

Y SIGRDRIFA'S PRAYER Y

hail the day,
hail, you sons of day.

hail the night,
hail, you daughters of night.

with blithe eyes,
look upon the one standing before you,
and grant this one speed.



hail the gods.
hail the goddesses.
hail the green earth
that gives to all.
goodly wisdom and speech
bespeak I from you,
and healing hands in this life.