

## LESSON EIGHT: CHOOSE A GOD OR GODDESS

At this point you should be conducting the meditation exercises regularly. After mastering the entire Futhark, and the three aettir, you should move on to the next step in your meditation. You should choose a God or Goddess to help you forge the cohesiveness of your group. An excellent choice is Freyja. Let Freyja be your guide and concentrate on her aspect as the Goddess of Joy, rather than Freyja the Goddess of War. The use of Freyja is a good choice because she can help to make your lessons a happy experience. Freyja is also the Goddess of Love and Fertility, and thus, your group should bear fruit, and these lessons should become a joyous odyssey. So if you decide to dedicate your meetings to Freyja, use a chant something like this, *Hail Freyja, Seither-Kornna! Hail Freyja! Hail! Hail!* You should repeat this over and over, many times until you are swept up in the chanting, after you have completed the previous steps that you have learned so far. At first you will repeat it just a few times, but after many meetings, you will increase the number of times you repeat the chant. The time it takes you to be swept up may vary, so use your instincts on how long to chant.

You don't have to use this chant. If you choose another Goddess or God, use a chant appropriate to the nature of the deity. If you decide on Balder, use the chant, *Hail Balder, Resurrector! Hail Balder! Hail! Hail!* If you pick Thor, a good chant would be, *Hail Thor, Protector! Hail Thor! Hail! Hail!* You decide on which God or Goddess to choose.

After you complete the chanting to a deity, end the lesson by chanting in the long, drawn-out fashion of an appropriate Rune. With Freyja, it could be Wunjo or Berkano. With Balder it could be Sowilo or Elhaz. With Thor it could be Thurisaz or Uruz. With Odin, it could be Ansuz or Kenaz. Repeat the Rune three to nine times. Your group will discover it can chant for longer periods the more meetings you have.

### A LIST OF THE GODS AND GODDESSES

**Odin, Odinn, Othinn, Woden, Wotan:** Odin is the All-Father and creator of the Cosmos, and the nine worlds. He was reborn into the Holy Trinity of Odin, Vili, and Ve, and this trinity is the creative force that gave shape to the universe, creating order out of chaos. Odin holds the universe together and represents the evolutionary momentum from which all things originated. He is the giver of life and death, because both are necessary for the evolutionary process to continue. From his consciousness all the Gods were born. Every God and Goddess is a part of the All-Father, just as we are all a part of him. He gave life to our people and to all things. He is the source of divine consciousness and gave us self-awareness that distinguishes us from the

animals. He gave us the will to grow and strive to make ourselves better, so that we might be more like him. He does not want worshipers on bended knees, but men and women standing upright celebrating his name and all the names of the Gods and Goddesses. Through him we look inward so that we might seek to deify the Self. The All-Father is the unity of the many aspects of the pantheon of Gods and Goddesses.



Odin the Great God is unseen, but can be felt, especially in the natural surroundings of the forest. If you want to feel the presence of Odin, withdraw into the forest and wait, remain still and listen. You will feel his presence in the thousands of mysterious sounds and breaths of the forest. The wind that blows through the leaves and branches of the trees is the very essence of his spirit, and when the storm-winds blow through the forest you can feel him on his wild hunt. But most of all, you'll feel his essence in the strange and awful stillness that dwells in the forest, broken only by the forest murmurings. Odin's presence is especially felt in the sacred groves within the forest. Through meditation and chanting, this essence of Odin that can more easily be felt within the forest can be evoked in any place, but it will take a great deal of effort and

work over a long period of time.

Odin is the best known of all the Gods. His name has been spelled in many ways: Odin, Odinn, Odhinn, Wotan, Wodinn, Woden and Wodanaz. It means "The Furious One." His is the personification of the Life Force, the Vril, that penetrates mind and body. Many referred to him as the great wizard, who is the master of Scald Craft or Galdor Science. He is the howling wind and thunderous storm, and his touch can fill a warrior with the spirit of the Berserker force. He is the highest and holiest of all the Gods. His element is the air and he is the holder of all wisdom, conveying it to those of the other worlds.

Odin is all-seeing and watches everything that happens in all nine worlds from his High Seat, Hlidskialf, located in his hall known as Valaskialf. From here he can witness all that happens in the nine worlds. It is his throne and from it he rules the universe. This seat is both throne and watchtower. In another of

Odin's halls, known as Gladsheim, there are twelve seats for the other Gods. Here Odin would hold council with the Gods.

Odin possesses the Mead of Wisdom which he won in a contest, and dispenses it to humans he favors, so they might speak and write in celebration of his deeds, and the deeds of the Gods in song and verse.

Odin is the God of Battle, and shows special favor toward kings and other rulers. He is the leader of the Wild Hunt, and is feared as well as respected. While on the hunt he collects souls. Farmers would leave their last sheaf out as an offering for Odin and his horde of ghosts, to make their fields fruitful and not snatch away their souls before their time.

Odin often takes human form and travels the world as a wanderer. On these occasions he wears a wide-brim hat and carries a staff. He drapes himself in a dark blue-black cloak, representative of the darkening sky. His blue-black cloak represents the veil of death and is often referred to as Hel-blue in color. It also represents the night sky and the depths of his wisdom and knowledge of all things. In this guise he involves himself in the affairs of mankind. He is often thought of as Merlin in the King Arthur stories. (Merlin = Odin, Arthur = Balder, Percival = Balder reincarnated)

Odin sometimes appears as a young man in his prime, with a long dark beard, grim appearance, tall and wearing a gray suit and dark cloak. At other times he might appear as an older man with a gray beard and hair. In either form he is always a powerful and vigorous man. Sometimes he is shown wearing battle gear, and wearing a golden helmet with an eagle on it. Odin has no weapons except one. In his hand he holds his infallible spear, Gungnir (The Shaking One), which was so sacred that an oath sworn upon it could never be broken. The spear is also used for hallowing and is a symbol of his powers as lawgiver. Unlike Thor's hammer, which is used as a blessing hallow, Odin's spear is used to hallow death. On his arm he wears a marvelous gold ring known as Draupnir, which reproduces itself ninefold every ninth day. Odin is accompanied by two ravens, Huginn (Thought) and Muninn (Memory). They are sent out and fly about the nine worlds every day, and returning every night to whisper into Odin's ear everything they saw and heard. It is considered a good omen for a traveler to spy two ravens. It means Odin is watching over them. At Odin's feet sit two wolves, Freki (Ravenous) and Geri (Greed). These wolves are sacred to Odin. He always feeds his wolves with his own hands. Odin is also known as the one-eyed. He sacrificed his eye so that he could drink from Mimir's Well, the Well of the Wyrð, so that he could acquire its wisdom.

When Odin is seated on his throne, his feet rested upon a footstool made of gold. All his furniture and utensils are also made of either gold or silver.

His nature is so grim because he knows that in the end, the Gods will die in the last battle with evil. His entire existence is a quest against that which he

cannot change. He collects the souls of heroes who have either fallen in battle or lived a courageous life, and gathers them all in the great hall in Asgard, Valhalla. These are the Einherjar, and they will ride out of Asgard with him, into battle at the end of time. Odin knows that he cannot change the fate that the Norns have woven, but he knows that he is also the cheater of death. Through his beloved son, Balder the Brave and Beautiful, he has found a formula to cheat death and ensure his resurrection after Ragnarok.

His banner is the raven's banner. It is the battle flag—a black flag with a white skull and a red raven.

Odin is the God of death, but he is also the God of evolution. He is the fatalism that is part of life. We will all die someday, and on that day we will find Odin waiting for us, just as death waits of us all. But for progression to function, the old must die and give way to the rise of the new.

Odin, himself, has sacrificed even himself to himself. He hung for nine days and nights on the world tree, so that he might receive the secret knowledge of the Runes. His deed is representative of the eternal truth that all progress requires sacrifice. Nothing comes easy to us in life. We must sacrifice to succeed in whatever we try to accomplish.

It is said that Odin lives on wine alone. This is not to be taken literally. Wine represents the blood, which is the life. Blood represents genetics and DNA, which are the instruments of evolution, growth, and development—thus, progress. He also drinks the ale and mead of wisdom and poetry. Odin is the drinker of wisdom and knowledge. He drinks from the Well of Mimir so he might acquire the knowledge of all things.

Odin is a teacher and put the knowledge of the Runes in his holy mead, and distributes it to anyone who seeks his knowledge. He feeds wisdom to all living creatures. He is the one who makes the Gods wise, and does the same for man. When we study the Folk Faith, we find that we are drawn to Odin. This is because he is the Life Force of the universe. Any seeker of knowledge is going to find that all paths of higher learning lead to Odin.

Odin is the Shaman God. The shaman offers himself as a link between the material world and other worlds that exist on other planes of existence. He acts as a conduit between Midgard and Asgard in the Folk Faith. He holds a position similar to a priest, but there are differences. The Shaman is someone who has the ability to enter a trance-like state. In this state he is able to journey in spirit to the other nine worlds, rising to Asgard or descending to Niflheim. He may possess the power to visit the Gods, see into the future, speak with the dead, see into the past, and even rescue a lost soul. He may be someone who seeks wisdom or answers to questions about someone's destiny. A shaman can be someone of either sex, though men tend to practice Galdor Science while women are drawn to Seither Science. But the exceptional shaman will be skilled in both practices.

Among the Gods there are two who have exceptional abilities as shaman. One is Odin, who sacrificed himself to himself by hanging on the World Tree for nine days and nights, and pierced himself in the side with his spear. Through this ritual sacrifice he learned the secret of the Runes. The ceremony of initiation usually involves a symbolic death to gain knowledge. Odin learned the secrets of Galdor Science, which is the power to transform the environment we live in according to our will. It is the ability to turn our power outward, to affect the world around us, reshaping it to conform to our way of living. The purpose of Galdor is to make the objective world conform to our intellectual perception. Thus, Odin *is* the power to transform the world we live in. The other God or Goddess with exceptional ability in magic is Freyja. She was a Vanir who arrived in Asgard to teacher Odin the secrets of Seither Science, while Odin taught her Galdor Science.

