

Ostara Workbook



A Guide to Spring Renewal & Balance

Ostara Workbook

Written by Modern Magickal Family

Welcome to this Ostara Sabbat workbook, created to help you and your family embrace the magic and meaning of this sacred festival. Ostara, the spring equinox, is a time of balance, renewal, and awakening. As the days grow longer and the earth stirs from its winter slumber, we are invited to embrace growth, fertility, and new beginnings. This workbook is designed to help you align with the energy of the season through rituals, reflections, and mindful practices. Whether you are deepening your spiritual path or simply looking to honor the arrival of spring, this guide will provide you with the tools to celebrate Ostara with intention and joy.



What's Included:

- Understanding Ostara
- The Goddess Eostre
- Ostara Correspondences
- Family Rituals & Activities
- Personal Rituals & Activities
- Ostara Crafts & Recipes
- Journal Prompts & Affirmations
- Ostara Tarot Spread

How to Use this Workbook

This workbook is meant to inspire connection, creativity, and joy as you celebrate the turning of the Wheel of the Year. It is designed to be flexible and family-friendly, allowing you to move through the activities at your own pace. Take your time, follow what resonates most with you, and let Ostara's energy guide your journey.



To fully embrace the wisdom and energy of Ostara, approach this guide with an open heart and mind. Take time to move through each section at your own pace, allowing yourself to reflect and engage deeply with the exercises. Use the journal prompts to explore your thoughts, feelings, and intentions, and incorporate the rituals into your personal or family celebrations. If possible, spend time in nature, observing the signs of spring and connecting with the rhythms of the earth. Remember, Ostara is about renewal and growth, so be gentle with yourself as you set new intentions and embrace the energy of transformation. Whether you follow the guide step by step or pick and choose the sections that resonate most, let this workbook be a supportive companion on your journey to balance and renewal.

What is Ostara?

Ostara, celebrated on the spring equinox, is a time of balance, renewal, and growth. On this day, light and darkness are equal, marking the shift toward longer days and the blossoming energy of spring. Rooted in ancient traditions, Ostara honors fertility, rebirth, and the awakening of the earth after winter's rest. Symbolized by eggs, hares, and budding flowers, this sabbat encourages us to plant the seeds of our intentions, both literally and metaphorically, as we embrace the vibrant energy of new beginnings. Ostara invites us to align with nature's cycles, celebrate the beauty of balance, and nurture our personal growth as we step into a season of abundance and possibility.



Ostara Themes

- **Balance:** The equality of day and night reflects the balance between light and dark, reminding us to seek harmony in our lives.
- **Renewal:** Ostara is a time of rebirth and fresh starts, both in nature and within ourselves.
- **Fertility:** Represented by eggs, seeds, and hares, fertility symbolizes the potential for growth and creation.
- **Growth:** The earth begins to blossom, offering inspiration for personal and spiritual growth.



*Understanding
Ostara*

History of Ostara

Ostara is rooted in ancient traditions and celebrates the spring equinox, a time when day and night are of equal length, symbolizing balance and renewal. The name 'Ostara' is often linked to the Germanic goddess Ēostre (or Ostara), associated with fertility, dawn, and new beginnings. According to historical accounts, particularly those of the 8th-century monk Bede, Ēostre was honored during the spring season with festivals that celebrated the renewal of life. The symbolism of eggs and hares—representing fertility and abundance—emerged as sacred motifs during these celebrations.

Historically, the spring equinox was also significant in many ancient cultures, such as the Celts and the Norse, who celebrated agricultural renewal and the earth's fertility. While direct evidence of Ēostre's worship is limited, the themes of Ostara align with ancient practices that venerated the changing of the seasons and the life-giving power of the earth. Today, Ostara is celebrated as a time to embrace growth, plant seeds of intention, and honor the balance between light and dark as the world awakens into spring.



Ostara & Modern Day Influences

In modern times, Ostara continues to inspire individuals as a celebration of renewal, growth, and the balance of light and dark.

