

NORDIC ANCESTRY

PART 1: RUNES & SYMBOLS



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A selection of Norse symbols and runes
to empower your characters



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BACKGROUND

This document presents Nordic symbols and the Elder Futhark runes used by clans and countries from both the Viking Age (793–1066 AD), and Icelandic inspiration or uses of Viking paganism, such as the popular Vegvisir symbol, in an accessible and yet concise way without going into extreme depth. Note, that while they are based on real-world symbols and runes (Younger Futhark), some of the wording will change to be more accurately integrated into a Dungeons and Dragons adventure or campaign. For example, a lot of symbols refer directly to “men” meaning humans, but in your setting there will most likely be more than just humans in which case “mortals” shall be used in place.

These symbols and runes can be painted onto certain items, carved into materials, or even tattooed onto the skin. Runes are believed to descend from the gods, great fragments of knowledge that should only be inscribed if one is ready to take the benefits and curses upon them. The language of the world is depicted through runes, passed down and interpreted through generations. Those that share an innate connection with these runes and symbols are known as Seers and Volva, beings that bridge the gap between gods and mortals.

Each rune has a meaning, or even multiple depending on context. Families will usually create their own meaning around a symbol, as well as its culturally understood one. Symbols hold a similar power and meaning as runes; however, their design and intent is much more personal to the user or believer. For example, Vegvisir might help guide a lost wanderer home, whereas for another they may receive a vision on how to get through a troubling situation. The guidance and direction given to the bearer of the Vegvisir symbol is dependent on their need.

No symbol is a be-all end-all use, there is no perfect symbol to counter death for example. While believed to be powerful and mystical, runes and symbols are typically used in a holistic manner, or for assistance instead of overwhelming power.

ACQUIRING MARKINGS

Across the land, tales of creatures inexplicably entwined the natural order, beings that exist in the space between spaces. These mystical beings go by many names; the most popular being Seers, and Volva, though none have yet revealed what they truly are. If one should be encountered upon one's travels it would be wise to treat them with kindness and respect, offering something to them so as not to bring their ire upon you. Volva are much more than seekers of wisdom or divining beings, they are key to imprinting their knowledge and powers to those that seek it.

Outsiders are typically afraid of the Volva, but for those that settle down in a community with a Volva, they are just another aspect of their life. They become a key part of their community, offering guidance and help with the troubles of everyday life. Families will lean towards certain symbols and runes that speak to them,

sometimes literally, in order to gain the best that they can from the services provided.

When a person is ready, they can approach the Volva and ask to have their chosen symbol or rune etched into their skin using techniques similar to tattooing. The inks and implements are imbued with the very essence and mystical energies of the Volva. The act of being marked by a Volva will give the bearer supernatural abilities and boons that are dependent on the shape and meaning behind the marking. Runes are the easiest to learn and imbue into a person, but this by no stretch means that the task would be easy.

Those unacquainted with the Volva will be ushered a task to complete to earn the privilege of bearing the mark and gaining their knowledge. A similar sequence of events is required to learn mystic and animal symbols, but due to the power that these have over runes a greater offering and challenge is required. A person may only have 1 mystic symbol, 2 animal symbols, and 3 runes at any one time. This includes if a rune is sacrilegious or not. There are stories that say runes and symbols can be removed, however these folk tales always end badly. To say that these markings are permanent wouldn't be entirely correct, but removing them has a high chance of a death, or even a fate worse than that.

An alternative to this system would allow characters to be created or born with 1 animal symbol and 1 rune, a reminder of their past and heritage.

SACRILEGIOUS MARKINGS

While runes and symbols are mostly called upon for protection, guidance, or to improve one's perspective, there are rare occurrences where evil seeps into the minds of mortals, corrupting the meaning of the runes and symbols. The runes can become imbued with hateful or evil energies, fueled by the selfishness of the bearer and ever so slightly tweaks how they act. From attracting spirits, to reducing the health pool, or even causing the wearer to fly into an uncontrollable rage. Despite this, those that crave power will force the corruption into their markings and gain extraordinary powers, albeit at a cost.

