



MABON



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Mabon Magickal Manual

There are 8 spots on the wheel of the year and these are called Sabbats. 4 are major and 4 are called “lesser” in other words they are the mid point between 2 of the major. So this Equinox, which is also known as Mabon (named after the Welsh god, Mabon, son of the Earth Goddess Madron), is a lesser Sabbat as it is mid way between the summer solstice and the winter solstice. Does this mean it has less energy - heck no!



This is the second harvest, late July we celebrated the first harvest festival which was Lammas. This festival is a time to look at the seeds that you sowed in the Spring, on every level, and reflect on how they have manifested. In fact a nickname for this celebration is “Witches Thanksgiving” as there are so many things to be thankful for. Most crops are in and the fields are beginning to look brown and are slowly going to sleep for the winter (unless they are filled with gorgeous orange pumpkins). I personally have pulled up all my soft and tender zucchini plants and am almost done harvesting my tomatoes, but I am going to leave my carrots and beets in the ground until the first frost (it makes them far more juicy!) In my wanderings I have found glorious apple trees (and have been harvesting apples galore), and also huge, fat pine cones - which will be fabulous in winter.

What you need to appreciate is that Mabon is the balance point, the place where there is an equal amount of day and night. While we harvest and celebrate the glorious gifts we are receiving we have to accept that the soil is dying, and release. We have food to eat, but warmth is gently tucking behind us and cold and dark lie ahead. Now if this is making you gulp a little, don't! Remember you can't experience light without the dark and vice versa. When the day and night are of equal length, it offers a powerful vibration and harmony between the time of creation (night) and the time of manifestation (day). This allows the flow between creation and manifestation to be more seamless and flows with ease and effortlessness. There are no limits on what you can manifest during an Equinox, however, for a Spring (Southern Hemisphere) it is a time of new beginnings and for us in Autumn it is time to harvest, be thankful, release, let go and prepare for the colder times to come.

So how to mark this time and celebrate it and harness this glorious energy you may be asking. Good question and there are a myriad of ways, so pick whichever resonates for you. You can do more than one most certainly, but if it feels like a chore - put it to the side!

So let's explore a few easy ideas to celebrate and mark this gorgeous celebration, before we get into Rituals.



Create An Altar

Now if the word altar makes you uncomfie, call it a celebration nook or a gratitude space. It could be on the dining room table, a kitchen counter a dresser - you name it. Gather up leaves, acorns, seed pods, rocks, twigs - whatever calls out to you and put them in a lovely spot and enjoy them. Give them a little blessing and thanks. It's the ritual of taking time to

acknowledge what's important, the harvest, not the objects per se.

Make a Blessing Wand

This is a fabulous time to get outside, go for a walk and see if you can find a branch, a stick, a piece of driftwood that entices you. Bring it home, peel off the bark - if needed and then put it somewhere safe to dry. That way it will be ready in a month for us to create your own Blessing Wand.

Clean House!

With the longer nights soon approaching and most of us spending more time inside than out, this is a perfect time to do a fall version of spring cleaning. Gather together the things that no longer serve you, it could be clothes you don't wear anymore, books that you aren't going to read again, those random arsed odd soxs that you hold onto just in case..... Then release them. Gift them to a charity shop (not the odd soxs), take them to your library, but give them a little pat and thanks and pass them on to someone else who will enjoy them. Give your house a good clean and then do a smudging. Decorate your home with symbols of the harvest season. Buy or pick a gorgeous bouquet of orange, gold and green and have it somewhere where you can see it daily.

Celebrate Your Abundance!

When we say abundance, it doesn't necessarily mean material or financial gain -- you are abundant if you have friends who love you, a satisfying family life, or a rewarding career. Think about things you have for which you are most grateful. You can turn it into a game with your family at dinner time and everyone takes turns to share what makes them feel abundant (it's very cool to hear all the various responses).

Play With Your Food

If you have access to berries, apples, pears or whatever fruit is around you right now. Gather it all together and create an abundance mandala. In other words, play with your food! Get your most favourite dish out and arrange the fruit in any way that you like that resembles a mandala and have it for dessert (or your main course). Involve your kids, have friends over, but celebrate!



Apple Magic

Apples are the perfect symbol of the Mabon season. Long connected to wisdom and magic. The apple has figured significantly in many sacred traditions. It is known as a symbol for life and immortality, for healing, renewal, regeneration and wholeness.

If you cut an apple widthways it reveals a pentagram containing seeds. The five points represent the elements of Earth, Air, Fire, Water with Spirit at the top, and thus also the directions of East, South, West, North and Within. The circle of the apple around the pentagram represents the eternal circle/cycle of life and nature, and of wholeness.

So if there are apple trees nearby, or a local pick your own orchard go get some apples! Then think of the pies, crisps and crumbles you can make with your glorious fruit. You could also dehydrate (dry) the apple circles and make them into an edible wreath.

It's All About the Balance Baby

As I mentioned earlier, Mabon is the perfect time of balance between light and dark. So why not give yourself the gift of balance. Take a few moments or longer and just sit and breathe slow and deep and meditate on balance. Reflect on how you handle pressure, how you manage your emotions and other people's. Is your life in balance? Do you make sure you get enough rest, water and play or are you pushing and striving and feeling a tad overwhelmed? What little shifts and changes can you do to create more balance in your mind, body, work, home life, family? Do you need to practice saying No more or do you need to practice saying Yes more? Get it? So just take some time and if you feel inclined to write down a few small tweaks that would make you feel more in alignment and balanced.

