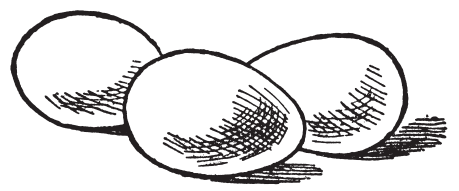
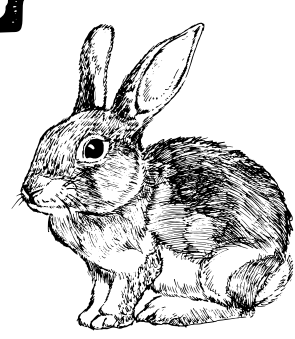
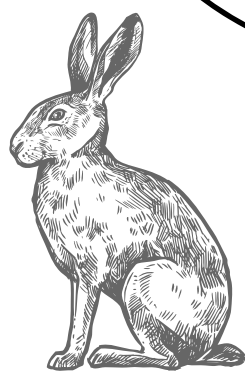
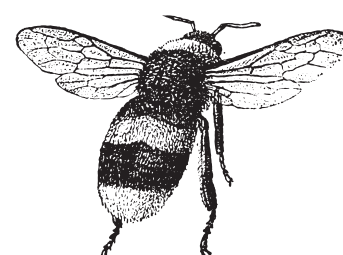
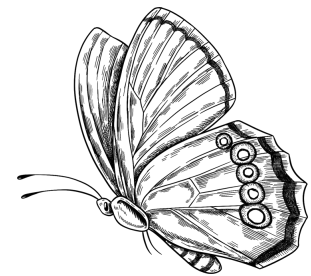
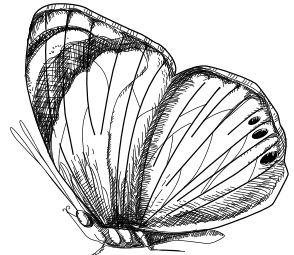
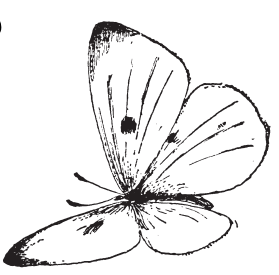


Ostara

Work Book & Coloring Book

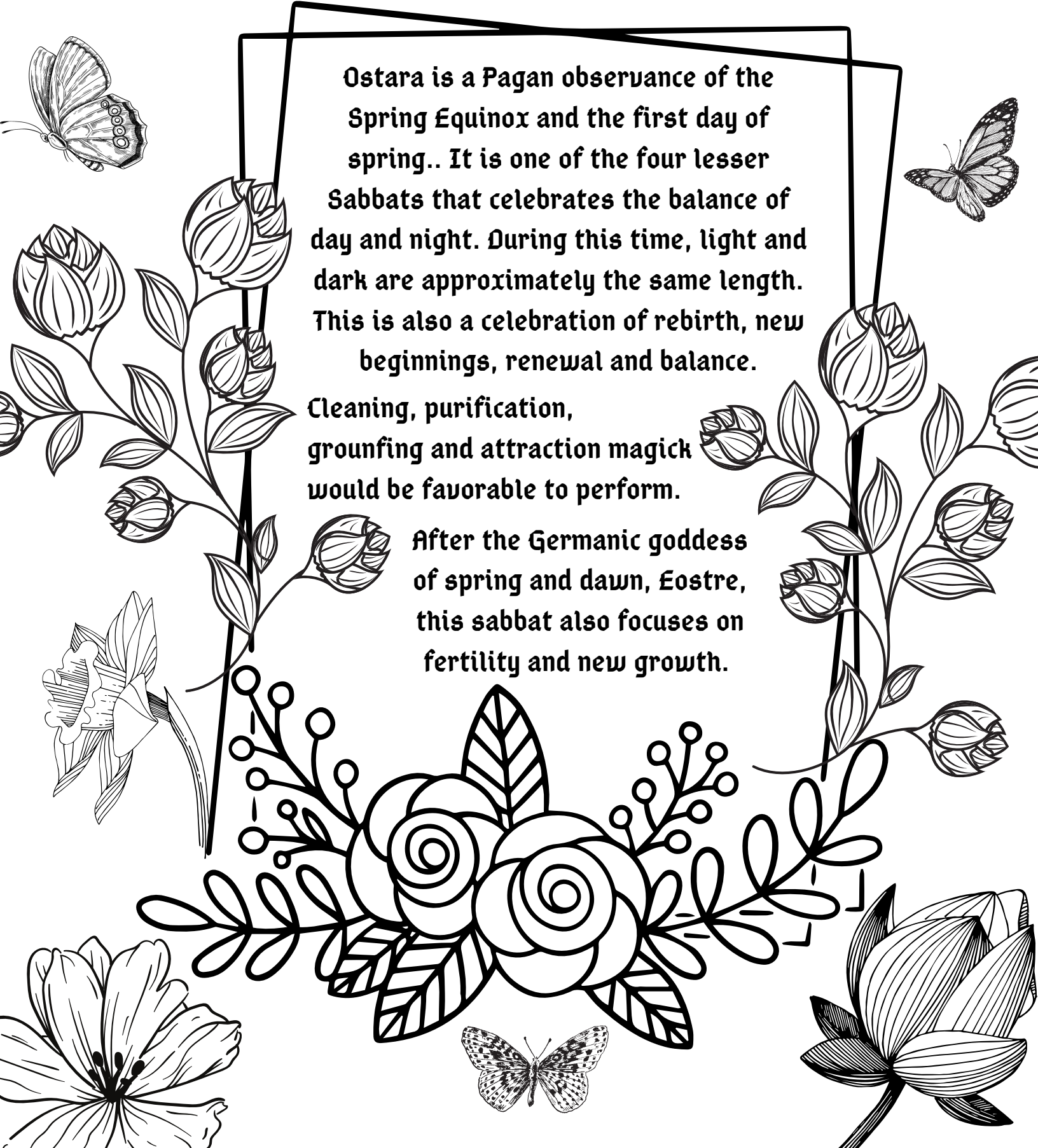


What is Ostara?

Ostara is a Pagan observance of the Spring Equinox and the first day of spring.. It is one of the four lesser Sabbats that celebrates the balance of day and night. During this time, light and dark are approximately the same length. This is also a celebration of rebirth, new beginnings, renewal and balance.

Cleaning, purification, grounding and attraction magick would be favorable to perform.

