



## What is Mabon?

MABON IS ALSO KNOWN AS THE AUTUMN EQUINOX OR THE FIRST DAY OF FALL. THIS IS THE SECOND HARVEST OUT OF THREE (LUGHNASADH AND SAMHAIN ARE THE OTHER TWO). THIS IS A DAY WHEN LIGHT AND DARK ARE EQUAL IN LENGTH. THIS IS A TIME FOR HARVESTING YOUR GOALS AND INTENTIONS FROM THE SEEDS YOU'VE ALREADY PLANTED. THERE IS ALSO A FOCUS ON BALANCE, RESTORATION, GRATITUDE, AND APPRECIATION FOR THE ABUNDANCE FROM MOTHER EARTH.

## Correspondences:

**COLORS:** GOLDS, REDS, YELLOWS, ORANGES, BROWNS, BRONZE

**ANIMALS:** FOX, OWLS, STAGS, WOLVES, CROWS, SQUIRRELS, GEESE, DOGS

**CRYSTALS:** CLEAR QUARTZ, CARNELIAN, CITRINE, TIGER'S EYE, LAPIS LAZULI, GOLD SHEEN

**OBSIDIAN, YELLOW AGATE, BLOODSTONE, HEMATITE, PERIDOT, SMOKY QUARTZ**

**FLOWERS & HERBS:** ROSEMARY, CHAMOMILE, FRANKINCENSE, APPLE, CINNAMON, CLOVES,

**YARROW, STAR ANISE, ROSE HIPS, MUGWORT, WORMWOOD, RUE**

**FOODS & BEVERAGES:** APPLES, BUTTERNUT SQUASH, BREADS, WHEAT, CIDER, ROOT

**VEGETABLES, PUMPKIN, CORN, POMEGRANATE, GRAINS, NUTS, DRIED FRUIT, WINE, PIES, STEWS,**

**SOUPS**

**ALTAR:** ACORNS, PINECONES, GOURDS, LEAVES, AUTUMN FLOWERS, PUMPKINS, CANDLES

**DEITIES:** THE GREEN MAN, THOR, MORGAN, PERSEPHONE, DEMETER, THE HORNED GOD,

**INANNA, MABON**

**INCENSE & OILS:** CLOVE, CINNAMON, PINE, SWEETGRASS, BENZOIN, FRANKINCENSE, SAGE,

**PATCHOULI, CHAMOMILE, APPLE, MYRRH**

**TREES & SHRUBS:** ASPEN, CEDAR, LOCUST, MAPLE OAK, PINE, WALNUT

**OFFERINGS:** CIDER, WINES, HERBS

## How to Celebrate:

1.) MAKE A GRATITUDE LIST

2.) GIVE YOUR SPACE AND HOME A DEEP CLEANSE. YOU CAN DO THIS PHYSICALLY AND SPIRITUALLY.

3.) BAKE AND COOK WITH SEASONAL FOODS, LIKE APPLE, PUMPKIN, BREADS, SOUPS AND STEWS!

4.) TREAT YOURSELF TO A SPECIAL TREAT, SUCH AS A PUMPKIN SPICE LATTE OR HOT CIDER

5.) CELEBRATE YOUR ABUNDANCE AND PERFORM PROSPERITY SPELLS

6.) HOME PROTECTION SPELLS

7.) SHADOW WORK TO RELEASE ANYTHING THAT'S NO LONGER SERVING YOU

8.) COLLECT NATURAL FINDINGS FOR YOUR ALTAR, LIKE ACORNS, PINECONES AND FALLEN LEAVES

9.) CREATE A CLEANSING BESOM

10.) DONATE TO CHARITY



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