Beards are seen as sacred and as a defining feature of the Æsir in ancient texts such as Konungsbók Eddukvæða. In addition, beards are likewise traditionally associated with men and masculinity throughout Norse history, as highlighted in Íslendingasögur (Icelandic Sagas), including the very significant Njáls saga, but also Eyrbyggja saga as well as Færeyinga saga and Völsunga saga. Beards are further even historically protected by law under Jónsbók, Grágás and Guta Lag.

Overall, beards are an essential and fundamental defining features of any Norðmaðr, Vikingr, Heathen, and ultimately, warrior's identity. The beard is the one characteristic of those who otherwise follow Forn Siðr (Old Ways). Beards are in fact the true expression of spirituality, masculinity, and what it means to be Heathen. Beards define the Heathen man.

Konungsbók Eddukvæða:

A distinct and defining feature of the Æsir (also known as the Norse gods) is their beard.

All Norse gods, but one, are described in traditional and sacred texts, as well as illustrated throughout Norse history, as sporting a beard: Baldur (Beauty), Bragi (Poetry, music, harp), Forseti (Justice), Heimdallr (Guardian of Ásgarðr), Hermóðr (Messenger of the Æsir), Höðr (Darkness, winter), Hœnir (Silence, Óðr), Meili (Son of Óðinn), Móði (Anger) and Magni (Strength), Óðinn (Ássinn), Óðr (Spirituality, poetry, passion, battle frenzy, and sexual ecstasy), Pórr (Battle, thunder, men), Týr (War, skies), Ullr (Archery), Váli (Revenge), Vé (Creation/wisdom), Villi (Creation/will), and Viðarr (Forest, revenge, silence).
A notable exception is **Loki** (Mischief, lies). **Loki** is the least favorite of all **Æsir**, and a Norse god typically associated with negative behavior as well as the dark side of humans. **Loki** is is known to have wrecked havoc among the **Æsir**, even being responsible for the death of some of them, including **Baldur**.

**Loki** is also known for having turned himself into a mare in order to be impregnated by the stallion **Svaðilfari**, eventually giving birth to Sleipnir, **Óðinn**'s 8-legged horse. An event greatly frowned upon in a culture that emphasizes gender polarization and strongly stigmatizes feminization of men.

From any perspective therefore, **Loki** is the very opposite of what a man should strive to be. **Loki** also happens to be the only Norse god without a beard. Therefore emphasizing the association between beard and manly virtues in Norse culture.

Numerous references in **Konungsbók Eddukvæða**, the most sacred text in Norse culture and religion, actually reinforce the association between beards and masculinity as well as virtue.

In **Atlakviða** (The Lay of Atli) specifically, a direct association is made between beards and warriors, with stanza 34 stating “Long-bearded, bold, the warriors entered”. In stanza 11, another connection is made between beard and wisdom, reading “The wolf shall rule the Niflungs' heritage, O bearded sages”.

From an **Æsir** and traditional Norse god perspective, a beard is therefore always associated with masculinity and virtue, including moral strength, manliness, valor, excellence, and worth, while the absence of a beard expresses feminization as well as depravity and immorality.

**Íslendingasögur:**

Possibly the most significant **Íslendingasaga** in Norse history and culture is **Njáls saga**. This Icelandic saga not only encompasses all the fundamental and essential Norse values that form the basis of **Forn Siðr**, but the saga has also established the foundation of Icelandic culture for the past millennium.

A main character in **Njáls saga** is **Gunnar Hámundarson**. A man known for his physical prowess, his masculine virtue, and of course, his beard. A man who encompasses so well what it means to be a Norðmaðr, that his name, Gunnar, is now one of the most common and revered names in Iceland and other Nordic countries.
Throughout this extensive text, in fact the longest and most developed Icelandic saga, countless references are made to not only associate beards with masculinity and virtue, but also to greatly insult and disparage any man who does not sport a beard:

Chapter 35

“There’s not much to choose though between you two. Thou hast hangnails on every finger and Njal is beardless.”

“But Thorvald, thy husband was not beardless and yet thou plottedst his death”

Chapter 41

“Who will avenge it? She asks, is it the beardless carle?”

Chapter 44

“Why doesn’t he make them cart dung over his beard that he may be like other men? Let us call him “the beardless carle” but his sons we will call “dung-beardlings.”

