



To Walk a Pagan Path: Practical Spirituality for Every Day

Alaric Albertsson

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Live fully as a Pagan every day of the year, not only at full moons and holidays. With practical tips for incorporating Pagan spirituality into every aspect of life, *To Walk a Pagan Path* teaches readers how to:

- Have 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. Connect with the earth in a very real way 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.

To Walk a Pagan Path: Practical Spirituality for Every Day Details

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From Reader Review To Walk a Pagan Path: Practical Spirituality for Every Day for online ebook

Edric Unsane says

This was surprising in that it was well thought out and had good writing. Whether you be new to paganism or an elder, there is something for everyone in To Walk a Pagan Path. The amount of thought and care that went in to writing this book really shows and I'd highly recommend reading, if not adapting the words within, for your personal practice.

Molly says

Trying to get more in touch with nature and spirituality. This book made me want to plant a garden, take care of bees, and make my own incense ? maybe when it's warmer out...

Naomi Ruth says

I found this book to be useful for understanding the pagan tradition better and enjoyed Albertsson's voice as a writer. I thought there was a lot of good, practical advice. I was a little annoyed at how much he talked about dogs and cats, because it seemed excessive, but maybe that's just because pets are not a relevant part of my life. This book did, however, encourage me to connect to the outside world by bringing inside a tiny little pine tree that I have in my room to keep me company. I also really liked that it gave instructions on how to naturally dye eggs and there were good crafty ideas. It already inspired me to make my own "corn husk doll."

Emma says

At last! I found a decent Pagan book that doesn't continually make references to Wicca! What a breath of fresh air.

This book reads as though the author was sat with you discussing various concepts & ideas.

This is not a 'instructional' book. It merely gives you an insight into various ways you may wish to practice your spirituality, all the while advising the reader to 'be true to yourself'.

An inspiring read.

Raven Tiger {Paint me like one of your 19th century gothic heroines!} says

Disclaimer: This ARC was given to me for free in exchange for an honest review from Netgalley.

This book was pretty awesome. It focuses more on the starting path of finding your own spiritual path in paganism. I'm really happy that this is just not a Wiccan book.

Gofita says

Alaric has some useful information for those wanting to start off on a Pagan path. I'm not a believer but I enjoy creating my own naturalistic pagan rituals and so I tried to glean what I could, even though so much just didn't apply to me.

Chapter one gives 7 steps to help you create habits that will lead you on your path. Some of the steps were more interesting than others--like creating sacred space, creating and maintaining daily rituals.

Chapter two talks about the Wheel of the Year and how to tweak it to your own environment and personal path. I found this very useful.

Chapter Three focuses on creating daily devotionals and making everyday a sacred or spiritual experience. What I gleaned was taking time to relish in the Earth everyday, taking time to be grateful the Sun, Earth, family and ways to incorporate meditation.

Chapter Four talks about familiars. He lost me on this chapter.

Chapter Five focuses on ways to incorporate some kind of gardening into our daily lives. I enjoyed thinking about ways I could grow some herbs and flowers in containers since I don't have a yard. Gardening is a way to feel connected to the Earth and for me to give back.

Chapter Six focuses on trees and what they've represented to Pagans of old and how we can incorporate them into our rituals.

Chapter Seven focuses on Spring-time holidays--the Spring equinox, the celebrations of new life. He goes into some interesting history and ways to celebrate at this time. He has a recipe for homemade egg dye!

Chapter 8 is all about food. He has a lot of recipes to try out. I'm going to enjoy making some of these breads, especially during the Fall!

Chapter 9--Crafts! I love expanding my creative juices. He has ideas for candle making, corn crafts, sun wheels, etc. Some really creative and fun ideas to make throughout the year.

Chapter 10 focuses on Yule celebrations and history.

He presented his information in a different manner than I'm used to. Usually I see celebrations and the Wheel of the Year contained in one chapter. But here he talked about different times of the year in various chapters. If I were just looking for some quick ideas this would have made it harder to search. I think it works for those who are reading from beginning to end.

Overall, it was an interesting read and I was able to pull some ideas for myself and tweak what I needed to. But it wasn't my favorite. I know I wasn't the target audience but I'm glad I was able to gain some new information.

I received this from NetGalley for an honest review.

Beverly Diehl says

I actually listened to this on audible and I'm glad I did. I don't think I would have gotten through it if I tried to read it. There is some good information for a beginner like myself. However, there are many times that the author drones on about something useless or irrelevant.

