



Mabon

HONOUR DUALITY

Guided by the rhythm of nature

AUTUMN EQUINOX

MABON

I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words but becomes part of our life.

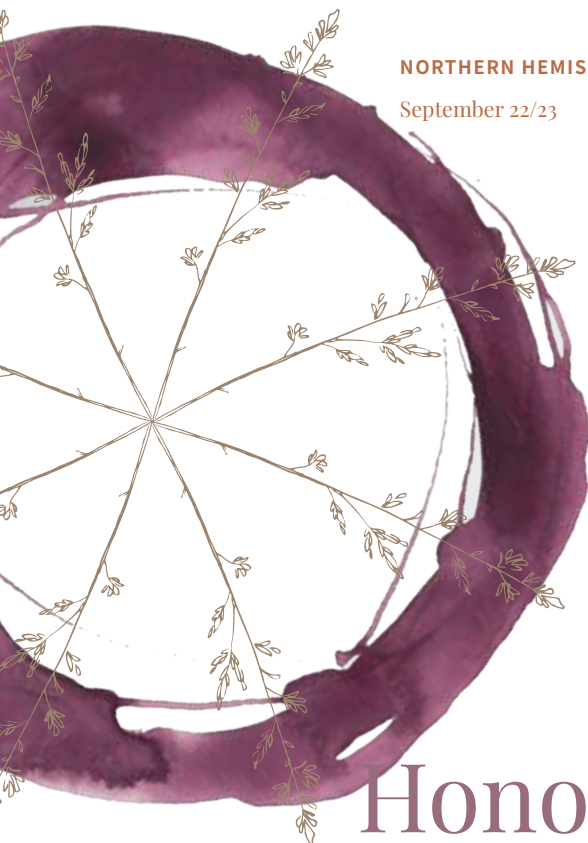
I think that nature and the changes of the seasons serves as the best guide. With more knowledge about and staying closer to Mother

Earth and the rhythm of nature, I am convinced that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons our needs change. With this guide, I hope you can begin to find your seasonal rhythm.

Anna Linder





NORTHERN HEMISPHERE

September 22/23

SOUTHERN HEMISPHERE

March 20/21

AUTUMNAL EQUINOX | MABON

Honour duality

At the autumn equinox night and day are, again, of equal length and in equilibrium – dark and light, masculine and feminine, inner and outer, in balance.

We are also on the cusp of transition, from this moment darkness begins to defeat the light. Nature's cycle is moving towards completion. The sap of the trees returns back to their roots, deep into earth, and the green backdrop changes to the fiery colours of autumn.

Before the leaves fall to the ground and decay, we can celebrate what we've accomplished, made happen and achieved, and at the same time, don't be burdened by what didn't happen or wasn't accomplished. We can let go, and at the same time cherish that we did the best we could.



Celebrate
the richness

MABON | AUTUMN EQUINOX

Mabon marks the official start of Autumn, when day and night are equal in length, and it's also the last season in the Wheel of the Year.

It's a time to pay tribute to Mother Earth for the abundance this season brings.



FALL FOR AUTUMN

Get out and into nature – go outside and play in the leaves. Or have a picnic. Get into the forest, or a park, or your (or your neighbours') backyard. Go on a walk and collect autumn trinkets, stop and notice the shift in the air, the temperature and the colour.

CELEBRATE THE RICHNESS

The harvest of fruit and berries are in focus, it's also a time to gather the final crops of vegetables that grow above ground. The branches of the apple trees are weighted down by an abundance of apples.

Celebrate this day by harvesting something, and use your harvest to cook a meal, bake a pie or make jam or marmalade.

Sharing it adds to the tribute.





Let something die

Autumn can feel demanding, it's a time where Mother Earth clearly signals letting go, decay, death and deep, deep rest. And yet, society at large indicates it's a time to return to work, back to school and return to doing. It may feel like we are simultaneously being called to rest and called to work.

As humans, we shy away from using the word death, it feels final, the ending of all endings. Turning to nature, we learn that death is a transition and a natural stage in a complete process.

When we reflect on loss, death and the natural cycle of life it's normal to feel sadness and grief. And I suggest you allow all the feels.

To let something die opens up for what can come next, to grieve and cry is often a much-needed release for body, mind and soul.

