

# Sunwait

## Welcoming the Sun



### Sunwait / Vântljusstaken

Sunwait is a modern reconstruction of Norse Pagan tradition which counts down to Yule. Every Thursday, starting from the 6th Thursday from Yule (Nov 9th this year) we light a candle in order of Freya's Aett. The light from the candle represents the Sun which has left, but that will be welcomed back on the Winter Solstice.

F - Fehu Nov 9

U - Uruz Nov 16

Th - Thurisaz Nov 23

A - Ansuz Nov 30

R - Raidho Dec 7

K - Kenaz Dec 14

Fehu: Material possessions

Uruz: Strength

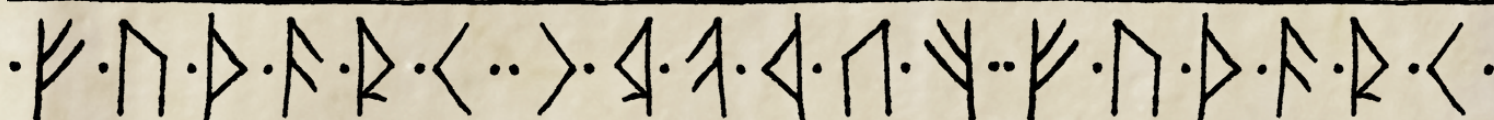
Thurisaz: Protection & Luck

Ansuz: Advice & Wisdom

Raidho: Journey & Natural Rhythms

Kenaz: Fire & Creativity

The Vântljusstaken/SunwaitCandles practice came from Swedish traditions and adapted for a meaningful experience. Thursdays were selected because of a Swedish tradition known as Thorshelg. "The reason for the Thursdays is that, Thursdays have a traditional significance in Scandinavian folk lore. Thursdays have been the day for trolldom (folk magic) and communicating with the gods and nature spirits long before and after Christian times," explained one of the Vântljusstaken Facebook page organizers. "There are accounts as late as the 19th century where the Torshelg (Thor's hallow) was celebrated by inviting Thor and Frigga to the house on Thursday night."



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The practice of the event is to light one candle each week until the solstice, recite a poem, stanza, or meditation, and contemplate the season. In preparation of the activity, one can select the six candles, carve or draw a stave on each candle (or as part of a decorated base or candle holder), anoint each candle, or address the energy of the runes with the candle. This would be a great activity for families to include their children in a creative activity that can also include storytelling, learning about runes, and strengthening those family ties at this special time of year.

On the chosen night, light the candle while reciting the Vantljusversen poem or one of your choosing that is meaningful to you/your family. The rest of the ceremony is up to you to create to suit your desires for the winter, Yule, the coming year, etc.

One thing that this author does is to contemplate on the energy of the rune of the week. How does that energy/power influence and interact with my life? How can I harness or observe those influences and recognize them? At the end of the time, extinguish the flame.

At the next week, relight the candle prior to starting with the next until all candles are lit at the end of the process. Some choose to allow all of the candles to burn down on the final night, sending the energy and intents of the working into the universe.

(A note of caution: do not leave burning candles unattended, accessible to children and pets, or around flammable decorations or items.)

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<http://www.heathenhof.com/continuing-vantljusstaken-light-anticipation-candlesticks/>

[https://aminoapps.com/c/pagans-witches/page/blog/sunwait/MQdW\\_bnETku7ZYXvwbXPkbd6pJnovnmgbEZ](https://aminoapps.com/c/pagans-witches/page/blog/sunwait/MQdW_bnETku7ZYXvwbXPkbd6pJnovnmgbEZ)



### Heathen Moon

This will be our 3rd year counting down to Yule and welcoming the sun on the Winter Solstice in this way. Before I was able to stay home and “write & witch” this year, Ryan and I were incessantly going, non stop. So 2020 was the first year we had time to prepare candles ahead of time and make a candle holder.

Tealights will do JUST fine. But without enough time to prepare them I felt like I wasn't doing the practice justice. But tealights sufficed until we were able to move forward with a practice that felt right and good.

This practice has enriched the energy of November for us as a family and as individuals.

