

## Shamanism In Norse Myth And Magic

A practical guide to the magic of the feminine side of the Norse pantheon • Provides invocations and rituals to call each goddess forth for personal and group spirit work • Details the author's trancework to discover the personalities and powers of Frigg the Allmother, wife of Odin, and the 12 lesser-known Aesir goddesses associated with her • Offers a comprehensive guide to tranceworking to connect with the deities Combining traditional research on folklore and the Eddas with trancework and meditation techniques, Alice Karlsdóttir was able to rediscover the feminine side of the Norse pantheon and assemble working knowledge of 13 Norse goddesses for both group ritual and personal spirit work. Detailing her trancework journeys to connect with the goddesses, the author reveals the long-lost personalities and powers of each deity. She explores the Norse goddess Frigg the Allmother, wife of Odin, along with the 12 Asynjur, or Aesir goddesses, associated with her, such as Sjöfn the peacemaker, Eir the Healer, and Vor the Wisewoman. She shares their appearances in the Eddas and Germanic mythology and explains the meanings of their names, their relationships to each other, and their connections to the roles of women in Old Norse society. She provides detailed instructions for invocations and rituals to call each goddess forth for personal and group spirit work. She also offers a comprehensive guide to ritual tranceworking to allow anyone to directly experience deities and spiritual beings and develop spirit-work relationships with them.

The viking berserkr is an iconic warrior normally associated with violent fits of temper and the notorious berserksgangr or berserker frenzy. This book challenges the orthodox view that

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these men went 'berserk' in the modern English sense of the word. It examines all the evidence for medieval perceptions of berserker and builds a model of how the medieval audience would have viewed them. Then, it extrapolates a Viking Age model of berserker from this model, and supports the analysis with anthropological and archaeological evidence, to create a new and more accurate paradigm of the Viking Age berserker and his place in society. This shows that berserker were the champions of lords and kings, members of the social elite, and that much of what is believed about them is based on 17th-century and later scholarship and mythologizing: the medieval audience would have had a very different understanding of the Old Norse berserker from that which people have now. The book sets out a challenge to rethink and reframe our perceptions of the past in a way that is less influenced by our own modern ideas. The Myths and Realities of the Viking berserker will appeal to researchers and students alike studying the Viking Age, Medieval History and Old Norse Literature.

An extensive look at all the aspects of multi-natured Shiva • Explores the shamanic roots of world spirituality as exemplified by this Hindu god who shares many of the attributes of the Norse Odin and the Celtic Cernunnos • Looks at Shiva's relation to contemporary culture, Tantra, and the dualistic religions of the West To his devotees Shiva is the entire universe and the core of all beings. Hindu myth shows him appearing at the beginning of creation as a giant pillar of fire from which this world sprang forth. Yet he is also the most approachable of gods, for he is the lover of lovers and the devotee of his devotees. Of the 1,008 names of Shiva, Pashupati, Lord of Animals, is one of the most common. His special relation to animals along with his trickster nature reveal the deep connection of Shiva to shamanism and other gods such as the Norse Odin and the Celtic Cernunnos that came out of the Paleolithic traditions.

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Ethnologist Wolf-Dieter Storl was first captivated by Shiva when he was in India as a visiting scholar at Benares Hindu University. In this book he invites readers to join in the lively and mythical world of Shiva, or Mahadev, God of All Gods. Shiva is a study in contrasts: As the lord of dance he loses himself in ecstatic abandon; with his consort Parvati he can make love for 10,000 years. Both men and women worship him for his ability to unite and balance masculine and feminine energies. But as the ascetic Shankar he sits in deep meditation, shunning women, and none dare disturb him lest he open his third eye and immolate the entire universe. Lord of intoxicants and poisons, he is the keeper of secret occult knowledge and powers, for which he is worshipped by yogis and demons alike. Shiva dances both the joy of being and the dance of doom--but in every aspect he breaks through the false ego to reveal the true self lying within. This is his true power.

