

YOUR GUIDE TO RITUAL WORK WITH FREYJA

NATURAL ELEMENTS

Freyja wears a cloak of falcon feathers and a gold-and-amber necklace named *Brísingamen*. **Feathers, golden objects, and amber** are all excellent additions to a Freyja altar or ceremony. Other appropriate natural elements include **rose quartz**, fresh or dried **flowers**, and **round stones** that resemble shields.



SYMBOLS

Freyja rides in a chariot drawn by two cats and has a boar companion named *Hildisvíni*. **Cats, boars/pigs, and falcons** are all symbols associated with Freyja, as are **swords, shields, and distaffs** (fiber spinning wands). Freyja is also a *Völva*, or seeress, meaning **divinatory symbols** are powerful when working with her.



OFFERINGS

Freyja dwells in *Fólkvangr*, a vast field filled with flowers and fruiting plants. Offerings of **fresh-cut flowers** and your favorite **fruit** or **juice** (regular / fermented) are particularly potent, especially when displayed in a **wood bowl** or on a **gold platter** with natural elements (see above) that invoke her energy.



INVOCATIONS

Freyja is the Norse god(dess) of love, sex, magic, battle, and the life/death transition. Call upon her for all things related to **personal empowerment, feminine sovereignty, and courage** to follow your heart. You can also invoke her during **romantic encounters, magic/ritual** castings, and **divination** sessions.

