

Bryndis and The Sacred Stone of Laugar

Driving through Iceland one cannot but be in awe of the incredible variety of shapes and forms that Mother Nature has sculpted in the land. Lava flows have frozen and left monuments of twisted stone all over the landscape. If one opens the mind and heart one begins to feel something quite different, quite other, in the energy and aura of this amazing country.



The rocks are not just rocks, the stone edifices are truly inhabited by another world presence and the collective psyche of the Icelandic people is very connected to a certain entity which they rever in nature.

If one stops and listens, just empties the mind and suspends all judgment then it is possible to feel the presence of some subterranean creatures who have chosen this sacred land as their abode and dwelling.

Knock on any farmhouse, talk to the locals, ask around and you will discover that « The Elves » are truly recognised, honored and respected as part and parcel of the belief system and way of life of all Icelandic peoples.

Travelling in the Northern part of the country, stopping in Lauger, we happened upon a very special place where a short walk up the mountain side takes us to a sacred stone where the Elves do indeed abide.

The custodian of this place is a lady named Bryndis Pétrusdottir who lives in resonance with these magical entities who have a specific function, and especially a mission, and who willingly communicate with people inspiring them to participate in their action to protect and rever the land and the power spots of this, as yet untouched, part of the planet.

Elves are discreet spirits who live in the rocks nooks and crannies and who only interfere in the human world when humans interfere with them and their ways. Many a sceptic, an unbeliever or a rejecting rationalist has been converted to Elven ways following certain encounters, or happenings, when the Elves take a distinct stance and express themselves overtly.

This ususally happens when dwelling places are disturbed or sacred inhabited stones are removed or desacrated. In these cases the belief is that things may happen, most unexpectedly, the cows may not milk, the sheep may not bear offspring or back luck and lack of prosperity may be a direct consequence.

Essentially Elves are there to inspire, heal, protect and bring man into contact with the deeper realms of nature herself where he finds a true connection to the depths of his own soul.

Bryndis lives at the foot of a hill where a sacred Elfin stone lies which is the home to an Elfin community who bring her inspiration and the capacity to heal and help those in distress or in illness. Bryndis, who possesses what we call « the sight » offers her time and knowledge to those willing to open their hearts and minds and share the magic of the place. She is generous in her intentions but does ask people to respect and treat the locus with the appropriate care and reverence.



Elves participate in human activities, they run farms and breed animals as well as doing all kinds of tasks known to humans. They are meticulous and industrious and are considered well to do and quite handsome. Elves dress with taste and colour and are more helpful than mischievous or nasty.

There is nothing more offensive to the Elves than disrespect, disrespect of their habitats, of their sacred places or of Mother Nature herself. They are here to guide and encourage man, not to dominate, but to collaborate with nature and her innate wisdom. The man who listens and cares can reap all kinds of countless incalculable benefits that she has to offer.

Contrary to the gnomes of other Northern countries who are about 15 centimeters high, Elves are considered to be the size of a 6 year-old child. They live in close community with the « Huldefolk » who also inhabit the invisible realms, who are not Elves, but more like invisible people who have not been incarnated and who are happy to live peacefully in harmony in the invisible spheres.

When travelling in Iceland one has the privilege to maybe encounter the Elves or to feel their inspiration and healing energy. Many places are indicated as being especially important to them and must be approached gently and with respect. Tuning in in silence to their energy field will bring a sensation of well being and happiness if not real inspiration and answers to some of life's riddles.



So in Iceland beware for one treads on truly sacred ground where one feels the true call to open the mind and perceive the healing power from another dimension, from the Elfen realm where these precious entities send out their message to man to correct his ways, to enter into communion with the spirit of the land and Mother Nature herself.

Believer or non-believer the message is the same - man is called upon to trust the higher wisdom of nature and the entities and by so doing benefit from the infinite treasures that she has to offer now, and to the generations to come.

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