

# Metaphysical Times

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# Harvesting Gratitude: Mabon Rituals for Abundance

By Christy Mann

As the sun dips lower on the horizon and the air grows crisper, the season of Mabon arrives, beckoning us to gather the fruits of our labor and embrace the blessings bestowed upon us. This harvest festival, often celebrated as the autumn equinox, invites us to not only reap the literal harvest from our gardens but also to cultivate a sense of gratitude for the abundance in our lives. In this article, we'll explore a tapestry of rituals and ceremonies that characterize this season, guiding us towards a deeper appreciation for the bounties we've received and empowering us to set intentions for the months ahead.

### The Harvest's Bounty: More Than Just Crops

Mabon stands as a potent reminder that our lives are intertwined with the cycles of nature. Just as fields yield their crops, so do our endeavors yield results. Beyond the literal interpretation of harvest, this season encourages us to contemplate the seeds we've sown in our personal and spiritual journeys. What intentions have we

set? What efforts have we invested? Mabon invites us to reflect upon our growth and the abundance we've experienced.

### Communal Feasts: Sharing the Fruits of the Earth and Spirit

One of the most cherished traditions during Mabon is the communal feast. As friends and family gather around a table adorned with the gifts of the harvest, they share not only food but also stories and gratitude. Each dish represents a labor of love, mirroring the efforts put into various aspects of life. The feast becomes a sacred act of acknowledging the abundance that surrounds us and acknowledging the efforts of those who contributed.

### Gratitude Circles: Weaving Thanks into the Fabric of Life

Gratitude circles are another meaningful way to celebrate Mabon. Participants form a circle

and take turns expressing their gratitude for the blessings they've received. As each voice adds to the collective tapestry of appreciation, the atmosphere becomes charged with positivity. This ritual encourages us to reflect on both the big and small joys that have graced our lives, reinforcing the idea that gratitude is a powerful tool for transforming our perspective.

### Harvest Altars: Symbols of Gratitude and Intentions

Creating a Mabon-themed altar is a personal and artistic way to honor the season. Incorporate items such as colorful leaves, gourds, apples, and grains—representations of the harvest's richness. To cultivate a sense of gratitude and set intentions, add notes or small objects that symbolize what you're thankful for and what you hope to manifest in the coming months. The altar becomes a focal point for reflection and a tangible reminder of the interconnectedness of nature and our lives.

### Intentions for the Coming Months: Planting Seeds of Dreams

As Mabon marks a time of both reflection and transition, it's an opportune moment to set intentions for the months ahead. Just as farmers prepare the soil for next year's crops, we can prepare the landscape of our lives. Write down your goals, aspirations, and dreams. Speak them aloud during a ritual or meditation, infusing them with the energy of the season. By aligning our intentions with the natural world's rhythms, we increase the chances of bringing them to fruition.

As Mabon blesses us with its presence, let us embrace the opportunity to harvest not only the tangible fruits of the earth but also the intangible blessings in our lives. Through rituals that foster gratitude and intention-setting, we can embody the spirit of the season and step into the coming months with a renewed sense of purpose and abundance.



# FROM THE PUBLISHER

As we gather once again to explore the pages of Metaphysical Times, I'm filled with a sense of anticipation for the journey that lies ahead. In this issue, we embark on a path of integration and understanding, seeking to demystify the enchanting realm of metaphysics and bring it into a new light of acceptance and comprehension.

Metaphysical practices have long been adorned with a veil of mystique and wonder—often seen as fantastical, veering into the realm of the “woo woo.” However, our mission is clear: to weave the threads of knowledge and science into the fabric of our metaphysical explorations. It's time to bridge the gap between the ethereal and the empirical, allowing us to walk the path of metaphysics with not only open hearts but

also open minds.

Incorporating the mechanics behind metaphysical phenomena is a step toward unraveling the mysteries that often shroud our practices. By understanding the underlying principles that govern these experiences, we can navigate the metaphysical landscape with confidence and purpose. It's through this understanding that we unlock the doors to greater acceptance, not just within our own circles, but on a global scale.

The world is awakening to the power of unity, to the strength found in diversity. As we bring together the metaphysical and the scientific, we embark on a journey that resonates with a wider audience. By grounding our practices in tangible explanations, we invite those who may have hesitated on the periphery to

step forward and join the conversation.

Our pursuit is not to dilute the enchantment of the metaphysical, but rather to enrich it with a deeper understanding. As we delve into the “why” and “how” behind the practices we hold dear, we elevate our connection to the world around us. We expand our understanding of reality, intertwining the mystical with the logical in a dance that celebrates both.

So, dear readers, as we immerse ourselves in the articles within these pages, let's embark on this transformative journey together. Let us embrace the integration of all things metaphysical, merging the whispers of ancient wisdom with the resounding echoes of science. In this union, we find empowerment, acceptance, and a shared



commitment to unlocking the mysteries that shape our existence.

With gratitude and anticipation,

♡ Christy 😊

## Metaphysical Times

The Metaphysical Times is a pagan print and online newspaper made in Northern, Utah bringing news, interests, and services to the pagan community in the US and abroad.

The paper is printed 8 times a year, coinciding with and themed based on the 8 Sabats of the Wheel of the Year. This publication is a conduit for connecting people from all walks with the new, information, and entertainment that matters to them.