After the Germanic goddess of spring and dawn, Eostre, this sabbat also focuses on fertility and new growth.





Correspondences



Magick: Balance, growth, grounding, new beginnings, fertility, renewal, rebirth, cleansing

Colors: Pastel colors, greens, yellows, blues, pinks

Animals: Rabbits, birds and their eggs, snakes, lambs, robins

Crystals: Amethyst, rose quartz, aquamarine, agate, bloodstone, moonstone, peridot

Flowers: Daffodils, hyacinths, tulips, clovers, spring flowers

Herbs: Common or garden sage, lemongrass, dill, ginger

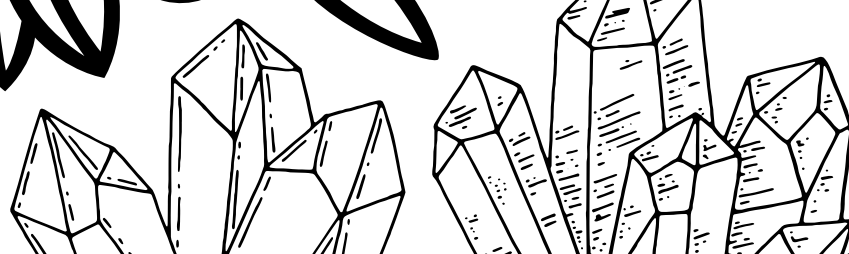
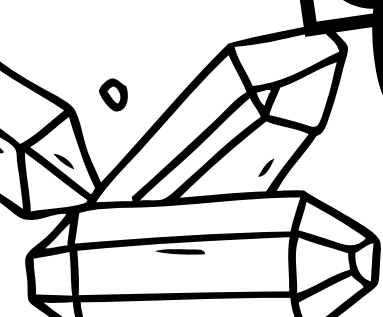
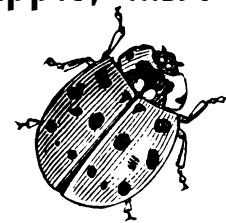
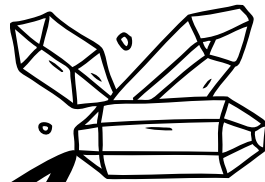
Food & Beverages: Eggs, milk, honey, sweet wine, lamb, maple syrup, nuts, seeds, hot cross buns, asparagus, dairy

Altar Decor: Hare or rabbit statues, decorated or colored eggs, flowers, birds, feathers, pastel candles

Deities: Eostre, Isis, Adonis, Persephone, Artemis

Incense & Oils: Rose, jasmine, ginger, olive oil


Trees & Shrubs: Pine, willow, apple, hawthorn





Grounding Earth Meditation

Do you feel overwhelmed juggling responsibilities and finding balance between relationships, your children, school, career, health, mental well being, relationships and personal development? There are many practices that focus on mindfulness that can encourage balance with your mental, spiritual and physical well-being. For instance, you can meditate, work with essential oils, go out into nature and journal or show gratitude. Another way to feel calmer and ground your energy is connecting with the element of Earth. This element has the properties of stability, consistency, growth, solidity and more. When working with this element, you can learn how to embrace, anchor and use the characteristics of that element within you. This practice would also be very useful to do if you are planning to cast a spell, heal your energy or practice divination and you want to ground your energy first. This meditation is designed to create a flow of power that you can send out in a safe manner of loving and healing energy. It can aid in increasing your psychic awareness, connect with your guides and shield you from unwanted energies.





Grounding Earth Meditation

1.) First find a comfortable spot where you can sit on the Earth. Sit up straight, keep your chin up and soften your muscles to release any built up tension. Place the soles of your feet on to the Earth. You can also choose to stand for this exercise, as well. Bring anything else you'd like to use for grounding, such as essential oils or crystals. Some grounding essential oils are patchouli, frankincense, cedarwood and myrrh. Some grounding crystals are smoky quartz, hematite, obsidian and tourmaline.

2.) Now, close your eyes. Notice how you feel with the connection you have just made with the Earth. Are there any places on your body that need to release tension? Is your tongue on the roof of your mouth? Are your shoulder up near your ears? Are you clenching your jaw?

Inspired by Motivation Inspiration and Life on Word Press






Grounding Earth Meditation

3.) Use a breathing technique to relax your body. You can inhale through your nose for 8 counts and then exhale for 8 counts. Repeat this process and bring your breath to release any tension in specific areas of your body. Finish this exercise with a sigh. Acknowledge the weight of your body on the earth.

4.) Return your attention back to your breath. If you feel distracted by anything, bring your focus back to your breath. When you are doing this, imagine your breath entering your body and reaching all the way down to your feet, like roots. Visualize your roots going all the way to the core of the Earth. What kind of roots did you visualize? Are they thick roots that are strong when pushing through the Earth? Are they thinner roots that cover more area to feel more stability? Picture your roots extending into the soil and passing through the rocks, insects and everything it would contact before reaching the core.





Grounding Earth Meditation

5.) Now take a breath up through your roots. Feel the breath move up through your feet, through your legs and thighs to the center of your body. Feel your tree growing and extending through your rib cage until it reaches your shoulders. Keep feeling the breath through your neck all the way up to the top of your head. On your exhale, release all of the stress and tension while inviting the cleansing energy.

6.) When you exhale, visualize all of the negative energy, stress and tension being released into the air and into the sky. Keep doing this breathing exercise while visualizing the power of the Earth rising through your body. If you become distracted, acknowledge it then bring your attention back to your breathing.

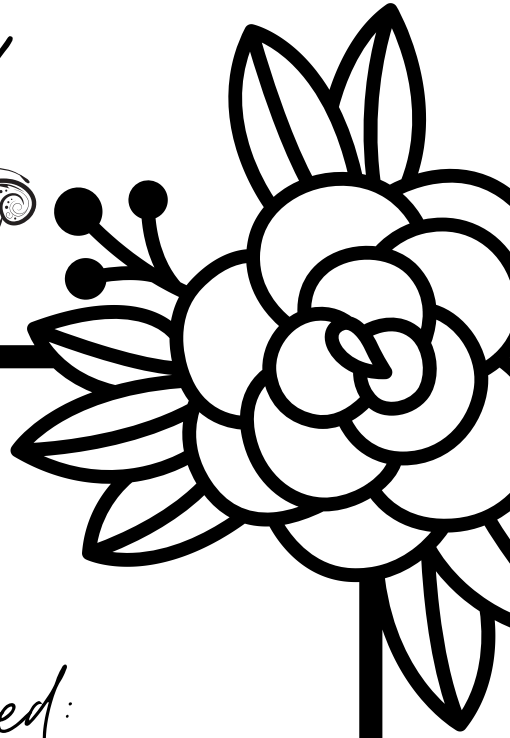
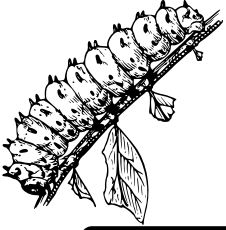


Grounding Earth Meditation

7.) Continue to do this breathing exercise while drawing in the abundant of energy from the core of the Earth. Allow your stress to be released into the air and disperse through the wind. Keep pulling in energy from the Earth and releasing tension until you feel relaxed and rejuvenated.

