Contents

Acknowledgments	xi
Icelandic Language Notes	xv
Keeping Track: A Directory of Characters	xvii
Introduction: Bridging Worlds with Andleg Mál	. 1
ı. Roots and Layers of Icelandic Andleg Mál	19
2. Science and Skepticism, Belief and Blasphemy	48
3. Skyggnigáfa: The Gift That Keeps on Giving	75
4. Trance Work	105
5. Healers and Healing	135
6. Leaps of Geography and Faith	163
Notes	185
Glossary of Icelandic Terms	211
Works Cited	213
Index	2.23