

The
ENCHANTMENT
GUIDE

10
Ostara



LIVE LIKE YOU ARE MAGIC®

The
ENCHANTMENT
GUIDE

Issue 10
Ostara 2023



A publication dedicated to
inspiration, magic, and beautiful things.

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WELCOME, FRIENDS

Is the forsythia blooming where you live?

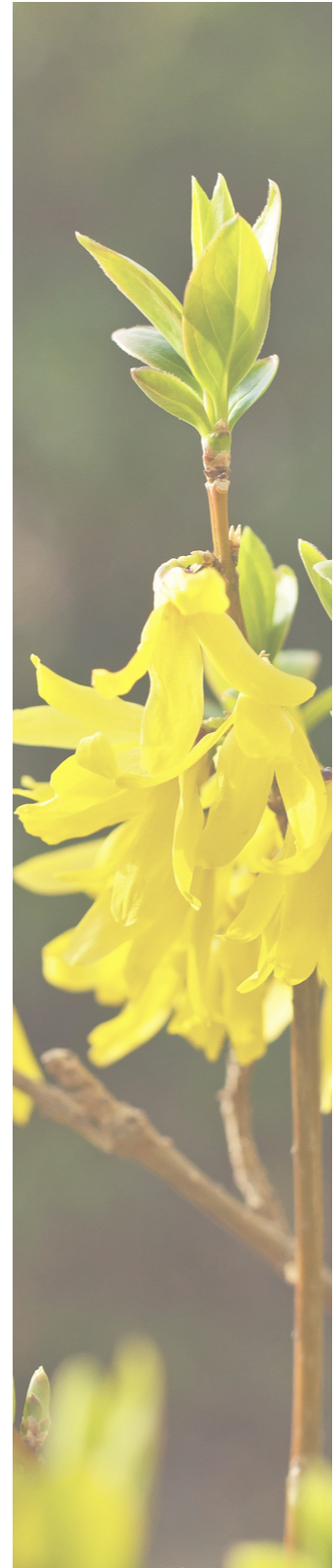
To me, this is the first sure sign of spring.

Our temps are up and down and we may have flurries, but I know it's simply Nature's passing fancy.

I might be alone in this, but to me, the season of Spring / Ostara / the Vernal Equinox is THE most ritual-ripe season of the year.

Every spade of earth I turn, every seed I sow, or every new plant I tuck in is like a prayer to the Earth.

I whisper blessings for growth and abundance -- in my gardens and in my life.



I think spring is as much about FAITH as it is about anything else.

Faith that things will grow and bloom in their own divine time.

Faith that we can sow and weed and nurture but ultimately the plants may decide to do their own thing anyway.

And faith that the intentions we sow along with our seeds will soon whisper their magic back to us.



So perhaps it's no surprise that I've filled this issue with a "garden" of rituals for you. And they are all simple and sweet and easy.

After all, we have PLANTING to do.

I hope you'll find your hands and feet in the dirt soon. Whispering blessings. Like me.



OSTARA

spring equinox

The vernal (or spring) equinox (in the northern hemisphere) is the exact moment that the sun hits its zenith about the equator. This can vary by about 6 hours from year to year, which is why the first day of spring can be either March 20 or 21.

In pre-Christian times, the equinox was the time to celebrate the end of winter.

The festival of Ostara was named after the Germanic spring goddess, Oestre. The Christian holiday of Easter is a variant of the word, Oestre.

As the goddess of spring, Oestre represents fertility, historically symbolized by the hare/rabbit and eggs.

The Easter bunny and decorated eggs are ancient traditions that made their way into modern culture.

OSTARA

correspondences

Herbs & Plants

Daffodil: love + fertility
Tulip: love + happiness
Orange blossom: good luck
Dogwood: rebirth
Mint: protection + abundance
Thyme: purification + intuition
Crocus: joy + rebirth
Pussy willow: blessings

Crystals

Aquamarine: happiness + hope
Rose quartz: love + community
Moonstone: clarity + change
Citrine: brightness + joy
Garnet: vitality
Apatite: motivation + release
Tigers eye: vitality + clarity
Chrysocolla: balance + ease

Foods

Eggs: rebirth + rejuvenation
Honey: community + prosperity
Sprouted greens: nourishment
Baked goods: abundance
Asparagus: optimism
Marshmallow peeps: childhood

Symbols

Rabbits: luck + creativity
Eggs: fertility + renewal
Clover: faith, hope + love
Lambs: gentleness + purity
Baskets: fertility + abundance
Violets: inspiration + passion

OSTARA

natural ways to celebrate

by Lisa Wagoner / LisaWagoner.com

The latest turn on the Wheel of the Year -- Ostara -- is often associated with the vernal equinox and the first day of spring. It ushers in a sense of rebirth, renewal, potential, and delicious possibility.

