

# Hávamál – The Sayings of the High One

*Complete – all 164 stanzas – public domain*

The Hávamál – the “Sayings of the High One” – form part of the Poetic Edda. Odin himself speaks: of hospitality, moderation and wisdom, of friendship, love and courage, of runes and magic – and of the good name that outlives death. Here are all 164 stanzas.

## The Old Gnostic Poem

Stanzas 1–80 – rules for living: hospitality, moderation, wisdom, friendship, courage and lasting renown.

**1** Within the gates ere a man shall go,  
full long let him look about him;  
for little he knows where a foe may lurk,  
and sit in the seats within.

**2** Hail to the giver! a guest has come;  
where shall the stranger sit?  
Swift shall he be who, with swords shall try  
the proof of his might to make.

**3** Fire he needs who with frozen knees  
has come from the cold without;  
food and clothes must the farer have,  
the man from the mountains come.

**4** Water and towels and welcoming speech  
should he find who comes, to the feast;  
if renown he would get, and again be greeted,  
wisely and well must he act.

**5** Wits must he have who wanders wide,  
but all is easy at home;  
at the witless man the wise shall wink  
when among such men he sits.

**6** A man shall not boast of his keenness of mind,  
but keep it close in his breast;  
to the silent and wise does ill come seldom  
when he goes as guest to a house.

**7** The knowing guest who goes to the feast,  
in silent attention sits;  
with his ears he hears, with his eyes he watches,  
so wary are wise men all.

**8** Happy the one who wins for himself  
favor and praises fair;  
less safe is the stuff that a man must keep  
in another fellow's breast.

**9** Happy the man who has while he lives  
wisdom and praise as well,  
for evil counsel a man full oft  
has from another's heart.

**10** A better burden may no man bear  
for wanderings wide than wisdom;  
it is better than wealth on unknown ways,  
and in grief a refuge it gives.

**11** A better burden may no man bear  
for wanderings wide than wisdom;  
worse food for the journey he brings not afield  
than an over-drinking of ale.

**12** Less good there lies than most believe  
in ale for mortal men;  
for the more he drinks the less does man  
of his mind the mastery hold.

**13** Over beer the bird of forgetfulness broods,  
and steals the minds of men;  
with the heron's feathers fettered I lay  
and in Gunnloth's house was held.

**14** Drunk I was, I was over-drunk,  
in that crafty Fjalar's home;  
but best is an ale-feast when man is able  
to call back his wits when gone.

**15** Silent and thoughtful and bold in strife  
the prince's bairn should be;  
joyous and generous let each man show him  
until he shall suffer death.

**16** The sluggard believes he shall live forever,  
if the fight he faces not;  
but age shall not grant him grace in war,  
though spears may spare his life.

**17** The fool is agape when he comes to the feast,  
he stammers or else is still;  
but soon if he gets a drink is it seen  
what the mind of the man is like.

**18** He alone is aware who has wandered wide,  
and far abroad has fared,  
how great a mind is guided by him  
who wealth of wisdom has.

**19** Shun not the mead, but drink in measure;  
speak to the point or be still;  
for rudeness none shall rightly blame thee  
if soon thy bed thou seekest.

**20** The greedy man, if his mind be vague,  
will eat till sick he is;  
the vulgar man, when among the wise,  
to scorn by his belly is brought.

**21** The herds know well when home they shall fare,  
and then from the grass they go;

but the foolish man his belly's measure  
shall never know aright.

**22** A paltry man and poor of mind  
at all things ever mocks;  
for never he knows, what he ought to know,  
that he is not free from faults.

**23** The witless man is awake all night,  
thinking of many things;  
care-worn he is when the morning comes,  
and his woe is just as it was.

**24** The foolish man for friends all those  
who laugh at him will hold;  
when among the wise he marks it not  
though hatred of him they speak.

**25** The foolish man for friends all those  
who laugh at him will hold;  
but the truth when he comes to the council he learns,  
that few in his favor will speak.

**26** An ignorant man thinks that all he knows,  
when he sits by himself in a corner;  
but never what answer to make he knows,  
when others put questions to him.

**27** A witless man, when he meets with men,  
had best in silence abide;  
for no one shall find that nothing he knows,  
if his mouth is not open too much.

