

# Way of the Hawk & Boar Religious Award



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**For Young People of the Norse Heathen  
Faith or Other Earth Religions  
Ages 11-18**

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# Way of the Hawk & Boar Religious Award

## For Young People Age 11-18

### of the Norse Heathen Faith or Other Earth-Based Religions

## ADULT INTRODUCTION

### *What is the Way of the Hawk & Boar Religious Award?*

This award is designed for middle to high-school-aged youth (11-18) who are active in Heathenry or other pagan or Earth-based religions. It has been designed to be appropriate as a religious award for Scouts, but can also be earned by any other youth who is interested in the program.

A youth using this program will need an adult helper. A Goði or Gyðja (or other religious leader of the appropriate faith), chosen by the youth's parent or guardian, is ideal. If your family works apart from any recognized clergy, then parents and guardians themselves can serve as helpers. A helper helps the youth plan and complete activities, is available to answer any questions the child might have, and when the work is finished, sends the form at the back of the book to Awaken the North along with the fee. The award is then sent back to the helper to be presented to the youth, typically in a Court of Honor or Scout's Own. If you are not a member of a Scouts BSA pack, please design a special ceremony of your own to present the award to the youth, as they worked hard to earn it! The youth may work toward the award either alone or in a group.

If the youth and helper are not Norse Heathen, you may find that parts of the program need to be adjusted to better fit your needs. You will find suggestions throughout the booklet to help you tailor the program to your path. Such adjustments will need to be reported to Awaken the North for approval.

Youth of ages 10 or below should work toward the Way of the Wolf & Raven Award, also available through Awaken the North.

## YOUTH INTRODUCTION

The Way of the Hawk & Boar Religious Award is for you if you are ages 11-18, and are active in Norse Heathenry or another Pagan or Earth-based religion. It can be used as a Scouting award, but you don't have to be a Scout to earn it.

In this booklet you will find a list of projects for you to do. They will help you have fun and learn more about your religion. This award has three parts. Part I is about the world we live in, and how we relate to animals, plants and people. Part two looks at your faith in more detail, and lets you explore different parts of your faith. Part three looks at how we relate to others. Once you have complete all points in all three parts, and your adult helper has signed off your book, they can claim the award for you. You can read through each part first and decide which you'd like to do first. You might talk it through with your adult helper and decide together which order you are going to do things in. You will need an adult to help you finish your projects and to fill out the form in the back of the booklet. Your Goðar (or other faith leaders) can help you, or you can work with your parents

### PART 1. THE WORLD.

#### ***1. Discuss humanity's relationship to Nature, and our responsibilities to the biosphere of Jorð (Mother Earth).***

We are part of Nature, siblings to all living things. Together with the planet and Jorð's seas and atmosphere, we make up Jorð, the living personification of the Earth. The lives of all creatures are connected, so that whatever happens to any of us, happens to all. We must keep our environment clean and healthy, so that other species besides humanity can flourish on the Earth. This is not only the respectful and caring way to live—it is also necessary for our survival. With your adult helper, discuss why this is important to you.

#### ***2. Plan and carry out projects which will help accomplish each of the following goals:***

*2a. Help to preserve a threatened wildlife habitat, or restore one which has been polluted or otherwise disrupted;*

All of us have seen places covered with trash, or with polluted streams, or where the ground is bare and the soil is washing away. All too often, when people build roads, dig mines or farm the land they wind up destroying the homes of countless wild creatures. You can help. Find a piece of land which needs to be protected or restored, then make a plan. Will you need to haul out trash, or plant ground cover to stop erosion, or talk to people who are polluting the water?

To begin, find out who possesses the land, if you don't know. Usually you can find out by calling the County Registrar of Deeds or Assessor, listed under "Government — County" on a Google search. You will need to contact the owner, discuss the problem, and work with them to fix things up.

Of course, you don't have to work on private land. Often parks (local, county, state or national) or public forests have habitats that could use your energy. Contact the local Parks and Recreation Department, or the chief ranger, and ask.

If you need more hands to do the job, call on your Scout troop or Kindred to pitch in. You may be leading this project, but you don't have to do it all alone.

