



OSTARA  
RITUAL

MISS DANA'S WISDOM  
WHERE THE MYSTICAL MEETS EVERYDAY

# Ostara Ritual



## Tools Needed:

- Candles (green, yellow, or pink for renewal and joy)
- Eggs (to decorate with symbols, intentions, or runes)
- Bowl of Water (for purification and emotional balance)
- Crystals (Aventurine for prosperity, Citrine for energy, Rose Quartz for love)
- Seeds or Flower Petals (for manifestation and growth)
- Incense or Herbs (Lavender for peace, Mint for renewal, or Sage for cleansing)

## Ritual steps:

### Cleanse Your Space

- Use incense, sage, or a few drops of essential oils in water to purify the area.

### Create Your Ostara Altar

- Arrange your candles, eggs, crystals, and fresh flowers to invoke the spirit of the season.

### Set Intentions

- Hold an egg in your hands and visualize a wish or goal for the coming months. Draw a symbol or rune onto the egg that represents your intention.





# Ostara Ritual



## *Light the Candles*

- As you light the candles, say:  
"Balance returns, the earth awakens,  
Life renews, and hope is taken.  
With light and love, I now embrace,  
The blessings of this sacred space."

## *Plant Seeds*

Place your seeds or flower petals in soil, speaking your intention aloud as you do. This represents your commitment to growth and manifestation.

## *Meditate & Give Thanks*

Take a few moments to meditate, feeling the balance and renewal within and around you. Give thanks for the warmth, light, and abundance to come.

Blow out the candles and express gratitude to the energies, goddess, or nature for their presence.

Enjoy a small feast of seasonal fruits, honey, fresh bread, and herbal tea in honor of renewal and fertility.

*Blessed Ostara*