Symbols and runes are difficult to corrupt by accident, the bearer must actively work to twist and break these markings, casting curses and dark energies on to them to change their form. The only other recorded way is by finding Seer who has disbanded their morals and usual way of life in a bid to gain more power or influence, something that Seers would normally see as petty and for mortals. A rogue Seer would perform the rite to corrupt the symbols, but at a price one is usually reluctant to accept.

SACRILEGIOUS SYMBOL AND RUNE TRAITS

D8	Result
1	Babies and children begin to cry when you are near them.
2	Ne'er do wells are unusually attracted to your company.
3	When you become angry, the clouds darken ever so slightly.
4	You have a faint whiff of decaying leaves about you.
5	Your markings send a minor static shock to those that touch them.
6	Vermin and carrion birds are intrigued by you and will often follow you for a short duration.
7	Prolonged exposure to you causes flowers to bow their heads.
8	You can hear the runes and symbols whisper to you in voices you recognise.

SYMBOL AND RUNE TRAITS

D8	Result
1	Your runes and symbols are unusually small or remarkably large.
2	Your runes and symbols shift and move around your body.
3	Your runes and symbols glow faintly when in use.
4	Your runes and symbols tingle when near someone who shares that rune or symbol.
5	Your runes and symbols tickle when you use them.
6	Your runes and symbols change color at random.
7	Your runes and symbols radiate a scent connected to their meaning.
8	Your runes and symbols whisper their name periodically.

SYMBOLS

Symbols are powerful markings that give the bearer impressive powers and increased personal qualities. The strain energy it takes to conjure up these abilities means they are limited in their uses, otherwise the user would become burnt out and possible be sent into a comatose state from overexertion. Each symbol has a unique power attached to it that can be called forth, linking to the mythical meaning an energies behind the shape.

MYSTIC SYMBOLS

Mystic symbols are the most powerful of the symbols and runes that can be given by Seers and Volva. They possess great powers and abilities to be bestowed upon mortals. These symbols represent figures and relics from the age of the gods, the mere mention of their true names can invoke strength and courage to all who are knowledgeable. The immense energies that reside

within the enchanted sigils is nearly too much for a mortal to handle. There are some who have attempted to have more than one symbol inscribed into their flesh, only to be overwhelmed and collapse, never to awaken from their power overdose.

SACRILEGIOUS MYSTIC SYMBOLS

These abused and bastardized symbols emit an aura that attract beings from beyond the planes that hunt for the energies the Seers and Volva possess. To add some extra dangers and thrilling encounters, a group of interdimensional wizards could be hunting bearers of sacrilegious marking down, or a religious order or cult wishes to recruit those wearing them for their won mischievous purposes.

When a mystic symbol becomes sacrilegious, it still performs the way that its counterpart does with these changes: when an ability is used, roll 1d6. On a 3 or below the ability fails and cannot be attempted again until after a long rest. On a success roll on the Esoteric Outcomes table (Appendix: A).

ÆGISHJÁLMUR

The Helm of Awe as its more commonly known, is a mysterious symbol comprised of eight spiked tridents radiating from a central point. It is used to convey power and to strike fear into the hearts of mortals. This sign is associated with Fafnir the Serpent and can allow the bearer to hold steadfast while paralyzing their opponent with fear.

Ability Score Increase. Your Constitution score increases by 2.

Once per long rest you can become immune to the intimidated and frightened conditions for 1 hour.

Once per day you can cast *Flesh to Stone*, *Hold Person*, and *Detect Poison and Disease* at will and at no cost.

You have advantage on Charisma (Intimidation) saving throws and skill checks.

DRAUPNIR

The famed ring of Odin the Allfather, a magical ring able to create gold, duplicate itself eight times every nine nights. Both Odin and his ring are symbols of abundance of knowledge and wealth. In the culture of mortals, one was said to be a "person of the ring" if they pledged fealty to their king, proving that this ring is evidence of kingship amongst mortals and gods.

Ability Score Increase. Your Intelligence score increases by 2.