**28** Wise shall he seem who well can question,  
and also answer well;  
nought is concealed that men may say  
among the sons of men.

**29** Often he speaks who never is still  
with words that win no faith;  
the babbling tongue, if a bridle it find not,  
oft for itself sings ill.

**30** In mockery no one a man shall hold,  
although he fare to the feast;  
wise seems one oft, if nought he is asked,  
and safely he sits dry-skinned.

**31** Wise a guest holds it to take to his heels,  
when mock of another he makes;  
but little he knows who laughs at the feast,  
though he mocks in the midst of his foes.

**32** Friendly of mind are many men,  
till feasting they mock at their friends;  
to mankind a bane must it ever be

when guests together strive.

**33** Oft should one make an early meal,  
nor fasting come to the feast;  
else he sits and chews as if he would choke,  
and little is able to ask.

**34** Crooked and far is the road to a foe,  
though his house on the highway be;  
but wide and straight is the way to a friend,  
though far away he fare.

**35** Forth shall one go, nor stay as a guest  
in a single spot forever;  
love becomes loathing if long one sits  
by the hearth in another's home.

**36** Better a house, though a hut it be,  
a man is master at home;  
a pair of goats and a patched-up roof  
are better far than begging.

**37** Better a house, though a hut it be,  
a man is master at home;  
his heart is bleeding who needs must beg  
when food he fain would have.

**38** Away from his arms in the open field  
a man should fare not a foot;  
for never he knows when the need for a spear  
shall arise on the distant road.

**39** If wealth a man has won for himself,  
let him never suffer in need;  
oft he saves for a foe what he plans for a friend,  
for much goes worse than we wish.

**40** None so free with gifts or food have I found  
that gladly he took not a gift,  
nor one who so widely scattered his wealth  
that of recompense hatred he had.

**41** Friends shall gladden each other with arms and garments,  
as each for himself can see;  
gift-givers' friendships are longest found,  
if fair their fate may be.

**42** To his friend a man a friend shall prove,  
and gifts with gifts requite;  
but men shall mocking with mockery answer,  
and fraud with falsehood meet.

**43** To his friend a man a friend shall prove,  
to him and the friend of his friend;  
but never a man shall friendship make  
with one of his foeman's friends.

**44** If a friend thou hast whom thou fully wilt trust,  
and good from him wouldst get,  
thy thoughts with his mingle, and gifts shalt thou make,  
and fare to find him oft.

**45** If another thou hast whom thou hardly wilt trust,  
yet good from him wouldst get,  
thou shalt speak him fair, but falsely think,  
and fraud with falsehood requite.

**46** So is it with him whom thou hardly wilt trust,  
and whose mind thou mayst not know;  
laugh with him mayst thou, but speak not thy mind,  
like gifts to his shalt thou give.

**47** Young was I once, I walked alone,  
and bewildered seemed in the way;  
then I found me another and rich I thought me,  
for man is the joy of man.

**48** The lives of the brave and noble are best,  
sorrows they seldom feed;  
but the coward fear of all things feels,  
and not gladly the niggard gives.

**49** My garments once in a field I gave  
to a pair of carven poles;  
heroes they seemed when clothes they had,  
but the naked is nobody, naught.

**50** On the hillside drear the fir-tree dies,  
all bootless its needles and bark;  
it is like a man whom no one loves,  
why should his life be long?

**51** Hotter than fire between false friends  
does friendship five days burn;  
but quenched is the flame when the sixth day comes,  
and cold is all their love.

**52** No great thing needs a man to give,  
oft little will purchase praise;  
with half a loaf and a half-filled cup  
a friend full fast I made.

**53** A little the sand if small the seas,  
little are minds of men,  
for never in the world were all equally wise,  
half wise and half not so.

**54** A measure of wisdom each man shall have,  
but never too much let him know;  
the fairest lives do those men live  
whose wisdom wide has grown.

**55** A measure of wisdom each man shall have,  
but never too much let him know;

for the wise man's heart is seldom glad,  
if wisdom too great he has won.

**56** A measure of wisdom each man shall have,  
but never too much let him know;  
let no man the fate before him see,  
for so is he freest from sorrow.

**57** A brand from a brand is kindled and burned,  
and fire from fire begotten;  
and man by his speech is known to men,  
and the stupid by their stillness.

