

# **The Way of the Völva 2019-20**

## **Spiral One 2019-20**

### **Becoming an Apprentice Völva**

#### **Eight Circles – The Eight Characteristics of the Völva**

##### **1st Circle 28th/29th September 2019**

###### **Wise women**

Who is the Völva? Shamanka, sister and guardian of the Earth. Connecting with the land, seeking your Fylgia spirit. The Wheel of the Völva and the keys Freya is holding for you. Goddess Jord.

##### **2nd Circle: 9th/10th November 2019**

###### **The Initiatrix**

What is stopping you from standing in your full power. Seeing your patterns, obstacles and shadows. Past life experiences. The seekers walk into the darkness, meeting Goddess Hel.

##### **3rd Circle: 4th/5th January 2020**

###### **The Weaver**

Meeting the Three Norns, Weavers of Fate. Seeking your thread in the web. The wisdom of Giant Goddesses Natt and Skadi. Making rattles.

##### **4th Circle: 15th/16th February 2020**

###### **The Healer**

To be born into authenticity. Healing ourselves to be able to heal others and the earth. Taking responsibility for the planet. Singing as a tool, finding your Vardlokkur (powersong). Making your magic pouch. Goddess Eir and Her 8 healing sisters.

##### **5th Circle: 28th/29th March 2020**

###### **Wild Women**

How to create the ecstasy needed for Seidr. Drumming, dancing and singing. Holding ceremonial space. Connecting with Trees and Devas. Expanding your awareness. Goddess Sunna.

##### **6th Circle: 9th/10th May 2020**

###### **The Shapeshifter**

Freya, Goddess of magic, love and oneness. Fly with Her falcon. How to ride the red wave of power. Seeking your staff and learn The Seidr.

##### **7th Circle: 20th/21st June 2020**

###### **The Seeress**

To see and to know. Learn how to read the signs in nature, interpreting the messages. Walking for answers. Scrying the elements. Meet Goddess Ran and Her 9 daughters, holders of emotions.

##### **8th Circle: 25th/26th July 2020**

###### **The Tribe Mother**

Vision walk with creating of ceremonies. Dedication as an Apprentice Völva.