

## Varg Vikernes

### «Guide To The Norse Gods And Their Names»

#### Foreword

Originally this booklet was a result of correspondence between the VHF and the NHF. Since the list herein might be interesting to others as well the VHF took the initiative and made a booklet out of this information.

This booklet contains most of the names in Norse-Germanic mythology and their English translation (and the Norwegian version of the names and some old Germanic versions as well). To understand the meaning of the myths we often have to know what the different names mean. When we know what the names mean it suddenly becomes clear to us that the myths are far deeper and more meaningful than they first appear to be.

The translations of the names have been made with the help of different dictionaries, both Norse dictionaries and etymological dictionaries. There are additional meanings to the names as well, but only the most important meaning (in the mythological context) of each name has been included in this booklet.

I hope this list of names will prove useful to anybody who chose to venture deeper into our Norse-Germanic mythology, and thus our soil and spirit.

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#### ALPHABETIC LIST

<b>Norse Name</b>	<b>Nordic/Germanic Name</b>	<b>Norwegian Name</b>	<b>English Translation</b>	<b>Description</b>	<b>Other Meaning</b>
Afi		Ave	Grandfather	The father of Karl	
Ái		Åi	Great grandfather	The father of Trel	
Alfr		Alv	Elf	Elf means river and eternal. The elves are originally river spirits, dark elves are the humidity in the soil	
Algrøn		Allgrønn	All green/Always green	A mythical island	Atlantis
Álr		Alv	To nourish	Family father, son of Lofarr	Arose from the deep to become Elves
Alsviðr		Alsvið	Allknowing	The Horse who is pulling the Sun	
Alvíss		Alvis	All-knowing (Elvis)	Name of Dwarf	

Amma		Amma	Grandmother	The mother of Karl	
Andhrímnir		Andrimne	The tests of the spirit	The cock in Valhöll	The warrior gets his strength through strife
Andlángr		Ándlang	Long Spirit	The second heaven	
Andvari		Andvare	Careful Spirit	Fish	
Ánnar		Ánar	The Second	The second husband of Nátt	
Árvákr		Árvák	Aware	The Horse who is pulling the Moon	
Ásaheim/Ásgarðr		Ásaheim/Ásgard	The Home of the Æsir	The higher worlds	Our Solar System
Askr		Ask	Ash (tree)	The first man	
Áss (pl. Æsir)	Ans/AnsuR	Ás (pl. Æser)	Mouth, divine utterance, blow, spirit, rivermouth	Connected to the sound of water (running rivers, waterfalls, etc.)	
Auðhumbla		Auðhumbla	Unused Soil (Auð-), empty darkness (Auð and bla) twilight <i>and</i> sea (-hum-)	The First Cow	The darkness ruling before life is created
Aurboða		Aurboda	Dizzy Announcement		Mother Earth as a doctor
Aurgelmir		Aurgelme	Draught of Mud/Soil	(Other name for Ymir)	
Austr	Austrôn	Aust	East(ern)	The Goddess of the summer	Female equivalence to Baldr
Baldr	BeldegiR	Balder	The end of life/the day	God of Light and Goodness	The meaning of life
Baugi		Bauge	Ring/Ticket you pay for killing someone	A giant	Suttungr's brother
Bergelmir		Bergelme	Draught of Seed	Son of Þrúðgelmir	The Seed of nature, surviving the Ragnarok floating on the sea, or in the air – held up by the wind
Bestla		Bestla	The Best Blood	A Giant's Daughter	The best genetic material needed to give life to humanity
Bifröst		Bivrost	The trembling way	The rainbow	The bridge to Ásgarðr
Bil		Bil	Hesitation/Wound	A child	Change of the Moon (New Moon)
Björt		Bjart	Beautiful		Mother Earth as a doctor
Blóúghófi		Blodughov	Bloody Hof	The other Horse of	The sunset/Sunrise