" ... presents the main features of Siberian shamanism, as they are relevant for comparison with Norse sources, and examines the Norse texts in detail to determine how far it is reasonable to assign a label of "shamanism" to the human and divine magical practices of pre-Christian Scandinavia, whose existence, it is argued, in many cases resides mainly in the imaginative tradition of the poets." -- Back cover.

G. Ronald Murphy offers an insightful examination of the lasting significance of Yggdrasil in northern Europe, showing that the tree's image persisted not simply through its absorption into descriptions of Christ's crucifix, but through recognition by the newly converted Christians of the truth of their new religion in the images of their older faith.

"If you liked American Gods by Neil Gaiman or Circe by Madeline Miller, be sure to pick this one up."--Timeworn A sweeping tale of forbidden love and warring gods, where a young Inuit

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shaman and a Viking warrior become unwilling allies in a war that will determine the fate of the new world. There is a very old story, rarely told, of a wolf that runs into the ocean and becomes a whale... Born with the soul of a hunter and the spirit of the Wolf, Omat is destined to follow in her grandfather's footsteps-invoking the spirits of the land, sea, and sky to protect her people. But the gods have stopped listening and Omat's family is starving. Desperate to save them, Omat journeys across the icy wastes, fighting for survival with every step. When she encounters Brandr, a wounded Viking warrior, they set in motion a conflict that could shatter her world...or save it. Also by Jordanna Max Brodsky:The Olympus Bound seriesThe ImmortalsWinter of the GodsOlympus Bound

This anthology of international scholarship offers new critical approaches to the study of the many manifestations of the paranormal in the Middle Ages. The guiding principle of the collection is to depart from symbolic or reductionist readings of the subject matter in favor of focusing on the paranormal as human experience and, essentially, on how these experiences are defined by the sources. The authors work with a variety of medieval Icelandic textual sources, including family sagas, legendary sagas, romances, poetry, hagiography and miracles, exploring the diversity of paranormal activity in the medieval North. This volume questions all previous definitions of the subject matter, most decisively the idea of saga realism, and opens up new avenues in saga research.

An experiential guide to the wisdom preserved in Europe's far north • Includes shamanic journeys to connect with deities and your ancestral shamans • Provides step-by-step instructions to prepare for and conduct a seiðr ceremony • Draws on archaeological evidence and surviving written records from Iceland • Reveals the long tradition of female shamans in

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northern European shamanism Shamanism is humanity's oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman's world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for reconnecting with the powers of nature. She explains the key concepts of Ørlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the

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important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

Ecstatic Trance contains in-depth information on 60 ritual body postures and describes them in precise, accurate detail, with clear illustrations. The first complete manual on this subject, presented here are age-old postures (one dates back 32,000 years and was inspired by a cave painting) along with newly-researched postures, published here for the first time. Learn these postures and access, energize, and integrate your creative potential. Practicing these postures also leads to new insights into healing, inner development, and rebirth. And combined with appropriate rhythmic stimulation--music and dance, for example--the postures can engender a profound change in consciousness, leading the participant to experience altered states of reality including visions and ecstatic trance states. The postures themselves do not promote any one belief system or dogma but are elements in an overall shamanic worldview. Reveals the striking parallels between indigenous cultures of the Americas and the ancient Homeric world as well as Tolkien's Middle Earth • Explores the shamanic use of healing songs, psychoactive plants, and vision quests at the heart of the Odyssey and the fantasy works of J. R. R. Tolkien • Examines Odysseus's encounters with plant divinities, altered consciousness, animal shapeshifting, and sacred

