

**Abundantia, Abundia** (a-bun-danishya) - See Fulla.

**Aclis** - Twin gods worshipped by the Teutons, said to be the sons of the Sky God.

**Aegir** [ pronounced "eye-ear" ] - ("The Alebrewer") Vana-God of the Sea (or Ocean Giant?), who lived on Hlsey island. He was skilled in magic. He can be good or evil. He and Ran have nine wave daughters, or "undines". He represents gold, prosperity, sailors, sunken treasure, brewing, control of wind and waves. Mistblindi is his father and Logi is his brother.

**Æsir, Asynur** pl. [pronounced "eye-seer"] - A plural word meaning "pillars"; or "supports"; and is the collective name of the Old Norse Gods of the family of which Odin was the patriarch. The singular is Ase or Áss [awss]. Ása is used as a prefix to denote that the God or Goddess is of the Æsir. The Gods are strong, beautiful and bigger than ordinary people. They live longer than humans, but they are not immortal. Every God has knowledge in different categories. They generally are good, friendly and helpful. The Vanirs who have lived in Asgard for a long time also counts as Æsir. Æsir are the gods of consciousness and the sky as opposed to the Vanir who are the gods of the earth and biological life/the subconscious. One early explanation of their name was that they were "Asia-men", meaning from Asia. The Gods identified as Æsir are: **Odin (Fjolnir), Fjorgyn, Loki, Thor, Meili, Frigg, Tyr, Hermodr, Baldr, Hodr, Sif, Thrudh, Nanna, Forseti, Sigyn, Magni, Modi, Vali, Vidar.** The Æsir are direct descendants of Odin by way of the father, or are females who have married (male) Æsir. Aesic (not Æsir) Gods are: **Frigg's servants: Vor, Hlin, Snotra, Vara, Saga, Gna, Syn, Eir, Fulla, Sjöfn, Lofn; Thórr's servants: Thjálfir, Roskva; and Odin's Valkyries.** The Gods identified as Vanir are: **Holdr, Nerthus, Njord, Freya, Freyr, Odh, Hnoss, Aegir, Ran, Ullr, Ulla, Gerdh, Skirnir, Heimdallr, Idunna, Bragi, Siofyn, Gefjon, Skadhi, Erde, the Undines, Svol, Ostara, Gullveig.** The Vanir are direct descendants of **Holdr** by way of the mother, or are males that have married (female) Vans. Vanic (not Vanir) are **Mundilfari, Mundilfara, Mani, Sol; Freyr's servants: Byggvir, Beyla; Freya's Valkyries.** The following are not identified as either Vanir or Æsir: **Hoerir, Kvasir, Jorun, Helja.**

**Agnar** - Older brother of King Geirrodr, son of King Hraudung. He was lost when ten winters old on a fishing trip with his brother and, after being washed ashore, was looked after for the winter by Odin and

Frigga. When they rowed home his brother leaped out of the boat first, kicked the boat back into the sea. Thus the younger brother became king. Many years later, after Odin (disguised as Grimnir) was captured by King Geirrod and tortured over a spit. In a series of riddles he identified himself as Odin. King Geirrod in fright fell on his own sword and died. Agnar then ruled as king for a long time after.

**Ai** - A Dwarf from the race of Lovar.

**Alaisiagae** - War Goddesses. See Valkyries.

**Aldr** - ON: Vital essence, life-age.

**Ale Runes** - Men used Ale runes to block the magical enchantments of strange women. Ale runes were written inside the cup from which the woman drank, also on the back of the man's hand. The man would scratch the Nyd rune upon his fingernail as the final binding power. See also Vardlokkur.

**Alf** (ON alfr, alfar) - [pronounced "owl-vur"] Elf; sometimes male ancestral spirits.

**Alfar** - ON plural of Alf. [pronounced "owl-var"] The Elves, which are divided into three races Ljosalfar, Dokkalfar, and Svartalfar, or Light Elves, Dark Elves and Black Elves, the last also called Dwarves. Black Elves are commonly thought to be the cause of sickness; their arrows (Elf-shot) cause stroke and paralysis. All of the Alfar are wise magicians. They will frequently take an interest in individual humans, as shown by such names as Alfred (Elf-counsel), Aelfgifu (Elf-gift), and so forth. The Alfar are also unpredictable, taking pleasure or offense at the slightest things; your manners and bearing are exceedingly important in dealing with these wights.

**Àlf-blót** - An offering to the Elves or genius loci of a place.

**Alfheim, Alvheim** - 1) The world of the Elves, also called Ljøsalfheimr. 2) The hall of Freyr.

**Alfrik, Algfrig** - An artistic Dwarf, a son of Mimir. With Berling, Dvalin, and Grer, he forged Freya's incredible Brising necklace. To get the jewelry she spent one night with each of them.

**Alf-Shot, Elf-Shot** - A condition that is caused by being "shot" by Alfs and can be the cause of physical conditions ranging from mild muscle spasms to bone cancer and nervous degeneration, having a part of your soul complex stolen or eaten as well as other unpleasant effects. The same effects can come from witch-shot and Dwarf-shot. Also, a general malicious harmful magical sending against a particular victim.

**Algron Island** - Where Odin (as Harbard) stayed for five years.

**Allfather, Alföder, Alfödr** - One of the titles of Odin, "The Oldest of the Gods".

**Allsvinn** - ("Very Fast") Allsvinn is one of Sun's two horses that drags the sun (the other is Arvak). They are chased by two wolves. Allsvinn has protection-runes carved on his hoofs. Arvaker is the other horse.

**Alsvid** - ("Very Strong") The horse that pulls the chariot of the moon, driven by the god Moon. Under the shoulder-blades of the horse the gods put two bellows to cool them, and in some poems that is called "iron-cold".

**Althjof** - ("Mighty Thief") A soil dwelling Dwarf.

**ALU** - Literally "ale"; also means "luck" or "magical might".

**Alves, Elves** - There are both Light Elves and Dark Elves. The Elves are good and have Freyr as their leader, but the Black Elves or Dwarves are evil-minded. They are skillful smiths. Light Elves and Dark Elves are often beautiful and sensible. and have same size and appearance as humans. The Light Elves live in Alfheim and in the second heaven, Andlang, where the beautiful hall of the light elves, Gimlé is located. The Dark Elves dwell in mounds, hillocks and rocks. The term "Dark Elves" refers to their abodes, and not to their appearance or moral character. The Black Elves or Dwarves live in Svartalfheim.

**Alvheim, Alfheim** - Alvheim is the world of the Elves, where Freyr and the Light Elves dwell. Lysalfheim, Freyr's hall, Breidablikk, Balders dwelling, and Heimdal's Himinborg hall are also situated in Alvheim.

**Alvis** - ("All-knowing") One of the wisest dwarves. He is known for demanding to marry Thrud, Thor's daughter. Thor challenged him until the the sun rose and turned him to stone.

**Amber** - A stone that is sacred to Freya. When she could not find her husband Od, she shed tears of gold. The tears that hit trees turned into amber. A kenning for amber is "Freya's Tears".

**Andhrimnir** - ('The one with soot in his face') Andhrimnir is the cook that slaughters the boar Saehrimnir every night. The meat is given to the hungry warriors in Valhalla. Eldhrimnir is the pot that Andhrimnir cooks in.

**Andlang** - Second heaven above and to the south of Asgard. Andlang is home of the beautiful hall of the light elves, Gimlé. The third heaven above Asgard is **Vidblain**.

**Andvaranut** - The magic ring Andvaranut is a part of the Nibelunggold. When the Dwarf Andvari was forced to leave the treasure he spelled a deadly curse over it. The ring was forged by Volund.

**Andvari** - A Dwarf, a shape-shifter, who lived as a pike in a pool in Svartalfheim. He had a huge hoard of gold and a special ring that could make gold. He lost his entire hoard to Loki when Odin and Hoener were captured. Loki needed ransom money. Andvari pleaded to keep just the ring as it could make him gold but Loki took it anyway. Andvari cursed the ring and said it would destroy everyone who owned it. The ransom was paid and they were set free. The cursed gold later caused the deaths of Fafnir, Regin and Sigurd.

**Angrboda, Angr-boda** - ("She who betakes sorrow") A Jotun-Giantess, the mother, by Loki, of horrible monster children Hel, Fenrir-wolf, and Jormungand, the Midgard serpent. She lives in Ironwood, may be related to Skadi.

**Annarr** - 1) A by-name of Odin. 2) Also, the second husband of Night/Natt, with one daughter by her called Earth/Erda (Nerthus).

**Antler** - Freyr had a deer antler without a name, which was his only weapon after he lost his self swinging sword. With the antler he killed Beli, and in Ragnarok he sticks it into the Fire-Giants leader Surt's eye before he dies.

**Apple** - The apple is symbolic of eternal life. It is the tree of Iduna, goddess of eternal youth. Apple's rune, Ing, represents fertility and limitless expansion. Peorth and Cweorth are also runes of the Apple.

**Aptrburdr** - ON: rebirth. A process whereby the essential powers and characteristics of a person are handed down to, and inherited by, later generations. This usually happens naturally and along genetic lines. With this rebirth the next generation also inherits the fate (ørlög) of the progenitor and of the whole clan or tribe.

**Ari** - ("Eagle") Ari is an Eagle-Giant who frightens the dead outside Nifilhel. Nifilhel is the kingdom of the Death-Goddess Hel. Hel takes care of those who have died of age or misfortune.

**Aridva** - A rock dwelling Dwarf.

**Armsvartnir** - Fenrir-wolf was chained on Lyngvi Island on this lake.

**Arvak, Arvaker** - ("Early Walker" or 'The Early Bird" ) One of Sun's two horses that drags the sun's chariot, chased by the wolves Hati and Skoll. Arvaker has protection-runes in his ear. Under the shoulder-blades of the horses the gods put bellows to cool them. Allsvinn is the other horse.

**Asa, Asa-Gods** - A God of the Æsir; The Æsir; also used to refer to the Æsir and Vanir together. Ases (pl)

**Ása-Thór** - Thor, the thunder god's full name.

**Àsatrù** - The religion honoring the ancient Norse Gods. It comes from the words "Ase" which means "of the gods" and "tru" which means religion or belief.

**Asgard, Asgardhr** - ("Ases' Garth") World of the Æsir, the land of the Gods, "heaven", in the very top of the World-Tree. Asgard is surrounded by a magical river that the Gods once set alight to kill Thjazi, the giant A bridge called Bifrost connects Asgard to the Underworld. There are two heavens above Asgard: **Andlang** and **Vidblain**.

**Åsgardsreia** - A band of superantural entities, with Odin at the helm, riding across the sky at Yuletide amidst much noise and rowdiness. See **Wild Hunt**.

**Ash tree** - The Ash tree is sacred to Odin. The Ash is considered to be the father of trees. According to Nordic tradition, the world tree, Yggdrasil, is an Ash. The Ash is the tree of sea power, or of the power

resident in water. The first man, Askr, was made from an Ash tree. (His wife, Embla, was an Elm). Special guardian spirits reside in the Ash; This makes it excellent for absorbing sickness. The spirally carved druidical wand was made of Ash for this purpose. Because Ash attracts lightning ("courts the flash"), it is also a good conductor of önd (magical force), Wood cut at the Summer Solstice is best, making it a strong protection against ill-wishers. In former times, the sacred High Seat Pillars of halls and temples were made of Ash. Ash has its own rune, As.

**Askr and Embla** - Origin of humanity, the first man and woman. The first man, Askr, was made from an Ash tree. His wife, Embla, was an Elm. Odin and his two brothers Vilje and Ve found two wooden logs at the beach. Odin gave them life, Vilje gave knowledge and Ve gave feelings and senses.

**Asvid, Asvido** - A ruler of the Giants. The Gant who carved runes of wisdom on Yggdrasil.

**Asynjor, Asynjur** - The Goddesses; feminine version of Æsir; also female attendants of Frigga in Vingolf. One of them, a healer, was called Eir. Others were named Fjorgyn, Frimia, Fimila, and Hnossa the beautiful.

**Atheling, Athling** - Noble (can be used as either a noun or an adjective).

**Athem** - OE æthm [aythm]: The "breath of life", the vital force of life borne in the breath.

**Atrid** - Another name for Odin.

**Aud** - Son of Nagifari and Night.

**Audh-stafir** - ON: staves of riches (the results of a runecasting).

**Audhumla** - ("Nourisher" or "Rich Hornless Cow" ) The name of the mythological sacred cow--the primeval shaping force of the Cosmos, created from the moisture where the heat from Muspelheim collided with the frosty fog of Niflheim. The great cow produced Buri by licking on the salty rocks of Ginnungagap and nourished the Giant Ymir with her milk .

**Auja** - Good luck.

**Aurboda** - The mountain Giantess Aurboda is Gymir's wife. Together they have the son Beli and the daughter Gerd, a beautiful Goddess that Freyr married. Freyr had to give away his self-wielding sword to get his bride.

**Aurgelmir** - The primal being. The Frost Giants' name for Ymir.

**Aurochs** -The extinct wild ox of Europe, last seen alive in 1627. Symbolized by the rune Uruz.

**Aurvandil** - ("Seafarer")The friendly Giant Aurvandil is the sybil Groa's husband. Aurvandil was the foster father of Thjalfi (Thorr's servant). On their way back from killing the Giant Hrungrir, Thor and his companions were met by a violent snowstorm and a freezing cold. Thor saved Aurvandil from a certain death and carried him over the Elivogar straits from Jotunheimur to the citadel of the Elves. During the trip Thor did not notice that one of Aurvandil's toes was exposed. It froze, so Thor broke it off and cast it up into the heavens, where it still stands as the star called Aurvandil's Toe.

**Aurvangar** - Place in Jöruvellir where Svarin's grave-mound is found, from which the race of Dwarfs called Lovar come from.

**Austri** - ("East")The Dwarf who was put in the sky's east corner by Odin, Vili and Ve. The sky is made out of the Giant Ymir's head. The other three dwarves were Nordri, Sudri and Vestri.

**Bafur** - A soil-dwelling Dwarf.

**Balder, Baldr, Baldur** (bal-der) - ("The Bright One") Æsir son of Odin and Frigga, who was killed by an arrow made of mistletoe shot by the blind God Hodur (who was tricked by Loki) and resurrected. His wife is Nanna, his son, Forseti. Known as the Shining God; the Bleeding God. Sacred wells sprang from the hoof marks of his horse. He represents light, advice, reconciliation, beauty, gentleness, reincarnation, wisdom, harmony, happiness. Balder will return from Helheim after Ragnarok and will rule as one of the new Gods.

**Balder's Bane** - A kenning for Mistletoe, which was the the sole entity that did not swear to never harm Balder. Loki tricked the god Hodur into shooting Balder with an arrow made of Mistletoe, causing Balder's death.



**Bale** - Poison.

**Baleyg** - ("Flame-eyed One") Another name for Odin.

**Bane** - Slayer.

**Bane of branches** - A kenning for fire.

**Bane of Shields** - A kenning for the sword Tyrting.

**Bara** - ('Big Wave') One of Aegir and Ran's nine wave-daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Bari** - A Dwarf that was instrumental in the building of Mengloth's hall, Lyr .

**Barri Woods** - ("The Leafy") A peaceful place known to Freyr and others where Gerd was to meet Freyr for marriage.

**Barrow-mound** - Burial mounds where the dead were placed.

**Baugi** - ("The Stooping") An Etin Giant, Suttung's brother and son of Gilling. Odin, disguised as Bölverk, tried to get some of the Mead of Poetry by working at Baugi's farm. The name After Odin had spent all year working for Baugi, he took him to Suttung, but Suttung denied Odin (as Bölverk) any Mead. Baugi then took Odin to the mountain of the mead and bored a small hole, with Rati, his auger. It was just big enough for Odin, in the shape of a snake, to enter. Having second thoughts, Baugi tried to stab Odin as he slithered through, but he was too late. Later Bölverk seduced Gunnlöd and stole the Mead of Poetry.

**Bearer of Fate** - These are the entities who are attached to an individual and carry that individual's fate (ON *ørlög*), thus influencing his or her life and actions. Entities that belong to this group include the fetch (ON *fylgja*) and the lesser Norns (ON *nornir*), as well as in certain instances Valkyries (ON *Valkýrjur*) and Dises (ON *Disir*).

**Beli** - ("Moaning") Gymir's and Aurboda's son and brother to Freyr's wife, Gerd. He is the leader of the barking Giants. Freyr was unarmed when he and Beli fought at Ragnarok, but Freyr killed him with a stag antler.



**Beli's Bane** - A kenning for Freyr, who killed the Giant Beli.

**Belt of Strength** - The god Thor's magical belt which can double his strength.

**Beowulf** - An Anglo-Saxon hero, noted for fighting the Grendl monster; an epic poem of the same name.

**Berchta, Perchta** - A Germanic Goddess, wanders through the fields during Yuletide bringing them fertility and also causing harm. She has bulging eyes, wrinkles and tangled hair.

**Bergelmir** [pronounced "Bare-ghel-mer"] - The Deluge Giant Bergelmir is Thrudgelmir's son and Ymir's grandson. He and his wife were the only two Giants to survive the flood of Ymir's blood. In that way he kept the Giant race from dying. He is called Father of all Giants.

**Berling** - Berling forged the Love Goddess Freya's Brising necklace together with the Dwarves Alfrik, Dvalin and Grer. The payment was that she spent one night with each of them. He is a Dwarf son of Ivaldi .

**Berserkers** - ("Bear Shirts") Men who could turn themselves into bears (like werewolves) in battle. They were seized with an uncontrollable madness for bloodshed.

**Bestla** - ("The little sauna woman")The Frost Giantess Bestla married Buri's son, Bor, and gave birth to the three Gods; Odin, Vili and Ve. She is daughter to Bolthorn and Ymir, and sister to Mimir.

**Beyla** - ("Bee") Beyla is Freyr's servant. She is married to Byggvir and they live together with Freyr and Gerd on the farm Alfheim. Her major task there is to milk the cows.

**Biflidd, Biflindi** - ("Spear-shaker") Another name for Odin.

**Bifrost** - [pronounced "beye-vrurst"] The rainbow bridge from earth to heaven, guarded by Heimdall. It is a bridge that only the gods can cross. It is covered with flames to stop the frost ogres and cliff giants from scaling heaven. It will break when the sons of Muspell ride out over at Ragnarok.

**Bifur** - A soil-dwelling Dwarf.

**Bil & Hjúki** - The Moon-God, Nepur, took these children from Byrgir Well while they carried mead from the well with Sæg ("Tub") & Simul ("Carrying- pole"). They followed the moon on its way until their father, Ivaldi, battled with Nepur and reclaimed them. Bil later becomes Saga. Idun is their sister.

**Bileyg** - ("One whose eye deceives him, i.e. one-eyed") Another name for Odin.

**Billing** - ("Twin") 1) Elf of the twilight or west. 2) The Giant Billing is the master of the Vanirs. He is Gilling's brother, Rind's father and Vali's grandfather. His warriors protect Sol and Mané.

**Bilskirnir** - [pronounced Bill-skier-near] - ("Lightning") Thor's hall at Thurdvang. It is the biggest building ever built, with six hundred and forty floors.

**Birdwood** - Where the red cockerel All-Knower comes from, perhaps a by-name of Yggdrasil.

**Bjart** - ("Shining One") One of the Love-Goddess Freya's eight sisters. The God of storm and fishing, Njord is her father. The fertility God Freyr is her brother.

**Blid** - ("The one who is mild") Blid is one of the Love-Goddess Freya's eight sisters. The God of storm and fishing, Njord is her father. The fertility God Freyr is her brother.

**Blodighofi** - ("The one with blood on the hoofs") Blodighofi is Freyr's horse, which was given to Skirnir, when he rode to Jotunheim to get Gerd for him. The horse wasn't afraid of either fire or smoke.

**Boar** - An animal sacred to Freyr. His boar, Gullinbursti, has golden bristles.

**Bodn** - One of three bowls used by the dwarves Fjalar and Galar when they were making Kvæsir's blood into the Mead of Poetry.

**Blodughadda** - ("With blood in the hair") One of Aegir and Ran's nine wave-daughters who are said to be the mothers of Heimdall. the guardian of the Bifrost bridge.

**Boe** - In Saxo's account of the Baldr story, the son of Rind is called Boe instead of Vali.

**Bolthorn** - ("Evil Thorn") Odin's grandfather, a Giant. Bolthorn is father to Bestla, Bor's wife and mother of Odin, Vili and Ve. He is also the father of Mimer.

**Bolverk** (Boll-verk) - The Giant disguise used by Odin to get the Mead of Poetry.

**Bombor** - Soil dwelling Dwarf.

**Bor, Borr** - ("The Son") A supernatural man, son of Buri, a Giant who was created when the cow Audhumbla licked at a stone. He is married to the Giantess Bestla and is the father of Odin, Vili and Ve.

