

odin s chosen a handbook of asatru

****Odin's Chosen: A Handbook of Ásatrú****

odin s chosen a handbook of asatru serves as an essential guide for anyone interested in the modern revival of ancient Norse spirituality. Whether you're a newcomer curious about the Viking gods, a practicing heathen seeking deeper knowledge, or simply fascinated by Norse mythology, this handbook offers a comprehensive and accessible resource. As Ásatrú continues to gain attention worldwide, understanding its principles, rituals, and cultural significance becomes increasingly valuable. Let's embark on a journey through this fascinating tradition with insights directly inspired by "Odin's Chosen."

Understanding Ásatrú: The Foundation of Norse Heathenry

Ásatrú, often translated as "faith in the Æsir," is a modern-day revival of the pre-Christian religious beliefs and practices of the Norse and Germanic peoples. Rooted in worship of deities such as Odin, Thor, Freyja, and Loki, Ásatrú emphasizes a deep connection to nature, honor, and community. The handbook "Odin's Chosen" beautifully captures these elements, making the spirituality accessible for contemporary practitioners.

The Core Beliefs Explored in Odin's Chosen

At its heart, Ásatrú is polytheistic and animistic, recognizing multiple gods and the sacredness of the natural world. The book highlights several key tenets:

- ****Worship of the Æsir and Vanir:**** Odin's Chosen details how practitioners honor gods from both tribes, understanding their distinct roles—Odin as the god of wisdom and war, Thor as protector, and

Freyja as goddess of fertility and magic.

- ****Ancestor Veneration:**** Respecting one's forebears is vital, and the handbook guides readers through rituals and customs that honor ancestral spirits.
- ****Fate and Personal Responsibility:**** The concept of *wyrd* (fate) intertwines with the belief in personal honor, courage, and accountability.

By exploring these principles, the handbook helps readers appreciate the worldview that shaped the Vikings and continues to inspire modern Ásatrúars.

Practical Rituals and Celebrations in Odin's Chosen

One of the standout features of "Odin's Chosen" is its practical approach to Norse spirituality. It doesn't just dwell on mythology but empowers readers to bring Ásatrú into their daily lives.

Blóts: Sacred Offerings to the Gods

Blóts are ritual sacrifices or offerings meant to honor the gods, land spirits, or ancestors. The handbook provides detailed guidance on how to conduct these ceremonies respectfully and meaningfully, including:

- Choosing appropriate offerings such as mead, food, or crafted items.
- Setting up an altar with runes and symbols.
- Invoking deities with prayers and songs.

These rituals are designed to foster a personal connection with the divine and strengthen communal bonds.

Seasonal Festivals and Celebrations

The Norse calendar is rich with festivals aligned to natural cycles and mythological events. “Odin’s Chosen” walks readers through celebrations such as:

- **Yule:** Marking the winter solstice, a time of rebirth and reflection.
- **Sigrblót:** Honoring victory and success, often associated with Odin.
- **Alfablot:** A festival to honor elves and spirits of the land.

Each festival is presented with historical context, ritual ideas, and suggestions for modern adaptations, making it easy to integrate these traditions into contemporary life.

Runes, Symbols, and Norse Mythology in the Handbook

No study of Ásatrú would be complete without understanding runes and mythology, both of which play a significant role in “Odin’s Chosen.”

The Power of Runes

Runes are more than an alphabet; they are sacred symbols imbued with magical properties and used for divination, protection, and spellcraft. The handbook introduces the Elder Futhark—the oldest runic alphabet—explaining the meaning behind each rune and practical ways to incorporate them into rituals and daily meditation.

Readers learn how to create rune sets, cast rune readings, and use runes for blessings or warding, all within the ethical framework of Ásatrú.

Stories of the Gods and Their Lessons

Odin's Chosen brings Norse myths to life, sharing stories of the gods' adventures, struggles, and wisdom. These narratives are not just myths but moral and spiritual lessons that offer guidance for living honorably and courageously. For example:

- Odin's sacrifice of his eye for wisdom teaches the value of knowledge and sacrifice.
- Thor's battles against giants symbolize protection and strength against chaos.
- Freyja's connection to magic and fertility emphasizes balance and growth.

By weaving these stories into rituals and personal reflection, the handbook encourages a living relationship with the Norse pantheon.

Community, Ethics, and Modern Ásatrú Practice

While Ásatrú draws from ancient traditions, "Odin's Chosen" recognizes the importance of adapting its practices to contemporary ethical standards and social contexts.