				Óðinn (used by Freyr)	
Blíð		Blid	Friendly/Mild/Kind		Mother Earth as a doctor
Boðn		Bodn	Warner	Container of the Mead	
Bölporn		Boltorn	Miserable Thorn	Giant, Bestla's Father	The genetic mass (all life-forms at the time)
Börr	Mannus		Man		
Börr		Bor	Born and Son		
Bragi	Bragiô	Brage	The best	God of poetry	Son of Óðinn
Brísingamen		Brisingamen	Fire-fun (or Fire-necklace)	The Necklace of Freyja	The fires we burn on Midsummernight along the coast and on top of hills and mountains
Brokkr		Brokk	Noise	Dwarf	The noise of metal-work
Brundr		Brund	In heat/Rutting	Freyja's second Cat	Side of Freyja
Búri	Tuisto		The number two (the one with two hands, the Sun)	Old name for Týr	The Sky God
Búri		Bore	Born	The first God	
Byrging		Byrging	End	A well	
Dagr	DagaR	Dag	Day	The son of Nátt and Delingr	The way those who work in the morning follow
Dagr	DagaR	Dag	Day/Lifetime	God of the Day	Son of Óðinn
Dáinn		Dáinn	Dead	A deer who eats from the tree	Wear of the brain through life
Dellingr		Delling	Fine/Splendid	The third husband of Nátt	
Draupnir		Draupne	Dripper	The Ring of Óðinn	The spiritual birth of Man
Drómi		Drome	Delay	The second bond they tied Fenrir with	
Duneyrr		Dunør	Dizzy fire	A deer who eats from the tree	Wear of the brain through life
Duraþró		Duratroor	Faithful wild animal	A deer who eats from the tree	Wear of the brain through life
Durinn		Durin	Sleep	Dwarf Chieftain	The rested material
Dvalinn		Dvalin	Delay	Dwarf Chieftain	The material before it is allowed to make love

Dvalinn		Dvalin	Delay	A deer who eats from the tree	Wear of the brain through life
Edda		Edda	Great grandmother	The mother of Trelle	
Einherjar		Einherjer	The one who fight alone	Only those who dare fight alone (if necessary) are welcome to Valhöll	
Eir	Érôn	Eir	Peace/help		Mother Earth as a doctor
Eldhrímnir		Eldrimne	The tests of the Fire	The kettle where the pig is cooked	The warrior gets his strength through strife
Élivágr		Elivåg	The eternal sea rhythm	The flow from Hvergelmir	The rhythm in the breath of the universe
Elli		Elle	Old Age	Old woman	
Embla		Embla	Elmtree	The first woman	
Fader		Fader	Father	The father of Jarl	
Fenrir	Fanjaríhó	Fenris	Fire riding the field	Wolf	Son of Loki and Angrbóða
Fimbul			Mighty/big		
Fjalarr			Board	Dwarf	
Fjölvr		Fjølvr	Board-wave/sea	Mythical figure	
Fjörgyn		Fjorgyn	Mountain and Throne of Life (f.)	Goddess of the Wilderness	
Fjörynn		Fjorynn	Mountain and Throne of Life (m.)	God of the Wilderness	
Form			Form/Shape		
Fornjótr		Fornyter	The first who possess	The father of the elements of nature	
Forseti	Forseta	Forsete	The Judge	God of Justice	Son of Baldr and Nanna
Freki		Freke	Greedy/Hard/Strict	Óðinn's Wolf	The Warriors need to be greedy (on wisdom!), hard and strict to enter Valhöll
Freyja	Frijô	Frøya	Love (f.) (of a lover)	Goddess of the Woods	
				Freyja's red-golden Tears	The improvement of one's soul when one mourns the loss of loved ones
Freyr	Frawan	Frøy	Love (m.)	God of the Woods	
Fríð		Fred	Peace		Mother Earth as a doctor