Once per long rest you can transmute up to a 5ft cube of valuables into their equivalent in gold coins, with a chance to increase their worth. Roll 1d10. On a 9 the total wealth is increased by 25%, and on a 10 the total wealth is increased by 50%. Any treasures that have been transmuted this way cannot be transmuted again.

FENRIR

Fenrir the Great Wolf, He Who Dwells in the Marshes, son of Loki the trickster and the Jötunn giantess

Angrboða. He is one of the signs that the age of gods is over. His hatred and rage towards the gods who chained him up would know no bounds. He would break free of his bonds and eat both the sun and the moon before eating the Allfather. Those who would bear this mark on their skin are destined to live a life with their hatred and rage stowed away until being unleashed in a ferocious rampage.

Ability Score Increase. Your Strength score increases by 2.

Once per long rest you can perform a Reckless Multiattack. This ability works the same way as a barbarian's Reckless attack, except you can take a second attack under the same circumstances, in addition to 1 point of exhaustion. This ability can be used by every class. You have advantage on Charisma (intimidation) saving throws and skill checks.

Once per day you can cast *Faithful Hound* at will and at no cost

GUNGNIR

The mighty spear of Odin, Gungnir was typically hurled into battle as the first attack to strike fear into their opposition. The spear is adorned with runes carved up the shaft and even on the spear tip itself, granting it magical and overwhelming power. Those that bear this marking will be granted accuracy and power when it is called upon.

Ability Score Increase. Your Dexterity score increases by 2.

Once per long rest you can add +2 to your attack rolls for up to 1 hour, and any melee weapons gain Reach for the duration. If any melee weapons have that property already, increase their range by 5 feet. Critical hits that are performed during this duration deal an additional 1d8 radiant damage.

HUGINN AND MUGINN

The two sprit raven companions of Odin, these ravens sit on his shoulders whispering all the news they see and hear across the nine realms. They are sent out each day to fly around the world and relay their findings in the evening. Huginn means "thought", and Muginn means "mind", granting Odin wisdom over all the realms. Some have alleged that these carrion birds would gain knowledge by imbibing the flesh of the fallen.

Ability Score Increase. Your Wisdom score increases by 2.

You are resistant to being charmed or frightened. Once per long rest you can cast *Arcane Eye*, *Beast Sense*, or *Legend Lore* once each at will and at no cost. You have advantage on all divination spells cast.

JÖRMUNGANDR

The Midgard Serpent, or Great Beast is one of the sons of Loki, a colossal snake that reaches all around the world. Jörmungandr is fated to slay Thor in the end times, his final poisonous bite, Thor will fall after nine paces. His motif shows him biting his own tail, entangled and entwined within himself. The cycle and of the realms, rebirth and the fates are all interwoven within each other. Ragnarök is just another part of life, the end of one and the beginning of another.

Ability Score Increase. Your Constitution and Wisdom score increases by 1 each.

Once per long rest you can add 1d8 poison, or acid damage to all physical attacks you make for 1 hour.

You are immune to being poisoned and resistant to poison damage. Once per day you can cast *Poison Spray*, *Ray of Sickness*, *Melf's Acid Arrow*, or *Vampiric Touch* at will and at no cost.

MJÖLNIR

Mjölknir, the dwarf forged hammer, weapon favored by Thor, the god of Thunder holds an almighty power within itself. Its creation was a gift from the dwarfs in a challenge to see who the best smith in the realms was. Thor's trusty hammer used to smite Jötnar can only be used by those worthy of wielding it, as its destructive power and control over storms is not a force to be trifled with.

Ability Score Increase. Your Strength score increases by 2.

Once per long rest you can add 1d8 lightning damage to all physical attacks you make for 1 hour. Attacks made against giants have advantage to hit. Once per day you can cast *Call Lightning*, *Conjure Barrage*, and *Sleet Storm* each at will and at no cost.

SLEIPNIR

Odin's valiant eight-legged steed and son of Loki, Sleipnir is the best among all horses in every conceivable way. In addition to being the fastest across land, Sleipnir can fly across the sky at incredible speeds.

