



The Mermaid Wave Journal

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Stephanie's Corner

By Stephanie Leon Neal



THE WAVE KEYS

The first 4 keys:

1. Beliefs are lived through consistent action.
2. Living within the pattern of truth, one gains complete freedom to see.
3. The source is the mind.
4. You are the home and flesh of the Source.

Love & Blessings,

Stephanie Neal

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Voices From the Sea

By Rv Silas Mimir AP~

The Wisdom of Returning

A Mabon Message from Yemaya, Mother of the Living Waters

Beloved Child of the Tide,

Come closer.

The Wheel is turning.

You can feel it in the coolness carried upon the evening wind. You can see it in the lengthening shadows and in the leaves beginning to loosen their hold upon the branches.

The season of brightness is becoming the season of reflection.

And you may be tempted to hold on.

You may wish to keep the long days, the warmth, the certainty of what has already blossomed. You may look upon all that is changing and wonder why the things you love cannot simply remain as they are.

But I am the Ocean.

I have never feared change.

Every moment, I release what has been and receive what is coming. The tide does not mourn the wave because it knows another wave will rise.

This is the wisdom I offer you at Mabon:

Nothing is meant to remain forever.

And this is not a tragedy.

It is a sacred design.

You have spent this season growing, reaching, becoming.

You have gathered experiences as the fields have gathered grain. Some have nourished you. Some have wounded you. Some have taught you lessons you never asked to learn.

Now I ask you to pause.

Turn toward what you have harvested within yourself.

What has grown?

What has ripened?

What have you learned about your own strength?



What have you discovered that you no longer need?

Do not measure your harvest only by what you can hold.

Some of your greatest harvests may be invisible.

Perhaps you learned to say no.

Perhaps you learned to say yes.

Perhaps you finally walked away from something that continually diminished your spirit.

Perhaps you stayed when leaving would have been easier.

Perhaps you learned that healing does not always mean becoming who you once were.

Sometimes healing means becoming someone you have never been before.

These are sacred harvests.

Give them your gratitude.

But then, beloved, I ask you to be released.

The tree does not cling to every leaf simply because it once needed it.

The tide does not carry every shell forever.

The river does not apologize when it changes course around a stone.

Why, then, do you believe that you must carry everything you have ever loved, feared, lost, or survived?

Some things have completed their journey with you.

Let them go.

Release them with reverence rather than resentment.

Thanks for the lesson.

Honor the memory.

Bless the experience.

Then allow the current to carry it away.

There is great power in knowing the difference between something that is leaving you and something you are being called to release.

Listen carefully.

The first may bring grief.

The second may bring freedom.

At Mabon, the Sun and darkness
stand in sacred balance.

Neither conquers the other.

Neither is the enemy.

Light reveals.

Darkness restores.

Light calls you outward.

Darkness calls you inward.

You need both.

Do not fear the coming descent.

There are treasures that can only be found beneath the surface.

There are truths that cannot be heard beneath the noise of summer.

There are parts of your spirit that require quiet waters before they will speak.

So as the Wheel turns, do not ask only:

“What am I losing?”

Ask:

“What am I finally free to receive?”



The empty space left by what you release is not emptiness at all.

It is a possibility.

It is the deep ocean before the next wave rises.

It is the dark soil beneath the fallen leaf.

It is the silence before a prayer is answered.

Trust the turning.

Trust the tide.

Trust the wisdom of your own depths.

You do not have to know what the next season will bring.

You only need to meet it honestly.

Give thanks for what has been.

Make peace with what is ending.

Carry forward what has nourished you.

And surrender what has finished its work.

For I tell you this, beloved:

The tide that retreats is not abandoning the shore.

It is gathering itself.

And when it returns, it will bring with it treasures from places you have never seen.

So gather your harvest.

Bless your endings.

Honor your becoming.

Then step gently into the darkness.

I will be there.

I have always been there.

Beneath every ending waits another beginning.

Beneath every retreat is the promise of return.

And beneath every changing tide is the eternal sea.

You are never lost.

You are simply becoming.

With the love of all waters,

Yemaya, Mother of the Living Waters

Whispers From the Sea

By Rv Stacey Blair AP~

Mabon: The Balance of the Harvest

A Guided Meditation for the Autumn Equinox

Find a quiet and comfortable place to sit or lie down.

Allow your hands to rest gently in your lap or at your sides. Close your eyes, if that feels comfortable, and take a slow, deep breath in.

And exhale.

Again, breathe in the coolness of autumn...

And breathe out anything you no longer need to carry.

One more time.

Breathe in...

And breathe out.

Let your body become still.

Imagine yourself standing at the edge of a woodland on an early autumn evening. The air is crisp and gentle. Golden leaves drift slowly from the trees, carried by a soft breeze.

Before you stretch a beautiful path covered with leaves of amber, russet, gold, and deep green.

Begin walking slowly along the path.

With every step, feel yourself becoming more grounded.

The earth beneath your feet reminds you that you are supported.

Above you, the trees release their leaves without struggle.

They do not cling to what has completed its purpose.

They simply let go.

As you walk, come to a clearing.

At the center is a simple harvest table. Upon it are apples, grains, herbs, squash, nuts, berries, and autumn flowers.

This is your harvest.