Frigg	Frijô	Frigg	Love (of a mother)	Mother Earth, Baldrs mother	The civilized Earth (inhabited by humans)
Fulla	Fulna/Fulla	Fulla	The plenty and fulfillment (of Marriage)		A side of Mother Earth
Fylgja		Fylgja	Follower	Pockets of thoughts and emotions that follow us through life	
Fylgja		Fylgja	Follower (protective spirit)	One of Draupnir's rings	A part of Vörðr
Galarr		Galar	Sharp Sound	Dwarf	
Gangr		Gange	Walk	A water Giant	The way the water takes
Gefjon	Gabi	Gevjon	Give away (for marriage)		A side of Mother Earth
Geirröðr		Geirröd	Spear-Fire		
Gerðr	GardiR	Gerd	Field	Giantess	Wife of Loki
Geri		Gere	Perfect/prepared	Óðinn's Wolf	The warriors need to be prepared and perfect to enter Valhöll
Gersemi		Gersemi	Precious thing		Daughter of Óðinn and Freyja
Gillingr		Gilling	Hollow part of the ship	A giant	(Also the name of the key to Hel)
Gimmir		Gimer	The burner	The seventh heaven	
Gínungagap		Ginnungagap	The wide, empty and treacherous space		Emptiness
Gjallarhorn		Gjallarhorn	The Horn of rumble	The Horn of Heimdallr	
Gjöll		Gjall	Resound/echo	The river of death	
Gjöll			Rumble		
Gjölþ		Gjålþ	Fatten up		Daughter of Geirröðr
Glafir		Glase	Make marvelous	A bush growing near Valhöll	
Gleipnir		Gleipne	The extinguisher	The third bond they tied Fenrir with	
Gná	Gnah	Gnå	Reach		A side of Mother Earth
Greip		Greip	Grip		Daughter of Geirröðr
Gríðr	Grip	Grid	Security/Peace-treaty	Gaintess	Mother of Víðarr
Gróa	Grôwan	Groa	Grow/Heal		Örvandill's wife
Gulltoppr		Gulltopp	Golden Top	Heimdallr's horse	

Gullveig		Gullveig	Lust for Gold	A witch	The origin of War
Gungnir		Gungne	Swing	The Spear of Óðinn	The sharp thought
Gunnlöð		Gunnlød	Invitation to fight	A giant	Suttungr's daughter
Gunnþrá			War-longing		
Gyllinburst		Gyllinbust	Golden hair (of Feathers)	Freyr's pig	The Sun
Hamingja		Hamingja	Luck	Pockets of thoughts and emotions that follow us through life	
Hamingja		Hamingja	Luck	One of Draupnir's rings	A part of Vörðr
Hamr		Ham	Shape/Outer form	One of Draupnir's rings	A part of Hamr
Hamr		Ham	Shape/Outer form	The Astral Body	Without Hamr we fall into unconsciousness
Hárbarðr		Hårbard	Tall, important rim	The name of Óðinn when he is on Algrøn	
Hati		Hat	Hate	A wolf chasing the Sun	Destructive powers
Heiðrún		Heidrun	Secret Honour	The goat on Valhöll's roof	The Holy Mead comes from the secret warrior order of Óðinn
Heiðþornir		Heidtrone	Clear air and thorns	The first heaven	
Heimdallr	Haimadalap	Heimdall	Counting our world	The God of Mercy	Son of Óðinn
Hel	Helan	Hel	Death	Goddess of Death (on Land)	Daughter of Loki and Abgrbóa
Helheimr		Helheim	The Home of Hel	The Lower worlds	The outer core of Tellus
Hermóðr		Hermod	Army-Bravery	Messenger of the Gods	Son of Óðinn
Himinbrjótr		Himmelbryter/Himinbrjot	Heaven-breaker	Ox	
Hlæráðr		Hlæráð	Obey your Spirit	The tree growing beside Valhöll	The holy inspiration of the spirit
Hlér	Laido	Hler	Sea	Another bane for Øgir	
Hlér (Øgir)		Hler	Terror	The Element of Sea (Water)	
Hliðskjálf		Hlidskalv	Opening (where one) shiver/tremble/shake	The Throne of Óðinn	The opening in the woods, where the ritual is performed
Hlíf		Liv	Life		Mother Earth as a doctor
Hlífþursa		Livtusse	Giant Life		Mother Earth as a doctor
Hlýn	Hlûn	Lyn	Prepare		A side of Mother Earth
Hlýrnir		Lyrner	Skylight, Sun and Moon	The sixth heaven	

