

Our Way

The Preamble of Enlightened Asatru



**The Call of the Gods resounds in all Midgard.
We who hear it, follow their call.
We are their children, in every country,
And within us is burning their light.
Within us we all carry the gifts
Which first they gave to Aes and Embla.
We feel the living Gods' presence around us,
We honor the Aesir here and today.
We respect men and woman all round the world,
And we uphold the human rights.
In community with Aesir and Vanir
We're living today, and every day.**

Asatru for Human Rights

Asatru for Human Rights religion. We stand up for our fellow humans and take responsibility for our actions. Everyone who honors the Aesir and Vanir and is respectful of their fellow humans may become Asatru.

Asatru Ring Frankfurt & Midgard

We share our experiences with the Gods and our faith with other Asatru and people interested in it. We make this information available to all people, so that they can get an idea about our religion. If you have any questions, just contact our Asatru Hotline, or write to us.

Edition Enlightened Asatru — www.asatruringfrankfurt.de

What does Enlightened Asatru offer?

Asatru for Beginners:

- What is Asatru?
- Who can become Asatru?
- What are our myths, and what significance do they have for us?

Ways to Meet the Gods:

- Prayers and invocations
- Poetry and songbook online with MP3
- Meditations
- The Gods in everyday life and in our actions

Norse Germanic Gods 101:

- Who are our Gods and Goddesses?

Rituals of Asatru:

- Celebrations and holidays - With the Gods through the year's journey
- Rituals in everyday life
- Walking the path through life together with the Gods
- What are Blot and Sumble?

Project „The Edda speaks“:

- The poetic Edda as MP3 readings online

Asatru Hotline:

Counseling for personal questions of faith by phone or mail

Living Faith

- Exchange about experiences within Asatru

Our Albums: (with bilingual songbook)

- Skaldenmet: „Der Ruf der Götter - Asatru-Lieder“
- Skaldenmet: „Lieder aus Asgard“ (release summer 2009)

Asatru Ring Frankfurt & Midgard

www.asatruringfrankfurt.de

Living with the Gods here and today

Asatru Stammtisch Frankfurt - Pubmoot. Asatru lived locally.

www.asatrustammtischfrankfurt.de

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Contact is cordially invited!

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Enlightened Asatru

**Living with the Gods.
Living for the Gods.
Living through the Gods.**



What is Asatru?

Asatru is the living faith and trust in the Scandinavian and Germanic Gods and Goddesses, lived in the here and now. Asatru is about the community of the Gods, about us humans, and our relationship to them.

Our Gods in Asatru

We feel and experience our Gods in the midst of life. They accompany us in our everyday lives, in our families, at work, in our free time and on holidays. We are the children of the Gods – this expresses our closeness to them and the personal trust we have in them.

Ways to the Gods

Blot – Sharing our feast with the Gods

Sumble – Toasting the Gods

Prayer – Getting into conversation with the Gods

Meditation – Meeting the Gods within silence

Living Myths – The felt presence of the Gods

Feasts of the Gods – With the Gods through the year

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What is Asatru?

Asatru is about the Gods, about us, and our relationship to them. Asatru is the **lived faith** in the Scandinavian-Germanic Gods and Goddesses in the here and now. It is a young religion with old gods. Since Asatru was officially recognized as a religion in Iceland in the seventies, the **Call of the Gods** has spread all over Midgard. Since then, many people have followed this call, people like you and me, people from every area of life. Independent of profession, gender or ancestry, folks feel drawn to and shape their **life with the Gods**.

Asatru is a personal **religion of experience**, and there are many possible ways to meet the Gods. The written sources, e.g. the Old Icelandic **Edda**, we see as individual approaches to get closer to the Gods and to express this. Accordingly we see the Edda "only" as a valuable resource and collection of ideas and experiences from a thousand years ago – some things will call out to us even today, and others won't. The Edda also contains Heroic Songs, advice of all kinds and more themes that do not directly relate to the Gods.

Asatru has its origin in the Gods who have been worshipped by the many Germanic peoples, and even back then had spread out to other cultures and continents. It was and is a **cosmopolitan, life-affirming religion**. Asatru live in the middle of society, and that means being a pluralistic religion in a pluralistic society. The Gods enrich our lives. We celebrate feasts for and with the Gods, but it is each day and in every day life that they are at our side. Exactly in which way(s) relationship to the Gods is being lived is a personal decision. Everybody has somewhat different needs and ideas, and a person's relationship to each single God or Goddess is often changing and evolving, like every kind of relationship is.

