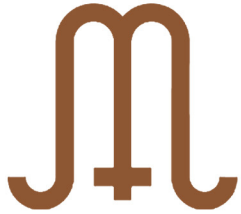




September 21
AUTUMN EQUINOX



ALTAR DECORATIONS

apples, winter squash, dried corn, pumpkins, herbs, autumn leaves or/and flowers, pictures /figures of animals

COLORS

brown, green, gold, red orange, yellow

HERBS AND FLOWERS

bittersweet, marigold, oak leaves, yarrow, sage, thistle, rue

TREES

walnut, cedar, locust, aspen, oak, maple, pine

CRYSTALS AND STONES

lapis lazuli, sapphire, cat's eye, citrine, yellow agate

INCENSE AND OILS

cinnamon, sage, myrrh, frankincense

ANIMALS

blackbird, eagle, salmon, wild goose, stag, wolf

SPELLWORK

releasing negativity, home protection, balance, prosperity

Mabon

A celebration of feast and bounty



This is the Second Harvest, the Fruit Harvest and the Great Feast of Thanksgiving.

Night and Day are equally balanced at Autumn Equinox but soon the scales will tip, and waning of the Sun will bring longer nights and shorter days.

The Child of Light

There is little evidence that Mabon was celebrated in Celtic countries and the term Mabon was applied as recently as the 1970's.

The name Mabon comes from the Welsh God, who was the son of the Earth Mother Goddess.

Mabon was stolen from his mother three nights after his birth at the beginning of time.

He was found with the help of the Oldest Animals – the Blackbird, the Stag, the Owl, the Eagle and the Salmon. The battle to release the Child of Light is not an easy one and will take months to complete.

New ideas and hopes

Mabon is a time of rest after the labour of harvest. It is the moment of reaping what you have sown, time to look at the hopes and aspirations of Imbolc and Ostara and reflect on how they have manifested. It is time to complete projects, to clear out and let go that which is no longer wanted or needed, so that the winter can offer a time for reflection and peace. This is a great time to plant seeds of new ideas and hopes.

The apple

The apple is the symbol of the Fruit Harvest. It is a symbol for life and immortality, for healing, renewal, regeneration and wholeness. It is associated with health, vitality, beauty, long life and restored youth.



The Eagle

The Eagle is the universal emblem of the Gods of the sky. The cosmic eagle is a symbol of the highest aspirations of the spirit and its triumph over the physical nature. The Eagle represents spiritual protection, carries prayers, and brings strength, courage, wisdom, illumination of spirit, healing, creation, and a knowledge of magic.



The Cornucopia

The Cornucopia, or Horn of Plenty, is a traditional symbol for Mabon. It is a symbol for the wealth of harvest and also is a symbol which is both male (phallic) and female (hollow and receptive).

The Salmon Symbol

Salmon is a symbol of abundance, fertility, prosperity, renewal and transformation. Salmon also symbolizes bravery, cycles, instinct, wisdom, passion, regeneration.



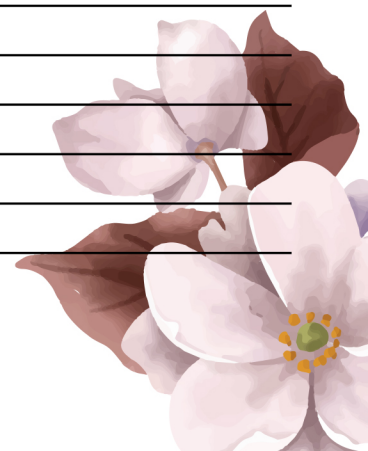


Rest & Recovery Journal

As we journey into darker days, it may be beneficial to focus on rest and recovery. Take a look at all that you have accomplished this past year, and begin planning for restoration of body and spirit as you head into autumn.

In what ways have I overexerted myself recently?

How can I bring more balance into my life at this time?





Is there anything I can let go of to promote this balance?

What can I call into my life to help me enjoy the darker days ahead?





SIT, OR PREFERABLY LIE DOWN SOMEWHERE COMFORTABLE.

