



MABON

*The Autumn
Equinox*

CELEBRATION GUIDE





About

MABON

The Fall Equinox represents a moment of balance, where day and night are of equal length. It is a time of transition when the days start getting shorter, and nature begins to prepare for the colder months ahead.

As a harvest festival, Mabon celebrates the abundance of the Earth's bounties, giving thanks for the crops and fruits that have been gathered during the year.

Symbolically, Mabon is associated with themes of gratitude, reflection, and the cycles of life and death. It is a time to express gratitude for the harvest, to honor the sacrifices made by plants and animals that sustain us, and to give thanks for the blessings in our lives.





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SYMBOLS

ASTROLOGICAL DATE: *Sun at 0° Libra*

SEASONAL FOCUS: *Balancing and Harvest*

- *Element: Water*
- *Threshold: Evening*
- *Tarot Card(s): Judgement; The World*

Herbs & plants: Yarrow, Rosemary, Sage

Foods: Corn, Beans, squash, apples, pumpkin, cider

Crystals: Amber, Citrine, Aventurine

Animals: Owl, Stag, Blackbird, Salmon

Flowers: Sunflowers, Marigolds, Thistle

Colors: Orange, yellow, red, brown

Symbols: Cornucopia, Seed, Pinecones



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HOW TO CELEBRATE



Host a bonfire for friends and family



Decorate your porch or entryway with traditional autumn greenery



Write down all your blessings from the past year in a journal



Go apple picking



Clean your house and get rid of stagnant or negative energy

Incense

CLEANSING

For the Autumn Equinox, incense is specifically used to clear old, stagnant energy and to make room for new insight and inner balance. As we turn inward for fall and winter, we can look to incense to support us in letting go of patterns and stories that no longer serve us and to rejuvenate our energy field.

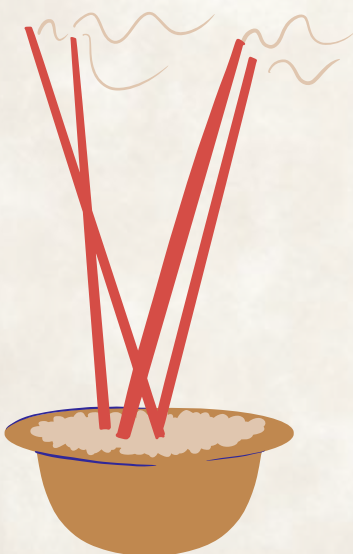
RECIPE

- 1 tsp. apple peel or dried apple
- 1/2 tsp. lavender flowers
- 1/2 tsp. rose petals
- 1 tsp. powdered cinnamon
- 2 tsp. powdered myrrh resin



DIRECTIONS

- Grind up herbs with mortar and pestle or in clean coffee grinder until finely powdered.
- Combine all ingredients in bowl, and stir to combine.
- Transfer blend to an airtight container to store.
- To use, place a pinch of incense blend on a lit charcoal disk set atop a heat-safe surface to release cleansing smoke.



Blessed be



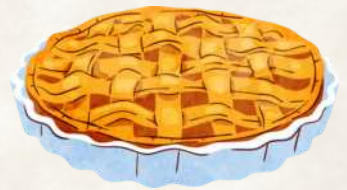
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APPLE PIE

- 🍁 APPLES - LOVE, HEALING, ABUNDANCE, HARVEST
- 🍁 CINNAMON - SPIRITUALITY, PROTECTION, HEALING, HOME PROTECTION
- 🍁 CLOVE - PROSPERITY, PROTECTION, FRIENDSHIP AND MENTAL CLARITY
- 🍁 NUTMEG - LUCK, PROSPERITY, HEALTH


INGREDIENTS

- Pie crust
- 3 large granny smith apples
- 1/2 cup all purpose flour
- 1 cup packed brown sugar
- 5 or 6 TBS butter
- 1 TBS cinnamon
- 1/2 TBS nutmeg
- 1 TSP clove



DIRECTIONS

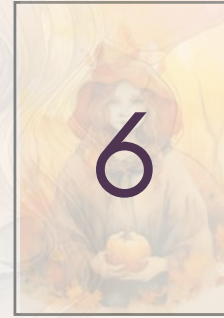
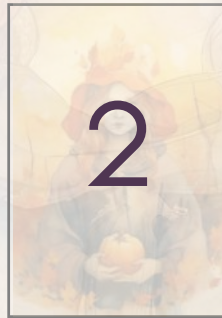
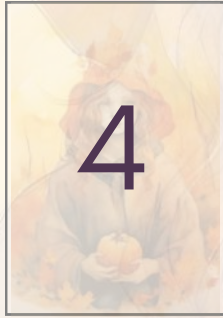
1. Set the oven to 345°F and begin by prepping a 12 inch pie dish with a thin coat of butter. Dust flour over it and pat out any extra. Then you'll lay out the dough, crimp the crust and poke some holes at the bottom.
2. Core three large apples and slice them thin. Add the slices to a bowl along with the flour, brown sugar and spices. Stir the apples well into the mix. If you notice the mix is a little dry, you can add a few tbs of water to help the spices stick well.
3. Arrange apples onto the dough in a spiral kind of form to ensure all of them cook through thoroughly. Distribute whatever is left of the flour and spice mix ovetop when you finish.
4. Lastly slice the 5 tablespoons of cold butter ovetop the apples and place in the oven for 30 to 40 minutes.
5. Allow to cool and serve warm with a little spray of whip cream or ice cream if you desire.

