

Vidar is one of those Gods who has a clear role in the myths, yet not that much is known about him directly.

He is a son of Odin, he avenges his father at Ragnarök by killing Fenrir, he is known as a strong God (more on that in a minute!), a silent and reliable God, and there is a tale that one of his shoes is much larger - made with off-cuts of people's leather, and he survives Ragnarök.

I want to delve into some of these a little more- as usual I am not here to answer all of your questions, a big part of this is relating the myths to life and finding your own wisdom.

He is referred to as strong, silent, and reliable (I know- what's not to like!)

Is he the strongest God? He is referred to as second in strength to Thor- but Thor has a magical belt that increases his strength- is the silent Vidar really the strongest God?

His discretion is very notable amongst the noisy Aesir. When he is asked to stand and give Loki a seat by Odin- he stands, pours Loki a drink, and remains discreet when Loki then launches into a long and bawdy attack on the Gods. There is a sense that Vidar will not be drawn into action unless he wants to act - and when he does it will be final.

Vidar's mother, a giantess called Grid, is the giantess that gave Thor his girdle of strength and magic pole. At the moment I don't have clear views on this connection- it feels as if Vidar was created as a balance to Thor- both strong and with clear moral codes. But one is loud and quick to act, one is silent and slow to act- there is an opposing balance there that I would like to delve into. I feel as if Vidar was born to balance the chaos of hubris of the Aesir, and to allow the cycle to start again by killing Fenrir and surviving Ragnarök.

At Ragnarök it is Vidar that avenges Odin's death, and kills Fenrir. It is his shoes- and the tales of his shoes are odd- that help him in this act. The tales say that he pulled the jaws of the wolf wide, splitting his jaw, and thrust a sword through his heart.

The tales suggest one of his shoes is larger than the other. Some tales talk of iron, others off cuts of leather. This is perhaps alluded to in his rune poem:

Dross is from bad iron  
Oft runs the reindeer on the hard snow

Dross is a waste product, is this connected to the off cuts that created Vidar's shoe? Or perhaps how after Ragnarök those that are left create a new world out of the wasteland? Maybe it even suggests that Vidar himself was born to avenge his father.

A reindeer's hoof has specifically evolved to help them run in the snow- linking to Vidar's shoe, and perhaps the concept that he was born to avenge his father. Waiting silently on the myths until his time. With Baldr being the "golden child" Vidar seems to have a balancing role in the myths.

I would describe Vidar as a restrained, focused, and prudent God. He ensures that nothing is wasted- and that he is always ready and prepared for what needs to be done.

Call upon Vidar for when you need strength, courage, and the perseverance to get a job done.

Vidar is a powerful God to work with if you are looking for strength, peace, or perseverance. He is less likely to give you good advice (he is known as the silent God for a reason!) but he might do..

### **Earth Breathing**

Vidar is associated with feeling grounded, and energy healing (megin on the healing bind rune). One of the most powerful ways I know to increase megin and feeling grounded is earth breathing.

### **Rest, peace and preparation.**

I love the concept of Vidar's high grassland- slightly apart from the business of the Gods. When we link this to his heavy boot It makes me consider the value of being **calmly prepared for life**. I have to say this is not something I am good at- if you are looking to connect with Vidar then having a regular practice of reflection and preparation would be a really powerful tool. Ideally including a place where you can feel separate from your everyday life.

Much of my life is either working, with the kids- or sat in the car waiting for kids. the other day I decided to wait in a café. I ordered myself a coffee and snack, pulled out my planning book, and got stuck into some work. I had underestimated the value of working in a space that was completely neutral to me. No kids to ask for things, no chores to distract me.

The novelty of the environment really helped me to problem solve - and reminded me (again) of **the value of stepping away from life and taking the time to prepare**.

**Soul purpose, life path.**

There are so many odd things about Vidar. The reflection between Vidar and Thor (both strong Gods, Vidar's mother gave Thor his staff, gloves, and belt), Thor is loud, out there and quick to act in the moment. Vidar is calm, withdrawn, as if he is waiting for something.

There is a suggestion that his "silence" is not a reflection of his character- rather a vow of silence, and in fact he was born as a counterbalance to the chaos. To avenge Odin and kill Fenrir.

***It might be useful to consider your life.***

- *Do you have threads in your life that seem to "bind" you to a path?*
- *Do you believe you have been born with a purpose, a destiny?*
- *Is there something in your life that you just seem to be endlessly drawn to?*
- *Who do you think is in charge of this "destiny"?*
- *Is it something you have created on a soul level?*
- *Is there a higher pattern to be found?*

**Perspective**

I think of Vidar as a God with a focus on perspective, he chooses to act rather than react.

Thor feels like a God of chaos- reacting all the time, lurching from disaster to disaster, he's not quite in control of his destiny.

Odin perhaps is too involved with his destiny- trying to micromanage every last possibility.

With Vidar I get a sense of perspective, withdrawing and acting only with choice, and focus.

Any personal practice that encourages this state of mind would fall under Vidar- mediation, retreat, journaling.

Any practice that helped you to act in life, rather than react.