Kolla translation	Traditional translation
Hear me heavens (smiður is carpenter) creaoer the poet (me) asks of you come softly and show mercy on me So I call on you for you did create me I am your slave you are my lord.	Hear, smith of the heaven. What the poet asks. May softly come unto me, thy mercy So I call on thee, for thou hast created me. I am thy slave thou art my Lord.
God I call on you that you heal me remember me mildly (be mild) we need you take out, you king of the sun with your richness, (kindness) all our humans' sorrow/ grief from our hearts	God i call on thee to heal me Remember me, mild one most we need thee Drive out, O king of suns generous and great, human every sorrow from the city of the heart.
Pleace watch over me, you mild one; most of all we need you every (hour is stund) moment in the world of humans send us your son for good purpose everything gets better with help from you in my heart, (in my heart everything gets better if you stay with me	Watch over me, mild one most we need thee truly every moment in the world of men send us, son of the virgin good causes all aid is from thee in my heart.
	Hear me heavens (smiður is carpenter) creaoer the poet (me) asks of you come softly and show mercy on me So I call on you for you did create me I am your slave you are my lord. God I call on you that you heal me remember me mildly (be mild) we need you take out, you king of the sun with your richness, (kindness) all our humans' sorrow/ grief from our hearts Pleace watch over me, you mild one; most of all we need you every (hour is stund) moment in the world of humans send us your son for good purpose everything gets better with help from you