



# **The Modern Pagan: How to live a natural lifestyle in the 21st Century**

*Brian Day*

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Paganism means living in harmony with nature and respecting all that nature has to offer. It is a sustainable way of life that has existed in the British Isles for thousands of years and that has survived secretly among scattered households throughout the UK. Although it is not a religious path (true pagans do not worship deities), paganism will appeal to anyone who cares about the environment, who is interested in maintaining an organic lifestyle or who believes in respecting their roots whilst catering for the future. Paganism may be thousands of years old, but it is particularly suited to meeting our twenty-first century concerns.

In *The Modern Pagan*, Brian Day explains how to live in a way that honours the land and its inhabitants. There is advice on celebrating seasonal festivals, on cultivating a true pagan garden, on creating delicious food and drink from hedgerow fare, on herbal medicine, on the importance of pagan parenting and family values, on living in harmony without prejudice and discrimination and much more. The core principles of Modern Paganism will make sense to anyone who is tired of the hustle and bustle of our polluted lifestyles, and who is looking for a way to live that is in balance with our fellow human beings and the natural world.

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