Asatru is a **religion of responsibility**, for everybody carries responsibility for their own life and can make use of the gifts of the Gods which they have given to all of us. We shape our lives in the knowledge that the Gods will always be at our back, but it is us that have to get the ball rolling and tackle things.



Asatru is a **way of living** which is founded in the trust in trust towards the gods. Yesterday we were accompanied by the Gods, today they are with us and so it will be tomorrow. We take action and the Gods are at our side.

Our Gods in Asatru

The Gods are tangible for us in different ways. **We are the children of Aesir and Vanir** – this is an expression for our closeness to them and the **personal relationship** we have to them. The Gods have human traits, and we in turn carry their gifts within us. Each of our Goddesses and Gods has individual characteristics and a personality of her/his own. What do they all have in common? All are part of the **community of the Gods**, and they all wish us well. Often, especially at the beginning of our path, it is one special Goddess or God which draws us, but it is all of them that are our pantheon. Each of them enriches our lives in their special way – **the Gods live with us**.

Thor is the active peacemaker who stands at our side with his strength and might. He is unstoppable and a great friend of mankind who holds his hammer protectively over us so that we can live and prosper in peace.

Sif gifts us with enjoyment and nurtures us with her gifts. Her husband Thor scatters all who want to regale themselves with her bounties undeservingly.

Odin is the poet's inspiration, he is creativity and ecstasy. Where new things are germinating, Odin can be found. He is curiosity incarnate and crosses all boundaries. Because of his restless search for knowledge he is called the Wanderer – just one of his many aspects. For achieving wisdom and insight he is ready to bring great sacrifices.

Frigga, Odins wife, keeps things firmly in hand and tackles tasks – she holds the reins. By her foresight, she keeps communities together and provides. She takes care of everybody, but she also prompts, arouses and encourages all to exploit their talents fully.

Frey is the brother of Freya, and his is the impetuous growth that breaks fresh ground and lets things burgeon. He sows, and is generous. When Frey and Freya encounter each other, they arouse a storm of feelings.

Freya is sensuality, and no feeling is strange to her. She climbs the heights of lust and descends into the valleys of sorrow. She is with us in our most beautiful and most painful moments and helps us.

Njordh is the father of Freya and Frey. His is serenity, and no storm of life can upset him. He can see the good in every situation and teaches us to enjoy. Calmly at the steering wheel he sails over wild seas and is a safe harbor for us, gifts us with abundance and good fishing.

Idunna grants rejuvenation, inner youth and gives us freshness, as we ourselves renew our friendship to the Gods every year anew, to set forth for the new year full of hope.

Heimdall is the attentive guardian by day and night, and only closes one eye when he rests for a moment. Early he warns of coming adversity, never yields from any danger and confronts it.

Tyr keeps justice and seeks balance. He is on the side of right and preserves mankind's order.

These are impressions of our Gods, which offer an approach for experiencing them; but only if one lives with them, one really comes to know them.

Ways to the Gods

It is not the question, "Which is *the* right way?", but "What is *my* right way or ways to the Gods?"

The Gods are part of our lives

At different **Feasts of the Gods** we celebrate the community of Gods and humans. It is this **trust in the Gods** which inspires us with confidence to shape our lives freely.

Blot – Feasting and sharing with the Gods, like when Thor came to a human family as a guest and offered them his goats for food. It is the living experience of our bond to the Gods.

Sumble – Toasting the Gods. Like we lift a glass and offer a toast in honor of our friends at birthdays, so do we the same for our deities.

Meetings in everyday life, or just pausing for a moment

Prayer – Getting into conversation with the Gods. Just sitting down, turning to the Gods and be close to them in dialogue, whether one takes one of our ready-made prayers or finds words of their own.

Meditation – Meeting the Gods in silence. Just taking a break, listening into oneself and being open to the Gods. Words are not necessary to express oneself.

Living Myths – In them, the God take shape and form, and we can feel their presence when we read about or listen to their actions. The stories come alive every time when they waken feeling in us and thus open a way to the Gods.

In everyday Life we can simply take a moment of our time, whether under the shower, on the drive to work, in the lunch break or in bed. These 10 minutes reserved for the Gods enrich our daily lives.

In our Actions we are close to the Gods. When you work physically or want to assert yourself, you can feel Thor's strength; in the process of creating new things, the ecstatic rush of Odin is suddenly felt; or we feel Frigga's incitement to unfold ourselves fully.



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