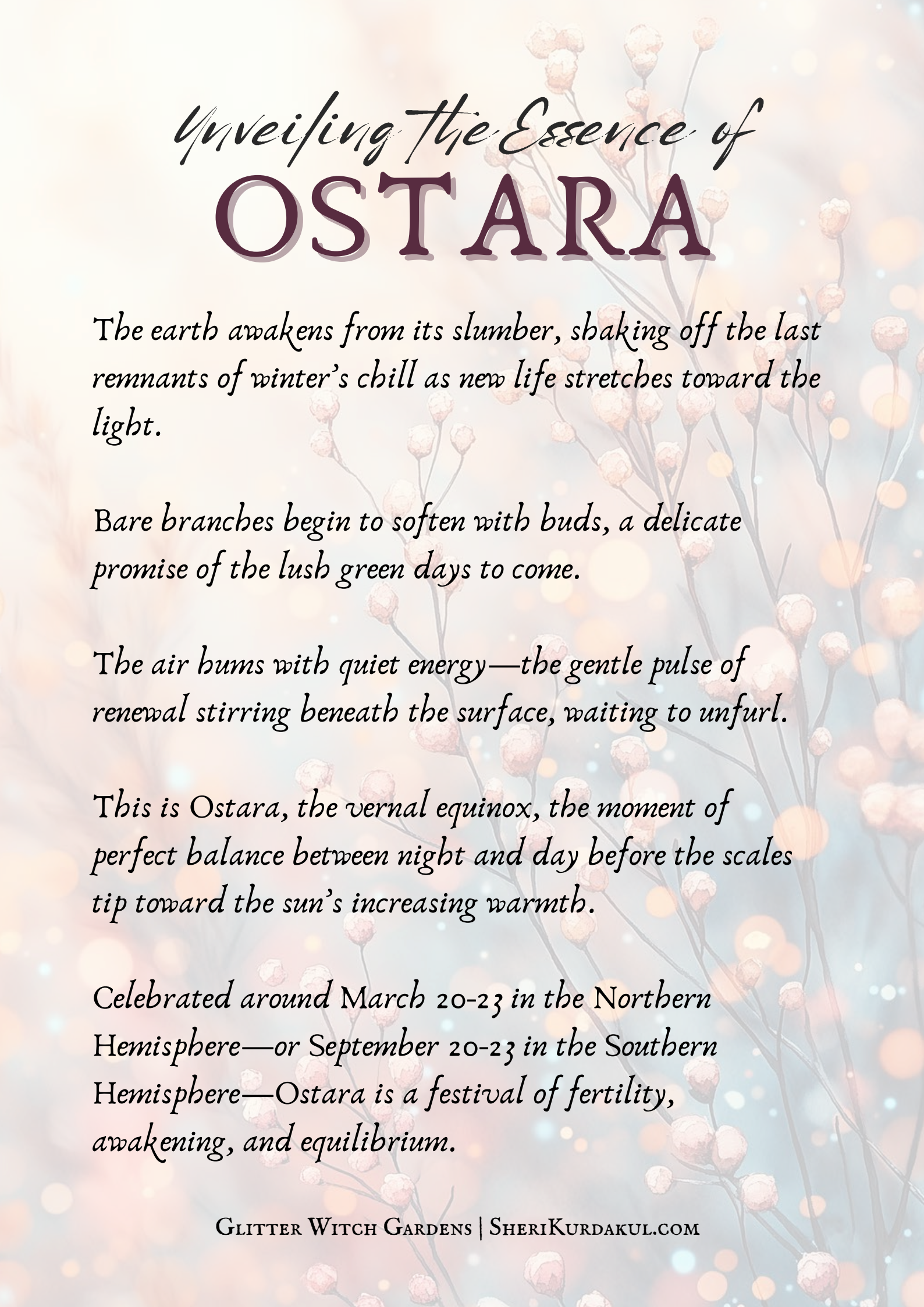


The Enchantment of
OSTARA

A GUIDE TO CELEBRATING THE
SPRING EQUINOX

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Unveiling the Essence of **OSTARA**

The earth awakens from its slumber, shaking off the last remnants of winter's chill as new life stretches toward the light.

Bare branches begin to soften with buds, a delicate promise of the lush green days to come.

The air hums with quiet energy—the gentle pulse of renewal stirring beneath the surface, waiting to unfurl.

This is Ostara, the vernal equinox, the moment of perfect balance between night and day before the scales tip toward the sun's increasing warmth.

Celebrated around March 20-23 in the Northern Hemisphere—or September 20-23 in the Southern Hemisphere—Ostara is a festival of fertility, awakening, and equilibrium.

Named for Eostre, the ancient goddess of dawn and rebirth, this sabbat honors the dance of light and shadow, growth and stillness, promise and fulfillment.

As the land blushes with early blossoms, we turn our attention to the seeds we have planted—both in the soil and within ourselves.

We embrace the energy of emergence, shedding the last layers of winter's reflection and stepping into the active season of creation.

Ostara's magic is in its harmony. It is the almost imperceptible pause between inhale and exhale, the moment of suspension before the surge of motion.

Like the eggs that symbolize this sabbat, life is quickening within us, even if we cannot yet see its full shape.

The wheel of the year turns, and with it comes a question:

What are we ready to bring into the light? What intentions, like tender shoots, are strong enough now to push through the soil and claim space in the world?

Ostara reminds us that balance is fleeting, but movement is constant. The energy of growth cannot be denied, and the momentum of life urges us forward.

As the sun's warmth deepens, the earth responds—fields bloom with color, rivers swell with snowmelt, and creatures stir from their burrows to greet the returning season.