Even if you live in a place where snow is still on the ground or on the horizon, Ostara is a wonderful time for a reset, to spend time in nature, and to appreciate the fresh, new season.

This time of year can be as busy as the winter holidays. So, how do we squeeze in yet another celebration?

I agree it can be daunting. But I have a few suggestions for natural ways to celebrate Ostara, most of which aren't expensive (save your \$\$ for plants *wink*) or time-consuming.

Dandelions (for creativity)



Add these cheerful blossoms to your Ostara altar. Because dandelions boost and inspire creativity, I like to incorporate them into my spring spellwork.

How? Easy. Simply surround a green candle with their bright blooms and light the candle, visualizing your creativity expanding.

Here's another idea. Fill a small jar with the blossoms, speak your creativity intentions into the jar (or add a few intentions written on a small piece of paper to the jar). Place the jar on your altar and light the green candle. Allow yourself time to contemplate the flame, visualizing the your creative endeavors "firing up."

Labyrinths (for focus and gratitude)

Labyrinths are magical places. As you walk a labyrinth, spiraling in and out, you can focus on your desires for this spring season or meditate upon gratitude.

Bring along some dandelions or birdseed, and, if allowed, sprinkle them as you walk your journey.

And be sure to bring an offering to leave at the end, such as a trinket, coin, or a natural item such as a stone or a stick covered in lichen.

To find a labyrinth near you, visit labyrinthlocator.com.



Magic Dust (for clearing)

This amazing item (available [here](#) from Enchanted Botanicals), is an important part in my Ostara celebration. Comprised of cedar, lavender, rosemary, sage, rose, and a bit of Himalayan salt, I like to use it to create a mandala design on a small plate, which I place under moonlight. Once the Magic Dust absorbs some magical moonlight energy, I sprinkle it on my floors to change up and charge the energy in my space. I also use it as an incense and place some in a small bowl as an offering to my deities.

Outdoor Altar (for honoring)

Ostara is a perfect time to create an outdoor altar. Get creative and make it beautiful. Use found items from nature, a small tealight (battery operated ones are especially useful), a few wildflowers, and maybe some stones or crystals. Dedicate your altar to a deity such as Gaia, and tend to it regularly. Sit with it to spend time in nature, pray, meditate, or puzzle out problems.

If your space is limited, you can create a small, portable altar on a plate (a plant saucer or old dish will do) using the same materials as above.



Clearing & Cleaning (for clarity)

Ostara season is a great time to refresh your space as well as your life. When you clear out something you no longer need -- a drawer, your shoe collection, or that plethora of t-shirts -- how do you feel afterwards? Lighter? Then do it some more.

Next, clean off your altar, letting your intuition guide you. Then mindfully rebuild it. Maybe add something to represent the four elements, a tiny treasure (a stone or shell) that you picked up on vacation, or a piece of art. Take time to consider the importance of each item and arrange your altar in a way that resonates with you.

I recently read that there is great privilege in clearing out clutter and I want to acknowledge that. Yet it is also a natural evolution, because as we move through life, we need less and less. If what you clear can benefit others, then please distribute it mindfully.

Start a New Habit (for improvement)

Since Ostara can be considered a reset button, try a new habit, hobby, or health choice for the next six weeks (until the Wheel turns to Beltane). Spring's energy can propel you as you move forward with your new goal. Something as simple as drinking more water or reading a new book can become a positive habit by the time Beltane rolls around on May 1st!

Greet the Dawn (for renewal)

Rejoice in the quiet sunrise of an Ostara morning. Set your intentions and release them into the air. Make the morning really special so it sets the tone for the day **and** the season.

May this Ostara be full of wonder, growth, and renewal for you!



Lisa Wagoner is the author of Positive Pagan: Staying Upbeat in an Offbeat World (Llewellyn) and co-hosts the podcast Mystic Tea. She is a certified Reiki Master in Usui and Celtic traditions, and works with clients on manifesting/magical challenges, purpose clarifications, healing work, and more. Lisa is a regular contributor to The Enchantment Guide. For more information, visit www.lisawagoner.com



LAND · SEA · SKY

this new collection represents the three sacred realms



WILD WOOD Scented Candle 8 oz \$22

The realm of LAND is the earth that nurtures and sustains us. It is the perfect balance, reflecting "as above, so below."

