



JOURNEY RE-CAP *Helheim*

HOST: MORDGUD (WITH HELA'S BLESSING)
GATE: INGUZ RUNE DESCENDING

**We may journey across the Loom alone.
A rite of passage into purpose.
A freedom offered by the wishing God.
Alone has no part in a good beginning.
It has no part in arriving home.
~Hela, Queen of the Dead**

- An offering of a living thing (e.g. an apple) will help facilitate a strong connection between the realms of the living and the dead. You will also want 4 representations of flame to place around you as you journey.
- Create space including inviting in soul clan such as your fetch and connecting to the energies of the earth and stars. Call in your Disir envisaging them holding lights, all cloaked. A flickering light of gold is set in the centre of your space.
- Step into Vitki self (say name, 'put on' any physical/ energetic anchors, review values and purpose).
- Chant the Fehu rune and imagine you are filling with life force which generates from the earth and emanates outwards from the golden light in the centre of your space. Know it will continue to charge up the space as you work.
- Some of your Disir now step into the centre of the space and join you, forming a circle around you, you close your eyes and chant Inguz, seeing the Inguz seed forming around your group. Close your eyes and feel the roots of Yggdrasil gently drawing you, your fetch, and your Disir downwards
- Open your eyes at the outskirts of Helheim, you can see the mounds of the Volvas, the great river of Gjoll with the entrance of Helgrind beyond. Together with your Disir you call to the dead who have not yet crossed over, a song such as Carolyn Hillier's 'Heron Fly you Home' is an excellent calling song.



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HELHEIM (CONT.)

Buzzard call you back to the wild land

Heron fly you home

Journey to the soul of your own land

Where the mothers wait for your return

Heron fly you home

- Chant: lor-fay (laguz and fehu) to form a golden road over the bridge that usually appears fearsome and difficult. Laufey is Loki's mother (and so Hela's grandmother and a member of her Disir circle). Laufey's blessings assists the dead in crossing.
- When the work is complete you rise (and one or two of your Disir may rise with you) and cross to Gjallarbru, a much smaller bridge with stone walls on each side. There is a booth at the end where Mordgud now appears. She has two glass bowls with slips of paper in. One is to write that which you hope to release and one that which you hope to receive. If you do not know, you simply write 'As Hela's wishes'.
- Enter through into the apple orchards of Helheim, to the islands of mists. Let the dead now lead you where you need to go. You may want to chant/ drum during this period. Remember not to eat, drink or sleep in the space of the dead.
- When you are ready return through the gate, over the bridge to your Disir who once again surround you. Rejoin them and allow the Inguz rune to now rise back up to your space in Midgard.
- Ground and record what you experienced
- Give thanks and close your space (out of vitki self into sovereign self, saying farewells, entering back into normal reality)
- Place your offering outside for nature. To integrate what you received in Helheim trace Laguz over drinks and Inguz over food for a few days after the journey.