

MABON WORKBOOK

A Magical Guide to the Autumn Equinox



*A time to gather, to give thanks,
and to turn inward with grace.*



Mabon Workbook & Guide

Written by Modern Magickal Family

Welcome, dear seeker of seasonal magick. You've arrived at the sacred threshold of the Autumn Equinox, a moment of perfect balance between light and dark, action and rest, outer harvest and inner reflection. This is Mabon, a time to pause, give thanks, and gently release what no longer serves as we prepare for the quieter, more introspective months ahead.

This workbook is your guide to celebrating Mabon with intention, beauty, and soul, whether you are walking this path alone, with your children, or in sacred community. Inside, you'll find rituals, spells, stories, crafts, recipes, journal prompts, and more, all designed to help you connect with the spirit of the season and honor the turning of the Wheel.

Let this be a container for your reflections, your magick, and your joy. There is no "right" way to work through these pages, follow what calls to you, and trust that you are exactly where you are meant to be.

As the leaves begin to fall and the light begins to fade, may you find balance in the in-between. May you celebrate your harvest with pride, and may your heart be full of gratitude and grace.

What's Included

Understanding Mabon
Mabon Correspondences
Family Rituals & Activities
Personal Rituals & Activities
Mabon Crafts & Recipes
Journal Prompts & Affirmations
Mabon Tarot Spread



How to Use this Workbook

This workbook was designed to support both individuals and families in creating meaningful, magical Mabon celebrations. Each section offers ideas and activities that can be adapted for your personal practice or shared with your children, partner, or chosen community.

If you're working solo, use this guide to:

- Create rituals for personal reflection and renewal
- Set sacred intentions for the coming season
- Align with the natural cycles of light and dark

If you're working with your family or children, you'll find:

- Kid-friendly altar ideas
- Craft projects and simple recipes
- Journaling prompts and gratitude activities for all ages

Whether you gather as a group or celebrate quietly, this guide is here to help you embrace the magic of the season and honor the turning of the Wheel with presence and purpose.



Understanding Mabon

Mabon is the celebration of the Autumn Equinox, one of the eight sabbats on the Wheel of the Year. It falls around September 21-23 in the Northern Hemisphere and marks the moment when day and night are equal in length, neither dominating the other. Named after the Welsh god Mabon ap Modron, this sabbat honors the second harvest, a time when fruits, vegetables, and grains are gathered and stored in preparation for the colder months. Often called the "Witches' Thanksgiving," Mabon is a time to pause, reflect, and express deep gratitude for all that we've cultivated, physically, emotionally, and spiritually through the seasons so far.



Mabon is the seventh sabbat on the Wheel of the Year, falling between Lughnasadh (the first harvest) and Samhain (the festival of ancestors and endings). It represents the second harvest and the deepening of autumn. While Lughnasadh celebrates the early fruits of labor, Mabon honors the abundance we've gathered and asks us to prepare for what's to come. As the veil begins to thin and the nights grow longer, Mabon offers a sacred threshold, a time to both celebrate and surrender. It teaches us that life moves in cycles: of sowing, reaping, resting, and rebirth. By honoring this rhythm, we align ourselves with the deeper wisdom of nature and carry its lessons with us into the darker seasons ahead.

Historical Roots of Mabon

While modern Mabon celebrations are deeply meaningful to many practicing witches and pagans today, the sabbat itself is a relatively recent addition to the modern Wheel of the Year. The name Mabon was popularized in the 1970s by Aidan Kelly, a Wiccan author and scholar, who drew from Welsh mythology, specifically the tale of Mabon ap Modron, a youthful god associated with light, rebirth, and the Otherworld. While there is no evidence that ancient Celtic peoples celebrated the autumn equinox by this name, many ancient cultures did recognize the equinox as a sacred time of balance and seasonal shift.

Throughout history, agrarian societies across Europe marked the second harvest with festivals of thanksgiving, food preservation, and honoring the land. The Greeks told the story of Persephone and Demeter, which symbolized the descent into autumn and the earth's seasonal slumber. The Romans celebrated a wine and grain harvest festival in honor of Pomona, goddess of fruits and orchards. Anglo-Saxon pagans and Norse cultures also observed seasonal rites tied to fertility, protection, and preparing for winter.