I know I hung  
on the windswept tree,  
through nine days and night.  
I was stuck with a spear  
and given to Odin,  
myself given to myself.

This is typical of the Shamanistic practice of dying and being reborn. Odin's sacrifice was voluntary. He did it to acquire secret knowledge. This hidden knowledge was revealed to him and transformed him. He learned the secret of the Runes. Christians try to claim that Odin's hanging from the tree, with the spear piercing his side, was borrowed from the story of Christ. The truth is that the Christians borrowed it from the old faiths of pagan Europe. The tale of Odin's sacrifice is very different from Christ's death. Odin isn't sharing the suffering of the world, or saving men from sin and damnation. Odin's sacrifice is for his own transformation, and a lesson for us to learn how to transform ourselves so we too can acquire hidden knowledge. Odin also performed another form of self-sacrifice by surrendering his left eye so he might take a drink from Mimir's well. This act bestows upon him knowledge and wisdom.

Odin the shaman is also the shape-changer. The shaman not only rides an animal to other worlds, but often transforms himself into an animal. Odin takes the form of different animals. He transformed himself into an eagle, a serpent, a fish. He also has two ravens that act as his mind, traveling the universe. Munnin is the power of reflective thought while Huginn is the power of the intellectual or cognitive ability. These birds are symbolic of the shaman as a seer.

**Tyr, Tiw, Tiu, Tiw, Ziu:** The God of War and Law. Known as the One-Handed God, he sacrificed his hand by placing it in the jaws of Fenrir Wolf, for the greater good. The bravest of the Gods, he is the giver of victory and is never deceitful. He presides over law, legal matters, the courts, and government. He is a sky God and the holder of binding oaths. Men prayed to Tyr for victory in battle, and justice in peace. He is renowned for his wisdom as well as his valor. Tuesday is named in his honor. In some places he was called Tiwaz and was associated with the Roman God Mars, the Celtic God Nadu, and the Persian God Mitra. Tyr was the original God of war, and the precursor of Odin, much in the same way that Mars was the God of war in Rome, and once held a higher place than Jupiter. Because this was true for both the Latin-Italic and Germanic-Norse peoples, this transformation of Tyr-Mars must have happened long before our ancestors split from their ancestral homeland and spread across the face of Europe. Tyr is known as the one-handed God. He is the personification of self-sacrifice for a greater good. He is also the God of honor, who kept his word, even though it meant the loss of his right hand. There are also parallels between Tyr and the one-handed Celtic God Nadu, as well as the Persian God Mitra, the just God of the day. This adds proof that this tale has its roots far in our ancestral past.



The name Tiwaz is also related to the Roman God Jupiter, and the Greek God Zeus. All three names are descended from Dyaus Piter or Father Dyaus, and all are descended from the name Dieus, or Deus, which is the ancient Aryan or Indo-European word for God. It is translated as The Shining Heaven and The Light of Day. In Negau in Austria, a helmet was found which bears an inscription in ancient North Italic (Second Century B. C.), and is translated as Teiwa, which is an archaic form of Tyr's name.

The Romans associated Tyr with their God of War, Mars. The Romans bestowed on Mars the title, Mars Thingsus, which is associated with the Thing or Assembly of the people. It was in the Thing or Assembly of the people that law and justice was dealt within both ancient Rome and among the Germanic peoples of northern Europe. So Mars, who is one of the founding trinity of Gods of Rome, was, like Tyr, the God of the Assembly, Justice, and Law. Warriors and soldiers should remember to call on him in their prayers. When a man

does something heroic that elevates him above his comrades, he is referred to as "as brave as Tyr." But Tyr is also wise, and a wise man is sometimes referred to as being "as wise as Tyr." He is also a man of his word, and all three attributes are seen in the tale of Fenrir Wolf. He has been given such titles as the One-Handed God, the Fosterer of the Wolf, the God of Battles, and the Son of Odin.

There are many places in Europe that were named in his honor. They are considered places of strength. Tyr was worshiped at these locations. Some of them are: Zierberg in Bavaria; Zierenberg and Diensberg in Hesse; Tisdorf and Tisvelae in Saxe-Weimar; Tystahe and Tuslunde in Jutland; Tisvelae in Zealand; Tistad, Tisby, Tisjoe, and Tyved in Sweden; and Tuesley (Surrey), Tisfield, Great Twe, Duns Tew (Oxfordshire), Tewin (Herts), and Dewerstone Cliff on Dartmoor in England. Strangely, there are no name places in Tyr's honor in Iceland, and only one in Norway, on the island of Tysnes in South Hordaland, which was considered a sanctuary. The replacement of Tyr by Odin can be considered the transformation of that Regal-quality that elevates that part of the essence of the All-Father to the top of the pantheon of Gods. As the world changed and our people evolved throughout Europe, the Odin-essence grew stronger within the All-Father than the Tyr-essence.

Tyr is the God of martial honor and holds one of the twelve seats in Gladsheim. He ranks next to Odin and Thor because he is the God of War, and his name is sometimes evoked along with Odin when a warrior goes into battle. But Tyr is not the God of warriors, but of soldiers. He is no individual warrior seeking personal honor and glory. He represents sacrifice of the individual for the greater good. In his name war is waged for the good of the state and the Folk, and so he rules over the social order. Thus he is the God of Law as well as the God of War. He is always welcomed in Valhalla and Vingolf. Tuesday is named in his honor, and druids or Gothi of the ancient North offered human sacrifices (always captured prisoners of war) to Tyr. This was not as barbaric as it might sound. The sacrifices were actually executions of prisoners of war, but because they were warriors who were captured in battle, they were killed in the name of Tyr so that their spirits might be taken by Tyr to Valhalla. This was done by the white-armed Valkyries, in Odin's name, led by Freyja. Once Freyja had chosen those who would live with her in her hall, Tyr often decided worthiness of those who would reside in Valhalla.

Tyr is synonymous with bravery and the law. The story of his sacrificing his right hand to Fenrir so that the Gods might bind him is representative of the truth that we, as citizens, must make sacrifices concerning our rights, so that a just and orderly society might be maintained. Tyr is the truth that citizens have duties and responsibilities as well as rights. Like Odin who gave up his eye for greater wisdom, so too did Tyr surrender his hand for the greater good of social order.

**Thor, Donnar, Thunar, Thorr:** The Storm God, defender of man, a war God, fertility God, and opponent of the Giants. The Thunderer and the High Thunderer are some of the titles he holds. He is the enemy of the Giants, and loses his temper easily, but is considered dependable and a friend to the common people. Thor is totally trust-worthy. He possesses a belt of strength, a powerful hammer that is empowered with the power of lightning and thunder, named Mjollnir (the destroyer) and wears iron gloves. His chariot is pulled by two goats and he lives in the largest hall in Asgard. He has wild red hair and beard and is a God of War and Battle, as well as Fertility and Marriage. He is the son of Odin and the Giantess, Erda (Mother Earth).



**Thor**

The champion of the Aesir and the defender of both Asgard and Midgard is Thor, the Son of Earth (Joerd, Jord, or Erda). He protects both the Gods and mankind from the destructive forces of the Giants. Thor is depicted as a massive God with red hair and beard. He actually is very similar to Hercules in appearance and personality. He is armed with a mighty hammer, Mjollnir, and wears a pair of iron gloves to assist him in throwing and catching his hammer. He also wears a girdle of strength. His power is so great that it makes him so heavy that if he ever tried to cross the Rainbow Bridge, it would collapse under his weight. As a child, Thor was renowned for his size and strength. Like Hercules, he performed marvelous feats of strength. Because of his great strength and volatile temper, he was sent to live with two foster parents by his mother

when he was a child. They were Vingnir (the Winged) and Hlora (Heat). They were the personification of sheet-lightning and eventually taught Thor to control his temper. They educated him wisely and instilled in him good manners and the meaning of honor. Thor, recognizing the debt he owed them assumed the names of Vingthor and Hlorridi in their honor.

The cult of Thor was popular and widespread in ancient times. It was the most popular of cults, and Thor was the favorite of most people, just as Hercules was in the Mediterranean. The common folk especially loved and honored Thor, and maintained temples in his honor throughout the northern regions of Europe. Thor was the most popular of the Gods and is still the most benevolent. In the past, men did not fear Thor and could always trust him and



count on him for help. He is the most outspoken of the Gods and possesses an indomitable personality. He acts in a forceful and fearless manner. His temper is quick and mercurial. Like the Vedic God Indra, who he sometimes resembles, he has an inexhaustible appetite. This is connected with his great strength and physical vitality.

Thor never conspired or tried to use trickery when dealing with the Giants. He was always direct and forceful. When a Giant insulted him, or threatened him, he simply threw his hammer at the Giant, crushing his skull. This directness appealed to the common people who possessed a wealth of common sense. When you are faced with a problem, simply deal with it as quickly and honestly as possible.

When Thor attained his full growth he was welcomed and admitted to Asgard and received the honor of occupying one of the twelve seats in Odin's great judgement hall. He was Odin's first born, which is a way of indicating the birth of a new God from an attribute of the old God. Thor also owns the realm of Thrudvang or Thrudheim, where he built himself a palace known as Bilskirnir (Lightning), which is the largest of all palaces in Asgard. Within it are no fewer than five hundred and forty halls or chambers, and here thralls (common people) are always welcomed and treated equally with everyone else. He is sometimes known as Whip-it-up-Thor or Oeku-Thorr (Driver Thor). He was known to the Finnish people as Ukko (The Thunder God).

