

The Ásatrú Edda

Study Guide

The Norroena Society

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Vocabulary Exercise

No doubt, the most difficult aspect of reading and studying The Ásatrú Edda is the use of Old Norse and other foreign terms that pre-dominate the text. While this usage was completely necessary in compiling the work, it is understood that this can create a challenge for those seeking to make sense of our lore. For this reason, the student of our faith is encouraged to begin your investigations with an in-depth look at the terms in the glossary, which was produced to aid in overcoming this challenge. There are hundreds of terms to be found here, but if you take it one step at a time, you can master these words in no time. Soon they can become an integral part of your vocabulary, and you will begin reading them as if they were your own native tongue.

This exercise is a daily practice divided into three sections, namely: Memorization, Pronunciation, and Application. By copying, speaking, and producing sentences with these words, they are gradually ingrained into your personal lexicon. By taking just a few minutes out of your day, you can begin an endeavor in studying our lore, which can truly enrich your life as a religious person.

1. Memorization

We begin by taking nine terms each day to focus on, starting with the first nine in the ‘A’ section of the glossary. They are as follows:

1. Aðal
2. Aðils
3. Æfinrúnar
4. Ægir
5. Ægishjalmr
6. Æpir
7. Æsir
8. Æti
9. Ætt

Take each word, one at a time, and write it out nine times, then copy down everything on the word seen in the glossary of The Ásatrú Edda: the word, pronunciation, etymology, and definition. You might want to do this several times to aid in the memorization process, or you can record your own voice reading them aloud and listen to this repeatedly throughout the day. Make sure it is your own voice, as research suggests that it helps download information into your brain and retain it. Remember to focus only on these nine terms for today, no matter which method you use. Tomorrow, you will move on to the next nine, then the next, until you have worked through the entire glossary. The nine not only represent a holy number in our faith, but will also allow you to digest our sacred etymology one small piece at a time.

2. Pronunciation

Next, we focus on pronunciation of each word. You can work through these practices one section at a time, or one word at a time, whatever works best for you. Being able to pronounce the term correctly aids in understanding it and integrating it into your vocabulary. Use both the pronunciation guide at the beginning of the glossary, as well as those found in parentheses next to each entry, such as Aðal (A-thal). Sound the word out loud over and over until you are confident that you are speaking it correctly, working through your daily list while doing so. You will also want to find the word in a sentence (see below), then read that sentence out loud several times as it is applied. We can connect this to the above where we recorded our own voices in reading the entries in the glossary, which would obviously benefit from our practice here. You can then record your own voice pronouncing the term repeatedly.

3. Application

Finally, you want to apply each word by using it in a sentence that is in direct context with how it is used in The Ásatrú Edda. Do not confuse yourself or avoid the work by putting down the term in just any sentence, for the point is to understand these entries by how they fit into the lore, not just to gain a better understanding of Teutonic languages. Again, we look at the first entry, Aðal, as an example. We see that his name is mentioned in passage XX.83 and that he is one of Jarl's sons with Erna-Drótt, and is a brother of Konr. In looking at all of this information, you could write:

“Aðal swam and played Tafl when Rígr came among men.”

Coming up with sentences like this will not only go far in helping you to build your religious vocabulary, it can also act as your personal research project in studying the lore. As stated above, these sentences can be used in helping you with both pronunciation *and* memorization.

As it stands, there are approximately 1,581 terms in the glossary, so if you focus on nine of them each day, you will have gained a thorough understanding of these sacred words within about five months. The more work you put into learning the lore of The Ásatrú Edda, the more you will get out of it. Sacrificing a little bit of time each day for five months can begin a lifetime of enlightenment and inspiration as you grow in the lore of our Goðin. You only need to take the first step.

Decoding the Kennings

It has been made clear that the study of The Ásatrú Edda is a vital part of the spiritual experience of our lore. We feel that the more we understand their stories, the closer we will be to our Goðin. While independent investigation is encouraged for the reader, we do realize that certain passages in the text are extremely difficult to comprehend. These passages contain the skaldic verses in their original forms, though translated into English. The idea behind The Ásatrú Edda was to create a sacred text for our faith using as much of the original sources as possible, so the appearance of these verses was quite necessary. However, because they can make for a very difficult read, we here present these passages side-by-side with plain English interpretations to aid you in your studies. To further help in this endeavor, Old Norse terms in the original are here either translated or Anglicized.

Passage	Original	Interpretation
<u>XII.8</u>	Þundr-Ífing roars, Þjóðvitnir's [Heimdallr's] fish [Bifröst] rests in the flood.	The wind blows, Bifrost stands in the sky.
<u>XV.3</u>	But sea-crest-Sleipnir [ship], spray-driven, tears his breast, covered with red-paint, out of white Rán-Gullveig's mouth.	The red ship is destroyed in the violent sea.
<u>XXIII.3</u>	Broad ground, wrapped round by the deadly-cold ormr [Jörmungandr], lies beneath the spruce [man] of holm-fetters [Jörmungandr's] path [gold, hence the sea].	The earth, encircled by Jormungand, lies beneath the sea.
<u>XXXII.3</u>	The father [Loki] of the sea-thread [Miðgarðsormr] set about urging the feller [Þórr] of the life-net of the Goðar of the flight-ledges [Jötnar] to leave home. Loptr-Loki was a mighty liar. The deceitful mind-teaser [Loki] of the war-thunder's Gautr [Þórr] declared that green paths led towards Geirröðr's wall-horse [house].	Loki urged Thor to leave home. Loki was a mighty liar. Loki said that it was an easy road to Geirrod's house.
<u>XXXII.4</u>	The brave Þórr did not need to be asked often by the vulture-path [Loki] to make their journey; they were eager to oppress Þorn-Ymir's descendants [Jötnar], where the tamer of Gandvík's [Élivágar's] girdle [Þórr], mightier than the Skotar of Iði-Slagfinnr's dwelling [Jötnar], again set forth from Þriði's [Valhöll] towards Ymsi's kindred [Jötnar].	Thor did not have to be asked often by Loki to make the journey; they were eager to fight the Giants, where Thor, mightier than the Giants, again set forth from Valhall to Jotunheim.
<u>XXXII.5</u>	Rögnir of the battle [Þjalfi] was quicker to join the swift mover of armies [Þórr] on the expedition	Thjalfi was quicker to join Thor on the expedition than Loki. I recite

	than the arm-burden [Loki] of the Dís of Seiðr [Gullveig]. I recite Grímnir's [Óðinn's] lip-streams [poetry]. The maiden-betrayer of the halls of the shrill-crier [Þórr] stretched the palms of the soles [feet] onto Endill-Egill's moor [Elivágar].	poetry. Thor stepped up to the Elivagar.
<u>XXXII.6</u>	And the battle-Vanir walked, until the prime diminisher [Þórr] of the maidens [Gýgur] of the enemy of the Fríðr of the heaven-shield reached Gangr's [Ymir's] blood [the river], when the agile, quick-tempered averter of Loki's mischief [Þórr] wished to oppose the bride [Gjalp] of the sedge-buck's kinsmen.	And the warriors walked, until Thor reached the river, when Thor wished to fight the giants.
<u>XXXII.7</u>	And the honor decreaser [Þórr] of the Nanna of the pommel of the sea [Gýgr] crossed on foot the icy, swollen streams, which tumble around the lynx's ocean. The furious scatterer [Þórr] of the scree-villain [Jötun] made fast progress over the broad way of the stick-path [river], where mighty streams spewed poison.	And Thor crossed the Elivagar on foot. Thor moved quickly over the river, where mighty streams spewed poison.
<u>XXXII.8</u>	There they pushed shooting-serpents [spears] into the net-forest [river] against the loud wind of the forest [current]. The slippery, round bones [rocks] did not sleep. The banging files [spears] jangled against the pebbles, while the mountain's falling-roar [cascade] rushed, beaten by an ice-storm, along Feðja's [the river's] anvil [rock].	There they pushed their spears into the river against the current. The rocks rattled. The spears jangled against the pebbles while the cascade rushed, beaten by an ice-storm, along the river's rock.
<u>XXXII.11</u>	The promoter [warrior] of the whetstone land [battlefield] let the mighty swollen ones [waves] fall over him. The man [Þjalfi], who benefited from the girdle of might [Megingjarðar], knew no better course of action. The diminisher [Þórr] of Mörn's children [Jötnar] threatened that his power shall grow unto the hall's roof [heaven], unless the gushing blood [water] of Þorn-Ymir's neck would diminish.	The warrior let the waves fall over him. Thjalfi, who benefited from the belt of might, knew no better course of action. Thor threatened to grow as tall as the sky, unless the waters would diminish.
<u>XXXII.12</u>	The glorious, battle-wise warriors, oath-sworn Víkingar [Einherjar] of Gautr-Óðinn's dwelling [Valhöll], waded hard, while the sword-fen [river] flowed. The wave of the earth's snow-dune [river], blown by the tempest, rushed forcefully at the increaser [Þórr] of the room-dwellers [Jötnar] of the land of the ridge [mountain], until Þjalfi, accompanying the friend of men [Þórr], flew into the air of his own accord onto the sky-lord's [Þórr's] shield-strap [shoulders]-- that was a great feat of strength! The widows [Gýgur] of the Mímir of mischief [Jötun] caused a violent stream, strident with steel. Gríðr's toppler [Þórr] carried the battle-tree [Þjalfi] across the bumpy land of	The Einherjar waded hard while the river flowed. The river, blown by the tempest, rushed forcefully at Thor, until Thjalfi, accompanying Thor, flew into the air of his own accord – that was a great feat of strength! The Giantesses caused a violent stream, strident with steel. Thor carried Thjalfi across the river.

