

The Asatru Edda Sacred Lore Of The North English

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Candles In The Cave Raven Kaldera 2014-03-26 Hope and faith are candles that burn in the soul, in even the darkest cave - including the prison cell. This book explores the prayers and practices of Northern Tradition Paganism, in a version written specifically for prisoners. Each prayer and ritual can be done alone in a cell if necessary, with only pencil and paper, or not even that. Many practitioners both on the inside and outside contributed their words to this book, sharing their joys, their faith, and their anchor in the storm. May the Gods be hailed, even in behind chains and bars, and may their worshipers be blessed!

Futhark Edred Thorsson 2012-07-01 Runes are the ancient Norse alphabet used for communication, divination, and magical work. In Futhark, American runologist Edred Thorsson introduces readers to the 24 runes of the Elder Futhark, their definitions, and mystic properties. The runic system of magic and mysticism is one of the most powerful forms of metaphysical thought available to the Western world. This bestselling classic book on Runes continues to be required reading for those who seek true knowledge of the mystery of the Runes. Thorsson's presentation of this powerful system is lucid and profound and provides a valuable tool for spiritual transformation and self-development.

Norse Mythology Nichola Wil 2019-05-29 Are you dying to find out more about the lives of Vikings? From Ragnarok to the Gods of Norse Mythology, this book tells you the stories of a fascinating, ancient people. Few civilizations lead such brutish, jealous and war-like lives, as the Vikings. A culture based on conquering and strength, the Vikings had deep-seated beliefs in gods who were just as problematic as their people. These beliefs created a colorful and captivating society of born warriors. In Norse Mythology: To The Gates of Valhalla, I deconstruct a thriving nation of people and the beliefs, rituals and myths that helped them become a formidable force in Europe after 800AD. Explore the open waters with me, and I'll take you on a journey through the best Viking tales! In this book you'll read about: - Asgard and the gods that rule there-The story of Loki and how he almost won-How Mjollnir came about and what it did in the world-Why Odin only had one eye, and what happened to the other one-The adventures of Thor, and some of his greatest conquests-The days of the week and how we owe them to the Norse gods These are stories of adventure, battle and furious glory! Delve into the dark depths of Norse mythology and be swept away by the past, and its many lessons. If you love mythology and you enjoy history - this book will give you a much-needed break during your day. Dip into the lives of the great Vikings and their gods of old. This is the book that teaches you about Norse history and myths! Buy the book and start your quest!

God Is a Matchmaker Derek Prince 2011-06-15 God is the divine matchmaker, and this is His plan for you. Marriage is God's sacred creation, a beautiful gift for His children. But too often we fail to leave the choice or the timing to Him. In this revised and expanded edition of his bestselling book, well-known Bible teacher Derek Prince and his wife, Ruth, reveal God's true plan for you and your future spouse. In addition to sharing their own real-life love story, Derek lays out seven biblical steps to finding your mate. He will also help you answer tough questions, such as · How can I know if it is God's will for me to marry? · How can I prepare myself for marriage? · How can I find the mate God has appointed for me? · What is God's plan for remarriage? Full of inspiring testimonies from people who found their perfect matches by following these principles, God Is a Matchmaker also offers special counsel and material for parents, pastors, counselors, teachers and youth ministers involved with those preparing for this exciting time of life. When you discover God's pattern for marriage, you will experience His perfect gift: a match truly made in heaven.

Havamal Ólafur Briem 2018-04-13 The Hávamál is a well loved resource of verses that gives guidance on how a Norse Pagan can live a more balanced life through the wisdom and insight of our ancestors. Although it was written in the 13th century, Modern day Heathens can still gain guidance into how to live each day wisely in the 21st century. This is The Asatru Community, Inc's compilation; and was put together as a volume to give to all the Heathen military men and women who honor our community and this country with their brave acts of service. It has taken many months to publish this version of the poem found in the Codex Regius, and we hope that it gives comfort and inspiration to our men and women in uniform who work tirelessly to ensure that freedom and liberty remain available to all; which follows very much in step with the mindset and ideals of our Norse forebears: Independence, adaptation, perseverance, and overcoming adversity.