In Norway, Thor was held as the highest God for some time. He usually was second in the pantheon of Gods throughout the northern regions of Europe, behind Odin. Sometimes he was depicted with a crown made from stars and burning flames so that his head was shown to be surrounded by a halo. Again, this predates Christianity. Christians often depicted their saints with halos.

**Frigga, Frigg, Frija:** Frigga, or Frigg, is the wife of Odin, and the daughter of Njord (Fjorgynn). Her name means pleasure and beloved in old Indo-European. The marriage of Frigga with Odin was the cause of great celebration, and all of Asgard held a great feast in honor of the union. For this reason, Frigga is called upon, along with Thor and Odin, to bless all weddings. She is the Goddess of Domestic Affairs and the supporter of the traditional social order between the sexes and the family. She is not only the Goddess of Marriage, but also the Goddess of Childbirth, and thus the Goddess of Motherhood. She can be associated with the Roman Goddess Juno and the Greek Goddess Hera.

Frigga is the Goddess of the Clouds, and represents the atmosphere that encircles the world. She is sometimes represented as wearing either white garments or dark garments, depending on her mood. This represents the changing of her moods, just as the clouds can change color from white to grey (calm or stormy). Because of her marriage to Odin, she is the Queen of the Gods, and first among the Goddesses. This gives her the privilege of sitting on

Odin's throne, Hlidskialf. Thus she too can look upon the nine worlds and watch over events that unfold throughout the cosmos. This often results in her warning, or complaining to, Odin of the violations of marriage vows by both mortals and Gods. She also possesses the knowledge of the future.

She is represented as a tall and stately woman, beautiful and crowned with heron plumes, which symbolize silence and forgetfulness. Sometimes she is robed in white with purple lining, which is secured with a gold girdle. From the girdle hangs a bunch of keys. The keys represent the status of the patroness of the family or clan, or mistress of the household. Frigga resides in her own palace, named Fensalir (the Hall of Mists of the Sea). She spends most of her time at her jewel-speckled, gold spinning wheel, spinning gold threads or webs of clouds that represent the destinies of the Folk. The spinning wheel is her symbol and she uses it to weave the intricate interlocking threads that make up the community. This means that she is also connected in some way with the Norns, and the three Norns are different qualities of her knowledge of the past, present, and future, which can determine the well-being of the community. Both Frigga and the Norns weave. The former weaves the destiny of the Folk community and the latter, the destiny of the individuals that make up the Folk community. There is even a constellation in the night sky known as Frigga's Spinning Wheel, which was known by the Greeks and Romans as Orion's Belt



The spirits of men and wives who led virtuous lives and healthy, happy marriages are always welcomed and invited to reside in her palace, where they might enjoy each others' companionship for all eternity. Frigga is the Goddess of Conjugal and Motherly Love. She is worshiped by both lovers and married parents. It is good to call on Frigga to ensure a permanent marriage and unshakable and eternal love.

Frigga was known by many names throughout Europe. One name she was known by was Holda, (Hulda or Frau Holle). As Holda, she was renowned for dispensing gifts and she also controlled the weather. Snowflakes were thought to have fallen from her bed and rain when she was washing her clothes, while the clouds were considered her linen set out to dry. When people saw long, thin clouds, they said she was weaving. Holda was thought to have

given flax to mankind and taught us how to use it.

**Frey, Freyr, Frei, Fro:** God of Peace, Sex, and Fertility. Ruler of Ljossalfheim, the realm of the Light Elves. He rules over sensual love, fertility, peace, joy, and happiness. Vanir Sun God and the Son of Njord and the twin brother of Freyja. He owns a magic sword that moves under its own power. Frey is the son of Njord and Freyja's twin brother. He is one of the Vanir who came to live in Asgard. He was sometimes referred to as Fro, Freyr, Freyer, and Frea, but however one spells his name, it always means "Lord." He was given by the Aesir the realm of the light elves or fairies to rule, Alfheim or Ljossalfheim. He is the God of Peace and of Sunshine. He is associated with fertility, sex, reproduction, and summer, and the most important God of the Vanir. He is an Earth God and represents the Norse version of the Roman God Pan. He provides the warm sunshine and the gentle rains that fertilize the earth and bring lush vegetation and prosperity. He rules over the light elves, who are the personifications of the forces of fertility in nature that give life to the earth, cause trees and grass to grow, cause flowers to bloom, the summer showers to fall, and the sun to shine. The elves do his work and obey his every order, for they are beneficent spirits.

Frey owns a wonderful sword, which represents the sun's rays. It has the power to fight successfully, even in the hands of someone who is unskilled in the art of sword fighting. It's most effective against the frost Giants, and his hatred for them is almost as great as Thor's hatred of them is.

He also owns the golden-bristled boar, Gullenbursti (Golden-bristled), given to him by the dwarves. His boar pulls his chariot. His twin sister, Freyja, owns a sow, which is also a fertility symbol. The golden bristles of the boar are symbolic of the sun's rays or the golden fields of grain. The boar is symbolic of the process of chewing up the earth, which he does with his sharp tusks, much like the plough does. He taught mankind how to plough and plant the fields, and all things dealing with farming. His is the patron God of Farming and Gardening. His gifts to the world are the flowers that cover the face of the earth.

Frey owns the steed known as Blodughofi (Bloody-Hooved), which can race across fire and air. The horse is sometimes known as Freyfaxi. In ancient times, people held horse fights. These were ceremonial in nature and held in Frey's honor. The horse is also a phallic symbol.

He also owns a ship given to him by the dwarves, and is known as Skidbladnir. This ship is remarkable because it can sail through the air and carry a vast army in its hull, and yet, when not in use, it can be folded up into a tiny square and carried in one's pocket.

Frey was worshiped thousands of years ago, and there is evidence found of this worship in the rock cave in Oestegoetland, Sweden. There, carvings of

a man with a phallic symbol, a sword and a boar, were found that clearly represents Frey. Frey was associated with Sweden, and the kings of Sweden traced their line back to Frey, much as Julius Caesar traced his family line back to Venus and Mars.

Frey is sometimes associated with battle, and the boar, one of his symbols, is often referred to as a battle-boar. But Frey, as the God of Summer, does battle mainly with the frost Giants. He is the life-giving warmth of summer driving out the icy cold of winter. At Ragnarok Frey is killed battling Surtur, because he does not have his sword.

Frey has two servants, a married couple known by the names Beyla (Bee) and Byggvir (Barley). The bee produces honey, which is used to brew mead and which is sacred to the ancient Norse, and barley, a food staple necessary to survive, and used to brew ale, was representative of ale and mead.



Frey

According to the ancient Swedes, Frey once ruled over a golden age known as the Peace of Frodi or Frey. Frey is the God of Sweden. It was a time when the world did not know war, hunger or disease. He was the keeper of the peace, and his holy places or temples should be considered places that no weapon can be brought into nor where any fighting should take place. Frey's temples are places where people go to find peace with themselves and with the world. Contemplation and meditation should be performed in Frey's temples. Frey is the God that brings harmony and union among the Folk—the Children of the Gods. In this way, he has much in common with Balder. It is in his name that the many nations of the Folk should seek a harmonious union. But unlike Balder, Frey does possess weapons, but only resorts to war when he battles the forces of winter.

Frey is also the God of Pleasure. He should be called upon to bring happiness in a marriage between man and a woman. He is also called upon to bring happiness within a community. He is the God of Ecstasy, and can be associated with such other Gods as Dionysos, Shiva, Oberon, Herne, and Cernunnos.

The priests of the Cult of Frey do not wear any weapons or ride stallions, as both are symbols of war. Frey gave away his sword and horse, which are symbolic acts on his part to show the Folk that there must be brotherhood and peace among the Folk. We must not fight among ourselves, but reproduce and grow.

Sacrifices to Frey should be boar meat or horse meat. Oxen are also sacred to Frey. Midsummer's Night should be a time when Frey is remembered. He should also be remembered at the wedding ceremony. Frey's statue should also be carried around or pulled in a chariot, to bless the community. The community should ask Frey to bless the Folk so that they might be fruitful, both in children and in all their endeavors.

Frey is associated with the hill or the burial mound. He rules over the domain of the mighty ancestors. In this he differs from Balder, for Balder represents the future of the Folk, while Frey represents the past. An oath to Frey can be, "So help me Frey and Njord."

Two of the most celebrated temples to Frey in ancient times were located at Thronthheim in Norway and at Thvera in Iceland. Oxen and horses were sacrificed to him in these temples. The meat was cooked and the blood collected. A gold ring representing Draupnir was dipped into the blood while the oath, "So help me Frey, Njord, and the Almighty Odin," was spoken.

The Yule month, or Thor's month, was also sacred to Frey. It began on the longest night of the year, which was also called Mother's Night. This month was a time of joy, celebration and feasting. The Yule festival, which means "wheel," represents the sun rapidly rolling across the sky like a wheel. It was the custom for people to gather upon a hill and there they set ablaze a wooden wheel. It was then sent rolling down the side of the hill, where it plunged into a pool of water.

All the pagan Europeans considered the Yule month the most important time of the year. In Rome it was called the Saturnalia, the celebrations were similar to those in northern Europe. Balder is also remembered at this time as the time of his birth or rebirth. It was also celebrated as the birth day (December 25) of the Indo-European God, Mithra. The Christians could not stop the ancient Europeans from celebrating their pagan holiday, so they transformed it into one of the most important holidays of the Christian calendar—Christmas.

In honor of Frey, our heathen ancestors cooked and ate the meat of a boar. The cooked beast was crowned with laurel and rosemary and carried into the hall. The father of the family, or eldest male member of the gathering, placed his hands over the feast and called out, "Upon this boar of atonement, I swear to be a faithful father and head of my family, and fulfill all my obligations." After him, all other male members of the family did as he did. The dish could only be carved by a male member of the family, of unblemished reputation.