	the porpoise [the river].	
<u>XXXII.13</u>	The deep-acorns of hostility [hearts] of the men, who firmly opposed disgrace, did not miss a beat at the surge of the current of Glammi's haunt [the river]. The brave son of the isthmus [Þórr] was not threatened by the terror of the fjord-trees [the river]; Þórr's valor-stone [heart] did not tremble from fear, and neither did Þjalfi's.	The hearts of the men, who firmly opposed disgrace, did not miss a beat at the river. Thor was not threatened by the river; Thor's heart did not tremble from fear, and neither did Thjalfi's.
<u>XXXII.17</u>	A flock of the cliff-foes [Jötnar] of the shield [Æsir] of the ever-burning fire made a din of the sword's hoard [battle] against the tighteners of Gleipnir [Æsir], before the crossers of the deep, the destroyers [Þórr and Þjalfi] of the nation of the sea-shore [Jötunheimr], were able to conduct the bowl [helmet]-play of the hair-parting of Heðinn [battle, Heðinn= Höðr], against the kin-Bretar of the cave [Geirröðr].	A horde of Giants made battle against the Aesir, before Thor and Thjalfi were able to strike Geirrod's kinsmen.
<u>XXXII.18</u>	The skerry-nation of the cold wave of the foe-Svíþjóð [Jötnar] fled, and hurried into their sanctuary, accompanied by the crusher [Þórr] of the ness-people [Jötnar]. The Danir of the flood-rib of the outlying sanctuary [Jötnar] admitted defeat, when the kinsmen [warriors] of Jólnir-Óðinn's fire-shaker stood resolutely.	The Giants fled, and hurried into their sanctuary, followed by Thor. The Giants admitted defeat, when the warriors stood resolutely.
<u>XXXII.19</u>	When the warriors, endowed with minds of valor, entered the house of Þorn [the cave, Þorn= Ymir, hence Jötun], there was a great din among the Kumrar of the cave of the circular wall [Jötnar].	When the warriors, endowed with minds of valor, entered the cave, there was a great din among the Giants.
<u>XXXII.19</u>	The peace-reluctant slayer [Þórr] of the reindeer of the Listar of the peak [Jötnar] was put in a fix there, on the dire, grim hat of the brow-moon [head] against the rafters of the rock-hall [cave], Þórr pushed Gríðarvölur up into the rafters and pressed himself down hard on the seat.	Thor was put in a fix there, with his head against the rafters of the cave, Thor pushed Gridarvol up into the rafters and pressed himself down hard on the seat.
<u>XXXII.19</u>	Under the seat it had been Geirröðr's daughters Gjalp and Greip, and they were crushed against the rocks of the plain [floor] of the rock-hall [cave]. The hull-controller of the hovering chariot of the thunderstorm [Þórr] broke the ancient keel of the laughter ship [backs] of both cave-maidens [Gýgur].	Under the seat it had been Geirrod's daughters Gjalp and Greip, and they were crushed against the floor of the cave. Thor broke the backs of both Giantesses.
<u>XXXII.20</u>	Jörð-Frigga's son [Þórr] taught an unusual lesson, but the men of the lair of the land of the fjord-apple [Jötnar] did not cease their ale-feast.	Thor taught an usual lesson, but the Giants did not cease their ale-feast.
<u>XXXII.20</u>	The oppressor [Þórr] of the kinfolk of evening-running women [Jötnar] opened wide the mouth of his arm [hand] at the heavy, red morsel of the tongs' seaweed [the molten lump]. With his iron	Thor opened his hand to catch the molten lump. With his iron gauntlets, Thor caught the lump in the air with his hands, after Geirrod

	gauntlets Þórr, the swift hastener of battle, Þröng-Freyja's old friend, greedily drank [caught] the raised drink of the molten lump in the air with the swift mouths of his hands [palms], when the hissing cinder took flight from the hostile breast of the grip [hand] of the ardent lover [Geirröðr] of Hrímnir's maiden [Gullveig], towards the one who strongly misses Þrúðr [Þórr].	had thrown it at him.
<u>XXXII.20</u>	The hall of Þrasir-Geirröðr shook, when Heiðrekr-Geirröðr's broad head was brought underneath the ancient leg of the wall of the floor-bear [pillar]. The splendid stepfather of Ullr [Þórr] struck the harmful brooch [the molten lump] with great force down through the middle of the girdle of the villain [Geirröðr] of the tooth [rock] of the way of the fishing line [river].	Geirrod's hall shook, when Geirrod's broad head was brought underneath the pillar. Thor struck Geirrod down through the middle with the molten lump.
<u>XXXII.21</u>	The furious one [Þórr] slaughtered the descendants of Glaumr [Jötnar] with his bloody hammer [Mjöllnir]. The slayer [Þórr] of the frequent visitor of the hall of the stone-Dís [Jötun] was victorious. Lack of Þjalfi's support did not hamper the pole of the bow, Goð of the chariot [Þórr], who inflicted grief upon the Jötun's bench-mates.	Thor slaughtered the Giants with Mjollnir. Thor was victorious. Lack of Thjalfi's help did not hamper Thor, who inflicted grief upon the Giant's bench-mates.
<u>XXXII.22</u>	The worshipped Hel-striker [Þórr], with the Álfir [Þjalfi], slew the wood-calves of the subterranean refuge from Álfheimr's gleam [Jötnar] with the easy crusher [Mjöllnir]. The Rygar of the Listar of the falcon-lair [Jötnar] were unable to harm the firmly supportive shortener [Þjalfi] of the lifespan of the men of the rock-king [Jötnar].	Thor, with Thjalfi, slew the Giants with Mjollnir. The Giants were unable to harm Thjalfi.
<u>XXXII.23</u>	Well have you, cleaver apart of Þrivaldi's nine heads [Þórr] held back your steed with the notorious Jötun-feast drinker [Geirröðr].	Well have you, Thor, held back your steed with Geirrod.
<u>XXXVI.9</u>	The terror of Jötnar [Þórr] made a visit to the mound of Grjótún [Grjótúnagarðar]. The son of Jörð-Frigga [Þórr] drove to the game of iron [battle] and Máni's path thundered beneath him. Wrath swelled in Meili-Baldr's brother [Þórr].	Thor made a visit to Grjotunagard. Thor drove to the battle and the moon's path thundered beneath him. Wrath swelled in Thor.
<u>XXXVI.10</u>	All the hawks' sanctuaries [skies] found themselves burning because of Ullr's stepfather [Þórr], and the ground all low was battered with hail, when the goats drew the temple-power of the easy chariot [Þórr] forward to the encounter with Hrungrnir. Svölnir-Óðinn's widow [Frigga-Jörð, i.e. the Earth] practically split apart.	All the skies burned because of Thor, and the ground all low was battered with hail, when the goats drew Thor forward to the encounter with Hrungrnir. The earth practically split apart.
<u>XXXVI.11</u>	Baldr's brother [Þórr] did not spare there the greedy enemy of men [Hrungrnir]. Mountains	Thor did not spare Hrungrnir. Mountains shook and rocks

	shook and rocks smashed; heaven burned above. I have heard that the watcher [Hrungnir] of the dark bone [rock] of the land [sea] of Haki's carriages [ships] moved violently in opposition when he saw his warlike slayer.	smashed; heaven burned above. I have heard that Hrungnir moved violently in opposition where he saw his warlike slayer.
<u>XXXVI.12</u>	Hrungnir saw Þórr in his divine rage. Swiftly flew the pale ring-ice [shield] beneath the soles of the rock-guarder [Jötun]. The Bonds [Goðin] caused this, the ladies of the fray [Valkyrjur] wished it. The rock-gentleman [Hrungnir] did not have to wait long after that for a swift blow from the tough multitude-smashing friend [Þórr] of hammer-face-troll [Mjölnir].	Hrungnir saw Thor in his divine rage. The shield quickly went under the Giant's feet. The Gods caused this, the Valkyries wished it. Hrungnir did not have to wait long after that for a swift blow from Thor.
<u>XXXVI.13</u>	And the hard fragment of the whetstone of the visitor [Hrungnir] of the woman of Vingnir's people [Jötnar] whizzed at ground's [Frigga-Jörð's] son [Þórr] into his brain-ridge [head], so that the steel-pumice, still stuck in Óðinn's boy's [Þórr's] skull, stood there spattered with Eindriði-Þórr's blood.	And the hard fragment of the whetstone of Hrungnir whizzed at Thor into his head, so that the steel-pumice, still stuck in Thor's skull, stood there spattered with Thor's blood.
<u>XXXVI.14</u>	The life-spoiler [Þórr] of Beli's bale-troops [Jötnar] made the bear [Jötun] of the noisy storms' secret refuge [mountain fastness] fall on the shield-islet. There sank down the gully-land [mountain] prince [Jötun] before the tough hammer and the rock-Danr-breaker [Þórr] forced back the mighty defiant one.	Thor made the Giant fall on the shield-islet. There sank down the Giant before Thor forced back the mighty defiant one.
<u>XXXVI.15</u>	Röskva's brother [Þjalfi] stood enraged, Magni's father [Þórr] had struck a victorious blow. Neither Þórr nor Þjalfi's power-stone [heart] shakes with terror.	Thjalfi stood enraged, Thor had struck a victorious blow. Neither Thor nor Thjalfi's heart shakes with terror.
<u>XXXVI.19</u>	Ölgefnun [Gróa] began to enchant the red boaster of being rust's bale [whetstone] from the inclined slopes [head] of the wound-giving Goð's [Þórr's] hair.	Groa began to enchant the whetstone from Thor's head.
<u>XL.6</u>	The lady-wolf [Völundr] flew noisily to meet the commanders of the crew [Goðar] no short time ago in an old-one's [eagle's] form.	Long ago, Volund flew noisily to meet the Gods in an eagle's form.
<u>XL.6</u>	The Mountain-Týr [Völundr] of Byrgis Árgefn [Íðunn] was not found guilty of cowardice.	Volund was not found guilty of cowardice.
<u>XL.9</u>	They agreed to this. The mountain-wolf [Völundr] asked Step-Meili [Hœnir] to share out to him his fill from the holy table. The raven-Goð's [Óðinn's] friend [Loki] had to blow on the fire. Then the eagle glided down from the tree and landed on the oven. The Rögnir [Völundr] of the winged cars [feather-guises] of land-whales [Jötnar] let himself drop down where the guileless defenders of the Goðin were sitting. The gracious	They agreed to this. Volund asked Hoenir to share out to him his fill from the holy table. Loki had to blow on the fire. Then the eagle glided down from the tree and landed on the oven. Odin bade Loki quickly share the reindeer among the fellows. But Volund snatched up four reindeer parts from the place