*2b. Defend an endangered species of wildlife;*

To find out which kinds of wildlife are in danger of dying out, you can contact The International Wildlife Federation, the Audubon Society, the United States Department of the Interior, or your state Wildlife Management Bureau.

Ask them for ideas as to how you can help. One good way may be to help create or improve a habitat, as discussed above. Maybe a law should be passed to protect certain animals, and you can write to your representatives in Congress or your state legislature. Maybe you can make some birdhouses of a special kind and put them out. Or you could think of a way to raise money, and send it to the Wildlife Federation, Audubon, the Nature Conservancy or another group which works to protect wildlife.

Once again, don't go it alone. You can be much more effective if you ask for advice and help, and involve as many people as possible.

*2c. Do a project to educate people in your community about taking care of the Earth and Her creatures.*

Many people do not have accurate, up-to-date information about the environment, pollution, endangered species and so on. You can help inform them by giving a talk or handing out leaflets.

You can do this in your class at school, or maybe to several classes or even at an assembly. Or you could talk to a community-service organization, or your Scout troop (and others), or to local Cubs or Brownies, or to your Kindred. Or, you could get some informative flyers from an environmental organization and hand them out at a shopping mall, bank, theater, etc. (with permission). Or you could show a film or video, or slides, available from the same kind of organizations or from a large library.

***What topic could you use? Here are some ideas:***

The Cutting of the Amazon Rainforests  
Eagles: Our National Symbol Threatened  
Soil Erosion in the United States  
The Danger to Whales  
Water Pollution in Our Community  
Protecting America's Wolves  
The Problem of Toxic Wastes Lands  
Dolphin Slaughter by the Tuna Industry  
The Health of the World's Oceans  
Endangered Animals in Our State  
The Air We Breathe: Is It Cleaner?

It might not be easy to give a talk if you are shy, especially in front of large groups. Try starting out with a small group of friends. It's important to be able to speak publically, and after awhile it gets much easier. Remember too, that your adult helper can help you plan and find information.



***2d. Briefly discuss some of the Nature-oriented religions of ancient cultures; and explain how you and/or your family's religious practices are similar to, and different from, those earlier traditions.***

This will require some research, and maybe trips to museums, watching Discovery or History channel programs, YouTube, etc. Your adult helper or librarian can help you find books and websites on different religions such as:

*Northern Shamanism (Innuit, Lapp, etc.)*

*Native American Religions*

*Taoism in China*

*Ancient Egyptian Religion*

*Druidism*

*Early Norse Religion*

*Sumerian & Babylonian Religion*

*Shintoism in Japan*

*Early African Religions*

*Polynesian Religions*

*Greek Pantheism*

...and others. You do not have to become an expert in these, just get a feel for a couple of them and see how they are like your own religion, or different.

Archaeologists tell us that the first religions involved an Earth-Mother type of goddess, a male god of animals, dancing in a circle, and keep track of the Moon's phases. Sound familiar? Learn about these religions, and discuss with your adult helper how these religions compare to your own beliefs.

***3. Explore your beliefs about the Gods, Vættir, & Ancestors.***

There are many different ideas about who created the universe. Some say it was just a force without intelligence or personality. Some say it was a particular god, and that there's no Goddess — or the other way around. Some say the gods are a being "out there" somewhere, who created us but is very different from us. Some Heathens believe that the gods are physical beings, separate from humans, who run things from afar. Some Heathens believe that the Gods are in everybody and everything: that we are all part of them, and they are not separate beings. What do you think? Write a report on your thoughts, explaining what you believe, and why.

***3a. Learn about a god and goddess who appeal to you, and create an art project which expresses the nature or character of each. You may make a drawing, painting, song, story, poem, invocation, play, stained-glass panel, sculpture, mask, or other art form.***

There are many, many, MANY "aspects" of the gods and goddesses. You are the same way. You might be a student, a piano player, a Scout, a YouTuber, a rock collector, and a swimmer — but those are all just parts of you. It is the same with the gods and goddesses! Each may be known for a specific trait, but they each have so much more to offer than just one thing. Choose a goddess and a god you like, and start your art projects. The next two pages have lists of a few ideas, but you can research on your own to find more.