Heilvegr Woden's Kindred 2018-08-25 The Heilvegr is a Nine Step Recovery program for Heathens who suffer from Addiction, Depression, or PTSD. This program differs drastically from Twelve Step Programs in a key and fundamental way: as Heathens, we accept responsibility for our actions. For too long, those of our faith who have these issues have had to look outside of our faith for help, chiefly to programs that tell us that we are powerless, and to submit ourselves to a thinly veiled foreign higher power. No longer must we do this in order to put ourselves back on the path to health and holiness, the Heilvegr. The principles outlined in this book draw on the work of Carl Jung and Germanic mythology in order to create a path to healing that can help not only addicts, but those with depression and PTSD as well.

The Study Havamal Carrie Overton 2019-03-20 As it's name states this book is meant for those Asafolk who are looking to understand the words of Odin on a deeper level. Not only does this book contain the original Havamal ¿Hawamal¿ from the Codex Regius, but also three English translations to compare. Each page contains 4 versions of 1 verse for easy reference. The opposing page to each verse is a journaling page to write down your thoughts and make notes. A valuable resource that has been in need for some time. Get together with your study group or work alone and dig into the wisdom of the Havamal. For anyone interested in Asatru - Odinism and Germanic Heathenry

Asatru Sean Newcott

The Elder Edda 2013-11-07 Part of a new series Legends from the Ancient North, The Elder Edda is one of the classic books that influenced JRR Tolkien's The Hobbit and The Lord of the Rings 'So the company of men led a careless life, All was well with them: until One began To encompass evil, an enemy from hell. Grendel they called this cruel spirit...' J.R.R. Tolkien spent much of his life studying,

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translating and teaching the great epic stories of northern Europe, filled with heroes, dragons, trolls, dwarves and magic. He was hugely influential for his advocacy of Beowulf as a great work of literature and, even if he had never written The Hobbit and The Lord of the Rings, would be recognised today as a significant figure in the rediscovery of these extraordinary tales. Legends from the Ancient North brings together from Penguin Classics five of the key works behind Tolkien's fiction. They are startling, brutal, strange pieces of writing, with an elemental power brilliantly preserved in these translations. They plunge the reader into a world of treachery, quests, chivalry, trials of strength. They are the most ancient narratives that exist from northern Europe and bring us as near as we will ever get to the origins of the magical landscape of Middle-earth (Midgard) which Tolkien remade in the 20th century.

Odinism Osred 2010 CHAPTERS: Our religious heritage. What is Odinism? Ancestor worship. Our earliest ancestors. The Indo-Europeans. Three lost Indo-European tribes. The nation of Odin. Religion, mythology, gods. Odin. Pagan, heathen and cretin. Odinist evolution. Odinist cosmology. The Odinist soul. Pagan afterlife. Clash of values. Rise of intolerance. Heathen victims of Christianity. Aethelfrith. Destruction of the Saxons. Odinist vengeance. Fall of Scandinavia. Porgeir's terrible choice. Odinism on the Borders. Christian economic strategy. Odinism in Christian churches. Period of Dual Faith: Women. Period of Dual Faith: Chartres Cathedral. Folk customs: Yule. Anglo-Saxondom and cognitive dissonance. Proto-Odinists: Jefferson. Swinburne. Murray. Wagner. Australian paganism. Limits of proto-Odinism. Odinist pioneers: Rud Mills. Evelyn Price. Ann Lennon. Else Christensen. Alec Christensen. Limits of early modern Odinism. Odinist transvaluation of values. Toward tomorrow.

Gods and Heroes of the Celts Marie-Louise Sjoestedt 1982

OdinŐs Chosen: A Handbook of ęsatrę Faolchę Ifreann 2017-08-05 Odin's Chosen: A Handbook of ńsatrń was written for Odinist/Asatruar seeking to expand their knowledge of the Old ways and for individuals who are seeking a comprehensive guide that encompasses the essentials of our religion. Within this text you will find: The History of ńsatrń; The Norse Creation Myth; Ragnaręk; Yggdrasil and the Nine Worlds; The Soul and Afterlife Concepts; Runes of the Elder Futhark; A Calendar of Our Holy Days; How to Conduct a Blót, Feast, and Sumble; Burial Customs, Kindred Structure; and much more...