This year, I am incorporating the Major and Minor Arcana within this practice. I want to deepen my relationship to the energy of the cards that I connect to, and this just seemed like the right way to honour and explore that energy.

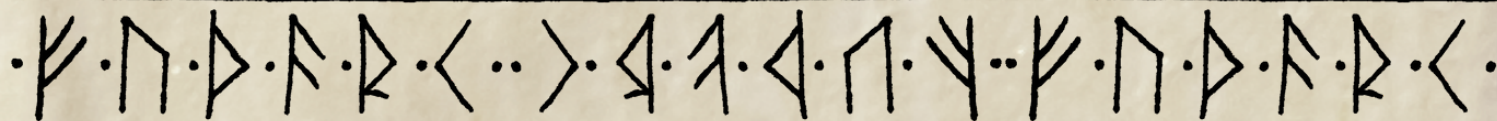
I assumed before I embarked on this project that the Hermit would show up in my writings. But it has made a very pointed departure from this prose. Likely because it needs it's own full blown ritual...into the hedge and all that good hunkering down energy.

I hope that you are inspired this month, and meet yourself, your families and community deeply.

I am learning to live with my heart even more cracked wide open, and the vulnerability is scary, but know there are people here to witness and hold reverence for the place you are at within yourself.

All my loving Wyrddness,

Amanda





## Freya's Aett

### Vantljusversen Poem

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In the first of sunwait we light  
The candle of Fehu so bright  
Until the return of the queen of skies  
May her beauty and splendor in it rise

In the second of sunwait we light  
The candle of Uruz so bright  
With all that has passed and ahead of us lies  
May the passing of time in it rise.

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In the third of sunwait we light  
The candle of Thurisaz so bright  
When the force of winter upon us lies  
May the return of spring in it rise

In the fourth of sunwait we light  
The candle of Ansuz so bright  
In worship of gods old and wise  
May the powers of Regin in it rise

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In the fifth of sunwait we light  
The candle of Raidō so bright  
In yearning for that which never dies  
May our longing for new life in it rise

In the sixth of sunwait we light  
The candle of Kenaz so bright  
A light in darkness again shall arise  
May the hope of yule in it rise

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## The Major Arcana



In the first of Sunwait we light  
The candle of The Fool so bright  
Embarking on a journey with wide-open eyes  
May the spirit of adventure in it rise

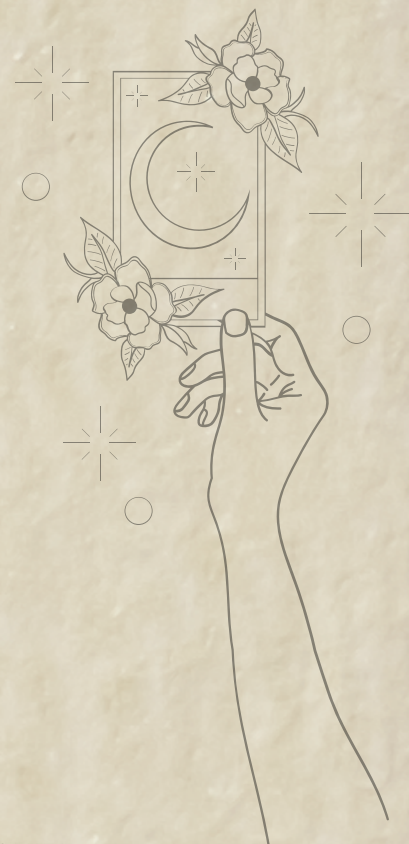
In the second of Sunwait we light  
The candle of The Magician so bright  
Harnessing the power of the earth and skies  
May our creative potential in it rise

In the third of Sunwait we light  
The candle of The Empress so bright  
In honor of protection and the wise  
May strength and stability in it rise

In the fourth of Sunwait we light  
The candle of The Chariot so bright  
With determination, our goals we'll realize  
May our victories and triumphs in it rise

In the fifth of Sunwait we light  
The candle of The Wheel of Fortune so bright  
The cycle of life, as it ebbs and it flies  
May the turning of fate in it rise

In the sixth of Sunwait we light  
The candle of The Star so bright  
A symbol of hope, inspiration that applies  
May our dreams and aspirations in it rise



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