

I. rituals and festivals/holidays

II. Cosmology & Afterlife

A. Nine worlds

B. wyrd

III. Gods & spirits

A. Aesir & Vanir

B. land wights

IV. Knowledge of place/knowledge of nature

V. Ethics & Morals

A. loyalty to family

B. hospitality

C. Protector/warrior or Caretaker

D. giving your word

VI. Ancestors and cultural history

A. runes

B. honoring ancestors (family)

VII. knowledge of self

A. body

B. emotions

VII. artistic expression

A. crafting

B. handwork

C. singing

heathenry in pop culture