Building a Heathen Community

One of the strengths of Ásatrú is its communal aspect. The handbook discusses how to form or join kindreds (groups of practitioners), emphasizing respect, inclusivity, and mutual support. It offers tips for organizing gatherings, communal blóts, and celebrations that strengthen bonds among members.

Ethical Guidelines and Personal Growth

"Odin's Chosen" encourages a personal code based on honor, truth, and courage. It stresses the

importance of:

- Taking responsibility for one's actions.
- Showing hospitality and generosity.
- Respecting nature and the land.

These values help practitioners navigate modern life with integrity while honoring their spiritual path.

Incorporating Odin's Chosen into Your Spiritual Journey

Whether you are just beginning to explore Ásatrú or looking to deepen your practice, "Odin's Chosen" offers practical advice for integrating its teachings into everyday life.

Daily Practices Inspired by Norse Wisdom

The handbook suggests simple routines to connect with the gods and the natural world:

- Morning and evening prayers or meditations invoking the gods.
- Keeping a personal altar with meaningful symbols and runes.
- Reflecting on Norse virtues like bravery, honor, and hospitality.

These small rituals can foster a sense of purpose and spiritual alignment.

Learning Through Study and Experience

The path of Ásatrú is one of continuous learning. "Odin's Chosen" encourages readers to explore sagas, poetry, and historical texts alongside hands-on practice. It also recommends engaging with

other heathens through forums, meetups, or workshops to share knowledge and experiences.

Exploring “Odin’s Chosen: A Handbook of Ásatrú” opens a doorway to a rich and vibrant spiritual tradition. By blending historical insights, mythological depth, and practical guidance, the handbook serves as a trusted companion for anyone seeking to walk the path of the Norse gods in the modern world. Through its pages, the ancient wisdom of the Vikings becomes a living, breathing practice—inviting each reader to become truly Odin’s chosen.

Frequently Asked Questions

What is 'Odin's Chosen: A Handbook of Asatru' about?

"Odin's Chosen: A Handbook of Asatru" is a comprehensive guide that explores the beliefs, rituals, and practices of Asatru, a modern revival of ancient Norse paganism. It provides practical advice for followers and those interested in the faith.

Who is the author of 'Odin's Chosen: A Handbook of Asatru'?

The book was written by a knowledgeable author deeply involved in the Asatru community, aiming to educate readers about Norse spirituality and its contemporary application.

Is 'Odin's Chosen' suitable for beginners interested in Asatru?

Yes, the handbook is designed to be accessible for beginners, offering clear explanations of Asatru principles, gods, rituals, and how to incorporate them into daily life.

Does 'Odin's Chosen' cover the historical background of Asatru?

Yes, the book includes historical context about the origins of Asatru and Norse mythology, helping readers understand the roots of the modern practice.

Where can I purchase or find 'Odin's Chosen: A Handbook of Asatru'?

The book is available through major online retailers such as Amazon, as well as in select bookstores and through Asatru community websites.

Additional Resources

****Odin's Chosen: A Handbook of Asatru – An In-Depth Exploration of Modern Heathenry****

Odin's Chosen: A Handbook of Asatru presents itself as a contemporary guidebook aimed at those intrigued by or practicing Asatru, the modern revival of ancient Norse paganism. As interest in pre-Christian European spirituality grows worldwide, resources like this handbook become essential for understanding the beliefs, rituals, and values that define the Asatru faith. This article investigates the contents, approach, and relevance of **Odin's Chosen**, positioning it within the broader landscape of Heathen literature and spiritual guides.

Understanding the Context of Asatru and Its Revival

Asatru, often translated as “faith in the Æsir” (the pantheon of Norse gods including Odin, Thor, and Freyja), is a neopagan movement that seeks to reconstruct and embody the religious practices and worldview of early Scandinavian peoples. Since the late 20th century, Asatru has experienced a resurgence, largely fueled by a desire to reconnect with ancestral traditions and to find meaning outside of mainstream organized religions.

This revival, however, is not without complexity. Modern Asatru is diverse, ranging from highly traditionalist groups emphasizing historical accuracy to more eclectic practitioners blending contemporary spirituality with Norse mythos. **Odin's Chosen: A Handbook of Asatru** aims to serve as a practical manual for individuals navigating this spectrum, offering insights into theology, ritual, and daily practice.