Not only the things you have gathered from the earth, but the experiences, lessons, friendships, accomplishments, and moments of growth you have gathered throughout the year.

Take a moment to consider what has ripened in your life.

What are you grateful for?

Perhaps there are things large enough to name immediately.

Perhaps your harvest is found in something small—a kind word, a lesson learned, a moment of peace, a new beginning.

Whatever comes to mind, place it upon the harvest table.

One by one.

And whisper:

“I give thanks for what has grown.”

Pause here and breathe.

Now notice that beside the harvest table is a second basket.

This basket is for what you are ready to release.

Perhaps there is an old worry.

A disappointment.

A habit.

A relationship with something that has already completed its season.

You do not need to judge it.

You do not need to force it away.

Simply recognize it.

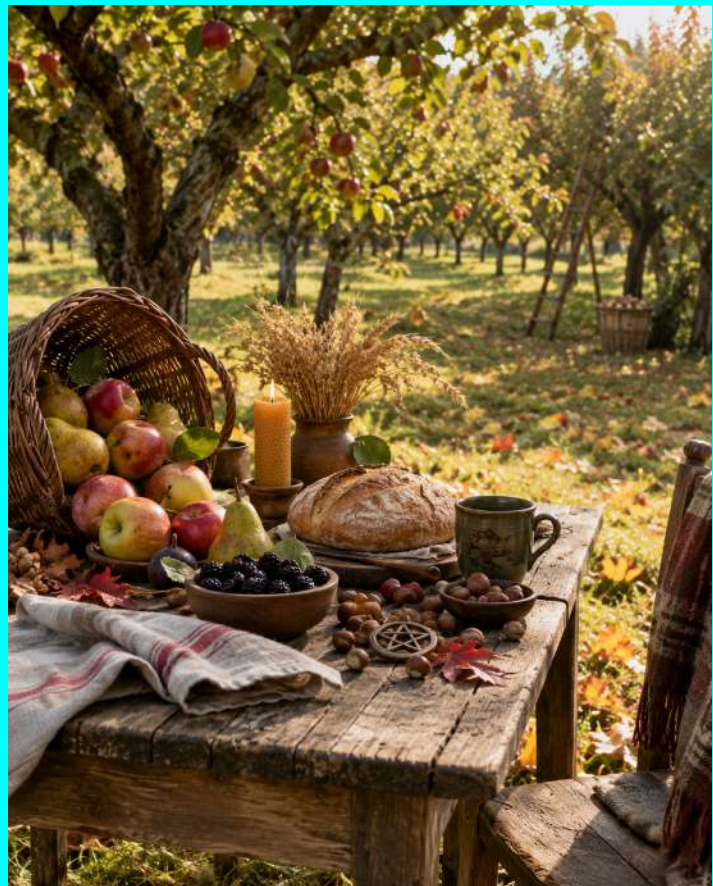
When you are ready, place it into the basket.

Then say:

“I honor what has been, and I release what is no longer mine to carry.”

Watch as the autumn breeze gently carries fallen leaves away.

There is no emptiness in letting go.



There is room now for something new.

Look toward the sky.

The light and darkness are perfectly balanced.

Day and night meet as equals.

Mabon reminds us that balance does not mean remaining perfectly still.

It means learning when to act and when to rest.

When to gather and when to release.

When to speak and when to listen.

When to hold close and when to let go.

Take a slow breath.

Imagine golden light gathering around you.

With each breath, this light settles into your heart.

Feel gratitude.

Feel steadiness.

Feel the quiet wisdom of the changing season.

Say to yourself:

“I honor the balance within me.”

“I give thanks for the harvest of my life.”

“I release what has completed its season.”

“I welcome the wisdom of what comes next.”

Remain here for several breaths.

Listen to the imagined sounds of the woodland—the rustling leaves, the distant birds, the whisper of the wind.

Let autumn remind you that change is not an ending.

It is part of the great turning.

When you are ready, begin walking back along the leaf-covered path.

With every step, return gently to the present moment.

Feel the surface beneath you.

Notice your breath.

Move your fingers and toes.

Take one final deep breath in...

And slowly exhale.

When you open your eyes, carry with you the quiet balance of the equinox.

May you leave this meditation with gratitude for what has been gathered, courage to release what has passed, and trust in the season yet to come.

Blessed Mabon.

Deep Sea Inspirations

By Rev. Bradley Quisenberry Foster/Fosterberry

Mabon at the Waterline

The year has come again
to the old crossing.

Sun on one shoulder.

Night on the other.

For a little while
the scales remember their center,
and neither kingdom asks the other to bow.

The fields are heavy now.
Orchards bend beneath their keeping.
Seeds darken.
Leaves loose.
The first cool breath moves through the evening
and something ancient in us recognizes the turn.

This is Mabon.

The table after work.
The cup after the thirst.
The hand opening
after months spent holding tight.

So I bring what I have gathered.

Some of it is beautiful.

Some of it grew crooked.

Some came from prayers I whispered
and forgot I had ever made it.

Some came through hard weather,
through grief,
through laughter,
through love,
through doors opening
and others closing behind me.

I lay it all down.

Grain and memory.
Salt and fruit.