**Bragi, Brage** [pronounced "brah-yih"] - God of poetry, eloquence, and boasting. Son of Odin and Gunnlod; married to Idhuna. He greets new arrivals to Valhalla with songs of their deeds. His virtues are wit, cunning, wisdom, music, writing, the arts. He is the patron of skalds and minstrels.

**Breidablik** - ("Broad Shining") Baldr's and Nanna's hall in Asgard; a magnificent palace. No unclean thing is permitted to be there.

**Brimer** - 1) Brimer (Ymir?) is a Giant that owns the island Ókolnir. There he has his feast hall in which the Giants celebrates when Ragnarok is coming. 2) A hall located in Ókolnir. In it there is plenty of good drink. A refuge to those finding it after Ragnarok.

**Brimir Hall at Gimle, Sindri Hall at Nidafioll, Nasatrans, Hvergelmir** - Places the remaining Gods will be sent to after Ragnarok.

**Brisingamen, Brising** - ("Fire-Jewelry")The Brisingamen necklace belongs to Freya. It was forged by four dwarves and to get it she had to spend one night with each of them. This ornament can be worn either as a belt or a necklace depending upon how Freya plans to use it. Loki once stole it.

**Broadland** - Another name for Vidar's hall. Also called Landvidi ("Whiteland").

**Broadview** - Another name for Balder's Hall.

**Brokk** - A Dwarf; superb smith and jeweler, son of Ivaldi. He was pictured as small and blackened from the smithy. With his brother Eitri he made Sif's golden hair, the spear Gungnir, the ship Skidbladnir. Loki wagered his head that Brokk's brother Sindri could not forge greater magical items than these. So, Loki, in the form of a gadfly, stung him on the hand, neck and eyelids to prevent him from helping with the forge's bellows and winning the bet, but Loki failed. His brother Sindri created the boar Slidrugtanni for Freyr and Freya, the ring Draupnir for Odin, and a new hammer for Thor, a hammer which would be impossible to steal, because it would always return to its owner. Loki ran but was caught by Thor. Loki said, "You can have my head but not my neck". So Brokk pierced holes in Loki's lips with an awl and sewed them up as a lesson not to brag.

**Brynhild, Brynhildir** - ("Byrnie of Battle" or "Mail-coat of Battle") A Valkyrie and servant to Odin; a shape-shifter who often used a swan disguise. This beautiful being fell in love with the hero Sigurd. She is daughter to king Budle and sister to Atle and Bekkhild. She was punished by Odin, but Sigurd Fafnisbari saved her. She married King Gunnar but really loved Sigurd. When Sigurd was killed, she threw herself into the fire and burned to death.

**Budli** - Father of Atli (Attila the Hun) and Brunhild.

**Buri, Bure** [Boo-ree] - ("Good-looking" or "Great and Huge") Supernatural being licked from the salty rocks of Ginnungagap by Audhumla, the primal cow. Father of Bor, who is father of Odin, Vili and Ve. Bure died of old age, as the golden apples of Iduna had yet to appear.

**Byggvir** - Companion God of Freyr. The God of ale/beer and corn, Byggvir is married to Beyla. He is Freyr's servant and lives at Freyr's farm Alfheim. His task is to take care of the world-mill and its grist.

**Byleist** - ("Lightning") The Storm-Giant Byleist is Farbauti's and Laufey's son. He has two brothers, the trickster Loki and the Water-Giant Helblindi.

**Bylgja** - ('Big Breaking Wave') One of Aegir and Ran's nine wave-daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Byrgir** - A well found in the kingdom of Ivaldi, probably connected to Mimir's Well, since its water gave the gift of poetic power and ecstasy . Ivaldi tried to keep this secret, and sent two of his children in the dark of night to empty out the well and bring back the mead. From this mead he allowed the Gods to drink as much as they wanted. Nepur, the Moon-God spied the youngsters on their way back home with a pail full of mead, and abducted them and the mead. But Ivaldi fought Nepur as he passed through the underworld and reclaimed them.

**Coiler** - A kenning for the Midgard-Serpent.

**Dain** - A ruler of the Elves.

**Damp With Sleet** - Another name of Hel's hall. Also called "Eliudnir".

**Darkdale** - The dwelling place of the dwarves, in the north, covered with gold.

**Daughters of Aegir** - 1) The waves of the sea. 2) The "undines", Aegir's and Ran's nine daughters, born of the waves.

**Day** - 1) At the creation, the gods sent Day and Night to race across the sky in chariots drawn by swift horses. 2) Day is the father of the Light Elves and the personification of the daylight. He is Night's (Nott's) son in her third marriage, with Delling. He controls the days on his horse Skinfaxi.

**Dead Man's Shore** - A hall in Hel where no sunlight reaches, covered by serpent skins and dripping venom. This is the destination after death of murderers, traitors, adulterers. Nidhögg sucks blood from the bodies of the dead.

**Delling** - ("Day-Spring" or "Dawn") Red Elf of the dawn or east; lover of Nott (Night). Day is their son. Delling is the guard at Breidablik. His name means 'the one who is light-complexioned'

**Dis** (ON dis), **Disir**, **Desir** (ON dis; disir) - Plural of dis. - Ancestral female spirits to whom Winter Nights and Disting are holy. They watch

over the family in general but more particularly the person who will carry on the line. The Disirs work under Freya. The Valkyries are Disir.

**Disease** - Disease was brought into the world by the birth of Hela, Loki's daughter.

**Disting**- One of the Great Blessings between Yuletide and Easter. Local Things are often held at this time. Freya and Vali are often honored during this blessing as well as the Dises and Alfs.

**Dokkalfar** - The Dark Elves, who dwell in mounds, hillocks and rocks. They have much in common with the Disir, being thought to be in some aspects the masculine counterparts of these beings. They are great magicians and teachers of magic, and it may have been to their abodes that Odin refers when he says that he learned his wisdom from the "men, very old men / who dwell in the wood of the home". Blessings may be made to the Dokkalfar in one's own home, or one may seek out a place where they dwell if one wishes to ask a favor of them. The best time to approach them is at sunset, for they are not fond of daylight. They appear as very beautiful, though pale, human-like wights in noble clothes. The term "Dark Elves" refers to their abodes, and not to their appearance or moral character.

**Dolgthvari** - Rock dwelling Dwarf.

**Dori** - Rock dwelling Dwarf.

**Draugr, Draug, Draugar** - The undead, or animated corpse, also called **aptrgangr** ("after-goer"). Draugrs are extremely strong and as such can be very dangerous. They were said to commonly kill the living by applying a massively strong slap to the head. Draugr's should never be looked at directly as it is said that they can steal vital önd from a person by gazing at them alone. Runes are carved on gravestones to prevent the dead from rising and walking again among men.

**Draupnir** - ("The Dropper") Odin's gold arm-ring, forged by Brokk. Every ninth night eight new rings, as heavy as the original, drop from it. Odin gave the ring to Balder, but he gave it back. Odin later laid it on Balder's funeral pyre. Balder sent it back from Hellheim with Hoenir.

**Dromi** - ("The Real Chain") The second chain the Gods used to tie up the Fenrir wolf. The first was Lodging, and the third was Gleipnir. The chains were forged by the dwarves.

**Draumkonur** - ON. Dream women, able to foresee and interpret through their dreams, a witch or volva

**Drop-to-Destruction** -The name of the stone door leading into Hel.

**Duneyr** - ("Rest") A deer which lives in the world tree Yggdrasil together with three other deer. The second deer is Durathor and the other two are Dwarves in deer shape.

**Durathor** - ("Slumber") The deer Durathor lives in Yggdrasil with three other deer. The second deer is Duneyr and the other two are Dwarves in deer shape.

**Durin** - One of the most mighty dwarves, from the start of time. He knows the destiny of the old dwarves. Together with Dvalin he forged the magic sword, Tyrting. He is Mimir's first son, the eldest of Dwarves. He helped his father build the World-Mill to create the fertile soil needed for life on Midgard.

**Duva** - ("The Hiding") One of Aegir and Ran's nine wavedaughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Dvalin** - A ruler of the dwarves. Dvalin is one of the most powerful dwarves. He was also a skilled smith and able to read runes before any other Dwarf was. He forged the Brising necklace and Tyrting, the magic sword.

**Dvergar** - Another name for the Svartalfar or Dwarves.

**Dwarf's Ship** - A kenning for intoxication, so called because the dwarves Fjalar and Galar ransomed a ship in exchange for the Mead of Poetry.

**Dwarves** - See Svartalfar or Dvergar. Dwarves were Ivaldi's sons, but the Elves were Mimir's sons. The Dwarves are short and greedy beings that were maggots in the prehistoric Giant Ymir's body. Like goblins they fear the sun. The Dwarves are often evil-minded, but they are talented smiths and they have forged mostly of the Æsirs' treasures. They live in



knotholes and caves, some of them in Svartalfheim. Nyi, Nidi, Nordri, Sudri, Austri, Vestri, Althiof ("Mighty Thief"), Dvalin, Nar, Nain, Niping, Dain, Bifur, Bofur, Nori, Ori, Onar, Oin, Modvitnir ("Mead-Wolf"), Vig, Gandalf ("Magic Elf"), Vindalf ("Wind Elf"), Thorin, Fili, Kili, Fundin, Vali, Thror, Throin, Thekk, Lit, Vitr, Nyr, Nyrad, Rekk, Radvinn ("Swift in Counsel"), Draupnir, Dolgthvari, Hor, Hugstari, Hlediolf, Gloin, Dori, Duf, Andvari, Heptifili, Har, Siar, Skirpir, Virpir, Skafinn, Ai, Alf, Ingi, Eikinskjaldi ("Oak Shield"), Fal, Frosti, Finn, Ginnar.

**Edda** - Both the name of a woman and the title of Snorri's Skalding (poetry) primer. The woman Edda bears a son by Rig (Heimdall), who has paid a visit to Midgardhr to foster a new race of humans. The boy is named Thrall and becomes ancestor for the lowest class of people, the serfs.

**Eggther** - ("Sword Guarder") The watchman of the Giants, guard of the Giants' world, Jotunheim. Eggther lives in the forest Galgvid. He is also the guardian of Volund's sword of revenge. He plays happily on his harp when he hears the rooster tell that Ragnarok is coming.

**Egil** - Father of Thjalfi, Thor's servant, married to a Valkyrie. Brother of Volund the smith, and Slagfin.

**Eikinskjaldi** - ("Oak Shield") The Dwarf Eikinskjaldi was a skillful artist.

**Eikthrynir, Eiktyrnir** - ("Oak Thorn") The stag on roof of Valhalla, that feeds on the World Tree. Dew drips from his horns and flows into Hvergelmir and then into the rivers

**Einherjar** - ("Single Combatants") Army of all men who fall in battle, they are adopted as Odin's sons. He allots to them the halls Valhalla and Vingólf. There they await Ragnarok, when they will join the Gods in fighting the Giants. They spend most of their time fighting, eating, and drinking.

**Einmyria** - ("Ashes") A daughter of Loki ("Fire") and Glut ("Glow"). Her sister is Eisa ("Embers").

**Eír** - ("Mercy") Goddess of healing and medicine. One of Frigga's handmaidens, with Vor and Var. She is one of Freya's eight sisters and Njord's daughter. She probably lives in the hall Skimmer with the rest of the sisters.

**Eisa** - ("Embers") A daughter of Loki ("Fire") and Glut ("Glow"). Her sister is Einmyria ("Ashes").

**Eitri** [Pronounced Ay-tree] - A Dwarf and metal worker. With Brokk he made the gold boar, Gullinbursti, Odin's arm-ring and Thorr's hammer Mjollnir. He was pictured as small and blackened from the smithy. The Dwarf Eitri is son of Ivaldi and brother of Brokk and Sindri.

**Eldir** - ("Fire-Kindler") Eldir is Aegir's cock. During one of Aegir's feasts, Eldir tried to prevent Loki from getting in, because he knew everybody said bad things about him.

**Eldhrimnir** - ("Soot From Fire") The kettle which was used by the cook Andhrimnir to boil the boar Saehrimnir. The meat is given to the hungry einheriars in Valhalla every night.

**Elf-Candle** - A kenning for the sun.

**Eliudnir** - Hel's Hall. Her dish is called Hunger, her knife, Famine, her servant, Ganglati.

**Elivagar** - Usually spoken of as a river, it is really a narrow stretch of ocean separating Midgard proper from Jotunheimur in the north. This arrangement exactly parallels the Underworld geography: Niflhel is separated from Hel proper by mountains (and perhaps a narrow stretch of underworld ocean as well).

**Elli, Elde** - Utgardh-Loki's grandmother. She was asked, as a part of a friendly game, to wrestle Thor because she was the weakest of giants in Utgardh-Loki's. She wrestling Thor down to his knees. A trick, since the thin but very strong Giantess Elli represents old age.

**Elves. Alves** - Elves are the sons of Mirmir, while Dwarves are the sons of Ivaldi. See Alfar.

**Embla & Askr** - Origin of humanity , the first man and woman. The first man, Askr, was made from an Ash tree. His wife, Embla, was an Elm.

**Eostre, Ostara** - Saxon lunar goddess, patron of springtime and hares (Easter Bunny). The Christian holiday for the resurrection of Jesus usurped Ostara's celebration, and is now called "Easter". An aspect of the Roman goddess of dawn, Aurora.

**Erda, Earth, Jörd-** ("Earth") The Earth-Goddess Erda is the mother of Thor, with Odin. Erda is daughter to the Night-Disir Natt/Night and her second husband of three, Annar.

**Erilaz** - pl., eriloz. A vitki and runemaster who is also a priest (godhi). See Erulian.

**Erulian** - Member of the ancient gild of runemasters who formed an inter-tribal network of initiates in the Germanic mysteries.

**Etin** - Developed from OE eoten and ON jötunn. A type of Giant known for its strength. Also a generic name for Giant (in ON Jötunheimr, etc.), which is a living entity of great age, strength, and often great occult knowledge. Etins are usually friendly to the Gods, while Jotuns are unfriendly.

**Etin-Home** - (ON Jötunheimr) The eastern world, home of all giants.

**Etin-Wife** - A female Etin taken in magical marriage.

**Everfrost** - Banquet hall of the giant Brimir. Brimir is probably another name for Yimir.

**Falcon Coat** - The magical feathered coat of the goddess Freya. When worn it turned the wearer into a falcon.

**Fafnir, Fávne** - Fafnir is the son of Hreidmar and brother of Otter and Regin. He was killed as a dragon by Sigurd Fafnisbari when he guarded his gold treasure.

**Fáfnr's Lair** - A kenning for Gold, because of the great hoard of gold found in the lair of this dragon.

**Fal** - A Dwarf.

**Falhofnir** - ("Shaggy Forelock") Horse of the Æsir used to ride to Gladsheim, their Court of Justice, each day.

**Fallfordarv** - The doorstep in the death Goddess, Hel's stronghold Eljudnir in Nifilhel. Nifelhel is the place that welcomes people who have died unhonored in battle.

**Famine** - Famine is the Death Goddess Hel's knife.

**Farbauti** - ("Cruel Smiter") A Fire Giant. He is married to Laufey and is the father of Loki, Byleist and Helblindi. Laufey gave birth to Loki while being struck by a bolt of fire from Farbauti.

**Faring Forth** - The Seidh practice of leaving the physical body to travel forth in spirit to other realms. Travel out of the body, astral projection.

**Farmagud** - ("God of Cargoes") Another name for Odin.

**Feathercoat** - A feathercoat transforms the user into a bird. Freya has a falcon coat that Loki often borrows. Odin and the Giant Tjatsi each have an eagle coat.

**Fenja** - One of the two Jotun giantesses who are able to produce gold with the giant mill "Grotte".

**Fenrir, Fenris, Fenrisulven** - Monster wolf offspring of Loki with Giantess Angrboda, brother of Hel and the World Serpent. The Gods raised the wolf in Asgard but only Tyr had the courage to feed it. Soon the gods grew concerned, seeing how fast it grew daily. Nothing could bind him until the Dwarves manufactured a chain that was made out of the roots of a mountain, the noise of a moving cat, and the breath of a fish. Fenrir bit off Tyr's left hand when the Gods tricked him into being bound with the fetter, Gleipnir. They tied the chain to a great boulder (Gjöll) and drove it deep into the earth. Then, to make sure, they covered that rock with another huge boulder (Thviti) and sank it on top as a fastening peg. As a gag for the howling wolf, they shoved a sword into his mouth so that the hilt was in its lower jaw and the point in the upper. Still he howls horribly. There he will lie until Ragnarök At Ragnarok he will kill Odin and then will be slain by Vidar, son of Odin. He is father to Hati.

**Fensalir** - Frigga's hall in Asgard.

**Fetch, fylgja** - The fetch is an independent form, a soul aspect, that is attached to a person though not actually a part of the person. It appears to the mind's eye in a variety of forms- in the form of an animal (fetch-deer) or of the opposite sex (fetch-wife or fetch-man), even in a purely geometrical shape. Its purpose is to assist the person it is attached to in other realms.

**Field of Warriors** - Another name for Freya's hall, also called "Folkvang".

**Fili** - Soil-dwelling Dwarf

**Fimbulwinter** - ("The Mighty Winter") The three-year-long winter that will proceed Ragnarok.

**Finn** - A Dwarf.

**Fire Giants** - The inhabitants of Muspellheim, sworn enemies of the gods.

**Fjalar** [Fyah-klar] -1) Fjalar is a mean Dwarf, who with the help of his brother, Galar, kills the Giant Kvæsir. They make the Mead of Poetry from his blood, but they later are forced to give it away. 2) The cock whose crowing wakes the Giants for the final struggle of Ragnarok.

**Fjölunnig kona** - ON. A wise woman in ancient Iceland. A cunning-woman or witch, but not necessarily in a derogatory sense.

**Fjölunnig madhr** - ON. A wise man in ancient Iceland.

**Fölkyngi** - ON. Skilled in the magical arts, literally "much knowledge". Traditional word for "witchcraft."

**Folkvang** - The domicile of Freya. Half of all warriors who die in battle arrives here, the others become eternal warriors in Valhalla.

**Fjolnir** - Minor God of wisdom and learning. Possibly another name for Odin.

**Fjölsvid** - ("One Who is Very Wise") A by-name of Odin.

**Fjolvar** - The Giant Fjolvar owns the island Allgron, where he and Odin spent five years seducing seven foolish girls.

**Fjörgynn** - Weather God, father of Frigga.

**Flærdg-stafir** - ON: deception runes (galdrastafir).

**Folkvang, Folkvangr** - ("Folk-field") Domain of Freya, which is also called "Field of Warriors". Her hall is Sessrúmnir. Half of all warriors who die in battle arrives here, the others become eternal warriors in Valhalla.

**Forfeit-horn** - Thor could not finish drinking the water in it. It was magically attached to the ocean. Thor's drinking created the tides.

**Formáli** - pl. formalár. ON: Formulaic speeches used to load action with magical intent.

**Forn Sedh** - In Sweden and some other Northern European counties, Ásatrú is known by this name.

**Forseti** - ("The Presiding One") Axe-God of justice, savior of the devout, winner of just lawsuits. He represents justice, good laws, arbitration, peace, fairness, good judgment. Son of Balder and Nanna. His hall is called Glitner.

**Foster Parents** - Fathers often used to pay to send their sons to be looked after by foster parents. This was considered the best way to train youngsters.

**Framsynn** - ON. Far-sighted. Blessed with the gift of seeing into the future.

**Franang's Falls** - A waterfall in Midgard where Loki, who shape-shifted as a salmon to hide from the gods, was captured.

**Freki** - ("Ravenous") One of Odin's two wolves. The other one is Geri. They get all the meat that is served to Odin in Valhalla because he himself prefers wine.

**Freyr** (fray-er), **Frey**, **Fro**, **Ingve-Frey** - ("The Lord") Vana-God, brother-consort of Freya; son of Njord and Njord's sister, Nerthus. Fertility and creativity God; God of Yule; God of wealth and peace and contentment. Blood was not allowed to be spilled through violence, nor were weapons or outlaws allowed on or in his holy places. He owns the boar, Gullinbursti, the ship, Skidbladnir, and a magic sword, that moves by itself through the air. Gerd, a Giantess, is his wife. Sensual love, fertility, growth, abundance, wealth, bravery, horses, boars, protector of ships and sailors, peace, joy happiness, rain, beauty, weather, guarantor of oaths, groves, sunshine, plant growth, sex. He ruled over the land of the light elves, Alfheim. He is also the ancestor of the royal bloodline of the Yngling family, early rulers of Norway/Sweden/Denmark.

**Freya, Freyja** - ("The Lady") Member of the Vanir who lives with the Æsir, daughter of Njord, sister-consort of Freyr. Her emblem is the necklace Brisingamen. Hers is the magic of reading runes, trancing and casting spells. She is said to have taught Seidh to Odin. She owns a falcon cloak, takes dove form, rides in a chariot drawn by two cats, or rides a boar. As leader of the Valkyries, she takes half those slain in battle and is traditionally associated with death and sexuality. She was married to the God Od, perhaps identical to Odin, who mysteriously disappeared. Freya had two daughters, Hnoss and Gersimi, with Od. She weeps tears of gold, which become amber, called "Freya's Tears".

