the experienced rune reader. Yet it's not too complex and confusing for someone just starting out. I paid full price for this. I was not given a product discount for an honest, unbiased review, or compensated in any way.

If you are new to Runes. Get this first before you get into Freya Aswinn or Edred Thorrson. It's awesome. Always keep it around. Honestly You won't be disappointed. Well written. Easy to understand yet gives you a great course in the runes. Also has a lot of historical information. For the reader of runes who isn't completely uneducated in runes and knows some. It's not a dumbed down version it's a concise well spoken book. +++++

A great take on the Nordic Runes. I have been runecasting since I was about 7, and this surely added much knowledge to my practice of using runes for divination and magic, and that really says something. I use this as a reference whenever I need it, and it is spot on for divination meanings, it also goes into making runes and using runes for magical purposes. I really find this to be a useful book of reference

I love this book. I like the way that it is organized, it's easy to use and I love the explanations it give for the runes. Includes lots of cool poems for each rune. I would highly recommend this to anyone. Two of my friends have since bought their own copy and are also very happy with it.

Another good divination handbook from Paul Rhys Montfort. He is a fund of good information, and even though I have been using runes for years, I have found some really good material. His format is very easy to use for reference material.

When you find an author that discusses esoteric topics with clarity, simplicity, and above all, experience and knowledge, you know you have found a good author. When that same author offers academic references and clearly stated personal opinions, you know you have found a great author. Mountfort falls under the second category. I really appreciate Mountfort's efforts to include a variety of different sources when discussing the Runes. I definitely got the feel that he is well researched and practiced and not just regurgitating what others have said. I like his writing style and honesty. Rather than paint some mystic associations he is down to earth and practical. His main intention is to introduce the divinational aspects rather than the magical and developmental ones. Though, he does offer a little bit on these as well. The authors correspondence section of the Runes gives us some traditional names, sounds, imagery, and definitions, as well as, the traditional poems associated with each Rune, their meanings, keywords, and myths/legends related with them. The myths and legends part I really liked. This is by far the best introductory book on the Runes I have come across. This is the fifth book on my suggested Rune Reading List: 1. The Complete Illustrated

Guide to Runes by Nigel Pennick<sup>2</sup>. Way of the Runes by Bernard King<sup>3</sup>. Runes: Reading the Past by R.I Page<sup>4</sup>. Runelore: A Handbook of Esoteric Runology by Edred Thorsson<sup>5</sup>. Nordic Runes by Paul Rhys Mountfort<sup>6</sup>. Taking up the Runes Diana L Paxson<sup>7</sup>. Runecaster's Handbook Edred Thorsson<sup>8</sup>. Poetic Edda by either Hollander, Crawford, or Larrington<sup>9</sup>. Prose Edda by Jesse L. Byock<sup>10</sup>. Hávamál Meditations: Embodying Odin's Teachings by Frodi Ingsson (forthcoming)<sup>11</sup>. Runes of Transformation by Kaedrich Olsen<sup>12</sup>. Helrunar by Jan Fries<sup>13</sup>. Runes and Magic by Stephen E. Flowers<sup>14</sup>. Rune Yoga: Embodying the Runic Energies by Frodi Ingsson (forthcoming)<sup>15</sup>. Rune Workings: Meditations and Rituals by Frodi Ingsson (forthcoming)

LOVED THE BOOK AND HAS IN DEPTH DESCRIPTION WHICH REQUIRES TO UNDERSTAND RUNES AND READINGS.

This book is very enjoyable, it help introduce me to rune stones and understanding runes. This book also includes short tales of from Norse mythology, I would recommend this book to others interested in Runes

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