Hnitbjörg		Hnitbjerg	Rock nailed together	The home of Suttungr	
Hnoss		Noss	Treasure		Daughter of Óðinn and Freyja
Hoddmímir		Hoddmime	Homeland/treasury of Memory	A water Giant	The Source of memory
Höðr		Hod	Hood	The blind God	Another side of Óðinn. The hood covers his eye(s)
Hønr	Høniðn	Høne	(Chicken)	The Body of man	The Material Body
Hreggmímir		Reggmime	Memory of bad Weather/Storm	The first heaven	
Hríðr			Storm/bad weather		
Hrímfaxi		Rimfakse	Frost-horse	Nátt's horse	
Hrjódr		Rjod	Spreader/destroyer	The fifth heaven	
Hróðrsvitnir		Hrodvitne	Honourable Wolf	Sköll's and Hati's father	
Hrúgnir		Rugne	Hold together	Rock Giant	
Hugi		Huge	Thought	Runner	
Huginn		Hugin	Thought	Óðinn's Raven	The right side of the brain
Hugr		Hug	Thought/Soul/Lust/Mind	One of Draupnir's rings	A part of Hugr
Hugr		Hug	Thought/soul etc.	The Mind/soul	Without Hugr we fall into oblivion
Hvergelmir		Hvergelme	The one-year-old draught	A well in Niflheimr	The Lung of the universe
Hymir		Hyme	(see Ymir)	Giant	Father of Týr
Hyrrokkin		Hyrrokkin	Twisted fire	Giantess	
Iðavöllr		Idavollen	The Field of ideas	The Council of the Gods	The Mind
Iði		Ide	Busy	A water Giant	The heavy Storm-clouds
Iðunn	Iþund	Idunn	Wave of Work	Daughter of Ívaldr/Ívaldi	The fruit-carrying plants
Iðunn	Iþund	Idunn	Shining wave (of fruit)	Goddess of Life	
				Idunn's Fruit	Anything eatable of the plant-world
Ífing		Iving	Doubt	A river surrounding Valhöll	The warrior needs to cross this to enter Valhöll
Ilmir		Ilm	Scent	Goddess of Flowers and Dreams	A side of Nanna
Ingi		Inge	To Love	Family father, son of	Arose from the deep, to

				Lofarr	become Elves
Ívaldr/Ívaldi		Ivald	Go straight forward (blindly)	A Dark elf	The seed of plants, blowing with the wind
Jarl	EirilaR	Jarl	Earl		He is blonde, has blue eyes and is tall
Jarnsaxa		Jarnsaksa	Iron Scissors	Giantess	Mother of Magni
Jarngreipr			Iron glove	Pórr's Iron Gauntlets	
Jörd	Erþô	Jord	Earth	Daughter of Nátt and Ánnar	The way those who work at night follow
Jörð	Erþô	Jord	Earth	Old name for Jörð	The Earth Goddess
Jörð	Erþô	Jord	Earth	The original Mother Earth, Pórr's mother	The Earth without humankind
Jötunheimr		Jotunheim	The Home of the Giants	The Middleworlds	The lithosphere and the atmosphere
Jötunn		Jotun	Hunger	The Matter	The matter of Earth is hungry for meaning (Spirit)
Kælinn		Kælin	Cosiness	Freyja's first Cat	Side of Freyja
Kári		Kåre	Wind	The Element of Wind	
Karl		Karl	Peasant		He has red-brown hair, fair eyes and is tall
Kon		Kon	Of good family (King)	The son of Jarl and the daughter of Hersir	
Kvasir	Kwassôn	Kvaser	Squeezed	The best juice that was pressed out from all Gods	
Lǫúrr (later called Loki)	Laidian	Lodur	Stick together/Cause of movement	The Visits and Movement of Man	The Blood
Leiptr			Shining/gleaming		
Lík		Lik	Corpse/Body	Freyja's attribute (the physical mating)	A part of Lík
Lík		Lik	Corpse/Body	The Physical Body	
Litr		Lit	Trust and Colours	Dwarf	Is burned with Baldr
Ljósalfheimr		Lysalfheim	The Home of the Light Elves	The higher worlds	The atmosphere
Lofarr		Lovar	To promise/allow	Son of Dvalinn	The mating that make the mourished from possible