	lord of earth [Óðinn] bade Farbauti's son [Loki] quickly share the bow-string Vár's [Skaði's] whale [reindeer] among the fellows. But the cunning, unyielding opponent of Æsir thereupon snatched up four reindeer-parts from the place for a spread feast. The first thing he did was eat the reindeer's two thighs and both of its shoulders. And the hungry father of swords [Völundr] was then eating the yoke-bear horribly at the roots of the oak-- that was long ago. This angered Loki, who picked up a large pole and swung with all his strength. The deep-minded war-booty withholding Goð [Loki] struck the mightiest enemy of earth [Völundr] down between the shoulder with the pole.	for a spread feast. The first thing he did was eat the reindeer's two thighs and both of its shoulders. And Volund was then eating the reindeer at the roots of the oak – that was long ago. This angered Loki, who picked up a large pole and swung with all his strength. Loki struck Volund down between the shoulder with the pole.
<u>XL.10</u>	So the burden of Sigyn's arms [Loki], whom all the Powers eye in his bonds, got stuck to the Öndurgoð's [Skaði's] fosterer [Völundr]. The pole clung to the powerful hunter of Jötunheimr [Völundr], and the hand of Hœnir's good friend [Loki] to the end of the rod.	So Loki got stuck to Volund. The pole clung to Volund, and Loki's hand to the end of the rod.
<u>XL.11</u>	The bird of blood [eagle], happy with its booty, flew a long distance with the wise Goð [Loki], so that the wolf's father [Loki] was about to rip in two. Then Þórr's friend [Völundr] tired out, for Loptr-Loki was heavy-- he who journeyed with Miðjungir's [Völundr's] mate [Iðunn, hence Loki], could now sue for peace.	Volund, happy with his booty, flew a long distance with Loki, so that Loki was about to rip in two. Then Volund tired out, for Loki was heavy – Loki could now sue for peace.
<u>XL.11</u>	The scion of Hymir's race [Völundr, who joins the Jötnar] instructed the crew-guider [Loki], crazy with pain, to bring him the maid who possessed the Ellilýf Ása [Iðunn].	Volund instructed Loki, crazy with pain, to bring him Idun.
<u>LII.49</u>	And this they confirmed with oaths to each other. The battle-strengtheners [Höðr] engages himself to Hildr, the ring is broken as a gift. The ruler of the host [Höðr] moves under Högni's daughter's [Hildr's] tent. Höðr's beloved [Hildr] prepares a bed for most helmet-harmers [warriors]. The lady [Hildr] of the Hjaðningar [Höðr's followers] receives a mundr, a sword famous for slaying.	And this they confirmed with oaths to each other. Hod engages himself to Hild, the ring is broken as a gift. Hod moves under Hild's tent. Hild prepares a bed for most warriors. Hild of Hod's followers receives a dowry, a sword famous for slaying.
<u>LV.2</u>	They found Ölgefn-Iðunn's flowing corpse-sea [blood] hound [wolf, thief, i.e. Loki] and bound the thief, that tree of deceit who had led Ölgefn-Iðunn off.	They found Loki and bound the thief, the liar who had led Idun off.
<u>LV.3</u>	The trier of Hœnir's mind [Loki] tricked back the Æsir's girlfriend [Iðunn] with the help of a hawk's flight-skin.	Loki tricked back Idun with the help of a falcon-guise.
<u>LV.4</u>	With deceitful mind the father of swords, the Reginn of the motion of the feather-leaf	With deceitful mind Volund directed the storm-wind against

	[Völundr], directed the storm-wind against the hawk's offspring [Loki in falcon-guise].	Loki in falcon-guise.
<u>LV.5</u>	The son [Völundr] of Greppr's wooer [Ívaldi] is scorched.	Volund is scorched.
<u>LVI.7</u>	Splendid Heimdallr rode to the pyre raised by Goðar for the fallen son [Baldr] of the strangely wise raven-tester [Óðinn], on his horse, Gulltoppr.	Splendid Heimdall rode to the pyre raised by Gods for Balder, on his horse, Gulltopp.
<u>LXXI.38</u>	Corpse-dew [blood] flowed over the benches with the attack-Álfr's [warrior's, Guðormr's] blood on the floor where severed arms and legs could be recognized. Men's ale-giver [king, Guðormr] fell headfirst into the pool mixed with gore.	Blood flowed over the benches with Gudorm's blood on the floor where severed arms and legs could be recognized. Gudorm fell head first into the pool mixed with gore.
<u>LXXI.47</u>	Very soon, Hamðir and Sörli came to be struck by everyone at once with Hergautr-Oðinn's woman-friend's [Jörð-Frigga's, earth's] hard shoulder lumps [stones].	Very soon, Hamdir and Sorli came to be struck at once with stones.
<u>LXXIV.10</u>	Renowned defender [Heimdallr] of the Powers' way [Bifröst], kind of counsel, competed with Farbauti's terribly sly son [Loki] at Singasteinn. The son of eight mothers plus one, mighty of mood, was first to get hold of the fair sea-kidney [Brisingamen]. I announce it in strands of praise.	Heimdall, kind of counsel, competed with Loki at Singasteinn. Heimdall, mighty of mood, was first to get hold of Brisingamen. I announce it with poetry.
<u>LXXVI.17</u>	Véurr-Þórr said that he would row on the sea, if the bold Jötun would supply him with bait: "Go to the herd, if you trust in your courage, crusher [Þórr] of rock-dwellers [Jötnar]. I expect that you will easily obtain bait from an ox."	Thor said that he would row on the sea, if the bold Giant would supply him with bait: "Go to the herd, if you trust in your courage, Thor. I expect that you will easily obtain bait form an ox."
<u>LXXVI.17</u>	The bane of Þursar [Þórr] broke from the beast the high fortress of his two horns [his head], and took it with him down to the sea.	Thor broke the head from the beast, and took it with him down to the sea.
<u>LXXVI.18</u>	The lord of goats [Þórr] told the apes' kinsman [Hymir] to steer the steed of the rollers [boat] out further, for Þórr wanted to keep on rowing, and so he did.	Thor told Hymir to steer the boat on further, for Thor wanted to keep on rowing, and so he did.
<u>LXXVI.20</u>	Viðrir-Óðinn's heir's [Þórr's] line lay by no means slack on Eynæfir's ski [boat] when Jörmungandr uncoiled on the sand.	Thor's line lay by no means slack on the boat when Jormungand uncoiled on the sand.
<u>LXXVI.20</u>	The encircler of all lands [Jörmungandr] and Jörð-Frigga's son [Þórr] became violent. The son [Þórr] of the father of mankind [Óðinn] was determined to test his strength against the water-soaked earth-band [Jörmungandr].	Jormungand and Thor became violent. Thor was determined to test his strength against Jormungand.
<u>LXXVI.20</u>	Þrúðr's father [Þórr] looked with piercing eyes on steep-way's [land's] ring [Jörmungandr], until the redfish's dwelling [sea] surged over the boat. And the ugly ring [Jörmungandr], of the side-oared ship's road [sea] stared up spitefully at Hrungrnir's skull-splitter [Þórr].	Thor looked with piercing eyes on Jormungand, until the sea surged over the boat. And Jormungand of the sea stared up spitefully at Thor.