Frey was the patron of pure joy, and married couples called upon him to help them live in harmony and happiness. Those who lived many years within a happy marriage are rewarded and given boar flesh as a token. Later on, this custom evolved in England and Germany into giving a ham or bacon to the

married couples.

Another Yule custom that was also done in Frey's name was the lighting of the Yule log. It was always a huge piece of log and it was expected to burn throughout the night of the longest night of the year. The charred remains were gathered in the morning and saved. It was used to help set fire to the log of the following year.

**Freyja, Freya, Frei, Freia:** Goddess of Love, Lust, and War. Goddess of sex, Seither Magick, and Fertility, and leader of the Valkyries. Married to a God named Od (Odin). She weeps gold tears and when they fall into the sea, they become amber. Her cats, Bygul and Trjegul, pull her chariot. She owns the necklace, Brisngamen, and leads the Valkyries. She takes half of the fallen heros to come live with her in Sessrumnir. She is a shape-shifter, and the Queen of Seither Magick. Her number is thirteen and her day is Friday. She rules over love, beauty, sex, cats, fire, horses, sows, enchantments, witchcraft, gold, wealth, money, trances, jewelry, foresight, luck, fertility, the Moon, music, flowers, and protection.

The fairest Goddess of the Northern pantheon of Gods is Freyja. She is the Goddess known for her beauty and sexuality, as well as being the leader of the Valkyries. Her twin brother is Frey, and their names mean "Lady" and "Lord." Her father is Njord and her mother is Nerthus. Along with her father and brother, she belongs to that race of Gods that were worshiped by the pre-Indo-Europeans peoples that inhabited Europe, the Vanir. Of all the Goddesses, she is the most beloved and beautiful. In Germany she was sometimes identified with Frigga, but in the Scandinavian countries she was considered a separate Goddess. Having been born in Vanaheim, Freyja was also referred to as the Vanadis, the Goddess of the Vanas, or the Vanabridge.

Once she reached Asgard, all of the Aesir were bewitched by her loveliness, beauty, and grace. They bestowed her with her own realm, Folkvang, and a hall of her own, Sessrumir. As both Goddess of Love and War she can be compared to the Roman-Greek Goddess of love, Venus, who was married to Mars, the God of war.

Folkvang `tis called,  
Where Freyja has right  
To dispose of the hall-seats.  
Every day of the slain  
She chooses the half,  
And leaves half to Odin.

NORSE MYTHOLOGY (R. B. Anderson)

Unlike Venus, Freyja was not a soft Goddess who sought only the

pleasures of love-making. She was the Goddess of War and Queen of the Valkyries. Half of all heroes taken to Asgard by the Valkyries go to Sessrumnir in Folkvang to live with Freyja. She has first choice. Her title was Valfreyja, and she leads the Valkyries whenever Odin sends them on their errands to retrieve fallen heroes. Freyja is often depicted wearing battle gear and a helmet, carrying a spear and shield and riding a horse. Other times she is shown wearing sensual, feminine garb, and sometimes rides a sow. Freyja is given the right to choose half of the fallen heroes, who are taken by her to come and live with her in Folkvang. This is where the saying "Ladies' first" comes from. Once in Freyja's abode, the chosen heroes are entertained and are joined by their faithful wives. Beautiful maidens who remain pure and devoted to love are also chosen by Freyja. Lovers are reunited in Freyja's domain, and the loves that were meant to be, but never consummated in Midgard, are finally actualized there. The prospect of spending eternity in Freyja's Folkvang was so alluring that many women took their own lives so as to share the same faith as their deceased husbands or lovers. Freyja was often evoked by lovers and they composed prayers and poems in her honor, in order to win her favors.

One of the many titles Freyja possessed was Vanadis. The Diser were female fertility spirits that were evoked. The Diser are female deities belonging to the Vanir. They were called upon to help women give birth and produce large families. Their importance was shown by a festival held in their honor, and Freyja's honor, called the Dusablott. This was usually held around the beginning of Winter, and sometimes known as Mothers' Night. They also had their own temple located in Uppsala, in Sweden. It was known as the Disarsaler, or Hall of the Diser.

Like the Sibyl in Rome, Freyja was a prophetess or seeress. The Norse name for this female is Volva or Seitherkonra. When Freyja arrived in Asgard, she taught Odin the magic of Seither. This is the practice of divination or foretelling the future. By entering a trance-state, one can communicate with spirits and the Gods, or help spirits in the next world. Trances were also used to travel to other worlds. This is sometimes referred to as astral projection.

Seither is usually practiced by women, but a male shaman should also learn the art. For men to practice Seither, they should play the role of Odin



learning the art from Freyja. Men usually begin by learning Galdor and move onto Seither, as Odin, while women go on to learn Galdor after becoming versed in Seither, much as Freyja learned Galdor from Odin. Both Seither and Galdor make the science of Vrilology and equally important to master by Vril Lords and Ladies.

**Gullveig:** She arrived in Asgard during its Golden Age and taught men and Gods the lust for gold. This greed for gold caused great discontent and angered Odin, who ordered her execution. She was burned but her heart survived and she was reborn. Two more times she was killed and reborn. She is considered a member of the Vanir and when they discovered how she was treated they declared war on Asgard. Gullveig has a mixed reputation of being missed judged by the Aesir and being a witch



Two different images of Gullveig

who tried to undermine the harmony of the Golden Age. She is sometimes considered Freyja as the Queen of Seither Magick in another guised, while some believe she is an entirely separate Goddess.

**Njord:** God of well-being and the seacoast, King of the Vanir and Vanaheim, Njord is the eldest of the Vanir. His name has different meanings, but is usually translated as "strength." He is sometimes associated with his female counterpart and first wife, Nerthus. Njord is a water deity, while Nerthus is an earth deity, and both elements are associated with fertility. The Vanir are primarily earth and water deities, while the Aesir are air and fire deities. Sometimes Nerthus is referred to as "Mother Earth." This would mean Njord and Nerthus represent the union of earth and water, the two fertility elements. In Roman times, according to the Roman Tacitus, Nerthus lived on an island in the North Sea. Again, her island home represents the union of water and earth. This pair may actually represent twins, instead of mates, because Njord seeks the Giantess Skadi as his wife.

Twins are common in the Vanir. Frey and Freyja are twins and male and female counterparts, representing fertility. In ancient Roman and Celtic times, bridges over rivers and marshes were often crowned with a pair of male and female wooden figures that could represent either Frey and Freyja or Njord and Nerthus. But just because they are twins, it does not mean they were not



husband and wife. Fertility deities often mate with their siblings. In fact, Loki accuses Njord of begetting his children, Frey and Freyja, by mating with his sister, who might be Nerthus.



Njord and Nerthus are considered to have the power of foresight. The depths of the deep sea and the underworld associated with the dead, and thought to be beneath the surface of this world, are often thought to be realms where the future can be foretold. This is why the Well of Wyrd, which combines elements of both water and earth, is considered a fountain from which one gains the power of foresight and can foresee the future. Earth and water are also the elements in which the roots of the Yggdrasill are planted and seek nourishment. Njord and Nerthus can be considered as feeding the structure of the Life Force (the Yggdrasill).

Tacitus tells us that many of the Germans of his time, especially along the shore of the Baltic Sea, worshiped the Earth Goddess, and her symbol was the wild boar. The boar is often associated with Frey and sometimes with Freyja. Njord is often considered possessing a ship, and his son, Frey, also is in possession of a great ship. Njord is the God of Ships and Seamen. His home is Noatun (Enclosure of Ships). Noatun is a place of waves and seagulls, and is a hof made of wood. It is sometimes referred to as Njord's Hof, Njord's Grove, Njord's island and Njord's Bay. Njord possesses beautiful feet and the footprint is a sign which is associated with the beach and sand. Noatum is a lighthouse on the seacoast, and thus a symbol of enlightenment, for it give light to the darkness behind the seas, revealing what is hidden in its dark depths.

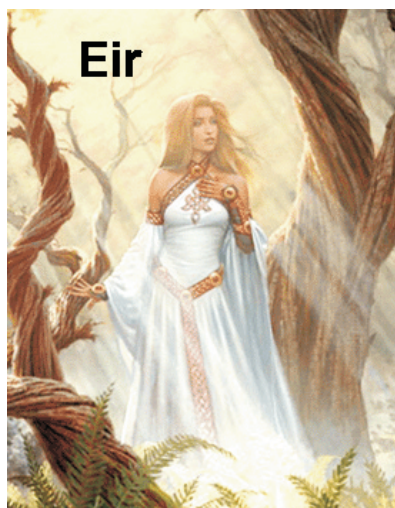
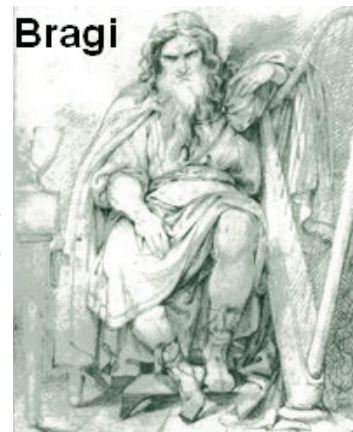
Njord is also associated with the beach and seacoast. His bird symbol is the seagull. He is the patron God of all water activities, including occupations and sports. He is the God that governs the activities that include fishing, swimming, boating, sailing, deep sea diving, frolicking at the beach, all activities on rivers and lakes, surfing, and water skiing.

Njord is not mentioned in the battle of Ragnarok. It is thought that he returns to Vanaheim. He is the instrument of the resurrected sea that rises during the Age of Gimli.

Colors associated with Njord are deep blue, black, and even brown. The stones jet and malachite are associated with Nerthus and Njord, and Njord's gift

to mankind is amber.

