
SOME BLOODLINES NEVER DIE.
MARKED AT BIRTH.
HUNTED BY DARKNESS.
CHOSEN BY THE GODS.
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THE SABINE SAGA
A FOLK HORROR AND VERY DARK COMEDY
Based on The Volsung Saga
Written by William A. Murphy | Murph@blarneyfilms.com | (310) 770-7863
THE PAST WATCHES.
THE FOREST REMEMBERS.

LOGLINE

“When a young biracial woman — orphaned by white supremacist violence and secretly descended from Odin himself — is abducted into a supernatural Norse realm, she must conquer ancient demons, a rapist, and a family of gods hell-bent on chaos before she can return home and reclaim her birthright as a Volsung.”

FOLK HORROR • DARK COMEDY • 91 PAGES • BASED ON THE VOLSUNG SAGA

THE SABINE SAGA

ONE-PAGE SYNOPSIS

FOUR ACTS

ACT ONE — THE WOUND

In **2009**, seven-year-old **Sabine** watches her Black father and white-Nordic mother murdered by masked white supremacists led by a figure called **'Sig.'** Raised by her Norse pagan grandfather **Olaf** on a rural farm, she is initiated into Viking mythology, wolf-heart rituals, and ancient stories. A **'V'-shaped birthmark** on her palm pulses with hidden meaning — the mark of the Volsung.

ACT TWO — THE HUNT

At college, Sabine is drugged and sexually assaulted by **Todd Casper** — son of **Sigmund Casper**, the wealthy white supremacist who orchestrated her parents' murders. Fleeing with friends into **Bifrost Forest**, their van is run off the road by Todd and his crew. The mortal world has failed her. Something ancient stirs.

ACT THREE — BARNSTOKK

Survivors wake inside **Barnstokk** — a supernatural living tree — ruled by **Grimnir/Odin** and his sinister brother **Wolf/Loki**. Friends face deadly mythological games; Todd rots in the dungeon. Sabine is revealed as a **Volsung** — blood-kin of Odin, a chosen shapeshifter. She trains through visionary trials: **slaying a dragon**, earning wolf-form, mastering rune wisdom, confronting her shadow-self.

ACT FOUR — RECKONING

Sabine and her surviving friends return to the mortal world. **Todd's body** is found split open in a tree — a ritual blood eagle. **Sigmund Casper** is utterly broken. Sabine, guided by **Frigya** — now her black cat, the goddess Freya in small disguise — rides onward as the **new Volsung champion**, chosen, transformed, and inevitable.

From rural Pennsylvania to the nine realms — and back again.

THEMES

WHAT THIS STORY IS REALLY ABOUT

CHOSEN HERITAGE

A biracial woman reclaims a mythology that white supremacists have weaponized, proving blood and birthright belong to no single race.

RAPE CULTURE & JUSTICE

The system fails Sabine; the gods do not. White male entitlement is literally put in a cage and tortured.

THE MONSTER IN THE IDEOLOGY

Wolf/Loki doesn't just enable hatred — he IS it. Fascism is rendered supernatural and finally killable.

MYTHOLOGY AS LIVING TRUTH

Norse gods are not dead metaphors; they are active forces shaping the present. Stories are survival technology.

RAGNARÖK AS CLIMATE CRISIS

Jormungandr choking the world is explicitly equated with global warming. Mythology makes the abstract terrifying.

THE SHADOW SELF

Sabine must drown her own demon reflection before she can become who she is meant to be. Growth requires confronting the worst version of yourself.

FREE WILL VS. FATE

Grimnir/Odin set the table; Sabine must choose to sit at it. The Norns weave destiny, but only the living can act.

GRIEF AS POWER

The murder of Sabine's parents is not backstory — it is fuel. The dead are close, watching from across the river.

WORLD & MYTHOLOGY

Two Realms, One Story

The dual-world structure of The Sabine Saga

MIDGARD

CONTEMPORARY AMERICA

Rural Pennsylvania farm (Olaf's homestead), college campus, Bifrost Forest road. Grounded in folk realism — racism, campus assault culture, rural isolation.