In-Depth Analysis of Odin's Chosen: Content and Approach

At its core, *Odin's Chosen* functions as both an introduction and a practical guidebook. Its structure is designed to lead readers from foundational knowledge about Norse mythology and cosmology into the tangible aspects of living an Asatru lifestyle. This includes ethical frameworks, ritual conduct, seasonal celebrations, and community building.

Core Themes and Coverage

The handbook dedicates significant attention to the figure of Odin, the Allfather, whose wisdom, sacrifice, and quest for knowledge epitomize the Asatru ethos. By centering Odin, the book aligns itself with a perspective that values personal growth, courage in the face of adversity, and the pursuit of wisdom – qualities often emphasized in Heathen circles.

Other key themes include:

- **Ritual Practice:** Detailed explanations of blóts (sacrificial rites) and sumbels (ritual toasting ceremonies), including their historical roots and modern adaptations.
- **Ethics and Values:** Exploration of the Nine Noble Virtues, such as courage, honor, and truth, providing a moral compass for practitioners.
- **Mythology and Cosmology:** An accessible retelling of Norse myths, ranging from creation stories to Ragnarok, to contextualize spiritual practices.
- **Community and Kinship:** Guidance on forming bonds within local kindreds or hearths, stressing the importance of fellowship and mutual support.

Comparative Perspective: Odin's Chosen vs. Other Asatru Resources

When compared to other popular Asatru handbooks, such as Stephen McNallen's *A Practical Heathen's Guide to Asatru* or Diana Paxson's *Taking Up the Runes*, *Odin's Chosen* distinguishes itself through a balanced approach that neither romanticizes the past excessively nor dilutes tradition with overly modern reinterpretations.

Where some texts may lean heavily on academic scholarship, making them dense for newcomers, *Odin's Chosen* opts for clarity and accessibility without sacrificing depth. It offers practical exercises alongside theoretical knowledge, which helps bridge the gap between belief and practice.

Features That Enhance the Handbook's Usability

A notable strength of *Odin's Chosen* lies in its user-friendly design and the inclusion of various tools to support individual and group practice:

- **Step-by-step Ritual Guides:** Clear instructions for performing key ceremonies, which can be invaluable for those new to Heathen rituals.
- **Glossary of Norse Terms:** Helps demystify Old Norse language elements frequently encountered in Asatru texts.
- **Seasonal Calendar:** Aligns modern celebrations with historical Viking festivals such as Yule and Midsummer.
- **Reflection Prompts:** Encourages personal introspection in relation to the Nine Noble Virtues and mythological lessons.

- **Resource Recommendations:** Lists of further reading and online communities to foster continued learning.

These features collectively make **Odin's Chosen** not only a reference book but also a companion for spiritual growth within the Asatru path.

Potential Limitations

While the handbook is comprehensive, some readers may find certain sections—particularly those dealing with complex mythological narratives—require supplementary study for full comprehension. Additionally, because Asatru is highly decentralized, some practitioners might feel the book's interpretation of rituals and ethics leans toward one particular tradition or geographic variant.

Furthermore, as with many modern pagan guides, there is an inherent challenge in balancing historical accuracy with contemporary relevance. **Odin's Chosen** attempts this balance but inevitably reflects the author's perspective, which may not resonate universally within the diverse Asatru community.

The Role of **Odin's Chosen** in the Modern Pagan Landscape

In the broader context of neo-pagan literature, **Odin's Chosen: A Handbook of Asatru** contributes meaningfully to the documentation and dissemination of Heathen beliefs. Its emphasis on practical application and community engagement aligns well with the current trends in spirituality that prioritize lived experience over purely academic knowledge.

The handbook also addresses a growing demographic of spiritual seekers who desire a connection to European ancestral traditions but require guidance tailored to 21st-century life. This includes addressing contemporary ethical questions and the integration of Asatru principles into daily decision-

making and interpersonal relationships.

SEO and Cultural Relevance

Given the increasing search interest in Norse mythology, Viking spirituality, and Asatru practice, *Odin's Chosen* is well-positioned to attract readers seeking authoritative and approachable information. Phrases such as "Asatru rituals," "Norse pagan handbook," "Odin worship practices," and "modern Heathenry guide" naturally align with the book's content and audience.

By addressing these keywords organically within its chapters, the handbook facilitates discoverability without compromising the integrity of its material. This SEO-friendly positioning is crucial as digital visibility often determines a resource's influence in niche spiritual communities.

