

Odin- the deep dive!

The myths and legends are full of the tales of "The All Father", "The wise one", Odin.

He was the main God of the Aesir, watching over all the lands from his high seat, and dabbling in men and magic as he wanted to.

When I was at school I had a whole year learning about historical sources. We explored how different history can look when glimpsed at from different sources. Odin is the God of words- when we read the myths we are reading his story- always take this with a pinch of salt, look behind the tales to try and understand the bigger picture.

In the Stav class system, which I know not everyone finds helpful, Odin is a Konge (king). The easiest way to think about the classes is to consider how they would react to an attacker:

Thrall (slave)- withdraw

Karl (free man)- protect

Herse (warrior)- direct action

Jarl (priest)- avoid

Konge- pre-empt

That says a lot about Odin! He always aims to be (and often is) one, or more, steps ahead of the game. In the story of Loki's brood, he understands they will bring around the destruction of the Gods, and so seeks to bind or banish them before they are able to act. Is this fair, or right? probably not, but Odin was working on achieving his end goal- not really ethics and morals.

Sometimes when I read about Odin, he seems more engaged with the drama, his end goal than anything- always strategizing and trying to work out how to achieve whatever it is that he has decided is important right now!

It's easy to consider that Norse mythology is misogynist - but when you drill down into the details it really isn't.

It is clearly noted that Freya taught Odin siedr, she takes the first half of the slain, and her falcon sits atop Odin's eagle.

His longstanding relationship with Frigg sees her clearly as his equal, they are a well matched pair.

The curious relationship which I invite you to explore (and we will re-visit later) is the comparison between Frey and Odin.

Odin hangs himself upon the World tree for 9 days, and 9 nights to receive the gift of the runes.

Frey endures 9 days, and 9 nights, to receive the gift of Gird after climbing onto Odin's high seat and falling in love with her.

Both are linked to Seidr- Odin learnt it from Freya, Frey's rune poem mentions "Graf-seidr" connecting shamanically to ancestors.

I will share more when we get to Frey, but it's a fascinating connection.

The World Tree

In all his great tales, and fantastic quests perhaps the most powerful thing Odin did was to hang himself upon the World Tree.

In all the business and noise (psycho-pomp) much of his wisdom came when he was alone and still (murk galdr).

In Stav there is the concept of "sitting-out". Heading into nature with nothing, to be still and allow the inspiration to flow. Again, this konge concept of all I need is myself- my tools are there for your benefit, not mine.

What did Odin learn on the tree? I think he caught the pattern of the universe reflected within in himself and created the runes as a formula for expressing the universal laws. There nearest I can find is the Fibonacci number- that one number can be found expressed throughout nature, and human art- a sort of base code of the universe.

I don't think this formula can be fully understood by us, but as we integrate the wisdom of the runes, so we can start to understand the patterns within and around us more.

The key wisdom is that Odin found the wisdom within him, and so must we.

Power animals

Think of Odin and many will think of his animals- ravens, wolves, eagle, snake, even an 8 legged horse! His menagerie is like him; diverse and odd!

I see the eagle and snake as a matched pair- sky and earth, creating a dynamic energy between them.

I see the 8 legged horse as carrying him between the worlds.

And the wolf being his more overt side - howling at the moon for all to see, the raven his murk galdr - when magic is done silently with only his intent.

And his eye!

I see Mimar's well as representing the collective unconscious-the wisdom that we are all apart of. Odin sacrificed his eye to gain insight, Heimdall his ear to gain extraordinary hearing.

Odin is a complex deity, and I do (as a Hel personality) have a complex relationship with him. But- he does know how to sacrifice and will always "pay the price" ahead of anything, just double check if you are working with him- that you know what the cost is!

Odin is God of so much... how to focus this into practical help.

Words:

As Odin's rune poem states "estuary (mouth) is the way of most journey's". Our thoughts and words are the start of most things in our life- they matter!

Anything connected with words can come under the rule of Odin. From working with affirmations to journaling, goal setting to diary keeping, brain dumping to poetry writing- words matter.

