

# OSTARA



SPRING EQUINOX

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## GARDEN RITUAL:

Gather a small basket of seeds saved from last year's garden. Walk slowly through the thawed earth, mindfully sowing the seeds to imbue intent for their new life of abundance. Pause to express gratitude for the eternal cycles of death and rebirth that feed nature's renewal.





# Ostara

## HISTORY & LORE

In many ancient European cultures, Ostara (also known as Eostre) marked the awakening of nature and growth after the harsh winter. It embodied themes of renewal and hope. People would gather wildflowers and decorate eggs to symbolize birth and the arrival of spring.

Traditions of eggs and rabbits/hares signify Ostara as a time for fecundity and abundance. In some customs, the goddess Ēostre is represented with a hare as her companion, emphasizing the connection to fertility.

The name Easter later absorbed many of the symbolic rituals of celebrating new life in springtime that had also been attributed to Ēostre. The motif of the rabbit arriving, gifts of life blossoming everywhere and the energy of celebration remained through history.

Today, Ostara traditions are still observed by Pagans, Wiccans and others who align their faith with the natural rhythms of the Earth through the Wheel of the Year. It carries the magic of the ancients while also representing rebirth and renewal for modern times.



# Ostara

## WAYS TO CELEBRATE

- Create an altar with symbols of renewal like seeds, flower buds, eggs, rabbits, or god/goddess representations.
- Dye and decorate eggs together in bright colors to display.
- Plant seeds or starter plants to signify new growth.
- Take a meditative walk outside to tune into nature's transition and change.
- Make flower crowns from the first blooms and greenery spotted outside
- Create Ostara-themed crafts with children.
- Prepare and share a feast using fresh seasonal produce and herbs.
- Perform spells or rituals focused on driving away winter, inviting fertility and activation.
- Do a ritual bonfire cleansing to burn what no longer serves you.





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## CORRESPONDENCES

### *Flowers:*

- Daffodils - Representing renewal and new beginnings.
- Crocuses - Vibrant purple flowers that start blooming as winter ends.
- Iris - Known as a goddess flower linked to Ēostre
- Lilies - Associated with fertility and flower crowns.

### *Herbs:*

- Chamomile - bringing the energy of the sun with its cheerful yellow centers.
- Dandelion - Linked to the return of fertile grounds.
- Elderflower - Used in springtime wine and tea infusions.

### *Crystals:*

- Amethyst - brings sense of renewed peace and calm.
- Moonstone - Aligns with new phases.
- Citrine - Invokes spring's warmth.
- Rose Quartz - Connects to the heart, soothes to allow new love.

### *Goddesses:*

- Persephone - Greek goddess returning from the underworld to reunite with her mother Demeter, sparking spring's arrival.
- Freya - Nordic goddess of love, beauty, and abundance manifestations as the earth thaws.



## *Easy home ritual*

Gather a yellow candle, a bowl of soil and some plant seeds that inspire you. Sit comfortably and take a few moments to center yourself by taking some deep breaths.

Light the yellow candle, visualizing it representing the return of the warm sun. Hold your hands over the bowl of soil, envisioning it as the earth now ready to receive the new seeds.

Take each seed individually and state an intention of something you wish to renew, grow or cultivate in your life. Place each seed mindfully in the soil after setting your intention.

Cover the bowl gently and place your hands around the candle flame, imagining you are absorbing the revitalizing light and energy now growing with each new day.

Close your eyes and picture your intentions sprouting beautifully in alignment with nature's cycles.

Thank Ostara's seasonal shift for the collaborative magic that transforms barrenness into life again.