2009 – PRESENT

THRESHOLD SPACE

BARNSTOKK — THE LIVING TREE

A massive Nordic longhouse grown from Yggdrasil. Dungeon, cage elevator, dining hall, tiltyard, library, bathing rooms. Home of Grimnir, Wolf, Frigya, Helanger & Jormund.

BETWEEN WORLDS

MIDGARD

COSMIC AXIS

YGGDRASIL — THE TREE OF LIFE

The cosmological spine connecting nine realms — a literal giant ash tree. Spiral knots open as voyage vessels to *Alfheim* (elves), *Helheim* (death), *Niflheim* (the damned).

NINE REALMS

GLIMPSED REALMS

THE NINE REALMS

Helheim — Karen's seduction by the vampire queen.
Balder's Paradise — where Sabine's parents rest in light.
The Wasteland — Ragnarok preview, Midgard Serpent rising.

BEYOND THE VEIL

THE REALMS

THE GODS

- **Grimnir/Odin** — All Father
- **Wolf/Loki** — Chaos Agent
- **Frigya/Freya** — Witch-Mentor
- **Balder** — God of Light
- **Thor** — Brute Enforcer
- **Helanger/Hel** — Vampire Queen
- **Jormund** — Reptilian Keeper
- **The Norns** — The Fates
- **Huginn & Muninn** — Talking Scouts

TONE & GENRE POSITIONING

The Sabine Saga — Defined

✓ WHAT IT IS

- **Folk horror** with genuine supernatural menace
- **Very dark comedy** — gods bicker, Frigya eats popcorn at jousting matches, Robert's nose gets cut off and reattached
- **A hero's journey** deeply rooted in mythological source material
- **Social satire with teeth** — white supremacy is literally caged and tortured by the gods
- **A coming-of-age story** with shapeshifting and dragon-slaying
- **Emotionally resonant family drama** anchored by grief and love

✕ WHAT IT IS NOT

- **A superhero origin story** — no capes, no franchise formula
- **A reverent, humorless mythology lesson**
- **Torture porn** — the horror is purposeful and consequence-driven
- **A revenge fantasy** — justice is cosmic, not personal
- **An exploitation film** — the assault is shown through consequence, not spectacle

FOLK HORROR — *The Witch · Midsommar* ✦ meets ✦ DARK MYTHOLOGY — *American Gods · Clash of the Titans* ✦ meets ✦ SHARP DARK COMEDY — *What We Do in the Shadows · Get Out*

PROTAGONIST CAST



SABINE

PROTAGONIST · THE VOLSUNG

Mixed-race — Black father, Nordic-American mother. Deeply empathic, fiercely intelligent, haunted. Orphaned by white supremacists at age 7, raised by her grandfather Olaf in the old Norse ways. Her 'V' birthmark pulses with Volsung blood. Descendent of Odin — inheriting wolf-form, rune wisdom, and sword mastery. Wears a cross and a gold Valknut together.

WOLF-FORM | RUNE WISDOM | SWORD MASTERY | VOLSUNG BLOOD

Victim → Survivor → Shapeshifter Champion



OLAF

GRANDFATHER · MENTOR · THE MERLIN

Large, rugged Nordic hunter. Single-minded pagan faith blended with deep Christian love. Raises Sabine on his rural Pennsylvania farm, initiating her into wolf-heart ritual, bow hunting, and the stories of the Norse gods. Widower. Folksy and warm — the foundation Sabine returns to. Sets everything in motion.

NORSE PAGAN | HUNTER | MENTOR | FOLKSY WARMTH

The Merlin to her Arthur — sets everything in motion



GRIMNIR / ODIN

DIVINE PROTAGONIST · THE ALL FATHER

The one-eyed wanderer. Long coat and wide-brimmed hat, staff in hand. Travels with two wolves and two speaking ravens. Stoic, rarely smiling, powerfully present. The All Father who set the trap — and needs a chosen hero to walk into it. Ancient beyond measure; patient beyond time.