If you want to work a magic spell and let go of something (somebody) from your life, or attract something in- writing a poem is a powerful way to create this. Try starting with a mind map= exploring all your concepts, then tailor your writing, honing carefully exactly what you want to say. Take your time- create this word magic over weeks and days, revisiting it, tweaking it. before carefully writing it out, then keeping it or disposing of it as best suits your needs.

Words can also reflect our mindset, our intention- and intention is powerful. When we set our mind to something we are starting a powerful journey. Tune in, are you creating joy, anxiety, or failure? Do you have a focused mindset - or is your inner critic in control?

Breath:

My teacher was very Odinic, and he was very clear. If you need more than your breath and intention for shamanic work, you should not be doing it. Drums, rattles, crystals and tools are lovely, they are great to work with- but they amplify your intention.

The joy of using breath (and chant) to create an altered state of consciousness- is it is always to hand! Often when doing a Tarot reading the focus shifts, becomes more shamanic. I put my feet flat on the ground, alter my breathing and move into a shamanic state. My client remains unaware - another beauty of breath!

There are many complicated methods out there, but sometimes the simplest are the most useful.

Earth breathing- sitting/standing with your feet flat on the earth and breathing "in" through the soles of your feet.

Letting go- consciously releasing emotion with every out breath.

Focused breathing- allowing your mind and breath to work together, so each is influencing the other.

Lokk- chanting to create an altered state of consciousness.

Murk Galdr

When I think of an Odin type of working, I think about hidden rune magic. This would be crafting a bind rune of some form and either not telling your client or giving the client the rune/amulet but describing what the runes mean.

There can be an element of psycho-pomp to this, where the "magic" is hidden in some way. Obviously (hopefully) this rings alarm bells over ethics, and doing magic on another person without their knowledge.

Knowledge and permission are two different things.

I have regularly removed entities from a client but not described the detail of my work. Personally, I would not do a bind rune unless someone had asked me to intervene- as an example I have been asked to support psychic protection in the past and drawn out a bind rune to give to the client- but not explained the meanings of the bind rune. The client understands it is for protection, but not the "mechanics". I have also on occasion quietly created a bind rune for a client, then buried it - as a follow up for work done. Pure murk galdr- but working within my personal boundaries.

Ljos (or light/overt) rune magic would belong to Heimdall. Where we create a bind rune and explain how it works to the client as part of the power.

Both have their place, depending on the work being done.

Lokk-seidr/shamanic healing

Any form of journeying for a client could come under Odin or Freya.

I often think Odin works in one of two ways. He may be full of psycho-pomp, loud, overt, obviously busy, drawing you into the process. Or in classic konge mode it will be done silently, without your awareness, and often without quite having your permission.

Odin is either full murk- hidden, silent, or full psycho-pomp. Perhaps this is the magician in him- using his psycho pomp to distract you from the real work done!

I tend to think of Freya carrying out lokk-seidr in a very simple way, it is a part of who she is rather than a skill learnt.

Words and breath

I have had experiences of healing that blend just word and breath, the magic is subtle and truly hidden- you've probably used elements of it yourself, maybe without even realising it.

It's hard to define as it needs to perfectly reflect your client's needs. But basically, it involves listening, reframing their words subtly, whilst altering your breath to encourage them to enter an altered state of consciousness/ release trauma in a gentle way.

When we are deeply connected with someone our breathing will start to match theirs. The Odinic type knows the power of breath and will subtly and consciously adjust their breathing to use this hidden healing technique. They will also wrap their words around their intent- reframing, shifting focus, remaining subtle so the client is hardly aware of what is being done (true murk). Infact done well the client doesn't realise the input coming from the healer, rather believes the understanding and calmness is coming from them.

And that is the curiosity of the Odinic healer. They can be perfectly happy at the centre of attention, leading a shamanic session with full psycho-pomp. They can also carry out a full healing under the guise of a "chat" without you ever being aware of quite what happened.

The Konge element of "pre-empting" can be worrisome, that an Odinic type may not always wait until they have permission, or until the client is ready to do the work. They may decide to the work when they consider it to be timely!