**Bragi:** God of elocution, poetry, the arts, writing, science, wit, cunning, wisdom, knowledge, common sense, songs, and the arts. He is married to Idunn and is the son of Odin and Frigga. He is the patron of skalds and minstrels. He is called upon by artists, writers, poets and other men and women of great inspiration.



**Eir**

**Eir, Eira:** Goddess of Healing. One of Frigga's servants is a very talented physician. Her name is Eira and she dispenses the knowledge of healing to men and women throughout our Folk. In ancient times, medicine was the restricted province of women, but today, Eira teaches her craft to both sexes.

**Foresti:** God of Justice, son of Balder and Nanna. Forseti is the wisest and most gentle of the Gods. His eloquence in speech is unequalled. His father is the beautiful Balder, God of the light and peace, and his mother, Nanna, is the Goddess of immaculate purity.

After his mother and father presented him to Odin, the All-Father was so moved by Forseti that he awarded him a High Seat at Gladsheim. He was made the guardian of righteousness and patron of justice by Odin. Forseti was also given a palace of his own that is called Glitnir (The Shining One), whose walls, pillars and posts are made of gold, and its roof fashioned from silver. Its radiance is so great that it is the shining tower on the hill that many politicians often refer to in their speeches.

Forseti's name means "Chairman," and refers to someone who resides over proceedings at the Thing. When dealing with a dispute, it is good to call on Forseti for guidance and wisdom. He is said to sit upon his throne settling disputes between the Gods and men, listening patiently to all sides and then pronouncing his decisions. His powers of persuasion and eloquent decisions are such that no one has ever come away feeling he



**Foresti**

has been cheated. A treaty written by Forseti is sure to maintain peace among enemies, for no one would dare challenge a vow once made by him. To break one's oath to Forseti is to ensure the wrath of the Gods and bring on certain death as a punishment.

Because Forseti is the God of justice and eternal law, he resides over every judicial assembly. Judges and lawyers should call on him to give them the wisdom to make righteous decisions and argue their cases, not only wisely but truthfully. Anyone who is about to undergo a trial should also call to him, for he is true and never fails to help the deserving.

**Fulla:** Goddess maiden and messenger of Frigga. She is the first among Frigga's many maids. Fulla, also known as Volla, is Frigga's younger sister. It is to Fulla that Frigga trusts most, and to her entrusts her jewel chest. Fulla held a special place within Frigga's palace, and was permitted to wear her jewels and golden slippers. She accompanies Frigga everywhere and is considered her alter ego. She is often sent by Frigga to help the mortals of Midgard and is entrusted with Frigga's most sacred secrets.

Fulla is described as very beautiful, with long golden hair that flows loose and down to her waist, restrained only by a golden circlet. Fulla is also known as Abundanta and is considered a symbol of the fullness of the earth and fertility.



**Gefjon, Gefjun:** Goddess of Virtue. A fertility Goddess and shape-shifter. She is the Goddess to whom virgins go at death. It is Gefjon's task to watch over all who never marry. She welcomes them and makes them happy, and helps them find true love in the next world.



Gefjon married a Giant and has four sons from this union.

She was sent by Odin to the King of Sweden and asked him for land that she might rule. The king told her that he would give her all the land that she could plough in one day. She agreed and transformed her four sons into oxen. She hooked them up to a plough and they set out at once, pulling the plough through the earth. So much land did she plough that when she was finished, she made her four oxen pull it out to sea and called it

the island of Seeland

As for the huge hollow that was left behind, it was filled with water and called Logrum (sea), but today it is known as Maelar, and its very shape corresponds to the headlands of Seeland.

Afterwards, Gefjon later married Skiold, one of Odin's sons, and their offspring produced the Danish tribe known as Skioldungs. She lived in the city of Hleidra or Lethra, which became the principal site for sacrifice among the ancient Danes.

**Gna:** Goddess of transformation, evolution and progression, Gna is known as Frigga's messenger because she rides her steed, Hofvarpnir (Hoof-Thrower), across the nine worlds, crossing fire and air, land and sea. She is sometimes associated with the Valkyries and might be one of Odin's daughters, since Frigga is Odin's wife. She is considered the personification of the refreshing breeze. Gna watches all, and reports back to her mistress everything that happens in the nine worlds.

**Heimdall:** The White God, Guardian of Asgard. God of genetics and DNA, the creator of races. The son of Odin, the God of Light and the Rainbow. He has super hearing and sight. He is all-seeing, all-hearing and all-knowing. His mother is the Nine Waves. He is the guardian of all things and especially of heaven (Asgard). Heimdall was known as the White God, because he wore an armor of white metal that shined brightly, and was armed with a flashing sword of similar brilliance. The armor and sword, called Hofuth (Man-Head, which could be considered the penis, and thus a phallic symbol, associating it with the family tree) was Heimdall's charge as defender of the Life Force that the Gods and mankind shared in common. On his head he wore a helmet with ram horns, and he could transform himself into a ram. The color white represents the purity of heart, mind and body that are necessary to maintain the bond between man and the Gods. This is why Heimdall was also known as the light, innocent and graceful God. Heimdall never argued or caused bedlam, and for this he was loved and for being good as well as beautiful. There is much in the nature of Heimdall that he has in common with Balder. Heimdall can be considered the pre-Balder generator, or protector, of the Life Force, while Balder is the regenerator, or preserver, of the Life Force. Like Balder, he is sometimes referred to as a sun God. Both Balder and Heimdall are the nurturing and life-giving nature of fire. This makes them the opposite of Loki, the fire-etin, who is the destructive nature of fire. Heimdall



fights Loki and later the two kill each other, and Loki is responsible for Balder's death, but Balder triumphs in the end because he rises from Hel after Ragnarok.

Heimdall's origin is associated with the sea. For this reason, he is sometimes considered one of the Vanir. But Heimdall is the son of Odin. While Odin was walking along the seashore, he beheld nine beautiful Giantesses or water-nymphs, sound asleep on the white sands of the beach. Their names were Gialp, Greip, Egia, Augeia, Ulfrun, Aurgjafa, Sindur, Atla, and Iarnsaxa. They were the daughters of Aegir. The nine sea maidens are the currents of the seas, like the currents of the generations of man—the genetic link that connects us all to our ancestors, and thus with the Gods.



They can also be considered the many nations that make up the family of the European Folk. Odin was so bewitched by their beauties that he seduced all nine of them and impregnated them. Odin mixed his Life Force with that of gene pool of the Folk of the Indo-Europeans or Indo-Aryans. Before they gave birth, they combined into one being and gave birth to a son, whom Odin named Heimdall.

The nine sea maidens nourished their son on the earth's strength and endurance, the sea's fluid and moisture, the sky's winds and freshness and the sun's heat and light. This diet of the four elements caused Heimdall to rapidly grow into his full manhood in an incredibly short time, so he could take his place with his father and the other Gods. When he was a child, he was sent to Midgard and grew up to be a teacher among men. He was called Scef. He was given one of Odin's twelve High Seats in his hall.

In the past, Heimdall has been referred to as a sun God, a moon God, a ram God, and even a woodpecker God. He has been interpreted as the essence of Yggdrasill and the Rainbow Bridge, and has been compared with the Hindu Fire God, Agni, the Iranian God Mithras, the Roman God Janus, and was transformed by the Christians into Saint Michael, the Archangel. Heimdall has even been associated with the Angel Gabriel by the Christians because of the huge horn he has in his possession. But this should not be interpreted as Heimdall's having a Christian origin. Heimdall is an ancient God and has always been associated with the horn in his capacity as the sentinel of Asgard. Heimdall might actually be a very ancient God that predates the arrival of the Indo-Europeans. He has similarities with the pantheon of Finno-Ugric Gods who, like Heimdall, include a white God who is the progenitor of mankind.

Heimdall's similarities with the very ancient Hindu Fire God are proof of his pre-Christian origin. The resemblances with Agni are many and too close

to be coincidental. Agni is a pure, white God, young, strong, and with golden teeth. Agni has searching eyes that see in the darkness of the night, and he is the guardian of order, and always attentive. Agni protects the world night and day, and never sleeps, always watchful. He can make himself heard like thunder and is the son of two, seven, nine, and sometimes ten mothers. All these traits he shares in common with Heimdall. Agni also fathered the human nations and founded the classes or castes of man, just as Heimdall found the different nations or classes of man.

Heimdall is also called Rig, and in this form he traveled from nation to nation creating the divisions of mankind. The name Rig is a Celtic word for king. The Celts also had a God, Manannan mac Lir and his son Mongan. Manannan is a Celtic God of the Sea, and Mongan is the Son of the Sea, who traveled about the world begetting children.

**Hlin:** Goddess of Protection, Hlin is Frigga's second servant. She is the Goddess of consolation. She is sent to kiss away the tears of those who mourn and grieve, and she can fill their hearts with joy and happiness. She personifies mercy and tenderness, and cares for those who need relief from pain and suffering. She always hears the prayers of those who call upon her, and she will relay their prayers to her mistress, Frigga.



Hoder & Balder

**Hoder, Hodur, Hothr, Bjorno-**

**Hoder:** The Blind God of Darkness, the twin brother of Balder, the God of Ignorance. Hoder and Balder can be considered the twin gods that are a common feature of many mythologies. Together they represent Enlightenment and Ignorance, which are two sides of the same coin. He is tricked by Loki into killing his brother. His blindness is representative of ignorance and he is referred to as the God of Darkness. He is reborn with his brother, Balder, after Ragnarok, no longer blind for his ignorance has been replaced by enlightenment, and assist Balder in ruling the new age of Gimli.

