

Spring Equinox

Date: end of March

This is definitely a holiday to celebrate fertility, as the days get lighter and flowers start to bloom. Also known as Ostara, who is the Germanic goddess of spring and dawn. The hare is associated with this holiday (this is where the Easter bunny has derived from) and this hare is intrinsically linked to the moon and all lundar goddesses, such as Hecatem Freya, Diana, and of course Ostara/Eostre.

Aromas and Ideas for Altar Decoration

Now is the time to decorate your altar, home or sacred space with coloured eggs to symbolise fertility and rebirth, seeds as it is a super fertile time of year, and anything spring related.

In terms of aromas, use the following in your oil diffusers, teas, cooking, baths: daffodils, violets, lemon, lavender, rosemary.

Crystals

Tree Agate is great for this time of the year. As the name suggests, it is strongly linked to nature.

Things To Do

Bake hot cross buns.

Bake a cake.

Decorate eggs.



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