<u>LXXVI.21</u>	Just at that instant, Öflugbarði's terrifier [Þórr] grabbed his hammer with his right hand and raised it into the air when he recognized the coalfish that bounds all lands [Jörmungandr].	Just at that instant, Thor grabbed his hammer with his right hand and raised it into the air when he recognized Jormungand.
<u>LXXVI.22</u>	The breeze-sender [Jötun, Hymir] who cut the thin string [fishing-line] of gulls' Mæri [the sea] for Þórr, did not want to lift the twisted bay-menacer [Jörmungandr]. But the Ásagoð swung with his hammer and struck the foul head's summit, like a towering rock, of the wolf's [Fenrir's] own brother [Jörmungandr]. Viðgymnir of Vimur's ford [Þórr] struck the ear-bed [head] of the shining ormr [Jörmungandr] by the waves. The icebergs resounded, the caverns howled, all the old earth was shaken; at length the fish [Jörmungandr] sank back into the ocean, only to return at Ragnarök.	Hymir, who cut the fishing-line for Thor, did not want to lift Jormungand. But Thor swung with his hammer and struck the foul head's summit, like a towering rock, of Jormungand. Thor struck the head of Jormungand by the waves. The icebergs resounded, the caverns howled, all the old earth was shaken; at length Jormungand sank back into the ocean, only to return at Ragnarok.
<u>LXXVI.23</u>	The most mighty fell-Gautr's [Jötun's] feller [Þórr] made his fist crash on the reed-bed-bone [rock] frequenter's [Jötun's, Hymir's] ear. A mighty hurt was that.	Thor made his fist crash on Hymir's ear. A mighty hurt was that.

Study Questions

Introduction

Our ancient Indo-European cousins, the Hindus, had what they believed to be the three most sacred duties for every worshipper. These were: religious study, sacrifice, and continuing the family. We could compare these to passages in The Ásatrú Edda, which direct us along the same course. Passage V.25 (quoted from Hávamál 162) relates the need to know and understand all of the Æsir and Álfar, which we gain through religious study. We could say the same for the Hugrúnar mentioned in passage LII.21 (quoted from Sigdrifumál 13), which are said to have been devised by Óðinn himself. Since Óðinn is the Goð of lore, master of the runes, and inventor of Skáldic poetry (see V.30-31), we see here a declaration that we who will follow the Goðin must first understand them and the stories about them. This is why religious study is *first* on the list of Hindu sacred duties. We must comprehend the natures of the Goðin before we can sacrifice to them, which will in turn grant us the discipline and knowledge needed for raising healthy, spiritual families. Thus, their list is not based upon hierarchy, but upon practicality.

Thus it was necessary to create The Ásatrú Edda as a book to be studied, researched, and referenced, rather than simply read. You will find, as others have, that the more work you put into this, the more you will get out of it. For this purpose, we have created the following set of study questions for you to use in gaining a further understanding of the material. These are divided by each chapter, so that you can focus your studies one section at a time. Oftentimes you will notice that some of the smallest details are examined, which is important in gaining thorough knowledge of the lore. So learn each chapter well, take notes if you feel the need to, and begin your own journey into the world of our holy Goðin.

Study Questions

I. Ginnungagap

1. What are the names of the three fountains from which the creation flowed?
2. What is another name for Útgardr, and where is it located?
3. What is the substance called that spewed out of the ice of creation and froze into icy rime?

II. Yggdrasill

1. What are the fruits called that hang in Yggdrasill's limbs?
2. What is the name of the hawk that sits between the eyes of the eagle perched in Yggdrasill's branches?
3. Name the four harts that nibble on Yggdrasill's crown.

III. Auðhumla

1. What is the name of the river from which Ymir sprang?
2. Name the beings formed from Ymir's body, and the parts of his body they came from.
3. How many rivers ran from Auðhumla's udders?

IV. Jörmungrund

1. What are the names of the three original realms of Jörmungrund?
2. What are the threads called with which the Nornir weave the Web of Wyrð?
3. What are the names of the hall where the Goðin have their place of judgement?

V. Óðinn

1. What duties did Lóðurr undertake in the earliest age?
2. What are the Gods called because they brought a certain art of song into the Northern lands?
3. What are the names of the practice Óðinn uses to transform his shape?

VI. Rúnar

1. What rúnar are sung when one goes to meet an opposing army?
2. Which rún is connected to Varðrúna's husband?

3. Who spread the rúnar among the Álfar and Dverggar?

VII. Iðavöllum

1. All the Æsir's furniture and household utensils were made of what?
2. Óðinn assigned rulers in time's morning to do what?
3. How many seats were in the þingstaðr of the Goðin?

VIII. Grotti

1. Where does the foundation of the Grotti-mill rest?
2. In the beginning, what did the Jötun-maids grind out with the Grotti-mill?
3. Why is Heimdallr said to be the son of Lóðurr and the nine Jötun-maids who turn the mill?

IX. Ymir

1. Why did the sons of Burr kill Ymir?
2. Why were the oldest stores of Miðgarðr's soil fertile?
3. What material did Óðinn and his brothers use to build the fortress wall around Miðgarðr?

X. Álfar

1. What are Mimir's sons called? His daughters?
2. What is the name of Dvalinn-Sindri's horse?
3. Name the three husbands of Nátt along with their children.

XI. Ljósálfar

1. What is the name of the stream that divides the earth between the Jötnar and the Goðin?
2. What are the bellows called that the Goðin placed under the shoulders of Árvakr and Alsviðr?
3. What is the name of the last month before winter?

XII. Ásgarðr

1. What was Valhöll's original name?
2. What did wise craftsmen make the Vafr out of?
3. What type of disposition did Óðinn transfer to his descendants?

XIII. Vanaheimr

1. Name the children of Njördr and Frigga.
2. What is the name of the hill or mountain that lies next to Sessrúmnir, which has long been the joy of the sick and wounded?
3. What is the primary duty of the Vanir?

XIV. Dísir

1. Who is the maiden who has the women who die as virgins serve her?
2. Which Dís has the word for lover derived from her name?
3. What is the name of Gná's horse?

XV. Þursar

1. Who is the she-wolf of the deep, among the Haffrúar, who carries the ship and breaking billows into Ægir's jaws?
2. How was Loki brought into the world?
3. What does the expression "it is svásligt" refer to? Whose name does this derive from?

XVI. Æsir

1. Who were Þórr's foster parents?
2. What instruments did Höðr learn to play and what emotions can he evoke in playing them?
3. What was Gullveig's duty as Frigga's maid?

XVII. Ívaldi

1. Name all of Ívaldi's children and their mothers.
2. What special quality did Egill's arrows have? His skis?
3. What was the duty of Ívaldi's sons in the ancient age?

XVIII. Hnossir

1. What were Þórr's hammers made of?
2. Name the Dverggar who forged Brísingamen.
3. Describe the Tafl game of the Goðin.

XIX. Askr ok Embla

1. Name the gifts Lóðurr gave to the first humans.
2. What birds are connected to Hænir and what names of his are associated with this?
3. What are the three types of fylgjur?

XX. Heimdallr

1. List the nine virtues that Heimdallr brought to humans.
2. What meal did Móðir make for Heimdallr-Rígr?
3. Where did Heimdallr's boat return to after his 'death'?

XXI. Jarl

1. What royal family, or ætt, derives its name from an epithet of Jarl? What is the epithet?
2. What was the name of the sword that Drótt's father, King Danpr, committed to a cave to keep a curse from coming true?
3. Who did Jarl live in communion with after he descended to Hel?

XXII. Gullveig

1. Name the nine vices Gullveig brought, which came with her evil Seiðr.
2. What symbols did Nýhellenia-Gefjon put on her flag to antagonize Gullveig-Sýrhed?
3. Where did Nýhellenia-Gefjon and Jarl dwell after they were married?

XXIII. Jörmungandr

1. How did the Goðin kill Gullveig?
2. Where did Loki give birth to Jörmungandr?
3. What did Óðinn do to Jörmungandr?

XXIV. Hel

1. Who prepares the feast in Hel for the deceased?
2. How do the dead travel to Hel?
3. What is the judgment called for those who are to join their ancestors in the lands of bliss? What is the judgment of the damned called?

XXV. Valhöll

1. What is the name of the mountain Valhöll rests upon?
2. What is the goat called that bites from Læraðr-Yggdrasill's branches and fills the vat in Valhöll with fair, clear mead?
3. Which Valkyrlur bring the horn to Óðinn?

XXVI. Niflhel

1. Who are the beings that drive the damned to Niflhel with limar?
2. What is the drink of the damned called? What happens when they drink of this?
3. What is the punishment reserved for murderers of kinsfolk?

XXVII. Ýdalr

1. What land was Ívaldi the first ruler of?
2. How old was Freyr when Njörðr offered him to the sons of Ívaldi to be raised in Ýdalr?
3. How many Álfar were under Egill's command?

XXVIII. Mjoðvitnir

1. What did the drink from Mímisbrunnr enable Óðinn to do?
2. Why were Durinn-Surtr and his sons banished from the realm of Mímir?
3. What does the Tomte demand in exchange for the work he does for homesteads?

XXIX. Konr

1. Where was Konr born?
2. List the realms Konr was given as a youth.
3. Who was Konr's foster-father? Foster-brother?

XXX. Útgarðaloki

1. Why did Þórr become angry at Egill and his family?
2. Why did Þórr strike Skrymir with his hammer the first time?
3. List the contests Útgarðaloki-Fjalarr had Loki, Þjalfi, and Þórr endure.

XXXI. Egill

1. Who was the Jötun who had decided to meet Egill in combat once he had learned of his deeds?
Also name this Jötun's sister.
2. What type of contest did Egill and this Jötun engage in?
3. What happened to Egill after slaying the Jötun's sister?