\*Reader Advisory- Mature Content\*

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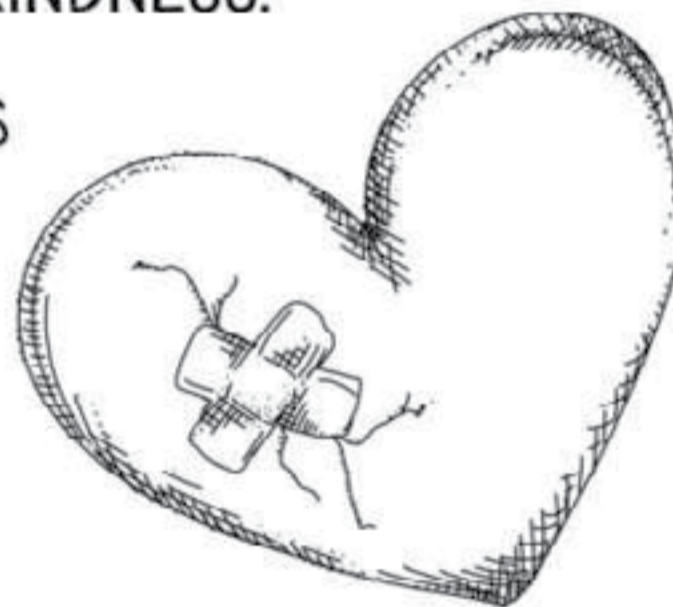
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# Mabon's Mystical Correspondences: Aligning with the Harmonies of the Season

by Christy Mann

As the world embraces the enchantment of Mabon, the autumnal equinox casts its spell, inviting us to connect with the profound energies that course through the universe. In this sacred interplay of light and dark, practitioners of diverse paths engage with a symphony of elements—crystals, herbs, and symbols—each resonating with the spirit of the season. This article embarks on a journey into the realm of Mabon's mystical correspondences, exploring the dance between the metaphysical and the physical, and guiding readers on how to harmoniously integrate these elements into their rituals and practices.

## The Vibrant Gems of Mabon: Amber and Citrine

Just as the leaves shift into vibrant hues, crystals such as amber and citrine come to the forefront, echoing the golden warmth of the season. Amber, formed from fossilized tree resin, radiates energies of protection and harmony—qualities that align seamlessly with Mabon's essence of balance. Citrine, a beacon of solar energy, draws on the energies of abundance and manifestation. Both crystals resonate with the equinox's dance between light and dark, serving as talismans that inspire practitioners to find equilibrium within themselves.



## Herbal Enchantments: Sage and Rosemary

In the tapestry of Mabon's magical correspondences, herbs weave their fragrant threads, infusing rituals with their potent energies. Sage, renowned for its cleansing properties, purifies both the physical and the spiritual, offering a gateway for practitioners to shed the old and make space for the new. Rosemary, an herb steeped in folklore, invokes remembrance and protection, beckoning us to honor the past and embrace the mysteries of the present. As the veil between worlds grows thin during this season, these herbs become allies in traversing the realms of spirit.

## Symbols of Harvest and Balance: Cornucopia and Balance Scales

Symbols are the language of the soul, and during Mabon, they speak of abundance and equilibrium. The cornucopia, known as the "horn of plenty," overflows with the blessings of the harvest, reminding us of the abundance that springs forth from the earth's embrace. The balance scales, an emblem of justice, epitomize the equinox's delicate dance between light and dark, encouraging us to find harmony within our lives. These symbols become potent visual representations during rituals, reinforcing our connection with the energies of Mabon.



## Incorporating Correspondences: A Ritualistic Symphony



To engage with Mabon's mystical correspondences is to dance in harmony with the universe's rhythms. Begin by selecting the crystals, herbs, and symbols that resonate with your intention—whether it's embracing balance, expressing gratitude, or setting intentions for the coming months.

Create an altar adorned with your chosen elements, forming a sacred space where you can engage in rituals and meditations. During your practice, hold the crystals to your heart, infusing them with your intention, and burn sage or rosemary to cleanse the space and your energy.

As you embrace the symbols of the season—the cornucopia brimming with abundance or the balance scales that remind you of the dance between light and dark—let your heart and spirit synchronize with the energies they embody.

In the realm of Mabon's mystical correspondences, we engage with a language beyond words—a symphony of elements that connect us with the tapestry of existence. With crystals, herbs, and symbols as our guides, we step into the dance of the equinox, aligning our intentions with the universe's harmonious currents. As the autumnal magic unfolds, let us weave these mystical threads into our rituals, infusing each moment with the transformative energies of the season.

# The Intricacies of Time Perception:

## Navigating the Fourth Dimension of Reality

In the tapestry of existence, time weaves its threads, an enigmatic force that guides our journey through life. Yet, this journey is far from straightforward. This article embarks on an exploration into the profound realm of time perception—a journey that transcends the ticking of clocks and delves into the metaphysical underpinnings of our experience. From the stretching of moments to the fleeting passage of years, we venture into the heart of how our minds navigate the fourth dimension, uncovering the mysteries that shape our unique understanding of time's dance.

### Time Dilation: The Elasticity of Moments

Picture a moment suspended in eternity—a heartbeat that seems to linger. This phenomenon, known as time dilation, is a testament to the intimate connection between our emotions and the way we perceive time. In moments of awe or anticipation, time stretches and bends, as if the universe grants us a glimpse beyond the ordinary. It's as if our souls recognize that certain experiences are too profound to be confined to mere seconds.

