

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

| Norse Name | Nordic/Germanic Name | Norwegian Name | English Translation | Description | Other Meaning |
|-------------------|-----------------------------|-----------------------|----------------------------|--|-------------------------------------|
| 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 | |

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|-----------------|-----------|----------------|--|--|---|
| 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 |

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|-------------|--------|-------------|--|---------------------------------------|---|
| | | | | 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 |

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|------------|-----------|-----------|----------------------------------|---|---|
| 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 |

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|-------------|-------------|-------------|--|--|---|
| 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 | | |
| Gjölp | | Gjålp | 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 | |

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| 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 | |

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| 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/destructor | 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 |

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| | | | | 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 |

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|---------------------|---------------------------|-------------------|--|--------------------------------------|---|
| 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 |
| Menglóð | | 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 | |

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| | | | 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 | | Njørun | 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 | |

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|-----------|---------|----------|--|---|---|
| Øgir | Ógjan | Æger | The sea/Awe | Giant | |
| Ölvadi | | Ølvalde | The master of Beer | A water Giant | Water |
| Önd | | Ånd | Spirit | One of Draupnir's rings | A part of Önd |
| Önd | | Ånd | 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 |

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| 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 |
| Víllir | 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

| Norse Name | Nordic/Germanic Name | Norwegian Name | English Translation | Description | Other Meaning |
|-------------------|-----------------------------|-----------------------|--|---------------------------|----------------------|
| 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

| Norse Name | Nordic/Germanic Name | Norwegian Name | English Translation | Description | Other Meaning |
|---------------------------|-----------------------------|-----------------------|----------------------------------|---------------------------------------|----------------------|
| Oðinn | Wuotan | Odin | Thought and Spirit | The Thought of life and Spirit of Man | Divine Spirit |
| Lǫúrr (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

| Norse Name | Nordic/Germanic Name | Norwegian Name | English Translation | Description | Other Meaning |
|-------------------|-----------------------------|-----------------------|------------------------------|-------------------------|----------------------|
| 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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