ALL FATHER | ONE-EYED | RAVENS | WOLVES

He set the board — only Sabine can play the final move



FRIGYA / FREYA

DIVINE MENTOR · COMIC RELIEF · GRANDMOTHER

A broken-English old witch who appears from thin air, smokes a churchwarden pipe, and eats popcorn at jousting matches. Beneath the eccentric crone — FREYA herself, most beautiful of the gods. Becomes Sabine's fiercest teacher and deepest protector. Her black cat is never far. Revealed, at last, as Sabine's divine grandmother.

FREYA | WITCH-CRONE | PIPE & POPCORN | BLACK CAT

The trickster grandmother who is secretly the fiercest god

SUPPORTING & ANTAGONIST CAST

ANTAGONIST · DIVINE · ALLY

WOLF / LOKI
PRIMARY ANTAGONIST — DIVINE

Lean, long black hair, dark eyes. The embodiment of chaos, fascism, and misogyny. Runs the dungeon like a nightclub owner crossed with an SS officer. Speaks in elegant menace.

FATHER OF HELANGER | GRANDFATHER OF JORMUND

TODD CASPER
HUMAN VILLAIN

Athletic, all-American, malevolent. Son of Sigmund. Drugs and assaults Sabine, then pursues her into the forest. Transformed into a red fire-breathing dragon — slain by Sabine in the pit.

VILLAIN → DRAGON → SLAIN | BLOOD-EAGLED IN A TREE

SIGMUND CASPER
LEGACY VILLAIN

Todd's father and Sigi's son. Three-generation white supremacist crime family. Orchestrated the murder of Sabine's parents. Ends the film broken and weeping at the scene of his son's death.

3 GENERATIONS OF HATRED | ENDS BROKEN

HELANGER / HEL
DIVINE ANTAGONIST

Stunningly beautiful, braids, vampire queen. Wolf's daughter. Rules the dead. Bathes in blood. Mesmerizes Karen with terrifying ease. Her appetites are wickedness and virgins.

QUEEN OF THE DEAD | WOLF'S DAUGHTER

JANE
THE BETRAYER

Sabine's roommate and supposed friend. Revealed to have been blackmailed and manipulated by Todd into luring Sabine to the party. Dies in the van crash — her betrayal outlasting her.

COERCED TRAITOR | DIES IN VAN CRASH

WILLOW · CLAIRE · ROBERT
LOYAL FRIENDS

Willow — Transgender, intellectually formidable, fiercely loyal. **Claire —** Tomboy, fearless, rugby player. **Robert —** Bookish Ichabod Crane type — nose sliced off and magically reattached.

SABINE'S INNER CIRCLE | SURVIVORS

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VISUAL STYLE



GROUNDED AMERICANA

Rural Pennsylvania farmscapes, mist-covered fields, barnyard realism. *Andrew Wyeth's 'Christina's World'* meets early Terrence Malick — amber light, weathered wood, organic texture. The mundane world should feel *beautiful and fragile.*



THE SUPERNATURAL REALM

Barnstokk — operatic Gothic. Carved Norse longhouse grown into a living tree; amber firelight, runic glyphs that pulse. Deer antler chandeliers. Cage elevators. *Early Del Toro* crossed with Viking-era craftsmanship. The supernatural should feel *ancient, not digital.*



THE VISIONARY SEQUENCES

Liminal dream-space — dragon lairs lit by bioluminescence, desert wastelands shimmering like Death Valley at 130°, Victorian fog. *Visual grammar shifts per realm*: handheld for Midgard, locked-off grandeur for Barnstokk, expressionistic movement for visions.

COLOR PALETTE — RUNE GOLD | ASH BLACK | BLOOD MIST | WOLF GREY | EMBER AMBER

Score: Wagner's Ring Cycle · SKALD · Volfgang Twins

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COMPARABLE TITLES

Market Positioning

Where The Sabine Saga lives in the market

GET OUT
2017 · Universal / Blumhouse

Same structural DNA — a Black protagonist hunted by white cultural predators, horror as a vehicle for racial reckoning, dark comedy underpinning genuine menace.

