

Mabon



Mabon, or the fall equinox, is celebrated in late September. This celebration marks the middle of the harvest cycle when the days and nights are of equal length. Mabon is a festival for reaping what you have sown, a time to give thanks and celebrate.

- 1 candle

(red, maroon, or deep brown)

- 1 incense stick

(cinnamon, frankincense, or sage)

- Leaves large enough to write on

- Permanent marker

- Lighter or matches

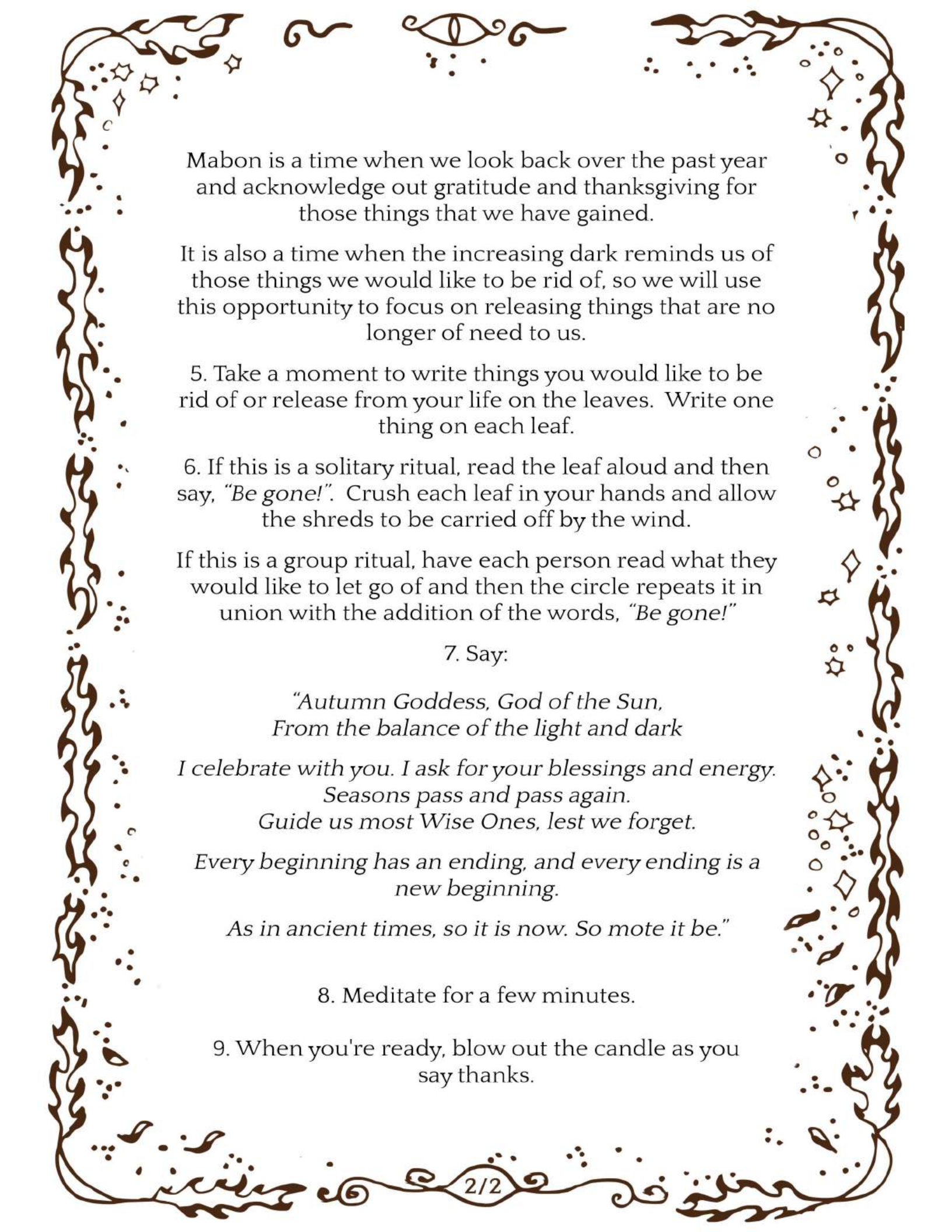
1. Organize the candle and leaves upon your altar. This ritual can be performed inside or outside.
2. Take a deep breath and relax.
3. Light the candle and incense.
4. Say:

*"Autumn Queen, God of the Harvest.
The wheel has once more turned.*

*The equinox is upon us.
Leaves fall and days grow colder.*

*The sun god sails towards the west.
As I journey into the lands of winter.*

Be with me always."



Mabon is a time when we look back over the past year and acknowledge our gratitude and thanksgiving for those things that we have gained.

It is also a time when the increasing dark reminds us of those things we would like to be rid of, so we will use this opportunity to focus on releasing things that are no longer of need to us.

5. Take a moment to write things you would like to be rid of or release from your life on the leaves. Write one thing on each leaf.

6. If this is a solitary ritual, read the leaf aloud and then say, "Be gone!". Crush each leaf in your hands and allow the shreds to be carried off by the wind.

If this is a group ritual, have each person read what they would like to let go of and then the circle repeats it in union with the addition of the words, "Be gone!"

7. Say:

*"Autumn Goddess, God of the Sun,
From the balance of the light and dark*

*I celebrate with you. I ask for your blessings and energy.
Seasons pass and pass again.
Guide us most Wise Ones, lest we forget.*

*Every beginning has an ending, and every ending is a
new beginning.*

As in ancient times, so it is now. So mote it be."

8. Meditate for a few minutes.

9. When you're ready, blow out the candle as you say thanks.