8.) When you are finished, bring your awareness back to the soles of your feet. Be aware of the energy that Mother Earth has given you, the connection you had made with your roots, and become aware of your energy now. Use this energy , feelings of peace, and feelings of calmness and take it with you today.

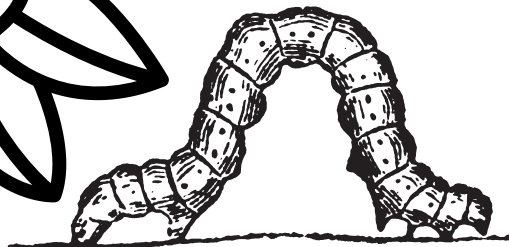
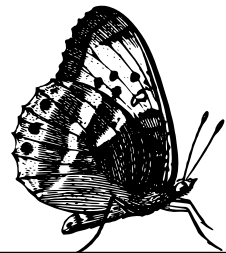
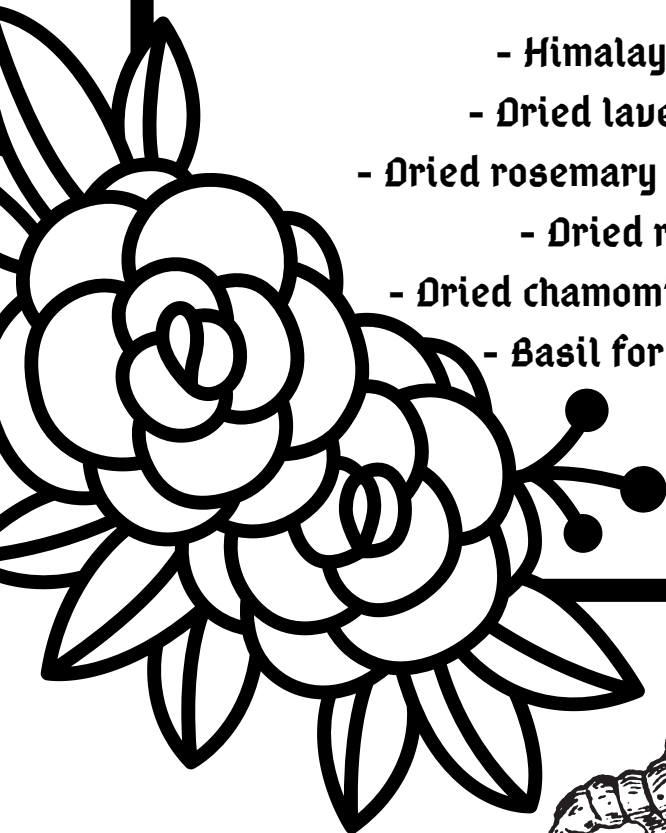
Healing Renewal Spell Jar



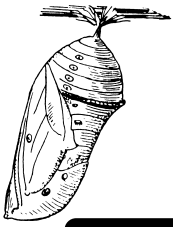
This spell can be used to celebrate Ostara or you can do this spell whenever you feel called to do so! It can be used to help heal from challenges and difficulties and welcoming new beginnings.

Here is what you need:

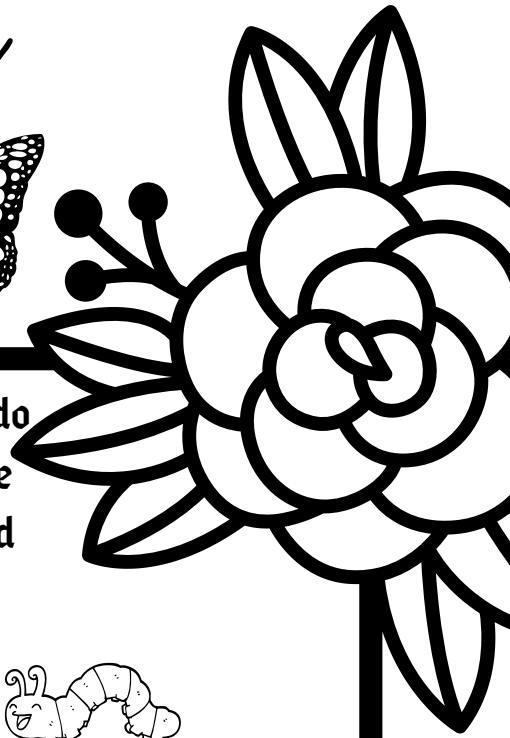
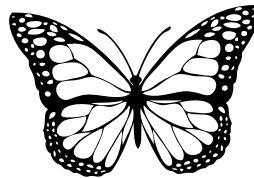
- A jar of your choice
- Your choice of crystal preferably amazonite, howlite, quartz, kyanite or aventurine because they are known for renewal and new beginnings
- A light green candle (you could also use any color that you associated with healing, renewal and growth)
 - Bay leaf
 - Himalayan pink salt for cleansing
 - Dried lavender for peace and healing
 - Dried rosemary for healing, protection, cleansing
 - Dried rose petals for self-love
 - Dried chamomile for healing , reducing stress
 - Basil for prosperity and protection



Healing Renewal



Spell Jar



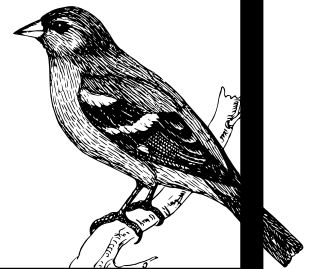
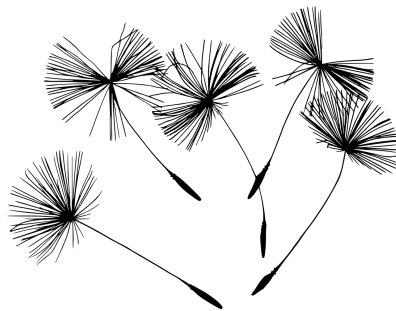
This spell can be used to celebrate Ostara or you can do this spell whenever you feel called to do so! It can be used to help heal from challenges and difficulties and welcoming new beginnings.