Ability Score Increase. Your Dexterity score increases by 2.

Your speed is permanently increased by 10 ft. Once per long rest you can cast *Misty Step* and *Longstrider* at will and at no cost. In addition to this, once per day you can cast *Phantom Steed* with these changes: A phantasmal steed can be conjured for the entire party as clones of the original. Due to this, if the original phantom steed (the steed summoned using this spell) is damaged or the spell is dismissed, all other steeds disappear.

SVEFNÞORN

The meaning of this symbol is moderately unknown due it is many variations and forms. However, Svefnþorn has been depicted as a weapon used to induce sleep or possibly paralysis in enemies – its name translating to sleep thorn.

Ability Score Increase. Your Charisma score increases by 2.

Your calming demeanor allows you to defuse hostile situations and calm people down. You have advantage on Charisma based saving throws and skill checks. You can cast *Charm Person*, *Calm Emotions*, and *Sleep* once per day at will and at no cost. You are resistant to being put to sleep my magical means.

HORNS OF ODIN

The three interlocking horns of Odin symbolize the connection between wisdom, poetic inspiration, and Odin himself. Mead made from the blood of the wisest man, Kvasir, is kept in these horns, Óðrœrir, Boðn, and

Són. It is said that each horn can grant immense knowledge and poetic ability and verse to those who drink from it.

Ability Score Increase. Your Charisma score increases by 2.

You have advantage on all Charisma based saving throws and skill checks.

Once per day you can cast *Comprehend Languages*, *Mass Suggestion*, and *Hypnotic Pattern* at will and at no cost.

Once per day you can turn up to 1 gallon of non-magical liquid into mead, a favored drink of the gods. Those that drink this mead gain 1d6 inspiration die, and have advantage on Charisma (Performance) saving throws and skill checks.

VEGVISIR

Vegvisir is a patterned group of nine magical staves used by the bearer to help guide them through rough weather, difficult times, or point them in the right direction for life. When tattooed on a body, when the symbol is called upon it can grant the bearer insight into their next task, or gently nudge them toward the right path.

Ability Score Increase. Your Wisdom score increases by 2.

Once per day you can cast *Guidance*, *Speak with Animals*, and *Locate Object* at will and at no cost.

When in an area unfamiliar to you, you can carve the Vegvisir symbol into trees, walls, and the ground. After 10 minutes these symbols will become visible only to you, glowing bright blue to help you find your way. You can carve a maximum of 8 symbols per day. Each symbol lasts for 3 hours.

If lost, you can call upon Vegvisir to guide you. Small animals will lead you to temporary shelter.

YGGDRASIL

The mighty tree of life at the center of the cosmos, its branches hold up each of the nine realms. Yggdrasil symbolizes life, health, and the interconnectedness of lives, yet the creatures gnawing at it show that nothing will live forever.

Ability Score Increase. Your Constitution score increases by 2.

Once per day you can cast *Cure Wounds*, *Sanctuary*, *Aura of Life*, and *Glyph of Warding* at will and at no cost. Once per long rest you can “gift” one of your hit die to another character, allowing them to roll your die and gain the healing from it. You have advantage on Constitution saving throws and skill checks.

ANIMAL SYMBOLS

Every being that follows the belief, or one close to those associated with the Seers all believe that animals play a crucial part in the working of the world. It's been said that all beings have animal spirits that are parallel to their own be it a bear, a cat, or a wolf. These spirits are tied to personalities, morals, and on rare occasions some physical attributes have yet to fully manifest themselves.

SACRILEGIOUS ANIMAL SYMBOLS

Despite animal spirits being a pure form of energy and life, they are not immune to being corrupted and used for heinous rituals and wrongdoings. The spirits have to be conjured, beaten and broken into submission, whereas normally they would work in conjunction with their counterpart. When they become sacrilegious they are more aggressive to outsiders but submissive to their master.