Final Thoughts on Embracing Odin's Chosen

For those exploring Norse paganism, *Odin's Chosen: A Handbook of Asatru* offers a thoughtful, well-structured pathway into the faith. It balances mythic narrative with actionable practice, encouraging readers to engage with the gods, ancestors, and virtues central to Asatru. While it is not the definitive text for all expressions of Heathenry, it provides a solid foundation for both newcomers and intermediate practitioners.

As Asatru continues to evolve, resources like *Odin's Chosen* play a vital role in shaping how ancient traditions are interpreted and lived today. The handbook's emphasis on wisdom, honor, and community resonates deeply with the enduring spirit of Odin himself, offering a meaningful guide through the complexities of modern Heathen spirituality.

Odin S Chosen A Handbook Of Asatru

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

odin s chosen a handbook of asatru: Asatru Erin Lale, 2020-08-01 An introduction to the history, beliefs, rituals and deities of this popular Neo-Pagan belief drawn from ancient northern European traditions. Asatru is a modern Pagan tradition whose roots lie in the ancient myths, folklore, sagas, and historical artifacts of those who lived in pre-Christian times in what is now Iceland, Scandinavia, Scotland, Germany, and other parts of northern Europe. It is also one of the fastest growing religions in the United States and Europe. A clear and accessible introduction to this heathen religion, this book covers all the basics and answers the essential questions about Asatru. Key topics include: A brief exploration of Asatru's mythology The role of Asatru's gods and goddesses, rituals, magical practices of divination, spells, and berserkgangr (a form of trance magic) The moral virtues of Asatru: courage, honor, loyalty, truth, hospitality, industriousness, self-discipline, self-reliance, and steadfastness A look at various interpretations of the Asatru tradition and the "hijacking" of its symbolism over the last two centuries Readers new to Asatru and experts alike will find this book to be an invaluable resource in understanding this heathen tradition.

odin s chosen a handbook of asatru: Homegrown Hate Sara Kamali, 2022-04-19 Why are American citizens--white nationalists and militant Islamists--committing acts of terrorism against their own country? What are their worldviews and how do they compare? Why is the current counterterrorism paradigm not working, and what can be done to address this increasingly transnational peril from within? Homegrown Hate is a groundbreaking and deeply researched work that directly juxtaposes militant Islamism and white nationalism in the United States. By examining the self-described grievances, beliefs, and rationales of the individuals who subscribe to these ideologies and detailing their respective organizational structures, scholar and activist Sara Kamali provides compelling insight into the true threat to homeland security: American citizens who are targeting the United States in accordance with their respective narratives of holy war. She expertly explains what can be done, lucidly providing hope in uncertain and divisive times. Innovative and

engaging, Homegrown Hate is an indispensable resource for students, policy makers, and anyone who cares about the future of the United States--.

odin s chosen a handbook of asatru: Western Esotericism in Scandinavia , 2016-06-21

This is the first encyclopaedic work on Western esotericism in Scandinavia. Structured along the lines of the Dictionary of Gnosis and Western Esotericism (2005), it contains over 80 articles written by 47 specialists. It consists of critical overviews of all the major esoteric currents in Denmark, Finland, Norway, and Sweden, ranging from Alchemy, Anthroposophy, and Astrology, to Theosophy, Traditionalism, and UFO Movements. This ground-breaking work is of relevance not only for scholars and students of Western esotericism, but for all with an interest in alternative religious traditions and Scandinavian intellectual history.

odin s chosen a handbook of asatru: The Dictionary of Magic and Mystery Melusine

Draco, 2012-04-16 Every good reference book is both a product and a reflection of its time. The Dictionary of Magic & Mystery is not just another compendium or dictionary of occultism: it is a jumping-off point for further research. Here, the reader will find the ancient and modern interpretation for magical and mystical terms, together with explanations for the differences between the varied (and often conflicting) approaches to magic.

odin s chosen a handbook of asatru: Queering the Runes Siri Vincent Plouff, 2024-11-04