What to do:



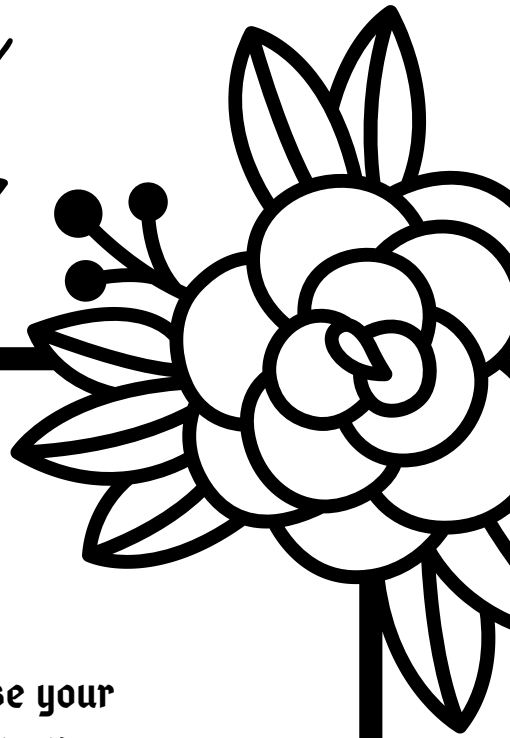
- 1.) Cleanse and set up your sacred space. You can use incense or sound to cleanse your space, set some soothing music, drink some tea, etc
- 2.) Light your candle and cleanse your jar
- 3.) Place your ingredients one at a time in your jar while focusing on your intention. Hang on to your crystal for last.
- 4.) When you are placing your ingredients, acknowledge and feel the difficulties you have gone through and then release them.
- 5.) When you are placing your ingredients, visualize the meaning of each one and what you want to invite more of into your life.



Healing Renewal



Spell Jar

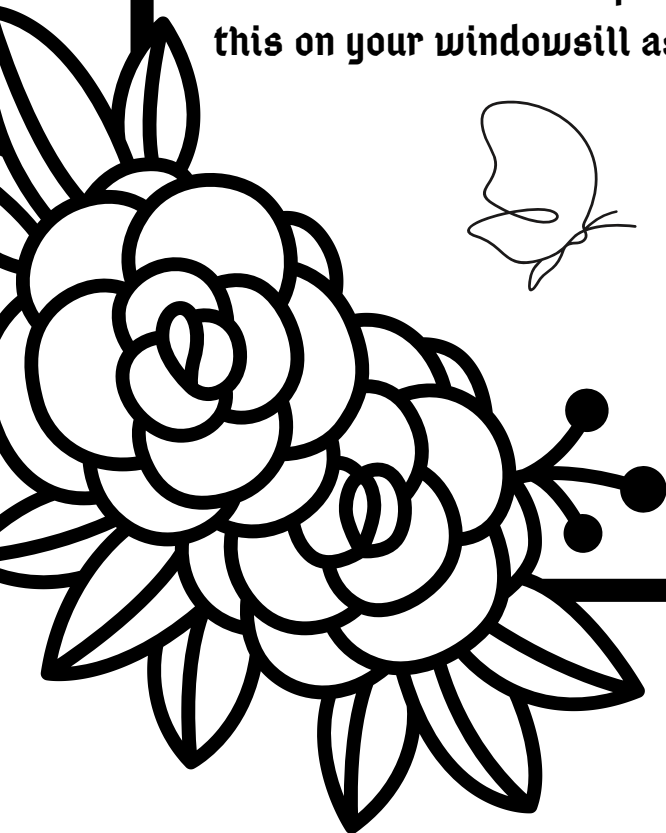


This spell can be used to celebrate Ostara or you can do this spell whenever you feel called to do so! It can be used to help heal from challenges and difficulties and welcoming new beginnings.

6.) Take your crystal and hold it in your hand. Infuse your crystal with as much optimism as you can. Speak into the crystal, meditate, or do whatever you prefer to fill it up.

7.) Put your crystal in your jar and take your bay leaf. Write the word healing on the bay leaf and infuse it with your intention. What needs healing? Place it into your jar.

8.) Seal your jar with the wax from the burning candle. You can place more lavender or rose petals into the wax while it is drying. Place this on your windowsill as a reminder for positivity!