“Prithee why should dung beard boys reft of reason, dare to hammer.”

“He the beardless carle shall listen while I lash him with abuse.”

“Making mirth of dung beard boys, here I find a nickname for these noisome dung beard boys.”

“Him, that churl, the beardless carle.”

“Ye are nicknamed “dung-beardlings” but my husband “the beardless carle.”

Chapter 90

“Away with you home ye dung-beardlings! Says Hallgerda “and so we will call you always from this day forth, but your father we will call “the beardless carle.”

Chapter 122

“I think that thy father the beardless carle must have given it.”
Chapter 144

“While his beard blushed red for shame?”

Other sagas still make various references to the importance of beards for a Norðmaðr. This includes Eyrbyggja saga (The Saga of the People of Eyri):

Chapter 3

“He was a big man and strong, fair to look on, and had a great beard. Therefore was he called Most-Beard, and he was the noblest man on the island.”

Chapter 15

“Snorri was middling in height and somewhat slender, fair to look on, straight faced and light of hue, of yellow hair and red beard.”

Chapter 32

“Ulfar wagged his beard and handed him the sword and shield.”

As well as Færeyinga saga (The Saga of the Faroe Islands):

Chapter 3

“Thrond was a big man of growth, and red haired he was, and red bearded.”

And in Völsunga saga (the Saga of the Völsungs):

Chapter 38

“When they heard he was dead for sooth, all the warriors wept, as was meet. Down beard and chin ran the tears of Dietrich’s men.”

From the perspective of Íslendingasögur, the ancient texts that provide us with such great insight into traditional viking life and thus Forn Siðr, a Norðmaðr is not considered worthy, or even a man, if he doesn’t have a beard. As with the Æsir perspective, a beard is again always associated with masculinity as well as the value that form the foundation of Forn Siðr.
Lög:

The importance of beards as a defining feature of Norðmenn is also very well expressed in medieval Norse laws, including Guta Lag (The Law of the Gotlanders).

Section 20 (Concerning bald patches), clearly states that “a man's beard incurs fines as for other hair pulling.”

As a matter of fact, “apart from throwing ale in someone's face, insults included man handling a person riding or walking on the highway, making a minor attack on a man's beard or hair.”

In addition, Section 19/25-30 uses beards as a point of reference for an offense, “causing a scar on the face between hat and beard”, resulting in specific penalties, half a mark in silver or a mark in silver if the scar is very noticeable. This points yet again to the prevalence of beards in Norse culture.

The fact that specific offenses relating to beards were codified under the law, and that such offenses could also be deemed insults to a man, reinforces the importance of beards in Norse culture and history, and more specifically, as a foundation for Forn Siðr.

Forn Siðr:

Forn Siðr (Old Customs) is very different from Abrahamic religions or faiths. For us Norðmenn, Víkingar, and Heathens, Forn Siðr represents our truth, our ancestors, our culture, our identity, our knowledge, our masculinity, and our spirit. Forn Siðr is what makes us men and our own man, taking our own decisions, and taking our own responsibilities.

In fact, we do not pray or worship per say the Æsir, Ásynjur, Vanir, Jötnar, Aðrir, Kindir, or Kynja. This is because the Norse gods are seen as our ancestors, they are ideals we strive to achieve, they are ourselves, they are us. They are our religion. They are our soul. As such, we can only honor them, and be one with them, if we share similar characteristics, in virtues and behavior, but also in appearance and traditions, including by sporting a beard.
The beard is and has always been a defining feature of being Heathen, and a religious symbol of **Forn Siðr**.

In fact, the beard is a religious symbol of **Forn Siðr** or Heathenry as much as the kippot is a religious symbol of Judaism, or the beard and the pagri are a religious symbol of Sikhism.
Æsir: Baldur: Beauty

Associated with:

Beauty, innocence, peace, light, sun, radiance, and rebirth. Or war and leadership. Also Hringhorni (Baldur’s ship, the largest ever built), and Breidlabik (Baldur’s hall).

Origins:

Baldur is either Týr’s son, or Óðinn’s second son and thus Pórr’s brother. Baldur has a twin brother, Hōðr, the blind Æss of winter and darkness. Both Hōðr and Baldur are also referred to as exceptional war leaders. Baldur is married to Nanna (joy and peace). Their son is Forseti, the Æss of justice and reconciliation.