**Idun, Idunn, Iduna:** Goddess of youth, health and eternal renewal. She is the keeper of the Golden Apples, symbols of the Vril. She is eternally young, youthful, beautiful and immortal. Idun (Idunn, Idunna, Iduna) is usually depicted as a young, beautiful, and very vivacious young Goddess. Her name

means the Rejuvenating One. She is the personification of immortal youth, perfect health and the season of spring. She is reputed to have no birth (beginning) and is never to die (end). Idun appeared in Asgard on the arm of Bragi and was made welcome. Idun is the Goddess of the Life Force, the Vril, and is the personification of its power to bestow youth and health. She was welcomed by the Gods and was beloved by all. She brought with her wondrous golden apples, and is depicted as carrying a basket full of these apples. The apples are a representation of the Vril, and they bestow eternal youth, beauty, and life to whomever eats them.

"The golden apples  
From her garden  
Have yielded the gift of youth,  
To whomever eats them every day."  
(Richard Wagner)

The Gods and Goddesses are dependent on the Vril for their eternal youth and vigor, like all things in the cosmos. They must eat of Idun's apples to remain vigorous, youthful, and powerful. Because Idun has no beginning or birth, she is not of the Aesir or the Vanir. She represents the purity of the Life Force, and the purity that is the essence of the Gods and the Children of the Gods. Her casket or basket is represented in folklore as the Horn of Plenty, which is never empty. No matter how many apples she takes from her basket, it always remains full. Again, this is representative of the eternity and universality of the Vril.

Idun appears as a very young, sweet and naive maiden who does not say much. She is married to Bragi who is the God of Poetry. The Gods have to guard and protect Idun and her golden apples from the greedy clutches of the dwarfs and Giants, who are always trying to kidnap Idun and steal her apples. The apples have the power to free one from the tyranny of Time.

Her apples hold a great deal of power because they are the Vril. She always carries three apples (the Holy Trinity), though they always replenish themselves when eaten. Three represents the balance force of nature that gives order, an endless source of power that never runs out, even when it appears used up. The golden apples also appear in



the pagan Greek religion. One of Herakles' tasks is to fetch the golden apples. In the old Roman religion, the Goddess, Nehalennia, was depicted as sitting in a chair with a bowl of golden apples beside her. In the Celtic tradition, golden apples are also associated with eternal youth. Frigga has Gna drop an apple in the lap of a queen for her to eat, and it results in her becoming pregnant, and Skirnir offered to the Giantess Gerd golden apples if she would marry Frey. Again, the apple represents the Vril, the Life Force of the Gods. Idun's Runes are Jera, Berkano, and Inguz. The symbol of the golden apples as the Life Force must go back to when all Indo-European tribes were one nation.

**Lofn:** Goddess of indulgence. Lofn is mild-mannered and gracious, and her name means Love. It is her responsibility to remove all obstacles that lie in the way of true love. One should call on Lofn to prevent problems in a relationship between lovers. She rules over the purely sexual lust that leads to a deep romantic love. Without her help, lovers might grow tired of each other. It is through her help that we can keep the flames of love alive within a relationship.



**Ran:** Aegir was married to his sister, Ran. In old English, the word for sea was *Garsecg*, which means spear man. Aegir was usually depicted carrying a trident, while his wife-sister, Ran, carried a net to ensnare ships. Ran's name means Robber. She is thought to be cruel and greedy. She likes to entice sailors, causing them to crash on the rocks in the sea, where she ensnares them with her net. It is thought that the mermaids are her daughters and entice sailors to their death by her bidding. Thus, Ran is considered the Goddess of Death for those who died at sea. Like Hel, she welcomes those who died at sea to a coral realm in the deepest part of the vast ocean. Like Valhalla, the dead are treated well and feast on fish, and drink their fill from Aegir's wonderful mead. Ran also loves gold, which she calls "the flame of the sea." Throughout history, alchemists tried to make gold from sea water, and it is believed that the knowledge to do so is a secret guarded by Ran. One



way sailors tried to win Ran's good grace was to carry some gold with them,



and throw it into the sea whenever their ship was ensnared by a storm at sea.

**Sjofn:** Goddess of love within the institution of marriage. While Lofn is sent by Frigga to bring lovers together and help them maintain a strong and deep loving relationship before marriage, her sister, Sjofn is Frigga's instrument to help keep alive the flames of love once the couple are married. Sjofn has the task of removing discord between husband and wife. She has the power to melt even the coldest heart and helps to bring peace among warring nations.



**Snorta:** Goddess of intelligence and the Goddess of Virtue, she is the mistress of knowledge and science. There is little or next to nothing mentioned about Snorta, but she might be the Norse equivalent to the Roman Goddess of Knowledge Minerva.

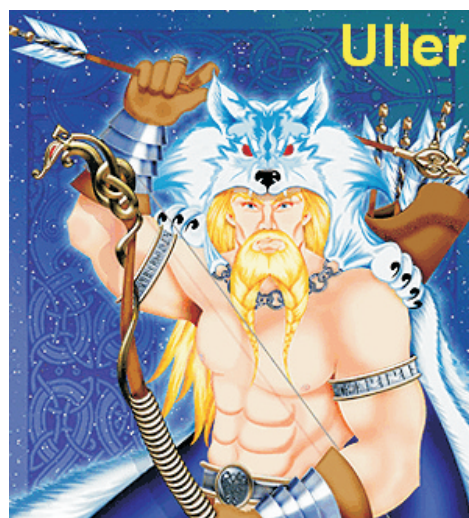
**Syn:** Goddess of denial and oaths. Syn's name means Truth. She stands watch on the entrance to Frigga's palace and refuses to let anyone enter that she deems unworthy to be inside. She passes judgement on those who seek Frigga's help and can prevent or make things happen, especially when it concerns the affairs of the heart and marriage.



**Sif:** Goddess of spring, matron of the harvest and wife of Thor. Thor's primary wife was named Sif. She was as lovely and beautiful as a spring day. Fair and enchanting, her most magnificent feature was her long, blond hair, the color of the sun, that grew down to her ankles in a brilliant veil. Sif represents the newborn earth and nature in its most fertile state that is the season of spring. Her hair was a symbol of the long grass or golden wheat that grew in the fields. She is the swan maiden of the elder race of Gods. Sif is also a Goddess of peace and friendship, as well as representing a loving family environment. She is also the essence of the Life Force of

our folk, the Children of the Gods, and this is why she is the wife of Thor, the defender of the Folk. She complements Thor as the God of fertility and her name simply means "Wife," and thus means the giver of life, or children. Her importance for women should not be under-rated. She was once the wife of Njord, and they had a son who is Uller, the God of Winter, and only became Thor's wife after the war between the Aesir and the Vanir. This would mean she was one of Vanir who settled in Asgard.

**Uller, Ull:** God of battle, the hunt, winter, skiing, the bow, and the forest. He is known as the magnificent. Uller is the son of Sif, and his stepfather is Thor. While any records of who his father is are lost, it is thought that his father was a frost Giant. Uller loves the cold and everything associated with Winter. He is a good archer and an expert skier. He loves the cold and loves even more to travel over the icy landscapes. He is depicted as wearing snowshoes and skis that glitter like ice. Uller delights in the chase through the forest and snowbound landscapes. The freezing winds of the north do not slow him down. He wears heavy clothing made from furs and leather that protects him from the worst weather of the northern regions.



His appearance is handsome, but he is a fierce warrior who looks favorably on those who call on his support during duels. Hunters also call on him for assistance when they are out hunting. Uller is the God of Archery, as well as the God of Hunting, and carries a quiver full of arrows and a huge bow made of the best yew. He set up his home in a hall, Ydalir (Yew-Valley), located near a yew forest. All who engage in professions that use weapons should seek his good favor in their occupation, for he is the God associated with shooting.

Uller has several names that include Vulder, Holler, Oller, and Ollerus, and all are associated with Winter. During the Winter months he is considered the highest of Gods, second only to Odin. During the Winter months he is given full authority over Asgard and Midgard by Odin when the All-Father is absent. By some account, he even supplants Odin as Frigga's husband, and this might mean that Uller is actually the cold, wintery side of Odin's personality. But mankind does not hold a great place for Uller in their hearts. Because of his cold disposition, he is not known for bestowing his favors on mankind too readily. During the Summer months, Uller retreats to either the frozen North or the Alps, or mountains in general. In each of these dwellings, Uller had constructed a Summer home to live until Winter's return, and Odin departs

once more.

In old Anglo-Saxon England, he was known as Vulder, and in parts of Germany he was called Holler and considered the husband of the fair Goddess Holda. Holda was a fertility Goddess of Spring. Uller was said to cover her fields with a thick mantle of snow during the Winter months, so as to make them more fruitful when Spring finally arrived. In Scandinavia, it was believed that Uller was married to Skadi, Njord's divorced wife, the female personification of Winter and cold. He proved a better husband because of their shared love for ice, snow, and the cold.

Sometimes Uller is associated with death and can be associated with Pluto among the Romans. He rides with Odin on the Wild Hunt, looking for the souls of the newly deceased. Sometimes Odin even permits him to lead the hunt. Uller is known for his ability to travel with great speed. Many people still say that they can feel a cold wind of death pass them when they have a premonition of impending death or doom. It is Uller who is passing them on the Wild Hunt when they shiver with fear or dread.

**Vali:** God of vengeance and light. Vali is truth, and his truth sets our Folk free by slaying the blind ignorance of Hoder, just as spring drives away the darkness of winter and melts the freezing ice that prevents people from acting.

Vali ranks as one of the twelve Gods who sits with Odin in the great hall of Gladsheim. Vali is destined to survive Ragnarok, just as truth will survive the destruction caused by the lies that fill the hearts and minds of the Folk in the times we live in. It is Vali's truth (the secret of Vrilology) that will help to regenerate the Folk after Ragnarok has passed away. He is the light and warmth of spring that will follow the darkness and ice of Fimbulveter.