topography--all concepts vital to shamanism • Reveals how the Odyssey emerged precisely at the rupture between modern and primal consciousness Indigenous, shamanic ways of healing and prophecy are not foreign to the West. The native way of viewing the world--that is, understanding our cosmos as living, sentient, and interconnected--can be found hidden throughout Western literature, beginning with the very origin of the European literary tradition: Homer's Odyssey. Weaving together the narrative traditions of the ancient Greeks and Celts, the mythopoetic work of J. R. R. Tolkien, and the voices of plant medicine healers in North and South America, the authors explore the use of healing songs, psychoactive plants, and vision quests at the heart of the Odyssey, The Lord of the Rings trilogy, and Tolkien's final novella, Smith of Wootton Major. The authors examine Odysseus's encounters with plant divinities, altered consciousness, animal shapeshifting, and sacred topography--all concepts vital to shamanism. They show the deep affinities between the healing powers of ancient bardic song and the icaros of the shamans of the Amazon rain forest, how Odysseus's battle with Circe--wielder of narcotic plants and Mistress of Animals--follows the traditional method of negotiating with a plant ally, and how Odysseus's journey to the land of the dead signifies the universal practice of the vision quest, a key part of shamanic initiation. Emerging precisely at the rupture between modern and primal consciousness, Homer's work represents a window into the lost native mind of the Western world. In this way, the Odyssey as well as Tolkien's work can be seen as an

awakening and healing song to return us to our native minds and bring our disconnected souls back into harmony with the living cosmos.

Wilderness mythology is one of the most abiding creations in the history of religions, and yet it has not previously been subject to scrutiny or theorizing from a cross-cultural, “study-of-religions perspective”. This book addresses the need for cross-cultural anthropological and history of religions analyses by offering in-depth case studies of the use and functions of wilderness spaces in diverse religions. It offers new theoretical perspectives on the study of religious spatialities, cosmologies, and ideas of wild nature that challenge previous dichotomizing approaches.

The study of Old Norse Religion is a truly multidisciplinary and international field of research. The rituals, myths and narratives of pre-Christian Scandinavia are investigated and interpreted by archaeologists, historians, art historians, historians of religion as well as scholars of literature, onomastics and Scandinavian studies. For obvious reasons, these studies belong to the main curricula in Scandinavia but are also carried out at many other universities in Europe, the United States and Australia a fact that is evident to any reader of this book. In order to bring this broad and varied field of research together, an international conference on Old Norse religion was held in Lund in June 2004. About two hundred delegates from more than fifteen countries took part. The intention was to gather researchers to encourage and improve scholarly exchange and dialogue, and Old Norse religion in long-term perspectives presents a selection of

the proceedings from that conference. The 75 contributions elucidate topics such as worldview and cosmology, ritual and religious practice, myth and memory as well as the reception and present-day use of Old Norse religion. The main editors of this volume have directed the multidisciplinary research project Roads to Midgard since 2000. The project is based at Lund University and funded by the Bank of Sweden Tercentenary Foundation.

These stories are old, old as the Behmer Wold and seldom in life has there been such a brewing... Cycles of Norse Mythology captures the passion, cruelty, and heroism of an ancient world. Encompassing Odin's relentless pursuit of wisdom across the nine worlds, Gullveig's malicious death at the hands of the Æsir that sparks a brutal war with the Vanir, Thor's battles against the giants of Jotunheim, the tragedy of Volund, the many devious machinations of Loki, and the inescapable events of Ragnarök, this lyrical re-imagining of the Norse myths presents the gripping adventures of the Norse gods and their foes in a style to delight modern readers of all ages. A detailed glossary provides a quick reference to the meaning behind names and terms used in the book. A Source Reference is included for persons who want to delve deeper into the study of Norse mythology.

The religion of the Viking Age is conventionally identified through its mythology: the ambiguous character Odin, the forceful Thor, and the end of the world approaching in Ragnarök. But pre-Christian religion consisted of so much more than mythic imagery

and legends, and lingered for long in folk tradition. Studying religion of the North with an interdisciplinary approach is exceptionally fruitful, in both empirical and theoretical terms, and in this book a group of distinguished scholars widen the interpretative scope on religious life among the pre-Christian Scandinavian people. The authors shed new light on topics such as rituals, gender relations, social hierarchies, and inter-regional contacts between the Nordic tradition and the Sami and Finnish regions. The contributions add to a more complex view of the pre-Christian religion of Scandinavia, with relevant new questions about the material and a broad analysis of religion as a cultural expression.