Background:

Frigg, Baldur’s mother, makes all things on earth swear to never hurt him, with the exception of the mistletoe as Frigg believes it to be unimportant. Loki knows about it, and he tricks Hōðr, who is blind, into killing Baldur with a spear made out of mistletoe. At his funeral, attended by many Æsir, Óðinn places Draupnir (his golden ring) on Baldur, whom then sends it back from hell, to somehow have the ring land in Freyr’s hand. Baldur wife, Nanna, is inconsolable, and she eventually dies of sadness.

The death of Baldur prompts the beginning of Ragnarókr. After the subsequent death of Óðinn, and the rebirth of the world, Baldur and Hōðr return to Ásgarðr where they rule in place of their father.
Æsir: **Bragi**: Poetry and Music

Associated with:


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**Origins:**

Bragi is conceived during the three nights of sex Óðinn has with Gunnlöð (a Jötunn), right before drinking **skáldskapar mjaðar** (mead of poetry), which is made of honey and the blood of Kvasir. Bragi is married to Iðunn (Ásynja of Youth).

**Background:**

Runes are carved on Bragi’s tongue (as well as on Sleipnir’s teeth, a wolf’s claw, a bear’s paw, an eagle’s beak, the hoof of a horse, the ear of another, as well as the sun). The beech runes, birth runes, ale runes, and magic runes are then shaved off, mixed with mead, and some of them sent for the use of the Æsir, the Vanir, the Álfar (Elves), and Men.

Bragi entertains with **bragr** (poetry) the men who heroically die in battle upon their arrival in Valhöll.

Bragi is killed by the tusks of the Dwarven battle-boar during Ragnarök.
Æsir: Forseti: Justice and Truth

Associated with:

Justice, reconciliation, mediation, peace, truth, law and courts. Also Glitnir (Forseti’s hall/home, roofed with silver and made with pillar of gold, and which radiates light that is seen from far away), lögsgumadór (law speaker) and þing (legal assembly).

Origins:

Forseti is the son of Baldur (Áss of beauty) and his wife Nana (joy and peace).

Background:

Forseti settles all strife in a conciliatory and lawful manner, rather than from a combat or revenge perspective. Forseti brings reconciliation between enemies, whether Æsir or mortals.

Forseti did not have a significant role during Ragnarök, and very little is actually known about him.
Æsir: **Heimdallr**: Guardian of Ásgarðr

Associated with:

- **Gjallarhorn** (his yelling horn), **Gulltoppr** (his golden mane), **Himinbjörg** (his home, “heaven mountain”), and **Bifröst** (a burning rainbow bridge between Ásgarðr and Miðgarðr). Also known as **Rígr**, **Hallinskiöti**, and **Gullintani** (Gold Tooth). **Heimdallr** is also referred to as **hvítastr ása** (the whitest of the Æsir).

Origins:

**Heimdallr** is the son of nine mothers (all sisters), who are also possibly the nine daughters of **Ægir**, which would suggest **Heimdallr** was born from the sea. **Heimdallr** created the social classes among men: **þrælar** (slaves), **karlar** (free men), and **jarlar** (noblemen/warriors).

Background:

**Heimdallr** is the whitest of all Æsir. He is wise, mighty, and strong. He has golden teeth and he requires very little sleep. His eyesight is exceptional (he can see for hundreds of miles day or night), and so is his hearing (he can hear the wool grow on a sheep back). He also possesses foreknowledge. He is the watchman of the Æsir, and the sentinel of Ásgarðr, watching over Bifröst for ice giants. He is known for having recovered Brisingamen (Freyja’s necklace), while battling **Loki** in the form of a seal.

**Heimdallr** will sound **Gjallarhorn** to announce the beginning of Ragnarök. He will then watch the final battle unfold from **Himinbjörg**, while drinking **mjöðr** (mead). **Heimdallr** will eventually battle **Loki**, kill him, but die himself of his wounds.
Æsir: Hermóðr: Messenger of the Æsir

Associated with:

War spirit, courage, and bravery. Also referred to as sveinn Óðins (Óðinn’s boy).

Origins:

Hermóðr is the son of Óðinn.

