



# OSTARA RITUAL

A Sacred Celebration of Balance, Renewal, and New  
Beginnings

MISS DANA'S WISDOM  
A MYSTICAL STUDIES LIBRARY PRINTABLE



Ostara marks the Spring Equinox, a moment of perfect balance between light and dark. It is a threshold of becoming, when the earth awakens and the seeds of new life begin to stir. This ritual is designed to help you align with renewal, restore balance, and consciously plant intentions for the season ahead.

This ritual may be performed alone or shared with others. Move slowly, listen inward, and allow the energy of spring to guide you.

*Miss Dana*

# WHEN TO PERFORM THIS RITUAL



- On the Spring Equinox (around March 19–21)
- At sunrise, midday, or sunset
- Anytime during the Ostara season when you feel called to begin again

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## *Tools for Your Ostara Rítual*

Use what you have. Intention matters more than perfection.

- Candles (green, yellow, or pink for renewal and joy)
- Fresh flowers or greenery (daffodils, tulips, branches, or herbs)
- Eggs (real, wooden, or symbolic)
- A bowl of water (for cleansing and balance)
- Seeds or a small potted plant
- Crystals: green aventurine, citrine, rose quartz, or clear quartz
- Journal and pen

Optional: incense, essential oil, or soft music



- *Clean your space physically and energetically.*
- *Open a window if possible to invite fresh spring air.*
- *Arrange your altar with flowers, eggs, candles, and seeds.*
- *Take a few deep breaths, grounding yourself in the present moment.*

## *Preparing Your Sacred Space*

# OSTARA RITUAL STEPS



## 1. Light the Candle

Light your candle and say:

*"I welcome the balance of Ostara.*

*Light and dark stand as equals.*

*May renewal awaken within me as the earth awakens."*

Sit quietly for a moment and feel the warmth of the flame.

## 2. Water Blessing

Dip your fingers into the bowl of water and gently touch your forehead or heart.

Say:

*"With water and intention, I cleanse the past and welcome clarity, harmony, and renewal."*

You may sprinkle a few drops around your space.



## 3 Reflection and Balance

In your journal, write:

- One area of your life seeking balance
- One habit or pattern you are ready to release
- One hope you wish to nurture this season

Fold the page and place it beneath your candle or crystal.





# OSTARA RITUAL STEPS



## 4 Planting the Seed

Hold your seed or plant in your hands. Say:  
*“As this seed takes root and grows,  
so too will my intention unfold in perfect  
time.”*

Plant the seed with care, knowing growth  
begins quietly.

## 5 Egg Blessing

Hold an egg and whisper a wish or word  
into it.

You may decorate it with symbols, colors,  
or affirmations.

Place it on your altar as a symbol of  
potential and creation.



## 6 Gratitude and Closing

Place your hands over your heart and give  
thanks to:

- The earth
- The returning light
- Any guides, ancestors, or energies you  
work with

Extinguish the candle, trusting the light  
now lives within you.





# AFTER THE RITUAL

- Enjoy a light seasonal snack or tea
- Spend time outdoors if possible
- Revisit your intentions as the weeks unfold
- Keep your egg or plant somewhere meaningful

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# OSTARA BLESSING

*May balance return gently to your life.  
May what you nurture now grow strong and true.  
May your path feel lighter, brighter, and aligned.  
And may this season bring renewal in every form.  
Blessed Ostara.*



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