Bread and grief.
Wine and laughter.
Names of the dead.
Names of the living.
Things I once begged the Gods for
that I now carry so easily
I sometimes forget
They were miraculous.

And beyond the fields,
beyond the forests,
beyond every road that carries us
home,
The sea keeps the same old wisdom.

The tide comes in.

The tide goes out.

The moon pulls.

The water answers.

No wave holds the shore forever.

Maybe that is the teaching.

Harvest is more than gathering.

Harvest is knowing
what becomes seed,
what becomes supper,
what becomes offering,
and what must be returned
because its season with us is over.

There is a kind of courage
in letting go.

The tree knows it.



The field knows it.

The tide knows it.

Even the Sun,
burning bright across the long months,
knows when to begin the journey inward.

So come, Autumn.

Come through the orchard.
Come through the wheat.
Come over mountain and shoreline,
through village and city,
over desert,
forest,
river,
island.

Come find us
wherever we are standing
when the balance comes.

Between fire and water.
Between gratitude and hunger.
Between who we have been
and whatever waits beyond the turning.

We have eaten from the summer.

We have carried its warmth in our bones.

We sang while the world was green.

Now we are learning another song.

A deeper one.

A song for roots working in darkness.

A song for seeds sleeping beneath the soil.

A song for the sea drawing back
before returning again.

I will thank the field.

I will thank the rain.

I will thank every root
that worked beneath the earth
without asking to be witnessed.

I will thank the hands that fed me,
the love that held me,
the lessons that bruised me,
and the strange gifts
I did not recognize
until long after they arrived.

And when the equal night comes,
I will raise my cup
to the Sun traveling west
and the dark rising to meet it.

Neither enemy.

Neither victor.

Two old powers
meeting at the same sacred table.

For tonight,
there is enough.

Enough bread.

Enough water.



Enough fire.

Enough love left in the world
to carry one another
into the colder months.

And when the tide turns,
as every tide must,

I will go with it.

Hand-Made Projects

The Harvest Gratitude Wreath

Mabon is a season of balance, gratitude, and gathering in the harvest. This simple wreath transforms autumn's gifts into a beautiful piece of seasonal décor while creating an opportunity to reflect upon what you have harvested—both from the earth and within your own life.

You Will Need

- A grapevine or natural wreath base
- Dried herbs such as rosemary, sage, thyme, lavender, or bay leaves
- Dried autumn leaves
- Small pinecones
- Dried flowers
- Wheat or other dried grasses
- Acorns or small nuts
- Twine, raffia, or natural-colored ribbon
- Floral wire or craft wire
- Small pieces of paper or cardstock
- A pen

Optional: cinnamon sticks, dried orange slices, or small pieces of apple

Creating Your Wreath

Begin by preparing your workspace. Light a candle or place a cup of warm autumn tea nearby. Take a few quiet moments to consider the season that is passing.

Ask yourself:

What have I harvested this year?

Perhaps you have gained knowledge, strengthened a friendship, completed a difficult task, begun something new, or simply learned to appreciate the quieter moments of life.

Write three things you are grateful for on your small pieces of paper.

Fold each paper and set them aside.

Build Your Harvest

Begin attaching your dried herbs, leaves, flowers, grasses, and other natural materials to the wreath.

There is no need for perfection. Allow the wreath to look abundant and slightly wild, like a basket gathered from the autumn garden.

As you work, consider the meaning of each element.

Rosemary may represent remembrance and enduring wisdom.

Sage may represent cleansing and renewal.

Lavender may represent peace and tranquility.

Wheat or grasses may represent abundance and the harvest.

Pinecones may represent potential and the promise held within what has not yet opened.

Choose the symbolism that feels meaningful to you.

Add Your Gratitude

When the wreath is complete, tuck your three gratitude papers into the arrangement.

You may hide them among the herbs and flowers so they remain private, or leave them partially visible as a reminder throughout the season.

As you place each one, say quietly:

“I recognize what has grown.”

“I give thanks for what I have received.”

“I honor the harvest of this season.”

The Mabon Balance

Place the finished wreath somewhere meaningful in your home.

As you look at it, remember that Mabon is not only about abundance. It is also about balance.

For every thing you have gathered, there may be something you are ready to release.

If you wish, write one final word on a small piece of paper representing something you no longer wish to carry.

Hold it for a moment.

Then remove it from the wreath.

You may safely burn it in a fireproof vessel, tear it into pieces, or simply discard it as a symbolic act of release.

Say:

“As the trees release their leaves, so do I release what has completed its season.”

Take a slow breath.



Look upon your harvest wreath.

Let it serve as a reminder that every season has something to teach us: how to gather, how to give thanks, how to let go, and how to make room for what comes next.

Blessed Mabon, and may your harvest be abundant in all the ways that matter.

Dabblings of a Green Witch

By Rev. Catherine Dragoni

My dining room table, and also the table on our three seasons deck, have been a cluttered mess of various jars and cardboard trays full of drying herbs for the last two months. My fairly patient husband gave me a gentle hint about the chaos. That and the seasonal change in the air motivated me to finish some projects, bottle the herbs that were appropriately dried, and cleared up much of the clutter. (Not all of it, but enough that we can now actually sit at those tables.)