Background:

The Æsir are devastated by the death of Baldur. When they finally can set their grief aside to react to the tragedy, Frigg requests that someone be sent to Hel to offer a ransom in exchange for the release of Baldur, and his return to Ásgarðr.

Hermóðr volunteers for the mission and rides Sleipnir, Óðinn’s horse, for nine days and nine nights, through dark and deep valleys, all the way to the Gjöll bridge, guarded by the maiden Móðguðr.

Once in Hel, Hermóðr finds Baldur seating in the most honorable seat in Hel’s hall. Hermóðr begs Hel to release Baldur, referring to the Æsir’s unbearable grief. Hel answers that Baldur will only be released once all things, dead and alive, weep for him. Baldur then gives Hermóðr the ring Draupnir, which had been burned with him upon his death, to be returned to Óðinn.
Æsir: Höðr: Winter and Darkness

Associated with:

Winter, darkness, blindness, or war, leadership, as well as magical weapons.

Origins:

Höðr is either Týr’s son, or Óðinn’s second son and thus Pórr’s brother. Höðr has a twin brother, Baldur, Áss of beauty.

Background:

In one version of events, Frigg makes all things on earth swear to never hurt her son Baldur, with the exception of the mistletoe. This prompts the Æsir one day to entertain themselves by throwing all sorts of projectiles and watch them bounce off the unharmed Baldur. Loki, however, tricks Höðr into throwing the mistletoe at Baldur as part of the festivities, instantly killing the Áss of beauty.

The death of Baldur prompts the beginning of Ragnarök. After the subsequent death of Óðinn, and the rebirth of the world, Baldur and Höðr return to Ásgarðr where they rule in place of their father.

In an alternate version of events, both Baldur and Höðr are exceptional war leaders competing for the Ásynja Nanna. As Baldur is invincible from a special spiritual food, he can only be defeated by a special weapon with magical powers, which Höðr acquires on a perilous trip in the underworld. While opposing their armies, Höðr injures Baldur with the magical weapon. Baldur dies several days later from his injuries.
Æsir: Hœnir: Silence and Óðr

Associated with:

Silence. Spirituality, poetry, passion, battle frenzy, and sexual ecstasy (Óðr). Also Mímir, Óðinn (Leading Áss) and Lóður (Creation/spirit). Cautious and selective speaking in un-mastered matters, often incorrectly perceived as non-commitment or indecision, but in fact representing reason. Also known for his long legs and swiftness.

Origins:

Hœnir, together with Óðinn (Leading Áss) and Lóður (Creation/spirit), and as one, create the first human beings, Askr and Embla. Hœnir gives the gift of Óðr to them (Reason, spirituality, poetry, passion, battle frenzy, and sexual ecstasy).

Background:

Hœnir also goes with Mímir to the Vanir as hostage, in order to seal a truce to the Æsir-Vanir war. During the negotiations, Hœnir heavily relies on Mímir to address any query as the latter was better informed and knowledgeable. The Vanir perceive this as indecision and thus a character flaw, and end up beheading Mímir as retaliation, thinking the Æsir cheated them in the hostage exchange.

Hœnir is one of the few Æsir to survive Ragnarøkr.
Æsir: **Loki**: Mischief and Lies

**Associated with:**

**Trickery, malice, evil, and fire.** Also referred to as Áss of fire. Associated with shapeshifting (power of changing appearance/specie, and gender), and therefore appeared as a salmon, seal, fly, mare, and old woman. Also known under different names, including **Loptr** and **Hveðrungr**.

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**Origins:**

*Loki* is the son of **Fárbauti** (a jötunn), and **Nál** (also known as **Laufey**). He fathers **Hel**, **Fenrir**, and **Joðrnungand**r with **Angrboða** (a jötunn). With **Sigyn**, he fathers **Narfi** (also known as **Nari**). He is the father of **Váli** as well. **Loki** also mothers **Sleipnir** with the stallion **Svaðilfari** after changing himself into a mare.

**Background:**

**Loki** has a mixed relationship with the **Æsir**, sometimes assisting them, sometimes working against them. Following the death of **Baldur**, the **Æsir** bind **Loki** with the entrails of one of his sons. **Skaði** places a serpent above him that drips venom. **Sigyn** collects the venom into a bowl that she must empty every time it is full, with every drip from the bowl causing in the meantime **Loki** unbearable pain, and resulting in earthquakes.