Decorate with Sunflowers



As I have said repeatedly, I love, love sunflowers! Their big bobbly heads that track the sun, their glorious cheerful faces that waft in the breeze. But as with all things, that changes. The petals are starting to drop off and the seed heads are beginning to curl back a bit and the leaves are drooping. So I'm gently going to trim the heads off the flowers, save one and dry the seeds (so I can't plant my seeds at Spring Equinox) and with all the rest (and there are quite a few), I'm threading them on fishing line and hanging them in the branches of the trees for the birds. That way the birds and squirrels can stock up on seeds before the winter comes.

Light 'Er Up!

Get a candle or candles and as you light them you can ask for blessings on your home, hearth and self. This doesn't have to be complex or over the top (although if you want it to it can be). You can just simply take a breath, light your candle and say "***Goddess or Green Man, I ask for your blessing on this special day. Bless my harvest, my home, my hearth and myself. Keep us safe and warm, the winds away from the door, harmony and health abounding. I give thanks and so it is.***" Voila! Remember though, please don't leave candles unattended and most certainly don't go to sleep with one burning.

Now let's explore a few Rituals.

Remember, Ritual is the element of Fire. Ritual is intention made manifest. A ritual takes an idea, thought or emotions and gives it physical form in the world (Air to Fire). A ritual allows your body, your cells to understand your intention. What makes a mundane activity into a ritual is your consciousness while doing it. A ritual can be celebration, like a one off thing, or a practice, daily, monthly or yearly.

Ready?

Rituals for Mabon



Mabon Cleanse (night before)

In many cultures and many times water is used to cleanse, to wash away the old energy, to shed the dry skin, to bless, to consecrate, to welcome.

So why not do a cleanse the night before Mabon? With fall equinox happening tomorrow and the tides of seasonal energies shifting once gain, ushering in change, and a series of new cycles. Tonight, take this cleansing bath (or dissolve this mixture in water and use it like body wash in the shower) to prepare for this shift and open the way for those new cycles.

Combine one cup sea salt with 9 drops of hyssop essential oil, five pinches of both dried lavender and dried sage, and three pinches of dried lemongrass. Mix well, and as you do so, sent the intention of cleanse, release and renewal.

Then seal your mixture with a blessing by saying:

What is within shall now be free, for what I have sought I have found!

Let there be ending and completion, renewal and new beginnings.

May the mysteries continue and the magic flow! Blessed be.

Then pop into the tub or the shower and visualise it all sloughing off!



Ritual for Releasing the Past.

This is a great ritual for releasing the past, clearing negative beliefs or feelings and welcoming in something new.

What you will need:

Herbs

Bowl for water

Candle preferably white, yellow, green red or orange

Your favourite crystal

Pen and Paper

A Willingness to Release

Give yourself the gift of time and space. Find a nice quiet spot. Light your candle and place it next to your bowl of water.

Hold your crystal for a few minutes and just breathe. This helps to clear your mind, get you focused and to release.

Put your herbs into the water. You can use whatever herbs you have, in fact you can even cut open sachets of herbal tea.

Using your finger, stir the herb water around in a clockwise direction 5 times.

Take your pen and paper and start writing. Write down anything you want to release in your life. It could be small, big, it doesn't matter.

When you are done writing, say it outloud 3 times. Then fold or crumple up the paper and place it into your herb water.

Swirl the water around again with your finger 3, 6 or 9 times. Watch the paper get soggy and soggy.

Take your bowl (and being careful not to slop onto yourself), lift it up to your heart centre. Take a deep breath in and as you exhale, breathe over the water. Then state loud and proud “I release all of this for my highest good. So be it.” Then pour your water out and throw the piece of paper away.

You have released and created space for something new and lovely to fill that space.

Mabon Gratitude Ritual

Here is a simple ceremony to give thanks for all that we have harvested this year, to share a toast with the earth, and to welcome the season of darkness.



Gather 13 nuts or berries and a glass of apple cider or wine.

Go outside at dusk and dig a shallow hole in the earth.

One at a time, hold a nut or berry in your hand, state something you are thankful for, and place it in the ground.

Do this for all your nuts or berries, then bury them.

Pour some of your beverage onto the spot and then take a sip of it.

Hold your glass up to the west and say cheers to the coming darkness.

Watch nightfall as you enjoy your drink!

Now let's explore a super easy Spell for this day to bring you back to Balance (remember we are at the balance point).

A Spell for Balance



Gather items to represent Earth, Air, Fire and Water - such as - (a rock, a feather, a small candle and a bowl of water), one black candle and one white candle. Also an amethyst to hold.

Sit quietly and just breathe, make sure you are in your body. Then start to visualise the imbalances in your life or particular situation (too much work or stress, not enough love, etc) and then picture them being balanced out by whatever you are lacking.

If you are too overwhelmed to even figure out what you need, just feel yourself opening up to whatever the gods send in response to your prayer.

Then light the dark and light candles.

When the candles are fully lit. Say out loud.

***Earth and Air, Water and Fire
Grant to me my heart's desire.
Balance now my troubled life,
Wash away confusion's strife.
Even out the high and low,
Gently soothe the ebb and flow.
Dark and light in balance be,
From extremes please set me free.
Calm, serene and peaceful I,
With ease and grace my days will fly.
As above and so below,
Balance to my life bestow.***

So must it be.

Then sit, just breathe, focus on the flames of the candles and when you feel ready. Gently blow them out. Thank the directions and carefully put everything away.

Enjoy!