CLOSE YOUR EYES, AND BEGIN BY WATCHING YOUR BREATH FOR TWENTY FIVE, LONG, SLOW BREATHS

. THEN, BEGIN WALKING ALONG A PATH, STEEPED IN DARKNESS.

YOU CAN SEE VERY LITTLE AHEAD AND TO EITHER SIDE OF YOU, BUT YOU CAN HEAR RUSTLINGS IN THE FOREST, YOU CAN FEEL THE COOL AIR ON YOUR SKIN, THE UNEVEN PATH BENEATH YOUR FEET.

AFTER SOME TIME, YOU SEE A LANTERN AHEAD OF YOU, CARRIED BY AN OLD MAN. HE ALLOWS YOU TO FOLLOW HIM FOR A TIME, DEEPER INTO THE FOREST. AT A CROSSROADS HE STOPS, AND HANDS YOU HIS LANTERN. HE RETREATS BEHIND YOU, SOFTLY. HIS FOOTSTEPS ARE SOON SWALLOWED UP BY THE NIGHT.

YOU HAVE THREE PATHS AHEAD OF YOU. CHOOSE THE ONE YOU FEEL DRAWN TO, AND WALK ON. NOTICE ANY CHANGES YOU FEEL OR NOISES YOU HEAR, BUT DON'T LEAVE THE PATH HOWEVER HARD IT GETS.

AFTER SOMETIME, THE LIGHT FROM THE LANTERN REFLECTS OFF SOMETHING. IT'S THE HANDLE OF A SPADE, STUCK IN THE GROUND. PLACE YOUR LANTERN DOWN, AND TAKE HOLD OF THE SPADE. DIG UNTIL YOU FIND SOMETHING, AND EXAMINE YOUR TREASURE IN THE LIGHT OF THE LANTERN.

WHAT WISDOM HAVE YOU BURIED?

WHEN YOU'RE READY, BURY THE WISDOM, AND LEAVE THE SPADE STICKING OUT OF THE HOLE. THIS WAY YOU CAN FIND IT AGAIN WHENEVER YOU NEED TO BE REMINDED OF IT.

WALK BACK TO THE CROSSROADS, WHERE YOU WILL FIND YOUR PAST SELF FROM A FEW SHORT MINUTES AGO. HAND THEM THE LANTERN, AND WALK ON PAST.

COME BACK INTO YOUR BODY.

Mabon

Balance Ritual



One of the two Pagan Sabbats that falls on a day of equal light and darkness, Mabon is a great time to do a balancing ritual.

For this ritual you will need:

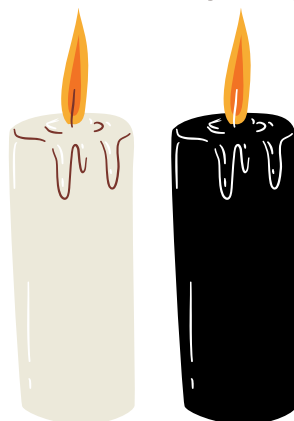
- White Candle
- Black Candle

Cast a circle and cleanse your space using your preferred cleansing method. Take a moment to centre yourself and then light your candles, which symbolise the light and dark in balance.

As you light the candles recite the following Mabon Balance Prayer:

Equal hours of light and darkness
I celebrate the balance of Mabon,
and ask the gods to bless me.
For all that is bad, there is good.
For that which is despair, there is hope.
For the moments of pain, there are moments of love.
For all that falls, there is the chance to rise again.
May I find balance in my life
as I find it in my heart.

As you sit with this take a moment to ask the Gods to show you where you need balance in your life. Take note of any thoughts or feelings that pop into your head. If you have time to supervise them let the candles completely burn down, if not snuff them out and save them for when you are feeling unbalanced to light again.





HOLDING A RETREAT AT HOME

(A RETREAT CAN LAST FOR THREE HOURS TO THREE DAYS. THREE HOURS IS FAR, FAR BETTER THAN NOTHING.)