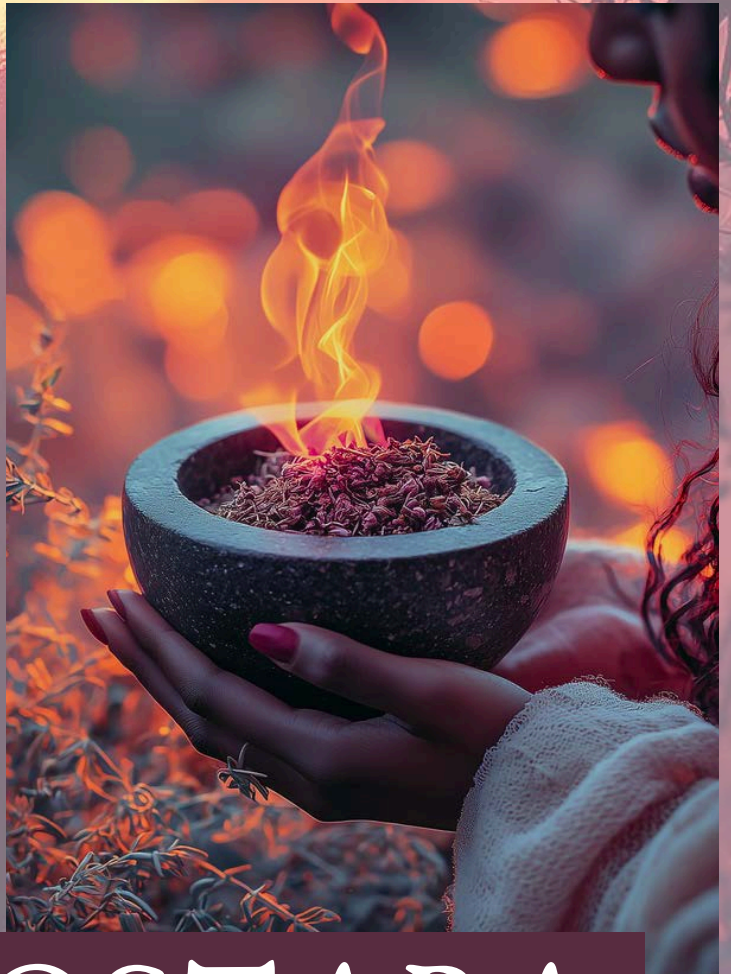
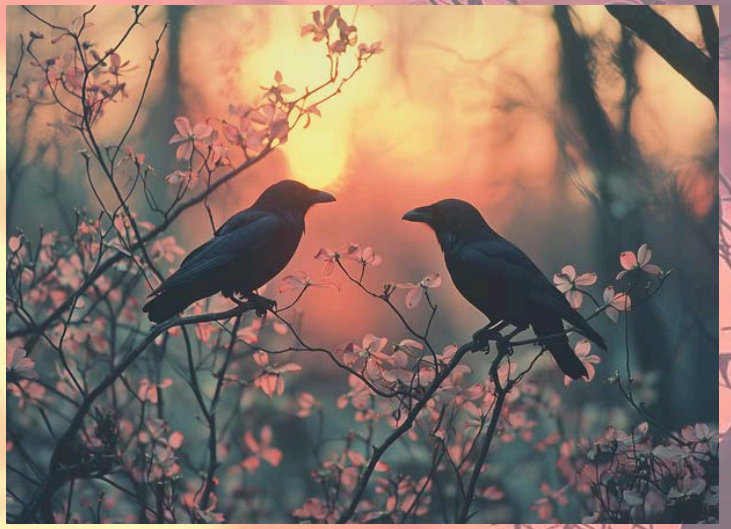
Ostara is a celebration of equilibrium and renewal, the sacred moment where winter's retreat meets spring's arrival.

*We dye eggs in shades of sunrise and verdant fields,
honoring the cycle of life, death, and rebirth.*

*Altars shine with fresh flowers, bright candles, and
offerings of honey and seeds, welcoming abundance and
the promise of prosperity.*

*This is a time to plant—not just in the earth, but in our
hearts. To nurture our visions, breathe life into our
aspirations, and step forward with the knowledge that
the season of action has begun.*