Today, Mabon blends these ancient themes with modern spiritual practices. It is a time to honor the balance of light and dark, celebrate gratitude and abundance, and prepare spiritually and emotionally for the journey inward that the dark half of the year brings. While its name may be modern, the spirit of Mabon is timeless, rooted in humanity's deep relationship with the cycles of the Earth.



The Spiritual Significance of Mabon

The Autumn Equinox invites us into balance and introspection. As the sun begins its descent and the days grow shorter, we are called to honor both light and shadow, within nature and within ourselves. This is a sacred turning point: the pause before descent, the inhale before winter's stillness.

It's a time to celebrate the abundance we've received, to release what is no longer needed, and to begin preparing our hearts and homes for the darker half of the year. As nature lets go, so do we, trusting in the cycles of rest, rebirth, and renewal.



The Meaning of Equal Light & Dark

The Autumn Equinox is one of only two days a year when day and night stand in perfect balance. This moment of cosmic equilibrium reminds us to pause and reflect: where are we giving too much? Where are we not receiving enough? How can we return to center?

Mabon invites us to acknowledge the importance of both light and shadow, joy and sorrow, growth and rest. It is a time to honor the beauty of duality and find peace in the space between. Just as the Earth prepares to rest, we are called to slow down, release, and seek balance in our lives.

The Symbolism and Themes of Mabon

Mabon's core themes are rich and deeply transformative:

⚖️ Balance - The Autumn Equinox is a moment of perfect balance between light and dark, reminding us that life thrives when we honor both. Mabon invites us to reflect on where we may be giving too much or neglecting parts of ourselves. It's a time to restore harmony and embrace both action and rest with equal value.

🍎 Gratitude - Mabon is a celebration of abundance and a time to give thanks for all that we've harvested—physically, emotionally, and spiritually. Practicing gratitude helps us shift our focus from what's missing to what is already present and meaningful. When we express appreciation, we deepen our connection to the Earth and our own growth.

🍂 Letting Go - Just as the trees shed their leaves, Mabon encourages us to release what we no longer need. Whether it's a belief, a burden, or a pattern, this is a time to clear space for what's to come. Letting go is not loss—it's making room for healing and transformation.

🕯️ Preparation - As the days grow shorter, Mabon marks the beginning of the inward journey toward winter. It's a time to slow down, cozy up, and prepare our inner world for rest and renewal. Through intentional practices and quiet reflection, we ready ourselves for the darker, more introspective half of the year.

These themes can guide your celebrations, meditations, spells, and conversations.

The Story of Persephone & Demeter

One of the most well-known myths tied to the season of Mabon is that of Persephone and Demeter. Persephone, the daughter of Demeter (Goddess of the Harvest), was taken to the underworld by Hades, causing Demeter to fall into deep mourning. As a result, the earth became barren and cold. Eventually, a deal was struck: Persephone would spend part of the year in the underworld and part with her mother.

This story explains the changing of the seasons. Persephone's descent marks the fall and winter; while her return in spring brings warmth and fertility. At Mabon, we honor this sacred descent, embracing the transition into the darker half of the year as a time of introspection, rest, and renewal. Like Persephone, we, too, can journey inward and return wiser.





CORRESPONDENCES FOR MABON



Magickal Crystals for Mabon

Mabon crystals help you connect to themes of abundance, grounding, balance, and inner wisdom. Work with Amber to preserve warmth and amplify gratitude, and Citrine to celebrate the abundance of the season and invite continued prosperity. Smoky Quartz aids in grounding and gentle release of what no longer aligns, while Obsidian offers protection and deep introspection. Carnelian energizes your creative flow and honors the changing light, while Red Jasper supports emotional balance and strength during seasonal shifts. Moss Agate connects you to nature and physical health, and Tiger's Eye promotes clarity, courage, and the balance between light and shadow. Use these stones on your altar, in ritual, or during meditation to align with Mabon's energies.



