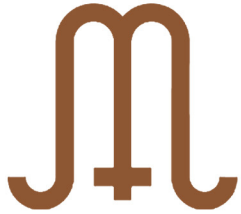




September 21
AUTUMN EQUINOX



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.





Mabon

Equal LIGHT
& equal DARK,
reflect on dreams

MANIFESTED,
now comes the time to
get well RESTED,
find PEACE in the DARK,
knowing the light
will leave its
MARK.

Guided Meditation

During this fall season, retreat inward, light a candle, and see what cobwebs need clearing.

Try this guided meditation to tune in, listen, and reflect on where you are in your life.

1. Find a comfortable seat on your couch, chair, or in your favorite place in nature.
2. Settle into your body by connecting with your breath—slowly inhaling through your nose, slowly exhaling through your mouth. Notice how your body and mind begin to soften and relax.
3. Visualize a scene from nature during the fall: the reds, browns, darker greens, and yellows of the terrain around you, a cool breeze blowing, and the dryness of the brush, branches, and earth.
4. Now, imagine that your body, your breath, your emotions, and your mind are an extension of nature. Perhaps you see yourself as a tall oak tree, the mist rising off a lake at dawn, or you're simply basking in the late afternoon sunset or the golden glow of a harvest moon.
5. Be aware that you are about to embark on an inward journey. As you prepare to rest and prepare for the budding of a new you after the winter ice thaws, dare yourself to dream of:
 - the person you would like to be
 - the activities you want to do
 - the environment you thrive in most
 - the lifestyle you want to have when you wake up from your deep sleepLet your imagination run wild and allow yourself to see what you would see, to hear what you would hear, and to feel what you would feel if your dream came true.
6. Next, notice an area of your life where there is some heaviness—a burden or an unnecessary load. Maybe it's physical belongings like an accumulation of furniture, clothing, old trinkets, or stacks of papers. Perhaps your baggage is within the area of your intimate relationship, your career, your health and fitness, or family. Let yourself see where there is an over-accumulation of physical stuff, emotional upset, mental challenges, or spiritual disconnect.
7. Next, reconnect with your dream of what your life could look like, feel like, and sound like once you are free of the burdensome weight you have been carrying. What would you be doing then that is different from how you are living now? How would your relationships begin to thrive? How would your energy levels and mental clarity be propelling you toward your goals? Create an internal representation (a visual image, a feeling, or a sound) of how you, your life, and your surroundings could be different.

8. As you bask in your picture of how things could be, ask yourself what qualities you would need to embrace to be the type of person who could powerfully catapult yourself from beneath the weight of what you now carry to the new you that awaits? Do you need to have more compassion toward yourself or others? Do you need to listen more attentively without the need to fix things or justify your position? Do you need to cultivate more strength so you can set and maintain boundaries? Do you need to be more honest and find a loving yet direct way to speak your truth? What characteristics would be most beneficial to acquire so that you can begin to take your next steps?
9. Now, envisioning the traits or characteristics that are empowering you to create change, ask yourself “what action steps do I need to take to feel inspired and motivated to charge powerfully forward? What emotions, beliefs, or behaviors do I need to let go of so that I can stop being a victim and become the person I am meant to be?” Ask your heart for guidance rather than your intellect, and allow yourself to hear what practice you need to cultivate or what action you need to take to prune your inner-outer world to clear a path for your next journey.
10. When you are ready, take a few slow, deep breaths and open your eyes. Take out your journal or notebook and make notes about whatever came up for you during the guided meditation. Write down:
 - How you want to be living your life
 - What needs to be cleared out or pruned
 - What qualities or characteristics you need to embrace
 - What specific action steps you need to take, including something you can do today

11. Go do that thing today. Tomorrow, do the next thing, and so on.

This will help you take charge of your life. It’s a process of letting go of anything that isn’t you—toxic relationships, limiting beliefs, and obstacles that prevent you from living your dream. It allows you to take responsibility for every choice you make and every action you take (or don’t take). Whenever you begin a new path, anything you haven’t cleared out or brought to completion will follow you onto the new path, so now is the time to let go of anything you need to leave behind as you begin a new season.