OSTARA



Ostara

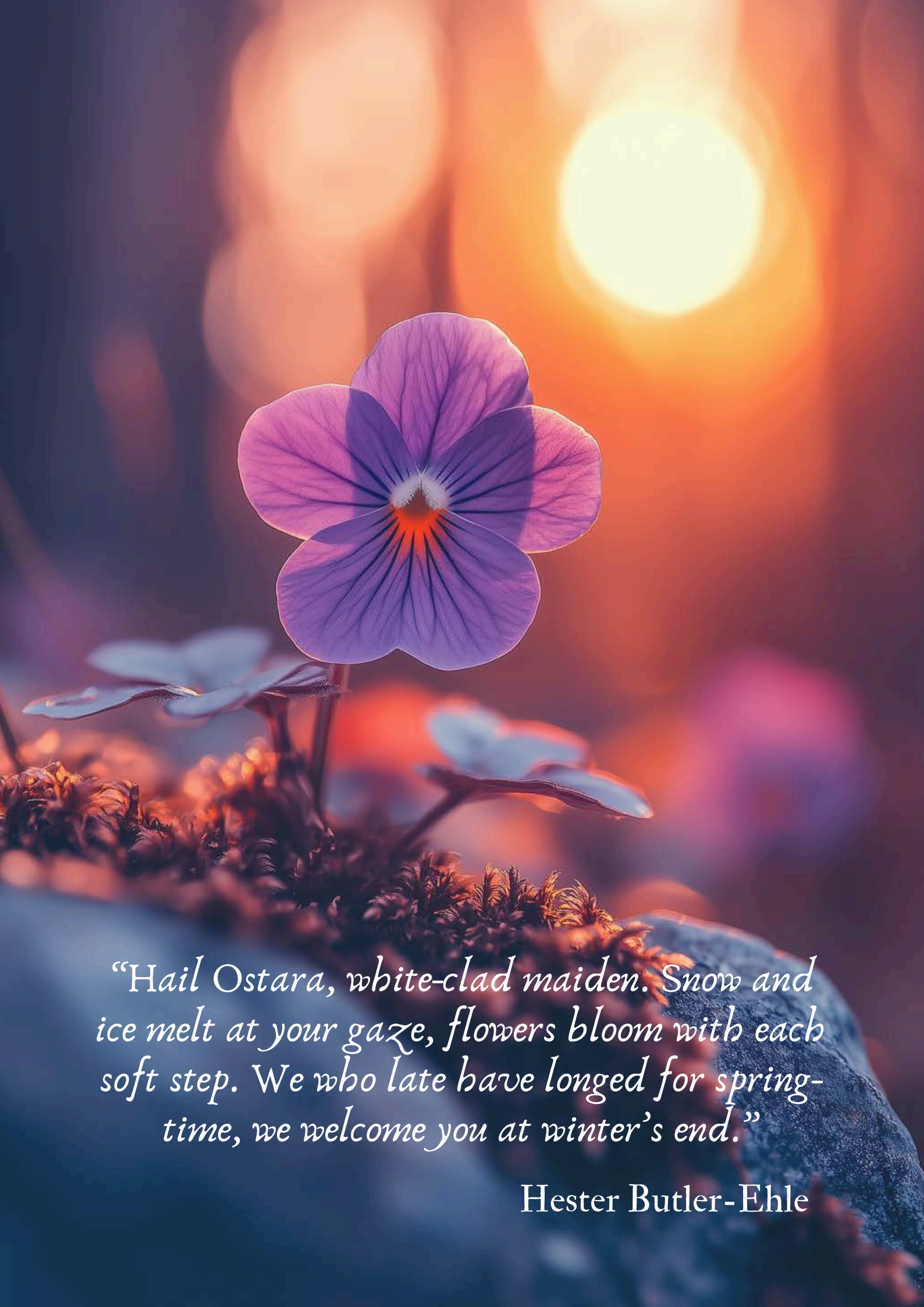
The Dawn of Spring

Ostara is the third of the pagan sabbats on the Wheel of the Year and marks the turning point from winter's retreat to spring's full awakening.

This ancient wheel reflects the ever-turning rhythms of nature, offering moments to honor both the cycles of the earth and the deeper currents of our spiritual lives.

Ostara's place at the vernal equinox holds a unique significance: it is a festival of balance and renewal, a threshold between the lingering quiet of winter and the vibrant surge of spring's arrival.

As day and night stand in perfect harmony and the world bursts into bloom, Ostara symbolizes the energy of emergence—a moment to honor the fertile potential of new beginnings and the unstoppable momentum of growth.



“Hail Ostara, white-clad maiden. Snow and ice melt at your gaze, flowers bloom with each soft step. We who late have longed for spring-time, we welcome you at winter’s end.”

Hester Butler-Ehle



Ostara

Correspondences & Symbols

DATE: March 20th (September 20th in the Southern Hemisphere)

CUSTOMS: Honoring Eostre, painting eggs, egg hunts, blessing seeds for spring planting, starting new projects

FOCUS INTENT: New beginnings, renewal, setting intentions for growth

ELEMENT: Air

THRESHOLD: Dawn

TAROT CARDS: The Empress, The Emperor, Ace of Wands

DEITIES: Eostre, Aphrodite, Athena, Ishtar, Adonis, Cernunnos, Lord of the Greenwood - any deities associated with love, fertility, song & dance

HERBS: Irish Moss, Hyssop, Ginger, Linden, Woodruff

FOODS: Milk, Honey Cakes, Hard-boiled Eggs, Hot-Cross Buns

CRYSTALS: Amethyst, Aquamarine, Rose Quartz, Moonstone

ANIMALS: Chicks, Rabbits, Serpents, Swallows

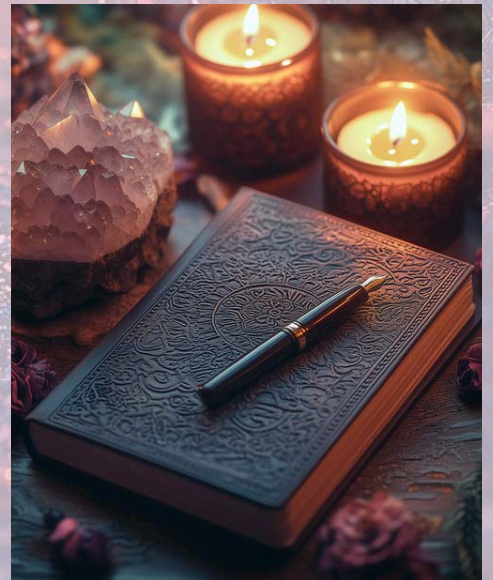
FLOWERS: Crocus, Narcissus, Dogwood, Honeysuckle

COLORS: White, Light Green, Pale Yellow, Pale Pink, Gold, Robin's Egg Blue

SYMBOLS: Eggs, Rabbits, Spring Flowers

Ostara

Ways You Can Celebrate



Ostara

Ways You Can Celebrate

SET UP AN OSTARA ALTAR: Create a space that honors the balance of light and dark and the renewal of life. Adorn it with pastel-colored candles, fresh flowers like daffodils and crocuses, and decorated eggs symbolizing fertility and rebirth. Add items representing new beginnings, such as seeds or budding branches, and light candles to welcome the increasing warmth of the sun.

DECORATE: Infuse your home with the vibrant energy of Ostara using fresh greens, soft pinks, yellows, and blues. Decorate with early spring flowers, budding branches, and egg-themed decor. Place symbols of fertility and renewal, such as rabbits and nests, around your space to honor the season's abundant energy.

SUN CELEBRATION: Welcome the balance of day and night by honoring the sun's return. Light candles, spend time outdoors, or perform a sunrise meditation to align with the season's energy. This act acknowledges the growing warmth, the stirring of life, and the promise of new beginnings.



Ostara

Ways You Can Celebrate

DIVINATION: Use *tarot, runes, or scrying* to explore themes of *balance, renewal, and growth*. Reflect on what intentions are ready to bloom and what energies are shifting as the days grow longer. Seek guidance on the opportunities unfolding in the coming season.

JOURNALING: Reflect on the seeds of potential you have planted, both physically and spiritually. What dreams and goals are beginning to take root? Explore themes of harmony, expansion, and awakening. Set intentions for the months ahead, focusing on what you are ready to nurture into full bloom.