Magickal Herbs for Mabon

The herbs of Mabon embody the earthy, spicy, and soothing qualities of autumn. Sage clears lingering energies and prepares sacred space for the descent into the darker months. Rosemary enhances memory and gratitude, perfect for honoring what has been harvested. Apple Leaf holds the energy of wisdom, love, and abundance, while Cinnamon brings warmth, protection, and manifestation power. Bay Leaf aids in releasing old intentions and setting new ones. Mugwort enhances intuition and dreamwork, ideal as the veil begins to thin. Thyme invites courage and renewal, and Chamomile soothes the body and spirit as the pace of the year slows. Use these herbs in teas, incense, cooking, spellwork, or as part of your seasonal altar:



Decorating Your Altar for Mabon

Decorating your altar for Mabon is a way to honor the changing season, express gratitude, and invite balance into your life. Begin by laying down a cloth in rich autumn colors like deep red, burnt orange, or gold to reflect the fiery beauty of fall. Add a candle in white and black (or gold and brown) to symbolize the balance of light and dark. Place a small bowl of apples or seasonal fruits as an offering of gratitude for the harvest. Include a cornucopia or small bundle of wheat to represent abundance and nourishment. Adorn the space with fallen leaves or pressed foliage collected on a nature walk. Add a crystal like citrine or smoky quartz to ground and amplify your intentions. Incorporate a miniature set of scales or a symbolic image of them to acknowledge the equinox's perfect balance. Lastly, consider placing a photo or token of something you're letting go of—a gentle reminder that release is also part of the harvest. Let your altar glow with the energy of thanksgiving, transition, and sacred reflection.



Fall Leaves

Bowl of Seasonal Food

Pumpkins/Gourds

Crystals

Decorating for
Mabon

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Bundle of Wheat

Scales

Something you are
Letting Go of

Cornucopia

Things to Do for Mabon

There are many meaningful ways to celebrate Mabon with intention and joy.

You might create a Gratitude List or Spell Jar to reflect on the blessings you've received throughout the year; or take a Nature Walk to collect seasonal treasures like leaves, pinecones, and acorns. Baking a Harvest Loaf or Apple Pie with seasonal ingredients brings the warmth of the kitchen into your ritual.

While decorating your home or altar with fall colors, pumpkins, and candles helps set a sacred tone. Hosting a Harvest Feast with loved ones is a beautiful way to share abundance and give thanks as a community. For inner reflection, consider writing a Letting-Go Letter and burying or burning it as a symbolic release. Creative practices like making a Corn Husk Doll or Cornucopia Craft are great for hands-on connection to the harvest. Finally, a simple Balance Meditation, visualizing harmony between light and dark within yourself, can powerfully align you with the spirit of the Autumn Equinox.



Bake Apple Pie



Host a Harvest Feast



Nature Walk



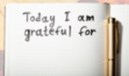
Balance Meditation

Things to Do
Mabon

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Decorate an Altar



Write a Gratitude List



Make a Cornucopia



Write a Letting-Go Letter

Symbols of Mabon

The symbols of Mabon beautifully reflect the season's themes of harvest, gratitude, and balance. The Scales represent equilibrium and justice, echoing the equal hours of day and night during the equinox. Falling Leaves serve as a gentle reminder of the beauty in release and transformation. The Cornucopia, or horn of plenty, is a powerful image of abundance and Earth's generosity, while Pumpkins and Gourds bring energy of fertility, protection, and seasonal wealth. Apples, often used in rituals, symbolize gratitude, wisdom, and the mysteries of the underworld. Wheat and Grain embody nourishment and the results of hard work, tying us back to the cycles of planting and reaping. The Owl, a creature of the coming dark, represents inner sight, wisdom, and guidance through shadow. And finally, Bonfires or Candles carry the light of the waning sun and remind us that even in darkness, warmth and spirit remain.





FAMILY ACTIVITIES FOR MABON



Family Activities for Mabon

Make a Gratitude Tree

Gather some branches in a vase and cut out paper leaves in autumn colors. Each family member can write something they're thankful for on a leaf and hang it on the tree to create a beautiful display of gratitude.



Go on a Nature Walk for the Mabon Altar

Take a walk through your neighborhood or local woods to collect fallen leaves, acorns, and other natural treasures. Use them to decorate your family altar or a seasonal table to honor the beauty and abundance of autumn.

Host a Harvest Feast

Cook a meal together using seasonal foods like apples, squash, and cornbread, and decorate the table with candles and leaves. Before eating, go around and share one thing each person is proud of or grateful for this season.



