

Mabon

The Autumn Equinox

Mabon, celebrated around September 21st to 23rd, marks the Autumn Equinox when day and night are equal in length. Named after the Welsh god Mabon ap Modron, this sabbat is a time of balance, reflection, and gratitude. It is the second of the three harvest festivals in the Wheel of the Year, following Lammas and preceding Samhain. Mabon honors the Earth's bounty and the turning of the seasons as we prepare for the winter ahead.

Correspondences

- Colors: Deep reds, oranges, golds, browns
- Crystals: Citrine, carnelian, amber, smokey quartz, tiger's eye
- Herbs: Sage, rosemary, yarrow, marigold, chamomile, thyme
- Foods: Apples, squash, nuts, grains, wine, corn, pomegranates
- Deities: Mabon, Persephone, Demeter, Modron, The Green Man, Dionysus
- Animals: Stag, owl, blackbird, wolf, squirrel
- Symbols: Cornucopia, apples, pumpkins, leaves, acorns, wheat sheaves

Ways to Celebrate:

- Harvest Altar: Decorate your altar with seasonal produce, candles, and symbols of the harvest. Include items that represent balance, such as scales or paired objects.
- Gratitude Ritual: Reflect on the past year and give thanks for your harvests—both literal and metaphorical. Write down your blessings on slips of paper and place them in a jar to keep until next Mabon.
- Mabon Feast: Prepare a meal using seasonal ingredients like apples, squash, and grains. Invite loved ones to share in the bounty and express gratitude for the abundance in your lives.
- Nature Walk: Take a walk to observe the seasonal changes, collecting leaves, acorns, and other natural items to use in your rituals or as decorations.

Simple Mabon Ritual:

- Balance Meditation: Light two candles—one white, one black—symbolizing the balance of light and dark. Meditate on the areas of your life where balance is needed.
- Apple Protection Spell: Slice an apple horizontally to reveal the star within. Sprinkle it with salt and cinnamon for protection. Tie it back together with red string and bury it outside to safeguard your home.
- Gratitude Jar: Each day leading up to Mabon, write something you're grateful for on a slip of paper. On Mabon, read these aloud and reflect on the abundance in your life.



"In the balance of night and day, I find my center, and with gratitude, I welcome the lessons of the year."