

Ásatrú for Beginners

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Synopsis

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Ásatrú is a spiritual belief system based around the pre-Christian folklore and mythology of Northern Europe. It gained popularity in the 1970s across Europe and North America and is still thriving today, sought out for its nondogmatic structure and emphasis on individuality, hospitality, and community-based values.

Ásatrú for Beginners is a newcomer's guide to this spirituality. It breaks down everything from the history and traditions to the gods and goddesses, ancient texts, sacred rituals, and the use of runes with simple language anyone can dive into. It's an inclusive and practical guide that makes it easy to apply Ásatrú in your modern-day life and find greater spiritual satisfaction.

Ásatrú for Beginners offers:

- See yourself more clearly - Ásatrú centers around ideas like friendship, community, and sharing. Discover what's important to you and how to worship in a way that fits your life.
- What's old is new again - explore the thousand-year-old roots of the original Ásatrú religion and what makes its recent rebirth so powerful.
- Gods and goddesses - find wonder, purpose, and inspiration in the stories and poems about gods like Thor, Loki, and Frigg.

Enter the world of Ásatrú with a simple guide that puts you on the path to spiritual health.

Reader's comments

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