Lofn	Lub	Lovn	Permission		A side of Mother Earth
Logi		Loge	Flame	The Element of Fire	
Logi	Luh	Loge	Flame	Eater	
Løþingr		Løding	Delay/Reduction	The first bond they tied Fenrir with	
Magni	MagnuR	Magne	Strength		Son of Þórr
Mánagarmr		Månegarm	Moon-eater	(Another name for Fenrir)	
Máni	Mâno (Anglo-Saxon «Mona»)	Måne	The measurer of Time	The Moon, son of Mundilfæri	Heavens Gift to Mother Earth
Mannaheimr/Miðgarðr		Mannaheim/Midgard	The Home of Man/The Home in the Middle	The Middleworlds	Animals and plants and the fertile soil
Mardöll		Mardoll	Sea-Disguise		The name for Freyja when she arose from the sea
Megingjörð		Megingjord	Strength-belt	Þórr's belt of Strength	The ring around the planet of Jupiter
Meili		Meile	Melee	God of chaotic Battle	Son of Óðinn
Menglöð		Mengløð	Shining necklace		Mother Earth as a doctor
Miðgarðsormr		Midgardsormen	The worm of the Middlefarm/World	Equator	Son of Loki and Angrboða
Mímir	Minþi	Mime	Memory	The Head Óðinn take council from	Our experiences
Minni		Minne	Memory	One of Draupnir's rings	A part of Hamr
Mjörðr		Mjød	Mead	The nourishment of the warrior	Is drunk from Skulls (the head)
Mjöllnir		Mjølne	The Crusher/Smasher	The Hammer of Þórr	Gravity
Moder		Moder	Mother	The mother of Jarl	
Móði	Môd	Mode	Courage		Son of Þórr
Mökkralfi		Møkkurkalv	Cloud/Fog Island	Assistant to Hrúgnir	
Mótsögni		Motsogne	Mark of a people	Dwarf Chieftain	The Father of Dwarves
Mundilfæri		Mundilfære	The Gift one can afford	Heaven	
Munin		Munin	Memory	Óðinn's Raven	The left side of the brain
Múspellsheimr		Muspellheim	The Home of Light and Fire		The resting divine bosom
Múspellsheimr		Muspellheim	The Home of Light and Fire	The higher worlds	Space outside our Solar system
Naglfari		Naglfare	The road that is riveted	Married to Nátt	

			to our lives (i.e. the way we follow)		
Nanna	Nanþjan	Nanna	Comfortable work (women's work)	Goddess of Flowers	Nearness between humans
Náfri (Nári)		Narve (Nåre)	Groin-selection		Son of Loki and Sigyn
Nátt		Natt	Night	Daughter of Nörvi	
Niðhögg		Nidhogg	Dishonourable Attack/woodcutting	A worm that gnaws on the roots of Yggdrasill	Wear on the brain through life
Niflheimr		Nivlheim	The Home of Darkness and Fog		The resting divine thought
Niflheimr		Nivlheim	The Home of Darkness and Fog	The Lower worlds	The Inner core of Tellus
Njerð	NerþuR	Njerd	The place where the river meets the sea (f.)	Goddess of the Sea	
Njörðr	NerthuR/Nerþus	Njord	(The place where the river meets the sea)	A water God (Vani)	He is the fertile waters along the coasts, married to the wild Skaði, who naturally flows into him from the mountains (as a river)
Njörun		Njörun	The (female) spinner	Goddess of the scent of Flowers	A side of Nanna
Norn		Norne	Secret Warning/To Say	The Goddesses of Destiny	
Nörvi		Norve	Consecrated to Death	The father of Nátt	The condition before the Sun was created. He dies when his daughter is born (Consecrated to Death)
Oðinn	Wuotan	Odin	Thought and Spirit	Son of Börr and Bestla	The Law(s) of Nature
Oðinn	Wuotan	Odin	Thought and Spirit	The Thought of life and Spirit of Man	Divine Spirit
Óðinn	Istwô (Wuotan)		In the East	Old name for Óðinn	His Eye (the Sun) rises in the East
				Óðinn's Blue Cloak	The Air
				Óðinn's Wide Hat	The Sky
Ódr		Od	Mind/Thought	One of Draupnir's rings	A part of Önd
Óðrørir		Odrøre	The mover of the mind/Thought	Container of the Mead	