XXXII. Geirröðr

1. What oath did Loki swear to Geirröðr after he had been locked in a chest and starved for three months?
2. How did the warriors who accompanied Þórr to Geirröðr's halls cross the Élivágar river?
3. How was Geirröðr killed?

XXXIII. Þrymr

1. What was Þrymr doing when Loki came to inquire of Þórr's missing hammer back?
2. What was the plan of the Goðin to get Þórr's hammer? Who conceived this plan?
3. What foods did Þórr eat at the wedding feast?

XXXIV. Sleipnir

1. What did the Bergrisi builder ask for as payment for building the fortress for the Goðin?
2. What was the name of the builder's horse?
3. How did Loki thwart the builder's plans, and what was the result of this?

XXXV. Sif

1. What was the significance of Loki cutting off Sif's hair?
2. Name the gifts Ívaldi's sons made in the artists' competition.
3. Name the gifts Sindri and Brokkr made in the artists' competition.

XXXVI. Hrungrnir

1. What did Hrungrnir boast once he became drunk on the Æsir's ale?
2. What was the name of the man the Jötnar fashioned from clay? Where did they get his heart from?
3. Why does Hrungrnir's whetstone remain in Þórr's head?

XXXVII. Byrgir

1. Why did Máni take Ívaldi's children, Iðunn-Bil and Hjúki-Slagfinnr, from the earth while they were walking from the Byrgir well?
2. How did Óðinn get out of Fjalarr's halls?
3. Who is the son of Óðinn and Gunnlöð, born from the union in Fjalarr's halls in order for the Æsir to obtain the Byrgir mead?

XXXVIII. Sunna

1. How did Heimdallr aggravate the ferocity of the two ormar who guarded Sunna's door?
2. What did Sunna do after her mother convinced her to despise Heimdallr?
3. Who struck off Sunna's helmet then presented her to Heimdallr?

XXXIX. Vartari

1. Where did the judgment in the artists' competition take place?
2. Why were the sons of Ívaldi not present at the judgment?
3. Why did Sindri feel no joy in his victory?

XL. Niflungar

1. How did the Æsir wish to compensate Ívaldi's sons for the judgment on their gifts?
2. Why did Loki strike at Völundr in his eagle-guise?
3. Where did Ívaldi's sons travel to after their conflict with Njörðr, Baldr, and Höðr?

XLI. Iðunn

1. How did Loki lure Iðunn away from Ásgarðr?
2. How did Völundr arrive to take Iðunn to Járnviðr?
3. What happened to the Æsir after Iðunn was taken?

XLII. Leikn

1. Who was the Jötun who bribed Gullveig to become Freyja's attendant and secure her friendship so he could kidnap her?
2. How did Loki become pregnant by Gullveig?
3. What are Leikn's bed curtains called?

XLIII. Gróa

1. Why did Konr hold a great blót at Midwinter? What was the response he received?
2. What was Konr impersonating when he and Hamall met Gróa?
3. How did Óðr act to avoid stirring his stepfather's suspicions in regards to thoughts of revenge for Konr slaying his grandfather, Sigtryggr, and taking his mother, Gróa?

XLIV. Fimbulvetr I

1. Where did Völundr and his brothers set up their dwelling and smithy?
2. Who did Sif carry a message to Egill concerning, stating that she could not come to the Úlfdalir?
3. What did Völundr forge into Gambanteinn's grain?

XLV. Hrafnagaldr

1. Who is sent by the Æsir to Urðr about the events concerning the world?
2. What is Urðr's response to the inquiry of the Æsir?
3. When the party returns, who gave out the mead at the gathering?

XLVI. Óðáinsakr

1. Why did Mímir and his sons create Óðáinsakr?
2. What is the name of the fall that was built for Baldr in Óðáinsakr?
3. What are Lif, Leifþrasir, and their descendants called?

XLVII. Folkwandering

1. Why did the Folkwandering take place?
2. Where did the Dvergar in Sindri's band come from when they attacked Aurvangaland, as far as Jöruvellir?
3. How did Konr fulfill the prophecy of the Nornir?

XLVIII. Ullr

1. Who were Slagfinnr's children with Auða?
2. List Ullr's epithets.
3. What are consecrated in Ullr's name?

II. Völundr

1. How long did Ívaldi's sons' Svanmeyjar stay in Úlfdalir?
2. What was Loki's duty in the Underworld for eight winters?
3. Which directions did Völundr's brothers take to find their lovers, and where did they ultimately end up? Why did they take different paths?

L. Höðr

1. Where did Fáfnir lay when Höðr came to slay him?
2. What name did Höðr originally use to disguise his own?
3. What treasures did Höðr retrieve from Fáfnir?

LI. Nanna

1. How did Göndull-Gullveig entice Höðr into seeking Nanna for himself?
2. How did Höðr kill Slagfinnr?
3. Why did Óðinn prick Hildr with the svefnþorn?

LII. Hildr

1. Who is Hildr's father? Her grandfather?
2. Who was the warrior Hildr wrongfully gave victory to?
3. What does Hildr say about those who break oaths?

LIII. Baldr

1. Who sang over Baldr's foal when it sprained its foot?
2. What was Völundr's second Gambanteinn?
3. What did Óðinn give Mímir for a drink from his well this second time? What did he give Urðr for her prophecy?

LIV. Sinmara

1. How did the Ostrur help the Njarar capture Völundr?
2. Why did Sinmara have Völundr hamstrung?
3. What did Völundr do to Mímir's children to avenge the actions taken against him?

LV. Skaði

1. What did Loki turn Iðunn into in order to return her to Ásgarðr?
2. What did Loki do to make Skaði laugh?
3. Which animals' noises bothered Njörðr when he stayed in Þrymheimr? Which bothered Skaði in Nóatún?

LVI. Hringhorni

1. Why wasn't Höðr shooting at Baldr when the other Æsir were?
2. What did Þórr do to Baldr's pyre?
3. What was in the drinking bowl that stood on the table before the high-seat in Breiðablik?

LVII. Váli

1. Where are Billings' halls?
2. What did Óðinn call himself when he came to tend Rindr as a female physician?
3. What allowed Höðr to speak at the þing in Hel and justify his slaying of Baldr?

LVIII. Vafþrúðnir

1. Who is accounted the best of steeds among the Hreiðgotar?
2. Who are Mögþrasir-Mimir's maidens?
3. How did Óðinn win this contest of wisdom against Vafþrúðnir?

LIX. Gróugaldr

1. Who is Óðr's stepmother? What did she tell him he had to do since he was now fully grown?
2. According to Gróa's galdr-song, what will happen if the rivers Hörn and Ruð threaten Óðr's life?
3. Who would accompany Óðr in his adventures?

LX. Svarinshaugr

1. What did Konr ask the ættar of folk south of the sea at the þing he called them to?
2. How did Þjalfi stabilize the island of Gotland?
3. How was Egill killed?

LXI. Óðr

1. What was Óðr's response when Konr bade him to be his son and accept a kingdom under him?

2. What did Máni give Óðr to cut the örlögbættir that bound Völundr's son, Viðga, to avenge his death?
3. What was Mímir's son wearing when Óðr felled him to gain the sword, Gambanteinn, and the ring, Andvaranautr?

LXII. Menglööðum

1. Whose ætt did Óðr and Ullr find Freyr and Freyja held by?
2. How did Egill's sons manage to escape with Freyja?
3. How did Njörðr find out where Freyr was being held in order to rescue him?

LXIII. Gambanteinn

1. What happened to Þórr's hammer when he met Óðr in combat with Gambanteinn?
2. Why were rúnar and Galdr-songs useless against the wounds Óðr inflicted upon Konr?
3. Why did Konr return to his gravemound to speak to Alveig?

LXIV. Fjölsviðr

1. Who did Óðinn ask to go out to see if Óðr was more than he had hoped?
2. What name did Óðr use when he met Fjölsviðr- Óðinn at Ásgarðr's ramparts?
3. What did Óðr give to Frey as the mundr for marrying Freyja, and as compensation for Völundr's failed duties as foster-father?

LXV. Breiðablik

1. What mission did Óðr agree to undertake for Frigga?
2. Who is the maiden that guards the Gjallarbrú?
3. Who was the Gýgr that refused to weep Baldr out of Hel?

LXVI. Alvís

1. Why did Þórr question Alvís?
2. What do the Álfar call Máni?
3. How did Þórr trick Alvís?

LXVII. Gerðr

1. Who is Gerðr the daughter of?

2. What was the name of the grove where Gerðr agreed to meet Freyr in order to marry him?
3. Who are the children of Óðr and Freyja?

LXVIII. Fenrir

1. Why did the Æsir execute Gullveig the third time without a new trial?
2. Where did Loki father nine wolves with Gullveig?
3. Who was the only Goð with the courage to approach and feed Fenrir?

LXIX. Folkvíg

1. Why were the bonds of kinship between the Vanir and Gullveig not valid as a defense for her, according to the Æsir?
2. After Njörðr left Ásgarðr, whom did Skaði thrive best in the company of?
3. What religious institution did Ullr establish?

LXX. Haddingr

1. What realm was given to Guðormr after he accepted Óðr's offer of peace?
2. What names did Loki go by when he was manipulating the Teutonic ættar against one another.
3. Why did Underworld beings come to tear Harðgrepa to pieces?

