i happend to discover helbein through trade trading receiving their second demo "Diðr ok norðr liggr helvegr" which lead me to buy their first effort and then follow the band til today, helbein has suffered a bit of being a kind of second range of enslaved, but even though both combos deals with the viking today and come from the same area, helbein offered another version of viking B.M with original high pitched screams. Was really astonished to redsicover helbein and their last effort that's one hell of a great stuffs. Answers by hygrinmir (guitar and vocals)

bail over there ! byordan har du det? Doing just fine as the reviews of "Heiðindómr ok mótgangr" seems to be really good.

ive to congratulate you for releasing

"heidindómr ok mótgangr", honestly speaking it's a fucking great epic B.M release that is both innovative and conservative, if you get my point. how long was the writing process and do you remember the mood dur-

ing the recording ? i feel like that with the new Album you wanted to return to your root, didn't you ?

Good to hear that you like the album as we're really satisfied with the result ourselves. The writing process was already started when we recorded "Kaoskult", so it takes some time to finish a song. It doesn't necessarily mean that it takes many hours, but you have to have that special feeling and vibe to create a song, and that doesn't come all the time. Inspiration is vital but not always present. The recording took place on different locations and doesn't bring a certain mood. Doing vocals, on the other hand, requires some moods of some kind. It was also deliberate to have a more BM sound on the album as we

were quite aware of the fact that some of the riffs and the total experience we wanted to create was closer to "Jormundgand" than any other album we've done.

Let speak a bit about the new album cover that represents hugin and munin (the spirit and the memory) and an othal rune (the 24th rune which SUMBOLIZES A COMPLECE CIRCLE). WHAT IS THE MEADING OF THIS COVER ? DOES THE OTHAL RUNE ANNOUNCES THE LAST HELDEIM'S ALBUM ? Hehe, no it doesn't. It merely represents Odin as 4 of the titles are based on his words in the Håvamål.

> your line up is pretty stable since the beginning; we can easily feel it through the arrangement and composition deparments that is a major point. I mean that your songs are smooth and aggressive, of

bigh Qualicy. is it difficult to deal with the SAME BAND PEOPLE SINCE DEARLY 20 YEARS ? Actually not. I feel very comfortable about it to be honest. I see them as my brothers and know how they react and respond, so it's been such an honor for me to play with them for such a long time, and that Noralf entered the band and adapted himself so well is also very important. We feel stronger than ever before actually.

ALL YOUR LYRICS ARE SCILL IN NORWEGIAN, BUT TRANSLATED IN ENGLISH. DO YOU BELIEVE THAT IT'S IMPOSSIBLE TO DEAL WITH SCANDINAVIAN PAST IN ENGLISH ?

> No, not at all. I've been writing in English on previous albums, but felt that the time was right to return to only Norwegian as it suits our music better.



COULD YOU GIVE DETAILS ON "DUALICET OG ULVER" VIDEO CLIP. WHEN AND WHERE WAS IT SHOT ? HOW LONG DID THE SESSION LAST ? HOEST FROM TAAKE ALSO FEATURES ON THE VIDEO, WHAT ARE YOUR RELATION WITH THIS COMBO ? It was shot on a weekend in the summer of 2010 at our local mountain

Fløyen. Two of us lived there to watch the gear overnight, so you really

got into the mood. We wanted Hoest to join the video as he already had joined the song. I also play in Taake and we're all good friends, so easy to get him to say yes. He was actually hoping to get asked as he liked the song so much. Great minds think alike.

you scarced helheim when B.m was a its top in scandinavia, all over those

years many bands have changed or disappear. how do you see the B.M evolution since you first discover this music ?

Bands come and go, bands change musical style and so on.... The mystics are gone for sure, but that doesn't mean that the scene's dead. I still enjoy new bands, but nothing will ever compete with the early 90's.

BACK IN THE END OF 90'S, HELDEIM AND ENSLAVED WERE ALWAYS LINKED BY FANS AND FANZINES, STATING THAT HELDEIM WAS MORE OR LESS FOLLOW-ING ENSLAVED'S PATH AS BOTH BANDS

WERE REFERRING TO THE SAME TOPICS IN THEIR LYRICS, THEIR MUSIC WAS PRETTY CLOSED TO YOURS. ACCORDING TO ME, THIS QUICKLY GAVE YOU A LARGE FAN BASE AND HONESTLY SPEAKING BEING COMPARED

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EARLY ENSLAVED WAS A

honor. how do you see this beginning now and were you "suffering" from the comparison ?