The Dawn of Spring

*Honoring Eostre & the Blossoming of
New Beginnings at Ostara*



The Dawn of Spring

HONORING EOSTRE AND THE BLOSSOMING OF NEW BEGINNINGS AT OSTARA

Beautiful, glowing, radiant Ostara—the golden dawn of the ancient spring calendar, bursting with the promise of renewal and balance.

In the old traditions, this was a time of harmony and awakening, honoring Eostre, the goddess of the dawn and fertility. Her presence heralded the return of warmth, the quickening of life, and the balance of day and night as the earth unfurled from winter's grasp.

The people gathered to celebrate with festivals of fertility and renewal, honoring the sun's growing strength. They decorated eggs as sacred symbols of rebirth, planted seeds to welcome abundance, and rejoiced in the awakening world around them.

Today, modern pagans and Wiccans honor Ostara as a festival of balance, growth, and new beginnings. They weave rituals that reflect both ancient traditions and contemporary practices, embracing the vibrant energy of the season and aligning with nature's cycle of renewal.



Here's how you can make your own Ostara magic:

- ***Decorating Eggs:*** Dye and adorn eggs with symbols of fertility, transformation, and intention. These ancient emblems of renewal can be placed on your altar, used in rituals, or gifted to loved ones as blessings of abundance.
- ***Welcoming the Sun:*** Honor the equinox by greeting the sunrise, lighting candles, or spending time outdoors in mindful connection with the lengthening days and blooming earth.
- ***Cleansing & Refreshing Your Space:*** Open your windows, sweep away stagnant energy, and bless your home with fresh flowers, fragrant herbs, or water infused with springtime intentions.
- ***Feasting & Sharing:*** Celebrate the abundance of the season with fresh, vibrant foods—sprouts, leafy greens, honey, eggs, and seeds—all symbols of fertility and growth.
- ***Reflecting & Planting Intentions:*** Take time to journal or meditate on the seeds of potential within you. What dreams and goals are ready to bloom? What energy are you calling in as the earth bursts into life?

Ostara today is a sacred turning point, a moment of equilibrium between darkness and light, past and future, stillness and action. It reminds us that we, too, are awakening—stretching toward the sun, ready to grow, and stepping into the full potential of the seasons ahead.



Incense

*A Blend to Celebrate Balance,
Renewal, & Blossoming Life*

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Incense

A Blend to Celebrate Balance, Renewal, & Blossoming Life

This Ostara incense blend is crafted to honor the balance of light and dark, the fertility of the earth, and the vibrant energy of renewal.

Perfect for rituals, meditation, or simply marking the turning of the wheel, this aromatic blend captures the essence of Ostara's awakening spirit and the promise of abundance.

Copal and Benzoin provide a foundation of sacred smoke, uplifting the spirit and opening the way for new beginnings.

Violet and Lemon Balm join the mix, their delicate yet potent notes symbolizing freshness, fertility, and the stirring of new life beneath the warming sun.

Meadowsweet brings a touch of sweetness and grace, echoing the blossoming energy of the equinox, while Rose Petals add the essence of love, beauty, and the fertility of the season.

For an added layer of magic, Jasmine Flowers lend their enchanting, moon-kissed quality, weaving dreams and inspiration into the blend like whispers of spring's embrace.

For your blend you'll need:

- 2 parts Copal Resin (or powder)
- 1 part Benzoin Resin (or powder)
- 1 part dried Violet Flowers
- 1 part dried Lemon Balm
- 1/2 part dried Meadowsweet
- 1/2 part dried Rose Petals
- Pinch of dried Jasmine Flowers

Optional: If you don't have access to any of the dried ingredients above, a few drops of the corresponding essential oil will work. You can also check correspondences and make substitutions as you see fit.

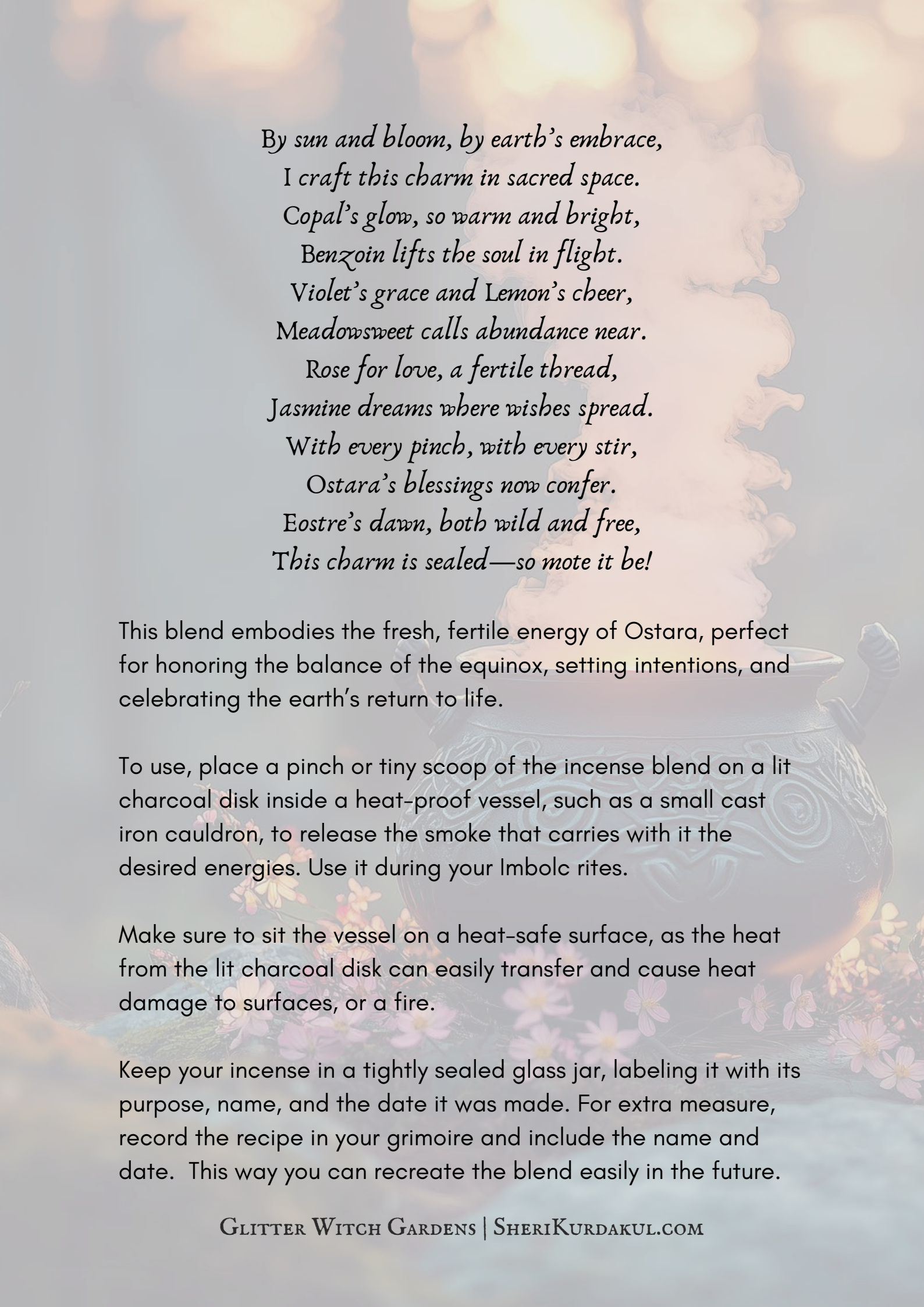
- ***What's a "part"? It's any unit of measurement you choose to use. For example, a part could be a weight or a unit of measurement like a tablespoon. So if you're using tablespoons, 2 parts = 2 tablespoons.***