### The Dance of Temporal Illusions

As our lives unfold, we're embraced by the paradox of time's passing. The sensation that time speeds up as we age—like sand

slipping through our fingers—mystifies and awakens reflection. This temporal illusion is a reminder that our perception of time is not linear; it's intertwined with the tapestry of memories we weave. Our years become a symphony of moments, where crescendos and pauses create a melody that defines our unique rhythm.

### Circadian Rhythms: Nature's Timekeepers

In the heart of our being, a hidden rhythm pulses—a song sung by our circadian rhythms. These internal clocks harmonize with the universe's daily cadence, guiding our energy, awareness, and dreams. They're the secret choreographers of our lives, conducting the dance between light and darkness that shapes our days. When we attune ourselves to this cosmic rhythm, we

align with the heartbeat of the universe.

### The Mind's Timeless Canvas

Our perception of time emerges not only from the ticking of seconds but also from the canvas of our consciousness. It's a symphony conducted by our thoughts, emotions, and experiences. The mind paints each moment with hues of significance, making some stretch into eternity while allowing others to fade into the background. In this tapestry, our memories blend with our hopes, creating a fluid dance that transcends the ticking clock.

### Time's Essence: Cultural Echoes and Momentary Infinity

Across cultures and landscapes, time paints itself in various shades. Punctuality, a

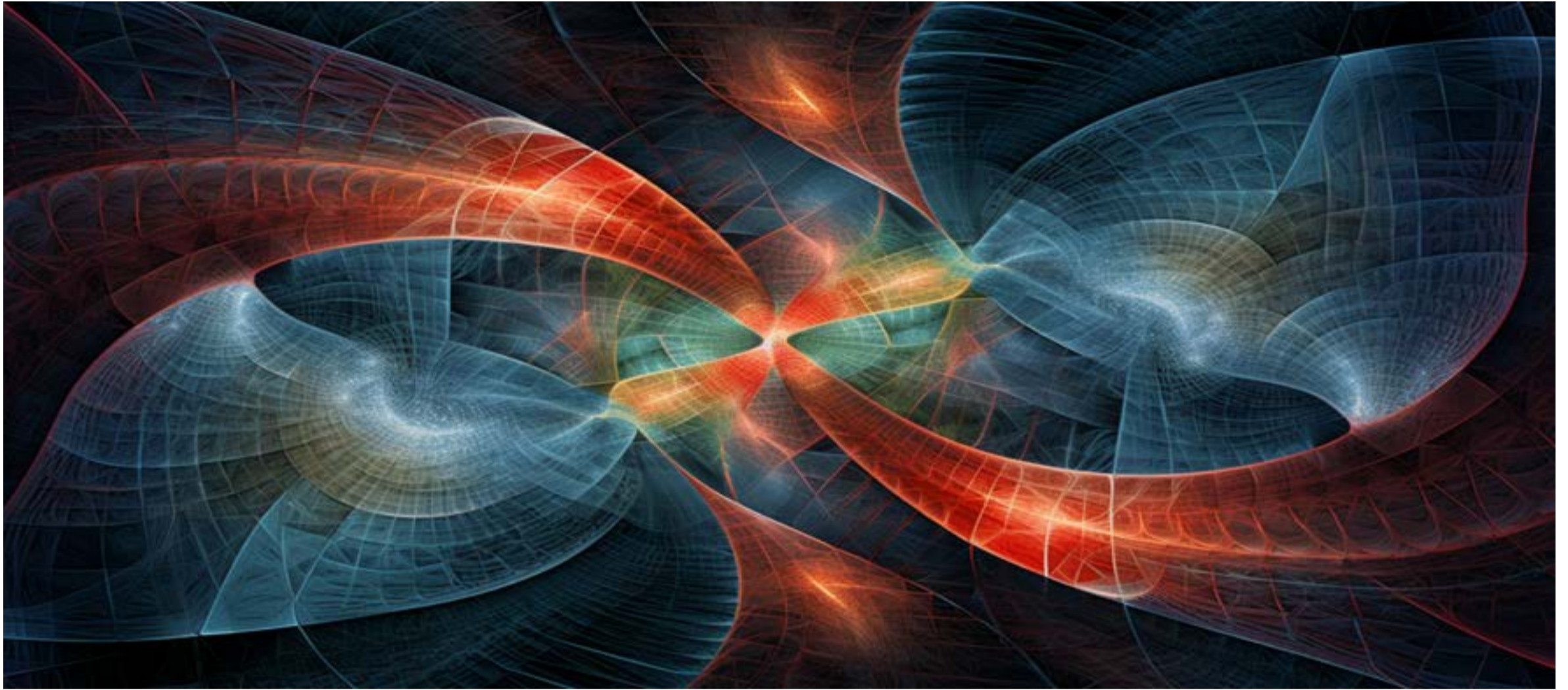
cultural construct, shapes our interaction with the world's temporal tapestry. Yet, time's essence isn't confined to minutes and hours; it lives in the present moment. Whether we find ourselves in the stillness of meditation or the whirlwind of celebration, time's flow becomes a dance—a rhythm to which we surrender, embracing the infinity contained in each fleeting second.

As we unravel the layers of time perception, we step into a realm where science meets the mystical. Beyond the mechanics of seconds and minutes, we discover a landscape where our emotions, consciousness, and experiences intertwine with the universe's cosmic choreography. With each heartbeat, we journey through this multidimensional existence, embracing the mystery of time's passage and the profound connection between the seen and the unseen.