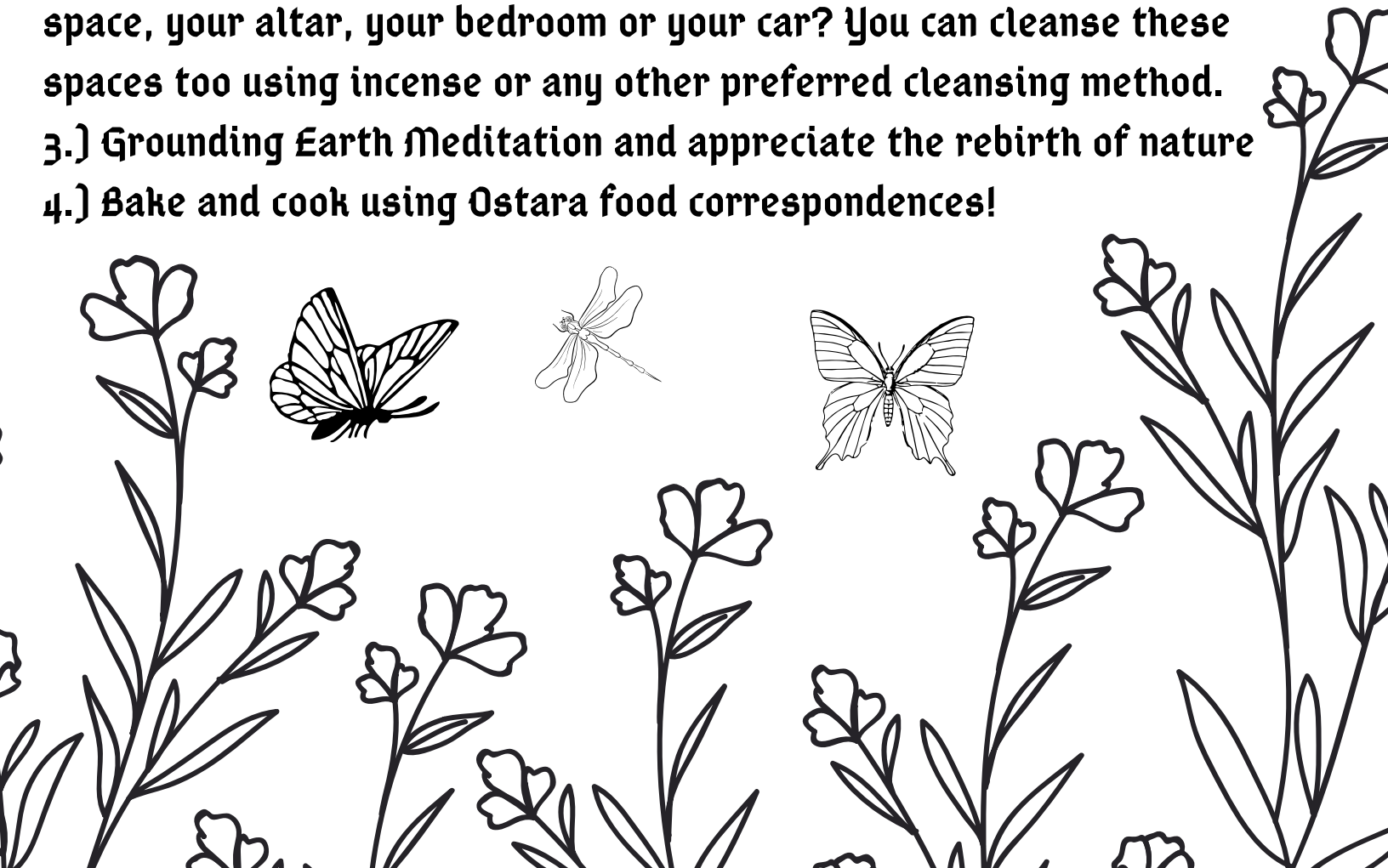




Ways to Celebrate

There are so many different ways to celebrate Ostara! You can do something special by not spending a dime or you can do an elaborate ritual! Here are some examples of ways you can celebrate:

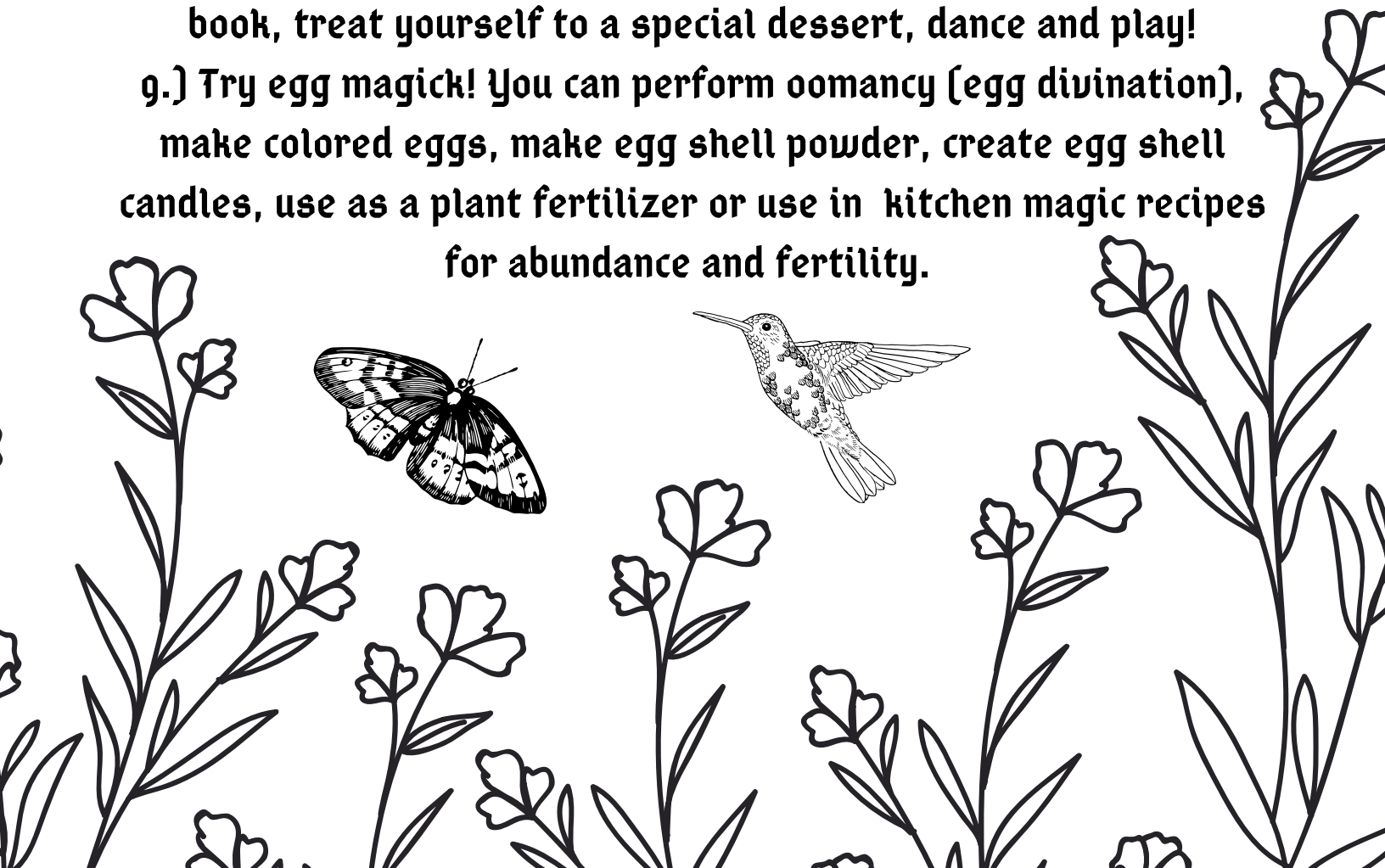
- 1.) Decorate your altar! You can place a black candle and a white candle to symbolize balance, as well as spring flowers, rabbit and chick figurines, pastel colored candles, feathers, colored eggs and more.**
- 2.) Spring cleaning! Do you need to clean out your closet, your sacred space, your altar, your bedroom or your car? You can cleanse these spaces too using incense or any other preferred cleansing method.**
- 3.) Grounding Earth Meditation and appreciate the rebirth of nature**
- 4.) Bake and cook using Ostara food correspondences!**





Ways to Celebrate

- 5.) Try cloud divination! You can also collect rain water or snow water to use in cleansing rituals or purification magic, too.
- 6.) Make a bird feeder, a butterfly feeder or simply place seeds outside. You can decorate a bird house, too!
- 7.) Start planning out the garden you want! What kind of seeds do you need? Do you want an indoor or an outdoor garden?
- 8.) Embrace your inner child! Get out some crayons for a coloring book, treat yourself to a special dessert, dance and play!
- 9.) Try egg magick! You can perform oomancy (egg divination), make colored eggs, make egg shell powder, create egg shell candles, use as a plant fertilizer or use in kitchen magic recipes for abundance and fertility.



