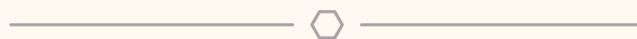


MABON RITUAL GUIDE

Honoring the Autumn Equinox 🍁🍁



Mabon is a time to honor the turning of the seasons, the harvest of the earth, and the harvest within ourselves. It reminds us to pause, breathe, and give thanks before the long nights of winter arrive. As you celebrate Mabon, may you find balance, abundance, and peace in both the light and the shadows. Blessed Mabon!

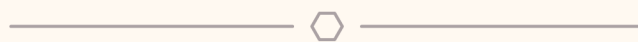


MISS DANA'S WISDOM



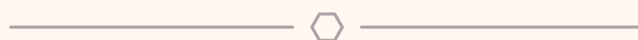
MABON RITUAL GUIDE

Honoring the Autumn Equinox 🍁🍁



Tools You'll Need:

- Two candles: one white, one black (to symbolize balance)
- Seasonal foods (apples, bread, wine, or cider)
- A bowl of water and a bowl of salt (for purification)
- Harvest decorations: pumpkins, gourds, acorns, autumn leaves
- Crystals such as citrine, carnelian, or amethyst
- Paper and pen for reflections



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🍁 1. Prepare Your Sacred Space

Cleanse your area with smoke, sound, or a sprinkle of saltwater. Arrange your altar with autumn symbols, candles, and offerings.

🕯️ 2. Balance the Light and Dark

Light the white candle and say:
“Light of day, I honor your blessings.”
Then light the black candle and say:
“Dark of night, I honor your wisdom.”

Take a moment to reflect on balance in your life.

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🍏 3. Give Thanks for the Harvest

Hold the seasonal food in your hands and say:

“With gratitude, I honor the fruits of the Earth and the harvest of my spirit.”
Take a bite or sip, savoring the moment.

📖 4. Reflection Writing

Write down three things you are grateful for this year and one thing you are ready to release as the dark months approach. Place your gratitude notes on your altar and burn or bury the release note safely.

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5. **Blessing with Salt and Water**

Dip your fingers into the water, then touch the salt. Anoint your forehead or heart, saying:

“By earth and water, I cleanse and renew.”

6. **Closing the Ritual**

Offer thanks to the deities, spirits, or nature itself. Extinguish the candles, saying:

“Balanced are the seasons, and balanced am I. Blessed Mabon.”



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A Blessing for Mabon

“May your harvest be plentiful, your heart at peace, and your spirit in balance.

As light and dark find harmony, may you also walk in harmony with yourself and the world.

Blessed Mabon! ”

MISS DANA’S WISDOM

