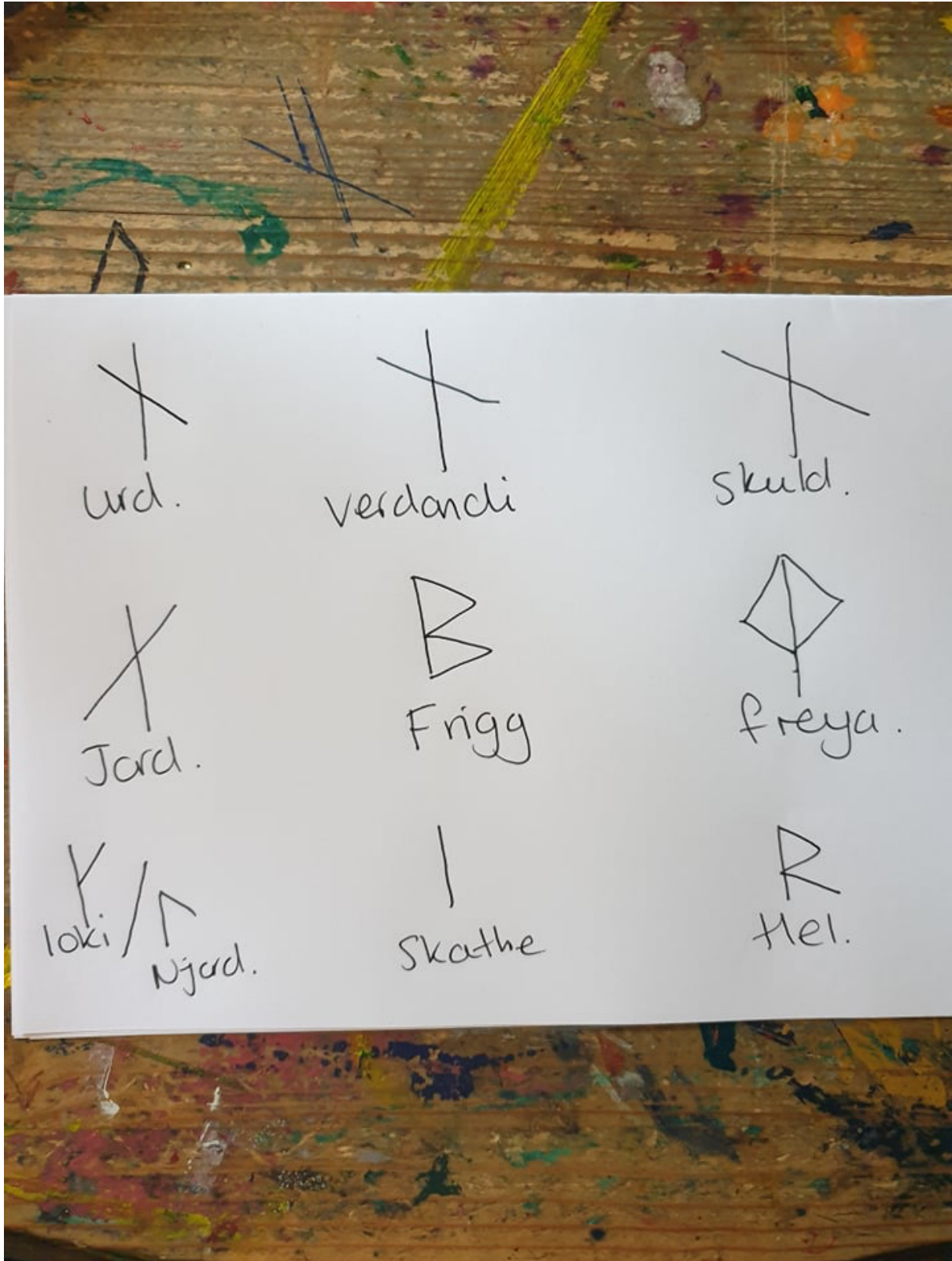


The 9 fold Goddess is a really useful way of understanding the relationships between certain runes/deities. I will refer to it at various times, so here is the basic information to help you connect to the concept.



**The left column are all Crones.** Crone is classically an older female who is no longer fertile, it usually also refers to an older female who is no longer has dependants. It is hard to understand the shift in a woman's life when her children become independent, and she is no longer in a caring role (even if that was squeezed in around full time work).

It may also refer to a woman who is no longer focused on building a career, but has the time to focus on passions and interests, and the caring responsibilities may have been for parents or other dependents.

Psychologically a "Crone mentality" tends to be slightly detached, looking at the bigger picture, less personal. They are independent emotionally, and may well be involved in community projects, or have a focus in their life that is "bigger" than them. Anyone can have the psychology of a crone- regardless of age or gender.

Traditionally Njord was listed as a Crone, and he is considered to be both male and female. My teacher Shaun suggested the gender fluid Loki was also a good fit in this place.

**The middle column are all "mother archetypes".**

This works well for Frigg (Odin's wife, and Balder's mother). Verdandi is very much about the birth of the moment- so that works well. But we have no clear record of Skadi as a mother, except step mother to Frey & Freya.

For me the mother archetype is referring to those who define themselves based on their relationships to others. Skadi is known for her roles as daughter and wife.

Psychologically "mother types" are caring, practical, and organised. They often define themselves by the people in their lives, or the roles they play. They like to be busy, practical, and doing something to help. To play a part as it were.

**The right hand column are all "maidens",** and for me this sits well for all three.

Think warrior, independent and free spirited. Traditionally the term "virgin" could be used- where a virgin is a woman who is not owned/defined by a man. It's hard to consider that concept in our modern world, but there was a time when it was hard for a woman to live an independent life, her father/brother/husband was responsible for her.

Skuld, Freya, and Hel were all independent woman, they are not known for their relationships to others.

Psychologically "maiden archetypes" (though they may be married with children) will have a robust personal determination, a need to do what they need to do- regardless of whether it fits in with others.

Not everyone will fit well within the 9-fold Goddess. It is a tool, don't squeeze yourself to fit if it doesn't work!

Most people who do work with this model will find themselves on a line of three: vertical, horizontal, or diagonal.

Thus someone can be more balanced (on the horizontal/diagonal) and find facets of the crone, mother, and maiden. Or if they are on the vertical they may be more focused on one of the archetypes.

I am firmly (and very completely) on the maiden line. My patrons are Hel & Freya, and I am happy working with Skuld.

Ways to work with the 9 fold Goddess (regardless of your gender)

1. Consider which of these deities you are comfortable with, and which just don't suit you. Find a pattern of "you" in the 9 fold Goddess.
2. Consider the relationships between each of the lines (horizontal, vertical, and diagonal)
3. As you become more comfortable with the diagram try changing it. I swapped Hel & Skathi for a while to see how it felt. Try putting other deities in- where would you put Odin or Tyr?
4. Consider which of these archetypes you are in different areas of your life. I embraced the mother archetype when my children were younger, most clients see me either as crone (Tarot) or maiden (Shaman).

Remember the 9-fold Goddess will mean more as you work with it, explore it, and experiment with it over time.