# Quantum Entanglement: Unraveling the Mysteries of Spooky Action at a Distance

By Metaphysical Times



In the realm of physics, where the boundaries of reality blur into the esoteric, few phenomena captivate the imagination quite like quantum entanglement. This captivating dance of particles, known to physicists as “spooky action at a distance,” challenges the very foundations of our understanding of the universe. In this article, we embark on a journey through the labyrinth of quantum physics, exploring the enigma of entanglement and its potential implications for our comprehension of reality, communication, and the technological frontiers of computing.

## Peering Into the Quantum Enigma

At the heart of quantum entanglement lies a connection so profound that it transcends classical physics. Two particles, often referred to as “entangled partners,” become linked in such a way that their fates are inexplicably intertwined. Change the state of one particle, and its counterpart instantaneously adjusts, regardless of the distance separating them. Albert Einstein famously labeled

this phenomenon as “spooky action at a distance,” reflecting his discomfort with the notion of non-local interactions.

## Weaving the Threads of Entanglement

Entanglement itself occurs during a process known as quantum superposition, where particles exist in multiple states simultaneously. When two particles become entangled, their quantum states become correlated, defying classical logic. This correlation persists even when the particles are separated by vast distances, suggesting a connection that extends beyond the limits of spacetime as we understand it.

## Quantum Entanglement in Action

To grasp the full magnitude of quantum entanglement, consider this scenario: two entangled particles, one on Earth and the other on the Moon. Altering the state of the particle on Earth instantaneously influences the particle on the Moon, despite the vast gulf

of space between them. Such behavior defies our classical understanding of information transmission, leaving scientists to grapple with its implications for the nature of reality.

## Communication and Quantum Cryptography

The potential applications of quantum entanglement are as diverse as they are mind-bending. One field that has captured attention is quantum communication, where information could be transmitted instantaneously between entangled particles. This concept has inspired the development of quantum cryptography, promising an unbreakable form of communication secured by the laws of quantum physics.

## Quantum Computing’s Quantum Leap

Entanglement’s impact on the world of computing is equally profound. Quantum computers, leveraging the strange principles of entanglement and superposition, possess the potential to perform computations

that are beyond the capabilities of classical computers. These computers hold the promise of revolutionizing fields from cryptography and optimization to simulating complex quantum systems.

## Redefining Reality

The mysteries of quantum entanglement beckon us to reevaluate our conception of reality. The interconnectedness demonstrated by entanglement challenges the notion of an objective, independent reality and invites us to contemplate the intricacies of interconnectedness on a fundamental level.

As we continue to delve into the realms of quantum physics, the enigma of entanglement persists—a tantalizing reminder that the universe’s fabric is woven with threads of the inexplicable. From its implications for communication to the potential transformation of computing, quantum entanglement stands as a testament to the enduring wonder of science, urging us to explore the frontiers of the known and the unknown.

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# Merry Meet Richard Kent: The Pagan Preacher

**Can you start by telling us a bit about yourself and your connection to the Pagan community?**

Absolutely, my spiritual journey has been quite a diverse one, ranging from my early experiences in Christianity to eventually finding my place as a white witch. Paganism is where I've truly found my center, honoring Mother Earth, diving into the world of herbs and plants, and uncovering the art of manifesting.

**What is it about Paganism that resonates with you the most?**

Paganism embodies spiritual freedom for me—it's a path that's deeply connected to the great mother and represents authentic spirituality.

**On the flip side, are there any aspects of Paganism that you find challenging or dislike?**

One challenge I've noticed is the reluctance of some pagans to collaborate and work together. Unity within the community could be stronger.

**If you could contribute to solving some of the world's issues, what would you do?**

My approach would be to teach the principles of mutual understanding, respect for differences, and embracing the concept of free will.

**Turning to your events, could you share a bit about the events you're involved in?**

Of course, I'm passionate about public speaking on topics related to spiritual freedom and advocacy. I also offer spiritual mentoring and guidance.