To make your incense:

Add your dry ingredients to a glass mixing bowl one at a time. Measure carefully, and if the materials need to be crushed, use a mortar and pestle to do so first.

If you choose to add essential oils, measure them drop by drop directly into your dry crushed herbs, stirring well to help distribute the oils throughout the blend. Feel free to adjust quantities to your personal taste.

Thoroughly stir all ingredients together well, reciting the following charm as you do so:



*By sun and bloom, by earth's embrace,
I craft this charm in sacred space.
Copal's glow, so warm and bright,
Benzoin lifts the soul in flight.
Violet's grace and Lemon's cheer,
Meadowsweet calls abundance near.
Rose for love, a fertile thread,
Jasmine dreams where wishes spread.
With every pinch, with every stir,
Ostara's blessings now confer.
Eostre's dawn, both wild and free,
This charm is sealed—so mote it be!*

This blend embodies the fresh, fertile energy of Ostara, perfect for honoring the balance of the equinox, setting intentions, and celebrating the earth's return to life.

To use, place a pinch or tiny scoop of the incense blend on a lit charcoal disk inside a heat-proof vessel, such as a small cast iron cauldron, to release the smoke that carries with it the desired energies. Use it during your Imbolc rites.

Make sure to sit the vessel on a heat-safe surface, as the heat from the lit charcoal disk can easily transfer and cause heat damage to surfaces, or a fire.

Keep your incense in a tightly sealed glass jar, labeling it with its purpose, name, and the date it was made. For extra measure, record the recipe in your grimoire and include the name and date. This way you can recreate the blend easily in the future.



Candle Magic

Correspondences for Ostara

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Candle Magic

Ostara Color Correspondences

The blooming days leading up to Ostara carry the promise of renewal, as the earth awakens from winter's slumber and the balance of light and dark approaches.

The soft glow of sunlight stretches across greening fields and flowering branches, mirroring the growing warmth of the season and the fertile energy of new beginnings.

Candle magic is timeless, but it burns especially bright during Ostara, as the Wheel of the Year turns toward balance and expansion. This vernal equinox sabbat is a threshold of transformation, inviting us to align with the pulse of the season and harness the energy of emergence and equilibrium.

Honor the spirit of Ostara by embracing these candle colors, which reflect the harmony of day and night, the fertility of the land, and the potential stirring within you.

Let the flickering flames weave your intentions into the magic of the season—blending ancient wisdom with personal ritual, crafting a practice as vibrant as the first bloom of spring.

GRASS GREEN: *Growth, Renewal, Abundance, the Quickening Earth*

PALE GOLD: *The Strengthening Sun, Fertility, the Vitality of Spring*

SOFT PINK: *Love, Harmony, the Gentle Energy of Blossoming Life*

WHITE: *Balance, Purification, Clarity, New Beginnings*

BROWN: *Stability, Fertile Soil, the Foundation of Growth*

Additionally, there are powerful color combinations we can call upon during this time of year when working with candle magick. Here are some ideas, but feel free to create your own:

GREEN, GOLD, & BROWN: *The Awakening Earth, the Sun's Strength, the Fertility of the Land*

WHITE, PINK, & YELLOW: *Balance, Love, and the Joyful Blossoming of Spring*

GOLD, GREEN, & LIGHT YELLOW: *The Energy of Growth, the Warmth of the Sun, and Abundant Potential*

Ostara's energy reminds us that balance is fleeting, but growth is constant. With each flame lit, we align with the turning wheel and step forward into the season of vitality, beauty, and endless possibility.



Altar

A Simple Ustara Altar

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Altar

A Simple Ostara Altar

Creating an altar for Ostara can be a simple yet powerful way to honor the balance of light and dark and welcome the fertile energy of spring. You can set it up anywhere that feels right, whether indoors or out.

If you already have a dedicated altar space, it's a wonderful starting point, but any place in your home can become a sacred space for Ostara's renewal and rebirth.

Do you have a windowsill where the sun's rays stream in? Maybe a garden nook where the first flowers bloom? Either of these make perfect locations for an Ostara altar, symbolizing new growth, balance, and the turning of the wheel.

Your altar becomes a beacon of harmony and abundance—a sacred space where the energy of the equinox lingers and nurtures your intentions for the season ahead.