While rooted in ancient pagan traditions, its themes resonate universally and have been woven into contemporary practices. For many, Ostara serves as a reminder to align with the cycles of nature, offering an opportunity to embrace new beginnings, plant seeds of intention, and honor the earth's awakening after winter.

Symbols like eggs, hares, and blooming flowers are now widely associated with spring celebrations, blending seamlessly with holidays like Easter. Modern pagans and spiritual practitioners use

Ostara as a time to reconnect with nature through rituals, gardening, and creative expressions of gratitude for the season's energy. Its influence extends beyond religious or spiritual boundaries, serving as a timeless celebration of life, growth, and the turning of the Wheel of the Year.



Ostara: A Celebration of Ēostre

The Ostara goddess, often referred to as Ēostre or Ostara, is a figure rooted in Germanic mythology and associated with the spring equinox. According to historical accounts, particularly those of the 8th-century monk Bede, Ēostre was a goddess of dawn, fertility, and new beginnings. Her name is believed to derive from the Proto-Germanic word *Austrōn*, meaning 'dawn' or 'to shine,' symbolizing the light and warmth of spring that returns after the dark winter months.

Ēostre is often depicted as a radiant and life-giving goddess, connected to themes of fertility and growth. Symbols associated with her, such as eggs and hares, reflect her role in promoting abundance, creativity, and the renewal of life. These symbols, rich in fertility lore, are thought to represent the earth's readiness to blossom and grow during the spring.



Magickal Herbs for Ostara

For Ostara, the vibrant energy of spring can be captured through magickal herbs that embody renewal, balance, and growth. Lavender brings peace and emotional healing, creating harmony during the equinox, while Chamomile promotes relaxation and abundance. Rosemary represents vitality and cleansing, offering support for fresh starts, and Mint invigorates with its energy of renewal and success. Dandelion inspires resilience and aids in manifestation, and Thyme fosters courage and protection as you embrace new beginnings. Nettle, a symbol of fertility and transformation, encourages personal growth, while Primrose celebrates youth, love, and blessings. Incorporate these herbs into your teas, spells, or altar work to align with Ostara's energy of rebirth and flourishing potential.



Magickal Crystals for Ostara



For Ostara, embrace Green Aventurine for growth and fresh starts, and Amethyst to bring spiritual clarity and calm for intention-setting. Moonstone supports new cycles and creative energy, while Citrine adds joy and helps manifest your goals.

Foster love and compassion with Rose Quartz, and ignite courage and creativity with Carnelian. Peridot inspires renewal and breaking free from old patterns, while Clear Quartz amplifies intentions and balances the light and dark energies of the equinox. Perfect companions for the season of renewal!

Symbols of Ostara

Ostara is rich with symbols that reflect the themes of renewal, balance, and growth, making it a time to honor the awakening of life and the potential for new beginnings. Eggs represent fertility and the promise of growth, while hares and rabbits embody abundance and the vibrant energy of spring. Butterflies symbolize transformation and the beauty of change, and flowers like daffodils, crocuses, and tulips celebrate the blooming life and hope of the season. Seeds are powerful symbols of intention and potential, reminding us of the growth to come, while the sun reflects the balance of light and dark and the increasing energy of the days ahead. Birds and nests signify creation, home, and the nurturing of new life, and greenery like budding leaves and trees represent vitality and the return of life to the earth. These symbols can be woven into your rituals, altar decorations, and celebrations to fully embrace Ostara's magical energy.



Decorating for Ostara



Decorating an altar for Ostara celebrates the balance of light and dark, the renewal of life, and the blossoming energy of spring. Start with pastel-colored candles in green, yellow, or pink to represent fertility, joy, and the growing sunlight. Add decorated eggs as a central symbol of new beginnings and potential. Include fresh flowers like tulips, daffodils, or crocuses to honor the blooming life of the season, and place seeds or small potted plants to symbolize growth and intention-setting. Incorporate animal symbols such as figurines of hares, rabbits, or birds to celebrate fertility and abundance. Add crystals like Green Aventurine, Amethyst, or Rose Quartz to amplify the energies of balance, love, and renewal. Enhance the altar with sun symbols or golden decorations to honor the increasing daylight, and include a bowl of seasonal foods like fresh fruits, nuts, or bread to connect with the earth's abundance. Arrange your altar with care, creating a sacred space that embodies Ostara's magical themes of rebirth and growth.