LXXI. Guðormr

1. How did Guðormr's son, Randvér, betray him? Who instigated him to do this?
2. How was Svanhildr killed?
3. Why were Guðrún's sons unable to kill Guðormr?

LXXII. Húnvíg

1. What did the Jötnar promise Óðinn if he agreed to help them against the Vanir and Álfar?
2. How long was Óðinn exiled before he returned to his former position?
3. What did Óðinn do once he gained his throne back?

LXXIII. Ásmundr

1. Why did Óðr refuse to accept peace with Haddingr, in spite of the demands of the Goðin and the tears of his wife, Freyja?
2. Why is the wedge-shaped battle formation called Hamalt Fylkja?

3. Where did Ásmundr's Helför take place?

LXXIV. Singasteinn

1. Who bore Freyja's golden tears to Ásgarðr, leading the Goðin to forgive Óðr?
2. What did Loki turn himself into in order to steal Brísingamen? Who stopped him?
3. How did Hundingr die?

LXXV. Gleipnir

1. Name the two fetters the Goðin used to bind Fenrir with, other than Gleipnir.
2. What was Gleipnir made of?
3. What is the name of the river that flows from Fenrir's mouth?

LXXVI. Hymir

1. What did Þórr command Ægir-Gymir to do for the Goðin while looking threateningly into his eyes?
2. What is the name of Hymir's ox, which Þórr beheaded to use as bait?
3. Why did Jörmungandr escape Þórr's attack with his life?

LXXVII. Hárbarðr

1. What is the food that Þórr carries in the basket on his back?
2. Why doesn't Þórr cross the sound to get at Hárbarðr (Loki) for his mocking words?
3. What does Hárbarðr-Loki call grave-mounds?

LXXVIII. Loki

1. Who did Loki slay at Ægir's feast?
2. In this episode, Loki mentions having had sexual relations with four Dísir, who are they?
3. Where was Loki taken after the Æsir bound him?

LXXIX. Eggþér

1. Where was Gullveig banished to?
2. Who are the troll-women, Gullveig's relatives, with glamorous charms and hollow backsides?
3. What is Eggþér's duty until Ragnarökr?

LXXX. Hár

1. How is our relationship with the Goðin maintained?
2. Who were the two “tree-people” Óðinn gave his garments to?
3. Why do those ættar that dwell south of the sea (North Sea) always pray with their faces turned to the north?

LXXXI. Fimbulvetr II

1. In the next bad time, what shall struggle against right and freedom?
2. Who will gorge himself with the life of all who die, feasting on the corpses of cowards?
3. How many winters will come, with no summer in between?

LXXXII. Ragnarökr

1. Who will retrieve Gambanteinn from Eggþér?
2. What is the name of the battlefield upon which Ragnarökr shall be fought?
3. How does Viðarr kill Fenrir to avenge his father, Óðinn?

LXXXIII. Gimlé

1. What is the second earth that shall rise from the sea after Ragnarökr?
2. Where will Baldr and Höðr live after the renewal?
3. What is the only being of chaos known to survive the conflagration?

Appendix: The Hugarúnar

1. Who do the Paths of Power yield to?
2. What is wholeness formed from?
3. What is the fifth step to be goðarð?
4. Where is freedom found?

Essay question

What moral lessons did you learn from the storyline of The Ásatrú Edda? Which sections were the most meaningful to you? Why?

Send your essays to info@norroena.org We will randomly post them on our website!

Study Questions: Answers

- I. Ginnungagap
 1. Hvergelmir, Mímisbrunnr, Urðarbrunnr.
 2. Sökkdalir, in Helheimr.
 3. Kvikudropar.
- II. Yggdrasill
 1. Manna Mjötuðr.
 2. Veðrfölnir.
 3. Dáinn, Dvalinn, Duneyrr, Duraprór.
- III. Auðhumla
 1. Élivágar
 2. Mímir and Bestla (from his arms), Þrúðgelmir (from his feet).
- IV. Jörmungrund
 1. Niflheimr, Glasisvellir or Ókolnir, Helheimr.
 2. Örlögþættir.
 3. Gimlé or Vingólf.
- V. Óðinn
 1. Ward of the sky and protector of time.
 2. Ljóðasmiðir.
 3. Skipta Litum and Útiseta.
- VI. Rúnar
 1. Sigrúnar.
 2. Þurs.
 3. Dáinn-Brokr, Sindri-Dvalinn.
- VII. Iðavöllr
 1. Gold.
 2. Judge people's örlög and oversee the arrangement of the worlds.
 3. Twelve.
- VIII. Grotti
 1. Niðafjöll.
 2. Luck, plenty, artistry, wisdom, gold and peace.

3. Because Lóðurr is the mill's caretaker and the nine Jötun-maids who turn Grotti created him through their labor with the mill handles.

IX. Ymir

1. Because he killed Auðhumla.
2. Because they were saturated with Auðhumla's milk and flesh.
3. Ymir's eyebrows.

X. Álfar

1. Njarar or Brísingar, Ostrur.
2. Móðnir.
3. Naglfari-Lóðurr (children: Auðr or Njörðr, Máni, and Sól), Ánnar-Hœnir (Daughter: Frigga), Delligr (son: Dagr).

XI. Ljósálfar

1. Ífing, also called Þundr.
2. Ísarnkol.
3. Haustmánaðr.

XII. Ásgarðr

1. Bilskírnir.
2. The flaming light of the flood [gold].
3. Warlike thoughts and an inclination to intervene, to be adventurous, and to make a real effort into his actions.

XIII. Vanaheimr

1. Freyr, Freyja, Hlíf, Hlífprasa, Þjóðvarta, Bjartr, Blík, Blíðr, Fríðr, and Eir (by error missing from the chapter).
2. Lyfjaberg.
3. Maintain the regular consistency of the laws of time with the course of the worlds, attend to the successful growth of seeds and the bounty of the year's crops, and connect men and women with bonds of love and see to it that the chain of generations join, link after link.

XIV. Dísir

1. Urðr, also called Gefjon.
2. Sjöfn.
3. Hófvarpnir.

XV. Þursar

1. Rán-Gullveig
2. He came from a lightning strike during one of Fárbaúti's hurricanes.
3. It refers to what is pleasant. Svásuðr.

XVI. Æsir

1. Vingnir and Lóra or Glóra.
2. Harp, lute, psaltery, lyre, fiddle. Joy, sorrow, pity or hatred.
3. To carry the Manna Mjötuðr to women who prayed for children.

XVII. Ívaldi

1. Iðunn, Auða, Alveig, daughters of Sunna; Völundr, Egill, Slagfinnr, sons of Greip.
2. They always return to his quiver. They could ride on water as well as on land, and, when necessary, could become a shield and used in war.
3. They were decorators and protectors of creation.

XVIII. Hnossir

1. Stone and iron.
2. Sindri-Dvalinn, Brokk-Álfríkr, Berlingr-Bari, Grrr.
3. It is made of gold and plays by itself, when someone challenges it.

XIX. Askr ok Embla

1. Lá with læti (blood with motion), litr goða (divine image), form, speech, hearing, and sight.
2. Storks. Langifótr, Aurkonungr.
3. Mannsfylgjur, Kynsfylgjur, Ættarsfylgjur.

XX. Heimdallr

1. Honesty, Honor, Wisdom, Generosity, Kindness, Courage, Loyalty, Independence, and Piety.
2. Thin cakes of snow-white wheat, game, pork, roasted birds, wine.
3. Vanaheimr.

XXI. Jarl

1. Skjöldungar, Skjöldr.
2. Lýsingr.
3. Heimdallr.

XXII. Gullveig

1. Murder, Perjury, Adultery, Sacrilege, Greed, Thievery, Treason, Slander, Cruelty.
2. A herd dog and an owl.
3. Hleiðra.

XXIII. Jörmungandr

1. They raised her on spears and burnt her.
2. By Gnipalundr on Þórsnes.

3. Threw him into the deep sea.

XXIV. Hel

1. The fylgja.
2. On foot, by horse, or by ship.
3. Lofstírr, Námæli.

XXV. Valhöll

1. Sigtýr's Berg.
2. Heiðrún.
3. Hrist and Mist.

XXVI. Niflhel

1. Heiptir.
2. Eitr. They die a second time.
3. Being hanged with a wolf tied to one's body.

XXVII. Ýdalr

1. Svíþjóð in Mikla.
2. Six.
3. Eight-hundred.

XXVIII. Mjöðvitnir

1. To give order to the world.
2. Because Durinn enticed his son, Fjalarr, to steal some of Mímir's mead and hide it away.
3. A small milk offering every Jól.

XXIX. Konr

1. Brálundr.
2. Hringstaðir, Sólfjöll, Sigarsvellir, Hátún, Himinvangar.
3. Hamall. Hagall.

XXX. Útgarðaloki

1. Because Þjalfi, enticed by Loki, split the ham-bone of one of Þórr's goats with his knife and broke it to get at the marrow.
2. Because Skrímir had put all their provisions into his bag, which Þórr could not get into.
3. Loki entered an eating-contest, Þjalfi a race, Þórr a drinking contest, a test of strength, and a wrestling match.

XXXI. Egill

1. Köll. Sela.
2. Einvígi.

3. He was assaulted by Jötun powers, lost at sea, subjected to bitter cold and forced to thwart the attacks of howling troll-monsters. For a time, he was missing from Ýsetr.