When an animal symbol becomes sacrilegious, it still performs the way that it originally does with these changes: when animal symbol is used, roll 1d6. On a 1 the summon takes place, but the summoned animal or animals are hostile to you and will attack as soon as they are able. On a 2 or 3 the summon fails and cannot be attempted again until after a long rest. On a successful summon, roll on the Esoteric Outcomes table (Appendix: A).

BOAR

Boars are ferocious and territorial creatures, willing to charge at any that stand in its way. Their spirit is called upon to help guide the way or enhance the fierceness of its summoner in battle.

Once per long rest you can summon the spirit of a boar to work beside you. This is an augmented *Find Familiar* spell. The caveat is that the boar will not actively attack a target, instead they are there to protect an area to their last breath. The boar has the stats of a standard boar with these changes: it is immune to the frightened condition.

When summoned the caster grows tufts of fur across their body and two short spectral tusks protrude from their lower jaw. You can make a charge attack identical to the boar. At 11th level you can summon a giant boar. Your charge becomes the same as the giant boar.

BEAR

The word “bear” was very rarely used, as it was said that to speak of the creature would cause one to appear. They Berserkers were warriors similar to Úlfhéðnar that would utter “bear” and imbue themselves with the spirit of the björn.

Once per long rest you can summon the spirit of a brown bear to work beside you. This is an augmented *Find Familiar* spell. The bear will protect the summoner as much as they can, even going so far as to hunt down potential threats. Your teeth elongate and your hands appear to be wrapped in “bear paw gloves”, the spectral claws sharp and ready for fighting. You can now use the black bear’s claw attack as an unarmed attack for the duration. At 11th level you can summon a brown bear, using its claws attack as your own unarmed strike.

CAT

Freyja, the goddess of love and luck has her chariot pulled by cats, specifically the skogkatt. Cats have a unique symbolism and ability to tell the future and shape one’s destiny. Their connection with luck is strong and can help change the outcome of an event.

Once per long rest you can summon 1d6 forest lynx's to aid you in battle or to help find a way out of dense woodland. This effect lasts 8 hours, or until all summoned forest lynx's have perished or been dismissed. You also gain the forest lynx's reaction, Feline Grace. At 11th level roll 2d6 for the number of summoned forest lynx's.

RAVEN

Odin's most favored companions, Huginn and Muginn. While mortals typically use both falcons and ravens as hunting companions, ravens are revered as a sign of Odin for the intelligence and wisdom.

Once per long rest you can summon a swarm of ravens to protect yourself and gain guidance or knowledge from. This effect lasts for 4 hours. You can speak to them and they understand you fully. They can be sent out up to 1 mile away as scouts to relay information back to you. Once while this effect is active, you can scry through the eyes of the swarm for 5 minutes. At 11th level you can send out 2 swarms of ravens up to 2 miles from your current location, and scry through them each twice.

SERPENT

Snakes, serpents, dragons, and wyrms are all symbolized the same way; poisonous, sneaky, and avaricious creatures that covet treasures. They are heavily associated with putrefaction and decay, acting as aspects of disease and poisons.

You are resistant to poisons and diseases. Once per long rest you can summon a swarm of poisonous snakes or 3 constrictor snakes for 4 hours. They obey your commands, and are excellent at seeking out riches. Once per hour you can command them to search for treasure using via an Intelligence (Investigation) check with a +5 modifier.

At 11th level you can summon either a giant poisonous snake or a giant constrictor snake. The bonus to Investigation checks increases to +7.

WOLF

Wolves are particularly important in culture, with links to Fenrir, Hati, and Sköll. They symbolize the primal aggression and hunter nature in mortals. Warriors inhabited by the spirit of the wolf are known as Úlfhéðnar, similar to lycanthropes and shapeshifters.

Once per long rest you can summon a dire wolf companion to aid you on your quests for the duration of 4 hours. You gain the wolf's *Keen Hearing and Smell*. While the wolf is summoned your movement speed is increased by 10 feet.

At 11th level you can summon a winter wolf, and can utilize its *Snow Camouflage*. In addition to this, you will be able to mount the winter wolf to use as a mode of transport.

