

Mabon

Herbs, Incense & Spices:
Sage, rosemary, chamomile,
Frankincense, cinnamon,
apple, clove, myrrh

Food:
Apples, butternut
squash, breads/wheat,
pumpkin, cider, root
vegetables, corn,
pomegranate, grains,
nuts, dried fruit, wine

Crystals:
Clear quartz, carnelian,
amber, citrine, lapis
lazuli, gold sheen
obsidian, yellow agate,
tigers eye

Spellwork:
Abundance, prosperity,
balance, cleansing, bad
habits, releasing
negativity, protection,
shadow work

Symbols & Colors:
Acorns, pine cones, leaves,
gourds, red, orange,
yellow, brown, gold

Autumn Equinox
September 22, 2020
Make a gratitude list
Deep cleanse your home
Celebrate abundance
Let go anything toxic to
your well being