**Freya's Tears** - A kenning for Amber. When she could not find her husband Od, Freya shed tears of gold. The tears that hit trees turned into amber.

**Frid** - ("The Good-Looking") Frid is one of the Love-Goddess Freya's eight sisters. The God of storms and fishing, Njord is her father. The Fertility God Freyr is her brother.

**Friagabis** - ("The Free Giver") Saxon goddess of plenty.

**Frigg, Frigga, Frija** - (The Loving) Frigga is the clairvoyant mistress of Asgard. She knows the fates of all men and gods, although she does not desire to prophesy. Daughter of Fjorgynn and Fjordgyn. She is Odin's wife, with whom she has six sons and one daughter, including Balder and Hodur. Æsir Goddess of settled civilization, she represents married sexuality. Her hall is Fensalir. She is the Goddess of childbirth, sun symbolism, and is an aspect of fate.

**Frith** - Fruitful peace, happiness. The true Teutonic word for "peace" which carries with it the implication of "freedom".

**Fro** - ("Lord") Byname of Freyr.

**Frodi** - A Vanir god whose name means "The Fruitful One"

**Frótleikr** - ON: wisdom or learning. Magical learning from which all other abilities come. See Framsynn (farsight), Ófreskir (insight into the otherworld), Bregda Sér (shapeshifting, the power to confuse and disorient one's enemies), Hamfarir (shapeshifting, traveling in animal form), Rammaukinn (possession of supernormal strength).



**Frosti** - A Dwarf.

**Frowe** - ("Lady") By-name of Freya.

**Frost-Giants** - Most of the Frost Giants drowned in Ymir's blood when the gods killed him, and their souls migrated down into the northernmost part of the Underworld, the dark and foggy Niflhel. A few of the youngest Frost-Giants barely escaped, and crawled onto the beach of the northernmost part of the Earth, which is called Jotunheimr

**Fulla** - ("The Filler") Sister of Frigga, also called Volla. She carries the coffer of life and death. Although a virgin, she represents aspects of sexuality. Fulla was also known as Abundia, or Abundantia in some parts of Germany, where she was considered the symbol of the fullness of the earth. Nanna sent her a finger ring from Hel. She is described as an Æsir Goddess with long hair and a golden snood.

**Fundin** - Soil-dwelling Dwarf.

**Fylgja** - A manifestation of a part of a person's soul that can take on independent action as it can contain portions of a person's hughr and minni. The fylgja can also be used by the person in times of need for such things as travel to one of the nine worlds. Being able to take the form of the fylgja can be developed over time. The fylgja generally takes on the form of an animal or of the opposite sex of the person that it is attached to. It can and often is passed along ancestral lines. See also "fetch".

**Gagnrad** - ("Gain-counsellor") The name Odin chose to call himself when visiting Vafthrudnir.

**Galar** - A mean Dwarf and brother of Fjalar. They killed Kvasir and mixed his blood with honey in a pot called Odrerir and then vats called Son and Bodn, created the Mead of Poetry.

**Galdalf** - Gandalf is told to be the eighteenth of the prehistoric Dwarves. The name means 'magician'.

**Galdr, Galdor** - The use of runes for magical purposes, specifically verbal incantations. A ritual to perform magical song and poetry in a high, shrieking voice. Odin is considered the foremost practitioner.

**Galdrakona** - ON. A woman who practices galdor magic, a witch or volva. Magic chant singing done by a woman.

**Galdramyndur** - [gald-ra-minn-dur] ON. Literally this means a "magical sign".

**Galdrastafr, Galdor-stave** - pl., galdrastafir. ON. Literally "stave of incantations". A magical sign which may or may not have its origin as a bind-rune. Originally they were made up of bindrunes which were then stylized for magical purposes. Used as a focus for complex magical operations.

**Gamanrúnar** - ON: joy runes.

**Gambantein** - ("Magic Branch") A magic wand given to Odin by the Giant Hlebard. When Odin had got the wand he made Hlebard lose his mind.

**Gand, Gandr** - (ON gandr) A magic wand. Projected magical power and the wand, staff, or stave which contains or expresses it.

**Gandalf** - ("Magic Elf") A Dwarf.

**Gang** - Giant Gang is Olvalde's youngest son and brother to Tjatsi and Ide. When the father had died the brothers rapidly shared his beer. This was the first time they were all quiet.

**Ganglati** - ("Tardy") Giant Ganglati is one of the servants of Death-Goddess Hel and lives with her underground. Ganglati was so slow that no one ever could tell he was moving.

**Gangleri** - Another name for Odin.

**Ganglot** - Serving maid of Hel.

**Gap-tooth** - The name of one of Thor's goats that pulls his divine chariot through the sky.

**Gardrofa** - ("One Who Pulls Fences") The mare Gardrofa and the horse Hamskerpir are the parents of Gna's grey horse Hoof-flourisher.

**Garm** - Hel's monster wolf dog, who guards the island where Loki and his wolf-son, Fenrir, are chained. Hound of the Underworld, the most

evil dog, he is bound with iron chains to guard the entrance Gnipahellir until Ragnarok. In Ragnarok he and Tyr will kill each other. Also called Mánagarm.

**Garth** - A yard, enclosure, homestead.

**Gaut** - By-name of Odin.

**Gaut's Gate** - A kenning for a shield. This is because Odin's gate, the gate to Asgard, shields Asgard from its enemies.

**Gefn, Gefjun, Gefjon** - Vanir Goddess of gift-giving, the All-Giver. She is associated with sowing of fields, crop and human fertility, celebrated with wagon rituals and plough rites at the New Year. As an aspect of fate, she is called in oath taking. Goddess of unmarried women, also one of the maidens in Frigga's palace. To her were entrusted all those who died unwedded, whom she received and made happy for ever. She did not remain a virgin herself, but married a Giant, by whom she had four sons. Odin sent her to Gylfi, king of Sweden to beg for some land which she might call her own. The king, amused at her request, promised her as much land as she could plough around in one day and night. Gefjon changed her four sons into oxen, harnessed them to a plough and cut a wide and deep furrow all around a large piece of land. She forcibly wrenched it away and made her oxen drag it down to the sea, where she made it fast and called it Seeland. Gefjon then married Skjold, one of Odin's sons, and became the ancestress of the royal Danish Skioldungs.

**Geirahöd** - ("Spear of Battle") A Valkyrie who serves ale to the Einheriar in Valhalla.

**Geiravor** - A Valkyrie.

**Geirdriful** - A Valkyrie.

**Geirolu** - A Valkyrie.

**Geirrod** - ("The one who bloods the spear") A cunning Giant and ironsmith, he caught Loki, who flew into his castle as Frigga's falcon and got stuck. He locked Loki in a chest and starved him for three months. He forced Loki to bring Thorr to his farm. For fun, Geirrod used tongs to pick up a lump of molten iron and threw it at Thorr, Thorr used iron

gauntlets to catch it, then flung it back. It crashed through pillars, Geirrod, walls, and and into ground outside. Geirrod and his daughters, Gjalp and Greip, were killed.

**Geirromul** - A Valkyrie.

**Geirrundul** - A Valkyrie.

**Geirskigull** - A Valkyrie.

**Gerahod** - A Valkyrie.

**Geri** - ("Greedy") Geri is one of Odin's two wolves. The other one is Freki. They get all the meat that is served to Odin because he only drinks wine.

**Gerd, Gerdh** - ("Fence") A Frost Giantess who married Freyr. Freyr's servant Skirnir was sent to woo her for him. It was only after threats of curses death and suffering in Hel that she agreed to marry Freyr . The beautiful Gerd is Gymir and Aurboda's daughter and Beli's sister. She is known for her shining beauty. When she raises her arms everything shines.

**Geri & Freki** - ("Ravenous" & "Greedy") Two of Odin's wolves. He feeds them the food from his table.

**Gersimi** - Goddess of beauty, Freya's daughter with Od. The beautiful Hnoss is her sister. The name Gersimi means 'jewelry'

**Gestumblindi** - In the contest of riddles with King Heidrek the Wise, the last riddle about Odin's whisperings to Balder reveal that Gestumblindi is actually Odin.

**Giants & Giantesses**- In Old Norse the word **risi** meant a true Giant of great size, capable of intermarrying with humans; they were usually beautiful and good. The **jotnar**, singular **jötunn**, had great strength and age and were also called **etins**. The **thursar**, singular **thurs**, were antagonistic, destructive, and stupid. The Giants in Northern mythology (such as the Frost Giants, the Mountain Giants and the Fire Giants) represent the raw forces of Nature in their primitive form. The Giants are often big, clumsy, magic-skilled, and sometimes evil-minded creatures. The worst enemy of the Giants is Thor, with his powerful hammer

Mjollnir. Most Giants live in Jotunheim. There are also Fire Giants who follow Surt in Muspelheim and Rimthursar (Frost Giants) who came from the ice-cold Niflheim. All Giants originally came from Ymir. It may be that the Giants were the Gods of the Stone Age, the Vanir the Gods of the Bronze Age and the Æsir the Gods of the Iron Age.

**Gilling** - ("Huge Cod") The Giant Gilling is Billing's brother. Gilling and his wife were killed by the evil Dwarves Galar and Fjalar, who brewed the Mead of Poetry. His son, Suttung took revenge.

**Gils** - Horse of the Æsir used to ride to Glasheim, their Court of Justice, each day.

**Gimli** - ("Hall of the Blessed") Located to the south and above Asgard in another heaven called Andlang, it is a building with a golden roof. It is the fairest hall of all and brighter than the sun. It will survive Ragnarok, and will be where good and righteous men go to upon death.

**Ginar** - A Dwarf.

**Ginnungagap** - The great void between Muspellheim and Niflheim before the creation. An enormous canyon that divides red-hot Muspelheim to the south and icy Niflheim to the north. The creation of the world began at Ginnungagap, with Ymir the Giant and the primal cow, Audhumla. The Gods kill Ymir, place the body such that it fills the gap and finally create the world out of the carcass.

**Gjallarhorn, Gjall, Gyall** - ("The Recalling Horn") Heimdall's mighty horn. Its blast can be heard all over the nine worlds. It shall be blown at Ragnarok.

**Gjallarbru** (Gyall-ar-broo) - ("Resounding Bridge") The bridge crossed by Hermod on his way to Hel's realm in search of Balder.

**Gjalp** - ("Yelling") The Giantess Gjalp is Geirod's daughter and Greip's sister. She tries to stop Thor from passing a lake by flooding it with urine.

**Gjoll** - 1) The Hel Bridge. It is thatched with gleaming gold and the maiden who guards it is called Módgud. From the bridge over the river Gjöll the road to Hel lies downwards and northwards. 2) The boulder to

which the wolf Fenrir was chained. It was fastened with another boulder called Thviti.

**Glad, Gyllir, Glœr, Skeidbrimir, Silfrtopp, Sinir, Gils, Falhofnir, and Lettfeti** - The Æsir's horses

**Gladshheim** - ("Glad-land") One of the names of Odin's hall, also called "Shining Home", "Hlidskjalt", and "High Seat". It lies on the plain of Ida.

**Glapsvid** - Another name for Odin.

**Gleaming Bale** - The name of Hel's curtains.

**Gleipnir** - The fetter (chain) used to bind Fenrir, made by the Svartalfar from the sound of cat's footfall, a woman's beard, a mountain's roots, a bear's sinews, a fish's breath, a bird's spittle. The other two chains were Dromi and Loding.

**Glen** - ("Shine") Glen is the Light-Disir Sun's husband. Before Ragnarok they gave birth to a daughter who they named Sunna. She took over her mother's task in the new world.

**Glimmering Misfortune** - The Death-Goddess Hel's bed hangings. It is in her stronghold in Niflhel.

**Glitner** - The silver and gold hall of Forseti, in Asgard.

**Glódhker** - ON. A fire-pot or brazier used in ritual workings.

**Gloin** - A rock dwelling Dwarf.

**Glut** - ("Glow") One of Loki's wives.

**Gna** - Frigga's swift messenger, mounted on her steed Hofvarpnir ("Hoof-Thrower" or "Hoof-Flourisher" ), would travel through fire and air, over land and sea, and was therefore considered the personification of the refreshing breeze. She saw all that was happening on earth and told her mistress all she knew.

**Gnipahellr** - The cave in front of Niflhel where the monster hound Garm is chained.

**Gnita Heath** - The place where the dragon Fáfnir guarded the hoard of gold stolen from the Dwarf Andvari.

**Goat** - The animal sacred to Thor. His chariot was drawn by two he-goats.

**God of the Shield** - By-name for Ullr.

**Goin** - One of many serpents who gnaw at the roots of the great tree Yggdrasil.

**Golden apples**- Every year Idunna gives each god and goddess a golden apple to keep them young. They are the apples of immortality.

**Golden Kingdom** - Another name for Asgard, also called "the White Kingdom".

**Goldtooth** - Another name for Heimdall as he had teeth of gold.

**Göll** - ("Loud Cry", "Battle Cry") A Valkyrie who serves ale to the Einheriar in Valhalla.

**Gollinkambi, Gullinkambe** - The cockerel in Yggdrasil, waits to signal the Gods and the warriors of Valhalla for the final battle of Ragnarok.

**Göndul** - ("Magic Wand" or "Enchanted Stave" ) Gondul with Hildir and Skögun, are the most noble Valkyries in Asgard. Their task is to choose the men permitted to go to Valhalla. She is often associated with war magic.

**Gondlir** - Another name for Odin.

**Grabak** - One of many serpents who gnaw at the roots of the great tree Yggdrasil.

**Grafrollud** - One of many serpents who gnaw at the roots of the great tree Yggdrasil.

**Gram** - ("Grim") A sword, forged by Volund, given by Odin to Sigmund. When it broke, the Dwarf Regin forged it together and gave it to Sigurd Fafnisbari who killed the dragon Fafnir with it.



**Grane, Grani** - Grane is Sigurdr's grey horse, the son of Sleipnir. Grane will not bear any other rider than Sigurdr. When Sigurdr dies even Grane dies. Grane has runes carved into his chest.

**Grendel** - The monster that was slain by Beowulf.

**Grer** - Dwarf Grer forged the love Goddess Freya's beautiful Brising necklace, together with Alfrik, Berling and Dvalin. To get the jewelry she spent one night with each of them

**Greip** - ("Strong Grip") daughter of Geirrood who, along with the other daughter Gialp, tried to push Thorr's seat to the ceiling to crush him. Thorr used Grid's magic pole to push back down and broke their backs.

**Grid** ("Greed" or "Peace") - The Giantess who warned Thorr against Geirrood and Loki. She gave Thorr his magic strength-belt and iron gloves. Grid is a friendly Giantess who had a son, Vidar with Odin.

**Gridarvol** - The iron rod Gridarvol belongs to the Giantess Grid. Once when Thor was going to see the Giant Geirod, unarmed, she lent him Gridarvol and her iron-gloves.

**Grim** - ("The Masked One") A by-name of Odin.

**Grimnir** - A disguise Odin used when visiting a king's court. He appeared wearing a blue cloak and large hat. The king's dogs would not bark at him.

**Grjotunagardar** - ("Stone-Fence House") The place where the boasting giant Hrungrnir arranged to fight the god Thor.

**Groa** - The wife of Aurvandil the Bold, a sorceress who chanted spells until Hrungrnir's whetstone started to come loose from Thor's head, but Thor interrupted her with story of Aurvandil's toe getting frozen off while Thor carried him a basket across Elivagar river. Groa got distracted and couldn't finish the spells, so the whetstone stayed in Thor's forehead.

**Grotte** - The "World Mill" belonging to the Danish king Frode, a grind-mill of gold and a controller of the stars' movements. The millstones are so enormous that they may only be moved by the giant sisters **Fenja** and **Menja**.

**Gudr** - A Valkyrie.

**Gullfaxi** (Gool-fax-ee) - ("Golden Mane") The horse of the Giant Hruginn, who raced against Odin riding Sleipnir, and lost. Thor obtained him when he killed the Giant, but he gave the horse to his son Magni.

**Gullinbursti** - Gullinbursti is one of two boars that drag Freyr's chariot. The other one is Sliðrugtanni. Gullinbursti's golden bristles light up the dark. It was forged by the Dwarf-smith Brokk.

**Gulltop** [Gool-top] - ("Gold Fringe") Heimdall's horse with a golden mane. He can fly with great speed. Heimdall only rides him at formal ceremonies, for example when they were going to burn Balder's dead body.

**Gullveig, Gollveig, Heid** - ("Gold Might" or "Gold Thirst") Also called "Golden Branch", "Gleaming One". A member of the Vanir who came to live with the Aesir. She was a handmaiden to Freya and taught her seidr. The gods considered her to be an abomination who did not deserve to live. Three times she was thrown into the fire in Odin's hall and emerged whole and shining. The attempts to kill her sparked the war between the Aesir and Vanir. Because they could not kill her, the Gods banished her to Ironwood, where she is magically bound until Ragnarok. Gullveig may be the Giantess Agniboda, who bore with Loki the monsters Hel, Fenrir and the Midgard Serpent.

**Gungne, Gungnir** - ("Swings When Riding") Odin's magical spear, forged by the Dwarf Brokk. When Odin threw the spear over an army, it meant that they were going to die in battle and lose the war.

**Gunnlod, Gunnlauth, Gunnloed** - Jotun-Giantess, daughter of Suttung. She guards the Mead of Poetry in an underground cavern. After Odin spent three nights with her, she let him taste it. Odin swallowed it all in three gigantic gulps, jumped into his eagle suit and flew back to Asgard with the angry Suttung on the chase. Nine months later Gunnlod gave birth to Bragi.

**Gunnr** - ("Battle") Gunnr and Róta and the youngest norn, called Skuld, ride to choose who shall be slain and to govern the killings.

**Gybu auja** - Give (bring) good luck.

**Gylfi** - king of Sweden. He gave a beggar-woman a plough-land, the size four oxen could plough in a day and a night, as a reward for the way she had entertained him. This woman, Gefjon, was of the family of the Æsir. From the north of Giantland she took four oxen (her sons by a giant), yoked them to a plough. The plough cut went westwards and cut so deep that it rent the land in two. Gefjon called it Zealand.

**Gyllenkamme** - Rooster in the top of Yggdrasil. He has a gold crest. His task is to count to sixty, sixty times twelve and then wake up the Norns sleeping around the Urdawell.

**Gymir** [guy-meer] - The Mountain Giant Gymir is Aurboda's husband. Together they have the son Beli and the daughter Gerd, a beautiful Giantess who married Freyr.

**Hair of Gold** - The long golden hair of Sif (Thor's wife) was her pride and joy. Loki, as a joke, cut off her hair. Thor forced Loki to find a way to replace it. Loki persuaded the Dwarves to spin hair of real gold for her. The hair grew to her skin as soon as it was put on.

**Hajlmthrimull** - A Valqyrie.

**Haliarunos** - Wise women of the Gothic tribe who used runes.

**Hallinskisdi** - Another name for Heimdall.

**Hall of Fate** - A beautiful hall near the spring of Urda under Yggdrasil. From it come three Disir called Norns, whose names are Urdjr, Verdhandi, Skuld. These women shape the lives of men.

**Hall of Judgment** - The gods gathered in council in here.

**Hamfarir** - ON: Hamfarir is shapeshifting, traveling around in an assumed shape or form different from one's usual natural form. The power to do it is called **Hamrammr**.

**Hammer of Thor** - Called "Mjöllnir", it hits every target at which it is thrown and always returns to the thrower's hand.

**Hamingja** - A part of the soul that is passed on from generation to generation, associated with the **fylgja**.

**Hamr**- The a shape the soul may take when it leaves the body. Several of the gods are able to change hamr, i.e. move their soul into another shape or creature. Its appearance directly effects the appearance of the **lyke**, or physical body. The hamr goes with the wode upon death and will assist in forming the lyke in the next incarnation.

**Hamskerpir** - ("The Thick-Skinned") Hamskerpir and the mare Gardrofa are the parents of Gna's grey horse Hoof-flourisher.

**Hangadrott** - ("The Hanging God") - One of Odin's many names. He can sit by hanged people to gain knowledge of the land of the dead. Once he went so far as to hang himself from Yggdrasil for nine days, more dead than alive, increasing his magical powers and runic knowledge.

**Haptagud** - ("God of the Gods") Another name for Odin.

**Harbard** - ("Grey Beard") Another name for Odin. Ferryman disguise used by Odhinn.

**Harn** - ("Flax") The Goddess of flax-dressing.

**Har** - A Dwarf.

**Hárr**- ("The High-One"). Another name of Odin.

**Hárr's Hall** - One of Odin's Halls

**Harts** - Four harts (deer) gnaw the high branches of Yggdrasil: Dáin, Dvalin, Duneyr, Durathrór.

**Hater of Byrnies** - A kenning for the Tyrping, a magic sword forged by the Dwarves Durin and Dvalin. The sword killed most of the people who have owned it.