RUNES

Runes are a way of communicating with the gods, protecting oneself and their family or properties, or even boosting the confidence of a bearer when speaking in public to groups. Runes have a vast array of meanings,

representations, an usage. Generally there is no one way to interpret a rune as they are remembered and used in a subjective, personal manner. However, despite this there is a loose thread that connects the themes. For example, Kenaz is a rune of knowledge, but can be used to mean teaching, learning, and understanding. Its connection is with torches, which means that knowledge can bring light on a situation, and help us see with clarity.

SACRILEGIOUS RUNES

When a rune becomes sacrilegious, it still performs the way that it normally would, with these changes: when a rune is used, roll 1d6. On a 1 the rune fails to activate. You cannot attempt to activate this rune again until after a long rest. Roll an additional 1d6 and refer to the chart below to take 1d4 of that type. At 4th, 7th, 12th, and 15th level increase the damage taken by 1d4.

D6	Damage Type
1	Thunder
2	Acid
3	Psychic
4	Fire
5	Radiant
6	Poison

FEHU - CATTLE

Fehu is a rune of power and control, representing both new beginnings and transient wealth such as money and credit. It is a rune that gives us the power to obtain and hold wealth.

You have advantage on Intelligence (Investigation) checks. You are more likely to find wealth when searching for it, and opportunities to invest it are more common

URUZ - AUROCH

Uruz is also a rune of power, but unlike Fehu it is a power that we can neither own nor control. Casting this rune can grant personal success, though for charms and talismans it will grant healing powers.

You can re-roll hit die and take the higher number. You have advantage on Charisma (Persuasion) checks and saving throws.

PURISAZ - THORN

This is a rune of protection against unwanted conflicts or change, allowing us to resolve them in a passive manner. This rune can warn the bearer of possible change incoming.

You are more sensitive to changes in the atmosphere of a room, allowing you to leave or prevent an unwelcome situation from unfolding. You have advantage on Charisma checks. Once per long rest you can add 1d4 to any Charisma based roll.

ANSUZ - MOUTH

Ansuz is a rune symbolizing stability and order. This rune also affects intellectual activities, while also directly representing the divine breath of all creation.

You have advantage on Intelligence skill checks. People see you as a voice of reason and knowledge. When you make Charisma (Persuasion or Deception) saving throws or checks, you can add your Intelligence modifier to the roll.

RAIDHO - WHEEL

This rune allows us to focus our energy to obtain our goals. However, to do so effectively we must be in the right place at the right time. The wheel of fate keeps turning whether we like it or not. The best bet for success and peace is take what comes at us in our stride and settle in for the journey.

Ability.

KENAZ - TORCH

This is a rune of knowledge, understanding, learning, and teaching. It can allow us to view situations with increased clarity than usual.

You have advantage on Intelligence (Perception and Insight) skill checks. You seem to have a more structured way of understanding situations, seeing past the fluff and subjectivity. You are much better at getting to the root of an issue and learning from mistakes than your compatriots.

GEBO - GIFT

Gebo represents the honor and connection that is built between people when they exchange gifts with each other. The connection with honor is similar to the connection to the gods giving life.

Any spells cast that restore hit points now have a chance to heal extra. Twice per long rest you can add 1d6 to any roll that restores hit points, whether it be to yourself or cast on another creature. Treasures, gifts, and presents that you give away to creatures have a bigger impact on them than usual. They find themselves content with the gift and have a cheerier and welcoming disposition when you are around.

WUNJO - JOY

This rune can be used to show the balance between all things in life, even when in a chaotic world, as well as a symbol of common goals, fellowship, and wellbeing to all things. Those that encounter this rune in a reading is sure to have good fortune in the near future.

Tasks completed with others reap greater rewards for all – all party members have advantage on Intelligence (Investigation) checks when searching for treasures. Once per day when using a hit die, roll 1d20. On a 19–20 your hit die was not expended from your pool when used.

HAGALAZ - HAILSTONE

Similar to Isa, Hagalaz represents the slowing down and constriction of time. Similarly, time will wear down the hailstone and melt it away, showing that the times will eventually begin to flow smoothly.

