

Frigga Blot

By Lisa Wilson

(Written for Mothers' Night, 1992)

With a specific blessing for a pregnant woman

(Adapted from RITUALS OF ASATRU; Volume One - Major Blots, by Stephen A. McNallen; published by World Tree Publications, copyright 1990)

Stalli should be set up with gandr, horn, vessel of cider, blessing bowl with evergreen tine, and prepared talisman. An offering bowl should be set to the side of the stalli. Stalli and hof should be lit with several candles and oil-lamps, and stalli should be decorated with holly, ivy, and evergreen. An appropriate recels may also be burnt.

HALLOWING: Gydja faces each direction, beginning in the north, and makes salutation to the quarters, inscribing the Elhaz Rune in each di-rection:

ELHAZ, HELGA VE THETTA OK HINDRA ALLA ILLSKA!

Gydja then returns to stalli, faces north, and stands in Elhaz-Stodhur

**I HALLOW AND MAKE HOLY TO THE SERVICE OF FRIGGA THIS STALLI
AND**

**HOF, BANISHING ALL INFLUENCES UNHOLY OR IMPURE. MAY OUR
MINDS,**

**IN THIS HOLY PLACE, LIKEWISE BE HALLOWED, AS IS OUR WILL, TO
THE**

**JUST SERVICE OF FRIGGA. AS THE GOD HEIMDALL GUARDS BIFROST
BRIDGE,**

**MAY THIS PLACE BE WARDED AGAINST ALL WIGHTS BANEFUL TO OUR
WORK**

HERE TONIGHT.

INVOCATION: Continuing to stand in Elhaz, gydja invokes:

**FRIGGA, MOTHER OF OUR PEOPLE! YOU ARE MANIFEST IN THE
PROMISE OF**

**THE SLEEPING SEEDS AND THE WAITING BUDS; YOU GIVE LIFE TO
FOREST,**

**FIELD, AND FOLK! WE PRAISE YOU AND SEEK YOUR BLESSING ON US.
THE**

**WOMAN IN CHILD-BED PANTS YOUR NAME, THE FOLK WHO WORK IN
THE FIELDS**

**SING YOUR PRAISES, AND ALL YOUR PEOPLE CALL FOR YOUR
PROTECTION IN**

**THEIR TIME OF NEED. YOU ARE THE MIGHTIEST OF GODDESSES AND
QUEEN**

**IN ASGARD; ALL NATURE COMPLIES WITH YOUR COMMANDS. GREAT
GODDESS,**

HEED OUR SUMMONS AS WE CALL TO YOU--

As the gydja proclaims each kenning, the gathered folk will reply:

Gydja: MOTHER OF THE GODS!

Folk: WE MAKE YOU WELCOME!

Gydja: FAR-SEEING ONE!

Folk: WE MAKE YOU WELCOME!

Gydja: WIFE OF ODIN!

Folk: WE MAKE YOU WELCOME!

Gydja: GODDESS OF THE DAWN!

Folk: WE MAKE YOU WELCOME!

Gydja: WISE AND SILENT ONE!

Folk: WE MAKE YOU WELCOME!

Gydja: HIGHEST OF GODDESSES!

Folk: WE MAKE YOU WELCOME!

Gydja: MOTHER OF BALDER!

Folk: WE MAKE YOU WELCOME!

Gydja: QUICKENER OF THE WOMB!

Folk: WE MAKE YOU WELCOME!

Gydja: GIVER OF PLENTY!

Folk: WE MAKE YOU WELCOME!

The gydja then continues:

**FRIGGA, LADY OF LIFE AND DEATH, SPINNER OF FATES, YOU GIVE
BIRTH**

**TO BALDER, AND YOU RAISE UP MIGHTY PEOPLES AS EASILY AS YOU
RAISE**

**UP THE FLOWERS IN THE FIELD! YOUR SONG RESOUNDS IN THE STILL
OF**

**THE SNOW AND IN THE WHISPERING OF THE WINTRY WIND. LOOK
WITH**

**FAVOR ON US, YOUR CHILDREN, AND BE WITH US NOW AS WE CALL TO
YOU!**

After a pause, gydja continues:

**NOW IS THE DEEP NIGHT OF THE YEAR, THE DARK STILLNESS BEFORE
THE**

**SUN IS REBORN, AND THE EVE OF BALDER~S BIRTH. WE COME
TOGETHER**

**IN THE DARKNESS TO HONOR MOTHER FRIGGA, AND TO ASK HER
BLESSINGS**

ON ALL THOSE WHO ARE MOTHERS, OR ARE MOTHERS YET-TO-BE.