Although I was drying herbs for my own purposes for over the winter and into next In summer, I was also drying herbs to be given as gifts. At the wild life center, we use some jarred baby foods as part of the diets for several species. My friends saved these jars for me, and I cleaned them, painted and labeled the lids. Then I filled them with herbs from my garden. I have a few more jars to fill, so it is still a work in progress. By the holidays I will have enough jars to give to my besties at the center.

September in my state is a slow gentle transition from one season to another. Summer is slowly fading, but the noon day sun is warm if there are no clouds, and we are still enjoying time at the local beaches. Farm fields are full of ripening vegetables. Because spring is a bit slow in coming here, you still see fields full of sweet corn, ready to be picked. At local farm stands, sweet and luscious local corn is readily available.

I know the grain products are more traditionally associated with Lammas. But this year it seems appropriate to include corn in this season's foods. Perhaps this year's transition to Fall has been more gradual. The ending of summer and beginning of fall seems to be a blurred line this year, but maybe this allows us to enjoy the blessings of both seasons in this transitional month.

I will look forward to apple picking in a week or two, and will bake all those wonderful apple recipes, but this week we are savoring sweet corn with our suppers, and I have made this wonderful cornbread recipe.

Amish Sour Cream Cornbread

Ingredients:

- 1 cup cornmeal
- 1 cup all purpose flour (can substitute a good gluten free flour)
- ½ cup sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 2 eggs
- 1 cup sour cream
- ½ cup butter, melted

Process:

1. Preheat the oven to 375 degrees. F
2. Grease a 9 x 9 inch baking dish.
3. In a large bowl, combine the cornmeal, flour, sugar, baking powder and salt.
4. In a separate bowl, whisk the eggs, melted butter, and sour cream until smooth.
5. Pour wet ingredients into dry and stir until just combined. Don't overmix, lumps are fine.
6. Pour batter into the prepared dish and spread evenly.
7. Bake for 28 to 30 minutes, until the top is golden and the toothpick comes out clean.
8. Cool 5 – 10 minutes before slicing and serving.

Key notes:

1. Do not overmix. Once wet and dry ingredients come together, stop stirring. Lumps are fine.
2. Check the cornbread for around 28 minutes.

Baking With Herbs

Mabon Harvest Apple & Sage Cake

As the wheel turns toward autumn, Mabon invites us to celebrate the abundance gathered from garden, field, and hearth. Apples, grains, nuts, and warming spices all seem to belong to this season, but there is another harvest gift that deserves a place at the table: the herb garden.

This rustic apple cake combines sweet autumn apples with the earthy fragrance of fresh sage and a touch of rosemary. The result is a tender, fragrant cake that is equally lovely served with afternoon tea or shared around the Mabon table.

Mabon Harvest Apple & Sage Cake

Ingredients

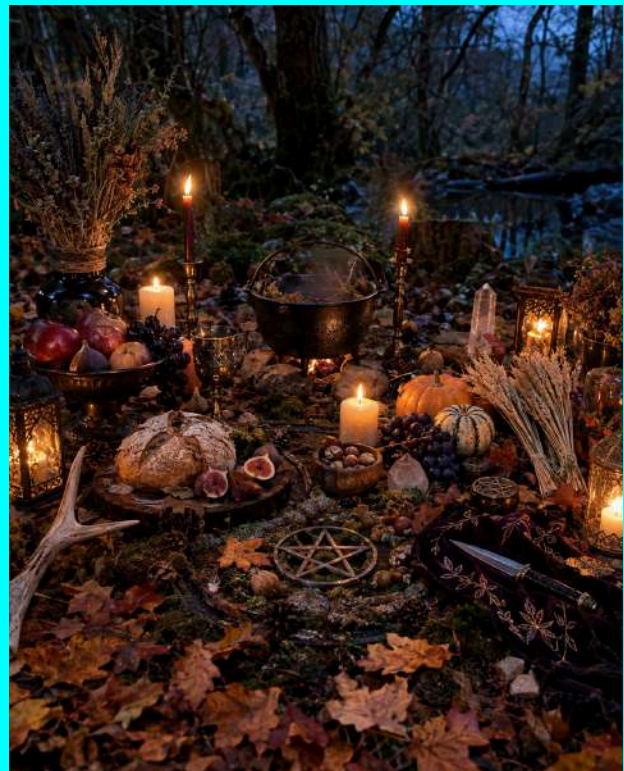
2 cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ cup unsalted butter, softened
¾ cup brown sugar
2 large eggs
1 teaspoon vanilla extract
½ cup sour cream or plain Greek yogurt
2 medium apples, peeled and finely diced
1 tablespoon fresh sage, very finely chopped
1 teaspoon fresh rosemary, very finely chopped
½ cup chopped walnuts or pecans
For the Honey Glaze
½ cup powdered sugar
1 tablespoon honey
1–2 teaspoons milk or cream
Method

Preheat the oven to 350°F. Grease and flour a 9-inch round cake pan.

In a bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg.

In a separate bowl, cream the butter and brown sugar until light and fluffy. Add the eggs one at a time, mixing well after each addition. Stir in the vanilla.

Add the dry ingredients to the butter mixture in two additions, alternating with the sour cream. Mix just until combined.



Gently fold in the diced apples, sage, rosemary, and chopped nuts.