**58** He must early go forth who fain the blood  
or the goods of another would get;  
the wolf that lies idle shall win little meat,  
or the sleeping man success.

**59** He must early go forth whose workers are few,  
himself his work to seek;  
much remains undone for the morning-sleeper,  
for the swift is wealth half won.

**60** Of seasoned shingles and strips of bark  
for the thatch let one know his need,  
and how much of wood he must have for a month,  
or in half a year he will use.

**61** Washed and fed to the council fare,  
but care not too much for thy clothes;  
let none be ashamed of his shoes and hose,  
less still of the steed he rides,  
though poor be the horse he has.

**62** When the eagle comes to the ancient sea,  
he snaps and hangs his head;  
so is a man in the midst of a throng,  
who few to speak for him finds.

**63** To question and answer must all be ready  
who wish to be known as wise;  
tell one thy thoughts, but beware of two,  
all know what is known to three.

**64** The man who is prudent a measured use  
of the might he has will make;  
he finds when among the brave he fares  
that the boldest he may not be.

**65** Oft for the words that to others one speaks  
he will get but an evil gift.

**66** Too early to many a meeting I came,  
and some too late have I sought;  
the beer was all drunk, or not yet brewed,  
little the loathed one finds.

**67** To their homes men would bid me hither and yon,  
if at meals no meat I should need,  
or two hams should hang in the house of a friend,  
where only one I had eaten.

**68** Fire for men is the fairest gift,  
and power to see the sun;  
health as well, if a man may have it,  
and a life not stained with sin.

**69** All wretched is no man, though never so sick;  
some from their sons have joy,  
some win it from kinsmen, and some from their wealth,  
and some from worthy works.

**70** It is better to live than to lie a corpse,  
the live man catches the cow;  
I saw flames rise for the rich man's pyre,  
and before his door he lay dead.

**71** The lame rides a horse, the handless is herdsman,  
the deaf in battle is bold;  
the blind man is better than one that is burned,  
no good can come of a corpse.

**72** A son is better, though late he be born,  
and his father to death have fared;  
memory-stones seldom stand by the road  
save when kinsman honors his kin.

**73** Two make a battle, the tongue slays the head;  
in each fur coat a fist I look for.

**74** He welcomes the night whose forage is full;  
short are the yards of a ship,  
uneasy are autumn nights;  
full oft does the weather change in a week,  
and more in a month's time.

**75** A man knows not, if nothing he knows,  
that gold oft apes a fool;  
one man is wealthy and one is poor,  
yet scorn for him none should know.

**76** Cattle die, and kinsmen die,  
and so one dies oneself;  
but a noble name will never die,  
if good renown one gets.

**77** Cattle die, and kinsmen die,  
and so one dies oneself;  
one thing I know that never dies,  
the fame of a dead man's deeds.

**78** Among Fitjung's sons saw I well-stocked folds,  
now bear they the beggar's staff;  
wealth is as swift as a winking eye,

of friends the falsest it is.

**79** A foolish man, if he manages to get  
wealth or a woman's love,  
his pride grows great, but never his wisdom,  
straight forward he fares in conceit.

**80** Then comes the test, when one questions the runes  
that come from the gods,  
that the great gods made, and the master-poet stained;  
silence is safest and best.

## Counsels on Love

Stanzas 81–95 – on love, longing and the fickleness of the heart.

**81** Give praise to the day at evening, to a woman on her pyre,  
to a weapon which is tried, to a maid at wedlock,  
to ice when it is crossed, to ale that is drunk.

**82** When the gale blows hew wood, in fair winds seek the water;  
sport with maidens at dusk, for day's eyes are many;  
from the ship seek swiftness, from the shield protection,  
cuts from the sword, from the maiden kisses.

**83** By the fire drink ale, over ice go on skates;  
buy a steed that is lean, and a sword when tarnished,  
the horse at home fatten, the hound in thy dwelling.

**84** A man shall trust not the oath of a maid,  
nor the word a woman speaks;  
for their hearts on a whirling wheel were fashioned,  
and fickle their breasts were formed.