Øgir	Ógjan	Æger	The sea/Awe	Giant	
Ölvadi		Ølvalde	The master of Beer	A water Giant	Water
Önd		Ánd	Spirit	One of Draupnir's rings	A part of Önd
Önd		Ánd	Spirit	The Spirit	Without Önd we can not be creative
Örvandill		Ørvandil	Arrow/Stick		
Röskva	RaskwaR	Roskva	Skilful/Brave	Þórr's servant girl	
Ragnarök		Ragnarok	The beginning and the end of the Gods, as well as the meaning of the Gods!	The world's end and new beginning	
Rán	RahnaR	Ran	Robbery	Goddess of Death (on the Sea)	Wife of Øgir
				Rán's Net	The Waves of the Ocean
Ratatoskr		Ratatosk	He who runs about and give aid	A squirrel carrying messages from the eagle in the top to the worm at the bottom and back	The electrical signals in our brains, running back and forth through our nerves
Rígr		Rig	Ruler	Another name for Heimdallr	
Rindr	Rinniôn	Rind	Channel in the Ice, leading the melting water	The Mother Earth during Winter, Váli's mother	She's not fertile, and resists Óðinn's love for a long time (until summer)
Sæhrímnir		Særmíne	The tests of the Sea	The pig the warrior eats when in Valhöll	The warrior gets his strength through strife
Sága	Saga	Saga	Sage/Story		Wife of Óðinn
Sál		Sjel	Soul	One of Draupnir's rings	A part of Hugi
Sif	Sip	Siv	Family	Goddess of the Field and the Family	Wife of Þórr
				Sif's Golden Hair	The Golden Cornfield
Sigyn		Sigyn	Sink		Wife of Loki
Sindri		Sindre	Sparkle	Dwarf	The sparks of metal-work
Sjöfn	Saknan	Sjåvn	Love (When you miss somebody)		A side of Mother Earth
Skaði	Skapís	Skade	Damage	A water Giantess, daughter of Þjazi	The running water, wild rivers, caused by rain

Skaði	Skapis	Skade	Harm	Goddess of the streams (and of the Moon)	
Skatyrnir		Skatyrne	The first man	The ninth heaven	The first man came from outer space (the Gods are extraterrestrials)
Skiðblaðnir		Skidbladne	Wood moving like leaves	The Ship of Freyr	The Tree in the Woods/Forests
Skilningarhíminn		Skilningerhimmelen	Beautiful sky from far away	The third heaven	
Skinfaxi		Skinfakse	Lighthorse	Dagr's horse	
Sköll		Skoll	(Disparaging) Laughter	A wolf chasing the Sun	Destructive powers
Skuggi		Skygga	Shadow	The Shadow caused by Freyr's Sun (Gyllinburst)	A part of Lík
Skuld	SkoldiR	Skuld	Blame	The future	
Skrýmir		Skryme	He who terrify/frighten	Giant	
Sleipnir		Sleipne	Slippy/slide	The Horse of Óðinn	The Man performing the Ritual (his soul slides out of his body, like Sleipnir)
Sliðr		Slid	Awkward		
Snotra	Snôutra	Snotra	Wise		A side of Mother Earth
Sól	Sôwlo/Sîwila/Sunniôn	Sol	Recharge	The Sun, daughter of Mundilfæri	Heavens Gift to Mother Earth
Són		Son	Sound	Container of the Mead	
Suttungr		Suttung	New worry/disease	A giant	Gillingr's son or nephew
Svalinn		Svalinn	The Cooler	The Shield between Heaven and Earth	The Ozon Layer
Svartálfaheimr		Svartalvheim	The Home of the Dark Elves	The Lower worlds	2.900 km of magma (mesosphere)
Svöl			Cold		
Sylgr			Drink/swallower of fire		
Sýn	SegwniR/SewniR	Syn	Denial		A side of Mother Earth
		Syvmlsstøvlene	The sevenry-kilometer- boots	Loki's Boots	The thought travels very quickly (Loki is the God of Logic)
Þjalfi		Tjalve	Hold together	Þórr's servant	The worker
Þjazi	Þjafja/Þapja	Tjatse	Noisy	A water Giant	The noisy rain
Þjóðvarta		Tjodvarta	To become a Nation/People		Mother Earth as a doctor