Recipe

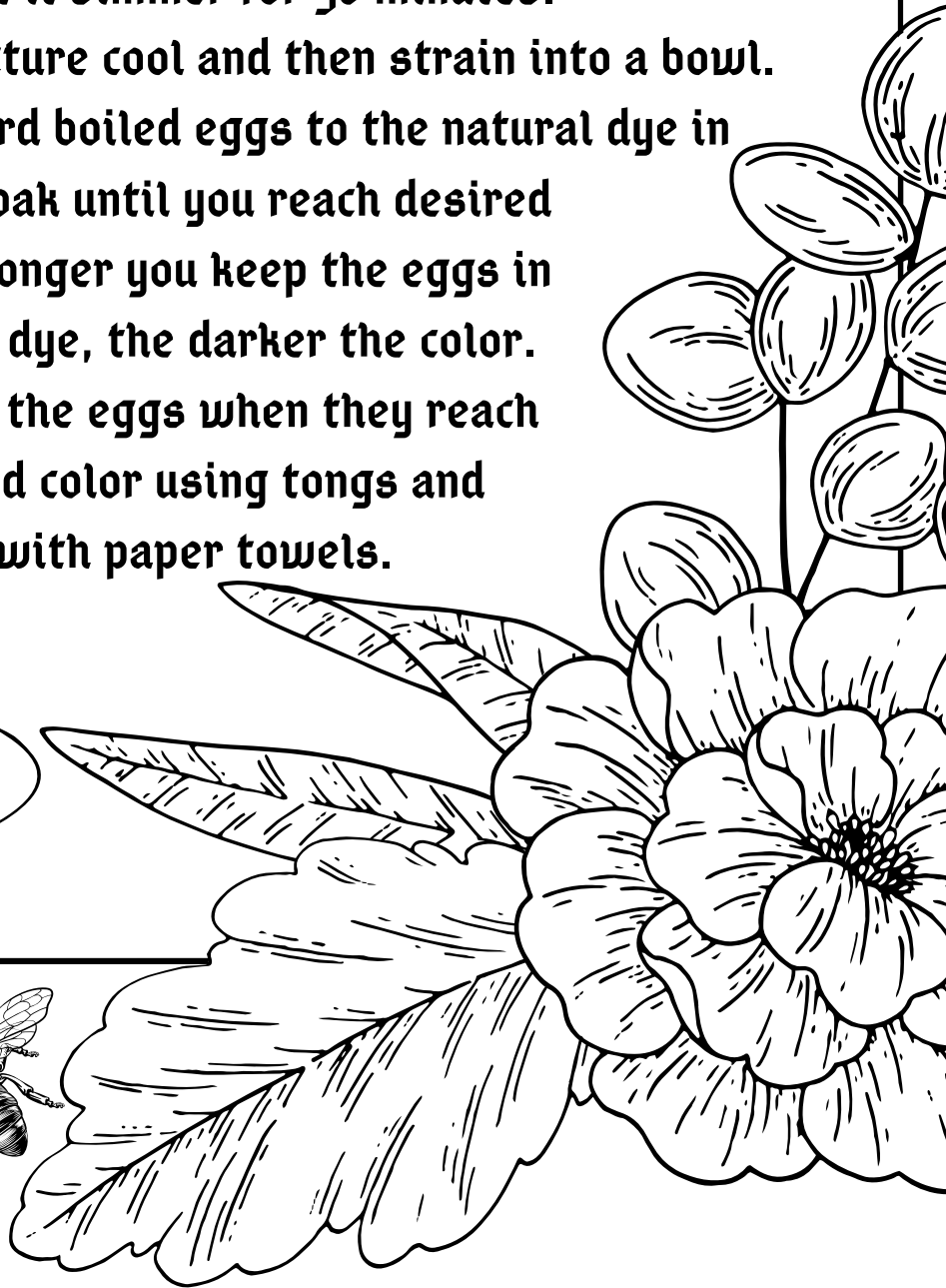
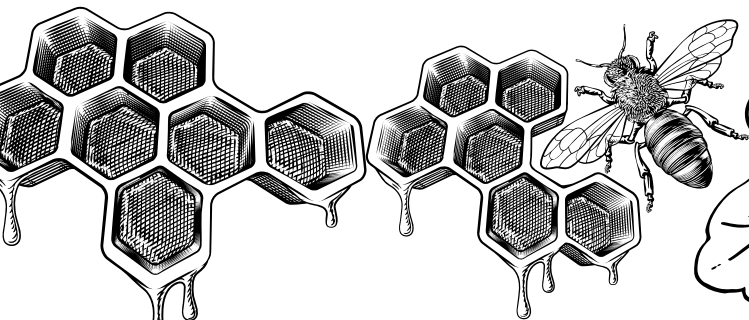


Create naturally dyed colored eggs for Ostara! Great for little ones to join in, too!

How to Dye Your Ostara Eggs:

- 1.) In a medium pot, combine 1 quart of water with 2 tbsp of white vinegar.
- 2.) Bring this to a boil then add your ingredients for the dye color you want. (This is listed below) Lower the heat and let it simmer for 30 minutes.
- 3.) Let this mixture cool and then strain into a bowl.
- 4.) Add your hard boiled eggs to the natural dye in the bowl and soak until you reach desired color. The longer you keep the eggs in the natural dye, the darker the color.
- 5.) Remove the eggs when they reach your desired color using tongs and lightly dry with paper towels.

See the next page for ingredients needed for certain colors!



Recipe

Natural Dye Ingredients:

Add these ingredients when following the directions above when making your Ostara naturally dyed eggs.