**Do you host these events in specific locations?**

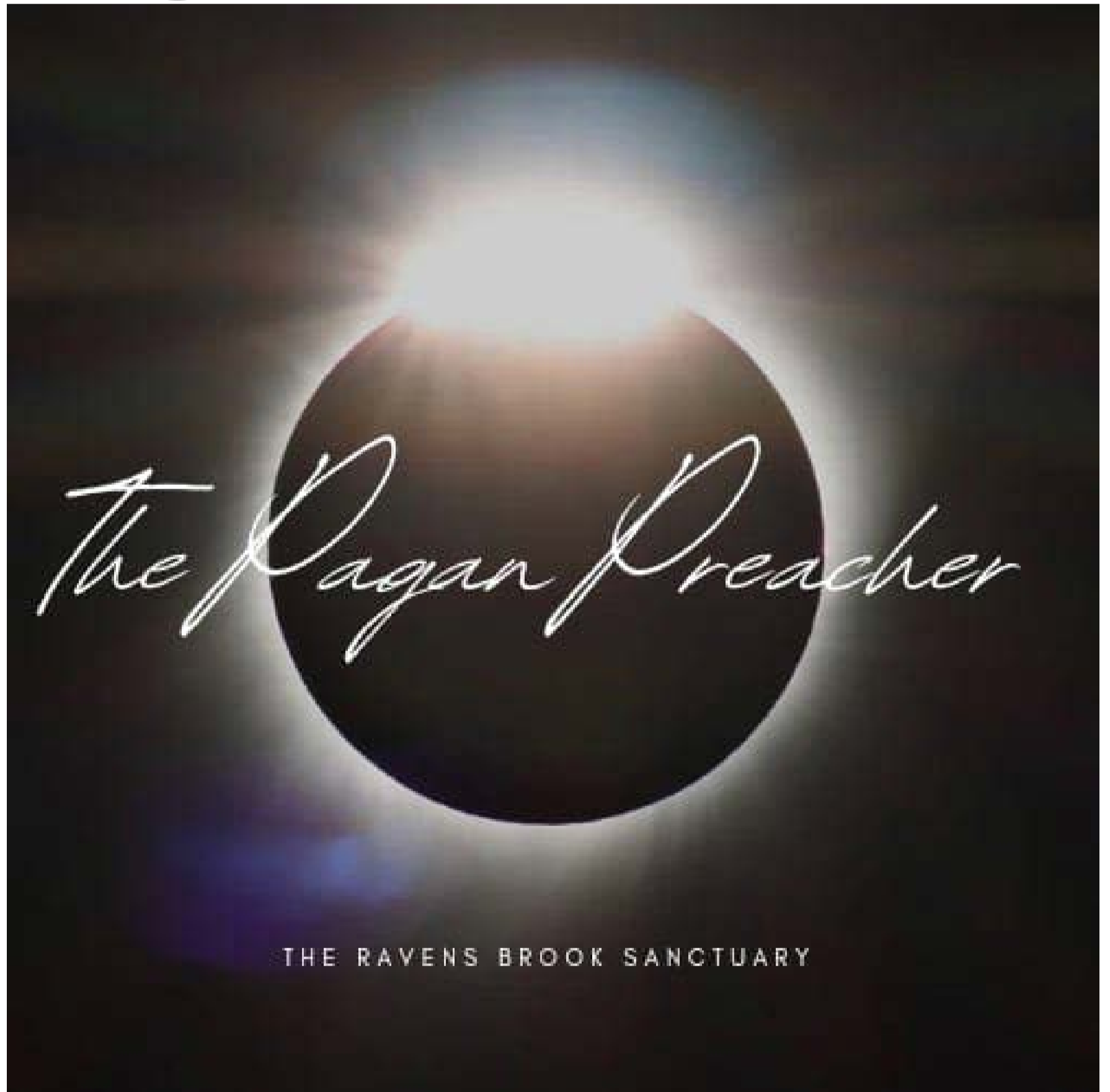
Yes, the locations vary depending on the event and topic. It could be anywhere that welcomes spiritual discussions.

**Do you often find that turnouts exceed or fall short of your expectations?**

It's quite variable, as it often depends on the location and the specific subject matter.

**Have you had experiences where people unexpectedly interested in Paganism attend your events?**

Absolutely, it's a pleasant surprise to see individuals who you wouldn't initially expect to be interested in Paganism showing up. There's a hunger for truth and a sense of belonging, a desire to reconnect with both Mother Earth and spirituality.



**What's your next event, and when is it happening?**

Currently, I haven't finalized the details of my next event, so the date and topic are yet to be determined.

**Shifting focus to your business, could you tell us about it?**

Certainly, my business is known as The Ravens Brook, and it's centered around The Pagan Preacher Podcast.

**Is there a story behind the name "The Ravens Brook"?**

The name is symbolic for me. Ravens are often seen as messengers between worlds, and the "brook" signifies a stream of knowledge and insight flowing through the spiritual journey.

**What kind of items do you offer in your business?**

I have a diverse range of items, depending on the occasion and purpose. This includes a variety of crystals and precious stones, along with cleansing herbs for spiritual practices.

**Can people shop online through your business?**

Yes, absolutely. People can shop online through The Ravens Brook and explore the offerings.

**Where can our readers find you online? Any website or social media links you'd like to share?**

RK: You can find me online. Feel free to connect and explore more about my journey and the offerings I have.

# The Pagan Preacher

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With: Rev Dr. Richard Kent

The Ravens Brook Sanctuary



## Find Richard Kent at

The Ravens Brook website  
[www.linktr.ee/Revdr\\_RichardK](http://www.linktr.ee/Revdr_RichardK)

or on Social Media at  
[www.facebook.com/richard.kent.33633344](http://www.facebook.com/richard.kent.33633344)

# Parliament of World Religions: A Global Celebration of Unity and Wisdom

by Metaphysical Times

In the heart of Chicago, a momentous event is unfolding—an event that transcends the boundaries of faith, culture, and geography. From August 14th to August 18th, the Parliament of the World's Religions is casting its enchantment over the city, bringing together a diverse tapestry of spiritual leaders, practitioners, scholars, and seekers. At its core, the Parliament embodies a powerful message—a call for unity, understanding, and the shared pursuit of a more just, peaceful, and sustainable world.

## A Confluence of Perspectives

As attendees from around the world gather for this year's Parliament, an air of anticipation and excitement pervades the atmosphere. The event promises to be a melting pot of perspectives, beliefs, and experiences. From Indigenous traditions to mainstream religions, and from ancient wisdom to modern spirituality, the Parliament embraces the richness of human faith in all its forms. It is an opportunity for individuals to step outside the confines of their own beliefs and immerse themselves in the beauty of global spiritual diversity.

## A Pagan Presence

This year, the Parliament welcomes esteemed representatives from the Pagan Community, including the likes of Oberon Zell and Ed Hubbard. Their presence is a testament to the inclusivity of the event, where Pagans stand alongside individuals of other faiths, sharing

their unique insights and contributions. The participation of Pagans adds a layer of depth and variety to the dialogues, highlighting the interconnectedness of different spiritual paths and fostering a greater understanding of the diverse beliefs that make up our global community.