The series Religion and Society (RS) contributes to the exploration of religions as social systems – both in Western and non-Western societies; in particular, it examines religions in their differentiation from, and intersection with, other cultural systems, such as art, economy, law and politics. Due attention is given to paradigmatic case or comparative studies that exhibit a clear theoretical orientation with the empirical and historical data of religion and such aspects of religion as ritual, the religious imagination, constructions of tradition, iconography, or media. In addition, the formation of religious communities, their construction of identity, and their relation to society and the wider public are key issues of this series.

This accessible study of Northern European shamanistic practice, or seidr, explores the way in which the ancient Norse belief systems evoked in the Icelandic Sagas and

Eddas have been rediscovered and reinvented by groups in Europe and North America. The book examines the phenomenon of altered consciousness and the interactions of seid-workers or shamanic practitioners with their spirit worlds. Written by a follower of seidr, it investigates new communities involved in a postmodern quest for spiritual meaning.

An innovative and accessible overview of how ancient Scandinavians understood and made use of their mythological stories. Old Norse Mythology provides a unique survey of the mythology of Scandinavia: the gods Þórr (Thor) with his hammer, the wily and duplicitous Óðinn (Odin), the sly Loki, and other fascinating figures. They create the world, battle their enemies, and die at the end of the world, which arises anew with a new generation of gods. These stories were the mythology of the Vikings, but they were not written down until long after the conversion to Christianity, mostly in Iceland. In addition to a broad overview of Nordic myths, the book presents a case study of one myth, which tells of how Þórr (Thor) fished up the World Serpent, analyzing the myth as a sacred text of the Vikings. Old Norse Mythology also explores the debt we owe to medieval intellectuals, who were able to incorporate the old myths into new paradigms that helped the myths to survive when they were no longer part of a religious system. This superb introduction traces the use of the mythology in ideological contexts, from the Viking Age until the twenty-first century, as well as in entertainment. The last fifty years have seen a significant change in the focus of saga studies, from a preoccupation with origins and development to a renewed interest in other topics, such as the nature of the sagas and their value as sources to medieval ideologies and mentalities. The

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Routledge Research Companion to the Medieval Icelandic Sagas presents a detailed interdisciplinary examination of saga scholarship over the last fifty years, sometimes juxtaposing it with earlier views and examining the sagas both as works of art and as source materials. This volume will be of interest to Old Norse and medieval Scandinavian scholars and accessible to medievalists in general.

Embark on a Vitki and Völva Initiation with my fully comprehensive guide to Heathen Sorcery, featuring full-page, color illustrations of rune spirit worlds. Here's how to perform Sinister Shamanism with the most revered gods in world history. In *Heathen: A Viking Grimoire of Norse Sorcery*, you will learn: Fully modernized initiatory pathworking Rituals for evocation, pacts & spells DIY help with relics, altars & shrines 31+ sigils for gods, goddesses & monsters 10 color illustrations of astral rune-scapes 100% compatible with Left Hand Path As a young boy in Scotland, my father would recite the exciting legends of the Norse Gods and Goddesses to me every night at bedtime. In my dreams I performed magick with these deities and became like an apprentice. From the Wise Wanderer Odin who hanged himself from a tree to discover the runes, to the Mighty Thor slaying the Frost Giants to protect Midguard, to the Goddess Freyja who rode in a chariot pulled by cats... these ancient heroes and heroines became dear friends and their worlds became a second home to me. My name is Asbjörn Torvol, and I have carefully formulated my entire lifetime of authentic experiences into a modern grimoire called *Heathen: A Viking Grimoire of Norse Sorcery*. For the first time ever, it provides a fully comprehensive guide to a magick initiation known as The Path of the Vitki & Völva. Utisetä: Meditation & Trance techniques to introduce you to the Norse Astral workings - Chapter 3 Dedication & Maegan: Dedication Rituals to build influence and favor with the Gods - Chapter