Spoon the batter into the prepared pan and smooth the top.

Bake for approximately 40–50 minutes, or until a toothpick inserted into the center comes out clean.

Allow the cake to cool for 10–15 minutes before removing it from the pan.

The Honey Glaze

Whisk together the powdered sugar, honey, and enough milk or cream to create a thin glaze.

Drizzle over the cooled cake.

For an especially beautiful Mabon presentation, garnish with a few very small fresh sage leaves, rosemary sprigs, or thin apple slices.

A Little Herbal Wisdom

Sage and rosemary bring more than fragrance to this autumn cake.

Sage has long been associated with wisdom and remembrance, making it especially fitting for a season devoted to reflection and gratitude. Rosemary carries traditional associations with remembrance as well, while its pine-like aroma pairs beautifully with apples and autumn spices.

Use culinary amounts of herbs for this recipe and choose herbs that are fresh, clean, and appropriate for food use.

A Mabon Moment

Before serving, pause for a moment and consider your own harvest.

What have you cultivated since the beginning of the year?

What has blossomed?

What lessons have you gathered?

And what are you ready to release as the days grow shorter?

Cut the cake and share it with friends or family, or enjoy a quiet slice with a pot of autumn tea.

Mabon reminds us that abundance is not measured only by what we possess. Sometimes the richest harvest is found in the people beside us, the lessons we have learned, the work of our hands, and the simple pleasure of gathering around a table.

May your table be abundant, your hearth be warm, and your Mabon harvest be sweet.

Tea Time With The Wave

Autumn Harvest Tea

As the autumn equinox brings the year into balance, Mabon invites us to pause and give thanks for the harvest. This warming loose-leaf blend combines the bright sweetness of apple with the gentle floral notes of chamomile and the comforting spice of cinnamon.

It is a lovely tea for an afternoon of reflection, a Mabon gathering, or simply watching the leaves begin to turn.

The Blend

Makes approximately 8 servings

2 tablespoons dried apple pieces

2 tablespoons dried chamomile flowers

1 tablespoon dried rose hips

1 tablespoon dried calendula petals

1 cinnamon stick, broken into small pieces

1 teaspoon dried ginger pieces

1 teaspoon dried rosemary

To Prepare

Combine all ingredients in a bowl and gently mix.

Store your finished blend in an airtight glass jar away from heat, light, and moisture.

For each cup, use approximately 1 tablespoon of the loose-leaf blend.

Place the herbs into a tea infuser or teapot and pour over 8 ounces of freshly boiled water.

Cover and steep for 7–10 minutes.

Strain and serve warm.

Add a touch of honey if desired.

A Mabon Ritual

Before drinking, take a moment to hold your cup in both hands.

Breathe in the fragrance of apple, spice, and herbs.

Think about the things you have gathered throughout the year—not only material abundance, but friendships, knowledge, experiences, and moments of growth.

With your first sip, give thanks for what has come into your life.

With your second, consider what you are ready to release.

With your third, welcome the season ahead.

You might say:



“I honor the harvest I have gathered.

I release what has completed its season.

I welcome the balance of autumn.”

Then simply sit and enjoy your tea.

Herbal Note

The herbs in this blend are included primarily for flavor and traditional culinary use. If you are pregnant, nursing, taking medications, or have a medical condition, check with a qualified healthcare professional before using herbal blends regularly.

Mabon is a time to gather, give thanks, and savor the gifts of the season. Let this tea be a small ceremony in a cup.

Demeter's Apothecary

Creating an Autumn Harvest Herbal Oil

Mabon marks the turning point between summer and autumn—the time when gardens are gathered, herbs are preserved, and the household begins preparing for the quieter months ahead.

For the home apothecary, this is an ideal season to preserve some of the garden's fragrant gifts in oil.

An herbal-infused oil can be used as the foundation for salves, balms, body oils, or simply enjoyed as part of a seasonal self-care ritual.

Choosing Your Herbs

For a Mabon-inspired oil, consider herbs traditionally associated with autumn and the garden:

Rosemary — fragrant, warming, and traditionally associated with remembrance

Calendula — cheerful golden flowers traditionally used in skin preparations

Lavender — soothing and aromatic

Sage — an herb of the autumn garden with a long history of culinary and household use

Thyme — a wonderfully aromatic herb for an autumn preparation

You may use one herb or create a combination that appeals to you.

What You Will Need

- A clean, completely dry glass jar
- Dried herbs
- A carrier oil such as olive, sunflower, or jojoba oil
- Fine-mesh strainer or cheesecloth
- Clean amber glass bottle
- Label and pen

Important: Use thoroughly dried herbs for a simple home infusion. Moisture trapped in oil can encourage microbial growth and spoilage.

Making Your Mabon Herbal Oil

Fill your clean, dry jar approximately one-third to one-half full with dried herbs.

Pour your chosen carrier oil over the herbs until they are completely covered, leaving a little space at the top of the jar.

Stir gently with a clean utensil to release trapped air bubbles.

Seal the jar and label it with the herbs used and the date.

Place the jar somewhere cool and dark. Gently shake it every few days.

After several weeks, strain the oil through cheesecloth or a fine-mesh strainer. Press the herbs gently to recover the oil, then transfer the finished infusion into a clean, dry amber bottle.