**Hati Hrodvitnisson** - ("One Who Hates") A wolf that runs in front of the Lightdisir Sun and her horses over the sky. Skoll is the wolf that runs behind Sun. They are the Fenrir wolf's sons and live in the Ironforest.

**Hati & Skoll** - The wolves chasing the sun and moon, sons of Fenrir.

**Haur** - Rock dwelling Dwarf.

**Hawks** - A kenning for 'warriors'.

**Heaven** - According to Snorri there are three heavens. First, mankind's heaven called **Asgard**. Second, to the south and above Asgard is another place called **Andlang**. And third, above Andlang is a place called **Vidbláin**.

**Heidi** - A witch from the 'Song of the Sybil', raised from the dead by Odin. A farseeing witch, wise in talismans, caster of spells, cunning in magic. Odin gave her arm-rings and necklaces to learn her lore, to see through all the worlds.

**Heidh-rún** - ON: The positive aspects of a given runestave; "bright-stave".

**Heidr** - ON. A cunning-woman or "witch."

**Heidrun** [hide-roon] - ("Heath-Run") The goat on roof of Valhalla that feeds from branches of the World Tree. From her four udders come range beer, old beer, honey mead and wine for the Einheriar.

**Heilar** - ON: omens. If confirmation of the results of a divination are needed, omens should be taken. This is a traditional part of old Germanic (and Indo-European) divination—the necessity for "corroborating evidence" from another medium.

**Heimdall, Heimdál** [hame-dall] - ("Heaven's Mount") He is also called "the Son of the Waves" because he was born from the Nine Waves (Aegir's daughters) by Odin's enchantment. On the first day a boat drifted towards the shores of mankind, Aurvanga-land. In the boat was a little boy, Heimdall, sent by the Gods. He slept on a sheaf of corn, surrounded by all manner of treasures and tools. The humans accepted him gladly, and raised him calling him **Rig**. He taught them to kindle the holy fire, instructed them in runic wisdom, taught them workmanship and handicraft, organized their society, and originated and stabilized the three classes of men as spoken of in the Song of Rig. Heimdall lived long as a man among men, and the age of his rulership was a golden age of peace and prosperity. Heimdall bedded three different females who all bore children, ancestors to three different classes; earls, farmers and serfs. When he died, his boat returned to take him back. The sorrowing humans laid his corpse in the boat, and surrounded it with his treasures and weapons. The boat then sailed back to Vanaheimr, where

Heimdall was stripped of his aged human shape, regained his eternal youth and was taken into Asgard. Asa-God of Light and the rainbow; "The White God"; he is the Guardian of Bifrost bridge. He stands at the gate and is brilliant in white armor. His teeth are gold. He has a great sword. He is a fierce warrior and very handsome. He has super-sight and super-hearing. He sleeps less than a bird. He can hear the grass grow and see hundreds of miles away. Heimdall carries a sword and the Gjallar horn. When a God comes to the gate, he blows the horn softly. At Ragnarok, he will blow the Gjall horn in warning and it will be heard throughout the nine worlds. His horse's name is Golden Forelock.

**Hel, Hela** - Giant Goddess of Death and the Underworld which takes her name. She rules Helheimr (Gniprhel, Niflhel), the home of the dead who have not died in battle. She was sent into Nifiheim by Odin, who gave her authority over life in the nine worlds, on the condition that she shared all her provisions with those who were sent to her, those who die from disease or old age. She has a great homestead there with extraordinarily high walls and huge gates. She is the daughter of Angrboda and Loki, sister to Jormungand, Fenrir and Narfi. She is described as half black, half flesh-covered.

**Hel, Helheim, Helgardh, Niflhel** - One of the nine worlds, ruled by Hel. It is the abode of the dead who are not killed in battle. Most people end up here when they die. While cold, it is not a terrible place. It is not the same as the Christian concept of Hell. Realm of the instincts. Abode of stillness and inertia - unconsciousness. The final resting place of the soul of the non-Erulian.

**Helblindi** - ("The one who binds to death") A Water-Giant. His parents are Farbauti and Laufey. The trickster Loki and the Storm-Giant Byleist are his brothers.

**Hel Bridge, Gjoll** - Hel is a very immaterial place, so when Hermód came from heaven and stood on it, it shook more than five troops of dead men crossing it on horseback. It is thatched with gleaming gold and the maiden who guards it is called Módgud. From the bridge over the river Gjöll the road to Hel lies downwards and northwards.

**Helgrind** - ("Death Gate") The gate between the land of the living and the land of the dead.

**Heptifili** - A Dwarf.

**Herfjötur** - ("War-Fetter") A Valkyrie who serves ale to the Einheriar in Valhalla. She often rides down to Midgard to pick the human warriors that are brave enough to go to Valhalla.

**Herja** - A Valkyrie.

**Herjan** - ("Raider") Another name for Odin.

**Hermod, Hermodh** - ("Fast") Asa Messenger of the Gods. The brave Hermod is the son of Odin and Frigga. Odin gave him the task to ride down to Niflhel to bring Balder home after he had been shot by his brother Hodur. He rode to Hel on Sleipnir, Odin's eight legged horse, for nine nights down dales so deep and dark that he saw nothing, until he reached the river Gjöll. He crossed the bridge and soon reached the gates of Hel over which Sleipnir leaped easily. Hel said that if everything in the universe, dead or alive, wept for Balder then she would release him. Balder gave him Odin's arm-ring, Draupnir, to take back to Odin in remembrance of him. The Æsir sent messengers throughout the worlds to ask all to weep for Balder; but a giantess called Thökk (Loki in disguise) refused to weep, so Balder stayed in Hel. Hermod represents honor and bravery.

**Herteit** - ("Glad of War") Another name for Odin.

**Hervor** - Valkyrie daughter of Hlofde who took Volund the smith as her lover. She, along with two other Valkyries, had flown to earth seeking love. The Norns forced each to leave their husbands after nine years, never to return.

**Hevring** - ("Heaving") One of Aegir and Ran's nine wave daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Hidge, Hugh or Hugr** - (OE: hyge) The cognitive part of the soul, the intellect or "mind".

**Hilda, Hildir** - ("Battle") A Valkyrie who serves ale to the Einheriar in Valhalla. Göndul, Hildir and Skögul, are the most noble Valkyries in Asgard. Their task is to choose the men permitted to go to Valhalla. Hildir personifies the unforgiving war.

**Hildeberg** - ("Battle Fortress") A Valkyrie.



**Hildegun** - ("Battle War") A Valkyrie. The Light-Disir Hildegun was kidnapped when she was young and married to the emperor of the Dwarves, Ivaldi. Their children are Idun, Hjúki and Bil.

**Hildisvin** (hill-dee-sveen) - ("Battle Pig") A great sow belonging to Freya. She travels at great speeds and is sometimes ridden by Freya.

**Hildolf** - ("Battle Wolf") Mentioned in Hárbarðsljó, Hildolf lives at Rathsey's sound.

**Hildskjalf** [hlid-skyalf] - The throne of Odhinn, located in Valaskjalf, from which he can see all the nine worlds.

**Himinbjörg** - ("Cliffs of Heaven" or "Mountain in the Clouds" ) Heimdall's hall in Asgard, located at heaven's end where the bridge Bifröst joins heaven.

**Himinglava** - ("The sky shines through") One of Aegir and Ran's nine wave-daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Himinhrjot, Himinhrjotur** - ("Heavens Clearer") Giant Hymir's huge breeding bull with half-moon shaped horns, the largest of his oxen. Thor used its head as bait while fishing for the Midgard Serpent.

**Hjámbéri** - ("The Helmeted One") A by-name of Odin.

**Hjolgaddsringr** -The Wheel-nail-rung, the Arctic Circle.

**Hjorthrimul** - A Valkyrie.

**Hjúki** - Hjúki and his sister Bil were sent up to the moon with a bowl full of mead. There they follow the moon on its way around the earth. Their parents are Ivaldi and the Disir Hildegun.

**Hlaut-tein** - Hlaut-teinar (Pl.). ON: lot-twig, or "blood-twig", i.e. rune lots.

**Hlaut-vidhar** - ON: Lot woods.

**Hlautar** - ON: lots, rune-staves

**Hlebard** - The Giant who gave Odin the magic wand, Gambantein. When Odin got the wand he made Hlebard lose his mind.

**Hledolf** - A rock dwelling Dwarf.

**Hler** - Primal water God, also called **Aegir**.

**Hleseý Island** - ("Island of the Sea God") An island near the undersea hall of Aegir and Ran.

**Hlidskialf** - Odin's high throne in Valaskjalf, from which he sees and understands everybody in the world.

**Hlin** - (The one who takes pity") Goddess of compassion and consolation, Frigga's second attendant. She was sent to kiss away the tears of mourners and pour balm into hearts wrung by grief. She also listened to the prayers of mortals, carrying them to her mistress, and advising her at times how best to answer them and give the desired relief. She protects people whom Frigga wishes to "save" from a danger.

**Hlodyn** - Jörd.

**Hlokk** - ("Noise" or "Din of Battle") A Valkyrie who serves ale to the Einheriar in Valhalla. Hlokk often rides down to Midgard to pick the human warriors that are brave enough to go to Valhalla.

**Hlutr** - Lot for divination, a talismanic object. A small portable image of a deity.

**Hnikar, Hnikud** - ("Spear Thrower") One of the personas of Odin.

**Hnitbjorg** - Hall of the Giant Suttung, where he kept Mead of Poetry, guarded by his daughter, Gunnlöd.

**Hnitbjörg's Sea** - A kenning for any for intoxicating liquor, Hnitbjorg is where the great Mead of Poetry was hidden .

**Hnoss, Hnossi** - ("Treasure") Goddess of beauty, Freya's daughter (see also Gersemi). She is so lovely that whatever is beautiful and valuable is called "treasure" from her name.

**Hod, Hodur** - ("War") An immensely strong As, son of Odin and Frigg. Hodur was hunting in Iron-Wood and stayed overnight in a cave, where a witch bewitched him with a magical potion so that he was tricked into

swearing an oath to gain the love of Nanna, Baldur's betrothed. The magical potion filled Hodur's heart with a burning love for his brother's fiancée. When he woke up the next morning he was filled with shame, but nevertheless he was bound by his oath to betray his brother (a sign of Ragnarok). When Volund and Aurvandil handed over Freyr to the Giants, Hodur and Baldur, under the direction of Njord, tracked them down to northernmost wilderness of the world. An attempt at reconciliation totally failed, and resulted in an archer's duel between Hodur and Aurvandil. Aurvandil proved himself to be superior, but Hodur was not hurt. After Aurvandil left the Elves' citadel at Elivogar, many Giants crossed the border. Hodur joined these, and organized them to do battle with the Gods, but was defeated. Baldur brought his repentant brother (who was then blind from battle) back to Asgard. Shortly thereafter, Hodur was tricked by Loki into shooting an arrow made of mistletoe at Baldr, causing his death. Loki knew that Hodur was the only one of the Æsir, who could possibly be suspected of wishing to harm Baldur. The blood-revenge for Baldr's death was inescapable, even to the Gods, but no one could be found within Asgard who would slay Hodur, for this would deprive Odin of yet another of his sons. The Gods were in danger of being unable to fulfill their duty of revenge. Vali was born to destroy Hodur. Vali was only one day old when he killed Hodur. Hodur will return from the dead after Ragnarok to rebuild Hropt's Hall, and the brothers will become friends again.

**Hoddmimir**- ("Treasure of Mimir") Another name for Yggdrasil,

**Hoddmimir's Holt or Wood**- Where the humans, Life & Leifthrasir, will hide while the world is being burned by Surt during Ragnarok. They are the two human survivors of Ragnarok who will repopulate world.

**Hoenir, Honir** - An Asa-God, who displayed aggressiveness and bravery. He was a great warrior but not clever. After the battle between the Æsir and Vanir, he was exchanged as a hostage (for the Vanir God Njord) to the Vanirs along with the very wise Mimir. The Vanirs took Hoenir to their leader, but when he remained silent, Vanir beheaded Mimir and sent his head back to Odin in retaliation. He was one of the gods that was present at the creation of man (the other two were Lodur and Odin). He will be one of the gods who will survive Ragnarok.

**Hofvarpnir** ("Hoof-thrower") Magic horse of the Goddess Gna, who was Frigga's messenger. It travels across sky and sea, offspring of Hamskerpir and Gardrofa.

**Holda, Holle, Holla, Hulda** - ("The Dark Grandmother") These are German names for a Goddess who rules the weather--sunshine, snow, rain. She dwells at the bottom of a well, rides a wagon, and gives the gift of flax and spinning. She is the goddess to whom children who died as infants go.

**Holokk** - A Valkyrie.

**Horn** - An aspect of Freya as Giver of Flax.

**Hor** - A Dwarf.

**Horg, Haerg** - ON: altar. Originally this referred to an outdoor altar made of stone.

**Hörgr** - Pagan place of worship, an altar covered by a tent or canopy, also known as træf.

**Horse** - The animal that is sacred to Odin.

**Horses of the Sea** - A kenning for boats.

**Howe** - A type of burial mound.

**Hraesvelg, Hrelsweg, Hræsvelg** - ("Corpse-Eater") Wind-Giant. The giant eagle that sits at the top of Yggdrasil. From his wings comes the north wind. He is always arguing with the dragon Nidhoggr. Between the eagle's eyes sits a hawk.

**Hrafn** - Raven, intelligence and knowledge

**Hrauthung** - A ruler of the Giants, father of Agnar and Geirröth.

**Hreidmar** [hrade-mar] -The Giant Hreidmar is a farmer-magician. He has three sons; Fafnir, Otter, and Regin. He captured Odin, Loki, and Høenir for accidentally killing his son, Otter, and would not let them go until Loki brought him enough gold to cover his sons body inside and out. Loki stole the Nibelung gold to turn over as ransom. Hreidmar died as a result of the cursed gold, killed by his son Fafnir, who then took dragon form to guard the gold hoard.

**Hridvitner** - Another name for Fenrir wolf.

**Hrimfaxi** - Nott's horse; drips from his bit create dew all over the world.

**Hrimgrimir, Hrimnir** - ("Frost Shrouded") A hideous troll who sits by the gate of Hel, a Frost Giant.

**Hrimthurs** - The name of the disguised Giant who offered to build Valhalla within eighteen months to protect the Æsir from Cliff-Giants. As his reward he wanted Freya as his wife along with Sun and Moon. The gods agreed only if he could do it before summer. Using his horse, Svadilfari, to draw the huge rocks he almost succeeded. Loki distracted his horse and he never finished. Soon after, he was revealed as an evil Giant and was killed by Thor.

**Hringhorni** - The name of Balder's ship. His funeral pyre was placed on this boat and it was pushed out to sea while it burned. His wife, Nanna, who had died from grief, and his horse were also placed on the boat.

**Hrist** - ("The Shaker") A Valkyrie assigned to carry the drinks round and look after the table service and ale-cups in Valhalla. Hrist and Mist bring an ale horn to Odin. They are his personal servants.

**Hrod** - A Giant.

**Hronn** - ("Wave Suck") Hronn is one of Aegir and Ran's nine wave-daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Hropt, Hroptatyr** - ("The Doomer") Another name for Odin in Valhalla.

**Hropt's Hall** - Valhalla, Odin's Hall.

**Hrossthjofur** - Brother to Gullveig & Loki

**Hrotte** - The sword Hrotte was a part of the gold treasure guarded by the dragon Fafni. It was taken by Sigurdr Fafnisbari when he had killed the dragon.

**Hrund** - A Valkyrie.

**Hrungnir, Rungnir** - The strongest of the Giants, had a stone heart with three points on it. His head and shield were also made of stone. He wagered with Odin about who had the better horse. Odin won race to

the As-gates where the Æsir invited Hrungrir in for a drink. Hrungrir got drunk and threatened to remove Valhalla, bury Asgard, kill the Gods, and take Freyia and Sif with him. He was challenged by Thor to a battle. When Thorr killed him, a piece of the Giant's whetstone lodged in Thorr's head. Hrungrir's horse, Gullfaxi, was given by Thorr to his son, Magni.

**Hrym** - Leader of the Giants, who will steer the great ship Naglfar at Ragnarok.

**Hugauga** - ON: The mind's eye used for purposes of magical visualization. Identical with the ajña chakra, or "third eye" in the forehead.

**Hughr** - The hughr is the conscious part of the soul, the thought process. The hughr is said to go to either Valhalla, Hel or to some other godly abode upon death.

**Hugi, Huge** - Hugi is the personification of the Giant Utgardh-Loki's thoughts. When the Æsirs visited Utgardh, Hugi competed with the fast human boy, Tjalfi. Hugi won because thought always is faster.

**Huginn & Munnin** - ("Thought" and "Memory") Odin's two ravens. These Giant ravens bring news of the nine worlds to Odin.

**Hugrúnar, Hugrunes** - Mind runes, by which one gains intelligence. Closely related to Malrunes are the Hugrunes (or Hog runes). The word is related to the name of one of Odin's two attendant ravens, Huginn, "Thought". These are the mind-power runes. Traditionally they should be written upon the runemaster's chest and 'secret parts'. Their function is to bring mental excellence to the user. As in former times, Hugrunes are one of the most powerful and effective means of mind-consciousness.

**Hugstari** - A rock dwelling Dwarf.

**Huldra, Hulder** - Female wood- or mountain -sprites. They are very beautiful and lure men, but may be revealed by their cowtail. A runic charm, a "smjorhnutter" was carved on top of freshly churned butter so that the hulder would not steal it. See Huldru-folk.

**Huldru-folk** - The "hidden folk" are halfway in nature between trolls and landvaettir. They are peoples of the mound and forest, not slain by sunlight, but who often try to capture mortals by tricks and magic. They can be both helpful and harmful to humans. They are keepers of magical wisdom, generally related to the lore of plants and healing, though they also cause sickness at times.

**Hunger** - Hunger is the Death Goddess Hel's plate. It is probably in her dark stronghold, Eljudnir in Nifilhel.

**Hurler** - A kenning for Thor.

**Hvedrungs** - Another name for Fenrir.

**Hvergelmir** - [hvare-ghel-meer] A mountain located in Hel on which is found the world mill. It is the worst place of all, where the Nidhogg dragon gnaws on the evil dead.

**Hvergelmir Spring** - ("Seething Cauldron") The Well of Hvergelmir, guarded by the dragon Nidhogg. In Niflheim, it lies under a root of Yggdrasil, the World Tree. It is the lowest level of the Well of Wyrd, from which the forces of primal water holding yeast and venom flow.

**Hyde** - (ON. hamr) Body shape or image. The quasi-physical part of the soul which gives a person shape and form. It may be collected and reformed by magical power (hamingja) according to will (hugr).

**Hyge** - Thought, intuition.

**Hym, Hymir** [him-ear] - Tyr's foster father. The violent Giant Hymir can smash massive stone columns with power from his eyes. His mother had 1,800 heads and his wife has 900 heads. He owns the kettle Seaboiler which is miles deep. He was fishing with Thor when Thor caught Jormungand. A terrible battle ensued. Hymir panicked and cut the line and let loose the Serpent, so Thorr punched him overboard.

**Hyndla** [hinnd-la] - Hyndla is a Giantess that rests in death slumber in a cave. She knows how every God, Giant, Dwarf and Alf are related to each other. She is great at solving inheritance disputes. Giantess who keeps the genealogy lists and the Memory Beer.



**Hyrrokin** - ("Fire Smoke") A Jotun-Giantess with enormous strength, who rides a wolf with a bridle of snakes. At Balder's wake his ship funeral ship, Ringhorne, had to be shoved, burning, into the sea, but the gods couldn't even budge the huge ship. Even Thor gave up, and the Gods sent for Hyrrokin. The formidable giantess lauched the ship with a mighty shove.

**Iarnvidiur** - The trollwife Giantess of Ironwood Forest in Midgard, who breeds wolves.

**Idavoll, Idavollen** - ("Field of Tides")The central plain of Asgard near the spring of Urda. Odin's a first task after the creation was build a hall here in which there were seats for twelve gods, in addition to his own high-seat. It will be inhabited again after the Ragnarok, when earth will rise out of the sea and be green and fair.

**Ide** - Giant Ide is Olvalde's middle son. Gang is his little brother and Tjatsi his big brother. When the father had died the brothers shared the beer. That was the first time they were all quiet.

**Idis, Idisi** - (ON dis, disir) - In Germanic mythology, Goddesses of fate related to the Norns. In the first Merseburger Magic Poem they also appear as battle virgins after the manner of Valkyries and as fetter- and bonds-loosening magic women. See Dis.

**Idun, Iduna, Idhunna** - ("She Who Renews") Goddess of eternal life and youth, keeper of the golden apples of youth and immortality, wife of Bragi. Every year she gives one apple to every Æsir.