Þjóðvitnir		Tjodvitne	People-wolf	The fish swimming in Pundr and Ífing	The «common man», who is not able to cross the rivers
Þórr		Tor	Loyalty	God of Thunder and Rain	Son of Óðinn
Þrúðgelmir		Trudgelme	Strong Draught	Son of Ymir	The chaos of nature, the Ragnarök of nature in the creation
Þrymr		Trym	Thunder	Giant	
Þul (Speech)					
Þundr		Tund	Self-solemnity	A river surrounding Valhöll	The warrior needs to cross this to enter Valhöll
Trell		Trell	Thrall		He has dark hair and eyes, and is tall
Týr	Tīw	Tyr	Honor	God of War	Son of Óðinn
Uðr		Ud	Desolate/Deserted	Son of Nátt and Naglfari	The way we follow at night
Ullir		Ull	Wool	The God of winter	A son of Sif
Urðr	Wurp	Urd	Honour	The past	
Útgarðsloki		Utgardsloke	The end of the Outer (old) World	Giant	
Valhöll		Valhall	The Hall of selection	The mentality of the elite warriors of Óðinn	
				The eagle bending his head above Valhöll	The proud must kneel before Óðinn (the spirit)
				The Varg/Warg that is hung west of the door Valhöll	Those who break the laws of the spirit (the criminals) are hung
Váli	Wôli	Våle	Selection	«Survival of the fittest»	A son of Rindr (Winter)
Váli (Áli)	Wôli	Våle (Åle)	Selection		Son of Loki and Sigyn
Valkyrja		Valkyrje	(Those) who select the fallen ones	The thoughts of the warrior, and the female warrior	Only our own wish and will can bring you to Valhöll
Vanaheimr		Vanaheim	The Home of the Vanir	The Middleworlds	The sea, lakes and rivers
Vanir		Vaner	Water	Connected to water itself. The old Teutons listened to the sounds of nature, and got their	

				inspiration from there.	
Veðrfölnir		Vedfolne	He who calms down (bad weather)	A hawk sitting between the eyes of an eagle that is resting in the top of the tree	The thought that flies from mind
Véi	IngwaR (Wíha)	Ve	Loved one/Chieftain	Old name for Freyr	He is the beloved Chieftain, who performs rituals in the Holy Places (Véi)
Véi	Wíha	Ve	Holy	Son of Börr and Bestla	The Law(s) of Nature
Verðani	Werdani	Verdande	The coming present (time)	The present	
Verðrhiminn		Værhimmelen	Weather-Sky	The first heaven	
Vetmímir		Vetmime	The two of us remember	The eighth heaven	
Véúrr		Veur	Holy rain	Name of Þórr	
Víð (Forest/wood)		Vid			
Víðarr	WiduR	Vidar	Wood	God of the (wild) Forest	Son of Óðinn
				Víðarr's Boot	The Tree Trunk in the Forest
Viðbláinn		Vidblåen	The wide blue	The third heaven	
Viðfeðmir		Vidfedme	The wild embracer	The fourth heaven	
Viðfinnr		Vidfinn	Wood-Sami/Lap	The father of Bil and Hjúki	
Vilir	Weljan	Vilje	Will-power	Son of Börr and Bestla	The Law(s) of Nature
Vílir	IrminiaR (Weljan)		The Strong (will)	Old name for Þórr	He is the strongest of all Gods (the will)
Vímir		Vim	Turn(er)	River	
Vindbláinn		Vindblåen	Blue wind	The first heaven	
Vör	War	Var	Oath		A side of Mother Earth
Vörðr		Vord	Protector/Guardian	The Ætheral Body (Life- force)	Without Vörðr we become corpses
Yggdrasill		Yggdrasill	Terror Horse	The Tree of Life	The human brain
Ýlgr			The Howling		
Ymir		Yme	Sound	The First Giant	The noise during the creation of the Sun and the planets