Approach the fall with anticipation, preparation, and excitement. Observe its energy and watch as it cyclically moves through its phases—transitioning from one moment to the next, sometimes intensely and sometimes gently.

Nature moves slowly and deliberately toward harmony and sustainability. It intrinsically knows what it needs to do and simply does it. You can learn a lot by tuning into this process in your own life—if you slow down enough and pay close attention.

The Descent

Working with the Dark Half of the Year

Persephone's descent into the Underworld marks the beginning of the dark half of the year, winter nights and shorter days. The plants cease to bloom, laying dormant until the sun's light rejuvenates them in Spring, gently calling them back to life. The descent of Persephone can be metaphorical of the inward journey that we need to make in the search for wholeness and healing. Buried deep in our psyche lies every wound ever inflicted upon us, either by another or at our own hand. When the wounds are particularly painful they may hide just out of sight of our conscious gaze so we don't have to be subjected to them. These wounds can still cause us anxiety and fear though, so taking the opportunity to turn inwards and tend to our inner torments can liberate us from their effects. The quiet, introspective energy of descent can be worked whenever you feel called to it, not just during the dark half of the year. The call of the inward journey must be answered when it is heard.

Perform Divination

Use your preferred method of divination to pinpoint an area that you wish to focus on as part of your inner healing. Divination can let you bypass that analytical, noisy part of the brain that keeps you distracted, allowing yourself to be guided by your intuition.

Journaling

Pouring your thoughts onto the words of a page can be a meditative process that serves in the act of ordering jumbled thoughts. Writing down your feelings towards a painful memory is not only cathartic; it provides you with a way to assess your perspective and decide on what actions you will take moving forward.

Meditation

Meditation is a still, introspective process. Focus on carving out time each day if possible, to listen to your inner voice and notice what you are feeling. If you struggle with meditation, look for guided meditations that talk you through the process.

Spells for Release

Craft a spell jar, candle spell or ritual to help you release that which no longer serves you. You could even work with the waning phase of the moon for extra potency, and weave Persephone's symbols and associations into your magick.

Restful Sleep Spells

Sleep is a powerful healer; during the winter months it feels like a time for hibernation. Boost the rejuvenating properties of your sleep by creating a spell for restful sleep. You could make a 'sleep sachet' to place under your pillow, filled with herbs and crystals, or even make a pillow mist from moon water and essential oils.



*The inward descent is
where I begin*

Affirmations

- * I make time to rest and heal.
- * I release all that no longer serves my greatest good.
- * I surrender to transformation.
- * I embrace my shadow side, for all of me is valid.
- * I allow myself to experience my pain so that I may move through it.
- * I let go of that which is beyond my control.
- * I make the best of my present situation.

* * * * *



Persephone was once worshipped alongside her mother Demeter by the ancient Greeks in a cult known as the Eleusinian Mysteries.

This cult was shrouded in secrecy; we can draw a few educated conclusions about what transpired during the mysteries, but the truth is buried along with its believers. We do know that the cult of these agricultural Goddesses promised a happy afterlife, with the ascent of Persephone symbolic of eternal rebirth. Entry was open to anyone who was free from the sin of murder, and who spoke the Greek language. To become initiated, one first had to participate in the Lesser Mysteries. This involved sacrificing a pig, then purifying oneself by bathing in sacred waters. Full initiation would then be completed at the Greater Mysteries later in the year. It is speculated that hallucinogenic fungi was consumed whilst a re-enactment of Demeter's search for Persephone took place. The ceremony concluded, it is theorised, with the ritualistic cutting of an ear of corn.

We may never know the secrets of the Eleusinian Mysteries, it is arcane knowledge that has been lost to time. However, if you work with Persephone then you may wish to dedicate yourself to her in a personal ceremony. Such a ritual may help to strengthen the connection that you feel to the Goddess.

