

## The Nine Worlds

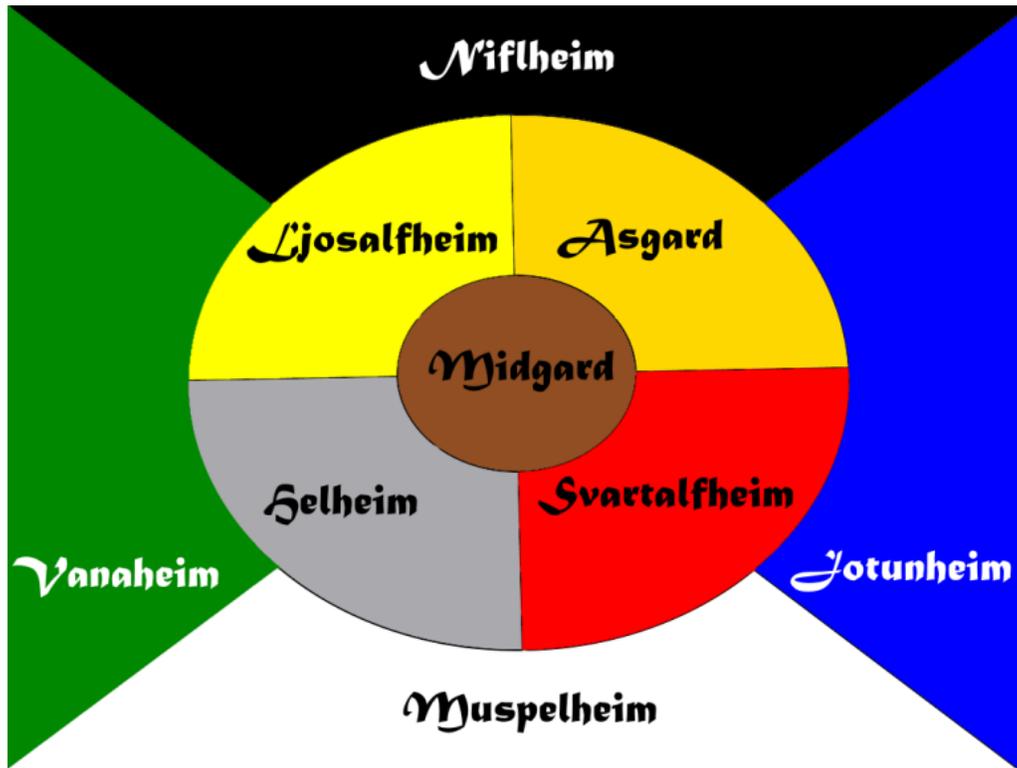
The Norse believed that there are nine worlds: three worlds comprising the Underworld of the Dead and spirit souls; three worlds of Middle Earth, inhabited by human beings, dwarves and dark elves; and three worlds of the Gods and light elves. Travel is possible between all nine worlds, as they are connected through the axis of the Tree of Life, the Yggdrasil.

The Underworlds are: Hel, the place of Hel, the great guardian of the souls of the Underworld; Muspelheim, the land of fire, one half of the creation force that made the worlds; and Niflheim, the frozen ice land whose ice combined and balanced with the fire of Muspelheim to produce the creation of the worlds.

Midgard is the land of the human beings. Svartalfheim is the land of the dwarves and dark elves. Jotunheim is the land of the Giants.

Asgard is the realm of the Aesir, one half of the Norse pantheon. Vanaheim is the home of the Vanir, the fertility gods and the other half of the pantheon. Alfheim is the home of the light elves.

## NINE WORLDS RUNE READING



This is the rune layout that I prefer to use when I do extended castings. This is a layout that comes from the Sunnyway website, which is one of the best resources on runes – it is the nine worlds cast, named as such for fairly obvious reasons.

The way you read this chart is as follows:

The **outer realms** – Niflheim, Vanahim, Muspelheim, and Jotunheim – represent the objective universe and, in a reading, are indicative of how the universe affects the querent.

The **inner realms** – Asgard, Ljosalfheim, Helheim, and Svartalfheim – represent the psychological influences and subjective forces in play. These are further paired – Asgard and Helheim represent transpersonal forces while Ljosalfheim and Svartalfheim represent personal forces.

The **center realm** – Midgard – represents the center and the way people come together to manifest themselves. It also ties everything else in the reading together.

Each of the nine realms represents a particular more in-depth element, which is as follows (note, Midgard is listed above):

### **Outer Realms**

**Niflheim** – That which resists the querent; passive/restrictive influences; the deepest part of the subconscious mind

**Vanaheim** – Growth; erotic relationships; forces of continuity and structure

**Muspelheim** – Active influences from outside, vital energies

**Jotunheim** – That which confuses the querent; what may be left to chance; forces pressing for change

### **Inner Realms**

**Asgard** – Higher influences; relationships with the gods; the higher self

**Ljosalfheim** – Mental influences; family; paths to help realize the influences from Asgard

**Helheim** – Hidden, suppressed forces; instinctual desires

**Svartalfheim** – Creative emotional influences; things to reflect on

This layout is also known as the Worldstead Layout – I prefer to call it the Nine Realms layout – and it is an incredibly in-depth way to read the runes.

This is the kind of reading that can take days/weeks to properly interpret, so it is not a layout I would suggest using for simple everyday casts. This is for general but very in-depth readings into your own life and into the lives of those closest to you (on their request, of course). I would not recommend it for an afternoon of public divinatory readings – it's too complex for that.

In any case, please feel free to print the chart and this guide for your own use. There is a great deal of power in doing a reading that incorporates all nine realms, and it is a good way to get familiar with the nine worlds and the way the runes manifest themselves in each world.