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## The Alaska Úlfhéðnar

Offers his understanding of the energy within our lives through the lens of the ancient Norse.

Changing our perspective for  
better mental health.

- ✓ Learn about the intersections within the mind and how they are affected by our perspective.
- ✓ Learn how our spiritual journey intersects with our everyday psychology.
- ✓ Learn what energies are available to use to manage our mental health.
- ✓ Learn how to control our perspectives and be open to allowing a change.
- ✓ Learn how changing our perspective can help us obtain happiness and maintain it.

*The Norse, who's beliefs and understanding, which stemmed from the early beliefs of the Celts migrating northwest from the Iberian Peninsula through Germania, ultimately arriving in the Cimbri peninsula, or what is today called Denmark. In addition to their polytheistic understandings, the men and women of the Seidr magicians recognized the energies throughout the universe that interacted with and manipulated our human experience for a physical lifetime.*

Additional questions, see our website at <https://akulfhednar.com> or email us at [shaman@akulfhednar.com](mailto:shaman@akulfhednar.com)