## A Vision of Unity

At its core, the Parliament envisions a world where the diversity of religious and spiritual traditions is celebrated and where these traditions contribute to a more harmonious and compassionate world. This vision goes beyond mere coexistence; it seeks to replace fear and ignorance with understanding and respect. It envisions a world where individuals come to know and care for their neighbors, where cultural differences are sources of enrichment, and where the shared values of compassion and wisdom guide our actions.

## Mission and Purpose

The Parliament of the World's Religions was established with a clear mission—to create a platform for individuals and communities to engage with one another and with the institutions that shape our world. Through dialogue and collaboration, the Parliament aims to address pressing global issues and promote positive change. By embracing the commonalities that exist among diverse faiths, the event fosters a spirit of solidarity that transcends religious and cultural differences.



## Walking the Path of Change

As participants immerse themselves in the numerous workshops, panel discussions, and interactive sessions, they engage with themes that touch upon the most critical challenges of our time. From climate change

to human rights, from social justice to ethical responsibility, the Parliament encourages attendees to consider the interconnectedness of these issues and explore how spiritual values can inform and guide solutions. It is a call to action—an invitation for participants





to be catalysts of positive change both within their communities and on a global scale.

**Embracing Unity in Action**

As the Parliament unfolds, it extends an invitation to all individuals, irrespective of their faith or background, to join in the celebration of unity and understanding. Beyond the event’s confines, it encourages participants to carry the spirit of the Parliament into their everyday lives. By embodying values such as respect, empathy, and cooperation, attendees become living embodiments of the positive change they wish to see in the world.

**A Vision for the Future**

The Parliament of the World’s Religions stands as a testament to humanity’s potential for unity and cooperation. It weaves together threads of tradition and innovation, spirituality and science, ancient wisdom and modern thought. As we navigate the multifaceted landscape of the Parliament, let us remember that this event is not just a moment in time; it is a journey—a journey towards a world where harmony, understanding, and compassion guide our interactions, both with one another and with the planet we call home.

In this celebration of unity and diversity, the Parliament beckons us to transcend our differences, to embrace our shared humanity, and to collaborate in the pursuit of a brighter future for all. As the event unfolds and the echoes of its message ripple outwards, may we be inspired to create positive change, cultivate understanding, and continue working towards a world that reflects the highest aspirations of our collective human spirit.



# Navigating the Realities of Personal Transformation

## Navigating the Realities of Personal Transformation: Strategies for Empowerment in a Challenging World

by Christy Mann

Embarking on a journey of personal transformation requires navigating the realities of a challenging and self-centered world. While the traditional strategies of self-acceptance, seeking support, communicating intentions, and practicing resilience remain valuable, it's important to adapt them to the current landscape. In this article, we explore revised strategies that acknowledge the difficulties faced in today's world and empower individuals to overcome obstacles on their transformative journey.

### Embrace the Realities of Life

Recognize that life can be tough, and people are often self-centered and uncooperative unless it benefits them. Rather than expecting a supportive environment, accept the reality and focus on developing inner strength. Embrace the challenges as opportunities for personal growth and cultivate the ability to navigate difficult situations without losing your composure, mistreating others, or giving up on your goals.

### Letting Go and Making New Connections

Understand that transformation may lead to the loss of support from those who are resistant to change. Be open to letting go of relationships that no longer serve your growth and make space for new connections without guilt. Remorse for the loss is okay, expected, and justified, but guilt will hold you back and is self-inflicted. Accept that as you transform, your social circle may shift, and you may need to seek out individuals who align with your evolving values and aspirations. This process fosters self-reliance, self-confidence, and resilience.

### Behave Proactively

Recognize that time is limited, and people may not have the patience or inclination to listen to lengthy explanations. Demonstrate your intentions through your actions and behavior. Let your authenticity shine from the first encounter, showing others your commitment and purpose. By behaving proactively and purposefully, you increase the chances of finding supportive individuals who resonate with your transformative journey.

### Approach Professional Guidance with Caution

While seeking professional guidance can be beneficial, approach it cautiously. Understand that service providers may have their own interests, including financial considerations. Be discerning in choosing professionals who genuinely prioritize your well-being and growth. Seek recommendations, do thorough research, and trust your instincts when selecting a provider who aligns with your goals.





**Cultivate Adaptive Resilience and Flexibility**

Building resilience and perseverance is undoubtedly challenging. Create symbols or reminders that represent your goals and refer to them frequently. Keep them fresh and prominent to prevent them from becoming background noise. Embrace setbacks and failures as problems to be solved and be flexible in adjusting your goals and strategies. Adaptability and the willingness to redefine success contribute to long-term empowerment.

**Account for Current Achievements and Project Future Possibilities**

Instead of solely celebrating small wins, expand your perspective. Take the time to document your current achievements and progress in writing. This exercise provides a visual representation of how far you have come, reinforcing your capabilities. Additionally, project out possibilities and envision a potential future aligned with your aspirations. Refer to this vision during challenging

times, allowing it to serve as a guiding light when you encounter obstacles and uncertainty.

Personal transformation in today's challenging world requires a unique set of strategies to overcome obstacles and empower ourselves. By embracing the realities of life, fostering self-reliance, and cultivating adaptability, we can navigate the transformative journey with resilience and determination. Remember, true empowerment comes from within, and with the right mindset, you can overcome any

challenges that come your way.

