

■ Mabon: The Autumn Equinox ■

Mabon marks the Autumn Equinox, when day and night are equal. It is a time of ****balance, gratitude, and harvest****. Spiritually, it invites reflection and preparation for the darker months ahead.

■ Correspondences

- **Colors:** Gold, Orange, Red, Brown, Green
- **Crystals:** Citrine, Amber, Carnelian, Garnet, Tiger's Eye
- **Herbs & Foods:** Apples, Pumpkins, Squash, Grapes, Corn, Cinnamon, Cloves
- **Symbols:** Cornucopia, Wheat, Autumn Leaves, Full Moon

■ Rituals and Practices

- **Gratitude Harvest Ritual:** Decorate an altar, reflect on blessings, and give thanks.
- **Equinox Meditation:** Visualize balance between light and dark.
- **Divination:** Use tarot, runes, or pendulum for seasonal insight.
- **Nature Walk:** Collect autumn items and leave offerings for the Earth.
- **Feast:** Share a seasonal meal to honor abundance and community.

■ Deities of the Season

- **Demeter & Persephone (Greek):** Harvest and cycles of life.
- **Cernunnos (Celtic):** Guardian of animals and the natural world.
- **Frigg (Norse):** Protector of home and family.
- **Brigid (Celtic):** Goddess of wisdom, crafts, and seasonal cycles.

■ Reflection Prompts

- What personal growth have I achieved since the last equinox?
- What am I ready to release before winter?
- Which areas of my life need more balance?
- What blessings and abundance do I want to invite?
- How can I honor the cycles of nature daily?