*Rituals &
Activities for
Families & Self*

Ostara Family Activities

Decorate Eggs

Use natural dyes or paint to create meaningful symbols of fertility and growth. As you decorate, share your hopes for the new season and what you'd like to nurture in your life.



Ostara Nature Scavenger Hunt

Create a fun and meaningful scavenger hunt for the whole family to celebrate the arrival of spring and connect with nature! Encourage children to collect small, natural items (like leaves or twigs) to add to your altar.



Plant a Garden Together

Start a small herb or flower garden as a family, connecting with the earth. Let each family member plant something special, symbolizing their unique intentions for the season.



Host an Ostara Tea Party:

Celebrate the season, featuring floral teas, honey cakes, deviled eggs, and fresh spring fruits, all enjoyed in a beautifully decorated space with pastel colors, fresh flowers, and symbols of renewal, creating a magical and welcoming atmosphere for friends and family.



Family Ritual: Welcoming Spring and New Beginnings

This family-focused ritual celebrates the Spring Equinox (Ostara) with activities that embrace the themes of balance, renewal, and growth. It's designed to be interactive, magical, and meaningful for all ages..

What You'll Need:

- A small bowl of soil for each family member.
- Seeds or bulbs (e.g., wildflowers, herbs).
- Candles (one white or yellow for balance, or one for each family member).
- A small bowl of water.
- Crystals like amethyst or green aventurine for renewal energy (optional).
- Seasonal snacks (hot cross buns, fresh fruits, or eggs) for after the ritual



Ostara Family Ritual

1. Begin with a Centering Moment

- Gather in a circle and light central candle . Take 3 deep breaths as a family, imagining the energy of the earth waking up beneath your feet
- Say: "Today, we honor balance and the turning of the seasons. Day and night are equal, and from this moment, light will grow stronger. Let us welcome new beginnings together."



2. Create a Family Gratitude Circle

- Each person shares one thing they are grateful for from the winter season (e.g., moments of rest, lessons learned, or cozy family times).
- Say together: "We thank the winter for its lessons and prepare to embrace the light and growth of spring."



3. Plant Seeds of Intention

- Give each family member a small bowl of soil and seeds.
- Invite everyone to close their eyes and think of something they wish to grow in their lives (e.g., kindness, courage, new skills).
- Say: "These seeds represent our hopes and dreams. As they grow, so will the intentions we plant today."
- Each person plants their seed in the soil, visualizing their intention growing strong. Place the bowls on the altar or a sunny windowsill.



Ostara Family Ritual

4. Water & Welcome the Light

- Pass around the bowl of water. Each family member takes a turn sprinkling a little water on their seeds and saying: "I nurture this seed with care and love."
- If indoors, light a small candle for each family member. If outdoors, face the sun and say: "We welcome the light and warmth of spring. May it guide our growth and joy."



5. Celebrate with Movement

- Have a family dance or movement moment! Play uplifting music and dance, skip, or sway like flowers in the breeze.
- If outside, take a moment to run barefoot (if it's warm enough!) or feel the earth beneath your hands and feet.

6. Close the Ritual

- Gather in a circle and say together: "The earth is waking, and so are we. May spring bring growth, balance, and joy to our family. Blessed be!"
- Blow out the candles (if lit) and clap hands to release the energy of the ritual.



7. Share a Seasonal Feast

- Sit together and enjoy your Ostara-inspired snacks. While eating, share one thing you're excited about for the upcoming spring season.

Ostara Scavenger Hunt

Celebrate Ostara by connecting with nature through a scavenger hunt that embodies the season's themes of balance, renewal, and growth. This activity is perfect for a walk in a park, forest, or even your backyard. Here's how it works:

The Goal: Find as many of these Ostara-inspired items in nature as you can while reflecting on their meanings.

