

RuYo Energieübungen (Runenstadha)



Fehu



Uruz



Thurisaz



Ansuz



Raidho

Feeeehhhuu

UUUUruuuuzzzz

Duuuurisaaatz

AAAAnnnnsuz

RRRRaaaaaiidoo



Kenaz



Gebo



Wunjo



Hagalaz



Naudhiz

Keennaaaz

Geeeebooooo

Wuuuunnjoooo

Haaagaalaaaz

Naaauuudiiz



Isa



Jera



Eihwaz1



Eihwaz2



Perthro

IIIIIsaaaaaa

Jeeeeraaaaa

Eiiiiiiwaaaaaz

Peeerthroooo



Elhaz



Sowilo1



Sowilo2



Tiwaz



Berkano

EEEElhaaaaazzzz

SSSSooooowiiiiilooooo

Tiiiwaaaaazz

Beerrrrkaaaanooooo



Ehwaz



Mannaz1



Mannaz2



Laguz



Ingwaz

EEEEwaaaazzzz

Maaaaanaaaazzzz

Laaaguuuuzz

IIIIInnnngwaaaazzz



Dagaz



Othala

Daaaagaaaazzz

OooooOtaaaaalaaaa