As you embark on your personal transformation, we invite you to support Metaphysical Times LLC in their mission to empower individuals. By subscribing to their publication, distributing it among your networks, advertising to reach a wider audience, and even considering submitting your own work, you contribute to fostering a community of empowerment and growth. Together, we can create a supportive environment where individuals are encouraged to embrace change and pursue their personal transformations.



# Embracing the Extraordinary: Sharing Your Paranormal Metaphysical Experiences

by Metaphysical Times

In the tapestry of life, there are moments that defy our understanding, moments that hint at a reality beyond the ordinary. These paranormal metaphysical experiences open doors to a world of mystery and wonder, inviting us to explore the realms beyond what our senses can perceive. At Metaphysical Times, we believe that sharing these experiences is not only empowering but also transformative.

## The Power of Sharing

When we share our paranormal encounters, we weave a collective narrative that transcends the boundaries of the everyday. Each story shared becomes a thread in a tapestry of human experiences that span across cultures, time, and belief systems. By sharing, we bridge the gap between the known and the unknown, fostering a sense of unity among those who have touched the edges of the extraordinary.

## Creating a Safe Space

Metaphysical Times offers a platform to share your personal experiences on our "Sharing Personal Experiences" page. This space is a sanctuary—a place where your stories can find a home, where your voice can be heard. We understand that these encounters are deeply personal and sometimes even profound. That's why we've created a safe and welcoming environment for you to share without fear of judgment.

## Inspiring and Uplifting

Sharing your paranormal metaphysical experiences can be a source of inspiration for others. Your story may resonate with someone who has had a similar encounter, providing comfort and validation. It might spark curiosity and contemplation in those who are new to these realms. By sharing, you have the potential to uplift others, helping them find meaning and connection in their own experiences.

## Enriching the Collective Understanding

Every shared experience contributes to our collective understanding of the metaphysical. Whether it's a vivid dream, a ghostly encounter, a synchronistic event, or an unexplainable phenomenon, each story adds a layer to the tapestry of human exploration. As we read and reflect upon these narratives, we expand our horizons, challenging our preconceived notions of reality.

## How to Share

Sharing your paranormal metaphysical experience is easy. Visit our "Sharing Personal Experiences" page on the Metaphysical Times website and follow the simple instructions to submit your story. You can choose to remain anonymous if you prefer. Your story will be welcomed with gratitude and respect, and it will become a part of the ongoing dialogue within our community.

## In Conclusion

The universe is vast, and within its mysteries lie experiences that can transform our understanding of existence. By sharing your paranormal metaphysical encounters, you contribute to a shared narrative that embraces the extraordinary. You create connections, offer solace, and inspire others to explore the unknown. Your story matters, and at Metaphysical Times, we invite you to join us in this journey of discovery and connection by sharing your personal experiences.



# Full Harvest or Corn Moon in September

article from [www.almanac.com](http://www.almanac.com)

September's full Harvest Moon reaches its peak in the early morning hours of September 29, 2023. L

## The Harvest Moon

The full Moon that happens nearest to the fall equinox always takes on the name "Harvest Moon." Unlike other full Moons, this full Moon rises at nearly the same time—around sunset—for several evenings in a row, giving farmers several extra evenings of moonlight and allowing them to finish their harvests before the frosts of fall arrive.

While September's full Moon is usually known as the Harvest Moon, if October's full Moon happens to occur closer to the equinox than September's, it takes on the name "Harvest Moon" instead. In this case, September's full Moon is referred to as the Corn Moon.

## The Corn Moon

This time of year—late summer into early fall—corresponds with the time of harvesting corn in much of the northern United States. For this reason, a number of Native American peoples traditionally used some variation of the name "Corn Moon" to refer to the Moon of either August or September. Examples include Corn Maker Moon (Western Abenaki) and Corn Harvest Moon (Dakota).

## Alternative September Moon Names

Other Moon names for this month highlight how September is the transitional period between summer and fall:

Autumn Moon (Cree),  
Falling Leaves Moon (Ojibwe),  
Leaves Turning Moon (Anishinaabe),  
Moon of Brown Leaves (Lakota),  
Yellow Leaf Moon (Assiniboine).

The behavior of animals is also a common theme, with Child Moon (Tlingit) referring to the time when young animals are weaned, and Mating Moon and Rutting Moon (both Cree) describing the time of year when certain animals, like moose, elk, and deer, are looking to mate.

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# SEPTEMBER 2023

make kindness the norm.

SUN	MON	TUE	WED	THU	FRI	SAT	
<p><b>AUGUST</b></p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p>		<p><b>OCTOBER</b></p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>		30	31	1	2
3	4	5	6	7	8	9	
Buy a decadent treat at the grocery store or your favorite bakery for yourself.	Take a scenic drive to the mountains to enjoy the Fall foliage.	Start a new book about a topic that is completely unknown to you.	Send a framed family photo to your parents or grandparents.	Donate books, puzzles, and games to elementary schools or daycare centers.	FREE DAY! How can I show generosity today?	Help a friend on their moving day.	
10	11	12	13	14	15	16	
Offer to help someone who has just endured a major life event or loss.	Share your career goals with your boss or a colleague.	Become an agent of positivity.	Donate shoes, boots, and warm clothes to a homeless shelter.	Put some change in an envelope and tape it to a 25¢ candy vending machine.	Paint inspiring words on rocks and leave them in the community for others to find.	Gather some coworkers to help pick up trash in your local park during lunch.	
17	18	19	20	21	22	23	
Play a board game or do a puzzle with friends and/or family.	Make a list of five things you are grateful for.	Start a Kindness Club at your school or workplace.	Say something nice to someone you do not particularly like.	Start a chain of kindness and pay for the next person's order at a drive-thru.	Pay attention to your internal dialogue.	Do something crafty, such as knitting, sewing, or painting.	
24	25	26	27	28	29	30	
Send a handwritten letter to someone who's made a difference in your life.	Make the switch to cruelty-free products.	Get out and explore! Be a tourist in your own city for a day.	Tape extra quarters to coin-op laundry machines with a note that says, "Your next load is on me".	Leave a positive note in library books for strangers to discover.	Ask for and accept help when needed.	Surprise someone with a thoughtful, inexpensive gift.	