Closing the Hunt: At the end of the scavenger hunt, review what you found and journal about the experience. Consider what lessons nature taught you about growth, renewal, and balance this Ostara.



How to Play

1. Bring a notebook or phone to document your finds (photos, sketches, or written descriptions).
2. As you find each item, take a moment to reflect on its symbolism and how it connects to your intentions for the season.
3. Bonus: Gather ethically (without disturbing nature) items like a fallen feather, a small stone, or seeds to place on your Ostara altar.

Ostara Scavenger Hunt

Item	Symbolism	Check Box
A budding flower	Symbolizes new beginnings and growth.	
A bird or bird's nest	Represents creation and the nurturing of new life.	
A green leaf or sprout	Reflects renewal and vitality.	
A Smooth Stone	A grounding element for balance and stability.	
A Sunlit Spot	Honoring the growing light of the season.	
A Feather	Symbolizes hope and spiritual connection	
A Seed or Pinecone	Represents potential and planting intentions.	
A Rabbit or Squirrel	A sign of fertility and abundance.	
Running water (stream, river, or puddle)	Represents cleansing and the flow of life.	
A symbol of balance (e.g., a perfectly balanced stick or rock)	Honoring the balance of light and dark at the equinox.	

Ostara Solitary Activities

Plant Seeds or Start a Garden

Plant herbs, flowers, or vegetables to symbolize new beginnings and set intentions for personal growth.



Meditate on Balance and Renewal

Sit in nature or a quiet space to reflect on the balance of light and dark, and set intentions for what you wish to grow in your life.

Create a Spring-Themed Ritual

Light pastel-colored candles, decorate eggs, and say a blessing for renewal and abundance, focusing on the energy of rebirth.



Spring Cleaning:

Refresh your home by decluttering, opening windows to let in fresh air, and cleansing spaces with natural elements like salt, incense, or herbal sprays to welcome the new season with clarity and renewal.

Ritual: Welcoming Balance & Light

This ritual is designed for a solitary practitioner to connect with the energy of the Spring Equinox and honor themes of renewal, balance, and new beginnings. It's simple yet powerful, encouraging reflection, intention-setting, and alignment with nature's cycles.

What You'll Need:

- A white or yellow candle for balance and light.
- A journal or piece of paper and pen for reflection.
- A bowl of water for cleansing.
- Optional: incense (like jasmine or lavender) or essential oils for a soothing atmosphere.



Create a Sacred Space:

- Set up a small altar or dedicated area with items that symbolize Ostara: eggs, flowers, seeds, a candle, crystals (amethyst, citrine, or green aventurine), and representations of the sun.
- Use pastel or nature-inspired colors (greens, yellows, and lavenders) in your decor.
- Include a bowl of soil, a small pot, or a garden space, along with seeds for planting.

Solitary Ostara Ritual

1. Ground and Center

- Begin by grounding yourself. Sit comfortably and close your eyes.
- Take three deep breaths, visualizing roots growing from your feet into the earth.
- Say: "I am connected to the earth, balanced and whole. I welcome the energies of light and growth."



2. Reflect on Balance

- Light your candle and place it in front of you.
- Spend a few moments reflecting on areas of your life that feel balanced and those that could use more harmony.
- Write in your journal:
 - What you are grateful for from the darker months.
 - What areas of your life need renewal or balance.



3. Set Intentions for Growth

- Hold your seeds or a symbolic item (e.g., a stone or crystal) in your hands.
- Think of one intention you want to nurture this spring (e.g., self-love, creativity, courage, or focus).
- Say aloud or in your mind: "As the earth awakens, so do I. I plant the seeds of [intention] and commit to nurturing its growth."
- Plant the seeds in the soil, visualizing your intention growing strong and vibrant. If you don't have soil, hold your seeds and later plant them outside.



Solitary Ostara Ritual

4. Honor the Element of Water

- Dip your fingers into the bowl of water and sprinkle it over the soil.
- Say: "Water nourishes and sustains all life. May my dreams grow as they are nurtured with care and love."
- Take a moment to meditate on the flowing, cleansing energy of water, imagining it washing away any doubt or resistance.