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5 Pacts: Making agreements with certain Gods to further your relationship with them - Chapter 5 Self-Initiation: Rituals for Initiation that cuts out the need for a third party, so you can be initiated by the Gods themselves - Chapter 6 Vé Detailed methods on how to set up shrines and altars to the Gods - Chapter 9 Relic Creation: How to create your own magickal tools - Chapter 7 Protection Magick: Norse methods of protection magick from simple to complex - Chapter 7 Cleansing & Grounding: Norse methods of Cleansing and Grounding to connect with nature - Chapter 8 Lokkr: Evocation of over 31+ Gods, Goddesses & Monsters told of in the historical tales - Chapter 10 Sigils: Gorgeous, artisanal sigils for each God and entity never before done by another magician - Chapter 10 Galdrstafir: Norse Magickal sigils for manifestation and methods on creating your own - Chapter 12 Rune Magick: Methods and techniques of discovering and learning the runes and their magick - Chapter 13 Together we aspire to make history, not just reconstruct it. I still walk this path one foot at a time moment by moment and will for the remainder of my life. It is a living book. I hate dogma and leave you room to accommodate your personality and preferences in it. Let my grimoire *Heathen: A Viking Grimoire of Norse Sorcery* provide the do-it-yourself help necessary to skyrocket the ascent of a modern Vitki and Völva along the Norse path. This grimoire does not aspire to just reconstruct history... it aspires to make history. Stay true & stay awesome, ASBJÖRN TORVOL

Discover the untamed paganism of the Vikings and the Germanic tribes prior to the complete Christianization of Europe • Explores the different forms of magic practiced by these tribes, including runic magic, necromancy (death magic), soul-travel, and shape-shifting • Examines their rites of passage and initiation rituals and their most important gods, such as Odin, Loki,

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and Thor • Looks at barbarian magic in historical accounts, church and assembly records, and mythology as well as an eyewitness report from a 10th-century Muslim diplomat • Reveals the use and abuse of this tradition's myths and magic by the Nazis Before the conversion of Europe to Christianity in the Middle Ages, Germanic tribes roamed the continent, plundering villages and waging battles to seek the favor of Odin, their god of war, ecstasy, and magic. Centuries later, predatory Viking raiders from Scandinavia carried on similar traditions. These wild "barbarians" had a system of social classes and familial clans with complex spiritual customs, from rites of passage for birth, death, and adulthood to black magic practices and shamanic ecstatic states, such as the infamous "berserker's rage." Chronicling the original pagan tradition of free and wild Europe--and the use and abuse of its myths and magic by the Nazis--Hans-Peter Hasenfratz offers a concise history of the Germanic tribes of Europe and their spiritual, magical, and occult beliefs. Looking at historical accounts, church and assembly records, mythology, and folktales from Germany, Russia, Scandinavia, and Iceland as well as an eyewitness report of Viking customs and rituals from a 10th-century Muslim diplomat, Hasenfratz explores the different forms of magic--including charms, runic magic, necromancy, love magic, soul-travel, and shamanic shape-shifting--practiced by the Teutonic tribes and examines their interactions with and eventual adaptation to Christianity. Providing in-depth information on their social class and clan structure, rites of passage, and their most important gods and goddesses, such as Odin, Loki, Thor, and Freyja, Hasenfratz reveals how it is only through understanding our magical barbarian roots that we can see the remnants of their language, culture, and dynamic spirit that have carried through to modern times. This book sets the notorious European witch trials in the widest and deepest possible

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perspective and traces the major historiographical developments of witchcraft. The discovery of the shamanic underworld through the art of story telling and practical magick. "The North" is simultaneously a location, a direction, and a mystical concept. Although this concept has ancient roots in mythology, folklore, and fairy tales, it continues to resonate today within modern culture. McIntosh leads readers, chapter by chapter, through the magical and spiritual history of the North, as well as its modern manifestations, as documented through physical records, such as runestones and megaliths, but also through mythology and lore. This mythic conception of a unique, powerful, and mysterious Northern civilization was known to the Greeks as "Hyberborea"--the "Land Beyond the North Wind"--which they considered to be the true origin place of their god, Apollo, bringer of civilization. Through the Greeks, this concept of the mythic North would spread throughout Western civilization. In addition, McIntosh discusses Russian Hyperboreanism, which he describes as among "the most influential of the new religions and quasi-religious movements that have sprung up in Russia since the fall of Communism" and which is currently almost unknown in the West.

