I
Honor no Gods except those of your own Folk –
As alien Gods destroy you.

II
Nature’s laws evidence the divine plan –
As the natural world is the work of All-Father.

III
Act nobly and courageously,
always carefully considering the consequences –
As the effects of your deeds live on after you pass from Midgard.

IV
Live within the reality of this life; fear not your fate –
As fear is for fools and cowards;
a valorous man boldly faces what the Norns decree.

V
Love, protect, reproduce, and advance your Folk –
As natural instinct prohibits miscegenation and self destruction.

VI
Be honest, be disciplined,
be productive and loyal to friends –
As the Aryan spirit strives for excellence in all things.

VII
Treasure your history, heritage and racial identity –
As your ancestors have entrusted; it falls with you, it will rise with you.

VIII
Honor the memory of your kith and kin, especially those who have given their lives or freedom for the Folk –
As your race lives on through your blood and your will.

IX
Respect the wisdom of your elders –
As every moment of your lives links the infinite past with the infinite future.

X
Honor your mate, provide for your children and carry no quarrel with family to sleep time –
As Family is your purpose and fulfillment.

XI
May your word to a kinsman be a bond of steel –
As your troth is your dignity and your strength of character.

XII
Be cunning as the fox with enemies and Skraelings –
As their goal is your distinction.

XIII
Secure, defend and cherish your homeland –
As Nature’s Territorial Imperative demand.

XIV
Live at harmony with Nature and the Folk and compromise not with evil –
As racial survival is your perpetual struggle.