A silhouette of a woman's head and neck, filled with autumn leaves, set against a warm, golden background. The leaves are in various shades of orange, yellow, and brown, creating a textured effect within the dark silhouette. The background is a soft, warm gradient of light to dark gold.

*This is the time of
balance - light and
dark, day and night*

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TAROT SPREAD



1. What has fully matured and ready for harvest?
2. What needs to be left behind?
3. What aspect of my life is in need of balancing?
4. What journey do I have ahead of me?
5. What will help me through the darker months?
6. Message from the waning sun.

Pagan Thanksgiving

JOURNAL PROMPTS

What are 8 things I'm thankful for in my life right now?

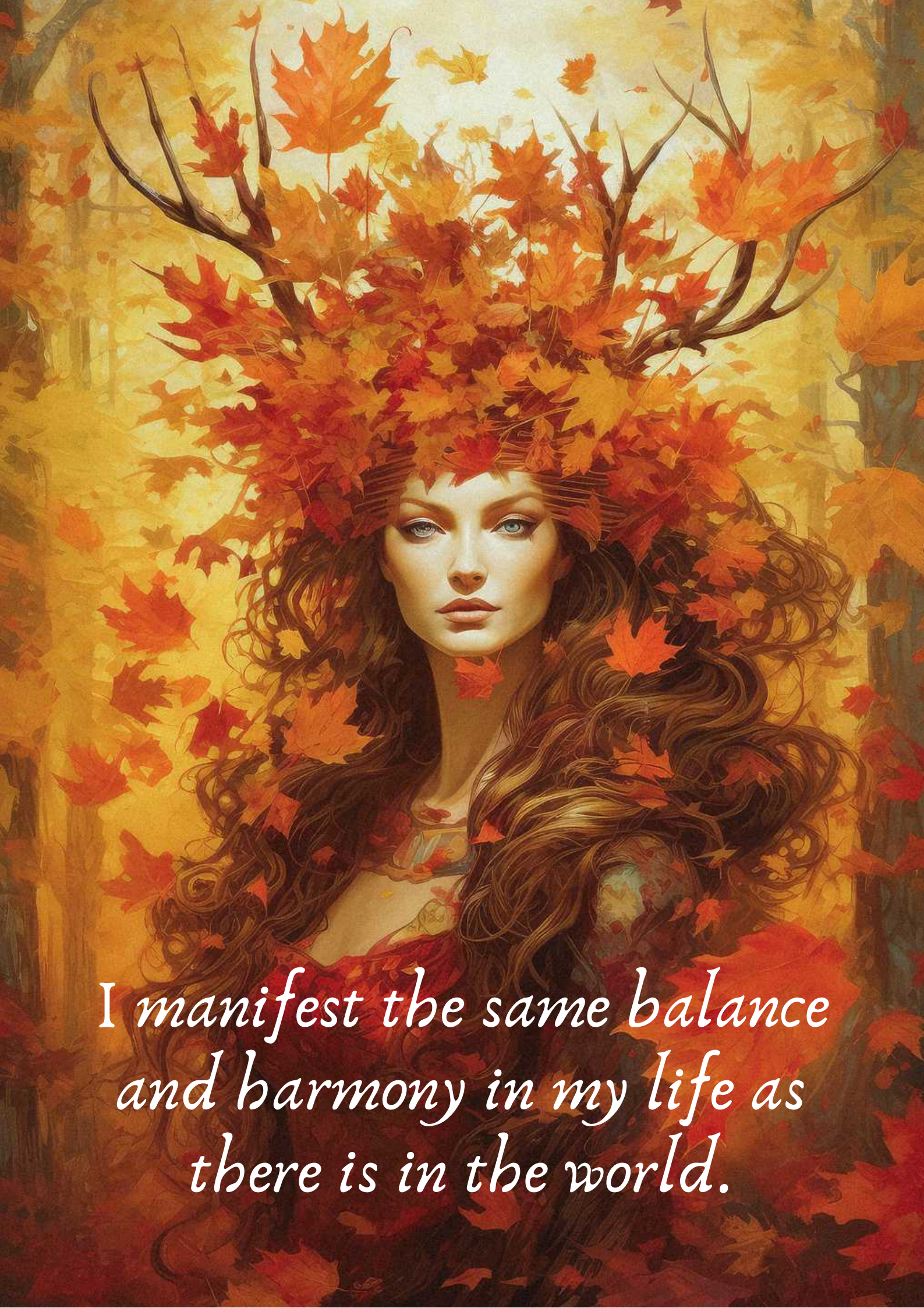
What are 3 ways I can share of my abundance with others this season?

Which areas of my life could use some preparation and improvement?

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INTENTIONS





*I manifest the same balance
and harmony in my life as
there is in the world.*



Thank you for joining me on this Mabon journey; may the insights and practices you've gathered illuminate your path ahead.

Wishing you a Mabon filled with balance, gratitude, and transformative wisdom,

Laurie Barraco

LAURIEBARRACO.COM