Do a Balance & Letting Go Candle Ritual

Light a candle together and talk about the balance between light and dark, and what each person may be ready to let go of as the season changes. Blow out the candle as a symbolic release and invite peace and warmth in its place.

Mabon Family Ritual

The Circle of Gratitude & Release

To celebrate the balance of light and dark, express gratitude for the blessings of the year, and lovingly release what is no longer needed as the seasons shift.

What You'll Need:

- A candle (gold, orange, or brown is ideal)
- A small bowl of water (to symbolize release and emotional flow)
- Paper leaves or real fallen leaves
- Pens or markers
- A seasonal snack or small feast to share afterward (like apples, bread, or cider)
- Optional: crystals (citrine, smoky quartz, amber) or herbs (sage, rosemary)



Family Mabon Ritual

1. Set the Space

Gather in a circle around a table, on the floor, or outdoors if weather allows. Place the candle in the center and light it together, saying: "As the light and dark stand equal today, we gather in balance, gratitude, and love."



2. Gratitude Sharing

Give each person a paper leaf (or real one if writing on it is possible) and a pen. Ask everyone to write or draw one thing they are grateful for this season. Take turns sharing, then place the leaves around the candle to form a ring of gratitude.



3. Letting Go Together

Now give everyone a second leaf and ask: "What is one thing you are ready to let go of as we move into the darker half of the year?" Write it down or whisper it into the leaf. One by one, dip the leaf into the bowl of water (or crumple/toss into a compost bin or ceremonial fire), saying: "I release this with love, and welcome peace and change."



4. Family Moment of Stillness

Close your eyes together for a moment of silence. Imagine yourselves held by the earth, grounded and supported as the seasons turn.

5. Feast & Joy

End the ritual by enjoying a small seasonal treat together. Toast with warm cider or juice and say: "We are thankful. We are growing. We walk the Wheel with love and magic."





Mabon Nature Walk Scavenger Hunt

Let's go on a Mabon adventure! Find the treasures of the harvest and celebrate the abundance, nature, and joy of the season.

Item to Find	Symbolism	Check Box
A red, orange, or golden leaf	Change, release, and seasonal transformation	
An apple (or apple image)	Wisdom, abundance, and the cycles of life	
A pinecone or acorn	Protection, new beginnings, and Earth's fertility	
A small stone or crystal	Grounding, inner balance, and reflection	
A seed, nut, or grain	The harvest, potential, and nourishment	
A symbol of balance (e.g., two similar stones)	Equilibrium, the equinox, and harmony	
A feather	Messages from the unseen, transition, and spiritual guidance	
A pumpkin, gourd, or squash	Autumn harvest, fertility, and gratitude	
A piece of cinnamon stick or dried herb	Warmth, comfort, and home-centered magick	
Something heart-shaped or round	Love, unity, and the fullness of the season	



SOLITARY ACTIVITIES



Solitary Activities for Mabon

Sunrise or Sunset Balance Meditation

Sit quietly during sunrise or sunset and focus on your breath, imagining the balance of light and dark within you. Visualize yourself letting go of any energy that feels out of alignment, and welcoming peace and clarity.



Leaf Release Ritual

Write something you're ready to release on a fallen leaf, then bury it in the earth or burn it safely in a fireproof bowl. As you do, say a personal release affirmation like, "I let go with gratitude and grace."



Gratitude Candle Spell

Light a gold or orange candle and speak aloud the things you're grateful for this season. Let the flame hold your intentions and burn as a beacon of abundance and appreciation.



Shadow & Light Journaling

Reflect on the areas of your life where you feel in balance and where you feel out of sync. Journal about what habits or beliefs need to be released, and what you're inviting in to restore your inner harmony.

Mabon Ritual for the Solitary Witch

Light & Shadow Offering

To celebrate the balance of the Autumn Equinox, express gratitude for the harvest of the year so far, and release what no longer serves you as you prepare for the inward journey of the darker half of the year.

