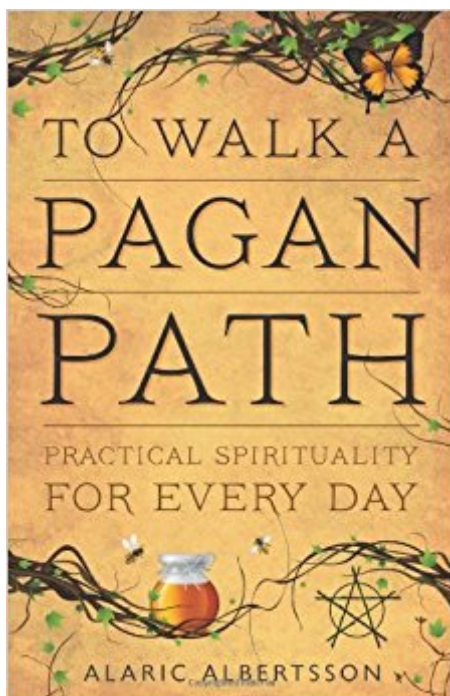


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# To Walk A Pagan Path: Practical Spirituality For Every Day



## Synopsis

Inspiration and Ideas for a Holistic Pagan Lifestyle Live fully as a Pagan every day of the year, not only on full moons and holidays. With practical tips for integrating earth-centered spirituality into every aspect of life, *To Walk a Pagan Path* shows you how to: Cultivate a meaningful Pagan practice by following seven simple steps. Develop a sacred calendar customized for your beliefs, lifestyle, and environment. Make daily activities sacred with quick and easy rituals. Reclaim your place in the food cycle by producing a portion of your own food—even if you live in an apartment! Express Pagan spirituality through a variety of craft projects: candles, scrying mirrors, solar wreaths, recipes, and more. Create sacred relationships with animal familiars.

## Book Information

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## Customer Reviews

Alaric Albertsson (Pennsylvania) is a founding member of Earendel Hearth, an Anglo-Saxon inspired, and served as vice president and was on the Board of Directors of the Heartland Spiritual Alliance. He is currently a member of the Druidic organization Árdræcht and serves as the Anglo-Saxon Vice Chieftain for the ADF Germanic kin, Eldrökiss. Albertsson first embraced polytheism in the summer of 1971. At this time he had the opportunity to talk with rural people in the Ozark Mountains about traditional moon lore, weather lore and folk beliefs and was strongly influenced by spiritist traditions. Over the past four decades, Albertsson's personal spiritual practice has developed as a synthesis of Anglo-Saxon tradition, country folklore, herbal studies and rune lore.

Some of the instructions for activities in this book could potentially be dangerous to novices. The most egregious of these offenses is in the directions for canning. Albertsson gives a very basic overview of the process for canning tomatoes and jam, and lists the processing time simply as "10 minutes" (for tomatoes) or "15 minutes" (for jam). He makes no mention of adjustments for altitude or jar size, a dangerous omission that could result in food unsafe to store on the shelf. Canning needs to be carried out in a precise manner to ensure food safety, and that is far beyond the scope of this book. It is irresponsible to present it in any other way, but the author does not even suggest that the reader consult a reputable canning book (such as the Ball Blue Book or the Ball Complete Book of Home Preserving). Other omissions may not be as immediately dangerous, but are unfortunate nonetheless. He does not suggest washing butter to remove the remaining buttermilk that might spoil it (and instructs us to salt the cream, not the butter itself, which is just dumb), and does not even mention the existence of proper pouring temperatures for candle wax. He makes keeping chickens and bees seem like much less of a commitment than it really is, and strongly discourages supplemental light for chickens for half-baked reasons. The reason this all concerns me is that Albertsson presents just enough information on these subjects that novices may think they have enough to try these things as written. I am all for the activity suggestions he gives in the book; they are all wonderful things for Pagans to try and I do many of them myself. But at no point does he make it clear that there is much more to, say, canning than he has written, and that to follow only his instructions could result in disaster. Frankly, I think this book would have done better to focus more on the spiritual side of things, and to leave the nuts and bolts of some of these activities to more reputable sources. If you are Wiccan, I recommend Dianne Sylvan's "The Circle Within: Creating a Wiccan Spiritual Tradition" for an excellent discussion of integrating spirituality with everyday life.

A well written book that will help anyone get a start on their path. He tries to help you build up your daily worship, because most of us know how to do the main festivals though he does touch on that a little. He does focus on European and the surrounding areas gods and goddesses, but you can use his tips for any pantheon. The section on familiars was kind of long, but if you want to work with familiars its quite helpful. He does mention quite a few times how you need to keep things on a schedule which to me is great, but I like schedules so maybe not so great for others. Other than a few complaints which are small I love this book and will use it a lot in helping to do daily things to honor the goddess. A good book for beginners or pagans who are floundering, and would make a great gift for pagan friends. I don't know where Katie got the idea that this book has a lot of recipes

because I only found one; other than that her review was great.

I attend Sabbat and Esbat rituals, but I was looking for a way to incorporate Paganism into my every day life. This books has great ideas of how to do this. I've learned so much and I continue to refer back to it as I start new traditions and practices in my life.

Definitely worth adding to your collection of books. Insightful and informative with all the suggestions that are offered.

...of what I've been waiting for something along these lines to write !! figured there should be a way "we" continue our beliefs and everyday to express our spirituality beyond a daily prayer. It's finally here !

I wasn't as impressed as his other book about Saxon Paganism.....i dont care for books that give sprinkles of knowledge in such diverse directions.....stick with Saxon pagan stuff.....there are a lot of us out there.

This book was a great guide for newbies who are trying to figure out how to integrate their spirituality into their daily life, especially since many of us are solitary and are forced to find/make our own way. While not every chapter was a total winner, it was still a very enjoyable read.

This book is a wonderful walk with many hands on, actual activities to improve your daily spirituality. It's warmly inclusive while coming from a specific tradition. I appreciated the author's candor & down to earth suggestions; no pun intended.

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