



SPRING EQUINOX MAGIC JOURNAL

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WHAT IS SPRING EQUINOX?

19-21 March

Spring Equinox (Ostara) marks the moment of perfect balance. Day and night stand equal, light and dark meeting in harmony. The Earth pauses here, poised between what has been and what is beginning to bloom. Winter's inward pull fades, and the outward movement of growth begins to take hold.

Across the land, life quickens. The soil warms, buds swell, birds return with song, and green shoots unfurl with quiet confidence. Nature demonstrates equilibrium in motion; rest and action, receptivity and expression, inner vision and outer creation held in equal measure.

This is a threshold moment, inviting alignment before momentum builds. The energy of Spring Equinox is steady and awakening. It asks us to notice where balance is being restored within our own lives. Where have you been leaning inward, and where are you now ready to extend outward? What intentions feel ready to meet the light and begin their journey into form?

Nature teaches us that growth flows most easily when conditions are balanced. Nothing is forced. Nothing is rushed. Each element plays its part in the unfolding.

Magickal Ideas for Ostara:

- *Forage for seasonal flowers (to add to your altar - or your salads if they're edible!)*
- *Light a candle at sunrise or sunset, acknowledging the equal dance of light and dark. Reflect on where harmony is being restored in your inner and outer world*
- *Sow seeds in your garden for the year ahead*
- *Wear seasonal colours (green, yellow, purple)*
- *Work with the Spring goddesses (Aphrodite, Isis, Eostre, Freya)*
- *Decorate eggs with your family or organise an egg hunt!*

SPRING EQUINOX JOURNAL PROMPTS

What am I ready to nourish as I move further into Spring?

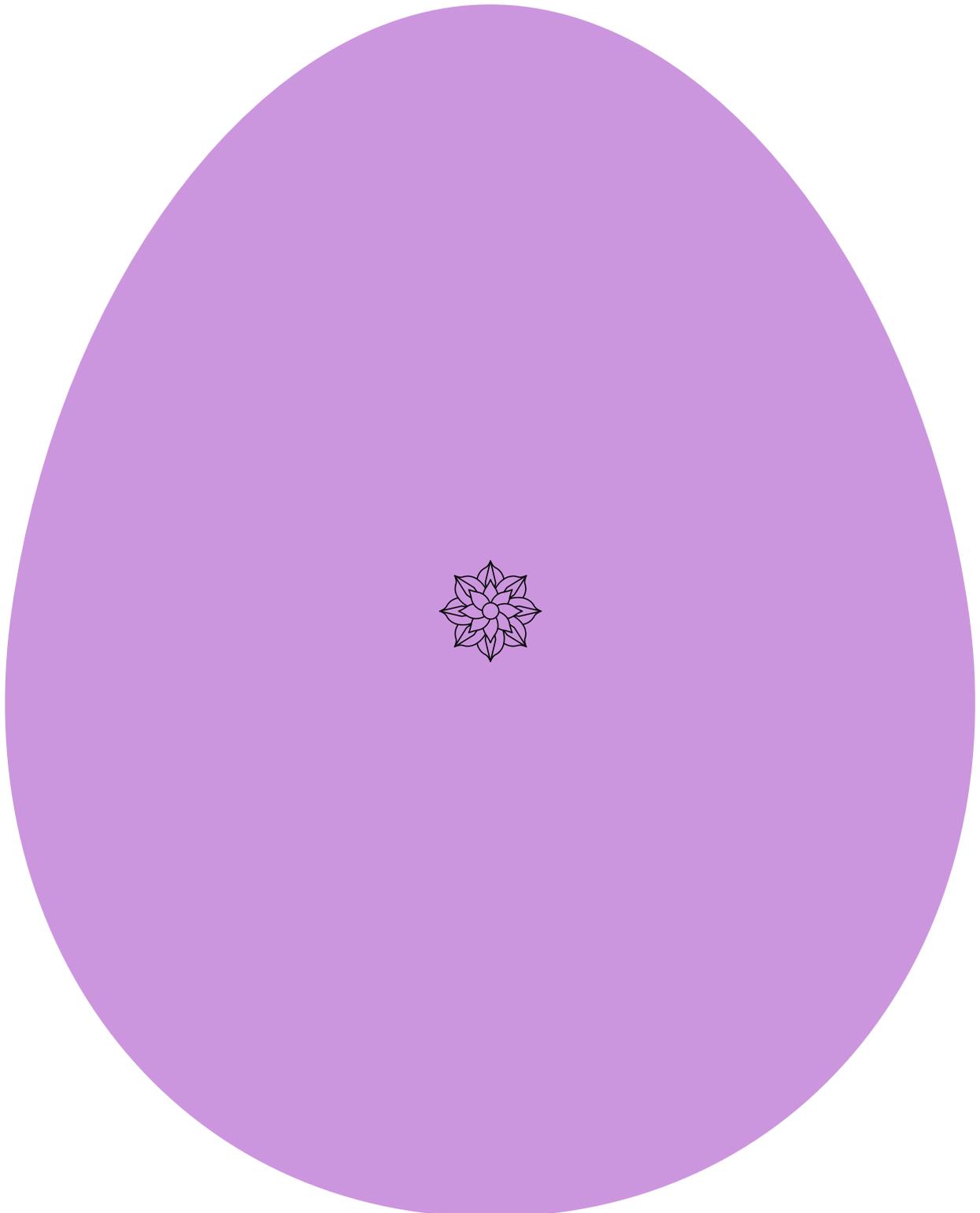
What areas in my life am I welcoming more balance?

What support do I need to stay aligned as energy increases??

My Ancestors and Guides have my back, if they were with me right now they would say...

EGG MANDALA - DECORATING YOUR VISION

Now, as you keep your seeds of intention in your mind and heart, allow them to expand as you add to this mandala. Visualise these seeds slowly growing as you tend to them with love and presence.



SPRING EQUINOX RITUAL

During the Spring Equinox, take some quiet time to perform this ritual, ensuring you will not be disturbed.

What you will need: *A seasonal flower and a candle.*

Begin by lighting your candle to honour the balance of light and dark. Spend a moment connecting with the flame, allowing its warm glow to centre you. Visualise the golden light gently expanding, forming a protective and peaceful space around you.

Now welcome the presence of the four elements by saying the following words three times:
“Earth my body, Water my blood, Air my breath, Fire my spirit.”

Take a moment to feel the connection between your own body and the living world around you. Now turn your attention to the flower you have chosen. Hold it gently and reflect on the quiet miracle it represents. Not long ago, the land rested in the stillness of Winter. Beneath the soil, life was patiently gathering strength. Now, as the days lengthen and the Earth warms, new growth emerges once more.

You may wish to say the following words:

***The Earth awakens from Winter's rest.
Green life rises, and the fragrance of flowers returns to the air.
The season turns, and life renews itself again.***

Now touch the flower and tune into its energy. Notice its colour, texture, scent, and delicate structure. Reflect on the remarkable processes that allow life to unfold in such beauty and simplicity.

As you hold your flower, you may say:

***I walk upon the Earth in friendship, not in dominance.
May this small living bloom remind me of my connection with all life.
May I move through the world with care, gratitude, and respect for the living Earth.***

Sit quietly for a few moments and meditate upon the changing of the seasons. Notice how the energy of life is gently rising around you and within you.

When you feel complete, slowly open your eyes. Offer a moment of gratitude to the elements and the natural world. Then close the space by gently blowing out your candle.

BLESSINGS TO YOU ON THIS POWERFUL DAY,
IF YOU SHARE YOUR INSIGHTS ON SOCIAL MEDIA, DON'T FORGET TO TAG US...

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