Vali is the God of Eternal Light, and thus the God of Eternal Truth (Vrilology). True to the mark, Vali's arrow kills Hoder, the God of Blind Ignorance, the first time it is fired from his bow. Vali is presented as an archer. His month is the end of the month of January and the beginning of February, and referred to in Norwegian as Lois-beru, the light-bringing. He is also the Avenger, and people call on him to avenge a wrong. He is personified by the Christians as St. Valentine, who also is an archer and is the instrument of generative powers, by which men and women fall in love and ensure the survival of the Folk. He is Cupid who fills us with love—the love between man and woman, and thus, the love of who we are—our heritage, history, identity, and Folk.



**Var:** Goddess of honesty. Her name is from an Indo-European root for truth, as seen in the English words verity and aver. She is responsible for contracts between men and women which means she is the Goddess who protects the institution of marriage between men and women.



**Vera:** Vera holds the duty of punishing all who break their oaths.

**Vidar, Vidharr:** God of retribution, justice, and strength. Vidar grew into the strongest of the Gods, second only to Thor. He is considered the personification of the primeval forest, and the imperishable forces of nature. Being of the union of Odin (Mind) and Gerd (Matter), Vidar is the will power that causes one to act. Silence is golden, and Vidar does not waste his time talking about what can be done. He is a doer and the force of action.



Just as Heimdall is the God that links the Gods to the forces (Vril) of the oceans, so is Vidar the God that links the Gods to the living forces (Vril) that reside within the great forests. Along with Vali, Modi, and Magni, he is of the generation of Gods that survives the destruction of Ragnarok. Being the embodiment of the living forces (the Vril) of the forest, he is the instrument of the regenerated earth that will rise again out of the sea after Ragnarok. Vidar lives in his own palace, known as Landvidi, in the realm of Vidarsland (the wild land). His palace is decorated with vegetation, especially beautiful flowers, green vines and lush boughs. This habitat is located in the middle of a vast and impenetrable primeval forest filled with the solitude and silence of timelessness.

**Vor:** Goddess of awareness. Vor or Voer (Faith) is a seeress and knows everything that is to happen. She might be to Frigga what Odin's ravens are to him. She can be compared to Frigga's Fetch.



**Balder, Baldur, Baldr:** God of peace, the light, the sun, rebirth, resurrection, love, and the Life Force, and the ruler of Gimli. Known as Balder the Beloved, Balder the beautiful, The Bright One, the Shining God, the Bleeding

God. Sacred wells spring up from the hoof marks of his horse. He governs happiness, rebirth, beauty, love, and peace. Balder (Baldur, Baldr), the beautiful God of Light. Balder was worshiped as the radiant God of purity, innocence and light. His skin was white as snow, and his hair shined like the golden rays of the sun, and his eyes were a blue that reflected the clear waters of the seas. He was pure goodness and radiated beams of purity which gladden the hearts of Gods and men. Beloved by all, Balder is the embodiment of joy.

"Of all the twelve round Odin's throne,  
Balder, the beautiful, alone,  
The sun-God, good, and pure, and bright,  
was loved by all, as all love light."  
Valhalla (J. C. Jones)



Balder grew into his full manhood with remarkable rapidity, and was gladly admitted to the community of Gods. He possessed one of the twelve seats of the high council of the Gods. He lived in a palace named Breidabilk, which was made of golden pillars, which held up a silver roof. It radiated purity, and nothing common or unclean could enter and violate its precincts. Here Balder and his wife, Nanna (Blossom), and his daughter, Nip (Bud), a beautiful Goddess, the personification of love and bliss, lived

Balder, the God of Light, was a Rune-master, and the Runes were carved on his tongue. His eyes could see all, and even into the souls and hearts of Gods and men. He knew all and saw all, except for one fact—his own fate, which was hidden from his own radiant eyes. He is known as "the beautiful," because his beauty is an expression of his perfection.

Balder represents truth. His light is the truth of reality. He is knowledge of those principles that all people must respect and abide by if they are to remain fruitful and productive, remain healthy and grow. Balder's invulnerability springs from his blood-purity. His blood-purity is the light of the Life Force, the Vril, that resides in the lifeblood—our blood, our DNA. It is this light, which originates with the Life Force (Vril), that gives him his immortality. This immortality is taken from him by the use of the mistletoe, which can be used to make both a very powerful poison that kills, as well as a love potion.

The Vrillic flow of life-giving energies is interrupted and Balder dies. When the dart of love is thrown by blind ignorance (Hoder), and motivated by the destructive forces of chaos (Loki), love becomes misguided and can kill the purity within us, and thus rob us of our immortality (future generations of our Folk). Thus love, like everything else, can be used for good or evil. The right type of love brings happiness, but the wrong type of love plunges us into darkness. Balder represents the need for people to respect their lifeblood, by preserving the purity of their bodies and souls through the right type of love. This purity has been handed down to us by our ancestors, and it is the duty of every individual to pass it down to their descendants.

When we walk in Balder's light, we are aware of his purity and the importance it plays in our life, and the lives of our people. Balder's light is truth and knowledge, and the Church of Balder Rising and the Folk Faith are based not on faith, but on truth. When we can see clearly and understand the truth that governs the universe, which is the orderly essence of the Gods—the Vril—we are filled with joy, love, and happiness. This is the essence of Balder and secret of Balder's resurrection. It is to live in a state of purity. This state of existence will help us to draw on the Vril in unlimited quantity, so that we will awaken the Gods within us and herald in the Golden Age of Gimli. This can be accomplished through Vrilology----the science of the Vril.

While Balder represents a state of purity, his wife, Nanna, represents the reproductive or procreative powers. She represents the growth and expansion of our people — its continuation, both quantitatively and qualitatively. When Balder dies, Nanna wishes to join him in Hel, and refuses to leave him. This means that when we extinguish the light of self-awareness, and knowledge of one's self-worth, we as a people will no longer reproduce, no longer grow, and eventually become extinct.

We live today in a state of ignorance. We have lost the knowledge of those truths that are necessary for our survival, because the light of Balder has gone out. It has been extinguished by blind ignorance. This has led to a loss in our fertility as a race, resulting in a birth dearth. Our people no longer have children. As a result, our Folk is dying due to a decline in the family unit, low birth rates, disconnection from its past and heritage, and suffers from a loss in its self-esteem and self-awareness.

The reason for this is the triumph of Hoder, the God of Darkness, who represents blind ignorance, over Balder, the God of Light and Enlightenment. We now walk with Hoder, in ignorance, because we are blinded to the truth—the truth that Balder represents. If we are to flourish as a people, we must once again adhere to the right circumstances, and then the power of the Gods will once again increase and flourish throughout our people.

Some claim that Snorri, the Medieval Christian chronicler, was influenced by his Christian beliefs when he told the story of Balder, but the truth is,

Christianity was influenced by the tale of Balder. Snorri describes Balder as the "Wisest of the Gods." He is the most beautifully spoken, and most gentle. He is both the beautiful and suffering God. He is passive, and yet his name means "bold" and "ruler." His wife's name, Nanna, means "courageous" and "battle joy." Balder is a God of both war and peace, like Freyja. But the war he wages is not against armed enemies or war-ready armies, but against the darkness of ignorance.

He is known as the Heilaga (The Holy sacrifice). Balder's death is another manifestation of Odin's own sacrifice of himself to himself, when he hanged himself on the World Tree for nine days and nights. Balder is Odin reborn in new form, but he is much more. He is all the Gods and Goddesses reborn in new forms. He is the instrument of his own resurrection. Balder is the means by which Odin cheats the Norns' fate for the Gods. He is able to counter the fatalism of Ragnarok.

When Odin gave Balder Draupnir, he gave him the means of reproducing the Gods. It is this device that ensures the rebirth of the Gods. After the rings reproduce themselves, Balder gives them to Hermod to return to Odin. This is the forging of the bond between Odin and Balder. When Odin receives the rings, he knows that the Gods will survive Ragnarok, but first they must perish in it. Draupnir is the symbol of death and rebirth.

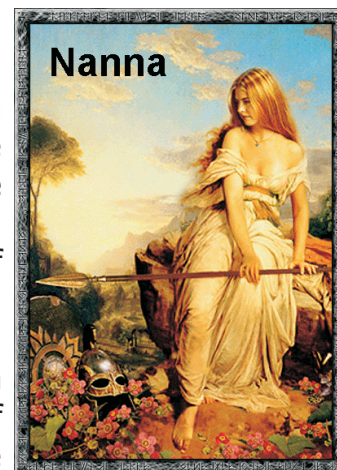
Odin collected Balder's blood and eventually gave it to Aeger to brew an ale or mead in the great cauldron (the Holy Grail). The blood of Balder is the lifeblood of man and God.

Balder's death is a transformation ritual. He does not join the heroes in Valhalla, though he does suffer a heroic death. He dies, goes to Hel, and returns after Ragnarok even more powerful, and the world is reborn. Balder's death is Odin's transformation. His death is the fall and resurrection of the Cosmos. The nine worlds weep for Balder because his death heralds the coming of Ragnarok and the death of the nine worlds. But it is also the agency of the Cosmos' resurrection.

Balder is the seed of hope. He is like Siegfried, the brave young hero who knows no fear. His sacrifice heralds in the end of the old age and the birth of a new and better age. He is Odin's plan to survive Ragnarok. Balder is not a God to call for help, but rather to cultivate his purity. He waits to be called back through our deeds, thoughts, and actions. He is a God who needs our help. His might is not in what he has done, but in his return and the promise of a better future and world.

Balder represents that aspect of the warrior that needs no weapon. He possess supreme confidence, a power that more than most time is able to permit a warrior to avoid a fight because no opponent thinks himself capable of defeating him. He personifies a warrior's reputation that gives him honor and worth.

**Nanna:** Wife of Balder, Goddess of rebirth and spring. Goddess of the Moon and companion to the husband, Balder, who is a God of the Sun. She represents hidden knowledge that is rooted within the subconscious. Love and gentleness. Also Earth Goddess. She chooses to die with her beloved and joins him in Hel. After Raganrok, she is reborn with Balder to help rule the new age of Gimli.



