

Frigg

Origin: Norse mythology

Signs and symbols:

Spindle and Distaff, Keys, Falcon, Mistletoe, Clouds and Mist.



Epithets:

Queen of Asgard, All-Mother, Fensalir's Lady, Weaver of Fates, Lady of the Distaff.

Offerings:

Bread, Honey, Mead, Apples, Dairy Products, Spun Wool, Keys, Blue, White or Gold Candles.

Frigg Invocation

“ Wise Queen, Frigg
Guide me in knowledge and foresight,
Protect my home and loved ones from harm,
In the face of life's trials and joys,
May I be ever steady: calm in mind, body, and spirit,
May I be centered, present, and mindful,
My thoughts clear and my heart at peace,
May I act with wisdom, my words measured and kind,
May my actions bring harmony, love,
and understanding,
May I know when to speak and when to remain silent,
Wrap me in your cloak of foresight and patience,
That I may move through life with grace,
wisdom, and purpose ”