What You'll Need:

- One white candle (light) and one black or dark brown candle (shadow)
- A small bowl of water or soil
- Two pieces of paper (or dried leaves)
- Pen or pencil
- Seasonal items for your altar (optional): apples, acorns, crystals, herbs, autumn leaves



Solitary Mabon Ritual

1. Set the Space

Cleanse your space with smoke, sound, or intention. Arrange your altar or space with symbols of the season. Light both candles, placing the white one on your left (light) and the black one on your right (shadow), forming a symbolic balance.



GRATITUDE LIST

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

2. Gratitude Reflection

On the first piece of paper, write down five things you're truly grateful for from the past season. Hold the paper to your heart and say: "I honor the light within and around me. I give thanks for all I have received."

Place this paper under the white candle.



3. Shadow Release

On the second paper (or a dried leaf), write down one habit, thought, or emotion you're ready to release. Hold it over the bowl of water or soil and say: "I honor the shadow and what it teaches me. I now release what no longer serves." Tear the paper and bury it in the soil or submerge it in water.



4. Integration & Stillness

Sit in silence for a few minutes, watching the flames. Feel the balance of light and dark within you, neither feared nor favored, but accepted and whole.

5. Close the Ritual

Snuff out both candles, thanking the energies of balance, the season of Mabon, and yourself for showing up with intention. You may close with: "As the Wheel turns, I walk with gratitude and grace."



SPELLS & MAGICK





Letting Go & Release Spell (with Leaves)

This spell uses the natural magic of fallen leaves to support emotional release and transformation. On a leaf (real or paper), write down something you are ready to let go of, an old habit, a worry, a limiting belief.

Hold the leaf in your hands and speak: "As this leaf returns to the earth, I release what no longer serves me. I make space for peace, balance, and growth."

You may bury the leaf, burn it safely, or float it down a stream as an offering to the earth. This ritual is especially powerful when done at sunset during Mabon.



♥ Gratitude Spell Jar

This simple spell jar helps you anchor the energy of thankfulness and abundance. Start with a small glass jar and fill it with herbs, crystals, or objects that symbolize gratitude to you, such as dried apple peel, rosemary, cinnamon, a small coin, and citrine or amber chips. On a slip of paper, write down five things you're deeply grateful for this season. Fold it and place it inside the jar.

Seal the jar and say: "With heart and hands, I give my thanks. May abundance return in joyful ranks."

Keep the jar on your altar or windowsill as a reminder of your blessings and to attract more of what you appreciate.





Apple Blessing Ritual for Abundance

Apples are sacred symbols of wisdom, harvest, and the underworld, making them perfect for Mabon magick. Cut an apple crosswise to reveal the hidden five-pointed star.

As you do, say: "With this fruit of the harvest, I call in sweet abundance, health, and joy."

Drizzle it with honey and sprinkle cinnamon on top. Eat the apple mindfully, visualizing all you wish to receive in the coming season. Bury the core in the earth with a whispered blessing of thanks.





CRAFTS & RECIPES



Craft: DIY Cornucopia

Celebrate the abundance of the season with this hands-on craft that brings the energy of harvest and gratitude to your altar or table.

What You'll Need:

- A sheet of brown construction paper or cardstock (or a brown paper bag)
- Scissors
- Glue or double-sided tape
- Twine or ribbon (optional)
- Markers, paint, or crayons (for decorating)
- Assorted miniature harvest items:
 - Pom-poms, small faux fruits/veggies
 - Dried beans, acorns, leaves, or felt cutouts
 - Real dried herbs, cinnamon sticks, corn kernels, or tiny crystals



Craft: DIY Cornucopia

Instructions:

1. **Make the Cornucopia Cone** - Roll the brown paper into a cone shape, like an ice cream cone, with one side slightly wider and curved. Secure the edge with glue or tape. If desired, trim the wide end to create a smooth opening.
2. **Shape & Decorate** - Gently fold the point of the cone upward to give it that classic cornucopia curve. Use markers or crayons to draw spirals, vines, or basket-weave patterns. Wrap the base in twine or ribbon for extra charm.
3. **Fill with Abundance** - Fill the inside of the cone with your symbolic harvest items—colorful pom-poms for fruit, dried beans for nourishment, crystals for blessings, leaves for change, and herbs for protection. Let things overflow a little to represent ongoing abundance.
4. **Add Intention (Optional)** - Write a wish or gratitude note and tuck it inside. As you create, speak your intentions or thanks aloud, imbuing the craft with magical energy.
5. **Display Your Cornucopia** - Place your finished cornucopia on your altar, dining table, or family nature shelf as a beautiful Mabon centerpiece and reminder of the season's blessings.