5. Connect with the Energy of Light

- Hold your hands toward the candle flame or the sun if you are outdoors.
- Say: "The light returns, bringing warmth and growth. I welcome the energy of renewal and embrace the balance within me."
- Spend a few moments visualizing the light filling your body, energizing and aligning you with the rhythms of nature.



6. Celebrate and Close the Ritual

- Thank the elements, the earth, and yourself for showing up with intention.
- Blow out the candle and say: "The balance of Ostara is within me. May my path be blessed with growth, harmony, and joy. So mote it be."

Post Ritual Enhancements

- Enjoy a seasonal snack or tea to ground yourself (e.g. herbal tea, fresh fruits, or eggs).
- Write in your journal about how you felt during the ritual and what you plan to do to nurture your intentions in the coming weeks.
- Place your planted seeds or symbolic item in a prominent place to remind you of your goals.



- **Nature Walk:** After the ritual, take a walk to observe signs of spring, collecting small items (flowers, stones) to add to your altar.
- **Egg Divination:** Decorate an egg with symbols of your intention or use eggs for scrying (drop yolk into water and interpret its patterns).
- **Art or Creativity:** Paint, draw, or craft something that represents your intention to further anchor it.





*Crafts &
Recipes*

Craft: Ostara Wishing Eggs

Creating Ostara Wishing Eggs is a delightful and meaningful craft to celebrate the Spring Equinox. Here's a step-by-step guide to making your own:

Materials Needed:

- **Hollow Wooden Eggs:** Opt for wooden eggs to maintain a natural feel.
- **Paints:** Choose soft pastel colors like pale pink, lavender, or sky blue to reflect the early spring palette.
- **Old Costume Jewelry:** Gather mismatched or single pieces of costume jewelry to adorn your eggs, symbolizing aspirations and putting your best foot forward.
- **Ribbon:** Select neutral-colored ribbons, approximately half an inch wide, to complement your designs.
- **Biodegradable Glitter:** Ensure the glitter is eco-friendly, as it will be scattered outdoors.

1. Paint the Eggs: Apply your chosen pastel colors to the exterior of each egg. For an added touch, consider painting the interior with a metallic hue like gold. Allow the paint to dry completely.



2. Infuse with Intentions: Reflect on your wishes or intentions for the upcoming season. Write each wish on a small piece of paper and place it inside the hollow egg.



Craft: Ostara Wishing Eggs



3. Add 'Fairy Dust': Fill each egg about halfway with biodegradable glitter, symbolizing the magic and potential of your wishes.



4. Seal and Decorate: Close the egg securely. Wrap the ribbon around its circumference and embellish it with the costume jewelry pieces, creating a unique and personalized design.

5. Energize the Eggs: Place the decorated eggs under the full moonlight for one night to absorb lunar energy. Then, keep them on your altar or a special place for an entire moon cycle (approximately 28 days), regularly focusing positive thoughts and intentions toward them.



6. Release Your Intentions: After the moon cycle completes and the next full moon arrives, take your egg outdoors. Cast a protective circle if desired. Hold the egg, express gratitude for the blessings in your life, and visualize your intentions manifesting. Open the egg and gently scatter the glitter, symbolizing the release of your wishes into the universe.

Craft: Egg Planters

Creating eggshell planters is a delightful and eco-friendly way to start seedlings or display small plants. This project is perfect for springtime and offers a fun activity for both adults and children. Here's a step-by-step guide to making your own eggshell planters:

Materials Needed:

- **Eggshells:** Halved and cleaned.
- **Egg Carton or Small Cups:** To hold the eggshells upright.
- **Potting Soil:** Preferably seed-starting mix.
- **Seeds or Small Plants:** Such as herbs, flowers, or succulents.
- **Small Spoon or Dropper:** For adding soil and water.
- **Needle or Pin:** To create drainage holes.
- **Optional Decorations:** Paint, markers, or stickers to decorate the shells.