Red/Darker Pink: 4 cups of chopped beets

Light Orange: 4 tbsp of paprika (with 2 cups of water and 4 tbsp of white vinegar)

Orange: 4 cups yellow onion skins

Yellow: 3 tbsp turmeric

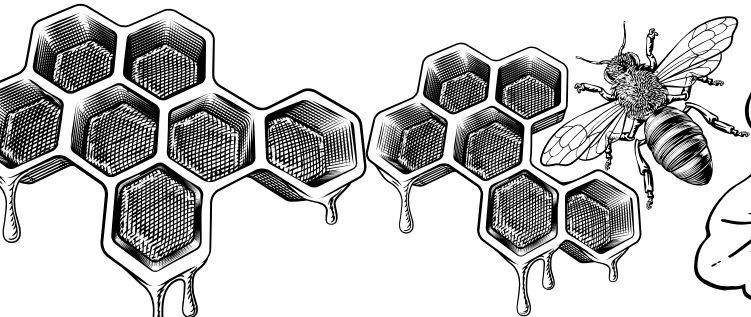
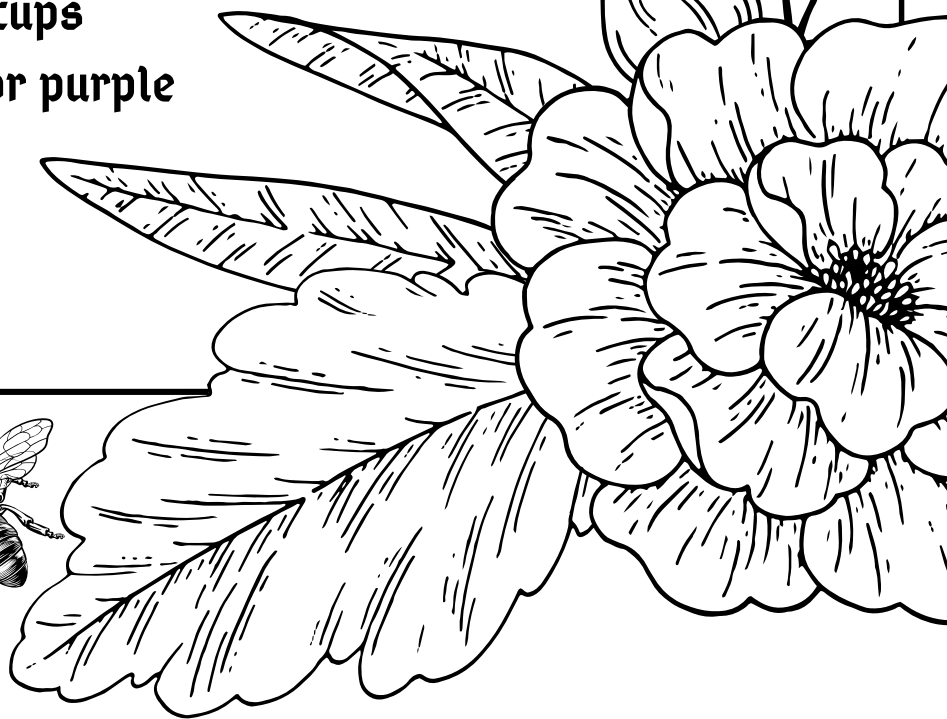
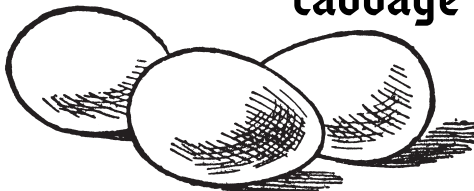
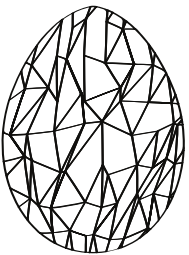
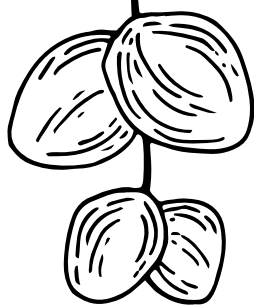
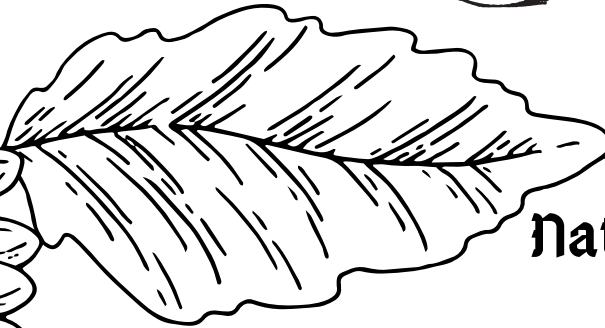
Dark Blue: 4 cups of blueberries