A Practical Heathen's Guide to Asatru Patricia M. Lafayllve 2013-11-08 Asatru Then and Now From its pre-Christian beginnings to its contemporary practitioners, Heathenry has long fascinated people from every corner of the world. Written from the unique perspective of a Heathen gythja, or Godwoman, A Practical Heathen's Guide to Asatru shows how to bring the beliefs and traditions of this ancient faith into your life today. In this complete guide to Asatru, you will discover: The mythology, folklore, and historical sagas of Northern European Heathens How to conduct rituals for birth, naming, entry into adulthood, weddings, divorces, funerals, and holy days Practical techniques for meditation, trance-work, prayer, and working with runes and charms Heathen perspectives on the nature of time, creation, worship, ethics, oaths, and hospitality An in-depth glossary, index, pronunciation guide, and bibliography for further study

Network Security Bible Eric Cole 2011-03-31 The comprehensive A-to-Z guide on network security, fully revised and updated Network security is constantly evolving, and this comprehensive guide has been thoroughly updated to cover the newest developments. If you are responsible for network security, this is the reference you need at your side. Covering new techniques, technology, and methods for approaching security, it also examines new trends and best practices being used by many organizations. The revised Network Security Bible complements the Cisco Academy course instruction in networking security. Covers all core areas of network security and how they interrelate Fully revised to address

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new techniques, technology, and methods for securing an enterprise worldwide Examines new trends and best practices in use by organizations to secure their enterprises Features additional chapters on areas related to data protection/correlation and forensics Includes cutting-edge topics such as integrated cybersecurity and sections on Security Landscape, with chapters on validating security, data protection, forensics, and attacks and threats If you need to get up to date or stay current on network security, Network Security Bible, 2nd Edition covers everything you need to know.

The Wanderer's Havamal 2019-11-15 The Wanderer's Hávamál features Jackson Crawford's complete, carefully revised English translation of the Old Norse poem Hávamál, newly annotated for this volume, together with facing original Old Norse text sourced directly from the Codex Regius manuscript. Rounding out the volume are Crawford's classic Cowboy Hávamál and translations of other related texts central to understanding the character, wisdom, and mysteries of Óðinn (Odin). Portable and reader-friendly, it makes an ideal companion for both lovers of Old Norse mythology and those new to the wisdom of this central Eddic poem wherever they may find themselves.

Odinism in the Modern World The Odinic Rite

Exploring the Northern Tradition Galina Krasskova 2005-01-01 Provides an overview of Heathenry, a modern polytheistic religious movement based on the ancient religion of the Germanic and Scandinavian peoples.

Asatru Erin Lale 2020 "Asatru is a modern pagan tradition whose roots lie in the ancient myths, folklore, sagas, and historical artifacts of those who lived in pre-Christian times in what is now Iceland, Scandinavia, Scandinavian-influenced Scotland, Germany, and other parts of Northern Europe. This book provides an accessible and easy-to-read introduction to this heathen religion, one of the fastest growing religions in United States and Europe"--

Icelandic Poetry 1797

Myths of the Norsemen Hélène Adeline Guerber 1912

The Ásatrú Edda The Norroena Society 2009-04-24 From the ashes arises the sacred lore of the North, the ancient stories and proverbial wisdom of the satr religion. Mighty Gods and fierce Giants battle in the never-ending struggle between order and chaos, while men seek honor and glory in the eyes of their beloved deities. After many years of research and piecing together sources, now comes the first known holy text ever presented for the satr faith. Giving these ancestral accounts in their true, epic form, The satr Edda is designed as a religious work by and for the men and women of this path. In reconstructing this sacred epic, the idea is to create a living storytelling tradition that will honor the legacy of the ancient Teutonic peoples, while providing an in-depth source of satr wisdom for our modern world.

The Illuminated Edda Andrew Valkauskas 2019-06-21 The Illuminated Edda contains a brand-new translation of the Poetic and Prose Eddas by Andrew Valkauskas. This illustrated translation has been rewritten using contemporary prose making it a pleasure to read. Get the authenticity and truthfulness of the stories without having to worry about the complexity of older academic translations.

The Odinist Edda The Norroena Society 2014-07-30 From the ashes arises the sacred lore of the North, the ancient stories and proverbial wisdom of the Odinist religion. Mighty Gods and fierce Giants battle in the never-ending struggle between order and chaos, while men seek honor and glory in the

eyes of their beloved deities. After many years of research and piecing together sources, now comes the first known holy text ever presented for the Odinist faith. Giving these accounts in their true, epic form, The Odinist Edda is designed as a religious work by and for the men and women of this path. In reconstructing this sacred epic, the idea is to create a living storytelling tradition that will honor the legacy of the ancient Teutonic peoples, while providing an in-depth source of Odinist wisdom for our modern world.

