

Fall Equinox

The fall equinox, marking the first day of autumn, will take place on September 22, 2018. The word equinox comes from the Latin words meaning “equal night” as there are approximately 12 equal hours of both day and night during this period.

In the Indigenous culture, the fall equinox is a sacred day representing maturity and the coming of wisdom. During autumn, also referred to as the time of sunset, Indigenous people pause to give thanks to their ancestors and to the earth for the fruit that is ready to harvest, the seeds that begin to fall to the ground and the approach of winter - marking a new season and a new harvest.

The seasons are honoured by Indigenous people because they remind them of the connection they have with the earth. The gifts each season brings are embraced as healing and rejuvenating for the body, mind and spirit.

The changing of the seasons marked by the equinox and solstice are moments to be cherished by all as the cycle continues.