Mabon Apple Cider or Spiced Wine

Warm, comforting, and rich with seasonal spice, this recipe fills your home with the scent of autumn and makes a wonderful offering or addition to your harvest feast.

Ingredients (Non-Alcoholic)

- 6 cups apple cider (fresh-pressed if possible)
- 1 orange, sliced (with peel)
- 4 whole cloves
- 2 cinnamon sticks
- 2 star anise (optional)
- 1-inch piece of fresh ginger, sliced (or 1 tsp ground ginger)
- 1 tablespoon maple syrup or honey (adjust to taste)

Ingredients (Alcoholic)

- 1 bottle of red wine (merlot or cabernet work well)
- 1/4 cup brandy (optional)
- 1/4 cup honey or maple syrup
- 1 orange, sliced
- 2-3 cinnamon sticks
- 4 whole cloves
- 2 star anise
- 1/2 tsp nutmeg
- 1-2 bay leaves (optional, for earthiness)

Directions

1. In a large pot, combine all ingredients.
2. Bring to a gentle simmer over medium heat—do not boil.
3. Simmer uncovered for 20-30 minutes to let the flavors blend.
4. Strain out the solids and serve warm in mugs. Garnish with an orange slice or cinnamon stick for extra charm.

Directions

1. Combine wine, brandy, and sweetener in a saucepan.
2. Add orange slices and spices.
3. Heat gently over low heat for 20-30 minutes. Do not let it boil, or the alcohol will evaporate.
4. Strain before serving. Pour into mugs or heatproof glasses and enjoy under candlelight or around your Mabon altar.





Easy Apple Muffins

Moist, warm, and full of autumn flavor; these apple muffins are quick to make and perfect for your Mabon feast, lunchbox treats, or morning magick.

Ingredients

- 2 cups all-purpose flour
- 1/2 cup sugar (brown sugar works great for extra warmth)
- 1 tbsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup milk (or any plant-based milk)
- 1/2 cup vegetable oil (or melted butter)
- 2 eggs
- 1 1/2 cups peeled and finely chopped apple (about 2 medium apples)
- Optional: 1/4 cup chopped nuts or raisins



Directions

1. Preheat your oven to 375°F (190°C) and line a muffin tin with paper liners or grease it lightly.
2. Mix dry ingredients in a large bowl: flour, sugar, baking powder, cinnamon, and salt.
3. Mix wet ingredients in a smaller bowl: milk, oil, and eggs. Stir until well combined.
4. Combine wet and dry, then gently fold in the chopped apples (and nuts/raisins if using). Don't overmix—just until combined.
5. Spoon batter into muffin cups about 3/4 full.
6. Bake for 18-22 minutes, or until golden and a toothpick comes out clean.
7. Cool slightly, then enjoy warm with a drizzle of honey, a pat of butter, or just as they are!

Craft: Pressed Leaf Suncatchers

Capture the beauty of fall and bring the vibrant energy of the season into your home with this simple nature craft. These suncatchers make wonderful altar decorations or window hangings to honor the Mabon harvest.

What You'll Need:

- Freshly fallen leaves (dry, but not too brittle)
- Heavy books (for pressing)
- Wax paper or contact paper
- Scissors
- Clear tape or glue stick
- Black or brown construction paper (for frame)
- Optional: string or ribbon for hanging
- Optional: crayon shavings, glitter, or dried flowers for added flair

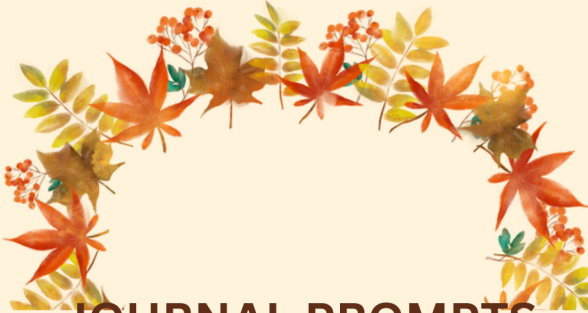


Craft: Pressed Leaf Suncatchers

Instructions:

