

# Helheim "Jernskogen"

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I et helheimsk brak tordnet Tor  
Tre udyr fÃ¸fÃ¸,Ã¸, des noen har drevet hor  
Avguder ler godt i natt hyller jotun-mor Angerboda

Ã¸fÃ¸Ã¸Ã¸eye for Ã¸fÃ¸Ã¸,Ã¸, ye tann for tann  
HÃ¸fÃ¸Ã¸,Ã¸, st hva du sÃ¸fÃ¸Ã¸,Ã¸r hvis du sÃ¸fÃ¸Ã¸,Ã¸r  
din egen grav

Verg deg for nord  
vokt deg for den urskog  
Skapninger i ulvens ham  
Fenris har blod pÃ¸fÃ¸Ã¸,Ã¸r tann

[English translation:]

[Ironforest]

In a hellish crash Thor thundered  
Three beasts were born

someone has committed adultery  
Demigods laughs tonight  
hailing the jotun-mother Angerboda

An eye for an eye and tooth for a tooth  
Reap what you sow if you sow your own grave

Defend yourself against the north  
guard yourself for the primeval forest  
Creatures in the guise of the wolf  
Fenris has blood on teeth

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