**Nerthus:** Erce, Edra: Earth Mother, wife of Njord, Goddess of fertility, peace, spring, wealth, the sea, and groves. She represents the Mother of the Vanir and like Frey and Freyja, who are brother and sister twins, she is not only the wife of Njord, but his twin sister. Like Njord who represents the seacoast, that part of the ocean and seas that border the lands, she is an Earth Goddess who is associated with the sea and is reputed to live on an island.

**Hel, Hela:** Goddess of death, the Queen of the Netherworld, ruler of Hel, daughter of Loki. She is Loki's daughter and described as half black and half white, morbid and fierce-looking. This is to represent that her body is half living and half dead. Some description say her lower half is that of a corpse while some depictions show her left side a corpse. Hel is not described as an enemy of the Gods, but she is not a friend either. Her most common depiction is that she is neutral.



**Aegir:** God of the sea—the ocean, and the deep sea. Alebrewer. He and his wife, Ran, had nine daughters, known as the Waves, who gave birth to Heimdal. He is the God of sailors, undersea treasure, brewing, the waves and tides and the nine winds. The sea was very important in the life of the ancient Norse. They had several deities who represented the ocean. Njord, of the Vanir, represented the sea close to shore, while Mimir of the Aesir, who was sent to the Vanir in exchange for Njord, represented the primeval ocean from which all things were supposed to have sprung. But the supreme ruler of the ocean or sea was Aegir or Hler, who should be placed among the



Giants rather than among the Gods. He had nine daughters who are known as the waves, and are the mother of Heimdal. Aegir lives in a hall at the bottom of the sea near the island of Lessoe, in the Cattegat or Hlesey.

“Within the glimmer of the gleaming cave,  
beneath the island Lessoe, and within the crystalline dome,  
lives the King of the Sea, the father of the wave.  
In the ocean vast and splendid, does Aegir make his home.”  
(Robert Blumetti)



Aegir is one of three Giants who live among the Gods. The other two are Loki (fire) and Kari (air). Though he is counted among the Aesir, he is actually a Giant and considered omnipotent within his realm. His name is related to the word for water and he is the personification of the ocean. His power lies within the vast watery realm and he can use it for good or evil. The river Eider was known as Aegir's door, and his jaws were considered the watery vortex and tidal waves that devoured ships at sea. He is associated with the Greek God Poseidon and the Roman God Neptune. He is usually represented as an old man with a white beard and claw-like fingers. If one saw him on the surface of the sea it usually was a bad omen. He rises to the surface with the intention to drag some passing ship to his realm at the bottom of the sea. Aegir was feared by men who made their living on the sea.

Aegir also possesses a great cauldron given to him by Thor and Tyr. It is known by the name of Egor, and in it he brews the mead of life, from the blood of Balder. This mead is synonymous with the sea of life, and is the Vril. Life began in the salty waters of the ocean, and the new earth will rise once more out of the sea after Ragnarok, in the dawning of the Age of Gimli.

**Kvasir:** God of wisdom and mead. After the war between the Aesir and the Vanir, all the Gods and Goddesses joined together to iron out the peace terms. To ensure that peace would last, and establish a lasting union between the two races of Gods, each Aesir and Vanir spat into a great jar. The jar was removed and magic spells were cast over it. The saliva was the essence of both the masculine heavenly forces of the Aesir and the feminine forces of the earth represented by the Vanir, united in form. It is the collective knowledge of the Aesir and Vanir, the union of Galdor and Seither, and thus Vrilology. Out of the jar was born a new man, who was born of the essence of both the Aesir and the

Vanir. Kvasir personifies Vrilology

This man was very beautiful. His name was Kvasir and he possessed great wisdom and knowledge of all the mysteries in the nine worlds, since the beginning of time. Wherever he went, he never refused to answer any question put to him, spreading wisdom throughout the nine worlds. And when he entered a realm or kingdom, everyone ceased whatever they were doing to come and listen to him. Everyone wanted to hear what he had to say.

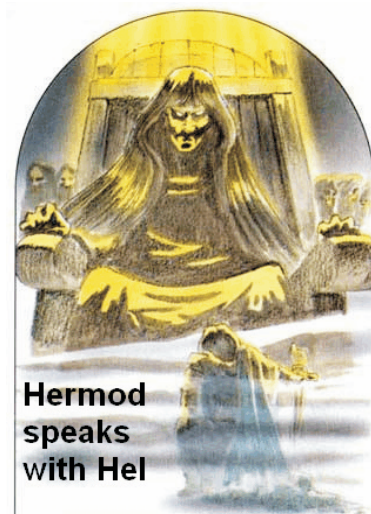
When Kvasir spoke, the words sailed through the air like music on the wind. His voice never failed to enchant anyone who listened to him. He spoke in poetry, which was the voice of the essence of the union of the Aesir and the Vanir, the union of heaven and earth. Kvasir answered the most complex question with the simplest of answers. Whenever anyone asked him his opinion on any subject, he would never insist, but rather made suggestions as to the best course of action. It was common for him to answer a question with a question. It did not matter if it was a man, dwarf, Giant or God who asked him a question, he always made them feel that they had been helped to answer their own questions.



**Hoenir:** God of reason. He is considered the wisest of the Gods. He is one of three Gods, with Odin and Lodurr who created the first man and woman. He gives them the gift of reason and intellect. He is associated with Ve and fathered the race of Light Elves. Along with Mimir he was given to the Vanir as a hostage after the war between the Aesir and the Vanir. He survives Ragnarok and joins Balder. In this role, he can be considered timeless wisdom that lives on for eternity to assist Balder in ruling Gimli.

**Lothurr, Lodurr:** God of good looks and physical form. He is also Ve and the father of the race of Vanir. He gives the gift of blood and emotions and locomotion to the first man and woman. He is mistakenly compared to Loki because he is a God of Fire.

**Hermod:** God of communication and travel, commerce, thought and spiritual growth. Messenger and son of Odin. As his messenger he becomes Odin's astral form that travels to other realms, especially the Netherworld, Hel. He is the only one besides Odin that rides Sleipnir. Odin is often compared to the Roman



God Mercury, but Hermod is closer to Mercury because he personifies Odin in the form of the shaman who leaves his body.

**Modi:** God of wrath.

**Magni:** God of might.

**Skadi:** Huntress, Goddess of winter, the hunt and virtue. Skadi is the daughter of the Giant Thiazi, and is married to Njord. She is associated with winter, cold, ice, skiing, and all winter activities. Her name sometimes is translated as "Shadow" or "Scathe." She becomes one of the Aesir and is the Goddess of the North and Winter. She actually is the daughter of the Giant who kidnaped Idun and stole her apples. The Gods sought to appease her by placing the eyes of her slain father in the sky,



transforming them into stars. Skadi accepted the Gods' act of appeasement and she was soon welcomed in Asgard. Her great hall, Thrymheim, was transformed into a holy dwelling. As payment, the Gods permitted her to marry into Asgard, and she is referred to either as "the shining bride of the Gods," or "the wise bride of the Gods."

She was once worshiped widely in ancient times. Those who loved her especially found her stark beauty reflecting the beauty that one finds in the dead of winter. It is not hard for all lovers of winter, especially those who enjoy winter sports, to fall in love with Skadi. She is associated with the howling wolves, icy winds and snow storms. She shines like the radiance of the glaciers and snow-covered mountains and is often depicted as wearing skis. Sometimes she wears snowshoes and is referred to as "the Snowshoe Goddess." She is also very skilled with the bow and can use it very proficiently while skiing down mountains or across country.

Skadi dwells where it is forever snow-covered. One should celebrate her in icy and snowy locations. This is especially true during the winter months. Seek Skadi for protection and assistance during the wintertime. Like winter, she is reputed to never laugh, though Loki found a way to make her laugh.

This would suggest that she is also a Goddess associated with the dead, for the dead never laugh. She is also associated with Loki, and when he is bound in punishment for killing Balder, it is Skadi who fastens a venomous snake over his head to catch the venom that drips from the fangs of a snake. The connection between Skadi and Loki also has to do with the fact that it is Loki who is responsible for her father's death. This makes her the Goddess of Vengeance as well as of Winter and Death.

Skadi has no children with Njord, but she refers to Frey as her son. This probably is in reference to his being her stepson. She is also reputed to have produced a super race of humans or Jarls with Odin. This is a reference to the origins of the Aryan or Indo-European race originating in the North. One of her sons is named Saeminger, and is considered the father of a heroic line of Jarls from the land of Hladir. This heroic line fought off the encroachment of Christianity, and are considered the defenders of both the Gods and the Folk. The name, Saemingir means "the Gray One", which is another name for "Wolf".

Her loyalty and love for her father shows that Skadi is also a Goddess of Family and the Folk. She is also the Goddess of Hunters, and thus wild beasts. Her name is the root for the word Scandinavia. She is often depicted wearing armor and because she has no children and lives apart from Njord, it can be mused that she is still a virgin. These qualities permit us to associate her with the Greek Goddess, Athena. Being a strong and independent woman, she is the Goddess of Strong and Independent Women, but not of feminism. For as was mentioned, she uses her strength of character in the defense and expansion of the family, kin, and Folk, which is the anthesis to modern feminism.

**Hlin:** Goddess of mourners and the grief-stricken, Hlin carries your prayers to Frigga.

**Holda, Holde, Holle, Hulda:** The White Lady of the North and sometimes referred to as Hel. She is also the Black Earth Mother, the Goddess of Winter and Witchcraft. She rides the Wild Hunt with Odin, often on a terrible goat accompanied by a pack of 24 spotted hounds, who are her daughters. Goddess of Fate and Karma.