Label it again with the contents and date.

A Slower Mabon Method

If you would rather not wait several weeks, you can create a gentle warm infusion.

Place the jar of herbs and oil in a water bath and warm it over very low heat for several hours. The oil should remain warm but should not boil or fry the herbs.

Allow the finished oil to cool completely before straining and bottling.

A Mabon Apothecary Ritual

As you prepare your oil, consider the work involved in preserving the harvest.

The garden has given its abundance.

Now you are choosing to preserve a little of that abundance for the months ahead.

As you stir your herbs into the oil, reflect upon what you would like to carry forward from this season.

Perhaps it is patience.

Perhaps it is gratitude.

Perhaps it is a lesson learned during the summer.

Perhaps it is simply the ability to slow down and notice the changing world around you.

When your preparation is complete, place your hands around the jar and say:

“What was gathered shall be preserved.
What was learned shall be remembered.
What is no longer needed shall be released.
I carry the wisdom of this season forward.”

Using Your Herbal Oil

Your finished oil can become the base for a simple salve or balm, or it can be used as a fragrant body oil if the herbs and carrier oil are appropriate for that purpose.

Always perform a small skin patch test before applying a new herbal preparation more broadly. Avoid broken or irritated skin, and discontinue use if irritation occurs.

Herbal preparations are not automatically safe simply because they are natural. Research each herb carefully, especially if using preparations on children, during pregnancy or nursing, or alongside medications.

The Wisdom of the Harvest

The Mabon apothecary is ultimately about more than making herbal preparations.

It is about preservation.

We preserve herbs.

We preserve memories.

We preserve recipes passed from one generation to another.

We preserve the knowledge gathered through experience.

As the season changes, let your apothecary become a reminder that not everything must be carried forward—but the wisdom worth keeping can be carefully gathered and preserved.



Blessed Mabon, and may your autumn harvest fill both your pantry and your apothecary with abundance.

Magical Animals

By Rev. Catherine Dragoni

Mink

September is another very busy month at the wildlife rehab center I volunteer at. Many orphaned babies have been reared, and are now at the appropriate stage to be introduced to a wild habitat to live on their own.

The logistics of this process is not easy. First, an appropriate release area needs to be identified. An area large enough, away from busy roads and dense developments, that includes a water source. Finding these areas is difficult. To this end, a good share of my volunteer work has been to collaborate with land trust associations, who have been very helpful in identifying appropriate areas for wildlife releases.

A very happy story is the story of three minks.

They were orphans, I do not have the circumstances of what happened to their mom, but they were brought to the center. They required hand rearing, formula feedings around the clock, and one of the center's licensed sub-permittees took the three babies into her care in her own home, to facilitate the feeding schedule.

Once the babies were beyond the round the clock feeding schedule, they came back to the center, and were transferred to an outside enclosure. During this period they were fed foods that they could be expected to find or prey upon in their natural environment.

This included dead mice and fish, among other protein sources.

At the end of August, an ideal release site was identified through collaboration with a neighboring land trust. The property encompassed wooded areas, and a stream that fed into a larger local river. Minks need to be around water, where they can fish and scavenge for things like crayfish and fresh water mussels, so this was the perfect environment.

A team of individuals from the rehab center and the land trust assembled to make this release a success. The wildlife center carefully corralled the minks into transport carriers, and transported them to the trail head. They were met by folks from the land trust, who guided the whole team along the trails to the perfect release site. After some hesitation, the minks left their carriers and began to explore their new home, leaving the humans to celebrate what was accomplished through collaboration between their respective organizations.

Sometimes it's the animals who show us the way.

In magickal traditions, mink is associated with Venus, the Moon, and the element of water. Not surprising as their food sources are mainly derived from water sources! But this association also symbolizes emotional depth and transformation.

Mink aligns with lunar energy and feminine creative forces. Mink symbolism can aid with intuition and psychic work, as well as protection. Because of its natural stealth and nocturnal habits, the symbolism of mink provides spiritual protection, the ability to shield against negative influences, and when necessary, stealth and

subtlety; the ability to work in the shadows. Use mink energy for spiritual defense and shielding.

Totally Tarot

By Rv Silas Mimir AP~

The Mabon Tide: Finding Balance Between Shore and Sea

There comes a moment when the tide seems to pause.

Not because the ocean has stopped moving, but because for just a breath, we can feel the balance between what is coming in and what is going out.

That is the energy of Mabon.

The Autumn Equinox brings us to a place of balance—light and dark, growth and release, abundance and gratitude. The days begin their slow journey toward darkness, and the Earth reminds us that not every season is meant to last forever.

As a sea witch, I see Mabon in every changing tide.

The ocean does not cling to the water that has already passed.

It lets it go.

And then it welcomes the next wave.

Perhaps that is one of the greatest lessons Mabon offers us: **we can be grateful for what has been without needing to hold onto it.**

The Harvest Is More Than What We Can Hold

Mabon is often associated with the Second Harvest—a time to gather the fruits of what has been planted and tended throughout the year.

But what if your harvest isn't something you can put into a basket?

Perhaps your harvest is wisdom.

Perhaps it is confidence.

Perhaps it is finally understanding your own boundaries.

Perhaps it is discovering that something you once thought broke you actually changed you.