Mint, crisp apple, eucalyptus, balsam, and ozone create a warm, woody scent. Topped with flower agate for extra grounding.

COASTLINE Scented Candle 8 oz \$22

The realm of SEA surrounds us; allowing, enabling, and encouraging the natural flow of life.

Notes of sea salt, orange peel, cardamom, and palm create the perfect "sea scent."

Topped with ocean jasper as a nod to one of the gifts of the sea.



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INFINITE Scented Candle
8 oz \$22

The 3rd sacred realm is SKY. It represents inspiration from the Divine.

It's no coincidence that I blended uplifting scents of lemon, orange, peach, and grapefruit into this candle. It's topped with apatite to bridge our past with our future.

A BESTSELLER IS BACK

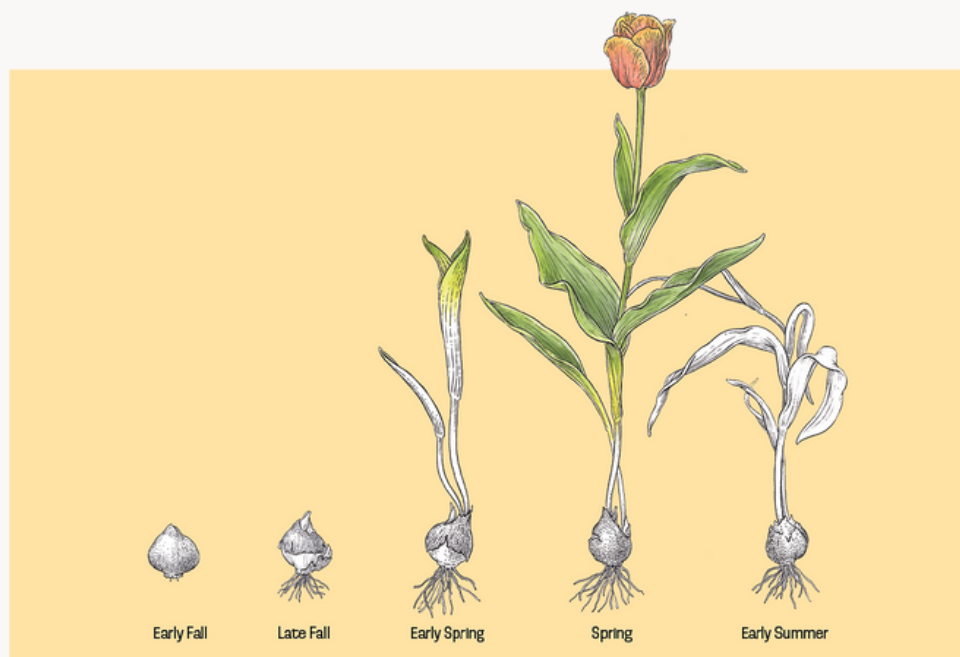
SONG OF THE BEES Candle
8 oz \$22

Last summer's best seller is BACK. I adore honeybees and those chubby, stripey bumbles. And you all must, too! Our gardens would "bee" lost without them, right? Honey carries a beautiful vibration of joy, abundance, and cooperation, and the scent of this candle IS pure joy. It's warm with the slightest floral essence. Song of the Bees is topped with orange calcite for radiating positivity (and because it looks a bit like a honeycomb).



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THE LIFECYCLE OF BULBS



graphic from Colorblends.com via Pinterest

Have your spring bulbs started flowering yet? Mine have just started and I'm already thinking of how to hide their withering foliage. It's unsightly, untidy, and just not pretty.

But PLEASE slap my hand if I reach for the pruners! Cutting off the fading foliage is one of the worst ways to care for NEXT year's blooms. According to [Colorblends](#), here's why:

"Spring-flowering bulbs have a growth cycle that sets them apart from most other plants. They make roots in the fall, bide their time through winter, emerge and bloom in spring, and go completely dormant in early summer. During their brief period above ground, the plants must store up enough energy to survive their long dormancy (bulbs are very much alive in their dormant state), produce roots, and send up leaves and flowers again the following spring—in that order. That is why it is important to let the leaves die back naturally after bloom. If you cut the leaves early, you force the bulb to make sacrifices—starting with the next spring's flowers."