Every culture has in its folklore and mythology beings of immense size and strength, as well as other preternatural humanoids great or small who walk among us, serving the divine or fulfilling their own agendas. This book catalogs the lore and legends of more than 1,000 different humanoid species and individual beings, including the Titans, Valkyries, Jotnar, ykai, biblical giants, elves, ogres, trolls and many more.

### Shamanism in Norse Myth and Magic

A guide to worldwide shamanism and shamanistic practices, emphasizing

historical and current cultural adaptations. \* Nearly 200 entries on shamanic belief systems, practices, rituals, and related phenomena \* 152 contributors including international experts and pioneering researchers in the field \* 100 photos, charts, and tables \* Multicultural bibliography of significant materials from the fields of history, ethnography, and anthropology

The Viking Spirit is an introduction to Norse mythology like no other. As you'd expect from Daniel McCoy, the creator of the enduringly popular website Norse Mythology for Smart People (Norse-Mythology.org), it's written to scholarly standards, but in a simple, clear, and entertaining style that's easy to understand and a pleasure to read. It includes gripping retellings of no less than 34 epic Norse myths - more than any other book in the field - while also providing an equally comprehensive overview of the fascinating Viking religion of which Norse mythology was a part. You'll learn about the Vikings' gods and goddesses, their concept of fate, their views on the afterlife, their moral code, how they thought the universe was structured, how they practiced their religion, the role that magic played in their lives, and much more. With its inclusion of the latest groundbreaking research in the field, The Viking Spirit is the ultimate introduction to the timeless splendor of Norse mythology and religion for the 21st Century. Take one part of the world's oldest spiritual system (shamanism), mix in one part

of one of the world's most popular spiritual cultures (the Celts), and bring it up to date by blending in modern forms of shamanism. The result is one of the most amazing books you'll ever use, D. J. Conway's *By Oak, Ash, & Thorn*. This book is filled with information that can start you on a lifetime of study, practice, and spirituality. First, you'll learn about ancient and modern forms of shamanism. You'll discover the secrets of the three shamanic worlds, and how you can travel through these mysterious realms. You'll be shown how to communicate and deal with the entities and allies you meet there. You'll also learn about the tools that a shaman uses. The thing that makes this book unique is that it comes from the viewpoint of Celtic shamanism, and not some generalized form. As a result, the worlds are specifically Celtic in nature. The tools come from Celtic myth and lore. The fifty entities you meet are named and defined as the Faery Folk and their kin ? from the Bean sidhe (banshee) to the Will o' the Wisp (a faery who appears at night in lonely places carrying a lantern to confuse travellers). Almost fifty more animal allies are listed and described. You will also learn the mysteries of the vision quest and how it applies and can be used by Celtic shamans. Before starting your journey you will take a test to determine your strengths and weaknesses as a potential shaman. Other topics include: - Shamanic Healing - Soul Retrieval - Shape-shifting - Invisibility - Divination with stones, the omen

stick and the Ogam alphabet - Pathworking through the three shamanic worlds - Different forms of Celtic magic - Herbs This only begins to hint at everything that you can learn from this book. Get your copy today.

This volume is intended as a belated but heartfelt thank-you and Gedenkschrift to the late Larry Syndergaard (1936-2015), long-time professor of English at Western Michigan University and Fellow of the Kommission für Volksdichtung (International Ballad Commission). Larry's contributions down the decades to ballad studies--particularly Scandinavian and Anglophone--included dozens of papers and articles, as well as his supremely useful book, *English Translations of the Scandinavian Medieval Ballads*. As David Atkinson and Thomas A. McKean of the Kommission have written (May 2015): "Larry... was a sound scholar with a penetrating mind which he used to support, encourage and befriend others, rather than show off his own knowledge. He will be remembered for his contributions to international balladry, especially for providing a bridge between the English- and Scandinavian-language ballads." Larry's particular fascination with the vernacular ballads of the northern medieval world are reflected in this collection; topics here range from plot elements such as demonic whales, otherworldly antagonists, and mer-people to thematic issues of genre, religion and sexual mores. As a tribute to the global influence of Larry's scholarship and

the broad academic interest in medieval ballads, the essays in this volume were contributed by twelve international scholars of narrative song based in Europe, North America and Australia.