Maybe your harvest is simply this:

You are still here.

The tarot understands this beautifully.

The cards don't ask us to pretend that every season has been easy. They show us the storms, the endings, the lessons, the celebrations, and the unexpected treasures that wash ashore.

And Mabon asks us to look at all of it.

Not just the pretty pieces.

All of it.

Because every part of the journey has shaped the person standing on the shore today.

Mabon Energies in the Tarot

Certain tarot archetypes particularly embody the spirit of the Autumn Equinox.

Justice — The Sacred Balance

Justice is perhaps the clearest Mabon card.

It reminds us that balance isn't about making everything equal. It is about recognizing what needs our attention and bringing ourselves back into alignment.

Where have you been giving too much?

Where have you been receiving too little?

Where does your life need a little more balance?

The Empress — The Abundance We Have Cultivated

The Empress reminds us that creation takes time.

She is in the garden after months of tending.

The harvest after patience.

The dream that finally has roots.

At Mabon, she asks:

What have you nurtured that is now ready to be celebrated?

The Hermit — The Wisdom of Turning Inward

As the light begins to fade, the Hermit reminds us that darkness isn't something to fear.

Sometimes we need to step away from the noise.

To listen.

To reflect.

To discover what our own inner lantern has been trying to tell us.

The sea is full of darkness beneath its surface.

And yet, life thrives there.

The Six of Pentacles — The Sacred Exchange

Mabon reminds us that abundance isn't only about what we receive.

It is also about what we give.

The Six of Pentacles asks us to consider the flow of energy in our lives.

Are you giving from a full cup—or an empty one?

Are you allowing yourself to receive?

The ocean gives and receives with every tide.

Neither is more sacred than the other.

The World — Completing the Cycle

The World reminds us that endings aren't failures.

They are complete.

One cycle closes so another can begin.

At Mabon, we stand on that beautiful threshold between what has been and what comes next.

We don't have to know exactly where the next tide will take us.

We simply have to trust that there will be another wave.

The Mabon Equinox Tarot Spread

This is my **Mabon Tide Tarot Spread**, created to help you explore what you have harvested, what you are ready to release, and what you are carrying into the darker half of the year.

Lay seven cards in the shape of a gentle wave:

[7]

[5] [6]

[3] [1] [4]

[2]

1. The Equinox — Where Am I Now?

What is the central energy of my life at this moment?

This is your point of balance—the place where you currently stand between what has been and what is becoming.

2. The Root — What Has Sustained Me?

What person, practice, lesson, belief, or inner strength has helped carry me through this year?

3. The Harvest — What Have I Grown?

What accomplishment, wisdom, or transformation deserves to be acknowledged?

Don't dismiss the small things.

Sometimes the smallest seeds produce the strongest roots.

4. The Gift — What Is Ready to Be Received?

What blessing, opportunity, insight, or support is trying to enter my life?

5. The Release — What Can I Let the Tide Carry Away?

What no longer needs to come with me into the next season?

You don't have to fight it.

Let the tide take it.

6. The Offering — What Can I Give Back?

How can I share my knowledge, love, creativity, or abundance with others?

7. The Next Tide — What Wisdom Will Guide Me Forward?

What should I carry with me as I enter the darker half of the year?

This final card is not necessarily a prediction.

Think of it as a lantern.

A piece of wisdom to illuminate the path ahead.

A Sea Witch's Mabon Tarot Spell The Spell of the Returning Tide

This ritual is designed for gratitude, release, and welcoming the next season.

You Will Need:

- Your tarot deck
- A small bowl of water
- A candle
- A shell, stone, or piece of sea glass
- A piece of paper and pen
- A quiet place where you can reflect

If you have access to seawater, wonderful.

If you don't, ordinary water works perfectly.

The magic isn't in obtaining the "perfect" ingredients.

The magic is in the intention you bring to them.

Begin at the Shore

Light your candle.

Place the bowl of water beside it.

Hold your shell or piece of sea glass and think about the journey you've traveled since the last autumn equinox.

Don't judge it.

Just remember.

The beautiful moments.

The difficult ones.

The unexpected turns.

The people who arrived.

The people who left.

The versions of yourself you have outgrown.

Now shuffle your tarot deck and draw **three cards**.

Card One — What I Harvest

What wisdom, strength, or blessing am I carrying forward?

Card Two — What I Release

What am I ready to stop carrying?

Card Three — What I Welcome

What energy do I want to invite into the coming season?

Place the three cards before you.

Then write down one thing you are grateful for, one thing you are releasing, and one thing you are welcoming.

Fold the paper toward yourself.

Place your shell or sea glass on top of it.

Dip your fingers into the water and touch your heart.

Then speak:

**By turning tide and autumn sea,
I honor all that carried me.
I bless the harvest of my days,
The winding paths, the changing ways.**

**What must depart, I let it go.
What nourishes me, I let it grow.
With grateful heart and spirit free,
I welcome what is meant for me.**

**As tide returns and seasons turn,
May wisdom be the light I learn.**

**I release. I received it. I flow.
And trust the tide wherever it goes.**

Sit quietly for a few moments.

Watch the candle.

Listen to your breath.

Let the cards speak.

And when you're ready, thank the water.