SILENCE ALL NOTIFICATIONS

ASK YOUR HOUSEHOLD FOR TIME AND SPACE

OPTIONAL: REMIND HOUSEHOLD YOU COULD BE HIT BY A BUS TOMORROW AND THEY'D HAVE TO FIGURE IT OUT WITHOUT YOU, SO MAYBE THEY CAN THINK OF IT AS PRACTICE

FAST OR EAT ONLY LIGHT MEALS

BLOCK DISTRACTING SOUNDS WITH NOISE CANCELLING METHODS, WHITE NOISE, OR MUSIC DESIGNED FOR MEDITATION WITH NO VOICES IN IT

NO READING OR LISTENING TO VOICES

NO SPEAKING

BRING EVERYTHING YOU NEED TO YOUR ROOM OR GARDEN OF RETREAT

SIT IN SILENCE, PAINT, WRITE, HAVE A BATH, WATCH THE BIRDS



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MAKE AMENDS FOR YOUR OWN ACTIONS

FIX BROKEN ITEMS

START A NEW HEALTH REGIME

MAKE SOMEBODY ELSE 'WHOLE' - PAY THEIR DEBT, OR SEE JUSTICE DONE

MAKE SOMETHING BEAUTIFUL

SHARE BEAUTY

DONATE TO A FOOD BANK

TIE UP LOOSE ENDS

BAKE A PIE

GATHER WILD FRUITS

PRESS FLOWERS

SAY SOMETHING YOU'VE BEEN HOLDING BACK



Shadow Spell Jar

Ingredients:

Jar of choice
Purple candle (meditation, wisdom)
Pink salt (remove psychic debris)
Coffee (grounding, mental clarity)
Myrrh oil (meditation, healing)
Balsam Fir (insight, change)
Black Obsidian (shine light on self)



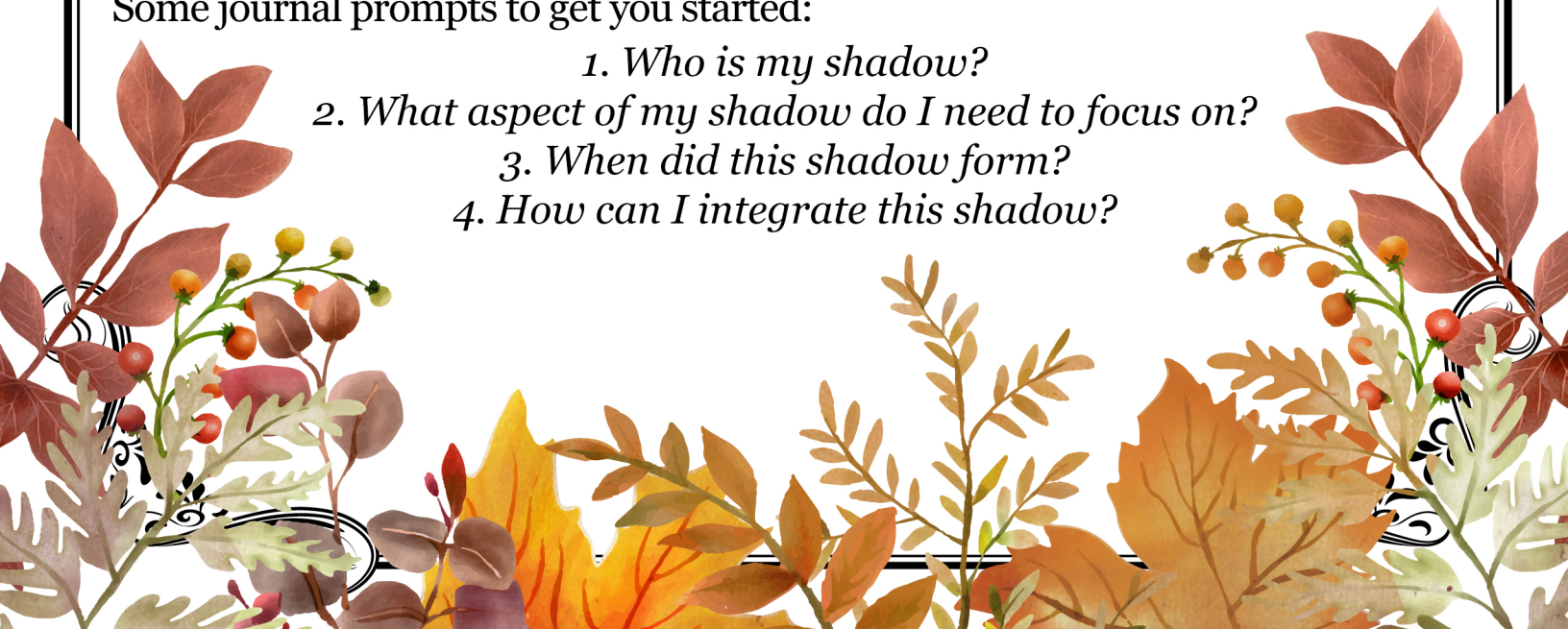
Intention:

Shine a light on your shadow and connect to your subconscious

Directions:

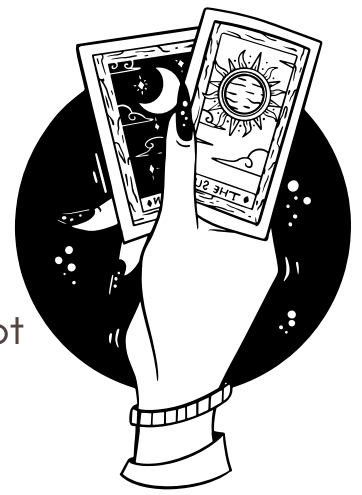
- Cleanse yourself, your tools, and your ingredients
- Ground yourself and meditate on your subconscious mind. Try to open your third eye
- Begin layering your ingredients into the jar, focusing on their properties as you do
- Seal your jar and melt your wax over top. You can add your obsidian to the top of the jar instead of inside if you like
- Place your jar on your desk, and begin some shadow work journaling
- Each time you journal for shadow work, keep your jar with you to enhance your intuitive connection

Some journal prompts to get you started:

1. *Who is my shadow?*
 2. *What aspect of my shadow do I need to focus on?*
 3. *When did this shadow form?*
 4. *How can I integrate this shadow?*
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Mabon

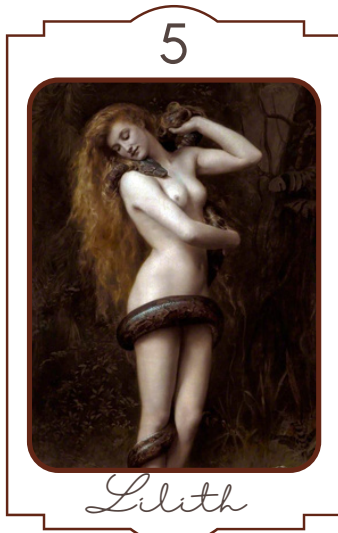
Dark Goddess Tarot



Mabon is a great time to honour the Dark Goddess as the Wheel of the Year turns and the days become colder and shorter. Try this Dark Goddess Tarot Spread.



1. **Hekate:** What is my path?
2. **Kali:** What is standing in the way?
3. **Morrigan:** How can I set personal boundaries?
4. **Persephone:** What do I need to give up to achieve my goals?
5. **Lilith:** Where in life should I not submit?
6. **Cerridwen:** What do I need to transform in my life?





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LOOSE ENDS TAROT SPREAD

1-3 LOOSE ENDS THAT NEED TO BE DEALT WITH. PERHAPS RELATIONSHIPS THAT NEED TO END, THINGS THAT NEED TO BE SAID, PROJECTS THAT NEED TO BE FINISHED, LINES YOU NEED TO DRAW.

4-6 HOW EXACTLY YOU CAN DEAL WITH THESE LOOSE ENDS. EACH SOLUTION CORRESPONDS WITH THE PROBLEM DIRECTLY ABOVE IT.