Weave the Threads of Ancient Heathen Magic into Your Life Journey into the fascinating depths of Heathenry with this tremendous source of history, inspiration, and practical information. Based on decades of research and experimentation, *Elves, Witches & Gods* provides explanations and hands-on techniques for galdr, seidr, fiber magic, herb craft, journeying, going under the cloak, and connecting with deities and elves. Working with authentic source material, Cat Heath has carefully pieced together and recreated Heathen magic techniques, and she shares the theories, skills, and tools you need to begin or deepen your own practice. This book introduces you to deities such as the Spinning Goddess, the Spear God, Odin, and Ingvi-Freyr. You will discover recipes, spells, and prayers, as well as learn how to work with specific oils and charms. Whether you are interested in using magic to influence your fate or you want to take a deep dive into the craft of the helrune and the völvá, this book's guidance will help you take the next steps on the Heathen path. Includes a foreword by Patricia M. LaFayllve, author of *A Practical Heathen's Guide to Asatru*

The Eddic poem Vafþrúðnismál serves as a representation of early pagan beliefs or myths and as a myth itself; the poem performs both of these functions, acting as a poetic framework and functioning as sacred myth. In this study, the author looks closely at the journey of the Norse god Óðinn to the hall of the ancient and wise giant Vafþrúðnir, where Óðinn craftily engages his adversary in a life-or-death contest in knowledge.

Elves and dwarves, gnomes and frost giants. . . Norse mythology is filled with tales of such supernatural beings, nature spirits, and powerful deities. Many people know that the Norse people were fierce warriors, but did you know that they were powerful magicians as well? Norse Magic has everything you need to learn in order to begin practicing Norse spirituality. Discover the history and religion of the Vikings, including Norse mythology, seasonal festivals, and magical techniques. If you are interested in practicing Norse Wicca, you'll learn about the three-fold goddess and the god, as well as how to celebrate the holidays, all from the perspective of Norse Paganism. Discover the secrets of herb magic, cauldron magic, cord magic, elf magic, dwarf magic, and more. These magical techniques are presented in a clear, step-by-step format. The practice of Norse magic enlists the help of the Asa-Gods, Light Elves and good Dwarves. It elicits aid from dead ancestors and the rulers of the Elements. It is an

active magic, reserved for participants, not bystanders. In order to work the magic of this system you must attune yourself to the powers of the Elements, calling upon the Asa-Gods and other supernatural beings. Norse Magic includes complete instructions, exercises, and rituals for this technique. The Norse Pagans were one of the last European societies to convert to Christianity, but their Pagan mythology and magic survived and continues to thrive. Norse Magic is your key to the study and practice of this powerful and ancient spiritual system. A thorough reference to the many deities, magical beings, mythical places, and ancient customs of the Norse and Germanic regions of Europe • Explores the legends and origins of well-known gods and figures such as Odin, Thor, Krampus, and the Valkyries, as well as a broad range of magical beings such as the Elf King, the Lorelei, the Perchten, dwarves, trolls, and giants • Draws upon a wealth of well-known and rare sources, such as the Poetic Edda and The Deeds of the Danes by Saxo Grammaticus • Examines folktales, myths, and magical beliefs from Germany, Austria, Switzerland, Denmark, Finland, Sweden, Norway, Iceland, and England The legends of the Norse and Germanic regions of Europe--spanning from Germany and Austria across Scandinavia to Iceland and England--include a broad range of mythical characters and places, from Odin and Thor, to berserkers and Valhalla, to the Valkyries and Krampus. In this encyclopedia, Claude Lecouteux explores the origins, connections, and tales behind many gods, goddesses, magical beings, rituals, folk customs, and mythical