**Ing, Ingvi, Ingvi-Frey** - Fertility God (see also Freyr). Patronial deity of England, God of protection. Vana-God of Earth and fertility. The Swedish royal line called themselves Ynglings, as did the Anglo-Saxon line of Berenicia.

**Ingi** - A Dwarf.

**Ingun** - Mother or consort of Freyr. She may have been a face of Nerthus. She is the Progenetrix, Birthgiver and Devourer.

**Innangardhs** - Social, ordered space; space inside the enclosure of human culture.

**lord, Jord, Jorth, Erda** - ("Earth") Giantess mother of Thorr by Odin.

**lormungand** - See Jormungand; the World Serpent.

**lottun villum, or Jötna villur** - Literally means "the bewilderments of the etins" (giants) and refers to some unknown formula of magic staves used by the etins to delude and confuse. Human magicians can also control such things.

**Irminsul** - The world column, i.e. Yggdrasil.

**Iron-gloves** - Thor has a pair of heavy iron-gloves that he uses when he swings his great hammer Mjollnir.

**Iron-Wood** - A forest to the north and east of Midgard where witches and Troll women live. Here one Jotun-Giantess gave birth to many giant sons, all of them wolves. Her sons include: Mánagarm (or Garm), Hati Hróvitnisson and Skoll. See **Jarnvidur**.

**Isarnkol** - Isarnkol is a kind of cooling system on the horses Allsvinn and Arvaker's shoulders. They need protection from the sun they are dragging.

**Ivaldi, Ivalde** - Also called Vidfinner and Svigdar ("Champion Drinker"). Ivaldi is the emperor of the Dwarves and father to Brokk, Eitri and Sindri. He has the children Idun, Bil and Hjúki with his wife Hildegun. His name means 'the one who has power'. The progenitor of all craftsmen Dwarves.

**Jalg, Jalk** - ("Gelding") Another name for Odin.

**Jarnsaxa** [yarn-sax-a] - ("Iron Sword") Giantess lover of Thorr and mother of his sons Magni and Modi. May have been one of the Asynjor.

**Jarnvidur** - A forest to the north-east of Midgard where witches and Troll women live. See Iron-Wood.

**Jord, Jorth, Erda** - "Earth"; Giantess mother of Thorr by Odhinn.

**Jormungand, lormungandr, Midgardsormr** - The World Serpent, who is extremely formidable but an essential part of the world's structure, and cannot be removed. It is the offspring of Loki and the Giant Angr-

Boda, along with Hela, Narfi, and Fenris-wolf. The name Jormungand means 'Huge Pole'. Odin, fearing evil intent, flung the serpent into the sea, where it grew so large that it surrounded the earth biting its own tail.

**Jormungrund** - ("Giant Land") The underworld was the first created world, the home of Mimir and the good giants and evil frost giants.

**Juravale's Marsh** - The place where the Dwarves of the line of Dvalin made their dwelling, their stone hall, **Joruvellir**.

**Joruvellir** - Place where the race of Dwarves called Lovar come from.

**Jötun, Jotunn** - A race of Giants. The Jotuns come in many shapes and colours, from gastly monsters to creatures so beautiful that they outshine both humans and Gods. The **Thursar**, singular Thurs, were antagonistic, destructive, and stupid. A number of the Jotuns were welcomed as members of the Æsir. Loki is of Jotun heritage but was adopted as Odin's blood-brother. There are also many stories of Æsir having affairs with fair Jotun maidens. The Jotuns represent nature's forces of Chaos, compared to the Gods who constantly try to keep the world at staus quo. Ragnarok will be the final battle of these forces. Trolls, giants and goblins, known from folk tales, are more recent variants of Jotuns.

**Jotunheim, Jotunheimr** - The world of the Giants. The realm of the Jotuns, outside both Asgard and Midgard. The realm's borders are constantly moved eastward, as Ginnungagap is constantly edging westward.

**Kára** - A Valkyrie, one of the Disir.

**Kari** - Primal air deity.

**Karl** - One of Rig's (Heimdall's) sons after his journey to Midgard to father a new people. Also, a free man.

**Kili** - Soil-dwelling Dwarf.

**Kinfylgja** - Personification of inherited traits and might; usually dwells with the head of family, or else the most suitable member.

**Kjalar** - Another name for Odin.

**Kobold** - Saxon: a house-sprite. Small human-shaped beings who live in or near barns and stables. If treated kindly, they are friendly.

**Kolga** - ("Cool") Kolga is one of Aegir and Ran's nine wave daughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Kona, konur** - ON; designates female (seidhkona, Spåkone, draumkona, etc.)

**Kreimhildr** - A Valkyrie.

**Kvaesir, Kvasir** [kvah-seer] - A wise human created by the Gods with spit in a truce between the Æsir and Vanir. He knew the answer to any question asked of him. He traveled far and wide over the world to teach his wisdom. On one visit to some Dwarves was killed by two of them, Fjalgar and Galar, who brewed his blood with honey and made the Mead of Poetry. This mead eventually became the property of the giant Suttung and drunk by Odin.

**Kvasir's Blood** - A kenning for poetry, because the Mead of Poetry was made from Kvasir's blood.

**Laerad** - A famous tree in Valhalla on which the goat Heidrún and the Hart (deer) Eikthyrnir feeds.

**Laevatein** - The magic-wand Laevatein was forged by Loki and is kept by Sinmara in a bowl made of tough iron that has nine locks. Laevatein means "Lie Stick" or "Wand of Destruction". At Ragnarok Loki intends to use it to kill the cock Vithofnir to prevent it from crowing and warning of their approach into battle. To possess the shining feather found in front of Vithofnir's gaze is the only bribe Sinmara would take to give up this weapon. Laevatein is also used as a kenning for "sword".

**Land of Morning**-The light to the east of Jormungrund.

**Landvaettir** - ON: Guardian earth sprites. In this group can be classed all the beings who guard certain places, those who are bound to rocks, streams, or trees, and the lesser nature spirits in general. The landvaettir are visible to the sensitive and to those faring forth from their

bodies. They also appear in dreams. They do not change shape, but an individual landvaettr may appear as almost anything.

**Laufey** [lowf-ee] - ("Wooded Isle") Fire Giantess Laufey is Farbauti's wife and mother of Loki, Byleist and Helblindi. Laufey gave birth to Loki after she had been struck by a bolt of fire from Farbauti. She is also called Nál.

**Leod-runa** - Old High German: song-rune.

**Leikin** - Also called Hela or Hel.

**Leirbrimir** - A Clay-Giant.

**Lich, Lik** - (OE: lic) the physical part of the soul-body (psycho-physical) complex. Also called lyke.

**Lidskjalv** - Odin's high seat in Valhalla. from which he has a grand view of all the worlds. Freyr was sitting on the high seat when he discovered Gerd, with whom he fell in love.

**Lif & Leifthrasir, Liv & Livtrase** - Two human survivors of Ragnarok who will repopulate world. Mimir had already seen the future of Ragnarok, and read the signs, which proved that a terrible fate was in store for the world. He did not want the clan of Men descended from Askur and Embla to become irretrievably spoilt from distress and sin, so he sought out two children, pure and unspoiled, in order to preserve them. In Midgard he found Lif and Leifthrasir, and ordered his sons to build for them a magnificent palace in the land of morning-light to the east of Jormungrund, a palace called Breidablik surrounded by the greenest of woods. The palace was also built for Baldur, whose fate Mimir had also foreseen.

**Lich, Lik, Lyke** - The physical body. See also Hamr.

**Líkn-stafir** - ON: health staves (runes).

**Limrúnar, Limrunes** - Runes used for healing. To get the best results from Limrunes, they should be carved on the south-facing bark or leaves of the corresponding tree. The rune Ul is a Limrune of great power, invoking Waldh. See also Biargrunes.

**Lina** - Flax, fertility, the sacred plant of the goddess Frigg.

**Lindorm** - ON. Snake-like ribbon pattern containing runes.

**Lit** - Lit is a small Dwarf who was running around as Balder's funeral boat was being pushed in the sea. Thor was in a bad mood so when Lit got in the way, Thor kicked the Dwarf into the fire.

**Ljothatal** - The list of charms in the Havamal.

**Ljøsalfar** - The Light Elves are wights of light, air and thought who dwell in the upper reaches of Midgardhr's atmosphere, which is ruled by Freyr. They are often, though not always, personified as feminine, in contrast to the Svartalfar, who are almost always masculine. The Ljøsalfar are the keepers and teachers of wisdom and they are the source of earthly inspiration.

**Ljóssalfheimr** - .Home of the Light Elves.

**Loading** - The part of a ritual in which the sacred power that has been called upon is channeled into the holy drink or object (such as a runestave or bindrune).

**Loading formáli** - As a final way of setting the purpose of each lot, to speak its ørlög, a poetic formáli should be spoken over it. This could be one of the old traditional verses from one of the rune poems, or a special verse of your own making. This or some other similar formula, can also act as a mnemonic in actual rune readings.

**Loddfafnir** - The wandering skald who recites the Runatál, the verses which he claims to have received from Odin.

**Loeding, Leyding** - Loding is the second strong chain the Gods used to tie up the Fenrir wolf. The first chain was Dromi, and the third, that worked, was Gleipnir. All three chains were forged by the Dwarves.

**Lodur** - Lodur gave appearance and speech to the first humans. He is identified with Vé by some and Loki by others.

**Loegr** - ON: invasive sorcery commanding spirits, operative magic.

**Lofar** - the descendants of which were: Draupnir and Dólgthrasir, Hár, Haugspori, Hlévangur, Glói, Dori, Ori, Dufur, Andvari, Skirfir, Virfir, Skáfidur, Ái, Álf and Yngvi, Eikinskjalldi, Fjalar and Frosti, Finn and Ginnar:

**Lofn** - Goddess of forbidden love, and of passionate love affairs, an attendant to Frigga. Her duty was to remove all obstacles from the path of lovers. Her name means "Praise" or "Love".

**Logi, Loge** [lo-ghee] - ("Flame") A Fire-Giant who served Utgardh-Loki. He competed and won against Loki in eating the most meat. It was a trick. Logi is actually "flame", which burns more quickly than one can eat. Logi's father is Mistblindi and Aegir is his brother.

**Loki, Loki Laufeyjarson** - A Giant who became the blood-brother of Odin. Son of the Giant Farbauti (Cruel Smiter) and Giantess Laufrey. Pleasing and handsome, evil in character, capricious in behavior, cunning, he is known as the Trickster God, called "Father of Lies", Shape-changer, Sky-Traveler. Originally, he was the God of Fire. He has fiery red hair and is extremely funny and witty. He would do anything to make people laugh. Eventually, his pranks devolved into practical jokes with a streak of viciousness. Loki ("Fire") first married Glut ("Glow"), who bore him two daughters, Eisa ("Embers") and Einmyria ("Ashes"). Besides this wife, Loki is also said to have wedded the Giantess Angr-boda ("Anguish-Boding") [possibly Gullveig], who dwelt in Jötunheim, and who bore him the three monsters Hel, Goddess of death, the Midgard snake Lörmungandr, and the wolf Fenris. Loki also bore (as a female) Sleipnir, the eight legged horse, after a mating with a Giant stallion called Svadilfari. His last wife was Sigyn, with whom he had sons Vali and Narfi. Loki admitted to Frigg that it was his fault Balder was killed and could not return from Hel. The Æsir pursued him, so he ran away and hid in a mountain cabin with four doors so that he could see out of it in all directions. Often during the day, he changed himself into a salmon to hide in the waterfall of Fránang. While sitting indoors over a fire one day, Loki took linen twine and invented the fishing net. Odin saw him from Hlidskjálf. Throwing the net on to the fire, Loki jumped up and out into the river. When the Æsir arrived, Kvasir saw the ashes and understood it was made for catching fish. The Æsir made a net and tried to catch him with it. Loki leaped away but was caught by the tail by Thor. Loki was captured and put into a cave. Taking three flat stones, the gods set them up on end and bored a hole through each. Then Loki's sons, Vali and Narfi, were captured. The Æsir



changed Vali into a wolf and he tore apart his brother Narfi. The Æsir took Narfi's entrails and with them bound Loki over the edges of the three stones - one under his shoulder, the second under his loins, the third under his knee-joints - and these bonds became iron. Then Skadi took a poisonous snake and fastened it up over him so that the venom from it should drop on to his face. His wife Sigyn, however, sits by him holding a basin under the poison drops. When the basin becomes full she goes away to empty it, but in the meantime the venom drips on to his face and then he shudders so violently that the whole earth shakes causing earthquakes. There he will lie in bonds until Ragnarök. All his fetters will break at Ragnarok. Then Loki and all the Frost Giants and the whole family of Hel will board the boat Nagifar and join the Sons of Muspell to battle the Æsir.

**Long-Beard** - By-name of Odin.

**Lopt** - Another name for Loki.

**Lot** - A runic talisman (rune-tine) used for divinatory purposes.

**Lovar** - Race of Dwarves from Svarin's grave-mound to Aurvangar in Jöruvellir.

**Lyfja** - The mountain on which Mengloth's hall, Lyr, is found, called the "Mountain of Healing".

**Lyke, Lich, Lik** - The physical body. See also Hamr.

**Lyngvi Island** - Fenrir is bound on this island on Armsvartnir Lake.

**Lyr** - Mengloth's hall, built on Lyfja, the "Mountain of Healing". It is protected by a moat of "flickering flame". It has a golden floor built by the Dwarves.

**Magic** - The magic used by our northern ancestors covered an amazing range of subjects and possibilities: Shapeshifting, incantations, runic divination, "sitting-out", weather and element magic, evil eye, image magic, necromancy, counter-magic, charms, prophecy and second-sight, herbalism, healing and poisons, "platform magic", mind control, death magic and curses, sexual magic, ghost lore, battle magic. Many of these overlap one another, with shamanic techniques complementing herbalism and healing, as an example. Also see Galdor and Seid.

**Magni** [mag-nee] - ("The Powerful") Son of Thorr and Jarnsaxa; extremely strong at birth. Magni kills Nidhogg in Ragnarok which he survives with his brother Modi. The brothers inherit Mjollnir.

**Málrúnar, Malrunes** - ON: mal or mál, meaning speech. Speech runes, by which one gains eloquence. Generally, the Malrunes are used in magic that brings advantage to the rune user by means of speech. A Malrune is a runic formula that is spoken, called, or sung to achieve the desired magical result. Malrunes are effective in areas of life where words are important. They can be used to gain compensation against injuries, especially in legal actions. When they are used for this purpose, they should be written upon the walls, pillars and seats of the place where the case is being tried. Malrunes are also used in the word magic of poetry and invocation.

**Mana** - 1) The Finnish Death Goddess of the Kalevala. Her realm is called Manala. 2) A vital essence that is the pure energy of Love and Harmony.

**Máni** - Moon-God. Moon is the son of Mundilfari and the Light-Disir Sol's brother. Together with his sister Sol he was placed in the sky by the Æsirs. Moon is chased by the wolf Manegarm.

**Manegarm, Moongarm** - The most mighty wolf ever bred, Manegarm chases the Moon every night. In the battle of Ragnarok he finally catches the Moon. He eats corpses and spatter heavens with lifeblood. Manegarm was given birth by a Giantess in the Ironforest.

**Manheimur** - The name of the land where the Aesir settled during their absence from Asgard during the war with the Vanir.

**Mardoll** - ("Shining over the Sea") An aspect of Freya.

**Matr** - ON: Personal beneficial force.

**Mead** - A type of ale brewed from honey and water and thought to be the nectar of the gods. Mead is the drink which made the Germanic tribes fierce...and also extremely inebriated. It is the celebrated drink of Beowulf, made from fermented honey. Apparently when put in a horn (the preferred Germanic drinking vessel), it left a residue at the tip of the horn which turned into ergot, a hallucinogenic by-product, which probably explains their fanaticism in battle. However, in certain Eastern

European countries, mead is still a popular home-brewed drink, and is very simple to concoct:

**Mead of Poetry** - The Mead of Poetry is a very special mead which makes the drinker a poet. The mead was made of Kvæsir's blood mixed with honey by Fjalar and Galar.

**Medu** - ON: Mead, inspiration, transformation.

**Megin** - OE: A personal force, distinct from physical power or strength, the possession of which assures success and good fortune.

**Meile** - ("Mile Stepper") Meile is Thor's relatively unknown brother.

**Meinvættir** - Evil spirits who do one personal injury.

**Mell** - A sacred hammer.

**Mengingjord, Meginjardar** - ("Strength Increaser") Thor's strength belt. With it wrapped around his stomach Thor becomes twice as strong and twice as angry.

**Mengloth** - The bride of Svipdag who lives on the Lyfja mountain in Lyr hall. Svipdag had to take a perilous journey to marry her.

**Menja** - Jotun-Giantess, sister of Fenja, the two women responsible for turning King Frodes giant mill, Grotte.

**Mermaids** -The mermaids appear in Norse lore as well, and lure unsuspecting seafarers off-course with their beautiful song. Aegir and Ran's nine wave-daughters are undines or mermaids.

**Messe-dag stave** - Wooden almanac showing holy days only. See Primestave.

**Mickle** - Great (in the sense of large); mighty.

**Middle-Garth** - (ON Midgardhr): the world of humankind.

**Midgard, Midgardhr** - ON: The material universe, the dwelling place of humanity. The world of mankind. The realm of humanity, which the gods built out of Ymir's eyebrows as a protection against the Jotuns.(OE: Middangaerd, Meddlert)

**Midgardsormr** - One of Loki's children, a serpent that circles Midgard. brother to Hel and the Fenrir-wolf. Thor will kill the snake during Ragnarok. See Jormungand; World Serpent.

**Mimir** - ("The Murmuring") Mimir is Bolthorn's son, Betsla's brother, and Odin's mother's brother. Mimir is a proto-etin (Giant) and the wisest of all beings, holder of all knowledge that has ever existed, who lived by Mimir's Well. At the end of the war with the Vanirs, Mimir was sent as a hostage. The Vanirs chopped off his head and sent it back to Asgard. Odin galdored over the head, reviving it, and now it lives in the well. Mimir is God of all the waters beneath the earth.

**Mimir's Well** - The source wisdom and intelligence; this well lies under the root of Yggdrasill in Asgard and is guarded by the head of Mimir. Odin came there and asked for a single drink from the spring, but he did not get it until he had given one of his eyes to Mimir.

**Mimisbrunnur** - Mimir's Well.

**Minni** - (ON: minni; OE mynd) The faculty of "memory"; the images stored in the deep mind from aeons past. The reflective part of the soul, the memory--personal and transpersonal. Also myne.

**Mirkwood** - A magic, dark forest from which three Valkrye maidens flew in search of husbands.

**Mist** - ("The Mist" or "The Fog") The Valkyrie Mist is one of Odin's two servants. Her major task is to serve the Einheriars in Valhalla of the four kinds of mead that comes from the goat Heidrun. Mist and Hrist bring an ale horn to Odin.

**Mistblindi** - ("Fog Blind") Mistblindi is father to the Ocean Giant Aegir and the Fire Giant Logi.

**Mistletoe** - 1) The mistletoe was sacred to the Druids and to the Norse. It was considered to be the great healer and has both male and female qualities. It was so well regarded by the Norse (because it was sacred to Freyja) that they refused to fight in the vicinity of Mistletoe. The custom of hanging Mistletoe in the house to promote peace comes from this. Generally regarded today as a symbol of love and purity. 2) By an oversight, Mistletoe was the only entity in the universe that did not swear to not cause harm to Balder. Loki used magic to make an arrow

of Mistletoe, and tricked Balder's blind brother, Hodur, to shoot at Balder. The arrow struck and killed Balder.

**Mit sinn ok megin** - Old Norse phrase meaning "belief in one's own Might and Main", found in the Icelandic sagas describing those who did not sacrifice to the Germanic Gods, but rather believed in themselves.

**Mjollnir** - ("Smasher" or "Crusher") Thor's hammer, forged by the Dwarf Brokk, hits everything that Thor aims at and always comes back to his hand. Thor can reduce its size to hang it around his neck. Thor's Hammer is one of the most popular pieces of jewelry of the Viking era.

**Modgud** - [mod-good] - The grim skeleton Modgunn is the guardian by the Gjallarbridge bridge that goes over the river Gjoll to the kingdom of death, Hel. She extracts a toll of blood before permitting one to cross. She demands everyone who passes tell their name and family.

**Modi** [mode-ee] - ("The Brave) Son of Thorr and Jarnsaxa. He is very brave. He will survive the Ragnarok with his brother, Magni.

**Modin** - ("Tired") A horse belonging to the Dwarf Dvalin.

**Modsognir, Durin** - Dwarves; the Dwarves were originally maggots but given intelligence by Gods.

**Modvitnir** - ("Mead-Wolf") A Dwarf.

**Mood** - (ON: mód): The emotional part of the soul closely allied with the wode.

**Morkkurkalve** - A golum, or Mud-Giant, created by the Jotuns to help Rungnir in his fight with Thor. He is shaped from mud, with a mare's heart. He is nine miles tall and his chest is three miles wide. He collapsed during the battle.