**85** In a breaking bow or a burning flame,  
a ravening wolf or a croaking raven,  
in a grunting boar, a tree with roots broken,  
in billowy seas or a bubbling kettle,

**86** In a flying arrow or falling waters,  
in ice new formed or the serpent's folds,  
in a bride's bed-talk or a broken sword,  
in the sport of bears or in sons of kings,

**87** In a calf that is sick or a stubborn thrall,  
a flattering witch or a foe new slain,

**88** In a brother's slayer, though seen on the highway,  
in a half-burned house, in a horse full swift,  
one leg is hurt and the horse is useless,  
none had ever such faith as to trust in them all.

**89** Hope not too surely for early harvest,  
nor trust too soon in thy son;  
the field needs good weather, the son needs wisdom,  
and oft is either denied.

**90** The love of women fickle of will  
is like starting o'er ice with a steed unshod,  
a two-year-old restive and little tamed,  
or steering a rudderless ship in a storm,  
or, lame, hunting reindeer on slippery rocks.

**91** Clear now will I speak, for I know them both,  
men false to women are found;  
when fairest we speak, then falsest we think,  
against wisdom we work with deceit.

**92** Soft words shall he speak and wealth shall he offer  
who longs for a maiden's love,  
and the beauty praise of the maiden bright;  
he wins whose wooing is best.

**93** Fault for loving let no man find  
ever with any other;  
oft the wise are fettered, where fools go free,  
by beauty that breeds desire.

**94** Fault with another let no man find  
for what touches many a man;  
wise men oft into witless fools  
are made by mighty love.

**95** The head alone knows what dwells near the heart,  
a man knows his mind alone;  
no sickness is worse to one who is wise  
than to lack the longed-for joy.

## Odin's Examples

Stanzas 96–110 – Billing's maid and the theft of the poet's mead from Gunnlöð.

**96** This found I myself, when in the reeds I sat,  
and long my love awaited;  
as my life the maiden wise I loved,  
yet her I never had.

**97** Billing's daughter I found on her bed,  
in slumber bright as the sun;  
the joy of an earl was nothing to me,  
save to live with that lovely form.

**98** And so, Othin, at nightfall come,  
if a woman thou wouldst win;  
evil it were if others than we  
should know of such a sin.

**99** Away I hastened, hoping for joy,  
and careless of counsel wise;  
well I believed that soon I should win  
measureless joy with the maid.

**100** So came I next when night it was,  
the warriors all were awake;

with burning lights and waving brands  
I learned my luckless way.

**101** At morning then, when once more I came,  
and all were sleeping still,  
a dog found in the fair one's place,  
bound there upon her bed.

**102** Many fair maids, if a man but tries them,  
false to a lover are found;  
that did I learn when I longed to gain  
with wiles the maiden wise;  
foul scorn was my meed from the crafty maid,  
and nought from the woman I won.

**103** Though glad at home, and merry with guests,  
a man shall be wary and wise;  
the sage and shrewd, wide wisdom seeking,  
must see that his speech be fair;  
a fool is he named who nought can say,  
for such is the way of the witless.

**104** I found the old giant, now back have I fared,  
small gain from silence I got;  
full many a word, my will to get,  
I spoke in Suttung's hall.

**105** The mouth of Rati made room for my passage,  
and space in the stone he gnawed;  
above and below the giants' paths lay,  
so rashly I risked my head.

**106** Gunnloth gave on a golden stool  
a drink of the marvelous mead;  
a harsh reward did I let her have  
for her heroic heart,  
and her spirit troubled sore.

**107** The well-earned beauty well I enjoyed,  
little the wise man lacks;  
so Othrorir now has up been brought  
to the midst of the men of earth.

**108** Hardly, methinks, would I home have come,  
and left the giants' land,  
had not Gunnloth helped me, the maiden good,  
whose arms about me had been.

**109** The day that followed, the frost-giants came,  
some word of Hor to win,  
and into the hall of Hor;  
of Bolverk they asked, were he back midst the gods,  
or had Suttung slain him there.

**110** On his ring-oath Othin may scarcely rely,  
though sacred his troth he swore;  
the mead he had gained by guile he gained,  
and Gunnloth's grief he wrought.

## Loddfáfnismál – Lessons for Loddfáfnir

Stanzas 111–137 – a chain of good counsels for a righteous life.