Once per day you can take a second turn of combat within the same round. You are resistant to cold damage, and learn the cantrip *Ray of Frost*.

NAUDHIZ - NECESSITY

This rune can represent how our needs and wants can bind us, even constrain us at times. It restricts us from opening our mind to new tasks but also holds the power to break free from it.

You have advantage on Charisma (Persuasion) checks, but disadvantage on Charisma (Deception) checks. When learning a new skill it takes half the time, however you cannot learn a new skill for 1d4 months.

ISA - ICE

Like an icicle formed in winter, this rune is represented as ice. It's symbolic of a standstill in life, waiting for the seasons to change and free.

You are resistant to cold damage. Once per short rest you can add 1d6 cold damage to melee or ranged attack that is not a spell. Once per 1d6 days you can force yourself into a state of frozen meditation for 1d4 days.

When in this state you can still hear what is going on around you, but will be unable to react until you have come out of your state. You no longer need to eat or drink when in this state, however for all intents and purposes you are now counted as petrified.

JERA - HARVEST

Standing for harvest, year, and season, Jera is the rune that represents the cycle of life. Birth, to life, to death, much as the harvest we are but crops waiting to be reaped.

You are always able to find some form of shelter in the environment you are in even if it is enough for just one person. When Jera is invoked you can cast *Create Food and Water* once per day at no cost.

EIHWAZ – YEW TREE

Eihwaz the yew tree. This rune is specifically used as a magical protector and facilitator of events, showing us that the end is just a new beginning.

When lost or at a dead end you can cast *Guidance* at will and at no cost once per long rest. Once per day you can cast *Shield* at will and at no extra cost. You have advantage on Constitution saving throws and checks.

PERÞRO – DICE CUP

Perþro, rune of the dice cup. This rune reminds us of the uncertainties in life, representing freewill and consequence to our circumstances. It is commonly viewed as a rune of memory and problem solving.

You have advantage on Wisdom saving throws and checks. Once per day you perfectly recall one piece of information that you have forgotten. Once per long rest you can add a 1d4 inspiration die to a Charisma roll.

ELHAZ - ELK

A rune of great restraint and power, defense, and protection. Elhaz stands for both an elk and protection.

This rune is used in charms and talismans to protect oneself and their property.

You are resistant to the stunned condition. If you haven't moved for 3 rounds of combat, you gain advantage on any attacks as long as you remain on the same spot. When attempting to dodge melee attacks, you can add +1 to the roll.

SOWULO - SUN

With the help of this rune we can see things more clearly much in the same way that light uncovers the darkness. The rune represents the sun and can help us find the light in dark times.

Once per long rest you can cast *Light* at will and at no cost. When underground or somewhere that the sun doesn't shine, you can feel where the general direction of sunlight is within 1 mile. You have advantage on Wisdom (Insight) saving throws and skill checks.

TEIWAZ - CREATOR

This rune stands for "creator", promising success in our actions without personal sacrifice. The god of war Tyr is associated with it, as well as assuring success in legal matters provided the bearer was in the right.

When arguing or in debate you have advantage on Charisma (Persuasion and Deception) saving throws and skill checks. You have proficiency in all tools. You can add your proficiency modifier one additional time to leatherworker's tools, smith's tool, and poisoner's kit.

BERKANA - BIRCH TREE

A birch tree is most commonly linked with Berkana, as like the birch tree, it represents a new beginning. It is a powerful rune of birth and new life.

Once per day you can cast *Aura of Life* at no cost. At the dawn of each day roll 1d6 and refer to the table below. You have advantage on saving throws for the corresponding ability score.

D6	Ability Score
1	Strength
2	Dexterity
3	Constitution
4	Wisdom
5	Intelligence
6	Charisma

EHWAZ - HORSE

Ehwaz is typically thought of as embodying a horse in meaning. It is used to remind us that in order to succeed we must respect the natural flow of the task at hand. It can help realize the good intentions of the user.