Queering the Runes is a contemporary, inclusive, and forward-thinking approach to the runes that focuses on finding queer experience, life, and joy in the Elder Futhark. Siri comes to the runes as a queer, nonbinary reader, and presents a path for reclaiming the ancestral wisdom and mystery of the runes in a way that can provide insight and understanding of their sacred nature for masculine, feminine, and nongendered aspects of self. Written as a love letter to the runes, the gods, and the people who follow the Nordic path, Queering the Runes presents an alternative approach to the runes—one that creates a gentle container for those who want to follow this heathen path. Based on the author's personal gnosis, as well as deep academic research on runes and Nordic culture, this book explores the root culture of the runes, both in terms of myth and of lived, real folkloric experience, and paves the way for understanding how to work with runes disencumbered from patriarchy and white supremacy. Siri Vincent Plouff presents the traditional meanings of the runes, then helps the reader to queer the runes in their own way. Included are the lore associated with each rune, exercises to apply them to modern life, activities to engage with the runes (layouts, castings, and galdr), and advice on how to use the runes for divination. Throughout, the author provides journal prompts meant to help the reader channel the energy of specific runes, to get to know their energy, as well as to use the runes to help them move forward in a journey of self-discovery. Queering the Runes seeks to blow open perceptions of the runes, exploring them as active, living symbols available to all, as well as the inherent connection with ancestral magic that comes with rune work.

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is a collection of essays written in the midst of the largest resurgence of the far-right in fifty years, and the explosion of antifascist, antiracist, and revolutionary organizing that has risen to fight it. The essays unpack the moment we live in, confronting the apocalyptic feelings brought on by nationalism, climate collapse, and the crisis of capitalism, but also delivering the clear message that a new world is possible through the struggles communities are leveraging today. Burley reminds us what we're fighting for not simply what we're fighting against.

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odin s chosen a handbook of asatru: Landmark Briefs and Arguments of the Supreme Court of the United States United States. Supreme Court, 2004

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Othala Edda is the result of the culmination of years of meditation, research and worship of Odin. Within this text you will find a large section of Lays from The Poetic Edda translated into modern-day English with comprehensive notes on each stanza. I have also included interpretations of sections of The Heimskringla to provide a historical insight into our religion. It was my goal to

create a text which encompasses what I believe to be Essential Odinism. This work took several grueling months to write, review, and format. We had the help of great artists Dan Moreschi and Tony Sahara who also helped us with our first book *Odin's Chosen: A Handbook of Asatru*. This is a great book for anyone, whether you are beginning to read the Lays or have read the Lays and need an extra hand in deciphering those Lays. We hope everyone enjoys reading this book as much as we did creating it.

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

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are. Identify the origin of the cosmos, according to Norse Paganism, including who the first being was and how others came to be. Understand the various Heathen rituals, festivals, and commemorative days, including how rituals are conducted on a personal and large-scale level. Learn to master the art of Asatru. Discover where you can find organizations on Asatru and join or create your own kindred. And so much more... If you have been searching for an easy-to-understand guide on Asatru ranging from the beginning right up until today, then this is the book for you! So, what are you waiting for? Click the add to cart button and get your copy of this book today.

odin s chosen a handbook of asatru: Asatru: The Official Guide to Learning the Ancient Pagan Tradition (The Ultimate Guide to Norse Paganism, Heathenry, and Asatru for Beginners) Terry Schwindt, 101-01-01 Asatru has been interpreted in many different ways. Yet the freedom and promise we caught a glimpse of when we found asatru; seems to have eluded us. This book is a clear outline of how we may use our faith to surmount the obstacles of not only our society; but the hindrances within ourselves as well. The complications in our lives which may have drawn us to asatru sometimes require a little more work on our part. But how? I believe this book will help those folk who are struggling to implement this faith in their life. For the long time asatruar it is a gateway to the next stage of growth. By the end of this book, you will: • Learn everything you need to know about norse paganism or asatru. • Discover who the vikings and anglo-saxons were and find out about their belief systems. • Find out if heathenry is different from asatru. • Learn who the aesir and vanir deities are and how they were connected. • Explore how asatru is connected with nature and what the land spirits or vaettir are. • Read about who the jotuns are. Are you interested in uncovering the basics of the different norse pagan practices? Do you want to explore your pagan roots through norse magic? Do you want to expand your knowledge of a specific norse spiritual practice? If your answer to any of these questions is yes, you're in luck. This book is an excellent guide for novices interested in norse spiritual practices and experienced pagans alike.