**Mundilfari** - ("Travels like a pendulum") Father of the beautiful Sun and her brother Moon. The Gods thought Sun and Moon were too beautiful so they put them in the sky.

**Munin** - ("Memory") One of Odin's two black ravens. Everyday the ravens fly out all over the world, returning and reports what they have seen.

**Murk-stave** - From ON myrkstafr. The negative aspects of a given runestave.

**Muspell, Muspellheim, Muspellheimr** -Land of fire. The first world to exist. A bright, flaming, hot world in the southern region, home of the Fire-Giants. Realm of fiery sparks, abode of expansion and electricity. The force of pure energy constantly expanding away from itself.

**Myne** - (ON: minni; OE mynd) The faculty of "memory"; the images stored in the deep mind from aeons past. The reflective part of the soul, the memory--personal and transpersonal. See also Minni.

**Myrkstafr** - ON: The negative aspects of a given runestave. "Murk-stave".

**Naglfar** - ("The ship with rivets") Naglfar is a ship that the Death Goddess Hel created using dead humans' fingernails. When people trim their fingernails, the construction of Naglfar is delayed. It will be launched at Ragnarok from Jotunheim loaded with armed Jotuns, ready to fight the Gods.

**Nain** - A Dwarf.

**Nanna, Anna, Inanna** - ("The Moon") Asa-Goddess, wife of Balder, mother of Forseti. She dies of heartache after Balder's death and is burned with him on his funeral boat, along with his chopped up horse and a unfortunate Dwarf who Thor kicked in at the last minute.

**Nar** - A Dwarf.

**Narfi** - Narfi is son of Loki and Sigyn. Narfi was killed by his brother Vali, who was turned into a wolf. When Loki was punished, the Gods used Narfi's intestines to bind him onto rocks under a poisonous snake which dripped its venom onto him.

**Nastrond** - Site of the hall of evildoers in Hel. The dragon Nidhogg knaws at corpses here.

**Natt , Nott, Night** - ("Night") Natt, a Night-Disir, is the daughter of Norvi. She has been married three times. With Nagifari, her first husband, she had a son, Aud. Her second husband was Annarr, father of her daughter Earth/Erda (Jörd). With Delling ("Dawn"), her third husband,

she had a son, Dag/Day. Natt is also the mother of Njord. Natt and Dag circle the world on their horses. Natt's horse is Hrimfaxi ("Frost Mane"). Dag's is Skinfaxi ("Shining Mane").

**Need-fire** - 1) Fire kindled directly from wood without flint by friction. 2) A person's intense driving motivation to achieve a desired end.

**Nehallennia** [Nee-hal-een-ia] - ("The Fruitful One") Great mother of sea and vegetation. Goddess of plenty, seafaring, fishing, fruitfulness. Her symbol is a cornucopia.

**Nemeton** - Sanctuary, often a sacred grove of trees

**Nepur** - Moon-God. He abducted king Ivaldi's sons, Bil & Hjúki. as they tried to take mead from their fathers well. He had to release them when Ivaldi caught him as he rode through the underworld.

**Nerthus** - Mother Earth Goddess, primal earth mother. She is the oldest Scandinavian Goddess whose name has come down to us. Some connect her with Frigga. Possibly an older version of Njord (as the opposite sex) or his sister/wife with whom he has Freyr and Freya. She was a fertility Goddess whose worship was centered in Denmark. She lived in a grove on a sacred island. Once a year she traveled across the land in a wagon bringing a season of peace and plenty. When she tired, she returned to her island and was bathed in a lake by slaves who were later drowned.

**Nibelunggold** - A treasure that was first owned by the Dwarf Andvari, which was stolen by the Æsirs. Andvari then spoke a curse over the magic ring Andvaranaut. Hreidmar received Andvari's hoard and a cursed gold ring from Odin, as compensation for the death of his son, Otter, but he refused to share any with his other sons. Fáfnir and Regin killed their father, but then Fafnir would not share the gold with Regin. Fáfnir went to a cave on the Gnita Heath and, making a lair there, turned himself into a dragon to guard the gold. Many years later, Regin killed the Fafni dragon, with the aid of Sigurdr, and reclaimed the gold. Sigurdr killed Regin and abandoned the gold.

**Nid, Nídh** - An insult which is also a curse, calling upon the Landvaettir to drive out the miscreant. "Nidering" is the worst thing any northerner could be called. Egil Skallagrimsson set up a "nidhin-pole" to magically banish Erik Bloddaxe from Norway. It worked.



**Nidavellir** - Land of the Dwarves.

**Nidering, Nídhingr, Nithling** - ON Nithingr. A wretched coward; a vile wretch. The very worst insult one could say to another.

**Nidfjoll** - ("Dark Mountains") A hall, called Sindri, is found in this mountain range. It will be a refuge to those finding it at Ragnarok.

**Nidhing Pole** - ("Pole of insult"). ON: Nidstang. A pole with a horse's head or carving of the victim in an obscene posture, sued for serious insult and damaging curses.

**Nidhoggr** [need-hoog] - ("Bites in anger") The terrible dragon that guards the Spring of Hvergelmir in Niflheim and gnaws Yggdrasil's root to the north. Nidhoggr is always arguing with the eagle in the top of the tree.

**Nidi** - A Dwarf.

**Niflheim, Niflheimr** - The lowest level of the nine worlds. The realm of mist becoming ice, abode of contraction and magnetism. The force of antimatter, a point of constantly pulling in on itself, like a "black hole". The northern world of the ice and unbearable cold, north of Asgard, home of the Frost-Giants. It is the location of a frozen well known as Hvergelmir. Here Hel, created her Domain of the Dead, Helheim.

**Niflhel** - The location of **Hela's Helheim**, the domain of the dead who don't qualify for Valhalla. It lies in the northernmost part of the Niflheim underworld. There are passages connecting Jotunheimur to Niflhel. Jotunheimur contains the Giants that survived the blood-flood, but Niflhel has the souls of the Giants that drowned.

**Nine Worlds of Norse Mythology** - The world-tree Yggdrasil contains the whole of creation, embraced by nine worlds. **1) Asgardhr** -- world of the Æsir, the land of the Gods. **2) Vanaheim** -- world of the Vanir. **3) Midgardh** -- world of men. **4) Jotunheim** -- world of the Giants. **5) Svartalfaheim** -- world of the Dwarves. **6) Alfheim** or **Lysalfheim** -- world of the Light-Elves. **7) Muspellheim** -- world of fire, a bright, flaming, hot world in the southern region, home of the Fire-Giants. **8) Niflheim** -- world of ice and terrible cold, in the far north, home of the Frost-Giants, and **9) Helheim** or **Niflhel**--world of the dead. Some versions of the mythology refer to **Eight Worlds**, combining Niflheim

and Helheim, or **Seven Worlds**, in which Lysalfheim is the home of Freyr and Light Elves and is not considered a "world". The Light-Elves also have a hall, Gimle, which is found in **Andlang**, one of the heavens above Asgardr. The other heaven above Asagardr is **Vidblain**.

**Niorun** - Niorun is the Goddess of dreams. The Dwarves call nighttime Dream-Niorun.

**Njörd, Niord** - ("Stiller-of-storms") Vana-God of seafaring. He controls wind, stills sea and fire. He is the son of Nott (Night). He lives in Noatun ("Boat Town"). His first wife was Nerthus, with whom he had his most famous children, Freyr and Freyja. He had eight more daughters. He was briefly married to Giantess Skadi who picked him for his beautiful feet, by mistake, thinking he was Balder. Njord and Skadi could not agree on where to live. She didn't like his home, and he didn't like hers, so they split up.

**Noatun** - ("Ship Yard" or "Boat Town") Hall of the god Njörd.

**Nordri** - ("North") The Dwarf Nordri was put in the sky's north corner by Odin, Vili and Ve. The sky is made out of the Giant Ymir's head.

**Norfe** - The Giant Norfe is the father of the disir Night. He was the first who built anything in Jotunheim.

**Nori** - A Dwarf.

**Norn** - Usually taken as the singular of the **Nornir**, the three Disir Fates of Norse myth known as Urdhr, Verdhandi, and Skuld, and representing the past, present and future. The embodiments of ørlög and causality. There are three Norns, Urdhr (that-which-is), Verdhandi (that-which-is-becoming), and Skuld (that-which-should-be) who shape the turnings of Wyrð through the worlds. Each person is also said to have his or her own lesser norns who bring his or her personal weird. These may be related to or identical with the Disir and Valkyrja, who also embody personal ørlög. Also known by the Saxons as the Weird or Wyrð Sisters.

**Nyi** - A Dwarf.

**Nykur** - A Kelpie, a malignant water-elemental, usually in the form of a horse.

**Nyr** - A Dwarf.

**Nyrad** - A Dwarf.

**Od** - Od has two beautiful daughters, Hnoss and Gersimi, with the beautiful fertility goddess Freya. This mysterious husband of Freyrja disappeared, and she mourned for him with tears of gold. No reason is ever given for his disappearance other than that he was a "traveller". The name Od may be another form of the name Odin.

**Ódhr** - ON: Inspiration, fury; given to humankind by Odhin's brother Hoenir. Cognate to Modern German Wut and English wood (used archaically to mean madness)..

**Odhraerir, Odhroerir** - ("Exciter or Stirrer of Inspiration") ON. This is both a name of the Mead of Poetry and its container, which Odin stole from Suttung's daughter The Mead was actually stored in three cauldrons: Odhroerir, Son, and Bodhn.

**Odian** - A technical term for the "theology" of the Erulian. Distinguished from the Odinist by the fact that the Odian does not worship Odhinn but seeks to emulate his pattern of self-transformation. See Odinist.

**Odin, Odhinn, Woden** - Ruler of the Æsir, God of the runes, inspiration, shamanism, magic and war. God of the hanged and the Wild Hunt; God of storm, rain and harvest. A shape-shifter, he makes men mad or possessed with a blind raging fury. He produces the battle panic called "battle-fetter". Three different frenzies or madness are his gifts to humankind: the warrior in battle, the seer in trance, and the poet in creativity. Subtle, wily, mysterious and dangerous, he often ignores pacts made in honor with humans. Attended by his two ravens, two wolves and the Valkyries. Feared by ordinary people and worshiped only by princes, poets, the berzerkers, and sorcerers. Unpredictable when invoked. "I call myself Grim and Ganglari, Herian, Hialmberi, Thekk, Third, Thunn, Unn, Helblindi, High, Sann, Svipal, Sanngetal, Herteit, Hnikar, Bileyg, Baleyg, Bolverk, Fiolnir, Grimnir, Glapsvinn, Fiolsvinn, Sidhott, Sidskegg, Sigfather, Hnikud, All-father, Atrid, Farmatyr, Oski ("God of Wishes"), Omi, Just-as-high, Blindi, Gondlir, Harbard, Svidur, Svidrir, Ialk, Kialar, Vidur, Thrór, Ygg, Thund, Vakr, Skilfing, Vafud, Hropta-Tyr, Gaut, Veratyr." Other names include Tveggi

**and Gagnrath.** Odin married Erda/Jörd, with whom he had a son, Thor. With his wife Frigga, he had Hermod, Hodur and Balder. His third wife was Rinda, who bore Vali. Grid is a friendly Giantess who had his son, Vidar. Giantess Gunnlod gave birth to Bragi after Odin spent three nights with her and stole the Mead of Poetry. He was also said to have married Saga, and to have visited her daily in the crystal hall of Sokvabek. His other consorts were Skadi, and the nine undines (the wave-daughters of Aegir and Ran) who bore Odin Heimdall.

**Odin, Vili, Ve** - The three-fold form of Odin as warrior, shaman and wanderer. Sometimes Vili and Ve are referred to as Odin's "brothers". Odin (spirit), Vili (will) and Ve (holy) were the sons of Börr (who was son of the Giant Buri) and his wife Bestla, a Giantess (who was daughter of Bolthorn).

**Odinism** - An alternative name for Àsatrú, so called because Wodan/Odhinn was the chief of the gods. An **Odinist** is a follower of A follower of Woden-Vili-Vé.

**Odrorer** - See Odhrærir, Odhroerir.

**Ófreskr, Ófreskir** - ON: Second-sighted, one with vision of events in the spirit world.

**Oin** - A Dwarf.

**Okolnir** - A land of warmth created after Ragnarok. A refuge to those finding it at Ragnarok. Site of the hall of Brimnir.

**Olrun** - A Valkyrie.

**Orúnar** - Ale runes, by which one gains protection through higher consciousness and power.

**Olvalde** - ("Emperor of the Ale") The father of Tjatsi, Gang and Ide. He lives with Tjatsi in Trymheim. When he died the brothers shared his beer.

**Onar** - A Dwarf.

**Önd** - ON: Vital breath or universal soul. Everything in the universe possessed önd. This önd can be viewed as a spirit, special character, or

impersonal power. It is an active essence which belongs both to the material and magical domains. In plants, önd gives medicinal powers; in foodstuffs it is the essence which makes children grow and gives us the energy to keep alive. In living plants, it is the resident soul. This soul can be lost, degenerate or be stolen, and consecration rituals are designed to prevent this. Where it is concentrated in special ways, here are the places of power in the landscape, places where önd may be manifested in many possible ways. It may appear as Earth spirits (landvaettir or land wights); hylersprites, yarthkins etc., each having beneficial or harmful effects upon human activities conducted there. Geomants, magicians, traditional hunters and farmers have always had a subtle rapport with the the landscape and the qualities inherent in it.

**Öndvegissalur** - ON. Main pillars of a wooden temple, the most sacred part, into which the Reginnaglar (sacred nails) were hammered.

**On-lay** - A spell or incantation pronounced on a place.

**Orchil** - Orchil, the Saxon goddess who is under the brown earth, in a vast cavern, where she weaves at two looms. With one hand she weaves life upward through the grass; with the other she weaves death downward through the mould; and the sound of the weaving is Eternity, and the name of it in the Green World is Time. And, through all, Orchil weaves the weft of Eternal Beauty, that passeth not, though her soul is Change.

**Ori** - A Dwarf.

**Orlög or Ørlög** - ON: "Ur-law" or "ur-layer", "fate". Ørlög literally means "primal layers" or "primal laws," the past action of an individual or the cosmos that shapes present reality, and that which should come about as a result of it. It's root concept is "wyrð". Ørlög is Old Norse for cycle of fate, or for the unalterable destiny of the world. Ørlög encompasses all, including the gods. One aspect of ørlög is the "Ragnarök". Ørlög is the collective wyrð of the world as a whole, whereas "wyrð" is more individual.

**Orvandil** - A Giant, a Star Hero, first husband of Sif and father of Ullr. (Sif later married Thorr).

**Oski, Óski** - ("Fulfiller of Desire") A by-name of Odin.

**Ostara** - Saxon lunar goddess. See Eostre.

**Othr** - One of the divine lovers of the Goddess Freya.

**Otter** - Otter is Hreidmar's son and brother to Fafnir and Regin. He could turn himself into an otter. When he was killed by the Æsir, his father demanded the Nibelunggold as blood-payment. It was given to him, but cursed.

**Outdweller** - Inhabitant of the Utangardhs; uncanny wight.

**Phol** - Saxon god of male fertility (aspect of Balder).

**Platform magic** - The magic circle is a feature of more southerly practices which does not appear in the north. Instead there were three method of isolating the magician from the world around him- or herself. One was the ox-hide, which was marked with nine squares and stood or sat upon. A second was the setting out of hurdles, or lengths of wood, to form a skeletal nine square arrangement, with the center square being occupied. The third method was the platform, literally what it says, usually supported by four posts and high enough of the ground for someone to get underneath, which happened in at least one tale in which runes cut on the supports countered the ritual in progress above. King, Elements of the Runes

**Poetry** - Poetry was a powerful weapon in the northern magician's armory, and the majority of charms and incantations were in verse. Two possible metres can be used for charms. The first, incantation metre, is composed in the following manner. Lines one and three have four stresses, and are divided by a caesura (a pause in a line of verse dictated by sense or natural speech rhythm rather than by metrics) into two half-lines with two stresses in each. The first stressed syllable of the second half-line had to alliterate with either or both of the stresses in the first half-line. Lines two and four were not broken and contained only two or three stressed syllables, not four. Line five would be the same as line four, but with slight verbal variation in the content. The second form was chant metre. This varied from incantation metre only that it did not use a fifth line. King, Elements of the Runes. See also: Galdr.

**Primestave** - Wooden almanac with day, month, lunar and solar rotation and holy days engraved with runic symbols. Also called a "Cog Alamac".

**Primsigning** - An agreement to think about becoming a baptized Christian which Norsemen undertook in order to trade with Christian communities. One could delay baptism for quite a while by use of the primsigning.

**Proving** - Proving refers to both the runes being cut and the person doing the cutting. The concept of magical initiation was as valid for a runemaster as for anyone else, and the knowledge imparted orally and in practical demonstration would only have been communicated to the worthy, who would have to prove their worth. And any single inscription, once cut, would need to be proven before it was known to be of use to the runemaster, enabling it to be added to the corpus of knowledge that individual accumulated. King, Elements of the Runes

**Radsvinn** - ("Swift in Counsel") A Dwarf.

**Ragnarök** - ("Doom of the Gods") Presaged by several harsh winters in a row, it will be the end of the era. There will be battles all over the world, with brother vs. brother. The wolf will swallow the sun, and the moon will be caught by other wolf. Stars will disappear, mountains will fall, trees will be uprooted. Fenrir-wolf will get free. There will be tidal waves as the Midgard Serpent goes ashore. Naglfar will be loosed from its moorings and captured by Giant Hrym. The sky will open and sons of Muspell will come through, with Surt riding in front amid fire. The Bifrost Bridge will collapse. All will meet in battle at Vigrid field. Heimdall will blow Gjallarhorn. Odin will battle and be killed by Fenrir-wolf. Thor will fight the Midgard Serpent, Freyr will battle Surt, and Tyr will fight Garm. Vidar will break the jaw of Fenrir after it swallows Odin. Surt will burn entire world, and the earth will sink into the ocean.

**After Ragnarok** - Earth will rise out of sea, and crops will grow. Vidar and Vali will be alive and will dwell at Idavoll. Modi ("Wrath") and Magni ("Might") will inherit Mjollnir. Baldr & Hod will return from Hel. Life & Leifthrasir, two human survivors of Ragnarok, will repopulate world.

**Ragridr** - A Valkyrie.

**Rammaukinn** - One possessed by superhuman strength through the practice of the northern martial arts.

**Ran** - ("The Ravager") Vana-Goddess; wife of Aegir, mother of the 9 undines or "daughters of the waves". She is the Sea Goddess and



Goddess of death for those who perish at sea. She collects drowned people in her net. She is unpredictable and malicious.

**Rana-neidda** - A Lapp (Saami) Goddess. She brings spring renewal and grass for the reindeer

**Randgnid** - A Valkyrie.

**Rándgrídr** - ("Counsel of Peace" or "Shield of Peace" ) A Valkyrie who serves ale to the Einheriar in Valhalla.

**Rani** - The snout of a boar. See Svínfylking: Norse boar-cult warriors who fought in wedge-formation with two champions, 'the rani' (snout) to the fore.

**Ratatosk** [rat-ah-tosk] - ("Teeth That Find") The squirrel who lives in Yggdrasil. He runs up and down the trunk carrying insults between the dragon Nidhogg and the eagle who dwells in the top branches.

**Reading** - 1) The part of a ritual in which a mythic-poetic text is recited in order to place the gathering into a mythic time/space, to engage in the mythic flow of timelessness. 2) "Reading" the runes involves knowing the runes and their correspondences, to ensure that what was being cut, be it for secular or magical purposes, was appropriate. There is also a close correspondence to the modern sense of "psychic reading", namely consulting for divination.

**Rede** - 1) Counsel, advice. 2) The part of a ritual in which the purpose of the working is stated.

**Regin** - Dwarf Regin is the son of Hreidmar and brother to Otter and Fafni. He killed his father, and later the dragon Fafnir, with the help of Sigurdr Fafnisbari and his sword Gram, to get the Nibelunggold.

**Reginleif** - ("Heritage of the Gods") A Valkyrie who serves ale to the Einheriar in Valhalla.

**Reginnaglar** - ON. pl. Sacred nails hammered into the main pillars of a wooden temple.

**Rekk** - A Dwarf.

**Reyn til Runa** - "Reyn til Runa" is a Rune-Gild slogan. It is an Old Norse way of saying something pretty close to "study runes deeply". Rune-Gild members often sign off with "RTR" or "Reyn til Runa."

**Rig** - ("God of Society's Order") A by-name of Heimdall.

**Rime Giants** - Frost Jotuns from the first era after the creation of the world.

**Rimfaxi, Hrimfaxi** - ("Frosty Mane") Natt's horse which runs over the sky every day and dribbles the morningdew in the grass.