1. Prepare the Eggshells:

- Gently tap the top of each egg with a spoon or knife to remove the upper portion, creating an opening large enough for planting.
- Empty the contents (save them for cooking) and rinse the shells thoroughly to remove any residue.
- Allow the shells to dry completely.



2. Create Drainage Holes:

- Using a needle or pin, carefully poke a small hole in the bottom of each eggshell to allow excess water to drain.
- Be gentle to prevent the shell from cracking.

Craft: Egg Planters

3. Decorate the Eggshells (Optional):

- If desired, paint or decorate the exterior of the eggshells to add a personal touch.
- Allow any decorations to dry thoroughly before proceeding.



4. Planting:

- Place the prepared eggshells upright in an egg carton or small cups
- Fill each shell about two-thirds full with moist potting soil.
- Using a small spoon or your finger, create a small indentation in the soil. Place a seed or small plant into the indentation.
- Cover seeds lightly with additional soil, following the depth recommendations for the seeds



5. Watering:

- Lightly mist the soil with water using a spray bottle or add a few drops with a dropper. Ensure the soil is moist but not waterlogged.
- Place the planters in a location with appropriate sunlight based on the plant's requirements.



6. Transplanting:

- Once the seedlings have grown sufficiently and are ready to be moved outdoors or to a larger pot, gently crush the eggshell to crack it.
- Plant the entire shell with the seedling into the new soil.
- The cracked shell will decompose over time, adding calcium to the soil.



Craft: Egg Shell Candles

Creating eggshell candles using tealights is a simple and charming way to repurpose eggshells and add a festive touch to your decor. Here's how you can make them:

Materials Needed:

- **Eggshells:** Carefully cracked and cleaned.
- **Tealight Candles:** Standard size, any color or scent you prefer.
- **Hot Glue Gun (Optional):** For securing wicks.
- **Egg Carton or Small Cups:** To hold the eggshells upright during assembly.

1. Prepare the Eggshells:

- Gently tap the top of each egg to remove a portion, creating an opening large enough to fit a tealight.
- Empty the contents (save for cooking) and rinse the shells thoroughly to remove any residue.
- Place the cleaned shells upside down to dry completely.



2. Insert the Tealights:

- Once the eggshells are dry, place them upright in an egg carton or small cups to keep them steady.
- Remove the tealight candles from their metal or plastic casings.
- If the tealights are slightly larger than the eggshell opening, gently trim the edges of the tealight or widen the eggshell opening carefully to ensure a snug fit.
- Insert the tealight into the eggshell ensuring the wick is centered and accessible.

Recipe: Honeycakes for Ostara

These soft, lightly spiced honeycakes are perfect for Ostara, symbolizing abundance, sweetness, and renewal. They're simple to make and pair beautifully with tea!

Ingredients:

- 1 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)
- ¼ teaspoon salt
- ½ cup unsalted butter (softened)
- ½ cup unsalted butter (softened)
- ½ cup honey
- ¼ cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- ¼ cup milk



1. Preheat the Oven - Set to 350°F (175°C) and line a baking sheet with parchment paper.
2. Mix Dry Ingredients - In a bowl, whisk together flour, baking soda, cinnamon, nutmeg, and salt.
3. Cream Butter & Sugar - In another bowl, beat the butter, honey, and brown sugar until fluffy.
4. Add Wet Ingredients - Mix in the egg, vanilla, and milk until smooth.
5. Combine & Form Dough - Gradually add the dry ingredients to the wet mixture until a soft dough forms.
6. Shape & Bake - Drop spoonfuls of dough onto the baking sheet and bake for 10-12 minutes until golden brown.
7. Cool & Enjoy - Let cool on a wire rack and optionally drizzle with extra honey or dust with powdered sugar!

Recipe: Deviled Eggs

Celebrating Ostara, the Spring Equinox, is a wonderful opportunity to enjoy dishes that embody the themes of renewal and growth. One simple and traditional recipe that captures the essence of the season is Deviled Eggs. Eggs are a classic symbol of fertility and new beginnings, making them perfect for Ostara festivities.

