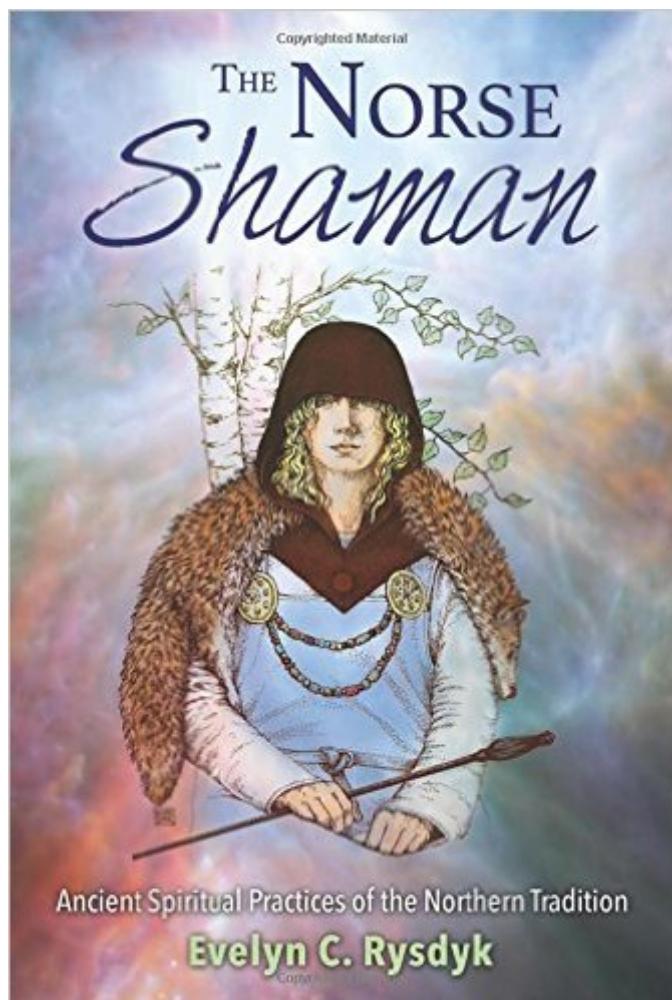


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# The Norse Shaman: Ancient Spiritual Practices Of The Northern Tradition



## Synopsis

An experiential guide to the wisdom preserved in Europeâ™s far northâ¢ Includes shamanic journeys to connect with deities and your ancestral shamansâ¢ Provides step-by-step instructions to prepare for and conduct a seiÃr ceremonyâ¢ Draws on archaeological evidence and surviving written records from Icelandâ¢ Reveals the long tradition of female shamans in northern European shamanismShamanism is humanityâ™s oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shamanâ™s world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia.Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of Ã¶tiseta for reconnecting with the powers of nature. She explains the key concepts of ÃrlÃ¶g and Wyrd--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Ã“inn.Thoroughly examining the shamanic rituals of seiÃr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiÃr ceremony, including creating your own seiÃr staff and hood, and explores the ancestral use of shamanic songs or varÃllokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

## Book Information

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## Customer Reviews

I recently finished a well-researched book called "The Norse Shaman" by Evelyn C. Rysdyk. Before reading this book, I knew very little--to nothing--about actual shamanic practices of the Norse tradition. I do have a strong anthropological background, so I thoroughly enjoyed the historic data snippets in this book. Rysdyk backs up the Norse shamanic traditions with archeological evidence, which is refreshing. Several books I've read in this genre sort of forgo the archaeological record and jump right into the traditions without giving perspective about the landscape these people survived in. After a brief introduction to shamanism and its role in many cultures across the globe, Rysdyk's focus of the book is on Norse shaman practices (obvious by the name of the book). Each chapter delves into different aspects of this tradition, and Rysdyk provides a meditation prompts to explore shamanistic trances on your own. This is also called "a seiÃƒÂr ceremony". Warning, this is not a beginners guide to shamanism, and if you are not familiar with meditation or trancework you may want to skip this part of the book until you are more familiar with what to expect. Since I am a novice myself, I read through the meditations but did not perform them. I am looking forward to actually picking up her other book called "Spirit Walking: A Course in Shamanic Power." Well researched and well written, if you have interest in Norse spiritual practices or just there culture in general, I recommend adding this book to your reading list. I really enjoyed this book, and found I had a hard time putting it down. Rysdyk's book has whet my interested in shamanism and Norse culture (not that I don't already have a strong interest in this region), something I hope to further explore. I received an advanced copy of this book from NetGally for my honest opinion.

I thoroughly enjoyed this book and will be reading it again. The author knows what she's talking

about and clearly has done her research. Next, I will be reading her book, "Spirit Walking." Thank you for writing such a profound book.

This book very pertinent to the learning I am doing at this time with the Norse feminine.

A very well written and informative book on Norse/Germanic Shamanism and Seidr.

love evelyn rydyk love this book she is a great teacher!

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