

Autumn Equinox

Date: Usually end of September

This is also known as the Feast of Mabon. In Celtic folklore, Mabon is the son of Mordon, Goddess of the Earth. This is the second of three harvest festivals in the Wheel of the Year (Lammas, Mabon and Samhain).

Aromas and Ideas for Altar Decoration

As this is another harvest festival, decorate your homes, sacred spaces and altars with items from nature. These might be from farmland or your garden. Focus on items that are locally grown at this time of year; for example, if you are in Europe, apples, pears, elderberries, blackberries. Try to incorporate these into your cooking.

In your oil or reed diffusers, teas, cooking, candles or bath concoctions, try using herbs and spices associated with this time of the year, such as black pepper, cinnamon and clove.

Crystals

Hematite is both grounding and protective, and will help align your mind, body and soul. It can help with self-esteem and confidence, as well as willpower.

Things To Do

Celebrate with friends and family by cooking and eating seasonal foods.

Go for a walk and observe how the local wildlife changes at this time of the year.

As the year is drawing to a close, complete any lingering projects that are ongoing, so you can start next year afresh.

Practice gratitude, either in the form of daily gratitude practices or a ceremony.