The Wisdom of the Darkening Tide

There is something we sometimes forget about the ocean.

The deepest waters are not illuminated by the sun.

And yet they are alive.

Mabon begins the beautiful descent into darkness, but darkness isn't the absence of magic.

Sometimes darkness is where magic becomes visible.

The stars need the night.

The moon needs the night.

The mysteries beneath the surface need the night.

So don't be afraid if you find yourself turning inward as the wheel turns.

Rest.

Reflect.

Dream.

Listen to the quieter voice inside yourself.

You don't have to be constantly growing.

You don't have to constantly produce.

You don't have to prove that your life is meaningful by being busy every minute of the day.

Sometimes the most magical thing you can do is simply **be**.

A Final Message from the Sea

At Mabon, I invite you to stand at the edge of your own inner ocean.

Look back at the shoreline behind you.

Look at how far you've traveled.

Look at everything the tide has carried to you.

And then look ahead.

There is another tide coming.

You don't need to know everything it will bring.

You only need to trust yourself enough to meet it.

Take your harvest.

Release what has become too heavy.

Keep the lessons.

Leave the burdens.

And remember:

The tide does not move backward.

It moves forward.

Always.



Wave by wave.

Season by season.

And so do we.

Blessed Mabon, my love.

May your harvest be abundant, your heart be grateful, and your waters run clear.

Until the next tide,

Silas the Sea Witch 🌊

Monthly Transits

(from cafeastrology.com)

September

26th - Full Moon

27th - Mars enters Leo (high passion for life)

30th - Mercury enters Scorpio (intense thoughts and communication)

October

3rd - Venus turns retrograde in Scorpio (be aware of jealousy, possessiveness or control)

10th - New Moon

15th - Pluto turns direct in Aquarius (power to make profound changes)

24th - Mercury turns retrograde in Scorpio (get in touch with instincts)

25th - Venus retrograde enters Libra (return to past frustrations with renewed perspectives)

26th - Full Moon

Special Events

All times are Eastern Standard Time

September 2026

September brings the turning of the Wheel toward autumn, when light and darkness stand in equal measure. This is a season of balance, gratitude, and

preparation, as we gather the final gifts of the growing season, honor the abundance bestowed upon us, and begin our sacred journey inward.

September 23 – Mabon (Autumn Equinox): The Second Harvest and a sacred celebration of balance, gratitude, and abundance. As day and night stand equal, we pause to give thanks for all that has ripened in our lives and release what is no longer needed.

(Southern Hemisphere: Ostara.)

September 26 – Full Harvest Moon in Aries: A fiery Harvest Moon awakening courage, initiation, and sovereign power. This is a time to stand boldly in your truth, kindle the warrior spirit within, and claim the path that calls to you.

September 30 – Celtic Tree Month of Ivy begins: Ivy, Gort, winds its way between worlds, symbolizing resilience, binding, endurance, and deep intuition. Its evergreen nature reminds us that life continues even as the Wheel turns toward darkness.

October 2026

October draws us deeper into autumn's mysteries. The leaves fall, the nights lengthen, and the veil between the worlds is said to grow thin. It is a sacred season for ancestral wisdom, divination, remembrance, and embracing the darkness as the fertile womb from which new beginnings emerge.

October 10 – New Moon in Libra: Weave your intentions beneath the dark Moon, seeking balance, harmony, beauty, and sacred reciprocity. Let the scales remind you that true harmony begins when we honor both self and sacred other.

October 18 – The Horn Fair: Traditionally associated with St. Luke's Day, the Horn Fair carries layers of Christian, folkloric, and Pagan tradition. Its harvest and fertility imagery, along with the ancient symbolism of the horned powers of nature, echo the mysteries of the season.

October 26 – Full Hunter Moon in Taurus: A grounding Moon of abundance, primal sustenance, and earthly wisdom. Honor the sacred relationship between hunter and hunted, giver and receiver, and remember the ancient covenant between humanity and the Earth that sustains us.

October 28 – Celtic Tree Month of Reed begins: Reed, Gétal, rises from the waters as a symbol of direction, messages, truth, and subtle movement. Listen closely to the whispers of intuition, for the path ahead may reveal itself through signs, dreams, and quiet knowing.

October 31 – Samhain (High Autumn): The Witch's New Year and one of the most sacred turning points of the Pagan Wheel. Honor the ancestors, remember those who have crossed beyond the veil, and welcome the mysteries of the dark half of the year. As the old year dies, make space for the seeds of what is yet to be born. (Southern Hemisphere: Beltane.)

October 31 – Winter Nights / Vetrablót: A Norse seasonal observance marking the threshold of winter. Honor the ancestors and the powers who guide and protect the household, giving thanks for the harvest while seeking blessings of protection, prosperity, and strength through the long winter ahead.

Partnerships

Be sure to visit these partners and show some love!!

Customized Sigils: Round \$5, Square \$7. Contact Salena Murdock at murdocksam1@yahoo.com.



Winifred's Garden - Tea & Apothecary

Born in 1918, Winifred was taught to love and use natural plants. This tradition continues with Winifred's Garden.

We are a female run, small-batch, handcrafted herbal company. We formulate all products with the highest quality ingredients and promise to

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<http://linktr.ee/silastheseawitch>





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