**111** It is time to chant from the chanter's stool;  
by the wells of Urd I was,  
in silence I saw and I thought,  
and heard the speech of Hor;  
of runes heard I words, nor were counsels wanting,  
at the hall of Hor.

**112** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
rise not at night, save if news thou seekest,  
or fain to the outhouse wouldst fare.

**113** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
beware of sleep on a witch's bosom,  
nor let her limbs ensnare thee.

**114** Such is her might that thou hast no mind  
for the council or meeting of men;  
meat thou hatest, joy thou hast not,  
and sadly to slumber thou farest.

**115** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
seek never to win the wife of another,  
or long for her secret love.

**116** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
if o'er mountains or fjords thou fain wouldst fare,  
look well to thy food for the way.

**117** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
an evil man thou must never let  
know of the ills thou hast,  
for of an evil man thou gettest never  
reward for thy trusting true.

**118** Wounded I saw a mighty man,  
by an evil woman's words;  
a lying tongue his death-blow launched,

and on nought of truth was it based.

**119** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
if a friend thou hast whom thou fully wilt trust,  
then fare to find him oft;  
for brambles grow and waving grass  
on the rarely trodden road.

**120** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
a good man find to hold in friendship,  
and give heed to his healing charms.

**121** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
be never the first to break with thy friend  
the bond that holds you both;  
care eats the heart if thou canst not speak  
to another all thy thought.

**122** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
exchange of words with a witless ape  
thou must not ever make.

**123** For never thou mayst from an evil man  
a good requital get;  
but a good man oft the greatest love  
through words of praise will win thee.

**124** Mingled is love when a man can speak  
to another all his thought;  
nought is so bad as false to be,  
no friend speaks only fair.

**125** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
with a worse man speak not three words in dispute,  
ill fares the better oft  
when the worse man wields a sword.

**126** I rede thee, Loddafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
a shoemaker be, or a maker of shafts,  
for only thy single self;  
if the shoe is ill made, or the shaft prove false,  
then evil of thee men think.

**127** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
if evil thou knowest, as evil proclaim it,  
and make no friendship with foes.

**128** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
in evil never joy shalt thou know,  
but glad the good shall make thee.

**129** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
look not up when the battle is on,  
like madmen the sons of men become,  
lest men bewitch thy wits.

**130** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
if thou fain wouldst win a woman's love,  
and gain from her gladness fair,  
fair be thy promise and well fulfilled,  
none loathes what good he gets.

**131** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
wary and gentle and generous be,  
but heed how thou keepest thy life;  
of strangers thou wary and gentle must be,  
nor too credulous be of cheer.

**132** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
scorn or mocking ne'er shalt thou make  
of a guest or a journey-goer.

**133** Oft scarcely he knows who sits in the house  
what kind is the man who comes;  
none so good is found that faults he has not,  
nor so wicked that nought he is worth.

**134** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
scorn not ever the gray-haired singer,  
oft do the old speak good;  
oft from shrivelled skin come skillful counsels,  
though it hang with the hides  
and flap with the pelts  
and is blown with the bellies.

**135** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
curse not thy guest, nor show him thy gate,  
deal well with a man in want.

**136** Strong is the beam that raised must be  
to give an entrance to all;  
give it a ring, or grim will be  
the wish it would work on thee.

**137** I rede thee, Loddfafnir! and hear thou my rede,  
profit thou hast if thou hearest,  
great thy gain if thou learnest:  
when ale thou drinkest, seek might of earth,  
for earth cures drink, and fire cures ills,  
the oak cures tightness, the ear cures magic,  
rye cures rupture, the moon cures rage,  
grass cures the scab, and runes the sword-cut;  
the field absorbs the flood.

## Rúnatal – Odin's Rune Song

Stanzas 138–145 – the self-sacrifice on the World-Tree and the power of the runes.

**138** I ween that I hung on the windy tree,  
hung there for nights full nine;  
with the spear I was wounded, and offered I was  
to Othin, myself to myself,  
on the tree that none may ever know  
what root beneath it runs.

**139** None made me happy with loaf or horn,  
and there below I looked;  
I took up the runes, shrieking I took them,  
and forthwith back I fell.

**140** Nine mighty songs I got from the son  
of Bolthorn, Bestla's father;  
and a drink I got of the goodly mead  
poured out from Othrorir.

