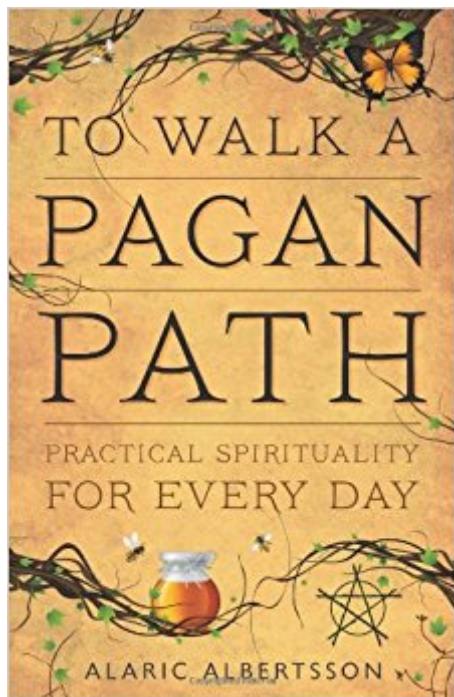


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# To Walk A Pagan Path: Practical Spirituality For Every Day



## **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**

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.

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