Once you've chosen the location for your altar, here are some ideas and tips for setting it up and decorating it for the season:

STEP 1: *Start With Natural Elements*

For Ostara, begin with elements that celebrate renewal and fertility. Gather fresh flowers such as daffodils, violets, or crocuses—symbols of awakening and new beginnings. Add a bowl of seeds to represent potential and abundance. If you prefer, dried or artificial options work too.

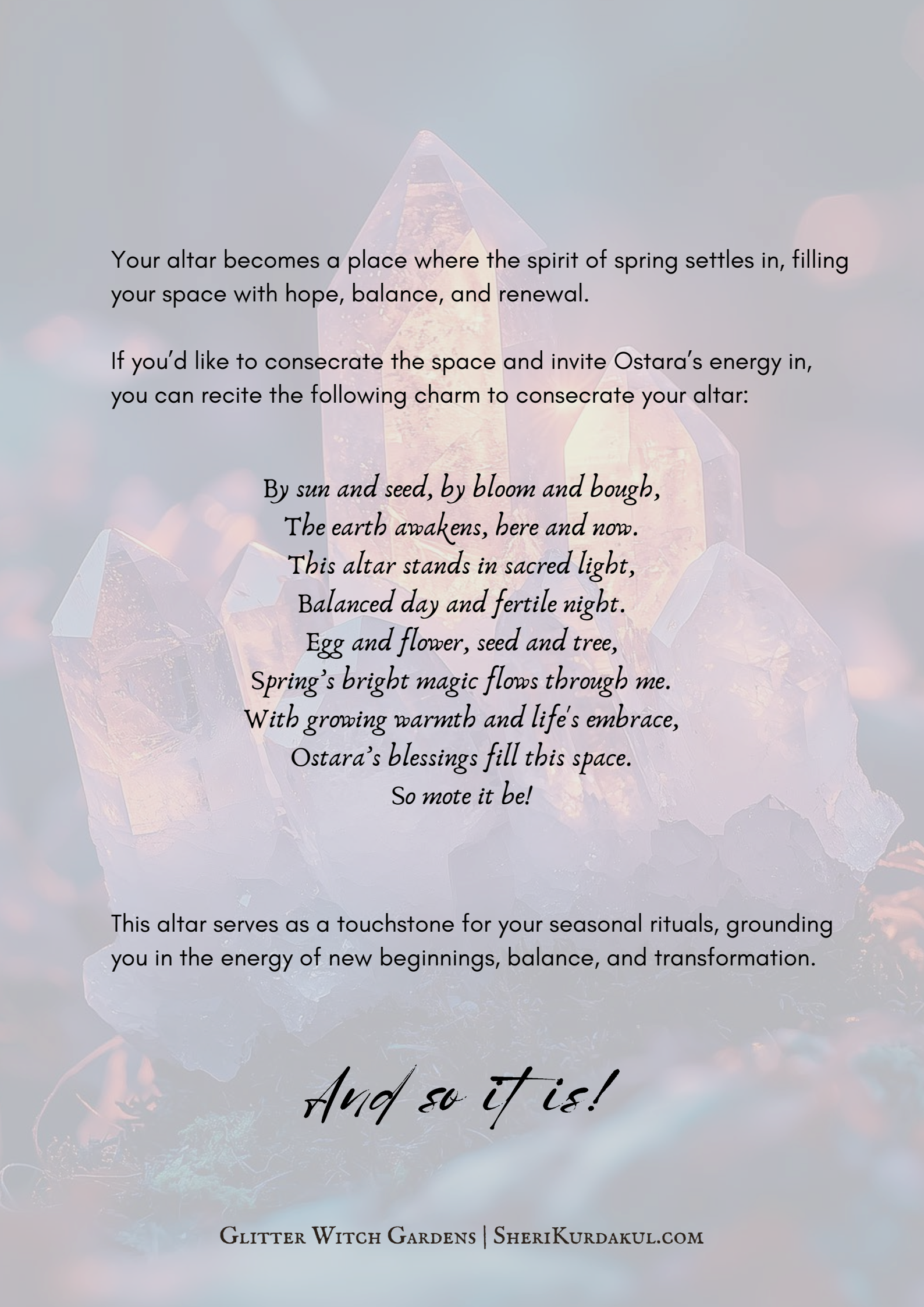
STEP 2: *Add Some Candles*

Candles are a powerful symbol of light and balance during Ostara. You can reference the candle color correspondences in this guide to help you choose colors. Place a green, gold, or pale yellow candle at the center, or cluster several together to reflect the theme of growth and harmony.

STEP 3: *Add a Symbol of Fertility & Balance*

In honor of Ostara's fertile energy, you may wish to include painted eggs, a figure of a hare, or a statuary representation of Eostre, the goddess of the dawn.

You may also want to create a space for a vessel to burn the Ostara incense we created in the last section, as well as a dish for offerings, such as honey, milk, or seeds.



Your altar becomes a place where the spirit of spring settles in, filling your space with hope, balance, and renewal.

If you'd like to consecrate the space and invite Ostara's energy in, you can recite the following charm to consecrate your altar:

*By sun and seed, by bloom and bough,
The earth awakens, here and now.
This altar stands in sacred light,
Balanced day and fertile night.
Egg and flower, seed and tree,
Spring's bright magic flows through me.
With growing warmth and life's embrace,
Ostara's blessings fill this space.
So mote it be!*

This altar serves as a touchstone for your seasonal rituals, grounding you in the energy of new beginnings, balance, and transformation.

And so it is!



Ritual

Sowing the Seeds of Prosperity

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Ritual

Sowing the Seeds of Prosperity

We've explored magickal incense blends, color correspondences for Ostara, and crafted a sacred altar to honor the season's balance and renewal. Now, let's perform a simple yet potent prosperity ritual to align with the abundant energy of Ostara.

This ritual calls upon the fertility of the land and the quickening light to set intentions for growth, abundance, and new opportunities.

It can be performed on Ostara itself or anytime during the days surrounding the equinox when the energy of renewal is strong.

This is more than just a spell—it's an act of manifestation, a way to plant the seeds of your desires and nurture them into fruition.

