

## Shamanism In Norse Myth And Magic

Tales of the Aesir Gods  
 Religion and War in Late Iron Age Scandinavia  
 An Introduction to Norse Mythology and Religion  
 The Viking Way  
 Customs, Rites, and Ceremonies  
 Reflections on Old Norse Myths  
 A Nation of Wizards, a World of Spirits  
 Trancework, Mythology, and Ritual  
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 The Shamanic Odyssey  
 Origins, Changes, and Interactions : an International Conference in Lund, Sweden, June 3-7, 2004  
 A Narrative Study of Vafþrúðnismál  
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*Shamanism In Norse Myth And Magic*

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### EVERETT NEVEAH

*Tales of the Aesir Gods* Shamanism in Norse Myth and Magic" ... presents the main features of Siberian shamanism, as they are relevant for comparison with Norse sources, and examines the Norse texts in detail to determine how far it is reasonable to assign a label of "shamanism" to the human and divine magical practices of pre-Christian Scandinavia, whose existence, it is argued, in many cases resides mainly in the imaginative tradition of the poets." -- Back cover.  
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 Baldr's Magic  
 The Power of Norse Shamanism and Ecstatic Trance

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

**Religion and War in Late Iron Age Scandinavia** Simon and Schuster

The Western magical traditions are currently undergoing an international resurgence. In *Stealing Fire from Heaven*, Nevill Drury offers an overview of the modern occult revival and seeks to explain this growing interest in ancient magical belief systems. Gnosticism and the Hermetica, the medieval Kabbalah, Tarot and Alchemy, and more recently, Rosicrucianism and Freemasonry, collectively laid the basis for the modern magical revival, which first began to gather momentum in Europe at the end of the nineteenth century. Western magic has since become increasingly eclectic, drawing on such diverse sources as classical Greco-Roman mythology, Celtic cosmology, Kundalini yoga and Tantra, shamanism, chaos theory, and the various spiritual traditions associated in many different cultures with the Universal Goddess. Drury traces the rise of various forms of magical belief and practice, from the influential Hermetic Order of the Golden Dawn to the emergence of Wicca and Goddess worship as expressions of contemporary

feminine spirituality. He also explores Chaos Magick and the occult practices of the so-called Left-Hand Path, as well as twenty-first-century magical forays into cyberspace. He believes that the rise of modern Western magic stems essentially from the quest for personal spiritual transformation and direct experience of the sacred--a quest which the trance occultist and visionary artist Austin Osman Spare once referred to as "stealing fire from heaven." Considered in this light, Drury argues, modern Western magic can be regarded as a form of alternative spirituality in which the practitioners seek direct engagement with the mythic realm.

*An Introduction to Norse Mythology and Religion* Andrews UK Limited

A thorough reference to the many deities, magical beings, mythical places, and ancient customs of the Norse and Germanic regions of Europe • Explores the legends and origins of well-known gods and figures such as Odin, Thor, Krampus, and the Valkyries, as well as a broad range of magical beings such as the Elf King, the Lorelei, the Perchten, dwarves, trolls, and giants • Draws upon a wealth of well-known and rare sources, such as the Poetic Edda and The Deeds of the Danes by Saxo Grammaticus • Examines folktales, myths, and magical beliefs from Germany, Austria, Switzerland, Denmark, Finland, Sweden, Norway, Iceland, and England The legends of the Norse and Germanic regions of Europe--spanning from Germany and Austria across Scandinavia to Iceland and England--include a broad range of mythical characters and places, from Odin and Thor, to berserkers and Valhalla, to the Valkyries and Krampus. In this encyclopedia, Claude Lecouteux explores the origins, connections, and tales behind many gods, goddesses, magical beings, rituals, folk customs, and mythical places of Norse and Germanic tradition. More than a reference to the Aesir and the Vanir pantheons, this encyclopedia draws upon a wealth of well-known and rare sources, such as the Poetic Edda, the Saga of Ynglingar by Snorri Sturluson, and The Deeds of the Danes by Saxo Grammaticus. Beyond the famous and infamous Norse gods and goddesses, Lecouteux also provides information on lesser-known figures from ancient Germanic pagan tradition such as the Elf King, the Lorelei, the Perchten, land spirits, fairies, dwarves, trolls, goblins, bogeymen, giants, and many other beings who roam the wild, as well as lengthy articles on well-known figures and events such as Siegfried (Sigurd in Norse) and Ragnarök. The author describes the worship of the elements and trees, details many magical rituals, and shares wild folktales from ancient Europe, such as the strange adventure of Peter Schlemihl and the tale of the Cursed Huntsman. He also dispels the false beliefs that have arisen from the Nazi hijacking of Germanic mythology and from its longtime suppression by Christianity. Complete with rare illustrations and information from obscure sources appearing for the first time in English, this detailed reference work represents an excellent resource for scholars and those seeking to reconnect to their pagan pasts and restore the old religion.

**The Viking Way** Oxbow Books Limited

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

**Customs, Rites, and Ceremonies** Simon and Schuster

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

*Reflections on Old Norse Myths* McFarland

Norse myths are chock full with stories of heroism, gods, giants, dwarfs, along with strong elements of shamanism, pagan ritual, sorcery and shape-changing. With commentary by Maria Kvilhaug, this volume two book is a collection of Old Norse medieval texts concerning the gods Thor and Loki. It contains translations of six Edda poems, three Skaldic poems and all the relevant passages from Snorri Sturluson's Prose Edda. Maria's ability to use her skills in philology shines a light on the texts as she extracts hidden meaning with the lore. Discover the myths that uncover a strong root to animistic understandings of the world in which these stories were told, revealing a old world that was filled with elements of shape-shifting, sorcery and shamanistic style practices to our current, new world.