Northern Tradition for the Solitary Practitioner Galina Krasskova 2008-11-21 An essential guide to expand your spiritual practices for followers of Norse Paganism, Heathenry, Asatru, and other Northern Traditions. Northern Tradition for the Solitary Practitioner is a groundbreaking look at devotional work in religions from Theodism to Asatru to Norse Paganism, all of which comprise the umbrella of the Northern Tradition. Although interest in devotional and experiential work within these traditions has been growing rapidly in the past few years, this is the first book to show the diverse scope of such practices as a living, modern-day religion. It features an in-depth exploration of altar work, prayer, prayer beads, ritual work, sacred images, and lore, and a thorough examination of common cosmology that forms the foundation of belief for Northern Tradition communities and related Heathen practices. Northern Tradition for the Solitary Practitioner is not denomination-specific: rather, it seeks to provide an entry into interior practice for anyone involved in a branch of this broad family of traditions of the ancient Norse, Germanic, and Saxon peoples, using material suitable for the solitary, independent practitioner. Those outside of the Northern Tradition who wish to deepen their own devotional practice will find this book helpful in their own work, as well.

The Ásatrú Edda The Norroena Society 2009-04 From the ashes arises the sacred lore of the North, the ancient stories and proverbial wisdom of the Ásatrú religion. Mighty Gods and fierce Giants battle in the never-ending struggle between order and chaos, while men seek honor and glory in the eyes of their beloved deities. After many years of research and piecing together sources, now comes the first known holy text ever presented for the Ásatrú faith. Giving these ancestral accounts in their true, epic form, The Ásatrú Edda is designed as a religious work by and for the men and women of this path. In reconstructing this sacred epic, the idea is to create a living storytelling tradition that will honor the legacy of the ancient Teutonic peoples, while providing an in-depth source of Ásatrú wisdom for our modern world.

The Book of Blots Stubba 2014-11-18 The original and genuine Book of Blots of the Odinic Rite inherits the rich and formal qualities of English ritual language. It derives, ultimately, from times when poetry was mantic and widely used for magical purposes. Now, as in the elder days, it introduces, interprets and celebrates within a spiritual context the events and seasons of life and of the natural year. The fully revised and updated second edition of The Book of Blots provides a comprehensive celebration of the events and seasons of the Odinist year. This classic handbook is now re-issued for the guidance of all heathens.

Bromeliads for Home and Garden Jack Kramer 2011 Brilliantly illustrated with more than 100 color images, this straightforward, easy-to-use guide focuses on the most popular species. Kramer has grown each one of the 200 plants featured in the work, in climates as diverse as those found in Illinois, California, and Florida. He writes with clear, practical information that gardeners of any skill level can use.

Heathen Heart Alessandro Revan 2018-02-14 Alessandro Revan explores the world of Pre-Christian Europe, throwing light on the cornerstone values of our heathen forefathers and their cultural beliefs.

HEATHEN HEART strikes at the very core of paganism. It reveals the weaknesses of universalistic religions and the modern world, showing how our heathen ancestors saw themselves and what they really believed in.***Inside, among others, you will READ ABOUT:- Our first ancestors: the Indo-Europeans; - sources of knowledge: myths, sagas, historical accounts, and how to read these; - saga and epic heroes; - the pagan spirit and main differences with Abrahamic religions; - the rise of Christianity; - superposition between universalistic Christian beliefs and values of the modern world - relation between the individual and the community in pagan societies; - manliness (drengskapr) and morality (including parallels between drengskapr and Roman "virtus" and Greek "arête"); - role of women in pagan societies; - ancestor worship; - fate and free will; - tribal thinking among heathens; - a complete analysis of the Nine Noble Virtues, - the heart of being a heathen: the laws of nature; - new challenges for heathenism today.***ALESSANDRO REVAN is author of "The Viking Gods: Mythology of the Norsemen" (under re-publishing by Llewellyn Publications under the title "Viking Mythology: Gods, Goddesses, and the Worlds They Inhabit"). He is also founder of the renowned Internet group Sons of Odin (counting several thousands of members).

The Epicist The Norroena Society 2020-03-21 The Official Magazine of The Norroena Society. Covering a wide range of topics from religion and philosophy to health and combat, this magazine has it all!