Rubina says

Before I give my take on this book I would have to first honestly declare that I am not a Wiccan or Pagan worshiper as the westerners term it. I am a follower of Hinduism and I found many rituals of Paganism close to home. Coming to Texas, I came across many people following their mode of life and this started fascinating me. More than the religion it was the closet outlook towards this religion which fascinated me. I started questioning the reasonings behind the logic of not practicing it freely. Solitary practitioners are what they are called.

I am a Hindu and a proud one at that. So if I want to worship a tree how does it make me less religious? I believe in idol worship and I certainly worship the Sun, the Moon, the Mountains, the Trees but most of all I believe in Humans. Does that make me a Pagan? To me – to each is own.....

When I got this book via Netgallery, I hesitated for a second. My blog has been always about romantic book or of the drama genre. Do I have the guts and knowledge to do this? Guts yes. Knowledge –no.. But I wanted to do this. I wanted to learn more about the secrets behind paganism. So here is my humble review.

The Author, Alaric Albertsson, has laid down the different celebrations of paganism in simple term. How you follow it depends on your lifestyle. There are no hard and fast rules to Paganism but how you adopt it in your daily life. For example, 'The Anglo Saxon gave offering to Weoh, the early Romans honored their family Numina, the Greeks to goddess Hestia....'[I will shut up now before I am sued for plagiarism :)]

What astounded me about this book was the knowledge of the author regarding the subject. His detailed description regarding all the paths followed and why they are followed. He being in the Saxon path, is quite unbiased while sharing his knowledge.

Starting with the Dedication rite to the making of your own wheat bread, from the seven steps of Paganism to herb growing- he covers it all.

Let me warn my reader here of one thing. If it is a flirty interest you have towards Paganism, this book might not be for you. There is no hocus focus, no twisting the truth and nothing which deals with magic. Just a way of life- the pagan path. For those who are serious about this paganism or writers who want to know more about this path life,[yes there are people out there who read anything religious from Osho to Buddha, From Marxism to Cunningham] this book gives you a detailed view how a Pagan would live his or her life in the everyday life.

There are certain things which really fascinated me :

1. He not only tells us about his rituals but how to incorporate it in every field of our life.
2. The way he describes the Neo Pagan Calender which observes eight holy days is a must read for those who are new to this path.
3. He teaches us to reflect only on the good things in life. This is personally dear to me since I feel that irrespective of one's caste and religion, every human being should follow this.
4. Invoking holiness in our daily activities turns every day into a spiritual experience.

My Personal Note...

Actually this book has been a roller coaster ride for me. Before I could grasp how to invoke goodness in my life, I got a lesson in how to keep my little Fluffy [my Pomeranian] happy. And before I overcome the shock of how did I come across this knowledge suddenly after one month of Fluffy coming into my life, I got a lesson in how to make my bread and grow my herb. [Dear readers, it is not a casual talk. It has literally been explained step by step.]

For a layman like me it was too informative. That of course I cannot hold against the author but at places I had to skip the pages. This book will be more like an encyclopedia for the pagans . For those who really want to incorporate the pagan path in their lives.

Jillyn says

To Walk a Pagan Path: Practical Spirituality for Every Day is a non-fiction guide book on how to not only walk the Pagan path, but how to incorporate your spiritual beliefs into daily life.

I have been a practicing pagan for about ten years now, but even now finding time for religion is still something that I struggle with. I do walk the walk, but it's nowhere near as often or as in depth as I like. To Walk a Pagan Path definitely helped with some great advice on how to solve this problems.

One of these steps has all to do with food. This book includes recipes for things like breads and treats to make any day of the week, or especially for a ritual. There's also a section on crafting things that will become vital to most, like candles and wreaths. Plus, Alaric Albertsson gives insight on how to make daily ritual completely feasible in today's busy (and urban) world- you can feel just as connected to your path with a simple ritual as you can with an ornately complicated one.

I also found the section written about the Wheel of the Year extremely helpful. I'm always searching for ways to better my sabbats and rituals, and I appreciated gaining insight from this book, since it is not strictly focused on Wicca, but paganism as a whole.

The one part of this book that I didn't really connect to was the section regarding familiars and animals. While I respect and understand the importance that having pets and caring for nature has in the pagan world, it wasn't very practical advice for me *personally*. I live in housing that doesn't allow animals bigger than fish, and I don't have land. I also am not allowed to have multiple kinds of lights used for plants, and I don't have

the space to grow them in natural lighting. However, pet people and homeowners will probably find this far more useful.

I would be more likely to hand this book to someone who is relatively new or inexperienced to paganism, because it reads fairly simply and is easy to understand. However, I'm sure that even well seasoned practitioners would pick up a pointer or two from *To Walk a Pagan Path*. I know that I'd keep it on my Magick shelf, for sure.