[A Nation of Wizards, a World of Spirits](#) BoD - Books on Demand

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

**Trancework, Mythology, and Ritual** Brepols Pub

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

[The Viking Spirit](#) Simon and Schuster

Ecstatic Trance contains in-depth information on 60 ritual body postures and describes them in precise, accurate detail, with clear illustrations. The

first complete manual on this subject, presented here are age-old postures (one dates back 32,000 years and was inspired by a cave painting) along with newly-researched postures, published here for the first time. Learn these postures and access, energize, and integrate your creative potential. Practicing these postures also leads to new insights into healing, inner development, and rebirth. And combined with appropriate rhythmic stimulation--music and dance, for example--the postures can engender a profound change in consciousness, leading the participant to experience altered states of reality including visions and ecstatic trance states. The postures themselves do not promote any one belief system or dogma but are elements in an overall shamanic worldview.

[The Shamanic Odyssey](#) Celestial Arts

The recent fascination in Finnish folklore studies with popular thought and the values and emotions encoded in oral tradition began with the realisation that the vast collections of the Finnish folklore archives still have much to offer the modern-day researcher. These archive materials were not only collected by scholars, but also by the ordinary rural populace interested in their own traditions, by performers and their audiences. With its myriad voices, this body of source material thus provides new avenues for the researcher seeking to penetrate popular thought. What does oral tradition tell us about the way its performers think and feel? What sorts of beliefs and ideas are transmitted in traditional songs and narratives? Perspectives from the study of mentalities and cultural cognition research provide a framework for investigating these issues. This collection of articles works from the premise that the cultural models which shape mentalities give rise to manifest expressions of culture, including folklore. These models also become embedded in the representations appearing in folklore, and are handed down from one generation to the next. The topics of the book cover age-old myths and world views, concepts of witchcraft and the Devil stretching back to the Middle Ages, and the values and collective emotions of Finnish and Hungarian agrarian communities.

*Origins, Changes, and Interactions : an International Conference in Lund, Sweden, June 3-7, 2004* Binkey Kok, Holland

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

*A Narrative Study of Vafþrúðnismál* Simon and Schuster

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

*The Remarkable History of the Norse Myths* Simon and Schuster

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

deities and spiritual beings and develop spirit-work relationships with them.

*Myth and Mentality* Routledge

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

**Stealing Fire from Heaven** Oxford University Press

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

[Trickster & The Thunder God](#) Three Little Sisters

Whether they focus on Thor's powerful hammer, the wailing Valkyrie, the palatial home of the gods - Asgard - or ravenous wolves and fierce elemental giants, the Norse myths are packed with rowdy incident. But at the centre of their cosmos stands a gnarled old ash tree, Yggdrasil, from which all distances and times are measured. When the old tree creaks, Ragnarok - the end of the world and of the gods themselves - is at hand. It is from this tree that Odin, father of the gods, hanged himself in search of the wisdom of the dead: a disturbing image of divine sacrifice far removed from the feasting and fighting of his otherworld home, Valhalla. And an image so problematic for thirteenth century Christians that they left it out when they wrote the myths down. From Asgard to Valhalla is the first book to show how and why the Norse myths have so powerfully resonated from era to era: from Viking-age stories of ice and fire to the epic poetry of Beowulf; and from Wagner's Ring to Marvel Comics' Mighty Thor. Heather

O'Donoghue, who is an expert on Old Norse culture, shows in what ways the Norse myths have impacted on the western mind, across the fields of literature, art, music and politics. She considers the wider contexts of Norse mythology, including its origins, medieval expression and reception in post-medieval societies right up to the present. From Asgard to Valhalla is a book that will intrigue and delight anyone who is keen to understand how the Norse myths have so profoundly shaped, and continue to shape, the western cultural heritage.

**Influences of Pre-Christian Mythology and Christianity on Old Norse Poetry** Penguin UK

The great Norse sagas are full of magic and heroic deeds. Odin's wanderings, Thor's hammer, the death of Bakkur, the vision of Ragnarok - tales which have been told since time immemorial - are given a fresh life in this version, written as one continuous exciting adventure story. With a brilliant introduction by Guardian Children's Fiction prize-winner, Michelle Paver. Puffin Classics contain additional endnotes for children including an author profile, a guide to who's who, activities and more.

**Norse Magic** Nordic Academic Press

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

**The Spiritual World of the Vikings and the Germanic Tribes** Walter de Gruyter

A remarkable array of people have been called shamans, while the phenomena identified as shamanism continues to proliferate. This second edition of the Historical Dictionary of Shamanism contains with examples from antiquity up to today, and from Siberia (where the term "shaman" originated) to Amazonia, South Africa, Chicago and many other places. Many claims about shamans and shamanism are contentious and all are worthy of discussion. In the most widespread understandings, terms seem to refer particularly to people who alter states of consciousness or enter trances in order to seek knowledge and help from powerful other-than-human persons, perhaps "spirits". But this says only a little about the artists, community leaders, spiritual healers or hucksters, travelers in alternative realities and so on to which the label "shaman" has been applied. This second edition contains a chronology, an introduction, and extensive bibliography. The dictionary contains over 500 cross-referenced dictionary entries on individuals, groups, practices and cultures that have been called "shamanic". This book is an excellent access point for students, researchers, and anyone wanting to know more about Shamanism.

*Cycles of Norse Mythology* Yale University Press

This book sets the notorious European witch trials in the widest and deepest possible perspective and traces the major historiographical developments of witchcraft

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