

Vanaheim
Take the seed of Frej
Put it in the sacred soil
make it come alive
And fertility will rise.
Enter Vanaheim
Where dead will come alive.
Magic of Freja
Take you to another world
By the trance of sejd
(The) sibyl see into your soul.
Enter Vanaheim
And you will know thy self.
Vana-king and queen,
Lord and Lady of the gods
If you sacrifice
They'll release your fylgia.
Enter Vanaheim
And find your totem-beast.
By the seed of Ing
(Your) fylgia will take you high
Find it in your blood
From the days of Vanir war.
Enter Vanaheim
And you will fly in the fair fields
With the gods, forever.