This dedication has been divided into two parts that can be performed over the course of a lunar cycle; this is to represent descent and ascent as key aspects of working with Persephone. Before you begin this dedication you may like to journal about what it means to you to be a follower of Persephone. What morals do you hold, what can you learn from the Goddess and how will you walk a path that honours her energy?

Descent

Requirements:

- Black Candle
- Lighter
- A meaningful item to sacrifice
- Bowl of salt water

At the dark moon or end of the waning moon cycle, begin the ceremony by lighting the black candle. Gaze into the flame, then when you are ready speak the following:

*Goddess of Spring, I descend with
you into the darkness,
I surrender to the cycles of the
earth,
Of stillness and movement,
I sacrifice this item of meaning to
symbolise your loss of innocence,
I embrace the shadow for without it
there can be no balance,
Persephone, accept my dedication
as your faithful conduit,
To shine light wherever it is needed.*

Submerge your hands in the bowl of water as an act of purification; anoint your third eye space on the centre of your forehead with a little bit of the water.

When the candle has burned down the first part of the dedication ceremony is complete. The item that you are sacrificing must be discarded; if it is something that can benefit others then give it away to charity rather than throwing it away.

Ascent

Requirements:

- White candle
- Lighter
- Red wine or juice

At the full moon, begin the second half of the ceremony by lighting the white candle. Gaze into the flame, then when you are ready speak the following:

*Queen of the Underworld, rise up
and return,
Cross the threshold of darkness,
Bursting forth to bring new life in
your wake,
I rejoice in your homecoming,
Rolling with the ebb and flow of
your rhythm,
I raise this glass to you and drink
in dedication of my devotion to
you.*

Take a sip of the wine or juice that you have prepared; this seals your dedication to the Goddess Persephone.

As the candle burns out, spend some time in silent reflection, thinking about what it means to you to be a conduit for Persephone's divine energy.

Harvest Full Moon

THE MOON CLOSEST TO THE FALL EQUINOX

What does this moon bring?

The Harvest Moon is the Full Moon that falls closest to the Fall Equinox. As the last crops are brought in for the season, focus shifts to the heart and home. Spend this Full Moon clearing out clutter in your life both mental and physical, preparing for the Winter months ahead by stockpiling supplies, and repeating the magical seeds you planted early in the year.

I Release...

I Need to Cleanse...

Full Moon Tarot Spread

1	2	3
4	5	6

1. What is the current state of my home?
2. What is physically cluttering my space?
3. What is emotionally cluttering my space?
4. What is mentally cluttering my space?
5. What is spiritually cluttering my space?
6. What does my home have the potential to be?

Intuition

Tarot Notes



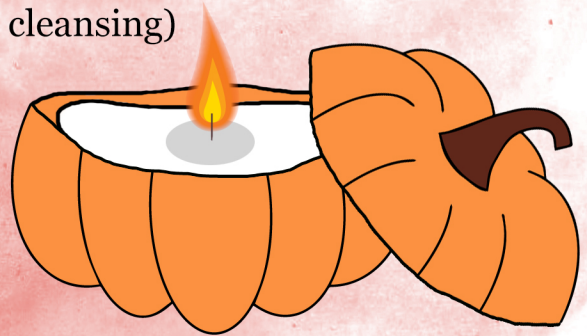
Pumpkin Candle

Ingredients:

Small Pumpkin
Soy Candle Wax
Wick of Choice
10 drops Cinnamon Essential Oil (prosperity)
6 drops Pine Essential Oil (new beginnings, cleansing)

Intention:

For a prosperous harvest of your manifestations and desires.



Directions:

- Start by cleansing your tools & ingredients, then ground yourself
- Measure your dry wax by filling the pumpkin twice
- Melt your candle wax in a pot on low heat, stirring regularly
- When the wax reaches a temperature of around 174F, add your essential oils and remove from heat
- Secure your wick in the pumpkin and pour your wax in slowly
- Trim your wick to the right size and use your candle during your Mabon feast!

