

U

Uruz

July 14 – July 29

By Sola Dragonhart

Uruz is the second rune of the Futhark and embodies the concept of strength. The ancient Norse related this rune to the Auroch, which is an extinct wild ox. Groups of boys would have to kill one, a very dangerous mission, in order to be considered men in the village. This rune teaches that you gain strength by looking to the obstacles you overcame in your past.

Other Spellings: Ur, Uraz, Urs, Urur, Urus

Common Pronunciation: Ooo-ruse

Sound: U/Oo

Original Meaning: Auroch

Modern Interpretation: Strength

Positive Aspects (for use with upright position or in overall positive readings):

Inner strength, energy, vitality, physical strength, bravery, untamable spirit, rugged good health, masculinity, stamina, independence, action, challenge, untamed potential, patterning force, structure, formation, wisdom, questing, initiation

Negative Aspects (for use with reverse positions or overall negative readings):

Callousness, anger/rage, violence, abuse, inaction, misdirected force, poor health, sickness, weakness, obsession, domination by others, male violence, inconsistency, ignorance

Sources and Book Recommendations:

Discovering Runes by Bob Oswald

Futhark: A Handbook of Rune Magick by Edred Thorsson

The Little Giant Encyclopedia of Runes by Sirona Knight

Nordic Runes by Paul Rhys Mountfort

Runelore by Edred Thorsson

The Runes Workbook by Leon Wild

Discovering Runes by Bob Oswald