We've always been compared to Enslaved and still are. It didn't give us a flying start as we were always looked upon as the weaker link. People cannot see us but within the light of Enslaved and this is of course sad as I think we're both quite different musically. If we'd a different lyrical concept I don't think people would've compared us that much.

YOU'RE INTO A BAND SINCE

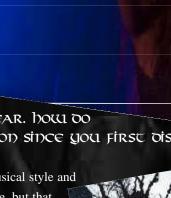
DEARLY 20 YEARS, YOU scarced the COMBO IN YOUR LATE TEEDS. conducting A B.M ALL ALONG these years might have been PRECCY EXHAUSCing as this musi-CAL GEDRE ACCEPT no compromise. chence, how do YOU SEE YOUR PERsonal life evolution since the EARLY DAYS? WHAT

OO JOUL LEARD CHADKS CO CHE BADD? HELHEIM'S been like a child to me that I've seen growing and learning alongside myself. The music and the lyrics get wiser and deeper. We're better on our instruments and so on. When conducting a tune with HELHEIM the only rule is that there are no rules, so no compromise to all those whom might say that we make compromises. We do what we do regardless of unwritten rules within a genre. We never stated to be pure BM anyways.

ARE YOU AWARE THAT YOU'RE TWO FIRST ALBUMS ARE SEED AS GEMS BY MADY BM FADS AND YOUR LPS ARE PRETTY DARD TO FIND ? DO YOU FEEL PROUD TO DAVE ACDIEVED THIS AS I GUESS YOU WERE FAR FROM PLANDING SUCH A LONG LIFE WITH THE BAND ? BY THE WAY ARE YOU ALSO A VINGL FREAKS ?

I love vinyl and have an ok collection. It's nice to hear that the 2 first albums are highly appreciated, but there are more to HELHEIM than that and I hope people dear to check it out.

i REMEMBER THAT YOU PLAYED LIVE IN GRENOBLE with isvind and accernus in '96. It was one bell of a fucking great show which abruptly ended due to stupid reason. I remember that the audience was carefully accending to all those great combos from norway, B.M.



was getting really popular and Fascinating. Do you recall this tour or any funny story for these time ?

I recall the concert in Grenoble, but not much from the



tour as it's ages ago and I most likely was drunk all the time. It was HELHEIM's second tour and we were still learning the game.

Jormundgand oo you

Remember that in 93/94 when you started the band there was another helbeim band from norway that was playing industrial B.M., they quickly changed to the helbeim sociecy. have you ever checked their materials in past



in couch with them ? I liked their Fenris EP, but have never spoken to the guys.

AND WERE YOU

i RECALL IN AN OLD INCERview chac helheim's members were heavily

influenced by bathory and early B.M wave. Are you listening to the same bands than 15 years ago, how has your musical taste developed since ?

Yes, still listening to them old gems, but I've also grown to listen to



other styles of music and artists such as Tom Waits, Sixteen Horsepower, Woven hand, The Cure, Prodigy, Depeche Mode to name a few of my favourites. The list is endless so to speak.

Re Norman Zeit DORWAY WAS SEED AS THE LEADER SCEDE ID THE

EARLY 90'S WHEN IT COMES TO B.M AND MOST OF the cult albums from that era come either from norway or from sweden. What do you recall from this great time ? i remember that you weren't that much into



All these satanic stuffs, but much more asatru oriented, thence how do you see satanism today

Things have changed for sure. It seemed like people in the earlier days had a greater need to oppose every-



thing than nowadays. Keep in mind that everyone was much younger which means that the need to oppose is more natural. I don't know if the whole satanic thing meant a lot though, the rebellion of it all meant more. Today it seems like neither matters.

AS YOU'RE INTO SCANDINAVIAN MYTHOLOGY, I'VE ALWAYS WONDERED IF YOU HAD ANY INTERESTED IN MEDIEVAL REENACTMENT ? No.

it's known that early vikings did human sacrifices, did shamanic dances and barbaric rites (the name barbaric being used in the romanian way). Do you yourself uses runes and shamanism in your every day life ? viking also believe a lot in future and according to tem everything that happens in LFE has a meaning and was planned, is that your view too ?

I see the importance and magic of runes and wear the thurs rune myself. My views are very personal and I won't talk too much about it. I don't think life's pre-planned and that the faith as seen in christianity governs you. If talking about faith it's just who you are and that you're able to control it. That's also how I see the Norse view concerning this matter.

Chanks a lot for your time and answers. i wish you the best for future ! Thank you and remember that Heathendom IS resistance!