Ingredients:

- 6 large eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon white vinegar
- Salt and freshly ground black pepper, to taste
- Paprika, for garnish



1. **Boil the Eggs:** Place the eggs in a single layer in a saucepan and cover them with water. Bring to a boil over medium-high heat. Once boiling, remove from heat, cover, and let sit for 12 minutes.
2. **Cool and Peel:** Transfer the eggs to a bowl filled with ice water and let them cool for 5 minutes. Gently tap each egg on a hard surface and peel off the shells.
3. **Prepare the Filling:** Slice the eggs in half lengthwise and remove the yolks, placing them in a medium bowl. Mash the yolks with a fork until smooth, then mix in mayonnaise, Dijon mustard, white vinegar, salt, and pepper until well combined.
4. **Fill the Egg Whites:** Spoon or pipe the yolk mixture back into the hollowed egg whites.
5. **Garnish and Serve:** Lightly sprinkle paprika over the filled eggs for a touch of color and flavor. Arrange on a platter and serve immediately or refrigerate until ready to serve.



*Journaling,
Affirmations &
Tarot Cards*

JOURNALING PROMPTS

FOR OSTARA

What new beginnings am I ready to cultivate in my life?

If my goals were seeds, what would I need to nurture them and help them grow?

What intentions can I set today to create a fulfilling and abundant season ahead?

How can I embrace the energy of growth and transformation in my daily life?

JOURNALING PROMPTS

FOR OSTARA

What am I most grateful for as I step into this season of renewal?

What lessons did the winter season teach me, and how can I carry them forward?

How can I deepen my connection to nature and the cycles of the earth this spring?

How can I use the energy of fertility and abundance to manifest my dreams?

Ostara Affirmations

Affirmations are powerful tools for aligning your thoughts and energy with your intentions, helping you manifest growth and transformation in your spiritual practice. Incorporating affirmations into rituals, meditation, or daily life can inspire confidence, clarity, and a deeper connection to your inner self and the cycles of nature.



Renewal and New Beginnings

"I welcome the fresh energy of spring into my life."

"I am ready to embrace new beginnings and opportunities."

"I release the past and open myself to renewal and growth."

Balance and Harmony

"I honor the balance of light and dark within me."

"I create harmony in my mind, body, and spirit."

"As nature finds balance, so do I."

Growth and Abundance

"I plant seeds of intention that will blossom into abundance."

"I trust in the process of growth and transformation."

"I am worthy of the growth and blessings that spring brings."

Connection to Nature

"I am deeply connected to the cycles of nature."

"I nurture my inner garden as I nurture the earth around me."

"The energy of spring flows through me, bringing vitality and joy."

Creativity and Fertility

"I am a creative being, full of ideas and inspiration."

"I embrace the fertile energy of the season to create the life I desire."

"My dreams and intentions are blossoming into reality."

OSTARA TAROT SPREAD

Celebrate the Spring Equinox with this tarot spread, designed to help you embrace growth, balance, and new beginnings. Use this spread to reflect on the changes unfolding in your life and the opportunities that await.



1



2



3



4



5

PERFORMING THE SPREAD

- 1 Find a quiet, sacred space where you can focus.
- 2 Shuffle your tarot or oracle deck while thinking about new beginnings and renewal.
- 3 Lay out the cards in the pattern above.
- 4 Reflect on the meaning of each card and how it applies to your journey.

OSTARA TAROT SPREAD

1 What is awakening within me?

This card represents the energy, idea, or aspect of yourself that is emerging this season.

2 What do I need to release from winter?

A lesson or burden from the past season that is ready to be let go.

3 Where should I plant my energy for growth?

This card shows where to focus your intentions and efforts to bring about positive change.

4 How can I find balance during this transition?

Ostara is a time of equilibrium: this card offers insight into maintaining harmony in your life.

5 What blessing does the Spring Equinox bring me?

A message from the universe about the gifts and opportunities available to you this season.



For More Magick



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Visit www.modernmagickalfamily.com and let the magic unfold!