WHERE DO YOU FEEL CONSUMED WITH PRESSURES, SHOULDs, COMPARISONS, AND STORIES ABOUT HOW MUCH FURTHER ALONG YOU SHOULD BE THAN YOU ARE.

WHAT ARE YOU READY TO LET DIE?



Explore

What does nature look like right now where you are? What is going on in your surroundings at this time of the year? What colors does the landscape have? What scent fills the air? And how does the wind feel against your skin?

You don't need to have access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels against your skin, in your nostrils and how it affects you.

Paying attention to the changes in one specific place over time is another way to begin to approach the rhythm of nature.

Add all the senses, the scent of the earth, the colors and how the ground feels beneath your feet.

What signals do you get? How does the energy feel? And does it affect you?

THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT WAYS.

HOW DO YOU EXPERIENCE THIS SEASON? HOW DO YOU REACT AND ACT?

HOW CAN YOU MORE FULLY HONOUR THE SEASON AND RHYTHMS RIGHT NOW IN A WAY THAT SUPPORTS YOU?

BALANCE

I believe we often think about balance as something that can be constant and isn't it the absolute opposite?

Balance is never static; it's shifts, movement, change – it is alive.

To be, feel and have balance in our lives, we need to tend to it in a way that supports us as individuals.

How long is too long, how much is too much? And what do you need to balance

what you do too much, too long or rarely.

And take notice if you spend your time constantly chasing balance instead of listening to what you need.

Remember, balance is fluent, always shifting.

How does it feel when you are in balance with your life? Do you discern the opposite?

A vertical photograph of a forest in autumn. The background is heavily blurred, showing dark tree trunks and soft, warm-toned foliage. In the middle ground, a single, detailed brown leaf is suspended in the air, its veins clearly visible. The overall mood is serene and contemplative.

*Cherish
Celebrate
Compost*

CHERISH, CELEBRATE & COMPOST

We are in the last leg of the wheel of the year and it's truly a period of duality; the end of summer, blooms and high energy. The beginning of leaves and temperature falling, and the darker part of the year.

It's death and life, it's endings and beginnings and an opportunity to reflect on your own journey.

The value of acknowledging and cherish your hard work with the respect and honouring it needs is a vital part of the journey. We often discard our accomplishments and move on to the next thing.

Give yourself time to reflect on your accomplishments and successes, trials and errors, triumphs and failures – and celebrate both.

This is also the perfect season to let things rest, not necessarily abandon them permanently, but to let them fall to the ground, compost and see if they re-emerge.

There is no one right way to do this and if you have your own process, stick with it.

If not, the following pages invite you to explore, ponder and discern.

Create your way.

Do it at your pace.

And only if you want to.

WHAT DO YOU REGARD AS FAILURES OR EVEN FIASCOS? WHERE DID YOU TRY AND FAIL? HOW CAN YOU CHERISH YOUR EFFORTS?

WHAT DID YOU START THAT ENDED UP AS SOMETHING ELSE?

Cherish

WHAT WOULD YOU LIKE TO CONTINUE WITH? (BEING, DOING, CREATING, FEELING).

WHAT DO YOU FEEL WAS A SUCCESS? NO NEED TO JUST COUNT THE BIG, HUGE THINGS. TINY STEPS, SMALL WINS AND EVERYDAY HURRAY'S COUNT.

Cherish

HOW CAN YOU CELEBRATE WHO YOU ARE? (NOT WHO YOU WISH/WANT/THOUGHT YOU SHOULD/COULD BE – JUST EXACTLY WHO YOU ARE RIGHT NOW).

HOW DO YOU RECOGNIZE, REJOICE AND CELEBRATE YOUR ACCOMPLISHMENTS AND SUCCESSES?

Celebrate

HOW DO YOU RECOGNIZE, REJOICE AND CELEBRATE TRYING AND FAILING?

CAN YOU ADD SMALL CELEBRATIONS TO YOUR EVERYDAY LIFE? HOW WOULD THAT FEEL?

WHY?

Celebrate

ARE YOU CARRYING UNRESOLVED CONFLICTS, OLD GRUDGES OR FEELINGS OF GUILT THAT NEED TO BE DEALT WITH? CAN YOU ADDRESS THEM BEFORE THE FIRST FROST TAKES HOLD OF THEM?