The two you select do not have to be of your own pantheon. This is a great opportunity to learn more about deities from other beliefs.



## GODDESSES

*AMATERASU - The Japanese sun goddess*  
*ATHENA - Greek goddess of wisdom, defender of home and family; owls were considered sacred to Athena.*  
*BAST - Egyptian goddess of joy, music, fertility and the sun; cats sacred to her*  
*BRIGID - Celtic goddess of fire, healing, smith-craft and inspiration*  
*CERRIDWEN - Celtic mother-goddess with the magic cauldron of rebirth*  
*DIANA - European goddess of the Moon, magic and the open sky; also the huntress*  
*EPONA - Celtic goddess of rulership; horses are sacred to her, especially white mares*  
*FREYA - Norse goddess of love, battle, and cats*  
*INARI - Japanese deity of rice and abundance; foxes are sacred to them.*  
*ISIS - Winged Egyptian mother-goddess and protector*  
*KWAN-YIN - Chinese goddess of compassion*  
*SPIDER GRANDMOTHER - Native American crone-goddess who brought fire to humanity*  
*KUMUGWE - Native American goddess who guards against sickness, and heals*  
*YEMAYA - Afro-South American goddess of love and prosperity*

## GODS

*APOLLO - Greek god of the sun, music and healing*  
*CERNUNNOS - Gaulish horned god of wildlife*  
*COYOTE - Native American creator-god and trickster*  
*GANESHA - Hindu god of good fortune; seen as an elephant*  
*LUGH - Celtic god of the sun and harvest*  
*MERCURY - Roman god of travel and communications*  
*ODIN - Norse god of wisdom and rune-magic; ravens are sacred to Him*  
*PAN - Greek god of joy and the outdoors, who played the sacred pipes*  
*POSEIDON - Greek god of the oceans; horses are sacred to him*  
*RA - Egyptian god of the sun; shown as a falcon.*  
*HERNE - British god of the greenwood and archery*  
*THOTH - Ibis-headed Egyptian god of scribes, magic and knowledge*  
*VULCAN - Roman god of fire and smithcraft*

**When both projects are completed, explain how the qualities represented in the art piece are also present in you.**

Do you see wisdom, or bravery, or magic in your goddess and god projects? Tell about times in your life when you acted wise, brave, or magical.

**4. Explain what each of the following terms means:**

- a. Courage
- b. Truth
- c. Honour
- d. Fidelity
- e. Discipline
- f. Hospitality
- g. Self Reliance
- h. Industriousness
- i. Perseverance

These traditional core values make up what some call "The Nine Noble Virtues" and sum up much of the same aspects found in Scouting. Compare these to the Scout Oath. What is similar? What is different? If you are not Norse Heathen, perhaps you can think of sayings or "Redes" which are important to your spiritual path.

**4j. Explain what is meant by "frið" and "grið" Then write or tell a story, where an action performed by a Scout shows both of these.**

If these words are new to you, then your adult helper can assist in researching them. Frið and Grið are important aspects of every Norse Heathen's life.

Why do this? One of the main goals of most earth-centered faiths is to build community, and work with others on your walk of faith. Maintaining Frið and Grið are important to maintain a community, whether it be just your family unit, your Kindred, or your community as a whole.

**5. List the major holy days of your religion. Briefly explain the meaning of each, and some customs or traditions associated with it.**

To help get your started, we have listed some of the major and minor Pagan holidays on the next page; you will need to do some extra reading to find out more details. Also, your family may have some special holiday traditions of its own: ask your parents to help you think of some.

**5b. Participate in an important role in your family's or group's celebration of a holy day. If it is appropriate, make and wear a special costume or mask for the event.**

Perhaps you could choose the music, or lead some songs and chants, or a dance. You could call the Gods, vætr, or ancestors, or read a poem or invocation. You might write a "mystery play" that expresses the meaning of the holiday (like Freyr blessing the fields for abundance) and perform a part in it. You could organize and lead a special activity, like making candles at Jul or a corn roast at Lughnassad.