**141** Then began I to thrive, and wisdom to get,  
I grew and well I was;  
each word led me on to another word,  
each deed to another deed.

**142** Runes shalt thou find, and fateful signs,  
that the king of singers colored,  
and the mighty gods have made;  
full strong the signs, full mighty the signs  
that the ruler of gods doth write.

**143** Othin for the gods, Dain for the elves,  
and Dvalin for the dwarfs,  
Alsvith for giants and all mankind,

and some myself I wrote.

**144** Knowest how one shall write, knowest how one shall rede?  
 Knowest how one shall tint, knowest how one makes trial?  
 Knowest how one shall ask, knowest how one shall offer?  
 Knowest how one shall send, knowest how one shall sacrifice?

**145** Better no prayer than too big an offering,  
 by thy getting measure thy gift;  
 better is none than too big a sacrifice,  
 so Thund of old wrote ere man's race began,  
 where he rose on high when home he came.

## Ljóðatal – The Magic Songs

Stanzas 146–164 – Odin's eighteen songs full of mystery.

**146** The songs I know that king's wives know not,  
 nor men that are sons of men;  
 the first is called help, and help it can bring thee  
 in sorrow and pain and sickness.

**147** A second I know, that men shall need  
 who leechcraft long to use.

**148** A third I know, if great is my need  
 of fetters to hold my foe;  
 blunt do I make mine enemy's blade,  
 nor bites his sword or staff.

**149** A fourth I know, if men shall fasten  
 bonds on my bended legs;  
 so great is the charm that forth I may go,  
 the fetters spring from my feet,  
 broken the bonds from my hands.

**150** A fifth I know, if I see from afar  
 an arrow fly 'gainst the host;  
 it flies not so swift that I stop it not,  
 if ever my eyes behold it.

**151** A sixth I know, if harm one seeks  
 with a sapling's roots to send me;  
 the hero himself who wakens my wrath,  
 the ill he shall sooner endure.

**152** A seventh I know, if I see in flames  
 the hall o'er my comrades' heads;  
 it burns not so wide that I will not quench it,  
 I know that song to sing.

**153** An eighth I know, that is to all  
 of greatest good to learn;  
 when hatred grows among heroes' sons,  
 I soon can set it right.

**154** A ninth I know, if need there be  
to guard a ship in a gale;  
the wind I calm upon the waves,  
and the sea I put to sleep.

**155** A tenth I know, what time I see  
house-riders flying on high;  
so can I work that wildly they go,  
showing their true shapes,  
hence to their own homes.

**156** An eleventh I know, if needs I must lead  
to the fight my long-loved friends;  
in the shields I sing, and in strength they go  
whole to the field of fight,  
whole from the field of fight,  
and whole they come thence home.

**157** A twelfth I know, if high on a tree  
I see a hanged man swing;  
so do I write and color the runes  
that forth he fares,  
and to me talks.

**158** A thirteenth I know, if a thane full young  
with water I sprinkle well;  
he shall not fall, though he fares mid the host,  
nor sink beneath the swords.

**159** A fourteenth I know, if fain I would name  
to men the mighty gods;  
all know I well of the gods and elves,  
few be the fools know this.

**160** A fifteenth I know, that before the doors  
of Delling sang Thjothrörir the dwarf;  
might he sang for the gods, and glory for elves,  
and wisdom for Hroptatyr wise.

**161** A sixteenth I know, if I seek delight  
to win from a maiden wise;  
the mind I turn of the white-armed maid,  
and thus change all her thoughts.

**162** A seventeenth I know, so that seldom shall go  
a maiden young from me;  
long these songs thou shalt, Loddfafnir,  
seek in vain to sing;  
yet good it were if thou mightest get them,  
well, if thou wouldst them learn,  
help, if thou hadst them.

**163** An eighteenth I know, that ne'er will I tell  
to maiden or wife of man,  
save alone to my sister, or else to her  
who folds me fast in her arms;

most safe are secrets known to but one,  
the songs are sung to an end.

**164** Now are Hor's words spoken in the hall,  
kind for the kindred of men,  
cursed for the kindred of giants;  
hail to the speaker, and to him who learns!  
profit be his who has them,  
hail to those who hearken!

## **Source & Public Domain**