

Heathen Ritual for Loss of an unborn child

Rituals give you a sense of completion and closure.

In reality all props and tools of ritual are optional but I highly recommend creating an effigy for the lost child, particularly if you choose to do the naming ceremony

Wrap a swaddling cloth into a small bundle. You may place sweet herbs or sage or even a small god post inside the bundle if you wish.

A small object such as a binky or a rattle can also be used.

Write letters or a card to the lost child, this may be about your grief, the hopes that you had for the future and or wishes of peace for the world beyond.

Offerings for the child whatever is fitting to your - toys, onesies, a pacifier, a

Have a horn or cup with juice mead or any drink to hail the gods, spirits, and ancestors.

An alter and bowl for offerings, optionally a cradle or dedicated space for the effigy of the child.

Ritual for Loss of an unborn child

TAC cleansing - sage chant (Circle the space with incense or sage intoning the chant below)

Odin, Villi, Ve. Odin, Villi, Ve.....bring balance to this space

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(Optional Hammer rite)

Old Norse

Hold ritual hammer up facing North:

HAMMAR I NORDHI HELGA VE THETA OK HALD VORD!

Turn and hold hammer up facing East:

HAMMAR I AUSTRI HELGA VE THETA OK HALD VORD!

Turn and hold hammer up facing South

HAMMAR I SUDHRI HELGA VE THETA OK HALD VORD!

Turn and hold hammer up facing West:

HAMMAR I VESTRI HELGA VE THETA OK HALD VORD!

Raise hammer up for Above:

HAMMAR YFIR HELGA VE THETA OK HALD VORD!

Lower hammer pointing Below:

HAMMAR UNDIR HELGA VE THETA OK HALD VORD!

Circling around:

HAMMAR I THUNAR HELGA VE THETA OK HALD VORD!

Return to face North:

UM MIK OK I MIR ASGARDH OK MIDHARDH!"

Translation in English

Hold ritual hammer up facing North:

Hammer of the North hallow and hold this holy stead!

Turn and hold hammer up facing East

Hammer of the East hallow and hold this holy stead!

Turn and hold hammer up facing South

Hammer of the South hallow and hold this holy stead!

Turn and hold hammer up facing West

Hammer of the West hallow and hold this holy stead!

Raise hammer up for Above:

Hammer of above hallow and hold this holy stead!

Lower hammer pointing Below:

Hammer of below hallow and hold this holy stead!

Circling around

Hammer of Thunar hallow and hold this holy stead!

Return to face North

Around me (us) and in me (us) Asgard and Midgard!

Hallowing space

In the name of Thor, we call to the Aesir and the Vanir. As the god, Heimdall wards the Bifrost Bridge so is this stead warded as we gather in mourning. Housevatter and wights of the land wherever you may be we ask that you give us your blessing and comfort in this time of need.

Invocations

Invoke the goddess & gods that are closest to your heart and those who play a role in this rite (Frigg & Eir). Invoke your Ancestors.

Statement of Purpose

*We gather to honor and grieve the loss of a child,
who's heart beat but briefly on its own
but continues to sound and beat within ours.*

(Optional Naming of the lost child)

Hold the swaddle bundle or object to represent the child and speak to it.

*To call a thing by name is to give it power & a place
Loved and Lost child we give unto you a name & place with us.
Though we never had the chance to hold you in our arms
We held you in our hearts.
You are a part of our family,
Even as you join the ancestors without walking on the earth
We are **(full name of mother)** and **(full name of father)** your parents
We give unto you a name
(Full name of the lost child)
You are the (sibling/sister/brother) of **(full name of sisters/brothers)**
We will hold your name in our hearts
and remember you among the ancestors*

Blot

*Hail Frigg, Goddess of Mothers, Mother of Gods,
Hail Eir, Divine Physician, healer of body and spirit.
Hail to the Ancestors, those you have gone before,
We ask for your blessings for our loved & lost child,
(lost child's full name if named)
and for your blessing on our family as we mourn their loss.*

Hold the swaddle bundle or object to represent the child and speak to it.

Dear One,

*May the arms of Frigg enfold you,
Safe may they ever hold & guide you
We pray that she carry our love to you
As she did for her beloved Baldur
We ask that Frigga guide us in our grief
As she knows the loss of a parent*

*May the tender hands of Eir comfort you,
Bring healing to aching bodys and broken hearts
Hear her words spoke for you and for us
'Rest now, my child
Be at peace, for I am here with you'*

*May hearts of the Ancestors open to you,
Wisdom and experience to share and guidance to offer.
We ask that they welcome you among them,
We ask that we feel their love and comfort
knowing that many have felt our pain before
They will be here with us,
we are not alone in our anguish*

Place the swaddle bundle or object to represent the child on the altar or in a cradle.

We offer to you tokens of love.

(Take turns placing offering, lay letter, cards and other offerings to the child and ancestors)

We offer you thanks.

(Pour or lay offering to the gods & Ancestors)

Pour mead or other liquid in a horn or cup for toasting

Hail to Frigg,

Raise a horn or cup and toast

Hail to Eir,

Raise a horn or cup and toast

Hail to the Ancestors,

Raise a horn or cup and toast

Hail to the Housevatter and wights

Raise a horn or cup and toast

*Hail to **(Our loved & lost child / the childs name)***

Raise a horn or cup and toast