XXXII. Geirröðr

1. To get Þórr to come to Geirröðr's garðar so they could ambush him.
2. By holding on to Þórr by his belt, Megingjarðar.
3. Þórr returned the molten lump of iron, which went through Geirröðr, through the wall of Geirröðr's hall, and so into the ground outside.

XXXIII. Þrymr

1. Braiding gold collars for his dogs.
2. To dress him up like Freyja and pretend that he would marry Þrymr. Heimdallr.
3. An ox, eight salmon, all the sweets that were set for the women, and three measures of mead.

XXXIV. Sleipnir

1. Freyja in marriage, the sun, and the moon.
2. Svaðilfari.
3. Turned himself into a mare to entice Svaðilfari away. From this Sleipnir was born.

XXXV. Sif

1. At the time it was thought to be a severe disgrace for a woman to have all her hair cut off.
2. Sif's golden hair, Skíðblaðnir, Óðinn's spear Gungnir.
3. Gullinbursti (Hildisvíni, Sliðrugtanni), Draupnir, and Mjöllnir.

XXXVI. Hrungrnir

1. That he would lift up Valhöll and take it up to Jötunheimr, bury Ásgarðr, and kill all the Goðin except Freyja and Sif, whom he wanted to take home with him.
2. Mökkurkálfi. A mare.
3. Because Gróa forgot her magic when Þórr told her that he found Aurvandill-Egill, had carried him home, and honored him by casting his frostbitten toe into the sky to become a star.

XXXVII. Byrgir

1. To avenge the taking of his daughter, Sunna, whom Ívaldi married without her father's consent.
2. Heimdallr drilled a passageway for him to escape through.
3. Bragi.

XXXVIII. Sunna

1. Wrapped his body in a pelt wet with blood.
2. Changed into a man's clothing and began to lead the life of a savage marauder.
3. Borgarr-Jarl.

XXXIX. Vartari

1. At the Þingstaðr of the Goðin, Glitnir.
2. They had not been privy to the bet, they never dreamed of competing with Sindri or allowing a judgment to be passed on the treasures they gave to the Æsir in reverence and friendship.
3. He had been defrauded of his prize, and he knew that the judgment would have dangerous consequences.

XL. Niflungar

1. Njörðr would ask Völundr's daughter Skaði to be his wife, thus elevating her to an Ásynja and tying bonds of kinship with the Goðin and Völundr.
2. Because he ate all of the reindeer that he, Óðinn, and Hænir were trying to cook.
3. Járnviðr.

XLI. Iðunn

1. He told her that he had found some apples that she would think worth having.
2. He flew in eagle-guise.
3. They grew old and ugly.

XLII. Leikn

1. Greppr.
2. By eating her half-burnt heart.
3. Blíkjandaböl.

XLIII. Gróa

1. In order for him to be granted that he might live in his kingdom for three hundred years. That he would live no longer than one human life, but that there would be three hundred years during which there would be neither female nor non-noble male in his line of descent.
2. A Jötun.
3. He pretended to be an imbecile, acting as if his wits had gone quite astray.

XLIV. Fimbulvetr I

1. In the house called Brúnnakr, in Þrymheimr (a garðr within Úlfdalir), by a water called Úlfsíar.
2. Gróa (here missing in the text due to an error).
3. Rúnar of certain victory, vengeance, hate, woe and misfortune.

XLV. Hrafnagaldr

1. Heimdallr, Bragi, and Loki.
2. She cries.
3. Skögul.

XLVI. Óðáinsakr

1. Because of the moral decline of the world, he did not want Askr and Embla's offspring to be destroyed by famine and níð.
2. Breiðablik.
3. The Ásmegir.

XLVII. Folkwanderung

1. Because of the Fimbulvetr and the cold that Völundr ravaged Miðgarðr with.
2. Svarinshaugr.
3. By establishing his kingdom in all directions of Miðgarðr.

XLVIII. Ullr

1. Gunnar, Högni, and Guðrún.
2. Öndurás, Bogaás, Veiðiás, Skjaldrarás.
3. Eiðbaugar.

XLIX. Völundr

1. Nine winters
2. He milked cows as a maid.
3. Slagfinnr went west, then south through Jötunheimr. Egill took a detour east. Álfheimr. They probably went separate ways because Egill wanted to avoid the districts of Jötunheimr.

L. Höðr

1. Gnitaheiðr
2. Gafugt Dýr.
3. A mighty store of gold, the Ægishjalmr, a golden mail-coat, the sword Hrotti, and many other precious things.

LI. Nanna

1. She gave him a drink that clouded his mind, then spoke of Nanna in such a way as to fan his unconscious desire for her into a raging fire.
2. With a shot from his bow.
3. She felled the fighter he wished to save.

LII. Hildr

1. Högni. Slagfinnr.
2. Agnarr.
3. Horrible limar fall heavy on broken troth: accursed is the oath-breaker.

LIII. Baldr

1. Sinhtgunt-Nanna, Frigga, Óðinn.

2. Mistilteinn.
3. One of his eyes. Treasures.

LIV. Sinmara

1. They shrouded them in a dark mist.
2. Because she saw hate in him.
3. He cut off the heads of his sons, and buried their bodies beneath the bellow's pit. Then set their skulls in silver, and gave them to Mímir. He made precious stones out of their eyes, and gave them to Sinmara. He raped and impregnated Böðvildr.

LV. Skaði

1. A nut.
2. Tied a cord around the beard of a nanny-goat and the other end around his testicles, and they drew each other back and forth and both squealed loudly. Then he let himself drop into Skaði's lap.
3. Wolves. Seagulls.

LVI. Hringhorni

1. Because he didn't have a weapon.
2. Consecrated it with Mjöllnir.
3. The mead of the three Underworld wells.

LVII. Váli

1. Sámsö.
2. Vaka.
3. Málrúnar.

LVIII. Vafþrúðnir

1. Skinfaxi.
2. The hamingjur.
3. He asked about what he said in his son's (Baldr's) ear, before he was laid on the pyre. No one knows this but Óðinn.

LIX. Gróugaldr

1. Sif. He should go out and do something worthy of praise.
2. They will flow down to Hel.
3. Ullr.

LX. Svarinshaugr

1. If the holy land that held their father's graves should be conquered and reclaimed.
2. He bore the Nauðeldr around it.
3. Konr killed him in a sword fight.

LXI. Óðr

1. That he would not allow himself to be bribed by his father's murderer.
2. The silver-sickle of Viðofnir.
3. A Huliðshjálmr.

LXII. Menglöðum

1. Beli's.
2. Freyr provided them an opportunity to flee with her.
3. Sif and two other Svanmeyjar sang a cryptic song explaining Freyr's whereabouts, then dropped a belt from the sky inscribed with rúnar that interpreted the song.

LXIII. Gambanteinn

1. The hammer was rendered useless when Óðr lopped off the handle.
2. Because hatred's poison lay in Gambanteinn's edge, the venom of Niflheimr's rivers in that blade.
3. Because her tears caused him pain and suffering.

LXIV. Fjölsviðr

1. Sigmundr and Sinfjötli.
2. Vindkaldr.
3. Gambanteinn.

LXV. Breiðablik

1. To ride the Helvegir and see if he could find Baldr, then offer Urðr-Hel a ransom to allow him to return to Ásgarðr.
2. Móðguðr.
3. Þökk.

LXVI. Alvís

1. Because Alvís wanted to marry his daughter.
2. Ártali.
3. By questioning him until the sun came up (which apparently is harmful to Dvergar).

LXVII. Gerðr

1. Ægir-Gymir and Gullveig-Aurboða.
2. Barri.
3. Hnoss, Gersemi, and Ásmundr.

LXVIII. Fenrir

1. Because she had already been sentenced to die before.
2. Sagunes.
3. Týr.

LXIX. Folkvíg

1. Because this bond was forged by her evil Seiðr, where she caused him to waste away with love for Gerðr.
2. Óðinn.
3. He arranged that the Goðin should not be prayed to as a group, but separate blótar made to each deity.

LXX. Haddingr

1. Valland.
2. Bikki and Blindr Bölvisi.
3. For conjuring a man back from the dead.

LXXI. Guðormr

1. He married Svanhildr, whom Guðormr wanted. Bikki-Loki.
2. Horses were made to trample her.
3. Because Hamðir and Sörli killed Erpr, who was supposed to cut off Guðormr's head.

LXXII. Húnvíg

1. That they would assist in returning him to his throne in Ásgarðr.
2. Almost 10 years.
3. Took his wife, Frigga, back, banished Seiðr, and reinstated the form of worship where many deities are honored at blótar and in bænir.

LXXIII. Ásmundr

1. Because he had done so before, and never renews a refused offer.
2. Because Óðinn taught it to Hamall, who was Haddingr's general.
3. Uppsalir.

LXXIV. Singasteinn

1. Hnoss.
2. A seal. Heimdallr.
3. He fell into a vat of beer and choked on the liquid.

LXXV. Gleipnir

1. Læðingr, Drómi.
2. The noise of a cat's footsteps, the beard of a woman, the roots of a mountain, the sinews of a bear, the breath of a fish, and the spittle of a bird.
3. Vón.

