



Mabon Journal Page

For balance, gratitude, adjustment, and the wisdom of letting go

Date: _____

Time / Moment: _____

I arrive at the autumn equinox. Day and night meet in quiet balance before the season continues its turning. I pause to notice what has been gathered, what is changing, and how I can move with the rhythms of this transition rather than against them.

Intention

I begin with a single sentence to orient this seasonal reflection.

My Mabon Intention:

Reflections

Mabon reminds us that balance is not something we achieve once, but something we return to as life changes. As the days grow shorter and the season turns inward, I reflect on what has nourished me, what asks to be released, and what will help me remain grounded through change.

What feels balanced in my life right now?

Where do I notice imbalance asking for my attention?

What has nourished me most over the past season?

What feels complete, and what still asks for my care?

What am I ready to release with gratitude?

How am I adapting to the changing pace of the season?

What routines or practices help me feel grounded as the days grow shorter?

Invitation

Mabon reminds us that change does not have to be resisted. The equinox offers only a brief moment of perfect balance before the wheel continues to turn. Balance is something we practise, not something we possess.

How can I move gently with the changes unfolding around me?

If my life reflected the autumn landscape, what would be ready to harvest, what would be ready to preserve, and what would naturally fall away?

What is one small adjustment that would help me feel more supported this season?

I allow this page to hold gratitude, honesty, and gentle flexibility. I trust that adapting is not losing myself, but caring for myself.

Elements in Focus

▽ **Earth** (grounding, nourishment, stability):

△ **Air** (clarity, perspective, reflection):

△ **Fire** (purpose, warmth, inner strength):

▽ **Water** (acceptance, emotion, release):

⊗ **Spirit / Aether** (balance, gratitude, trust in change):

Symbols and Images

Mabon speaks through balance, harvest, changing colours, and the quiet beauty of transition.

- Apples and pears
- Pumpkins and squash
- Acorns, pinecones, and fallen leaves
- Baskets of harvest
- Cool mornings and golden afternoons
- Migrating birds and changing skies
- Candles glowing in earlier evenings

What colours feel like autumn arriving?

What image or symbol represents balance for me this season?

Space for symbols:

Closing and Sealing the Session

A closing line to honour this season of balance and transition.

Example:

"May I receive what nourishes me, release what no longer serves me, and move gently with the changing season."

My Closing Line:

"As light and darkness meet, I choose balance, gratitude, and trust in the turning of the wheel." 🍂🍎