## THE THREE HISTORICAL NORSE HEATHEN HOLIDAYS

**YULE (Midwinter/Winter Solstice) -One of the "three greatest blessings of the year" mentioned in the Ynglinga saga.** Between December 20-23 (varies). The shortest day and longest night of the year. Marks the beginning of winter, and the rebirth of the sun god/dess. Customs: decorating the Tree of Life, Yule log, gift-giving.

**SIGRBLÓT (Ostara/Spring Equinox) - Sigrblót is one of the "three greatest blessings of the year" mentioned in the Ynglinga saga, celebrated "for victory".** Between March 20-23 (varies). Days and nights of equal length. Marks the beginning of spring. Themes: fertility, rebirth. Customs: decorating eggs, celebrating the sacred Moon Hare.

**Vetrnætr (Winter Nights, November Eve, All Hallows, Hallowe'en) One of the "three greatest blessings of the year" mentioned in the Ynglinga saga.** The historical festival marked the beginning of winter, and involved sacrifices to the elves and the dísir. In Neopaganism also observed as a Festival of the Dead and as such associated with Samhain on 31 October.-October 31. The great festival commemorating the dead. Themes: third and final harvest, death, remembering those departed. Customs: scrying (divination), past life recall, communicating with family who have passed on.

## OTHER COMMONLY CELEBRATED PAGAN HOLIDAYS

**Porrablót** - One of the "lesser blessings"; mentioned in Hversu Noregr byggðist, in modern Icelandic folklore associated with Thor. This is celebrated in late January/early February.

**Disting** - One of the "lesser blessings"; the Heimskringla mentions this as a Swedish tradition originally lasting for a week during the month of Góa, but later moved to Candlemas and reduced to three days' duration. Historically celebrated in late February/early March.

**Midsummer** (Summer Solstice) - Included as part of Scandinavian folklore. Devoted principally to Thunor, but also to the god of luck and healing, Helith.

**Freyfaxi** (Lammas/) - One of the "lesser blessings"; The name Lammas or "Loaf-fest" refers to an Anglo-Saxon festival of the wheat harvest; the name "Freyfaxi" refers to the horse dedicated to Freyr in Hrafnkels saga and means "Mane of Freyr".

**Samhain** - is a sabbat that is the third and last harvest festival on the Wheel of the Year and is often the biggest celebration for Wiccans as it is the Witches New Year. It falls around October 31.

**Hréðe-freólsdæg** (Hréðe's Feast) - March - Devoted to the goddess Hréðe.

**Beltane** - is a sabbat that occurs around May 1 and it is halfway between the spring equinox (Ostara) and summer solstice (Litha). It's the halfway point between spring and summer.

**Vårblot** (Spring Equinox) - Devoted principally to beings such as Freyja, Freyr, Sól and light elves, but also to Gerðr.

**6. Explain the meaning of the Mjolnir, and why it's used as a symbol of Heathenry.**

It's not easy to find this in a book, so we'll explain it briefly here in case you don't know. The Mjolnir is an ancient symbol of protection: it has been used since the ancient times to symbolize Thor's friendship with humanity, and his protection towards humanity.



The Mjolnir is often worn as jewelry, usually made of silver, which is special to Thor. The hammer is attested in numerous sources, including the 11th century runic Kvinneby amulet, the Poetic Edda, and the Prose Edda. The hammer was commonly worn as a pendant during the Viking Age in the Scandinavian cultural sphere, and Thor and his hammer occur depicted on a variety of objects from the archaeological record. Research Mjolnir, and write a paper telling the story of its creation, and what the symbol means to you. not a Norse Heathen? Find a symbol appropriate to your faith, and do the same!

**6b. Make a Mjolnir of your own.**

With the help of an adult, make your own Mjolnir to wear (if you do not have one). Reflect each morning for 30 days on what the Mjolnir means to you, and what it symbolizes to have Thor as a protector in your life. How can you call on him for aid? What situations would you invoke him to assist you with?

***Other Symbols of Faith***

Not everyone WANTS to wear a Mjolnir as their sign of Norse Heathenry (or appropriate faith). What other symbols might you use? Some wear a spear point to represent Gungnir, Odin's Spear. Some wear a spinning wheel for Frigg Some wear a harp or a tankard for Bragi. Some wear a hawk for Freyja. Some wear a pentagram for general paganism. Decide which symbol you feel would best display your relationship with the god or goddess of your choice, then create it, following the steps in the previous paragraph.