During **Ragnarök**, **Loki** frees himself from his bonds, and joins forces with the **jötvar** against the **Æsir**. He then faces **Heimdallr** in a duel during which they slay each other.
Æsir: Móði and Magni: Sons of Þórr

Associated with:

Bravery, anger, and strength. Hrungrir (a jötunn Þórr battled and slained). Also Mjölnir (Þórr’s hammer). Two craters at Fimmvörðuháls in Iceland.

Origins:

Móði (brave or angry in norrönt) and Magni (strong in norrönt) are the sons of Þórr. Móði’s mother is unknown, and Magni’s mother is Járnsvaxa (a jötunn). Móði and Magni have a sister, Þúðr.

Background:

After Þórr strikes Hrungrir with his Mjölnir, the jötunn falls to the ground with his foot laying over Þórr’s neck. Þjalfr, Þórr’s servant, tries to release him but cannot find the strength. All the Æsir eventually come to Þórr’s rescue having heard of the battle, but are unable to help him either. Eventually, Þórr is released by his son Magni, who is only 3 nights old. Upon setting his father free, Magni tells him he should have come earlier as he would have then been able to slay Hrungrir with only his fist.

During Ragnarök, Móði and Magni inherit their father’s Mjölnir. They go to Iðavöllr, a field that replaces Ásgårðr (now destroyed), and they meet with Víðarr and Váli, who have been spared by Surtr’s flames. They are also joined by Baldr and Höðr who are coming from Hel, and they all recount good times.

Móði and Magni also eventually find the gold pieces of the tafli game the Æsir once owned.
Æsir: Óðinn: Leading Áss

Associated with:

War, battle, victory, wisdom, prophecy, poetry, and magic. Also Gungnir (the spear that never misses its target), Draupnir (a magical gold ring), Sleipnir (his 8-legged horse), as well as Huginn (thought) and Muninn (memory), two ravens that fly around the world and report their findings to Óðinn in Ásgarðr daily. Óðinn is also accompanied by two wolves, Geri (the ravenous), and Freki (greedy one). Óðinn is also referred to as Hagbard (grey beard), Grímr, as well as over 200 other names.

Origins:

Óðinn is married to Frigg (whom may be the same person as Freya and even Jörð), and he is the father of Þórr and Baldur. He is the ruler of Ásgarðr, home of the Æsir tribe, and one of the Norse nine worlds. Óðinn’s origins are not necessarily clear. He is referred to as the son of Bör and Bestla. However, Óðinn is also believed to be an exceptional Greek warrior who left Greece around 60 B.C., and acquired his status as leading Áss with his prowess and physical appearance, while traveling throughout Europe to Scandinavia.

Background:

Óðinn voluntarily lost an eye at Mimisbrunnr, in exchange for a drink from the well of wisdom. He was also impaled with his own spear and hanged at Yggdrasill (the immense sacred yew tree connected to all nine worlds) for 9 days and nights, solely to learn the wisdom that would give him power in the nine worlds. Óðinn rules Valhöll, where half those who die in battle go. During Ragnarök, Óðinn is slain by the wolf Fenrir.
Æsir: Þórr: Battle and Men

Associated with:

Battle, oak trees, thunder, lightning, wind, rain, destruction, and regeneration. Also Mjölnir: The most feared weapon of all Æsir, which fell on earth as a meteorite, and capable of knocking out giants, and knocking down mountains, with only one throw (and of course, always coming back to Þórr). Reið: Þórr’s chariot pulled by two goats, Tanngrisnir (teeth-barer) and Tannngjóstr (teeth-grinder). Bilskirnir (Þórr’s hall in Þrúðvangar). Also known under different names, including Sönnungr.

Origins:

Þórr is the son of Óðinn (leading Áss), and Jǫrð (a giantess, whom may be the same person as Frigg and Freya). He is married to Sif (Ásynja of harvest and jötunn), with whom he has a daughter, Þrúðr. He also has two sons, Móði (angry) and Magni (strong), from an affair with Járnsaxa.

Background:

Þórr is one of the most significant and powerful Áss. He has red hair and a red beard. He is the protector of Ásgardr, home of the Æsir tribe, as well as Miðgarðr, home of men.