**OFFERING: The godi takes up the horn and holds it as the gydja fills it from the
vessel of cider. Gydja says:**

**GREAT MOTHER, WE OFFER YOU SACRIFICE! NOT OF BLOOD, BUT THE
FREE**

**GIVING OF OUR HUMAN EFFORTS, OUR STRUGGLE, AND OUR
DEVOTION! MAY**

**IT AID US, GODS AND HUMANKIND ALIKE, IN OUR STRUGGLE AGAINST
THOSE**

WHO WOULD WAR AGAINST ASGARD, OR SEEK TO SET GREY SLAVERY IN MIDGARD.

Gydja takes filled horn and holds it aloft in offering:

FRIGGA, ACCEPT OUR GIFTS, NOT AS FROM SLAVES, FOR WE HAVE NO MASTER, NOR AS AN APPEASEMENT, FOR WE STAND IN GOOD STEAD WITH YOU, BUT AS A SIGN OF OUR KINSHIP AND FELLOWSHIP!

When gydja feels offering has been accepted, she will pour a small libation into offering bowl, then hand horn back to godi.

LOADING: Gydja holds her hands over the horn, directing the goddess-might into the cider:

FRIGGA, YOU HAVE RECEIVED OUR SACRIFICE, AS SYMBOLIZED BY THE CIDER

IN THIS HORN. POUR NOW INTO IT YOUR POWER AND BLESSINGS.

MAKING IT

FOR US A TRUE DRAUGHT OF MIGHT AND MAIN, THAT WE MAY GROW CLOSER TO

YOU AND EACH OTHER BY SHARING IT AMONG US.

BLESSING: When gydja feels cider is charged, she picks up blessing bowl and places tine into it. Godi pours a small amount of cider over the tine into the bowl.

Gydja sprinkles the stalli, then turns and sprinkles the folk:

I GIVE YOU THE BLESSING OF FRIGGA!

DRINKING: Gydja sets bowl back on the stalli. She takes horn from godi and drinks a small sip.

Then, moving sunwise, she will offer the horn to each of the folk:

(NAME), FRIGGA'S BLESSING.

As each person takes a sip from the horn, they may, if they wish, offer a toast to Frigga. Gydja will then return to the stalli and offer the horn to the godi. After he drinks, he may then pour any remaining cider into the offering bowl. Horn may then be placed back on stalli. Gydja faces north again and stands in Elhaz-stodhur:

GREAT MOTHER, WE ASK YOUR SPECIAL BLESSING ON OUR SISTER (NAME), AS SHE BEGINS THE JOURNEY INTO MOTHERHOOD.

Gydja will inscribe a Berkano Rune over the mother's abdomen. She should visualize the Goddess' might streaming from her fingers onto the mother's tummy, then slowly sinking into her body. As gydja makes the rune, she says:

(NAME), MAY FRIGGA PROTECT AND WATCH OVER YOU AND YOUR CHILD, AND GIVE YOU HEALTH AND STRENGTH.

At this point mother should be given a prepared and blessed talisman. After a moment of quiet, godi will begin moving around the hof, extinguishing all the lights until only a single candle is left burning on the stalli. As he does so, gydja speaks:

THE SUN DROPS LOWER IN THE SKY

THE NIGHTS GROW DARK AND LONG.

THE WIND BLOWS COLDER, BY AND BY,

BUT SUMMER'S PROMISE KEEPS US STRONG.

THIS IS THE EVE OF BALDER'S BIRTH,

THE DAYS WILL SOON GROW BRIGHT,

**THE SUN WILL SHINE UPON THE EARTH
AND DRIVE BACK WINTER'S BLIGHT.**

**CLOSING: After a few moments of silent meditation upon the candle burning alone
on the stall, the gydja will speak:**

**THIS SACRIFICE IS DONE. MAY IT STRENGTHEN US IN OUR DEVOTION
TO**

**THE GODS OF OUR ANCESTORS, AND RENEW IN OUR HEARTS OUR
DETERMINATION**

**TO LIVE AS WORTHY DAUGHTERS AND SONS OF FRIGGA. MAY WE GO
FORTH**

**FROM HERE TONIGHT WITH ALL THE GREATER RESOLVE TO LIVE
FREE AND**

**TRUE--WITH COURAGE, WITH TRUST IN OUR STRENGTH, AND
HONORING THE**

BONDS OF KINSHIP, UNTIL WE BE GATHERED TO THE GODS.

Gydja faces north, stands in Elhaz-Stodhur

**FRIGGA, GREAT MOTHER, WE THANK YOU FOR YOUR PRESENCE WITH
US HERE**

**TONIGHT. AS YOU WEND TO ASGARD, BEAR WITH YOU THE THOUGHTS
AND**

**PRAYERS OF US WHO DWELL IN MIDGARD. PRAISE TO YOU, FRIGGA,
AND**

FAREWELL!

Gydja will face each quarter, moving sunwise, beginning in north:

HAIL FRIGGA! FAREWELL!

Afterwards, a quiet celebration of the folk is appropriate.