



A SIMPLE OSTARA HERB BLEND

By Miss Dana's Wisdom

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To honor the season, combine:

- A pinch of lavender
- A sprig of rosemary
- A few chamomile blossoms
- Crushed rose petals
- A touch of lemongrass

Blend gently with intention. Use as:

- An altar offering
- A loose incense (burn safely)
- A candle dressing blend
- A sachet to carry during spring rituals

As you mix, say:

"Light and dark in balance be,
Awaken now what sleeps in me."



FINAL BLESSING

Ostara is not loud. It does not demand.

It unfolds.

These sacred herbs are companions for your unfolding — helping you cleanse, soften, strengthen, and bloom in your own perfect rhythm.

The Earth is waking.

The light is lengthening.

And somewhere inside you, something beautiful is stretching toward the sun.

Blessed Ostara, dear heart