A Gift of Love Dr. Martin Luther King, Jr. 2012-11-06 The classic collection of sixteen sermons preached and compiled by Dr. King as Dr. King prepared for the Birmingham campaign in early 1963, he drafted the final sermons for *Strength to Love*, a volume of his best-known homilies. King had begun working on the sermons during a fortnight in jail in July 1962. Having been arrested for holding a prayer vigil outside Albany City Hall, King and Ralph Abernathy shared a jail cell for fifteen days that was, according to King, "dirty, filthy, and ill-equipped" and "the worse I have ever seen." While behind bars, he spent uninterrupted time preparing the drafts for classic sermons such as "Loving Your Enemies," "Love in Action," and "Shattered Dreams," and continued to work on the volume after his release. *A Gift of Love* includes these classic sermons, along with two new preachings. Collectively they present King's fusion of Christian teachings and social consciousness, and promote his prescient vision of love as a social and political force for change.

[How to Become a Rasta Empress](#) Yuajah 2011-12-07 Learn the religious beliefs and practices of the Rastafarians. A great Rasta book for those who want to become a Rastafarian. Written by a Jamaican Rasta Woman, this book explains Rasta beliefs, how to convert to Rastafarianism, the true ways of dress as a Rastafarian, and the meaning of Rasta. Find out all about Rastafari culture, and what it means to follow Jah Rastafari, Emperor Haile Selassie I, according to the Rastamans way of life.

A Modern Guide to Heathenry Galina Krasskova 2019-12 An accessible yet in-depth guide to this increasingly popular pre-Christian religious tradition of Northern Europe Heathenry, is one of the fastest growing polytheistic religious movements in the United States today. This book explores the cosmology, values, ethics, and rituals practiced by modern heathens. In *A Modern Guide to Heathenry* readers will have the opportunity to explore the sacred stories of the various heathen gods like Odin, Frigga, Freya, and Thor and will be granted a look into the devotional practices of modern votaries. Blóts, the most common devotional rites, are examined in rich detail with examples given for personal use. Additionally, readers are introduced to the concept of *wyrd*, or fate, so integral to the heathen worldview. Unlike many books on heathenry, this one is not denomination-specific, nor does it seek to overwhelm the reader with unfamiliar Anglo-Saxon or Norse terminology. For Pagans who wish to learn more about the Norse deities or those who are new to heathenry or who are simply interested in learning about this unique religion, *A Modern Guide to Heathenry* is the perfect introduction. Those

who wish to deepen their own devotional practice will find this book helpful in their own work as well.

Odin's Wife William P. Reaves 2018-12-08 For more than a millennium, the people of Northern Europe venerated an Earth Mother, the oldest attested Germanic deity. Called by a number of names, when the accounts are compared, common traits emerge. Most often identified as Odin's wife, she is Queen of Heaven and Mother of the Gods, roles firmly rooted in her Indo-European pedigree.

Rastafarian Children of Solomon Gerald Hausman 2013-02-22 Shares the spiritual wisdom of Rastafari through the stories, teachings, and traditions of practicing Rastas in Jamaica • Includes the author's interviews with bush doctors, healers, and Rastafarians gathered during his 15 years of living in Jamaica • Reveals the old ways of the Rastafarians and how their beliefs form an unbroken lineage tracing back to King Solomon • Explains the connection of Rasta beliefs to important biblical passages Tracing their lineage back to King Solomon--the wisest man who ever lived--Rastafarians follow a spiritual tradition of peace and meditation that is more a way of life than an organized religion. During his 15 years living in Jamaica, Gerald Hausman developed deep friendships with Rastafarians and rootsmen, enabling him to experience firsthand the beliefs and traditions of these followers of the Kebrá Nagast--the African gospel excised from the King James version of the Bible. He met bush doctors, Rasta preachers, members of the Marley family, and respected elders who knew Marcus Garvey, prophet of the Rasta movement and vocal proponent of the Pan-African movement in America. He also met elders who were present when Haile Selassie I, Emperor of Ethiopia and descendant of the House of David, came to Jamaica in the 1960s. Through interviews with fishermen, mystics, and wise men, as well as direct encounters with spirits and the spiritual, the author reveals the deep wisdom that underlies the "old ways" of the Rastas. He connects their stories, lives, and teachings with important biblical passages as well as reggae songs. He shares their views on the medicinal and meditative powers of cannabis--the sacred herb of Solomon--and explains that while Rastas believe it to be "the opener of the door," they maintain that peace and understanding must be found within. Illustrating the unwavering faith and hope of the Rastafari of Jamaica, Hausman shows them to be a people who, above all, emphasize equality, because the Holy Spirit within each of us makes us all one and the same.