### THE GODS OF FERTILITY

<b>Norse Name</b>	<b>Nordic/Germanic Name</b>	<b>Norwegian Name</b>	<b>English Translation</b>	<b>Description</b>	<b>Other Meaning</b>
Freyja	Frijô	Frøya	Love (f.) (of a lover)	Goddess of the Woods	
Freyr	Frawan	Frøy	Love (m.)	God of the Woods	
Njerð	NerþuR	Njerd	The place where the river meets the sea (f.)	Goddess of the Sea	
Njörðr	Nerþus	Njord	The place where the river meets the sea (m.)	God of the Sea	
Fjörgyn		Fjorgyn	Mountain and Throne of Life (f.)	Goddess of the Wilderness	
Fjörynn		Fjorgynn	Mountain and Throne of Life (m.)	God of the Wilderness	

*The first pair is the fertility gods of the woods and the plowed fields, the second pair of the sea and lakes and rivers, the third of the wild lands and the unplowed fields. They are both male and female, as nature has two sides, as does creation.*

### THE CREATION OF MAN

<b>Norse Name</b>	<b>Nordic/Germanic Name</b>	<b>Norwegian Name</b>	<b>English Translation</b>	<b>Description</b>	<b>Other Meaning</b>
Oðinn	Wuotan	Odin	Thought and Spirit	The Thought of life and Spirit of Man	Divine Spirit
Lǫurr (later called Loki)	Laidian	Lodur	Stick together/Cause of movement	The Visits and Movement of Man	The Blood
Høgnir	Hõniôn	Høne	(Chicken)	The Body of man	The Material Body

*Without the spirit (Oðinn) man is evil (Loki), without the spirit and wits, man is stupid (Høgnir)*

### THE STRUCTURE OF MAN

<b>Norse Name</b>	<b>Nordic/Germanic Name</b>	<b>Norwegian Name</b>	<b>English Translation</b>	<b>Description</b>	<b>Other Meaning</b>
Fylgja		Fylgja	Follower (protective spirit)	One of Draupnir's rings	A part of Vörðr
Hamingja		Hamingja	Luck	One of Draupnir's rings	A part of Vörðr
Hamr		Ham	Shape/Outer form	One of Draupnir's rings	A part of Hamr
Hugr		Hug	Thought/Soul/Lust/Mind	One of Draupnir's rings	A part of Hugr
Minni		Minne	Memory	One of Draupnir's rings	A part of Hamr

Ódr		Od	Mind/Thought	One of Draupnir's rings	A part of Önd
Sál		Sjel	Soul	One of Draupnir's rings	A part of Hugr
Önd		Ånd	Spirit	One of Draupnir's rings	A part of Önd
Lík		Lik	Corpse/Body	Freyja's attribute (the physical mating)	A part of Lík
Skuggi		Skygga	Shadow	The Shadow caused by Freyr's Sun (Gyllinburst)	A part of Lík
<i>We make pairs of these ten sides of man</i>					
Lík		Lik	Corpse/Body	The Physical Body	
Vörðr		Vord	Protector/Guardian	The Ætheral Body (Life-force)	Without Vörðr we become corpses
Hamr		Ham	Shape/Outer Form	The Astral Body	Without Hamr we fall into unconsciousness
Hugr		Hug	Thought/soul etc.	The Mind/soul	Without Hugr we fall into oblivion
Önd	Önd	Ånd	Spirit	The Spirit	Without Önd we can not be creative
<i>Lík needs food, physical training and rest. Vörðr needs warmth, sleep, safety, joy and true love, but also cold, grief perils and negative emotions. Hamr needs creative development/display, music, art and dreams, but also silence, calm and emptiness. Hugr needs stimuli in form of mental work – where memory, the ability to concentrate and think is approved, but also mental rest. Önd needs deeper meaning and long-term planning and a super-individual perspective, but also contempt for earth and ruthlessness – to one self as to others...</i>					

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