

Vidar ("ur")  
Dross is from bad iron  
Oft runs the reindeer on the hard snow

Shower- lamentation of the clouds  
And ruin of hay harvest  
And abomination of the shepherd

### **Who**

Vidar is Odin's son, and he avenges his father at Ragnarök by killing Fenrir. There is a sense that he was "born" for this purpose, and that he sits in Odin's place after Ragnarök - the new generation of Gods.

### **Reflections**

Despite being a "younger" God- there is a sense of Vidar being Primal, original, old, aurochs.

Traditionally he represents energy healing, our vitality, our "megin" (chi/prana).

Waste, by-products, refinements, shoes, rain (destructive rain- rather than fertile rain of Frey)

Vidar is connected with stepping back, being grounded, waiting, patience. He is associated with vengeance- but cold, balanced, calculated rebalancing.

Waiting until the time is right.

Strength, initiation rites, facing personal trials.

Vidar can be a warning to take your time, not to react- but withdraw, reflect, and act when the time is right.

It can suggest that strength is needed, there are challenging times.

### **Key words**

- Strength
- Considered response
- Patience
- Vengeance

- A challenge
- Adversity

**Healing**

Grounding, and the root chakra.

The need to withdraw and gain a clear perspective of a situation.

Energy (megin) healing.