You have advantage on Wisdom (Insight and Perception) saving throws and checks. When you call upon the power of Ehwaz, your carrying capacity

increases by 50 lbs., and your movement speed increases by 5 feet. Once per day you can cast *Freedom of Movement* at no cost.

MANNAZ - MORTAL

Mannaz is translated as "man" though more accurately referring to mortals. It has many powers such as allowing us to achieve our fullest potential, understand that we all have shared experiences in life, and can be used to gain the upper hand in arguments or disputes.

When traveling in a party you have a profound feeling of accomplishment, no matter how small the troupe. Once per day you can increase or decrease your size by one category for 6 hours. You can willingly revert back to your original size at no cost. You have advantage on Charisma checks, and advantage on Wisdom (Insight) checks.

LAGUZ - WATER

Laguz stands for water or lake depending on the context. It represents the power of water and its flowing nature. It encourages us to "go with the flow" and take the challenges of life in our stride.

You can find a clean water source within 1 mile of yourself. Rivers or liquid obstructions that would impede your movement no longer do. Water-based difficult terrain counts as standard terrain.

INGUZ - FERTILITY

This rune symbolizes fertility; however, it allows the user to spread their energy far and wide. It's primarily a protective rune to look after homes and properties.

Once per day you can cast *Glyph of Warding* to protect your friends, family, and properties. Once per long rest you can cast *Protection from Energy* with the following changes: you can choose two creatures to touch, each able to receive protection from a different damage type.

DAGAZ - DAY

Dagaz stands for day, representing the stability between day and night. It can be used to stop harmful energy affecting a person while allowing the good energy to pass through, like a mystic filter.

You can cast *Detect Good and Evil* at will and at no cost once per long rest. If you willingly use yourself as a shield for another creature, you become resistant to necrotic and radiant damage for the duration you are acting as a shield.

OTHALA - HOME

Othala stands for home, or its alternative Odlá means sacred ancestral land. Much like Fehu this is a rune of wealth, though it represents wealth that cannot be sold. Wealth like family, friends, and heritage that is passed down, it represents the way of life as it currently is.

When inside the home of a friend or family member, or an ancestral or religious buildings you find yourself calm and at ease, as though you are home. At these sites you gain the benefits of a long rest from taking a short rest.

APPENDIX: A

ESOTERIC OUTCOMES

D8	Result
1	A specter appears to drain the energy from you.
2	You take 2d6 psychic damage.
3	You suffer 2 points of exhaustion.
4	You have disadvantage on all attacks for the next 1d8 hours.
5	Non-magical food and water grant no nutrition for the next 1d8 hours
6	Your legs feel weak and frail. Your movement speed is reduced by 10 feet until you take a long rest.
7	The next time you cast a spell, roll on the Wild Magic table in the PHB.
8	The next failed usage of a sign is ignored.

FOREST LYNX

Medium beast, unaligned

Armor Class 12

Hit Points 12(2d6 +3)

Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
10 (+0)	15 (+2)	15 (+2)	4 (-3)	16 (+3)	7 (-2)

Saving Throws Acrobatics +4

Skills Stealth +6

Damage Resistances cold

Senses darkvision 60 ft., passive Perception 13

Languages telepathy

Challenge 1/4 (50 XP)

Keen Sight and Hearing. The forest lynx has advantage on Wisdom (perception) checks that rely on sight and hearing.

Chariot of Gods. If six or more forest lynx are summoned, they are willing to be leashed to a sled or cart and will pull it. Their dexterous nature and heightened senses mean that they can pull the cart through an optimal path in the wilderness. A cart pulled this way has a speed of 60 feet and is unaffected by difficult terrain.

ACTIONS

Multiattack. The forest lynx can perform two claw attacks, or one bite and one claw attack.

Bite. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 6 (1d6 + 3) piercing damage.

Claws. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 6 (1d6 + 3) slashing damage.

REACTIONS

Feline Grace. If the forest lynx is hit by a melee or ranged attack it can see, it can move up to 5 ft. away from its attacker without provoking an opportunity attack.