During Ragnarök, Þórr will kill, and be killed, by his archenemy Jörmungandr, a sea serpent large enough to surround all of the earth and even grab his own tail, who is also the middle child of Angrboða and Loki.
Æsir: Týr: War

Associated with:

War, victory, hand to hand and close quarter combat, the sky, the law, justice, honor, truth, oaths, traditional sources of authority, heroism, and glory. Valaskjálf (Týr's Hall in Valhöll). Also the Týr (Tiwaz) rún, which is carved on a warrior's weapon and dedicated to Týr in order to improve the chances of success in battle. It is, however, a bad omen to break or lose a weapon that has been dedicated to Týr. Týr can also be simply invoked (like Pórr or Óðinn) for victory in battle. Týr is also referred to as Sigtyr (Victory Lord).

Origins:

Týr either is the son of Óðinn (leading Áss), or Hymir (a jötunn).

Background:

The Æsir decided that Fenrir was becoming a problem and needed to be bounded. However, the wolf only agreed to have the rope placed around his neck if one of the Æsir agreed in return to put his hand in his mouth. Týr was brave and honorable enough to volunteer. When Fenrir realized he could not break free, he bit Týr's hand off.
Associated with:

Archery, hunting, hand to hand combat, war, duel, swearing of oaths, winter, snow and skiing. Also ýr (yew bows), skíð (wooden skis), slethi (sleds), hringr (Ullr’s ring used to swear unbreakable oaths), as well as askr Ullar, far Ullar and kjóll Ullar (translating to Ullr’s ship, but meaning shield).

Origins:

Ullr is the son of Sif (goddess of harvest and giantess), and the stepson of Þórr. He is married to Skaði, goddess of winter and mountains, who was previously married to Njörðr, god of the sea. She had selected him by only looking at his feet (smoothed by sand and thus best looking), assuming these were those of Baldur.

Background:

Ullr is a major god in viking times, and one of the oldest. Very little information remains about him. He lives in Ýdalir, which means “yew dales” in Old Norse, surrounded by the most important material in the making of bows: yew trees. He is also particularly good looking, as well as an exceptional archer and skier nobody can rival.

Although Ullr is an Æsir God (war gods related to giants), he is sometimes seen as a Vanir god (peaceful gods related to elves) because of him being a hunter, and thus, a food-procuring god.
Æsir: Váli: Revenge

Associated with:

Revenge, vengeance, retribution and aggression. Valaskioll in Norway (from Valaskjálf which means Váli’s seat). Also known as Ali and Bous.

Origins:

Váli is the son of Óðinn and Rindr, a Jötunn who controls time. He is conceived, at the decision of Óðinn, for the sole purpose of avenging the death of Baldur.

Background:

Váli grew to full adulthood in only one day, for the sole purpose of slaying Höðr, who had been tricked into killing Baldur by Loki.

Váli enters an oath of not washing himself nor comb his hair and beard until he completes his mission of killing Höðr. He kills Höðr with no thought, regrets, or second thoughts.

Váli survives Ragnarök.
Æsir: Víðarr: Forest and Revenge

Associated with:

Forest, trees, revenge, silence, ritual silence (which accompanies, along with not combing one’s beard, acts of revenge), stealth, Fenrir (the monstrous wolf), and a thick shoe (made up of extra leather pieces from other people shoes, which Víðarr collected over time).

Origins:

Víðarr is a son of Óðinn and the brother of Váli. His mother is Gríðr (a jötunn). When she became aware of Loki’s plans to have Pórr killed by another another giant, Geirröd, she gave him several magical gifts for his protection, including a pair of iron gloves, as well as Gríðarvölr (a staff).

Background:

Víðarr is almost as strong as Pórr and is relied on by other Æsir in case of need. He avenges the death of his father, Óðinn, whom is killed during Ragnarök by Fenrir. Víðarr tears the beast’s jaws apart by stepping down on the wolf’s lower jaw, and grabbing his upper jaw with one hand. This kills Fenrir, thereby preventing the animal from destroying the cosmos, and thus allowing the world to be restored after Ragnarök.

Víðarr (along with his brother Váli) survives unharmed the swelling of the sea and the massive explosion unleashed by Surtr during Ragnarök. He then starts a new life on Íðavöllr, the field where the city of Ásgarðr was previously located.