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Northern Lore: A Field Guide To The Northern Mind, Body & Spirit

Eoghan Odinsson

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Northern Lore: A Field Guide To The Northern Mind, Body & Spirit Eoghan Odinsson
Northern Lore is a Field Guide to the Northern Mind-Body-Spirit, and will help you re-discover the Folk-Lore & Traditions of North Western Europe, and acquaint you with modern practices inspired by that lore.

Winner of the Global eBook Award for Best New Age / Non-Fiction Book in 2010

In today's exciting cosmopolitan society, we tend to discard the old in favor of the new; and while discovering new traditions is a wonderful experience, it's important to also reflect on the traditions that have shaped our culture, and see where they've taken us.

In Northern Lore you will:

* Practice "Runic Yoga" for Health and Well Being
* Learn Ancient Herblore for Holistic Healing
* Meet your Animal Spirit Guide, or Fylgia
* Discover Lost Meaning in the Days of the Week
* Explore Modern Holidays & connections to Ancestral Festivals
* Unlock the Mysteries of the Runes
* Sample Viking and Anglo-Saxon cuisine

Together we'll take an incredible journey back in time, and forward, embracing a synthesis of ancestral riches, and modern sensibilities. My hope is that after reading this, you'll go and dig deeper into your history – read the Eddas, harvest some herbs, practice runic yoga and cook a viking feast!

Live the Lore!

Eoghan Odinsson, Editor

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