**7. Learn and demonstrate exercises or techniques which will help you to do each of the following:**

- a. **Relax** - Lie down and, beginning at your feet, stretch and relax each set of muscles until you reach the top of your head. Then remember a wonderful time when you felt very relaxed, in as much detail as you can.
- b. **Concentrate** - Sit in a relaxed position and inhale deeply through your mouth. Then exhale through your mouth and make a long, steady humming sound. Do it again, but make the humming a little longer and smoother. Nine breaths should do it.
- c. **Raise energy** - Try different ways - clapping, chanting, singing, drumming, dancing, breathing in light - until your whole body is vibrating with power. Whatever you do, it should be rhythmic and sustained.
- d. **Ground excess energy** - After you have raised energy and sent it toward a goal, there will be extra which should be released. Try putting your palms flat on the ground and breath-ing it into the Earth, or putting it in a large stone, or eating something with grains in it.
- e. **Protect yourself** - Imagine yourself within a Mjolnir of silver light surrounded by a circle. Now envision yourself as your favorite goddess or god; breathe in energy, feeling more strong, brave and self-confident with every breath. Do this in any scary situation. HINT: This doesn't replace caution and common sense. The best protection is still to avoid dangerous situations, and to "be prepared."
- f. **Heal yourself** - You might want to find a good book on herbs and learn to use some of them, under the guidance of a knowledgeable adult. Chamomile, comfrey and rose hips are a few helpful ones you can make into healing teas. Also, imagining yourself healed and healthy is useful. Of course, if you do get ill, you still need the help of a qualified healer, and the basics like pure water, good food, sun-light and lots of rest.

**8. Plan a ritual, sumble, or a blot. As part of the preparation, or during the ritual itself, create a talisman or ritual tool appropriate to your purpose, and consecrate it.**

A blot is a ritual sacrifice to the Gods, the Wights, ancestors, alfr, etc. They are a way to communicate with them, to ask for intangible gifts and give them a gift in return. A sacrifice does not need to be a living thing, but it needs to be something important to you. Common items are foods and drinks, a small gift, a specially written poem or song.. something personal to you that you are "sacrificing" to the Gods. "A gift for a gift as it must always be." Create a ritual of your own to honour the powers that be.

You can create a tool out of wood, stone, ceramic or metal for some special purpose; or you can make a ritual tool, such as a special hammer, hlautboli, chalice, staff, special candles, rune-stones, or a cord. This is an item that will live on your altar.

There is not room here to explain how to make or use these, so you will need to read about them in books and talk to your counselor.

When your project is done, consecrate it in your ritual: bless it, and dedicate it to its special purpose and to the service of a particular god or goddess of your choosing, then place it on your home altar. If you do not have a home altar of your own, talk with your parents/adult about creating one!



**9a. Explain your responsibilities to other people within your religion, and to those outside it.**

**9b. Explain why tradition discourages you from trying to convert people to your spiritual path. Discuss what might be a constructive attitude toward other religions, and the people who practice them.**

**9c. Discuss when it is or is not appropriate to discuss your religious beliefs and practices with others. Role-play a situation in which an acquaintance from another religion asks several questions about yours.**

There are billions of people on this planet, with many different customs and religions. Most of them are not Norse Heathen (or Christian, or Jewish, or Hindu, or Islamic... no single religion has a majority). So we need to learn how to get along with them, without having to necessarily think or act like them. Sometimes this involves being private about our religion. There are people in the world who believe that only their way is right, and who are not always respectful or kind to those who have different ways. Often the best way to deal with such folks is just to not talk about religion with them.

Before you meet such people, it is important to talk to your parents or guardians about what to do. But whether it is your family's policy to discuss your religion openly or not, remember this: Norse Heathenry is a wonderful way of life, and you can be proud to be a Norse Heathen.

Not everybody has to agree with us, but they have to allow us the freedom to be Norse Heathen and celebrate in our own way. Norse Heathenry is legally recognized by the federal government of the United States of America; and in any case, Americans are guaranteed freedom of religion by the Constitution.