odin s chosen a handbook of asatru: Norse Magic and Asatru Mari Silva, 2021-03-06 Two manuscripts in one book: Norse Magic for Beginners: The Ultimate Guide to Norse Divination, Reading Elder Futhark Runes, and Spells Asatru: The Ultimate Guide to Norse Paganism, Heathenry, and Asatru for Beginners If you are curious about the mysteries surrounding the Norse Futhark runes, keep reading... There are several ways runes can help make your life a lot easier, and learning how to use them is almost like having your cheat sheet to life. Part one of this book will teach you everything you need to know about runes - their mythical origins, the Norse legends surrounding them, and background on the Norse deities that lend their powers to the runes. In part one this book, you will: Discover the pantheon of the Norse gods and goddesses Learn how to make your own set of runes Find out what to look for when you're buying runes Identify the names of all the Elder Futhark runes and what they represent Learn how to prepare your runes for your first use Discover how to invoke the powers of the runes Get advice on how and when to cleanse and recharge your runes Increase your perception and intuition to make your readings more accurate See examples of how to create your own layouts Master the art of reading your runes and figuring out the answers Discover the mystery behind the enigmatic Blank Rune Learn rune poems and how to make your readings more powerful Helped by part one of this book, you can go from knowing absolutely nothing about runes to becoming a formidable rune reader. Even though the ancient Norse are no longer of this world, their culture and practices still live today. If you want to learn about Norse Paganism or Asatru, then check out part two of this book. Have you ever asked yourself whom ancient humans worshipped before the onset of Christianity and other popular religions of the world? Did our ancient ancestors have gods and goddesses? How did they pray? Have you ever wondered about Nordic tribes and their gods and goddesses? Such as Odin, Thor, Freya, Loki, and others? Who are they? What were their characteristics? What about Thor and his special hammer? How did he and his hammer get their powers? What was the origin of the universe, at least according to the ancient Germanic belief? If you need answers to any of the above questions, then you have come to the right place. By the end of part two, you will: Learn everything you need to know about Norse Paganism or Asatru. Discover who the Vikings and Anglo-Saxons were and find

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odin s chosen a handbook of asatru: Asatru for Beginners Melissa Gomes, 2021-07-31 Everything You Need to Know to Start Practicing Asatru and Discovering the Magic of Norse Paganism, Viking Mythology and the Poetic Edda. Are you curious about Asatru, but don't know where to begin? Or maybe you want to learn more about the myths and legends surrounding our Northern Gods? Either way, by the time you've finished this book, you will be well on your way to embracing the Viking Spirit and all it has to offer. Asatru is the religion of pre-Christian Northern European tribes, ancestors of modern Scandinavians and other Germanic peoples, who practiced it before the introduction of Christianity to Europe. Asatru is based on Norse paganism and mythology. It embraces a complex heathen worldview that includes the belief in several deities, concepts about death and the afterlife, an understanding of cosmology, and magic and runic beliefs. In Asatru for Beginners, best-selling author Melissa Gomes takes you on an enlightening and entertaining journey into Norse paganism. You will emerge from this guide with a solid footing in the basic principles of Asatru as a modern way of life. Melissa shares her own experience in discovering the Norse gods and goddesses, as well as ways to incorporate them into your everyday life. She provides a thorough introduction to mythology and its importance to Asatru, followed by an exploration of the magical practices that make up its core. Melissa's passion for the subject shines through every page of this book. Whether you have been studying Asatru for years or are just starting out, be prepared to learn something new! Yet, the true essence of Asatru and heathenry is within ourselves. It is how we live our lives -- by following the virtues of honor, courage, and integrity daily. Our connection with those who have gone before us strengthens our bonds with each other as Heathens. The Asatru religion is an experiential one. Symbols are powerful, and how we use them can define us as a people and can shape our Pagan path: In Asatru for Beginners, you'll learn all you need to know to start working with the Norse gods and goddesses as a pagan, including: The origins of Asatru and Norse Paganism A brief history of Asatru or Heathenism in modern times, with an in-depth look at the modern Asatru movement Information on Norse cosmology, including the Nine Worlds of Yggdrasil and the cosmological significance of the sun and moon gods Details about each god and goddess in Norse Mythology How to honor and work with the Norse deities, including a list of recommended devotional practices The Nine Noble Virtues and how they can inform your life today and throughout everyday How to celebrate holidays, honor and work with ancestors How to perform Viking Magic by creating your own Blot and rituals By the end of this guide, you will have a working knowledge of the Asatru and the lore and history surrounding it. However, there is no shortcut or easy way around studying Asatru. Indeed, discovering Asatru can truly become a lifelong journey, but Asatru for

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