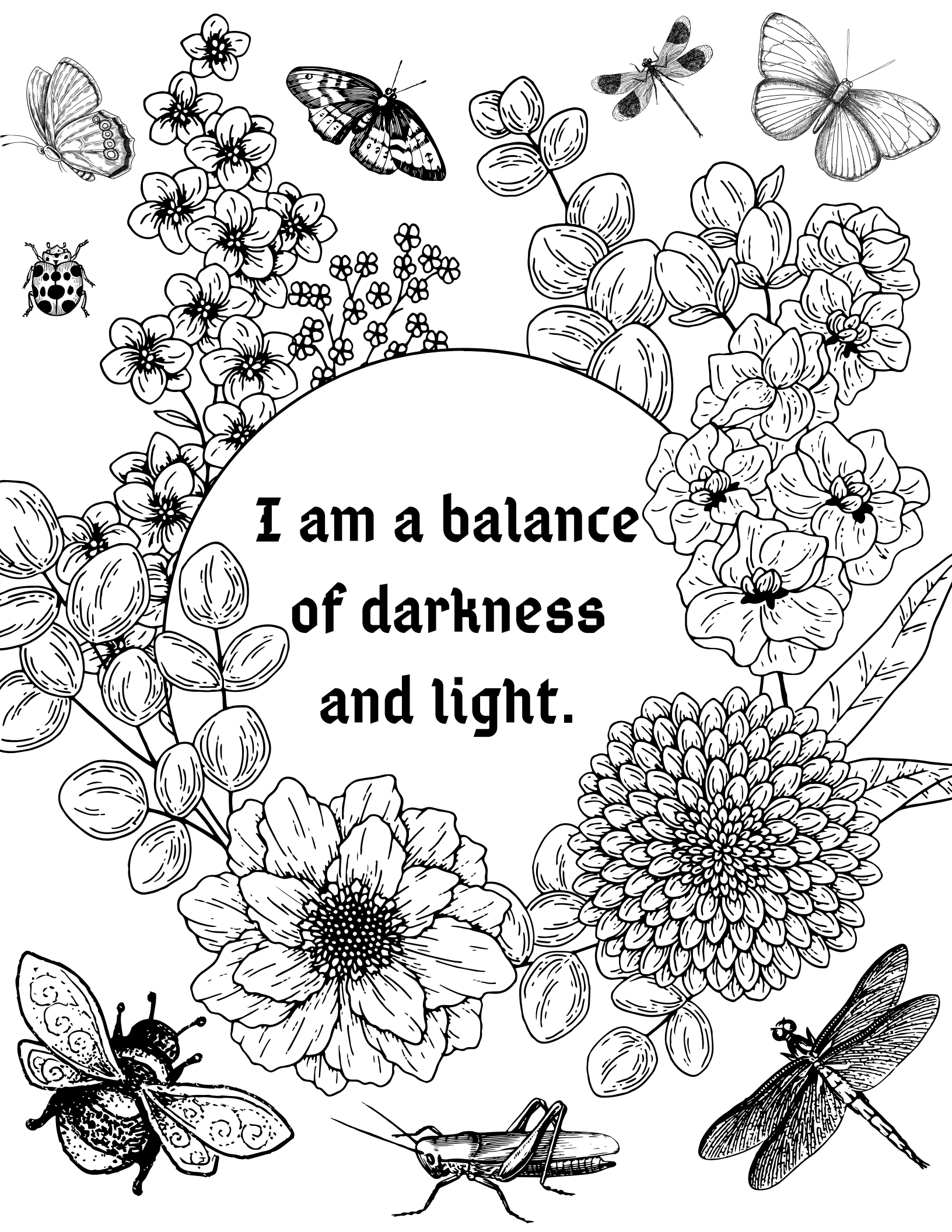
Green: Spinach leaves with 2 cups of water and 4 tbsp white vinegar

Deep Red: Skins from 6 red onions with 2 cups of water and 3 tbsp of white vinegar.


Let simmer for 15 minutes

Light blue: 3 cups chopped red or purple cabbage

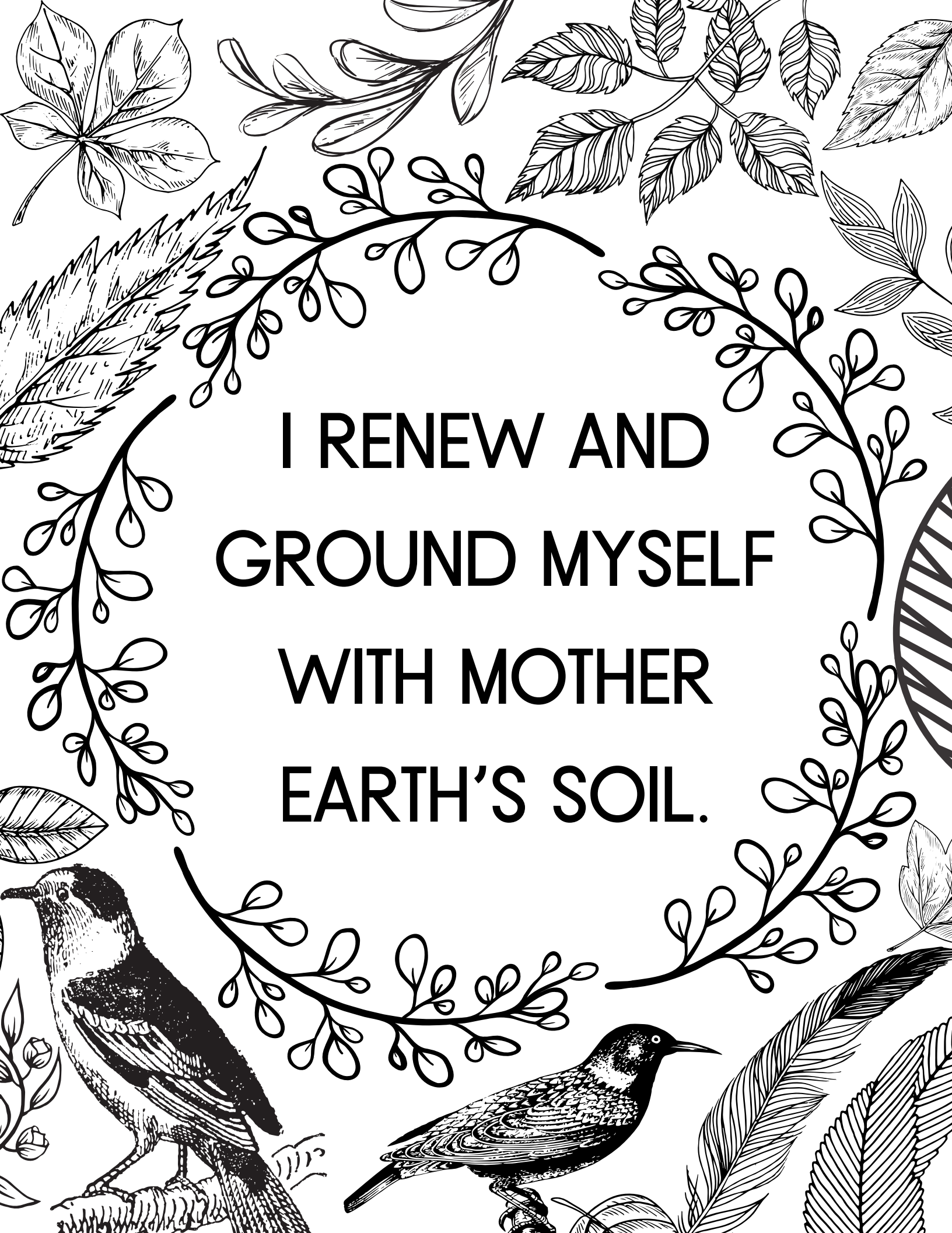





**I am a balance
of darkness
and light.**



*I am blooming and
growing with the
budding flowers.*



**I RENEW AND
GROUND MYSELF
WITH MOTHER
EARTH'S SOIL.**



**I spread light
and love to all
just like the sun.**