So earn the Way of the Hawk & Boar Award, wear it with pride, enjoy being who you are - and praise the Gods, Vættir, and Ancestors!

*10. Learn about the Runes.*

Runes are woven into Norse religion and are closely associated with Norse magic and skaldic poetry. The old poem *Hávamál* explains that Odin discovered the runes when he hung himself from the world tree Yggdrasil in order to gain wisdom. He hung on the wind-blown tree for nine nights and days. Just as he was about to die, he found the runes, grabbed them up and earned his life. Thankfully, through the journeys of Heimdallr, the runes were given to us, and YOU do not have to do this yourself! Runes were carved on weapons, tools, jewelry, amulets, bones, pieces of wood, memorial stones, church walls etc. The two main types of runic alphabet are called the elder Futhark and the younger Futhark after the sequence of the first six runic letters. In addition, there are a number of local variants. Runic script existed simultaneously with the Latin alphabet and was in use up to the 1500s. Each runic character represents a letter, such that they can be set together to form a word. The runes are also magical symbols, and each runic character has its own name and symbolic meaning. Learn more about the runes. Look at them in nature. Read about them. Learn to write your own name in runes. Talk to your adult helper about their spiritual meaning.

**10b. Create your own rune set.**

There are a few different materials you can use to make your runes. Having them be the same shape and size helps if you're picking the runes out of a bag, so you don't just can't just tell by what it feels like in your hands. Why would you make your own rune set? It's great way to make it special to you. You will need: 24-28 (you want a few extra in case any get messed up) pieces of roughly the same size of the material. You'll also need something to mark the runes onto with, whether a sharpie, paint, something to burn them on, or carving tools, and a candle. Runes can be made out of bone, wood pieces, crystals, rocks, or you could make them out of clay. Once you've chosen what material you want to make the runes out of, it's time to make the runes! This is fairly simple, depending on what materials you're using. On each piece, regardless of what your material choice was, draw the runes on one side. Once you've gotten the runes drawn/carved/painted onto your material of choice, your rune set is almost done! But there's one more step that's important for how to make runes. You don't have to consecrate the runes, but it's a good idea to. The easiest way to do this is to, with your candle, pass each rune individually over the flame while focusing on the rune in hand.

**10c. Choose your favorite and make a creative project for it.**

A poster, a poem, a painting, or anything you like, as long as it shows something about your chosen rune and its meaning. Meditate on the runes, and choose one that speaks to you. Create an art project to highlight your rune, and show what it means to you.

## Requirement Checklist

Counselor's  
Initials

- \_\_\_\_\_ 1. Discuss humanity's relationship to Nature, and our responsibilities to the biosphere of Earth.
- \_\_\_\_\_ 2. Plan and carry out projects which will help accomplish each of the following goals:
- \_\_\_\_\_ 2a. Preserve a threatened wildlife habitat, or restore one which has been polluted or otherwise disrupted.
- \_\_\_\_\_ 2b. Defend an endangered species of wildlife.
- \_\_\_\_\_ 2c. Do a project to educate people in your community about taking care of Jorð and Her creatures.
- \_\_\_\_\_ 2d. Briefly discuss some of the Nature-oriented religions of ancient cultures; and explain how your family's religious practices are similar to, and different from, those earlier traditions.
- \_\_\_\_\_ 3. Explore your beliefs about the Gods, Vættir, & Ancestors.
- \_\_\_\_\_ 3a. Explain about the Gods, Vættir, & Ancestors to your adult helper.
- \_\_\_\_\_ 3b. Learn about a god and goddess who appeal to you, and create an art project.
- \_\_\_\_\_ 4. Explain what each of the following phrases means:
- \_\_\_\_\_ 4a. "Courage" \_\_\_\_\_ 4b. "Truth"
- \_\_\_\_\_ 4c. "Honor" \_\_\_\_\_ 4d. "Fidelity"
- \_\_\_\_\_ 4e. "Discipline" \_\_\_\_\_ 4f. "Hospitality"
- \_\_\_\_\_ 4g. "Self Reliance" \_\_\_\_\_ 4h. "Industriousness"
- \_\_\_\_\_ 4i. "Perseverance"
- \_\_\_\_\_ 4j. Explain what "Frið" and "Grið" mean, write a story using them as the moral of the story.
- \_\_\_\_\_ 5a. List the major holy days of your religion. Briefly explain the meaning of each, and some customs associated with it.
- \_\_\_\_\_ 5b. Participate in an important role in your family's or group's celebration of a holy day. If it is appropriate, make and wear a special costume or mask for the event.