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

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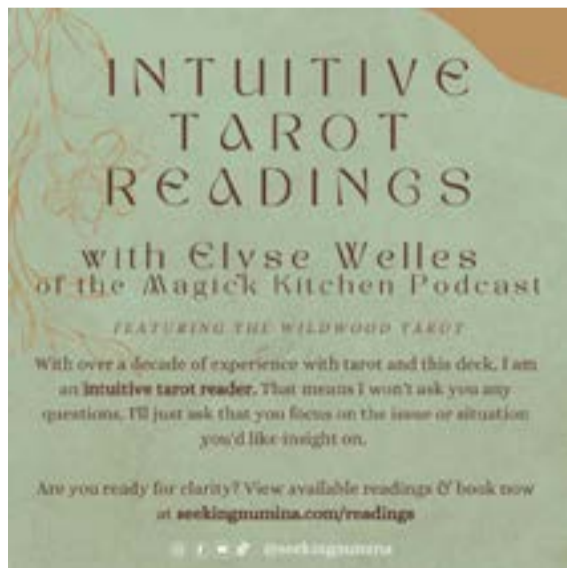
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# Embracing the Balance of Mabon: Honoring the Autumn Equinox

by Metaphysical Times

As the leaves begin to change colors and a gentle chill graces the air, the arrival of Mabon heralds a time of profound significance on the spiritual calendar. Mabon, also known as the autumn equinox, marks the moment when day and night stand in delicate equilibrium, embodying the harmony between light and dark. This annual event holds deep meaning across various spiritual traditions, inviting practitioners to connect with nature, reflect on their journey, and find balance within themselves.

## The Dance of Light and Dark

Mabon, occurring around September 21st in the northern hemisphere, is a reminder of the eternal dance between opposing forces. Just as the scales tip in equilibrium during this equinox, the interconnectedness of light and dark is woven into the fabric of existence. Across cultures, this balance is celebrated as an essential aspect of life's cyclical nature.

## Significance in Various Spiritual Traditions

In Pagan and Wiccan traditions, Mabon is one of the eight Sabbats that comprise the Wheel of the Year. It holds a special place alongside other celebrations such as Samhain and Beltane. During Mabon, practitioners express gratitude for the bounty of the second harvest, while acknowledging the impending darkness of winter. In Druidic traditions, Mabon is known as Alban Elfed, a time when the earth begins to shift toward rest and introspection.

## Harvest and Reflection

Mabon aligns with the culmination of the harvest season. It's a time when individuals and communities gather the fruits of their labor, whether from literal fields or symbolic endeavors. This moment prompts reflection on the efforts put forth throughout the year. Just as the earth yields its treasures, practitioners consider the seeds they've sown in their own lives and the lessons reaped from them.

## Rituals and Practices

Various rituals and practices emerge during Mabon, all emphasizing balance and harmony. Some choose to construct altars adorned with representations of the equinox, incorporating symbols of light and dark, day and night. Others partake in communal feasts that honor the abundance of the harvest, sharing food and stories with loved ones.

Meditation and mindfulness also play a significant role during this time. As nature transitions, practitioners often turn inward to contemplate their own transitions. Guided meditations focusing on balance, such as envisioning a scale or the shifting of day into night, help foster a sense of equilibrium within.

## Connecting with Nature

Nature itself becomes a sacred space during Mabon. Many engage in walks through the crisp, autumnal landscapes, observing the changing colors and the falling leaves. This connection with the natural world deepens the understanding of the interconnectedness of life's rhythms.

## Seeking Equilibrium Within

At its core, Mabon encourages individuals to embrace the balance within themselves. Just as the equinox signifies a harmonious interplay of light and dark, practitioners are reminded to acknowledge both their strengths and their shadows. This self-awareness leads to personal growth and an appreciation for the inherent duality present in all aspects of existence.

As we stand at the threshold of Mabon, let us be inspired by the lessons of the autumn equinox. May we find the courage to honor our journeys, to celebrate our successes and learn from our challenges, and to embrace the balance that resides within us and in the world around us. In this season of reflection and harvest, let us celebrate the beauty of equilibrium and the dance of light and dark that shapes our lives.

RESIDENT EASEL  
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CATS: A WITCH'S ALARM CLOCK SINCE FOREVER.

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 C T H T Y T T A C Z T O P J P C O B H N  
 T V N U X J N U K T W V D W U T A A K J  
 U P L R B O C Z M P B U C J N P I E I Q  
 A A O E R N O O M N R O C I I S S V R Y  
 R S D M T R A N S F O R M A T I O N E P  
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- |            |                |             |            |
|------------|----------------|-------------|------------|
| Autumn     | Transformation | Parliament  | Sanctuary  |
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