**Rimkalk** - ("Crystal Cup") A cup used for drinking mead. Gerd gave Freyr's servant Skirnir a Rimkalk mead and the same was served to the Æsirs in Aegir's hall.

**Rimstock** - Danish wooden almanac. See Primstave.

**Rind, Rinda** - Rime-Giantess. Primal goddess of the frozen earth. Mother of Vali, by Odin.

**Ringhornir** - Ringhornir is Balder's funeral ship. When he was buried he and his wife, Nanna, who died of a broken heart, were put in the ship and it was set on fire and pushed out in the ocean.

**Ring-oath** - ON: baugeidhr. The holiest of oaths, represented by the arm-ring, which was the holiest symbol of troth. According to Eyrbyggja saga, the oath-ring always lay on the harrow, and had to be made of at least an ounce of precious metal. The godhi was expected to wear it on his arm at the Thing (law-meeting) and at other times when he called upon the might of the gods or touched them most closely

**Ris, Risi** - Old Norse the word **risi** meant a true Giant of great size, capable of intermarrying with humans; they were usually beautiful and good. The **jotnar**, singular **jötunn**, had great strength and age. Etins were usually friendly with the Gods. The **thursar**, singular **thurs**, were particularly antagonistic, destructive, and stupid.

**Ristir, Rister** - Carving-tool, used for runes. A kind of knife. One "ristis" i.e. carves, the runes.

**Rist, Hrist** - ("Spear Thrower") The Valkyrie Rist is one of Odin's two servants. Her task is to serve the men in Valhalla the never-ceasing four kinds of mead that comes from the goat Heidrun.

**Rivers of the Nine Worlds:** Sid, Vid, Sekin, Ekin, Svol, Gunnthro, Fiorm, Fimbulthul, Gipul, Gopul, Gomul, Geirvimul, Thyn, Vin, Tholl, Boll, Grad, Gunnthrain, Nyt, Not, Nonn, Hronn, Vina, Veg, Svinn, Thiodnuma.

**Roskva** - ("The Quick") Roskva is an human girl, but she lives in Bilskirnir with Thor and Sif. Tjalfi is her brother and Groa and Egil Skytten are her parents.

**Róta** - ("She Who Causes Turmoil") Gunnr and Róta, and the youngest norn, called Skuld, ride to choose who shall be slain and to govern the killings.

**Rown** - A verb meaning "to whisper sacred things (that is, runes)". It is the verb-form of rune.

**Rune** - The original meaning of the word "rune" in most Germanic languages is "secret" or "mystery". A rune is not simply a letter or character in an alphabet--it is that and much more. Every rune is made up of three elements or aspects: 1) a sound (song); 2) a stave (shape); 3) a rune (hidden lore). The sound or phonetic value of the rune is its vibratory quality in the air, in space. This is the magical-creative quality that is inherent in speech. This is a cosmic principle with which runesters work when they sing or speak the runes in acts of Galdr. The shape of the rune-stave is the spatial or visible quality of the rune. This aspect can be the most deceptive because we put so much emphasis on what we see. The visible staves (characters) are only reflections of the actual runes, which remain forever hidden from our five senses. They exist in a realm beyond the three dimensions and are only approximated in the two-dimensional diagrams we can see. The runes themselves are complex and multifaceted and fit within a web-work which only further complicates the picture. No one definition of a rune is possible, for each rune is in and of itself infinite and without bounds. In practical terms the rune is the sum total of lore and information on the stave and the sound. The song is the vibration, the stave is the image, and the rune is the lore needed to activate the magic. Thorsson, Northern Magic.

**Rune laying** - An operation of runic divination in which the lots are not thrown, but rather laid in their steads of meaning.

**Runestave** -The physical shape of a runic character, or the physical object onto which the shape is carved (especially when carved in wood).

**Rungne, Rungnir, Hrungnir** - The strongest Giant in Jotunheim. His head is made of stone and so is also his pentagram-shaped heart. He is very boastful. Thor killed him in a fight.

**Rym** - ("Old and Powerless") The Storm Giant who controls the rudder on Naglfar, the ship that Hel, the Death Goddess, built using dead people's nails.

**Rýnstr** - ON: Runester, "one most skilled in runes". General term for one involved in deep-level rune skill.

**Sága** - 1) ("Seeress") Daughter or consort of Odin, one of the Asynjor (female Æsir). She is invoked for recall and memory. She resides by the stream of time and events. She was an attendant to Frigg. Some consider her just an aspect of Frigg. The sagas or songs of history are named for her. She resides by the stream of time and events. She lived in Sokvabek, a crystal hall, and drank daily from the river of time with Odin. Saga was once called Bil. She is invoked for recall and memory. The sagas or songs of history are named for her. At Ragnarok, she is the one who will see the flames from the elves territory. 2) The word saga "history" and "story". The fundamental meaning of saga is "a narrative". The sagas of the medieval Nordic world, principally preserved in manuscripts written in Iceland, are the written narratives of this civilization. Sagas most nearly approximate our historical novels - but are often leavened with myth and magic.

**Sæhrimnir** - ("The Sea Striped") Each evening the boar Sæhrimnir is slaughtered, cut up, and cooked, to serve the warriors in Valhalla, but every morning he's alive and healthy again.

**Sál** - ON: the "shade", after-death image.

**Salu** - "Sun-kissed", i.e. health.

**Sanngridr** - A Valkyrie.

**Saxnot** - Saxon helper god.

**Scatach** - ("She who strikes fear") A Lapp (Saami) Goddess.

**Seaboiler** - A one-mile-deep kettle owned by the Giant Hymir. Since borrowed by Tyr and Thor, it has been in Aegir's possession, and used at his big beer feasts.

**Seater** - Saxon deity of Saturday = Saturn.

**Seid, Seidh, Seidhr** - ON: A particular form of magic, used primarily by females. Odin is a seidh master, having been taught by Freya. The **seidkona** (seid woman) enters a trance state and connects with the spirits, who then give her advice. Seidh trance travel is comparable to shamanistic practices.

**Seidh-hjallr** - ON: The seidh witch's seat.

**Seidkona** - ON: Woman who practices Seidr, a volva, a seer.

**Seidmann** - Nynorsk: meaning bad magician. (Since seid is frowned upon as practiced by males, it has a negative connotation.)

**Sending** - The magical technique of projecting runestaves and their powers out of the self into the world to do their rightful work.

**Serpents and snakes** - Countless of these are beneath **Yggdrasil** along with **Nidhogg**; some of them are called **Goin** and **Moin** (Grafvitnir's sons), **Grabak**, **Grafvollud**, **Ofnir**, and **Svafnir**.

**Sessrumnir** - Freyia's hall in Asgard; her dwelling is called Folkvangar.

**Shape-shifting** - A form of astral-projection or out-of-body experience. While the magician's body lay as if asleep or dead, he'd assume the form of a bird, beast, fish or worm (serpent) and travel to distant places. Shape-shift battles are recorded. Injuries to a shape-shifter often affected the human form.

**Siar** - A Dwarf.

**Sick Bed** - Sick Bed is the Death Goddess Hel's bed. It stands in her dark castle Eljudnir in Niflhel.

**Sif** - The second wife of Thor, Sif has the gift of prophecy. Sif is a swan maiden and can assume that form. She signifies summer fertility and corn. Having been married once to Orvandil, she is one of the elder race of Gods. Ullr was her son from that union. Her golden hair was cut off by Loki as a trick, and replaced with hair of gold made by the Dwarves. She gave Thor two sons, Magni ("Might") and Modi ("Wrath") who survive Ragnarök.

**Sig** - ON: Victory.

**Signing** - pl.signingar. ON. Magical signs or gestures made with motions of the hands to trace various magical symbols in the air around an object or person to be affected by their power. The magical technique of tracing runestaves in the air to "rist them in the world".

**Sigrdrifa** - ("Victory Blizzard") A Valkyrie, one of the Disir.

**Sigrún** - ("Victory Rune") - A Valkyrie, one of the Disir.

**Sigrúnar** - ON: Victory runes, runes which are used to assist one in obtaining victory. These are used to gain advantage in all kinds of contests. They should be written upon the runemaster's clothing, instruments, tools, or weapons.

**Sigtyr** - ("God of Victory") A by-name of Odin.

**Sigurdhr Fávnesbane (sig-urd)** - ("Dragonslayer") Human lover of the Valkyrie Brynhild. He could understand the speech of birds and could shape-shift into wolf form. He killed the dragon Fafnir, and Fafnir's brother, the smith Regin. He married Gudrun, Gjuki's daughter, even though he had betrothed himself to Brynhilde.

**Sigyn, Siguna, Signy** - ("The Faithful") Goddess wife of Loki, whose two sons are Vali and Narfi. When Loki is punished, she stays with him holding a bowl over his face to save him from the snake venom dripping onto him.

**Sindri** - 1) Elf-smith who worked in Asgard. Brokk was his brother. 2) A red-gold roofed hall which will appear after Ragnarok.

**Sinmara** - The earth-pale Giantess Sinmara watches the rooster Vidofner. Her magic-wand, Laevatein, which she keeps away from the Giants, is the only thing that can kill the rooster.

**Sitting-out magic** - ON: Útiseta. Trance-state magic practiced in Seid..Both motionlessness and breath control are basics of Útiseta, the "sitting out" which is used to set the seidkona apart from the world she normally inhabits. The resulting "not-thinking" has the same intrinsic value for the runester, freeing body and mind and leading to the magical trance which is required to examine and explore the nine worlds of Norse creation.

**Sjåmadhr** - ON: ("See-Man") A man who sees, a seer), that phonetically comes very close to the word 'Shaman'.

**Sjöfn, Sjöfna** [Syof-nah] - ("Affection") Asa-Goddess of love, also known as Vjöfn. One of the Asynjor (Æsir Goddess). It was her duty to stop fights between married couples. The Sjöfn gives love and sex to both men and women. She is the mistress of the human's passion and the only one who can arrange for disallowed couples to be with each other.

**Sjónhverfing** - ON: A special subset of seid magic, the magical delusion or "deceiving of the sight" where the seid-witch affects the minds of others so that they cannot see things as they truly are. The role of seidr in illusion magic is well-documented in the sagas, particularly being used to conceal a person from his pursuers. Part of this power may have been due to hypnosis, for the seid-witch could be deprived of her powers by being deprived of her sight, and the effect faded when the victim left the presence of the seid-practitioner.

**Skadi** - ("Harm") Daughter of the Jotun-Giant Thjatsi. Scathing Goddess of wintertime destruction, she wished to revenge her father that the gods had killed earlier. She is offered an Aesir husband. She desires fair Balder and so chooses the most beautiful pair of feet, which belonged to Njord. They did marry, but it didn't last because she didn't like living with the Æsirs. Scandinavia is named after her--the "land of Skadi". Ullr was her husband after Njord. She may have been the third aspect of Nerthus. She brings the snow which insures a good harvest and she leads the Wild Hunt. The wolf and poisonous snake are sacred to her.



**Skafinn** - A Dwarf.

**Skald** - ON: A poet who composes highly formal, originally magical, verse.

**Skaldcraft** - The magical force of poetry; verbal magic (Galdr).

**Skamold** - A Valkyrie.

**Skeggjöld, Skegghol** - ("Wearing a War Axe") A Valkyrie who serves ale to the Einheriar in Valhalla.

**Skidbladnir** [skid-blad-near} - ("Covered with pieces of wood") The best of ships, constructed with great ingenuity for Freyr by the sons of Dwarf Ivaldi. It can sail in both air and water. It is big enough to hold all of the Æsir, yet it can fold up like a cloth to go in one's pocket.

**Skinfaxi** - Dag/Day's horse, whose shining mane lights the sky and sea.

**Skirnir** - ("The Beaming One") Freyr's servant. Skirnir rides to Jotunheim to get the Giantess Gerd for him. He gets Freyr's horse, Blodighofi, as a reward. He was also sent to the world of black-elves and Dwarves to have Gleipnir made.

**Skirpir** - A Dwarf.

**Skögul** - ("Battle") A Valkyrie who serves ale to the Einheriar in Valhalla. Göndul, Hildr and Skögul, are the most noble Valkyries in Asgard. Their task is to choose the men permitted to go to Valhalla. She is often associated with war magic.

**Skoll** - One of the two fierce wolves who pursued the sun and moon. The other is Hati. Their object was to swallow them so that the world might again be enveloped in its primeval darkness. Skoll is the wolf that chases the lightdisir Sun and her two horses. Hati runs in front of her. When nature dies before Ragnarok, Skoll finally gets to eat Sun. Skoll and Hati are sons of the Giantess of Iron Wood and Fenrir-wolf.

**Skrymir** [skree-meer] - ("Big Boy") Utgard-Loki in huge Giant-form. Thor and his companions slept in his glove.

**Skuld** - ("She Who Is Becoming" or "That which shall be" ) One of the Great Norns. Gunnr and Róta and the youngest Norn, called Skuld, are Valkyries, who ride to choose who shall be slain and to govern the killings. With the other Fates, Skuld sits at the Urdawell spinning threads about the human's future. Skuld comes from the verb skulu, meaning "shall". In Old Norse this has connotations of duty and obligation, but in the most archaic levels when the term first arose, it merely indicated that which should come to pass, given past circumstances. The other Norns are Urdhr and Verdhandi.

**Sleipnir** - The eight-legged horse who conveyed Odin between the realms of spirit and matter and was symbolic of Time. He is faster and more clever than all the horses in the world. He can gallop over land, sea, or through the air. Sleipnir was the child of Loki (in female form) and a Giant stallion, Svadilfari. He is the father of Grane.

**Slidrugtanni** - One of the two boars that drags the fertility God Freyr's wagon. The other boar is Gullinbursti, who with his golden bristle, is able to lit up the darkest night.

**Snotra** - ("Wise") Goddess of women's gentle wisdom and good manners. The Goddess of virtue and master of all knowledge. She knows the value of self-discipline.

**Sokvabekk** - ("Sunken-bench" or "Deep Stream") The home of Saga, the daughter of Odin. It was a crystal hall in Asgard.

**Sól** - ("Sun") The brilliant Sun Goddess mentioned in the Merseburger poems. Daughter of Munifauroi, sister of Mani ("Moon"), wife of Glen. Rider of the chariot drawn by Alsvið and Arvak, carrier of the shield Svalin ("Cool"). She will be consumed by the wolf Solli and be succeeded by her daughter, Sunna. Also known as Gull ("Gold"). Gull and Sol are often interchangeable so she may be an aspect of Gullveig. Most commentators seem to agree that Gullveig is identical with Freya. See also Sunna.

**Son** - Son is one of three bowls used by the Dwarves Fjalar and Galar while making Kvæsir's blood into the Mead of Poetry.

**Spae-craft** - ON: The craft of fore-seeing, used by the Spåkonur in trance state. See also seid.

**Spåkona** - ON: Seidrkona, volva. One who uses utsetia, seidr. A seeress.

**Stabaz** - Germanic term for stave or stick, perhaps had to do with the fact that runes were carved on piece of wood that most probably were used in divinatory practices. Runo and Stabaz were so intertwined that the words eventually became synonymous.

**Stadha** - ON (stödhur pl.): "Standing". Bodily postures which imitate the shapes of runestaves used in galdr.

**Stadhagaldr** - ON. "Posture magic": the magical technique of assuming runic postures coupled with incantational formulas. Also, the meditational practice of standing in a rune's shape and intoning its name. Developed by German Armanen magicians. The stadha (pl. stödhur) is the physical position.

**Stafgardr** - ON: Stave-surrounded sacred enclosure.

**Stafr** - ON stafir (Pl.): Stick, stave, letter, or secret lore.

**Sudri** - ("South") The Dwarf Sudri was put in the sky's south corner by Odin, Vili and Ve. The sky is made out of the Giant Ymir's head.

**Sumble** - OE symble: The sacred ritual feast at which boasts are drunk.

**Sunna** - Daughter of the lightdisir, Sol and Glen. She will succeed her mother when Sol is consumed by the wolf Skoll.

**Surt** [sert] - ("Black") An evil Fire Giant who guards the gates of Muspell and rules the fiery beings there. He carries a flaming sword. His hair is burning and boiling lava covers his body. He will kill Freyr in Ragnarok.

**Suttung** [soo-toong] - The Giant who guards the Mead of Poetry. Suttung, son of Gilling, got the Mead of Poetry from the Dwarves Fjalar and Galar when he was avenging the murder of his parents.

**Svadilfari** [svad-ill-far-ee] - ("He who picks the hard way) A stallion which belonged to a Rock Giant. Svadilfari is a very strong horse and helped build the Asgard wall. He mated with Loki (who had shape-shifted into the form of a mare) and produced Sleipnir.

**Svafa, Sváva** - A Valkyrie.

**Svalin** - Svalin is the shield that protects Sun from the warmth of her carriage when she rides to maintain the day rhythm. Her horses also have a protection called **Isarnkol**.

**Svanhvit** - ("Swan-White") A Valkyrie.

**Svartalfheim, Svartalfheimr** - The world of the Black Elves or Dwarves. A "subterranean" world of darkness where shapes are forged.

**Svartalfr, Svartalfar** - ON: Dwarves, or Black Elves; also known as Dvergar. They were created by the gods out of the maggots that crawled through the flesh of the slain Ymir. They are very clever smiths, who forged Freyja's necklace, Thor's hammer, Sif's golden hair, Freyr's ship, and a hoard of other treasures for the gods. Their dwelling, Svartalfheim is beneath Midgardhr's surface, and it is there that they hoard their gold and jewels. The dwarves are earthly craft and power which give shape to and being to the inspiration of the Ljosalfar. It was Svartalfar who slew Kvasir and made the mean Odhroerir from his blood, transforming the raw material of wisdom into the craft and art of poetry from which any who could might drink. The Kobolds of the German mines may be classed as Svartalfar, as may all of the knocking spirits heard in subterranean works. The Svartalfar are said to be miserly and grudging, as well as more ill-tempered than the other races of Alfar. The word dwarf is etymologically connected to the idea of harming, oppressing or maliciously deceiving. Like the Dokkalfar (Dark Elves), they are skilled in magic, having learned the runes through the Dwarf Dvalin, and they know magical songs; unlike them, they almost never willingly teach their magical knowledge, though at times they may teach the art of smithing to a human. ...It is not uncommon for the Svartalfar to curse things that they are forced to make, such as the sword Tyrting, or that are stolen from them, such as Advári's hoard. They are also said to steal human women and children, perhaps because there are few dwarvish women. Yet, although they are often untrustworthy, viciously vengeful, and malicious, they can be surprisingly loyal and friendly to humans who treat them well....The Svartalfar are said to be dark of complexion, ugly, perhaps twisted; they often appear as short but very powerful men with long gray beards. Gundarsson, Teutonic Magic.

**Svartrunir** - ON: ("Black Runes") Necromantic characters; runes used to communicate with departed spirits.

**Sváva** - Sváva is a Valkyrie that once fell in love with Helge, the son of a king. Their story is tragic. Helge was mortally wounded and the couple died together.

**Sveid** - A Valkyrie.

**Svin** - ON: Wild boar, formidable opposition.

**Svínylking** - ON: Norse boar-cult warriors who fought in wedge-formation with two champions, the rani (snout) to the fore. Also the animal form taken in shapeshifting by these warriors.

**Svipull** - A Valkyrie.

**Syn** - ("Truth") Guardian Goddess of doorways and of love. An attendant of Frigga, Syn guarded the door of Frigga's palace, refusing to open it to those who were not allowed to come in. When she had once shut the door upon a would-be intruder no appeal would prevail to change her decision. She therefore presided over all tribunals and trials, and whenever a thing was to be vetoed the usual formula was to declare that Syn was against it.

**Syr** - An aspect of Freya as the Golden Sow.

**Tanngnidr** - A Valkyrie.

**Tandgnistr** - ("Tooth Grinder") One of the two he-goats that pulled Thor's wagon. If Thor slaughters it, it will be alive again the next morning as long as the bones are intact.

**Tandgrisner** - ("Gap Tooth" or "The one with teeth spaces") One of the two he-goats that pulled Thor's wagon. If Thor slaughters it, it will be alive the next morning as long as the bones are intact.

**Taufr** - PI. Taufir. ON: Talismanic magic. Also used to refer to the talismanic object itself. For example, a bindrune amulet.

**Teinar** - ON: Tines (i.e. runes)

**Teinéigin** - ON: need-fire.

**Teinn** - Literally "twig", a talismanic word for divination.

**The fishes' bath** - A kenning for the sea.

**Thekk** - A Dwarf.

**Thialfi & Roskva** - They became Thor's bondservants after laming his goat by taking its bone-marrow.

**Thiassi, Thjatsi, Thiazi** [thyah-tzee] - ("Water") Thjatsi is a very rich and very stingy Giant. He is father of Skadi and they live together with his father Olvalde. Gang and Ide are his brothers. Thjatsi is a shapeshifter. In eagle form he kidnapped Idunn and took her to Thrymheim. Loki took Freyia's falcon-form and kidnapped Idunn back again (by turning her into a nut). The Æsir killed Thjatsi in fire and Odin threw Thjatsi's eyes to sky to make some stars. His daughter, Skadi, wanted to avenge her father, so as compensation the Æsir said she could choose a husband based on his feet. She picked Niord thinking it was Balder.