- \_\_\_\_\_ 6. Explain the meaning of the Mjolnir, and why it's used as a symbol of Heathenry.
- \_\_\_\_\_ 6b. Make a Mjolnir or religious symbol of your own.
- \_\_\_\_\_ 7. Learn and demonstrate exercises or techniques which will help you to do each of the following:
- \_\_\_\_\_ 7a. Relax
- \_\_\_\_\_ 7b. Concentrate
- \_\_\_\_\_ 7c. Raise energy
- \_\_\_\_\_ 7d. Ground excess energy
- \_\_\_\_\_ 7e. Protect yourself
- \_\_\_\_\_ 7f. Heal yourself
- \_\_\_\_\_ 8. Plan a ritual, sumble, or a blot. As part of the preparation, or during the ritual itself, create a talisman or ritual tool appropriate to your purpose.
- \_\_\_\_\_ 9a. Explain your responsibilities to other people within your religion, and to those outside it.
- \_\_\_\_\_ 9b. Explain why tradition discourages you from trying to convert people to your spiritual path. Discuss what might be a constructive attitude toward other religions, and those who practice them.
- \_\_\_\_\_ 9c. Discuss when it is or is not appropriate to discuss your religious beliefs and practices with others. Role-play a situation in which an acquaintance from another religion asks several questions about yours.
- \_\_\_\_\_ 10. Learn about the runes.
- \_\_\_\_\_ 10b. Create your own rune set.
- \_\_\_\_\_ 10c. Choose your favorite rune and make a creative project for it.

***"A kind word need not cost much,  
the price of praise can be cheap:  
I've made more than one friend  
with half a loaf of bread and a cup of stew."  
~Hávamál, stanza 52***

**APPLICATION FOR WAY OF THE HAWK & BOAR  
AWARD (Youth)**

Candidate's Name: \_\_\_\_\_

I hereby certify that they have completed all requirements,\*  
and is entitled to receive the Way of the Hawk & Boar Award.

Counselor's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Candidate (Goði/Gyðja, parent, Kindred elder,  
etc.):

\_\_\_\_\_

Cub Scout Pack #, City, State (if applicable):

\_\_\_\_\_

Name & address where the award should be sent:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please submit payment of \$15 via PayPal to  
Donations@awakenthenorth.org for the award. Or via postal  
mail to:

Awaken the North  
5043 State Highway 248  
Branson, Missouri 65616

Make check or money order payable to Awaken the North

\* A NOTE TO COUNSELORS: Although this award was originally designed for Norse  
Heathen youth in the Scouting programs, it may be earned by those youth not enrolled in  
Scouting, or adapted for youth of other Nature-oriented spiritual paths as well.  
Reasonable accommodations are available for those who are unable to complete various  
aspects of the program due to extenuating circumstances. Please contact Awaken the  
North to discuss available accommodations.

**NOMINATION FOR DISTINGUISHED  
YOUTH SERVICE AWARD**

**(Adult)**

Nominee's Name: \_\_\_\_\_ I

hereby nominate this person to receive the Way of the Hawk &  
Boar Distinguished Youth Service Award. I attach a letter  
describing the nominee's work on behalf of youth, and  
explaining why we feel they deserve special recognition.

Nominator's Signature: \_\_\_\_\_

Organization Represented: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Nominee (Goði/Gyðja,, Kindred elder, etc.):

\_\_\_\_\_

Name & address when award should be sent:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Payment of \$15 for the award may be made electronically via  
PayPal to: Donations@awakenthenorth.org

Please contact us directly to make a payment by other means.  
Make check or money order payable to Awaken the North.

A NOTE ON CRITERIA: The nominee's work with or for youth may be  
in the context of religious education, public education, Scouting or other  
youth programs. Nominees must be members of Pagan or other Nature-  
oriented religions. Individuals may not nominate themselves.