PLANTING RITUAL



YOU WILL NEED:

- Pretty pots
- Seeds or plants of your choice
- Potting soil
- Pen
- Small piece of paper
- A crystal (optional)

*I like to use
white terracotta pots
from Guy Wolff Pottery*

DIRECTIONS:

Take a deep breath in and feel yourself connect to the power of the earth. Envision your intention and write it clearly and boldly on your paper. Visualize it growing with strength and beauty. Place the paper in the bottom of the pot and add your soil. Sow your seeds or tuck in your plant. Add a crystal if you'd like (citrine or rose quartz are excellent for plantings). Every time you water, see your intentions growing along with the plants. Have faith in the process AND in yourself.



HOME CLEANSING RITUAL

Nothing says "WELCOME" more than a clean house.

But beyond rounding up the dust bunnies, we want to make sure the ENERGY is light and uplifting as well.

Here are 2 beautiful ways to help your home celebrate the new season.

“ *Teach me the ways of the light.* ”

OSTARA ESSENTIAL OIL BLEND

- 10 drops Lemongrass
- 6 drops Lavender
- 4 drops Sage or Orange



Add to 8 oz of water and spritz your space.

OSTARA HERB BLEND

- 1 tbsp. Rose
- 1 tbsp. Lemongrass
- 1 tbsp. Mugwort

Add to a pretty bowl and set in your space.

OSTARA

notes



SPRINGTIME LEMON LOAF



I admit I'm a lemon lover all year long. But wouldn't a slice of sugar-drizzled lemon cake be a great way to kick off spring?

This is such an easy recipe. No mixer needed -- just a whisk, spatula, and 2 bowls. I also use fat-free yogurt, because that's what I usually have in the fridge.

"stressed spelled backward is desserts"

INGREDIENTS:

1-1/2 cups of all-purpose flour
2 tsp baking powder
1/2 tsp salt
1 c plain yogurt
1 c sugar
3 eggs
zest of 2 lemons

1/2 tsp vanilla extract
1/2 c vegetable oil
1/3 c lemon juice } for the syrup
1/3 c sugar }
1 c powdered sugar } for the glaze
juice of 1 lemon }

DIRECTIONS

- Preheat oven to 350F.
- Spray a 9-inch loaf pan generously with butter-and-flour cooking spray.
- In a small mixing bowl, sift together flour, baking powder, and salt. Set aside.
- In a large mixing bowl, whisk together yogurt, sugar, eggs, lemon zest, and vanilla.
- Add vegetable oil to the batter and fold in with a rubber spatula. Add the dry ingredients to the wet and whisk everything together (this will take a minute -- don't panic).
- Pour your batter into your prepared pan and bake for 50 minutes or until a toothpick comes out clean.
- Allow to cool in pan for about 10 minutes, then remove to a wire rack over a baking sheet.
- While your cake is baking, combine 1/3 c lemon juice and 1/3 c sugar in a small sauce pan. Heat until sugar is dissolved and mixture is clear. Remove from heat.
- When your cake is out of the pan, slowly pour the syrup over the top of the still warm cake. Allow the syrup to sink in while the cake cools. (I poke a few holes in the top of the cake with a fork.)
- Finally, in a small bowl, stir together 1 cup of powdered sugar and the juice of 1 lemon. After the cake has cooled completely, spoon the glaze over the top of the cake and let it drizzle down the sides if you'd like.





Ostara

QUICK GARDEN RITUAL

Eggs are a symbol of fertility and so they are the perfect way to weave a little "fertilizer" magic into our gardens.



Begin by collecting your eggshells (I add mine to a large ziploc bag tucked under my counter). Crush the shells (easy to do -- just zip that bag and smash!). Add to your garden soil.

Eggshells contain calcium carbonate, which helps lower the soil's pH, enabling your plants to absorb more nutrients.



THE GROW GROUP

Our monthly online chat



Have you joined the Grow Group yet?

It's a gift from my heart to yours.

We meet through Zoom on the first Wednesday of each month for about an hour.

And it's free. Just purchase the cute little journal and you're IN.

So far, we've discussed:

How to connect with Spirit.

How to grow your spirituality.

Crystal companions for plants.

Self-protection and spiritual hygiene for empaths.

What to do when your spiritual path takes a detour.

You can send me questions ahead of time or ask during the chat. Can't make it live? You'll get the replay in an email.

You can nab your journal [here](#).

See you in the Grow Group!



OSTARA



oracle spread



1. How can I _____
2. What intentions _____
3. How can I manifest more _____
4. How can I manifest more abundance _____
5. What obstacles will I find _____



PERSONAL REFLECTIONS

Tomorrow you wake up and realize that everything has shifted for the better. What has changed?

What does abundance mean to you?

Set your intention for this period of growth:

What projects can you start this Spring?



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To learn more ...

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