# PLANTING RITUAL

## YOU WILL NEED:

- Pot or garden plot to plant in
- Packet of milkweed or marigold seeds
- Garden trowel
- Basket with soil/compost
- Watering can/water
- Ostara decorations (like flowers, eggs, rabbits)
- Paper and pen

“*Spring's renewal begins within*”

## RITUAL DIRECTIONS:

1. Find a space outdoors or in that gets sufficient sunlight. Place your empty pot or clear garden plot with Ostara decor around it.
2. Hold your pack of seeds, setting the intention silently that they will carry and grow your desires. Pour the seeds into your non-dominant hand.
3. Use the trowel to dig openings in the earth for seeds. As you plant each one, whisper one blessing aloud - new abundance, prosperity, love, etc.
4. When all seeds are nested, gently water them until the soil is moist and covers them.
5. On your paper, write 3-5 wishes to manifest this season. Roll up the paper and bury alongside your planted seeds.
6. Place both hands on the earth and offer gratitude for Ostara's growing energy fueling changes you wish to see in your life.
7. Tend and care for your seeds/garden, visualizing your written wishes blossoming powerfully!



# Renewal

## RITUAL

### YOU WILL NEED:

- Spring flowers like daffodils or tulips
- Oiled citrine crystal
- Candle (White or Yellow)
- Ostara Incense - jasmine or floral scent
- Something to Represent Moving Forward -  
Key, Feather or Seed

### INSTRUCTIONS:

1. Gather ingredients on your altar space or table. Light incense and candle when ready. Hold hands over items to cleanse.
2. Pick up citrine and flowers while saying aloud: **"I honor the light and life within me ready to renew."**
3. Stand and face east down light. Visualize shedding unwanted energy like winter layers as you turn clockwise to each direction finally facing east again saying **"I welcome Ostara's growing light into my whole self."**
4. Sit again. Hold forward symbol - key, feather or seed - and state 3 things you wish to renew in your life. See and feel them manifested.
5. Declare **"As the earth renews itself, I commit to my own revitalization in body, mind and spirit this season."** Express gratitude for the ritual. Snuff out candle.

A woman with long, light-colored hair, wearing a green headscarf and a green top, is shown in profile, holding a bouquet of yellow and purple flowers. She is looking down at the flowers with a serene expression. The background is a lush green field with various plants and flowers.

*"The greening earth  
softens all hearts."*



# Personal Reflections

Tomorrow you wake up and realize that everything has changed for the better. What has changed?

What does abundance mean to you?

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Set your intention for this period of growth here:

What projects can you start this Spring?

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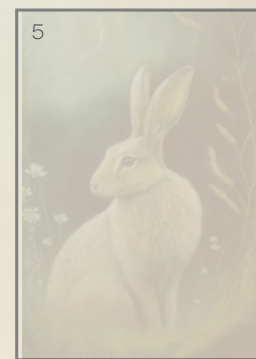
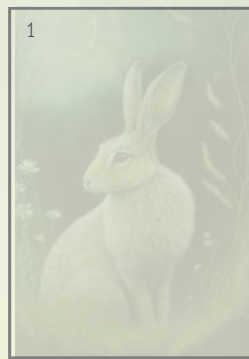
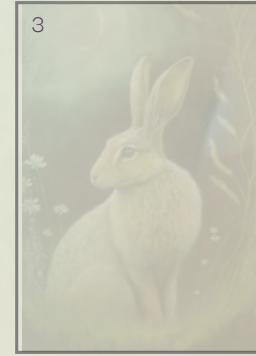
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# Ostara

## TAROT SPREAD



1. Current Needs - What needs release, healing or rebalancing in your life right now?
2. Emerging Self - What aspects of yourself or new qualities are starting to grow within?
3. Seeding Intentions - Which dreams or intentions do you want to actively cultivate?
4. Unleashing Potential - What gifts and untapped strengths are ready to be expressed fully?
5. Invoking Higher Guidance - What key insights does your highest self or spirit guides want you to know this season?





I welcome Ostara's growing light and possibility into my world with openness. May the quickening energies within me and surrounding me catalyze profound personal renewal now.

Like seeds stirring under newly fertile soil, I trust my unfolding journey this season. I embrace my highest potential taking root and blossoming with clarity and grace.

*Thank you*

*Laurie Barraco*

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