**Thicksole** - Thicksole is Odin's son Vidar's thick and heavy iron-shoes. With these he manages to kill the Fenrir wolf in Ragnarok. The shoes are made of left-over leather pieces that shoemakers have thrown away.

**Thjodrerir** - A Dwarf mentioned in passing in one of the Runatál charms.

**Thogn** - A Valkyrie.

**Thokk** - Loki in disguise as a Giantess, who would not weep for Balder, thus preventing his return from Hel.

**Thor, Thorr, Thunar, Donar** - ("The Thunderer") Asa-God, son of Odin and Jord, Hammer-God of thunder and lightning, agriculture and craftsmanship. Thor also is the God of defense and strength. His magic hammer is known as Mjölnir ("Destroyer"). He is champion of the Gods and enemy of the Giants and Trolls; protector of the common man. He has a magic belt called Megingjardar ("Strength Increaser") and drives a chariot pulled by two Giant male goats. Thor is a size-shifter. He is terribly heavy and hot, and he cannot cross the Bifrost bridge. He must wade through the North Sea and come around the long way. His wife is

Sif. Although he is sometimes over-hasty in judgment, he is a totally reliable friend and battle companion. He has wild red hair and beard, always dresses in battle dress.

**Thorgerd, Thorgerdr** - A Finnish Goddess later called a Troll. She used magic to call thunder, lightning and hail. Fertility goddess of Halogaland, north Norway.

**Thorin, Throin, Thror** - Names of Dwarves.

**Thrima** - A Valkyrie.

**Thrud, Thrudr** - ("Power" or "Strength") A Valkyrie who serves ale to the Einheriar in Valhalla. Thrud is Thor and Sif's very strong daughter. The Dwarf Alvis demanded to marry her, but Thor tricked him.

**Thrudgelmir** - The father of all Giants. His father is Ymir, the prehistoric Giant who was created when the cow Audhumbla licked at a saltstone. He is the father of Bergelmir.

**Thrudheim, Trudvang** - ("Land of Strength") Thor's realm in Asgard and site of his hall Bilskirnir.

**Thrym** - [thrim] The ruler of the Giants, who is utterly hard-hearted and an avowed enemy of Thor. He is the Giant who stole Mjollnir and demanded Freya as his wife.

**Thrymheim** - Stronghold of the giant Thiazi which was passed on to his daughter Skadi.

**Thunor** - Saxon name for Thor.

**Thurs** - pl. thursar. ON: Thurs.. A "giant" characterized by great strength and age, e.g., the rime-thurses or "frost giants".Giants renowned for their witlessness and strength. They were antagonistic, destructive, and stupid.

**Thurses** pl. of Thurs. ON Thursar. The race of Giants.

**Tiver** - A magically prepared coloring material used to stain runes. It can be made by grinding natural red ocher or rust. It can also be made from the root of the Madder plant (Rubia tinctoria).



**Tiwaz** - Saxon god of battle and victory, also known as Tyr, Tig, Teiwa.

**Tjalfi** - ("The Little Tell") A skillful runner, Tjalfi is not an Æsir, but a human boy. He lives in Bilskirnir with Thor and Sif. Roskva is his sister, and Groa and Egil Skytten, his parents. Tjalfi personifies the arrow.

**Triskele. triskelion** - A three-legged good luck symbol.

**Trivaldi** - ("Triple Mighty") A Giant with nine heads and three necks. He was killed by Thor, who split each his heads with an axe.

**Troll** - A malevolent Earth spirit, an ugly, mean-spirited being with magical powers.

**Troll Rune** - 1)The troll-rune is Thurisaz, and its use was thought to evoke demons from the nether-world. The cutting of three Thurisaz staves perverts or inverts the meanings of those runes which follow it. See also Svart runes. 2) Troll runes are runes that can be used for divination. This name comes from an old belief that prophecy comes from Trolls, who have knowledge of the future.

**Trym** - ("The Noisy One") Trym is a Giant who once stole Mjollnir and held it hostage, demanding to have Freya as his bride. Thor fooled him, freed Freya, and got Mjollnir back.

**Tvisto** - Saxon ancestor god of northern Europeans.

**Tyr, Tiu, Tiwaz, Tiw, Ziu** - ("The One-Handed"), Asa-God of defense and victory, the bravest of the Gods. Giver of victory in battle against odds; he is never deceitful. He presides over law, legal contracts, assemblies of the people for judicial matters. He lost his hand in the jaws of Fenrir wolf. He is sometimes referred to as the son of Odin and Frigga, but sometimes is referred to as an older God who preceeded Odin.

**Tyrfing** - ("Magic Sword") A magic sword forged by the Dwarves Durin and Dvalin. The sword killed most of the people who have owned it.

**Ulfdalir** - ("Wolf-Dales") The northernmost edge of the world, not far from one of the tunnels which lead down into the Underworld. The Gods never go here. Volund, Aurvandil and Slagfynnur, sons of Ivaldi, chose to become outlaws, and travelled to live here.

**úlfhednar** - Warriors who took the shape of wolves in battle. See Berzerker.

**Ullr, Uller, Ull, Wulder** - ON. OE. Winter God of archery, skiing and yew magic. Stepson of Thor, from a previous union between Sif and Orvandil, a star hero. This puts Ullr among the Vanir. His name means "The Brilliant One" and he is associated with the Aurora Borealis. He has been identified as a very archaic God of death in Norway. At some time in history, Ullr was held to be just as important as Odin, and in winter he was considered to be the ruler in Asgard.

**Unn** - ("Billow") One of Aegir and Ran's nine wivedaughters who are said to be the mothers of Heimdall, the guardian of the Bifrost bridge.

**Urdhr, Verdhandi, Skuld** - The Great Norns who shape men's lives for better or worse

**Urdhr, Urdu, Urd** - ("Destiny") One of the Great Norns. Urdhr, the oldest Fate, sits at the Urdawell by Yggdrasil's root to the south, and spins life-threads with a silver distaff. Her threads involves the humans past. Urdhr (OE Wyrð) is simply the past participle of the verb verða, "to become". (OE wyrð is similarly formed from the verb weorðan). So Urdhr really means "that which was", "the past". Urdhr answered, "Ragnarok", when Odin when he asked what the future would be. She knew that his eye lay deep in Mimir's Well of Wisdom, so he already knew the answer to all his questions. But Odin laid all manner of treasures at her feet and begged for an answer. Then she chanted the fearsome, but somehow comforting lay, which tells of Ragnarok and the renewal of the world.

**Urdawell, Urda Well, Urdhr's Well** - The where the Gods have their court. The Norns use its water to keep Yggdrasil's branches from rotting.

**Urdarbrunnur** - Urda Well.

**Utangardhr, Utangardhs** - The ring of the elemental worlds outside Midgardhr. Wild magical unordered space; outside of human society.

**Utgardh-Loki** - Giant King of a castle in Utgard, who tested Thor and companions in competitions and cheated. Utgardaloki is Elli's grandson.

**Útiseta** - ("Sitting-out") ON. A technique used in **seid**, where a person "sits out" under the stars to hear inner voices and commune with the universe. The traditional rite of sitting-out is an act of Seid for making contact with your own personal fetch or fylgja and for gaining an ongoing interaction with it. Útiseta is a kind of shamanic vision-quest working. This type of working can be undertaken for a variety of magical purposes. See also: Sitting Out.

**Valaskialf** [val-ah-skyalf] - ("Seat of the Slain") Odin's silver-roofed hall in Asgard, where his high throne, Hlidskjalf; from it Odhinn can see into all the nine worlds.

**Vafthruthnir** - ("The one who knows answers") Wisest of the Giants. Odin visited him to see if he really was that smart. Vavtrudnir failed the last question and lost his head.

**Váli** - 1) In some sources, the twin brother of Vidar. In other sources, he is the youngest of Odin's sons, by the Giantess Rind, and was born for the express purpose of avenging Balder's death since the Gods could not kill one of their own. When he was only one night old, he killed Hodur. He is bold in battles, and an excellent archer. He will be one of the seven Æsir to survive the Ragnarok. 2) A Dwarf.

**Valfather** - ("God of the Slain") By-name of Odin.

**Valhalla** [val-hal-ah] - ("Hall of the Slain") Valhalla is one of Odin's halls in Asgard, where those who have fallen in battle, the **Einherjar**, go after death. (The other great hall is **Vingolf**.) It has five hundred and forty doors. Behind each door is a room for 800 warriors. The hall is roofed rafters of huge shining spear shafts and tiles of golden shields. Here the warriors gather to prepare for the final battle and the end of the world, Ragnarok. Each day the Odin's cook boils the flesh of a boar in a great kettle. The boar's flesh suffices for all the warriors. The boar is resurrected each evening to be cooked again the next morning. The warriors spend their days fighting and killing each other, to be revived at night for feasting and drinking four different kinds of mead and ale.

**Valkyrja, Valkyries** pl. valkyrjur. ON - ("Chooser of the Fallen" i.e., the slain). Disir sent by Odin into battle to select those who would go to Valhalla, lead by Freya. They are sometimes referred to as "shield-maidens" or "corpse-goddesses". They have raven and swan forms, and are sometimes seen by men as the Aurora Borealis, flickering light

caused by reflections on their armor. They choose among the slain and bring fertility to the earth. The Valkyries also serve as Odin's messengers and servants. "**Hrist and Mist I desire should bring me a horn, Skeggjöld and Skögul, Hildir and Thrûdr, Hlökk and Herfjötur, Göll and Geirahöd, Rándgridr and Reginleif.** These serve ale to the Einheriar. **Gunnr and Róta** and the youngest norn, called **Skuld**, always ride to choose who shall be slain and to govern the killings." Other Valkyrie include **Brynhildir, Sigrún, Kára, Sigdrifa, Sváva, Hildeberg, Hildegund, Kreimhildir** and **Göndul** and the other two norns, **Urdhr** and **Verdhandi**. See also Dis, Disir.

**Vanadis** - Another title for Freya. See Dis, Vanir.

**Vanaheim, Vanaheimr** - The world of the Vanir.

**Vanir**, Sg. **Van**. ON - The race of Gods corresponding to the fertility, prosperity, eroticism functions. The Old Norse Gods and Goddesses of the family which centered around Njord, Freyr and Freya. They tend on the whole to be more gentle and concerned with matters of nature and fertility than the Æsir. After a long war with the Æsir, they all exchanged hostages and lived in peace. The Vanir who came to the Æsir camp became assimilated into the Æsir, while retaining their special characteristics. The Gods identified as Vanir are: **Holde, Nerthus, Njord, Freya, Freyr, Od, Hnoss, Aegir, Ran, Ullr, Ulla, Gerdh, Skirnir, Heimdallr, Idunna, Bragi, Siofyn, Gefjon, Skadhi, Erde, the Undines, Svol, Ostara, Gullveig.** The Vanir are direct descendants of **Holde** by way of the mother, or are males that have married (female) Vans. Vanic (not Vanir) are **Mundilfari, Mundilfara, Mani, Sol; Freyr's servants: Byggvir, Beyla; Freya's Valkyries.** The Gods identified as Æsir are: Odin (Fjolnir), Fjorgyn, Loki, Thor, Meili, Frigga (although she is sister to Van Njord), Tyr, Hermodr, Baldr, Hodr, Sif, Thrudh, Nanna, Forseti, Sigyn, Magni, Modi, Vali, Vidar. The Æsir are direct descendants of Odin by way of the father, or are females who have married (male) Æsir. Aesir (not Æsir) Gods are: **Frigga's servants: Vor, Hlin, Snotra, Vara, Saga, Gna, Syn, Eir, Fulla, Sjöfn, Lofn; Thórr's servants: Thjálfir, Roskva; and Odin's Valkyries.** The following are not identified as either Vanir or Æsir: **Hoenir, Kvasir, Jorun, Helja.**

**Vanir war** - A great war between the Vanir and the Aesir. Finally the two tribes reconciled, and gathered to make peace. They all spat into a large bowl as a token of their good will. Out of this "Godspit" emerges

Kvæsir, originator of the Mead of Poetry. The Gods finally exchanged hostages to insure the peace.

**Vár** - Goddess of awareness. Var personifies an idealized concept of truth and honesty. Var and Vor were handmaidens of Frigga with Eir, and are invoked to witness oaths and to punish oathbreakers. Goddess of love-vows, she listens to (and punishes those who break) agreements between men and women. Newly married couples say her name when they take each other's hands.

**Vardlokkur** - ON: One who opens and closes fetters and locks. Man with the power of binding spirits using runes, calls and knot-magic, a "warlock". Also the runes used for defense.

**Vargr** - ON: outlaw, wolf.

**Vavtrudne** - A very wise Jotun whom Odin once managed to trick. The poem Vavtrudnemál tells of this feat.

**Vé** - ("Holiness") 1) Odin's brother. 2) one of Odin's names (Odin-Vili-Vé). 3) A "sacred enclosure"; the place of working magic.

**Vébond** - ON: The posts and rope enclosing a Vé (sacred place). In Viking times, open-air courts were sanctified by the Vébond. This was a fence made of hazel posts linked by ropes. It formed a magical as well as physical barrier.

**Vedfolnir** - ("Blown Down") The hawk that lives between the eyes of the eagle Hraesvelg in the top of Yggdrasil. He is the highest placed creature in the world.

**Veraldargod** - An aspect of Freyr.

**Veratyr** - ("God of Men") A by-name of Odin.

**Verdhandi, Verdandi** - ("The Present") One of the Great Norns. The Fate Verdhandi spins the humans' life-threads with her hands. Her threads are about the present. She lives with the other Fates at the Urdawell. Verdhandi is the present participle of the verb verda, and so means "that which is becoming", i.e. "the present".

**Vestri** - ("West") The Dwarf Vestri was put in the sky's west corner by Odin, Vili and Ve. The sky is made out of the Giant Ymir's head.

**Vidar** - Twin of Váli, son of Odin and the Giantess Rind. He will avenge Odin's death by slaying the Wolf at Ragnarok, and will survive to become one of the new Gods. Known as the silent As, he is a source of support to Gods in danger.

**Vidi** - ("Wooden") Home of Vidar.

**Vidblain** - ("Wide Blue") The third heaven above and to the south of Asgard and above the second heaven, Andlang.

**Vidofner** - ("Willowtwister") The rooster that lives in Yggdrasil. He is watched by Sinmara with her Laevatein, the only thing that can kill him.

**Vig** - A Dwarf.

**Vigard** [vee-gard] - A great plain in Asgard, a hundred and twenty leagues in every direction. It is at this place that the final battle of Ragnarok takes place.

**Viking** - A word meaning "adventurer" or "explorer" and which characterized a Scandinavian civilization which thrived from the 6th to the 12th centuries.

**Vili** - ("The Will") Odin's brother; alternately, one of Odin's names (Odin-Vili-Vé). He gave the humans thought and motion. He is identified with Hoenir by some and only as a part of Odin by others.

**Vindalf** - ("Wind Elf") A Dwarf.

**Vindonnus** - Saxon tutelary god of Vienna. By-name for Woden (Odin).

**Vingólf**, - [veen-gulf]: A beautiful hall build by the Aesir as a sanctuary for the goddesses. Vingólf, along with Valhalla, is allotted to the Einheijar.

**Virpir** - A Dwarf.

**Vitkar** - ON: Wise women who worked magic and healing with the runes.

**Vitki** - ON: A "wizard" or "magician" who is skilled in magical lore, particularly the lore of the runes.

**Vitr** - A Dwarf.

**Vjofn**, also known as **Sjöfn** or **Sjofna** - An attendant to Frigga, Vjofn's duty was to incline obdurate hearts to love, to maintain peace and concord among mankind, and to reconcile quarreling husbands and wives.

**Volva**- ON. A "wand-bearer", a witch, seer, fortune-teller, wise woman, the Norse equivalent of the Shaman. Seidh practitioners were called Volva.

**Volund, Volundr, Weland, Wayland, Wieland** - "Wonder Smith"; Saxon smith deity, a supreme craftsman. A Shape-shifter associated with horses..Volund was a skillful smith who had forged both the magic ring Andvaranaut and the sword Gram. He was kept in prison for a time by king Nidud, but the smith revenged deeply and got free. Mentioned in the tales of Siegfried (Sigurdr) and Dietrich of Bern. Represents strength, cunning, skill, healing, horses, magic, metal working.

**Völva** - ON: A wise woman. A seer and an exponent of Seidr. Wand-bearer, having magical powers.

**Vor** - One of the handmaidens of Frigga, with Var and Eir. Var and Vor are invoked to witness oaths and to punish oathbreakers. Vor is wise and inquiring, and nothing can be concealed from her.

**Vördhr** - ON: Guardian or warden during soul travel to the realms of the World Tree. From it we get the term **vardhlokkur** (warlock).

**Walburga** - Saxon Moon-Goddess whose festival is May Eve, Walpurgis Night.

**Waldh** - Frisian Forest-God of healing.

**Wan, Wans, Wanes** - (ON Vanr, Vanir) God/esses of earth, water, and hidden wisdom.



**Weird's Well, Urdhr's Well** - Where the Gods have their court. The Great Norns use water from it to keep Yggdrasil's branches from rotting. Swans feed in the well.

**Wight** - A being or entity of any kind with some living quality.

**Wih** - ON vé: 1) Holy (used as a prefix), in the sense of being filled with such an intense might that it is set apart from everyday things. 2) An unsheltered, out-of-door image of a deity.

**Wihaz** - ON vé: Sanctified.

**Wilbet** - Saxon Moon-Goddess.

**Wild Hunt** - The Wild Hunt is a spectral phenomenon where Woden (Odin) and Giantess Skadi lead a band of the homeless dead across the sky to the terror of anyone who witnesses it. This is seen as a pack of dogs with attendant huntsmen in full cry. The hunters ride black horses, and are attended by black hounds with staring hideous eyes. The Wild Hunt does not ride from the middle of May until the end of June, a 42 day period corresponding with the 42 by-names of Odin. Some believe that this period has special qualities for growth, but that divination does not work so well then. Pennick, Magic in the Northern Tradition.. Also see Åsgardsreia.

**Witte Wijven** - Frisian wise women who practiced healing, divination and magic. They lived in special shamanic lodges or earth houses. Each lodge was a hollow earth mound entered by steps cut in the mound's side. On top was a wooden platform to which access was gained by a chimney from inside the lodge. These platforms, bedecked with staves, skulls and magic items, were used for "**sitting-out magic**". Wherever it was used, the basic form of the platform was a grid structure, the nine-square pattern, a square was divided into three along each of its sides, and the points joined with lines. This created a grid of nine small squares. This is the first "square number" which completely encloses a square within a square, and in magical terms, it provides a completely protected square at the center of a larger square.

**Wod, Wodiz** - Inspired frenzy, fury, intoxication, inspiration.

**Wode** - ON ódhr, OE wode: An emotive, synthesizing part of the soul which brings various aspects together in a powerful and inspired way. Related to the mood.

**Woden** - Saxon name of Odin.

**World Serpent** - See Iormungand. Also known as Jormungand and Midgardsormr.

**World Tree** - See Yggdrasil.

**Wotan** - Germanic/Teutonic name for Odin.

**Wyrd, Wyrrd** - ON Urdhr. The process in which past actions (ørlög) work through time to affect present experience. Its meaning corresponds roughly to the Eastern concept of "karma". Although wyrd can be personal, it is often linked to whole families, tribes and even races.

**Yarthkin** - OE: A harmful earth-sprite.

**Ydalir** - ("Yew-dale") Ullr's. hall in Asgard.

**Ygg** - ("Terrible One") A by-name of Odin.

**Yggdrasil** - Yggdrasil, the World-Tree, the chief center or holy place of Gods, which has branches spread all over the worlds and sky. One root grows above Urdhr's Well within Asgard, another over Mimir's Well among frost-Giants (where Ginnungagap once was), and the third over Hvergelmir Well in Niflheim. Nidhogg, the dragon, gnaws the roots of Yggdrasil. Sometimes called "Hodmimir's wood" or "Mirmir's Tree".

**Ymir** - ("Roarer") The primal being, created by the first meeting of fire and ice in Ginnungagap, who drank milk from the cow Audhumbla. He was the first Frost Giant, from whose slain body the world was created and from whom all the jotun-kind (and most of the Gods) descend. Odin and his brothers-hypostases Vili (will) and Vé (holiness) slew Ymir and made the sea from his blood, the earth from his body, and the vault of the sky from his skull.

**Ysetur** - A hall built by the gods south of Elivogar, strategically placed to keep an eye on the Giants. It probably originally belonged to Thor, the

great defender of the gods, but was later given to the King of the Elves, Ivaldi.

**Yule** - The pagan festival of midwinter, now amalgamated with Christmas.

**Ziu** - Sky God, also called Tyr.