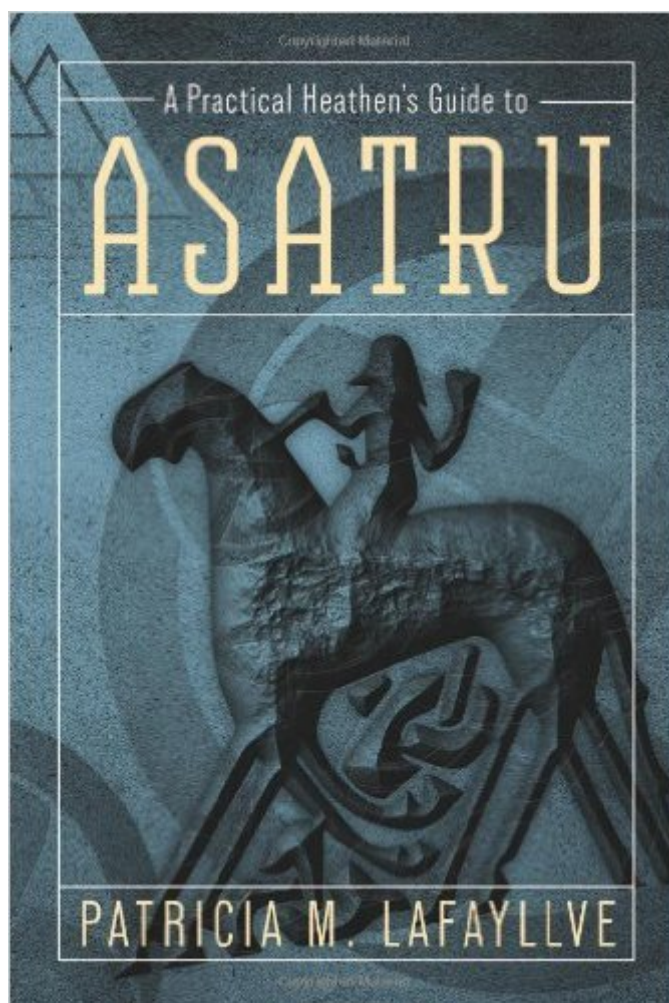


The book was found

A Practical Heathen's Guide To Asatru



Synopsis

Asatru Then and Now From its pre-Christian beginnings to its contemporary practitioners, Heathenry has long fascinated people from every corner of the world. Written from the unique perspective of a Heathen gythja, or Godwoman, *A Practical Heathen's Guide to Asatru* shows how to bring the beliefs and traditions of this ancient faith into your life today. In this complete guide to Asatru, you will discover: The mythology, folklore, and historical sagas of Northern European Heathens How to conduct rituals for birth, naming, entry into adulthood, weddings, divorces, funerals, and holy days Practical techniques for meditation, trance-work, prayer, and working with runes and charms Heathen perspectives on the nature of time, creation, worship, ethics, oaths, and hospitality An in-depth glossary, index, pronunciation guide, and bibliography for further study

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Customer Reviews

I came across *A Practical Heathen's Guide to Asatru* by Patricia M. Lafayllve after I found myself being found but not seeking. It's kind of surprising when you do a ritual and all of a sudden there are three gods present you knew the names of in passing but never gave any thought to! After several months of working with and honoring Them in my life and work with others, I decided it would be wise - if I wanted to deepen and add more formality to my practice - to seek out a good beginner resource on the topic of Heathenry even though I don't consider myself a traditional Heathen. This book has 15 chapters split between two parts - the first section is background information and some short exercises, the occasional example ritual, the second is all on practical rituals that hallmark both sacred life events and general blot giving. Each of the first 12 chapters covers a different aspect of Asatru faith and practice with the thoroughness of an academic volume but with an easy

to digest, clear and concise conversational tone. As someone with a great deal of background and experience in research, I was delighted to see that she included footnotes at the end of each chapter as well as providing a very thorough bibliography - this is part of what makes it such an excellent tool for beginners. By being informative without being overwhelming, while also providing the means for further exploration and study, it is a great gateway to deeper study for those who feel called to the Heathen path in a more traditional format or for any person who is working on the academic study of this particular branch of the modern Paganism family tree. As a whole, the text is well-organized and formatted (I am speaking to the Kindle edition but I'm sure it's the same for the printed one).

This book was on my wishlist awhile, but like my fellow heathens, I've read quite a few beginners books and they all focus on the same thing. After becoming Asatru in 2007, I can recite every story of the gods from memory and essentially give everyone a 5 minute run down on every Aesir, Vanir and Jotun, so I waited to buy this book. Now I have to say, there are many beginners books - the most popular being Essential Asatru by Diana Paxson and Asatru for Beginners by Erin Lale. Both are great, well read, informed and friendly authors that offer worlds of information on their books. Lafayllve's does as well. Patricia's edge is how new it is. Asatru is evolving every year with new academic research and many people joining the faith. Patricia's book kicks up the basic information into a more intermediate level with a large focus on wights and alfs. The background on heathen worldview is VERY well worded and presented, allowing many who are entering Asatru from other faiths such as Wicca and Buddhism to get a grasp on how Asatru (and Germanic heathenry) views the world. My only gripes about this book are how a -majority- or -most- heathens don't honor Loki or Jotuns outside the Aesir/Vanir innangard. If you go to AFA or Troth events, Loki is either forbidden or subjugated to a Ve dedicated to him. The appendix in the back of Patricia's book is a good addition, but entirely too short. Loki in today's modern Heathen world is draped in dogmatic Christian baggage that he is a Satan character to Odin's Yahweh and Baldr's Jesus. This goes against idea of a world accepting view and one that the past is fixed and influenced the present which creates the future (as Patricia's book states). And the 2nd gripe - the afterlife.

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