

1. Bäckhäst

Walking near freshwater be on your guard
Lake, river, stream is his front yard
Danger is near when you hear the hooves
Slowly in water towards you he moves

So calm and handsome, no violent attack
You feel an urge to climb onto his back
He drags you down into the water
Drowns you in a speechless slaughter

2. Myling

A victim of a rapist's assault
Everyone judges, it is her own fault
The mother knows her child is not wanted
Kills while crying, the new-born gets haunted

The dead infant's soul will forever be scarred
The body is not allowed in the graveyard
An unbaptized child cannot rest there
The Myling fills with hate and despair

The mother is caught, sentenced to death
For killing her new-born at the first breath
The angry dead child start walking the earth
Murderous revenges to find its self-worth

3. Skogsrå

The beauty of a forest deep
A peace of mind you want to keep
All the greens feel like a bath
Suddenly you lost your path

Enjoy yourself but be aware
She's watching you, she's everywhere
Start to feel the Skogsrå's spell
A wish in woods forever dwell

4. Havsrå

The mighty ruler of open seas
A clever skipper will her please
Fight her not, tells old tales
Havsrå gives us wind in sails

Protector of marine creatures
Decides the stormy water's features
Treat the ocean with respect
Or she makes us all shipwrecked

5 Kyrkogrim

A Christian tradition we all forgot
In history books a gruesome spot
When building churches at a time
There took place a brutal crime

Under the building buried alive
The purpose was for it to revive
Made into a weak-willed ghost
Church became its guarding post

To this duty forever bound
Now a slave once a hound
At night begins the graveyard shift
Ghostly patrol, lonely drift

6. Tomtetroll

Tomte, nisse, goblin, gnome
We welcome into our home
But if we break their own rules
They punish us to look like fools

Trolls are seen to be the worst
Feared by all and to hell cursed
A beast was also once a child
But got damaged when exiled

Who is bad and who is good
Some are just misunderstood
Few are truly foul inside
Consider that before decide

7. Bjära

A creature crafted by a witch
Robs the farmers, makes her rich
Sneaks into the cattle house
Sucking empty all their cows

The price of milk is high as gold
Kept us through the winters cold
Stealing it, an awful crime
Leaves behind just yellow slime

Many tales of Bjära's looks
A rabbit says the faithful books
But victims saw a ball of yarn
Rolling out from plundered barn

8. Gloson

Smell of metal fills the air
Golden eyes in shadows stare
Silhouette with pointy tusk
Gloson's hunt begins at dusk

Her life consists of nightly raids
Skin and hair are sharp as blades
On her back the biggest spikes
That are used for deadly strikes

Bursts between the victim's legs
Splits in twain like hardboiled eggs
There's no reason for her wrath
Keep away from crossing path

9. Mara

In silence she enters the sleepy bedroom
And you feel how the mood start gloom
The creature in darkness looks like a cat
Crawling slowly across your floormat

Mara is the most unwanted guest
who is now sitting right on your chest
Begins to poison mind and dream
You cannot move you cannot scream

Prepare yourself for this nightly mare
Add in the bedroom a certain snare
The mara loves a puzzling riddle
forgets her attack right in the middle

10. Gruvrå

Enter with cautions a mine or a cave
Insults and curses will be your grave
She wants not disturbance of peace
Bothered she will her fury release

Enter with greed or noisily sound
You will be trapped deep underground
Stones shall fall tunnels shall flood
She doubts not to act in cold blood

Enter with honour your life will be spared
Even treasures to you will be shared
The Gruvrå lady is not hostile inside
Guarding the mountain with highest pride

11. Spiritus

Only the brave seeks for this
A demon from Devil's abyss
River at night, angle and wait
Finally it will take your bait

Small in size, don't be deceived
Powers great shall be revealed
Rewards its new master with gifts
A Spiritus your life fully shifts

Endless wealth comes with a price
As Satan wants soul sacrifice
Give it up before too late
Greediness has end date

12. Lindorm

Much more than a giant snake
A status sworn to undertake
Kneel down for the reptile king
Or chaos it will your life bring

The royal skin is cold and white
Rules alone no guard no knight
Castle near old linden trees
Hear below the roots its wheeze

Underground it guards the gold
Tight around the treasure rolled
Brave ones try to kill and steal
Then it will true rage reveal

13. Kjällrå

At a pond on your own
Ever felt you're not alone
Sensing someone's habitat
At the water calm and flat

On the surface sudden rings
Needles is to fear these things
The Sjørå is a shy fellow
Watching you from the below

Show itself is very rare
Keep in mind and beware
Don't gaze in the waterhole
It gets nervous, steals your soul