



Seidr: The Gate Is Open

Katie Gerrard

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"The seidr current is fresh and vibrant, with the strength and solidity of the Norse deities behind it." - Katie Gerrard

Seidr is the intriguing and powerful early Norse system of shamanistic trance practices. In *Seidr: The Gate is Open*, Katie Gerrard has contributed a major work on the practices of seidr and trance prophecy, providing a practical manual full of dynamic group rituals and techniques based on known Seidr practices. Foremost amongst these techniques is the prophetic rite of the High Seat, where the Volva (seer) sends her consciousness to the underworld realm of Hel to gain answers to the questions posed to her. Combining more than a decade of research and experimentation, this book is characterised by both its scholarship and its accessibility. Katie Gerrard shares her own experiences on the path of the seer, and also draws inspiration from original sources in the old texts of the Sagas and the Eddas, as well as contemporary researchers and groups working with seidr in Scandinavia, Europe and America. Techniques for achieving trance, levels of trance possession, coming out of trance, the vardlokkurs (chants), necessary equipment, and the requirements for the roles of the different participants, are all discussed in a clear and concise manner, as is the relevance of contacting the ancestors, the dead and the appropriate gods, including the goddesses Freyja and Hel, and the Allfather god Odin. As befits such an inspirational book, the author provides both the relevant background information for the eleven rites contained within, together with explanations of their inclusion and purposes. The rites emanate practical effectiveness, a result of their regular use over many years for successful exploration of the mysteries of trance prophecy, the High Seat rite and Norse witchcraft. "This is a spiritual journey laid bare for an audience who are either already treading a similar path or are looking for guidance in order to follow a well trodden path to a similar end point." * * * * * Katie Gerrard is a writer, researcher, and workshop facilitator with a passion for the magic of Seidr and the Runes. She has been studying the different forms of Norse magic and working with Norse gods since discovering them in the 1990s. Katie is also the author of *Odin's Gateways* (about working with the runes) and the forthcoming *The Gate is Open* (about Seidr and Northern tradition magical techniques), both published by Avalonia Books. An essay on the High Seat Rite written by Katie Gerrard appeared in the Avalonia anthology 'Priestesses, Pythonesses, Sibyls'. She also regularly hosts seidr and other seer and Norse rites within the London (UK) area.

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