DO YOU HOLD ANY BELIEFS ABOUT NOT BEING OR DOING ENOUGH? WHAT CAN YOU LET GO OF TO BE AND FEEL "ENOUGH"?

Compost

IF YOU REALLY THINK ABOUT IT, WHAT DO YOU WANT TO SAY GOODBYE TO, AND WHAT DO YOU WANT TO PUT ON PAUSE?

Compost

Magic



A JAR OF BLESSINGS

As we prepare to meet shorter and cooler days and nights that grow longer, we can gather the moments we treasured.

A jar of blessings can be filled with notes of happy, fun, loving, memorable moments that happened during the year. It can be small treasures, gathered throughout the year that reminds you of a place, a day or a moment.

Choose a jar (bowl, pot) and create a ritual to charge it with the possibilities of new precious moments. Reflect on what you wish to bring in and how you want to feel, and imagine all of that flowing into your jar.

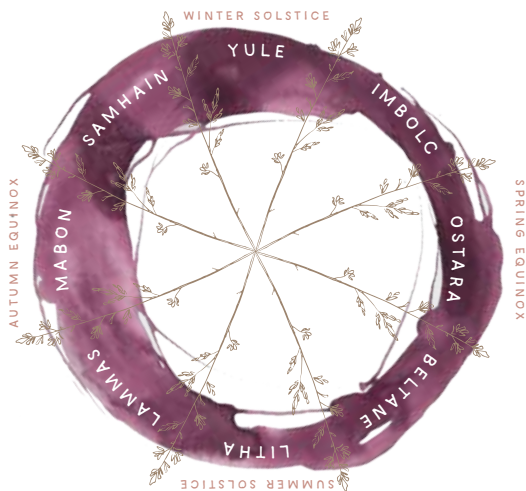
If you wish you can start your jar with small things that represent your wishes or add words and colours that represent them.



AN AUTUMN SPELL

A simple spell that is easy to do – but powerful. Gather dry leaves. On each leaf, write something you would like to be rid of.

Crush each leaf in your hand and allow the shreds to be carried off by the wind.



The wheel of the year

Winter, spring, summer and fall - seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four midpoints between the solstices and equinoxes, we get the Wheel of the Year. Eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature and a beginning to feel them within ourselves.

NORTHERN HEMISPHERE

SAMHAIN	October 31–November 1
WINTER SOLSTICE YULE	December 21/22
IMBOLC	February 2
SPRING EQUINOX OSTARA	March 19/22
BELTANE	May 1
SUMMER SOLSTICE LITHIA	June 20/22
LAMMAS	August 1
AUTUMNAL EQUINOX MABON	September 22/23

SOUTHERN HEMISPHERE

SAMHAIN	April 30– May 1
WINTER SOLSTICE YULE	June 20/21
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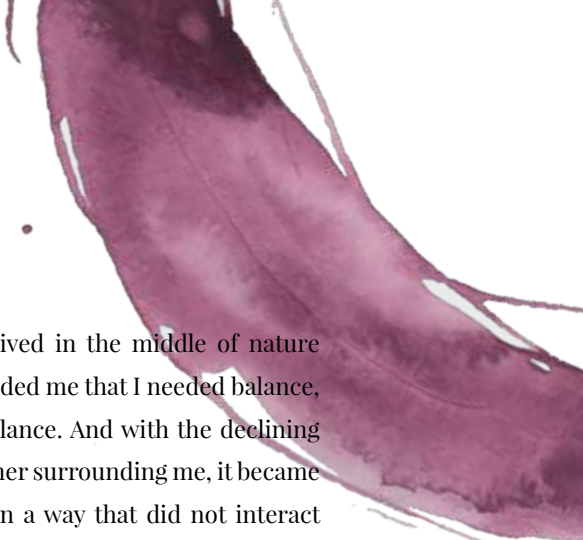
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PHOTO P 2 OCH BACK: DANIEL STRANDROTH

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IRENA CARPACCIO P 6, AUTUMN MOTT RODEHEAVER P 11, ZHANG KAIYV P 20, HEATHER FORD P 21, MARTIN

WIDENKA P 21. ILLUSTRATIONS BY ANNA LINDER.



It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the declining energy of late summer surrounding me, it became impossible to live in a way that did not interact with the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and strong and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.



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