

# The Path of the Vitki / Völva 2026

## Course Content & Dates

### The First Thread: Stepping into the Path

**13/14/15 February 2026**

I welcome you into the world of the Nordic wisdom tradition. On this first weekend, we move through the cosmology, point of view, and basic principles of the path of the Vitki/Völva. Who is the Vitki or the Völva, and what does it mean to be on their path? We will explore the different worlds and realms of Yggdrasil, the world tree. We learn about the principles of the siðr (old ways), the trolldom (magic), and the approach to a modern, animistic, shamanic, and down to earth practice of this ancient wisdom.

### The Second Thread: Gandr, Our Inner Spirit

**3/4/5 April 2026**

On the second weekend, we will dive into the world of Norse Goddesses and Gods and their different qualities and powers. We will also explore the ancient Nordic wisdom of the soul and the inner world. We will introduce ancestral work and start to cultivate the relations to the world of spirits, nature, and the divine. The Seiðr-staff is introduced as an extension of your being and an ally to journey with us on our path.

### The Third Thread: Galdr, the Power of our Voice

**15/16/17 May 2026**

On the third weekend, we will explore the power of the voice and of our words in the Nordic tradition. We will work with healing the woundings that silence us, and work to find our true authentic voice to create a difference in the world. We will work with Galdr (sacred singing) and song-finding. This weekend we begin shamanic work like journeying to the spirit world.

### The Fourth Thread: Útiseta, Deep Listening and Vision

**3/4/5 July 2026**

On the fourth weekend, we will explore the practice of útiseta (sitting out in the wild) to receive vision and guidance from the spirits and powers in nature. We will practice deep listening and communication with the realms in nature. We will seek answers to the journey of our örlog (fate) and where the norns are guiding us in life.

### The Fifth Thread: Runes, Sounds of the Cosmos

**18/19/20 September 2026**

On the fifth weekend, we will dive into the mystery of the runes. We will learn about their origin, meaning, use, and how they can be allies in our spiritual work. This weekend you will begin to learn the framework on how to create and guide people in blót (ceremony).

The Sixth Thread: Seiðr, the Voice of the Divine

**23/24/25 October 2026**

This last weekend, we deep dive into learning about the ecstatic and shamanic practice of Seiðr. You will learn about the history, principles and traditions around this deep communication with the world of spirit. Students will learn and prepare for deeper shamanic work and learn how to deepen their own communication with the world of spirit and nature. You will not yet learn to perform the Seiðr in this course since it is a practice that demands deeper training. However, this course does create a good framework and preparation for future Seiðr practice. This last weekend we weave together our sacred grove (our community) and make oaths to ourselves and the powers about our future spiritual calling.