Let's get started.

Gather Your Materials:

- A small pot or container filled with soil (you can also use a garden space)
- A handful of seeds (sunflower, basil, mint, or any plant associated with abundance)
- A green or gold candle (for prosperity and growth)
- A small dish of honey or milk (as an offering to the earth's spirits)
- A slip of paper & pen (for writing your intention)

STEP 1: Setting the Sacred Space

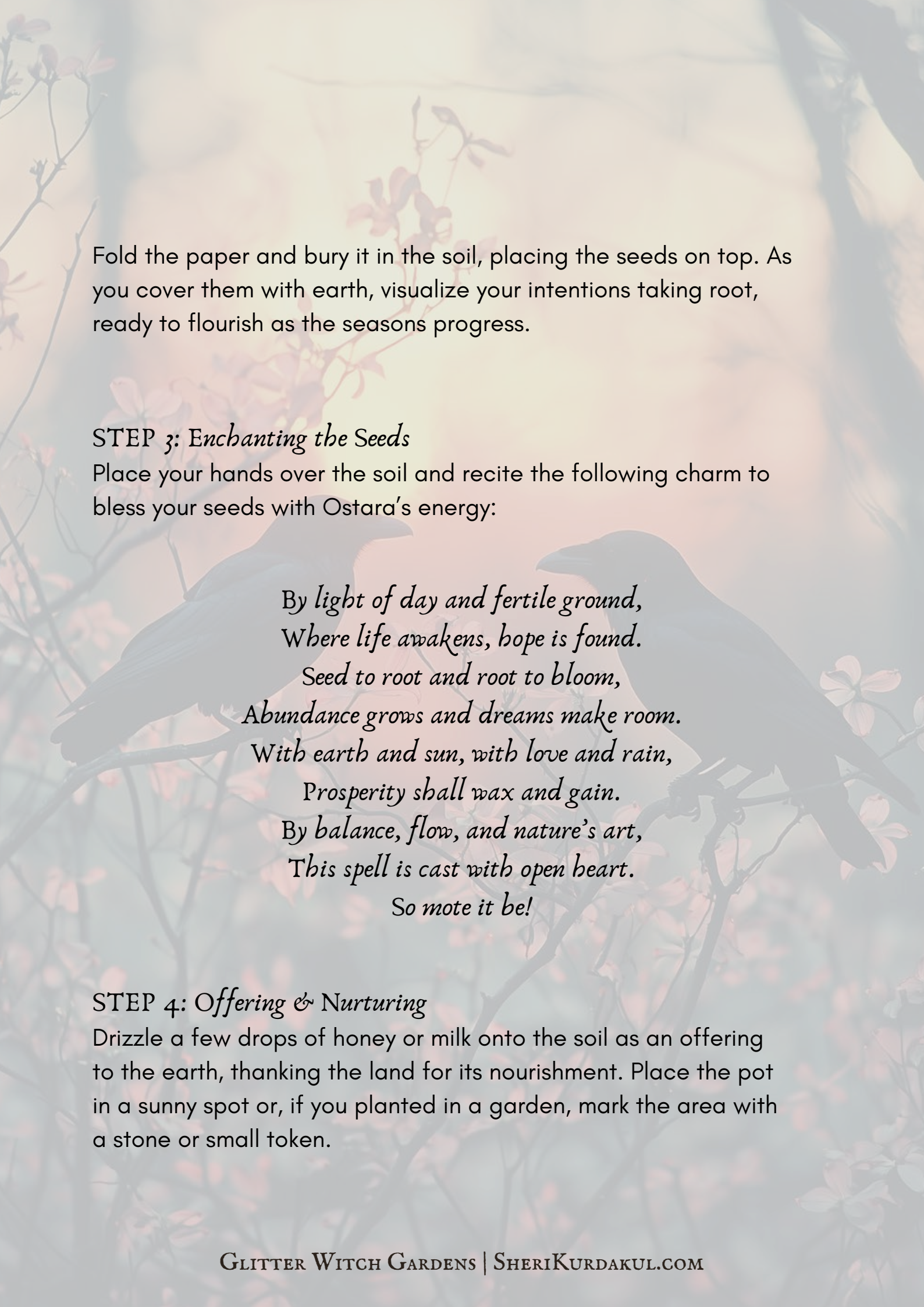
Find a quiet place where you can perform this ritual undisturbed, preferably near your altar or outdoors under the open sky. Light the green or gold candle, symbolizing the returning sun and the fertile power of the season.

Hold the seeds in your hands and take a few deep breaths, feeling their potential energy—small but full of life, waiting to emerge.

STEP 2: Planting Your Intention

On the slip of paper, write down a word or phrase that represents the prosperity or abundance you wish to manifest in the coming months. It could be:

- 💰 Financial stability
- 💡 Creative success
- ❤️ Love and connection
- 🌱 Spiritual growth

The background of the entire page is a soft-focus photograph of two birds, possibly crows or ravens, perched on a branch with small, light-colored flowers. The birds are silhouetted against a warm, golden light, creating a serene and magical atmosphere.

Fold the paper and bury it in the soil, placing the seeds on top. As you cover them with earth, visualize your intentions taking root, ready to flourish as the seasons progress.

STEP 3: *Enchanting the Seeds*

Place your hands over the soil and recite the following charm to bless your seeds with Ostara's energy:

*By light of day and fertile ground,
Where life awakens, hope is found.
Seed to root and root to bloom,
Abundance grows and dreams make room.
With earth and sun, with love and rain,
Prosperity shall wax and gain.
By balance, flow, and nature's art,
This spell is cast with open heart.
So mote it be!*

STEP 4: *Offering & Nurturing*

Drizzle a few drops of honey or milk onto the soil as an offering to the earth, thanking the land for its nourishment. Place the pot in a sunny spot or, if you planted in a garden, mark the area with a stone or small token.

STEP 5: *Closing the Ritual*

Take a final moment to reflect, feeling the balance of light and dark, action and patience, knowing that your desires are set in motion.