Thank you to Llewellyn Publications and Netgalley for my copy. This review can also be found on my blog, *Bitches n Prose*.

Kathy says

If you have never made bread or read any homesteading books, then you'll love this book. If you do any goddess or deity worship, then you will get some great ideas from this book. As someone who does not practice any god/goddess worship and has read a plethora on naturalism books, I found myself skimming the majority of this title. I enjoyed Albertsson's message about how every creative act you do can be a spiritual act. Drawing, making music, cooking...anything done with intent can be spiritual. A lovely message, but the book was a bit 101 for me.

Sydney says

As a practicing Pagan I'm always interested in learning more about how others practice. This is an in-depth look at how Alaric practices himself, as well as ideas for others. Alaric goes into detail of other holistic pagan worship other than his own (him being a Anglo-Saxon pagan). Pretty dense, and if you feel like certain chapters don't pertain to how you speak to your God's I don't see the problem with skipping ahead!

Amber says

A pretty good resource for Saxon Pagans and assorted crafts (beekeeping!). Albertsson does well in balancing what he knows and admitting what he doesn't, heavy on Saxon Paganism, while throwing what other paths do/who might be worshipped. More or less reads like a memoir.

This book didn't give me exactly what I was looking for (something more broad maybe? I'm not sure) but it did inform me on making incense and... cool bread loaves.

4 stars because the Pagan celebrations chapter was weak - incredibly thorough for what the author does, but missed out some basic explanations. 4 stars, this book needed an editor, but some good insight is in there.

Ben says

Albertsson writes in an easy and conversational tone about the various aspects of his chosen path through a

pagan lifestyle. Some fun activities and crafts, and a strong emphasis on making your path fit your own choices and beliefs, rather than conforming to any one true way. The book felt cluttered by the many options to pagan lifestyle, as the author explored not only his chosen Saxon Pagan path, but also the innumerable other pagan options (Norse, Hellenic, Celtic...) resulting in a diffusion of options. I would have liked to read a stronger focus on Albertsson's speciality, this might have tightened up the book and left exploration of other paths up to the reader.

NanLT Pagan Witch says

Like many Pagans, there are times when I struggle with ways of bringing a daily spiritual practice into my life. Sabbats give me something to focus on eight days in the year, and Esbats give me something to focus on another 13 days, but what about the rest of the year?

How can I create a spiritual practice for the remaining days?

I've looked at various books, both Pagan and non-Pagan, to see how others do it. One that has stood out for me, and given ideas that I can easily adapt to fit into my own life is this book.

Alaric Albertsson's spiritual practice is focused mostly on his beliefs as a Saxon Pagan however, he has also brought in voices from Pagans of other belief systems so that we, the reader, get a broader perspective. Throughout the book we are shown ways that we, as Pagans, can "touch the earth" and build upon our personal connection with Deity.

The first chapter gives readers a quick way to jump start a daily practice, with a seven step plan. Realistically, most people don't have an hour or sometimes even 30 minutes but most people can find five minutes over the course of a day to find their connection with spirit. I looked at these seven steps with keen interest.

If the book ended here, I would still say it was worth buying and reading. In subsequent chapters though, the author expands even further on these steps.

He gives ideas for things that you can do as an individual – gardening or bee keeping as ways of keeping in contact with the Earth around the seasons perhaps – and activities you can do as part of a group – incense or candle making, group rituals and feasts.

Of course, he also admits that he is able to do these things because he lives in a rural location with a bit of land providing space where he can raise some of his own food and keep bees. So, he also gives some modified and alternate ideas for those of us living in a more urban environment. I had never considered including taking care of the fish in our aquarium as part of my spiritual practices, but it makes sense.

I would say that To Walk a Pagan Path is ideal for anyone following a Pagan religion or any other Earth-based religion for that matter who is looking for guidance in bringing their spiritual practice into their daily life.

Full review at Writings of a Pagan Witch - Book Review: To Walk a Pagan Path.

Ashley says

There was a lot of information within this book but unfortunately, there wasn't a lot that I felt was useful for my path, which is why I am only giving this two stars. This is a book about Pagan's not Wiccan's, which I knew going into it, and he frequently discusses how things can be adapted for a Wiccan, but it wasn't anything new that would help me.

I read this book to branch out and explore other paths that I might have information that I can incorporate to my own path. Sadly, this book did not deliver for that but it is a good read for anyone wanting to learn a little about the Pagan path.