1. **Collect & Press Leaves** - Go on a nature walk and gather your favorite colorful leaves. Press them between the pages of a heavy book (or between parchment paper inside a book) for 1-3 days until flat and dry.
2. **Create the Frame** - Cut a shape (like a circle, square, or pumpkin) out of your construction paper, then cut a smaller shape from the inside to create a "frame" or window. You can also use cookie cutters or stencils to help with shapes.
3. **Prepare the Suncatcher Base** - Cut two equal-sized pieces of wax paper or contact paper, slightly larger than your frame. Lay one piece flat, sticky side up (if using contact paper), or smooth wax paper down on a surface.
4. **Design with Nature** - Arrange your pressed leaves between the two sheets. Add crayon shavings, flower petals, or glitter if you like. Place the second piece of wax or contact paper on top to sandwich everything together.
5. **Seal and Trim** - Press gently to seal, then trim the edges to match your paper frame. Use glue or tape to attach the frame to your leaf collage.
6. **Display Your Magic** - Hang your suncatcher in a sunny window with tape or ribbon. As the sunlight filters through, the warm colors and natural elements will glow with autumn beauty, bringing light and seasonal energy into your space.





JOURNAL PROMPTS, AFFIRMATIONS & TAROT



Journaling Prompts for Mabon

What am I most grateful for from this past season, and how has it shaped who I am today?

Where in my life do I feel out of balance, and what small steps can I take to restore harmony?

What have I harvested this year, emotionally, spiritually, creatively, or physically?

What am I ready to release or let go of as I move into the darker half of the year?

Journaling Prompts for Mabon

How do I respond to transitions or endings? What lessons can I learn from nature's seasonal shift?

What does abundance mean to me right now, and how can I invite more of it into my life without overextending myself?

What ancestral wisdom or seasonal traditions do I feel drawn to at this time of year?

If I were to craft a blessing for this next season, what would it say?

Mabon Affirmations

I honor the balance of light and dark within and around me.

I am grateful for all that I have harvested this season, seen and unseen.

I release what no longer serves me and make space for peace.

I trust in the natural cycles of growth, release, and renewal.

I celebrate the abundance in my life with an open and thankful heart.

I prepare for the coming season with grace, intention, and self-love.

I find strength in stillness and wisdom in transition.

I carry the warmth of the sun within me as the days grow cooler.

I am rooted like the trees and open to change like their falling leaves.

I walk the Wheel of the Year with purpose, presence, and magick.

Mabon Tarot Spread: The Harvest Within

A 5-card spread to reflect to on what you've harvested, where you need balance, and what to release as you step into the darker half of the year.



PERFORMING THE SPREAD

Find a quiet, sacred space where you can focus.

Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.

Lay out the cards in the pattern above.

Reflect on the meaning of each card and how it applies to your journey.

Mabon Tarot Spread Questions

Harvest - What have I grown this year that I should be proud of? This card reflects a success, lesson, or inner growth that has matured over the last season.



Gratitude - What should I give thanks for at this time? A reminder of blessings, visible or hidden, that deserve your recognition and appreciation.



Balance - What area of my life is asking for more harmony? This card highlights where things are out of alignment and need recalibration.



Release - What can I gently let go of as the days grow shorter? A pattern, belief, or burden ready to be composted and transformed.



Guidance - What wisdom will support me as I move into the darker half of the year? Insight or encouragement from your higher self, guides, or the natural world to carry with you into the coming months.



About the Sabbat Workbook Series



These Sabbat workbooks are part of a series created to help families celebrate the Wheel of the Year with intention and magic. Each workbook focuses on a specific Sabbat, offering rituals, crafts, recipes, and reflections tailored to the season. Use them to deepen your connection to nature, honor the cycles of the year, and create meaningful traditions with your loved ones. Whether you are exploring these practices for the first time or continuing a long-standing journey, these workbooks are designed to inspire and guide you through each celebration.

Learn more at:
<https://modernmagickfamily.com/wheel-of-the-year>



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at www.modernmagickalfamily.com and let the magic unfold!

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