Blow out the candle, but hold the vision and feeling of its warmth and energy within you, carrying the spirit of Ostara's prosperity forward.

Over the coming weeks, tend to your seeds and resulting plant with care, just as you would nurture your goals and intentions.



A Final Thought

Ostara reminds us that abundance begins with small steps—just like a seed, it requires patience, nourishment, and trust in the cycle of growth. With each sunrise, each act of care, your intentions will unfold, bringing you closer to the prosperity you seek. Blessed Ostara!

Ostara

Seeds of Renewal/ Tarot or Oracle Spread



A five-card spread to align with Ostara's themes of growth, balance, and new beginnings. This spread helps you explore what is awakening within you, what needs nurturing, and how to step forward with clarity and purpose.

Ostara

Tarot or Oracle Spread

2) *The Sunlight* – What energy or action will help this intention grow?

Just like a seed needs light to awaken and thrive, this card offers insight into what will support your growth. Look for themes of momentum, external influences, or inner work. Does this card suggest patience, bold action, self-care, or a mindset shift? This is the energy you need to nurture your intentions and encourage them to flourish.

Card Drawn:

Ostara

Tarot or Oracle Spread

3) *The Soil* – What foundation or support system do you need to nurture this?

Growth flourishes with support—this card represents what grounds you, stabilizes you, and gives you strength. It may indicate practical resources, emotional support, spiritual practices, or inner resilience. Consider what habits, people, or rituals can provide nourishment for your new beginning.

Card Drawn:

Ostara

Tarot or Oracle Spread

4) *The Weeds* – What obstacles or limiting beliefs must be cleared away?

Before new life thrives, we must pull the weeds. This card uncovers doubts, fears, or outdated patterns that could hold you back. Look for messages about self-sabotage, negative conditioning, or distractions. Are you clinging to the past, resisting change, or afraid of stepping into your full potential? This card helps you recognize and clear what no longer serves you.

Card Drawn:

Tarot or Oracle Spread

5) *The Bloom* – What potential outcome or blessing awaits as this intention flourishes?

The final card reveals the gift of your journey—the result of your efforts, the transformation ahead, or a glimpse into what’s possible if you commit to this path. Does this card show abundance, balance, empowerment, or something unexpected? This is your Ostara blessing, the reward for planting and tending your personal garden.

Card Drawn:

A background image of a dogwood tree branch with pink and white blossoms, overlaid with horizontal ruling lines. The image is a light, faded version of the dogwood tree, with the blossoms in shades of pink and white. The branch is dark and textured. The entire image is covered with horizontal ruling lines, similar to a notebook page.

Ostara

Reflection & Intention Setting

After performing your reading, journal your insights and write down one action step inspired by your reading.

This could be:

- Starting a new project or habit
- Letting go of self-doubt or past limitations
- Embracing a new perspective or creative endeavor
- Committing to a mindset of abundance and growth

Ostara reminds us that everything begins as a seed. What will you plant and nurture in the coming months?

Write any insights you have here, then use the journaling prompts in the following section to go even deeper.

Reflection & Intention Setting

Reflection & Intention Setting

Ostara

Embracing Growth & Renewal/ Journal Prompts

The five journal prompts on the following pages are designed to help you reflect on the energy of Ostara, a time of balance, awakening, and new beginnings.

As nature stirs to life, so too does the potential within you.

Use these prompts to gain clarity, set intentions, and align with the renewal of the season.



Ostara

Journal Prompts

1) What new beginnings are calling to me this season?

Reflect on the fresh starts, ideas, or opportunities emerging in your life. Are there areas where you feel a shift happening—creative pursuits, personal growth, relationships, or mindset changes? Describe what feels ready to bloom and how you can nurture this energy moving forward.



2) How can I cultivate balance in my life, just as light and dark find harmony at the equinox?

Ostara marks a moment of perfect balance between day and night. Consider where you may be out of balance—physically, emotionally, or spiritually. Are you giving enough time to both rest and action? To both intuition and logic? Explore ways to restore harmony in your routines, habits, and thought patterns.

A watercolor illustration of a forest path. The path is a light brown color, winding through a forest with tall, thin trees. The ground is covered in fallen leaves and small white flowers. The background is a soft, hazy blue and green. The entire image is overlaid with horizontal lines, making it suitable for writing.

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3) What limiting beliefs or obstacles do I need to clear away to make space for new growth?

Just as a garden must be weeded before it flourishes, you may need to release old fears, doubts, or habits that no longer serve you. What is holding you back? Is it fear of failure, perfectionism, or hesitation to step into your power? Write about what you're ready to release and how doing so will allow space for transformation.

A close-up photograph of a hand holding a stone mortar and pestle. The mortar is filled with a mixture of dried, crushed herbs, including what appears to be rose petals and other botanicals. The background is softly blurred, showing warm, bokeh-like light spots. The overall image has a soft, ethereal quality, typical of a background for a wellness or natural medicine brand.



Ostara is a fertile time, perfect for setting intentions. What seeds do you want to plant? This could be literal gardening, a new skill, a financial goal, or a spiritual practice. Describe what you want to cultivate and visualize how it will grow and thrive in the months ahead.

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5) How can I celebrate and embrace joy, renewal, and playfulness in this season of awakening?

Ostara is not just about hard work and intention-setting—it is also a time of delight, wonder, and rediscovering simple pleasures. What brings you joy? How can you infuse more lightheartedness, creativity, or play into your days? Write about ways you can honor Ostara's vibrant, life-affirming energy in a way that feels nourishing and fulfilling.

A background image of a person in a blue robe standing in a field of pink flowers, with horizontal lines overlaid for writing.

Ostara

Reflection & Action

After you've finished writing, choose one insight from your journaling and turn it into an action step—whether it's starting a daily ritual, making a small lifestyle change, or simply embracing a new mindset.

Ostara reminds us that growth happens with time and care—plant your intentions and trust in their unfolding.

What action step will you create?



[illegible]





*“Come to the woods, for here is rest.
There is no repose like that of the
green deep woods. Sleep in
forgetfulness of all ill.”*

John Muir



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