MIDSOMMAR
2019 · A24

Folk horror rooted in Scandinavian pagan mythology, visceral ritual violence, a traumatized woman finding unexpected power in a world operating by different rules.

AMERICAN GODS
Starz / Amazon

Gods living hidden in contemporary America, mythology as lived reality, a mortal caught between divine factions with world-ending stakes.

WHAT WE DO IN THE SHADOWS
Wellington Paranoia / FX

Proves horror mythology and sharp comedy are not mutually exclusive — supernatural beings navigating modern absurdity can be both hilarious and genuinely frightening.

THE WITCH
2015 · A24

Folk horror rooted in historical faith — a young woman accused of supernatural power who actually possesses it, dread built through atmosphere and belief.

HEREDITARY
2018 · A24

Family grief as the engine of supernatural horror, generational trauma manifesting as genuine demonic threat, tonal whiplash between domestic realism and cosmic horror.

> *The Sabine Saga sits at the intersection of **social horror** and **mythological epic** — a **Get Out** for the Norse pantheon.*

FOLK HORROR | DARK MYTHOLOGY | SHARP COMEDY

MARKETING ANGLE

A story that audiences are already hungry for.

01 THE AUDIENCE

Genre fans (horror, dark fantasy, mythology) + **social justice-aware viewers** + **LGBTQ+ audiences** (Willow, Claire's arc) + fans of **prestige TV** (American Gods, The Witcher).

HORROR | DARK FANTASY | LGBTQ+ | PRESTIGE TV

The crossover quadrant is where breakout hits live.

02 THE HOOK

The **Norse mythology reclamation narrative** — taking a mythology that white nationalist movements have tried to weaponize and placing a **biracial woman** at its heroic center.

★ CULTURALLY URGENT · COMMERCIALLY DISTINCT

03 FRANCHISE POTENTIAL

The **Volsung Saga source material** contains multiple saga cycles. Barnstokk and the nine realms support serialized expansion.

The Norns	Valkyries	Ragnarök
Sequel Engine	Spinoff Engine	Series Arc

04 THE FORMAT

Developed as a **feature film** with strong **limited-series adaptation potential.** The episodic structure of Barnstokk's 'games' maps naturally onto a streaming format.

FEATURE FILM
91-page spec · Film-scale ambition

+

LIMITED SERIES
Prestige streaming · Episodic games

'Norse mythology has never had a hero who looks like this. That is the story.'

WHY THIS STORY. WHY NOW.

The Case for The Sabine Saga

MYTHOLOGY IS BEING STOLEN — White nationalist movements have actively appropriated Norse symbols as hate markers. *The Sabine Saga* reclaims this mythology for what it actually is: a multi-racial, multi-faith, endlessly complex body of stories about power, wisdom, and consequence.

GENRE IS THE NEW REALISM — The most urgent conversations about race, assault, and systemic failure are happening inside horror films. This story uses the genre's vocabulary to say what straight drama cannot.

THE AUDIENCE IS THERE — Folk horror is a growth genre. Mythology-driven storytelling (*The Witcher, American Gods, Rings of Power*) commands prestige budgets and loyal audiences. *The Sabine Saga* combines both.

THE SOURCE MATERIAL IS UNTAPPED — The Volsung Saga is one of the foundational texts of Western literature. It has never been given a modern, socially conscious, genuinely cinematic adaptation.

THE SCRIPT IS READY — A fully realized 91-page spec with a complete world, a defined protagonist arc, an ensemble of mythological and human characters, and a tone that is both wholly original and commercially positioned.

CLOSING THOUGHT

Marked at birth. Hunted by darkness. Chosen by the gods.

The blood remembers what the world forgot.

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91-PAGE SPEC SCRIPT | FOLK HORROR | DARK COMEDY

NORSE MYTHOLOGY HAS NEVER HAD A HERO WHO LOOKS LIKE THIS. · THAT IS THE STORY.