places of Norse and Germanic tradition. More than a reference to the Aesir and the Vanir pantheons, this encyclopedia draws upon a wealth of well-known and rare sources, such as the Poetic Edda, the Saga of Ynglingar by Snorri Sturluson, and The Deeds of the Danes by Saxo Grammaticus. Beyond the famous and infamous Norse gods and goddesses, Lecouteux also provides information on lesser-known figures from ancient Germanic pagan tradition such as the Elf King, the Lorelei, the Perchten, land spirits, fairies, dwarves, trolls, goblins, bogeymen, giants, and many other beings who roam the wild, as well as lengthy articles on well-known figures and events such as Siegfried (Sigurd in Norse) and Ragnarök. The author describes the worship of the elements and trees, details many magical rituals, and shares wild folktales from ancient Europe, such as the strange adventure of Peter Schlemihl and the tale of the Cursed Huntsman. He also dispels the false beliefs that have arisen from the Nazi hijacking of Germanic mythology and from its longtime suppression by Christianity. Complete with rare illustrations and information from obscure sources appearing for the first time in English, this detailed reference work represents an excellent resource for scholars and those seeking to reconnect to their pagan pasts and restore the old religion.

A remarkable array of people have been called shamans, while the phenomena identified as shamanism continues to proliferate. This second edition of the Historical Dictionary of Shamanism contains with examples from antiquity up to today, and from Siberia (where the term “shaman” originated) to Amazonia, South Africa, Chicago and

many other places. Many claims about shamans and shamanism are contentious and all are worthy of discussion. In the most widespread understandings, terms seem to refer particularly to people who alter states of consciousness or enter trances in order to seek knowledge and help from powerful other-than-human persons, perhaps “spirits”. But this says only a little about the artists, community leaders, spiritual healers or hucksters, travelers in alternative realities and so on to which the label “shaman” has been applied. This second edition contains a chronology, an introduction, and extensive bibliography. The dictionary contains over 500 cross-referenced dictionary entries on individuals, groups, practices and cultures that have been called “shamanic”. This book is an excellent access point for students, researchers, and anyone wanting to know more about Shamanism.

Thomas DuBois unravels for the first time the history of the Nordic religions in the Viking Age. "A seminal study of Nordic religions that future scholars will not be able to avoid."—Church History

A guide to using ecstatic trance to connect with your ancestors, rediscover your extrasensory powers, and reclaim the peaceful nature of humanity • Illustrates ecstatic trance postures to connect with the ancient Nordic people, to journey to exact points in time, and to access powers such as seeing into our future • Explains how the coming new age of peace and veneration for Mother Earth was predicted in Norse mythology as the rebirth of the compassionate god Baldr • Expands on the stories of the early

Nordic gods and goddesses from the Prose Edda and the Poetic Edda Connecting Norse mythology, ecstatic trance, the Universal Mind, and the dawn of a new age of peace and veneration for Mother Earth, Nicholas Brink reveals how we can use ecstatic and hypnotic trance to learn more directly and deeply from our distant ancestors, rediscover our extrasensory powers, and reclaim the original magical nature of humanity. The imminent rebirth of a peaceful, balanced, connected world was predicted in Norse mythology as the return of Baldr, the gentle and compassionate Nordic god of truth, healing, and rune work. Illustrating ecstatic trance postures to connect with the ancient Nordic people and their beliefs, to journey to exact points in time, and to access specific powers, such as seeing into our future, Brink explores humanity's evolving cycle of consciousness from the era when the Great Mother goddess was the center of life through the transition to the worship of power and physical strength in the Bronze Age and the world of the Vikings. He explores the coming return of Baldr and the imminent new age of peace and respect for the earth. Through hypnotic divination, the author expands the stories of the early Nordic gods and goddesses from the Prose Edda and the Poetic Edda, in particular the fertility deities of the Vanir, such as Freyr, Freyja, and Idunn, who came before the warrior deities of the Æsir, such as Odin, Thor, and Loki. He details the epic battle of Ragnarök and the birth, life, death, and rebirth of Baldr. Brink shows how these ancient stories happen outside of time, in the past, present, and future, thus Baldr's return is replayed in our death-rebirth experiences of

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life, in each dawn, with each spring, and now with the birth of a new age that we see happening all around us. Through the power of trance at this time of rebirth, we move full circle to reclaim the magic of the earliest times, the times of the Garden of Idunn.

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