Odisbook Mark Puryear 2019-04-28 In 2009 The Norroena Society published The Asatru Edda, which has become the beginning of a true hierology for the Odinist or Asatru religion. With an intact body of sacred lore, the Society has been able to take leaps and bounds in discovering new ways that these ancient traditions relate to one another, and how they connect to the Indo-European model. From this has developed an in-depth philosophy, The Odisbook, centered around the notion that the inner-spirit of man, the Odr, is meant to be inspired and driven towards new heights. This is the gift of the Gods, and is the cornerstone for much of what we do in ritual, in contemplation, and in spirituality. The Odisbook is a journey through the ages and through the mind and spirit of the reader. It begins with birth and takes you through the many stages of existence. Its purpose is to help you achieve a better life, a higher spirit, and a stronger relationship with the Gods of your people. Now the journey is yours to take, and the first step is in your hands...

The Poetic Edda 2010-03-01 The Poetic Edda comprises a treasure trove of mythic and spiritual verse holding an important place in Nordic culture, literature, and heritage. Its tales of strife and death form a repository, in poetic form, of Norse mythology and heroic lore, embodying both the ethical views and the cultural life of the North during the late heathen and early Christian times. Collected by an unidentified Icelander, probably during the twelfth or thirteenth century, The Poetic Edda was rediscovered in Iceland in the seventeenth century by Danish scholars. Even then its value as poetry, as a source of historical information, and as a collection of entertaining stories was recognized. This

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meticulous translation succeeds in reproducing the verse patterns, the rhythm, the mood, and the dignity of the original in a revision that Scandinavian Studies says "may well grace anyone's bookshelf."

The Poetic Edda 1923

The Asatru Edda Study Guide Mark Puryear 2018-09-26 From the ashes rises the sacred lore of the North, the ancient stories and proverbial wisdom of the Asatru religion. Mighty Gods and fierce Giants battle in a never-ending struggle between order and chaos, while men seek honor and glory in the eyes of their beloved deities. After many years of research and piecing together sources, now comes the first known holy text presented for the Asatru faith. Giving these ancestral accounts in their true, epic form, The Asatru Edda is designed as a religious work by and for the men and women of this path. In reconstructing this sacred epic, the idea is to create a living storytelling tradition that will honor the legacy of the ancient Teutonic peoples while providing an in-depth source of Asatru wisdom for our modern world. Here now is our companion Study Guide to help you work through the text and learn from its contents. Study questions and vocabulary exercises will help you to fully delve into the lore that we have compiled. By working through the exercises you can begin to gain a deeper understanding of this sacred epic, while engaging in the tales of our Gods and Heroes.

The Asatru Edda Norroena Society 2018-01-09 From the ashes rises the sacred lore of the North, the ancient stories and proverbial wisdom of the Asatru religion. Mighty Gods and fierce Giants battle in a never-ending struggle between order and chaos, while men seek honor and glory in the eyes of their beloved deities. After many years of research and piecing together sources, now comes the first known holy text presented for the Asatru faith. Giving these ancestral accounts in their true, epic form, The Asatru Edda is designed as a religious work by and for the men and women of this path. In reconstructing this sacred epic, the idea is to create a living storytelling tradition that will honor the legacy of the ancient Teutonic peoples while providing an in-depth source of Asatru wisdom for our modern world.

Essential Asatru Diana L. Paxson 2021-02-23 In *Essential Asatru*, renowned author and priestess Diana Paxson demystifies an ancient, rich, and often misunderstood religion, and offers a practical guide for its modern followers. A Journey to Fulfillment and Renewal Filled with clear, concise instructions on living Asatru every day, this truly accessible guide takes you on a journey from Asatru's origins in Scandinavian and German paganism to its recognition as an official religion in the 1970s and its widespread acceptance today. *Essential Asatru* also includes: · A complete history of Asatru gods and goddesses, including Odin, Thor, and Ostara · The life values, such as honor, truth, fidelity, and hospitality, that shape Asatru's tenets · Indispensable information on rituals, rune casting, ethics, and divination *Essential Asatru* is an elegant and splendid introduction to a centuries-old religion that continues to enrich and fascinate its followers today. Praise for *Essential Asatru* "This mainstreamed book on Asatru offers a thorough grounding in both history and the present and shows how those values—the true heart of any religion—are expressed in the lives of its faithful. This book is recommended for personal education, library shelves, and world religion classes." —Facing North "A solid and thorough yet concise introduction to the religion, its history, the gods and goddesses, and the basics of modern practice." —Idunna