LXXVI. Hymir

1. Hold a feast.
2. Himinhjóttr.
3. Because Hymir cut his fishing line.

LXXVII. Hárbarðr

1. Herring and goat-meat.
2. He doesn't want to wet the eyes he has with him (probably ones used to make stars with).
3. Heimir's woods.

LXXVIII. Loki

1. Fimafengr.
2. Iðunn, Týr's wife, Skaði, Sif.
3. Lyngvi.

LXXIX. Eggþér

1. Járnsiðr.
2. Járnsiðjur or Íviðjur.
3. To watch Gambanteinn.

LXXX. Hár

1. With bænir, blótar, and hof-duty.
2. Askr and Embla.
3. To honor the memory of the ancient forefathers' land, of the graves of the patriarchs, and of the important events that happened in the earliest times on the Scandinavian peninsula.

LXXXI. Fimbulvetr II

1. Guile and power-lust.
2. Hati Mánagarmr.
3. Three.

LXXXII. Ragnarökr

1. Fjalarr.
2. Vígríðr.
3. He places his special shoe in the wolf's lower jaw, then with one hand he takes hold of the wolf's upper jaw and rips apart its mouth, then pierces its heart with his sword.

LXXXIII. Gimlé

1. Mímir's and Urðr's blessed kingdom (Jörmungrund).
2. Valhöll.
3. Níðhöggr.

Appendix: The Hugrúnar

1. The man who stares beyond his own reflected gaze. (#8)
2. Deciding and acting. (#18)
3. With compassionate bearing, help all ascend upward by example, goad, or teaching. (#30)
4. In simple hardships. (#50)

Personal Synopsis

It cannot be stated enough that The Ásatrú Edda is a book that must be dissected and studied in order for it to be fully understood. This is not a work that can be simply read, like a novel, for one to grasp what is written in its entirety. Indeed, such is not really the point, for the idea of religious study is to delve into the words of the ancients to find spiritual enlightenment and empowerment throughout the course of our lives. We may spend an eternity trying to gain a complete understanding of what our ancestors were trying to tell us, and new secrets will, no doubt, be continuously revealed as we reflect on what has been pieced together. Such is the great adventure of our faith, which is “no destination,” but “a trackless journey,” an “eternal journey,” and we shall “journey in joy and without expectation.” (Hugrúnar 12, 24)

To help you begin on this path, we here provide space to allow you to write a brief synopsis of each chapter as you comprehend it. This is not to be taken lightly, for it is to be a valuable part of your spiritual experience in studying this work. Meditate, contemplate, and use the gifts given to you by the Gods themselves to unlock these mysteries. You will find symbols, paradigms, and application to your life, inspired by your personal glimpse into the hearts and minds of our forefathers. As a community, we can then share our discoveries, our thoughts, and our experiences to help us all grow in our religious beliefs. Always remember that your work and your practice is your own, there are no right or wrong answers, and however The Ásatrú Edda works for you, as long as it is beneficial, can only be considered a good thing by us all.

When researching each chapter, look closely at the passages and how they are worded, consider the etymology of the terms you come across (which can be found in the Glossary), and think about how the epic fits together as a whole. Layer upon layer, new symbols and concepts can leap out at you that you had never thought of before; then you can figure out how you can apply them to your religious life. You should write each synopsis in pencil, because investigating our lore is always a work in progress and ideas may come and go; or you may prefer to write on a separate sheet of paper or computer. The more space you give yourself to work with, the more inspirations you can record while you unlock these sacred mysteries. In your labors, always remember these words of Óðinn:

“Then I began to quicken,
And to become wise,
And to grow and prosper;
Each word I sought
Resulted in a new word;
Each deed I sought
Resulted in a new deed.”

(V.7)

“For the fourteenth I know,
If I have to name the Goðin,
Æsir and Álfar,
In the society of men,
I know them all well,
Few can do this unskilled.”
(V.25)

I. Ginnungagap

II. Yggdrasil

III. Auðhumla

IV. Jörmungrund

V. Óðinn

VI. Rúnar

VII. Iðavöllr

VIII. Grotti

IX. Ymir

X. Álfar

XI. Ljósálfar

XII. Ásgarðr

XIII. Vanaheimr

XIV. Dísir

XV. Pursar

XVI. Æsir

XVII. Ívaldi

XVIII. Hnossir

XIX. Askr ok Embla

XX. Heimdallr

XXI. Jarl

XXII. Gullveig

XXIII. Jörmungandr

XXIV. Hel

XXV. Valhöll

XXVI. Niflhel

XXVII. Ýdalr

XXVIII. Mjöðvitnir

XXIX. Konr

XXX. Útgarðaloki

XXXI. Egill

XXXII. Geirröðr

XXXIII. Þrymr

XXXIV. Sleipnir

XXXV. Sif

XXXVI. Hrungrnir

XXXVII. Byrgir

XXXVIII. Sunna

XXXIX. Vartari

XL. Niflungar

XLI. Iðunn

XLII. Leikn

XLIII. Gróa

XLIV. Fimbulvetr I

XLV. Hrafnagaldur

XLVI. Óðáinsakr

XLVII. Folkwanderung

XLVIII. Ullr

XLIX. Völundr

L. Höör

LI. Nanna

LII. Hildr

LIII. Baldr

LIV. Sinmara

LV. Skaði

LVI. Hringhorni

LVII. Váli

LVIII. Vafþrúðnir

LIX. Gróugaldr

LX. Svarinshaugr

LXI. Óðr

LXII. Menglöðum

LXIII. Gambanteinn

LXIV. Fjölsviðr

LXV. Breiðablik

LXVI. Alvís

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LXIX. Folkvíg

LXX. Haddingr

LXXI. Guðormr

LXXII. Húnvíg

LXXIII. Ásmundr

LXXIV. Singasteinn

LXXV. Gleipnir

LXXVI. Hymir

LXXVII. Hárbarðr

LXXVIII. Loki

LXXIX. Eggpér

LXXX. Hár

LXXXI. Fimbulvetr II

LXXXII. Ragnarökr

LXXXIII. Gimlé

Corrections

We are currently diligently working on a second edition of The Ásatrú Edda to correct many of the errors, possibly reformat the text, add the index included here, add a hard cover option, and whatever other improvements we deem necessary. Due to some of the errors in the first edition, certain terms in the Index may prove difficult because we have prepared this in accordance with the corrections already made. To help solve this problem we here offer those corrections that directly relate to terms in the Index.

1. Throughout the text – plural of ‘Gýgr’ is ‘Gýgjar’, *not* ‘Gýgur.’
2. V.33, Remove ‘Ífing.’
3. V.39, Add ‘Herföðr.’
4. VI.10, ‘serpent’ becomes ‘ormr.’
5. IX.2, Add ‘Gífr.’
6. X.9, Remove ‘Náli.’
7. X.12, Add ‘Lungr.’
8. XIII.1, Add ‘Eir.’
9. XIII.2, ‘high-built hofin’ becomes ‘high-timbered hörgr.’
10. XIV.20, Remove ‘Hlín.’
11. XV.13, Add ‘Hrímr’, ‘Gjölp’, ‘Gillingr’, and ‘Öflugbarði.’
12. XV.14, Add ‘Hyndla’ and ‘Sívör.’
13. XVI.7, ‘Lóra’ becomes ‘Hlóra.’
14. XX.9, New Passage added with ‘Heimdallr’ in it.
15. XXII.7, ‘serpents’ becomes ‘ormar.’
16. XXIV.18, ‘Gyllingr’ will be described as the key that opens the gate.
17. XXV.2, ‘Sigtýr’s Berg’ becomes ‘Sigtýsberg.’
18. LII.7, ‘Minnihorn’ comments transposed to LII.12.
19. LIII.46, ‘Folk-War’ becomes ‘Folkvíg.’
20. LXII.20, ‘Vé’ becomes ‘hörgr.’
21. LXIV.18, ‘Fjölsviðr’ becomes ‘Óðr.’
22. LXXI.1, ‘Goðar’ becomes ‘Goðin.’
23. LXXII.8, ‘sacrifices’ becomes ‘blótar.’
24. LXXXIII.3, Völuspá 64 will be added here, adding the terms ‘Hœnir’ and Vindheimr’ to the passage.

Correction note by [DerHammer]:

Correction notes marked as red, means these errors have been corrected in the [DerHammer] release of *The Ásatrú Edda*. Couldn't seem to spot error #20, and the remaining corrections left out - means changing or adding to the nature of the text, which isn't my intention.

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Introduction

The following terms are cited by passage instead of page number to allow the reader to pinpoint the exact location of any word to be researched. Note the Roman numeral chapters preceding the passage numbers, while terms listed under the abbreviation “Hug.” are to be found under the *Hugrúnar*. You will note that the *Hugrúnar* passages are never cited continuously, as in 4-6, but rather consecutively, as 4, 5, 6. This is because each of the *Hugrúnar* are to be viewed as separate in and of themselves, while the main body is part of an ongoing epic chain. Be sure to use the Table of Contents when researching terms, for this will help you more easily find what you are looking for. When citations are numbered 1), 2), etc. these correspond to their various definitions as given in the glossary of the text, and will have each corresponding term next to them.

For example: **Agnarr**, 1) Geirröðr’s brother, XXXII.1 , 2) Auða’s kinsman, LII.10.

Also, when researching terms, consider the variant spellings and pluralizations, as shown in the glossary.

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