

OSTARA – SPRING EQUINOX

This time of year is ALL about the balance of dark and light (night and day), rebirth of all things of the Earth...including YOU! And new beginnings, it's a time to plant seeds (actual and metaphorical) to bring forth your desires and plans! Just look around at what is happening in nature (as I'm sure you already do!), it's ALL there!

So on this eve of balance, we shall be releasing old stuff which we no longer need, through the voice, followed by balancing both sides of the body. We will sow seeds of prosperity then visit the Spring Goddess! After closing there will be cookies and nettle tea and the chance to peruse our sale items!

- *Ground with Sufi Grind and charge with Breath of Fire*
- *Cast the circle*

Welcome friends!

The Wheel of the Year turns on and on, bringing us to and from each season, and from and to one another. What will be is. What was will be. All time is here and now inside this sacred space. We pause briefly to watch the wheel turn, and we gather on this blessed eve so that we may celebrate this season of balance known as Ostara. We wish to give thanks to the Spring Goddess for the gifts of fertility, warmth and renewal!

- *Call the quarters and use instruments:*

Guardians, Spirits, Elementals and Powers of the East and of Air! We ask your breezy, cleansing presence at our circle this eve, Join us in honouring this sacred season and our Goddess and God

Guardians, Spirits, Elementals and Powers of the South and of Fire! We ask your fiery transformative presence at our circle this eve, Join us in honouring this sacred season and our Goddess and God

Guardians, Spirits, Elementals and Powers of the West and of Water! We ask your flowing, ever-changing presence at our circle this eve, Join us in honouring this sacred season and our Goddess and God

Guardians, Spirits, Elementals and Powers of the North and of Earth! We ask your sturdy, comforting presence at our circle this eve, Join us in honouring this sacred season and our Goddess and God

- Invite the Spring Goddess, Arianrhod, Hekate and Cernunnos

Gracious Queen of the Spring, fair maiden of the dew

Come to us, we pray

Send us your blessings and your beauty

May new life surround us!

In your name fair lady, Blessed Be!

Arianrhod, Goddess of the Moon, weaver of fate through space and time, seamstress and weaver of majik. The stars are yours and we bid you HAIL and WELCOME!

Cernunnos! By the flame that burneth bright,

O! Horned One. We call thy name into the night,

O! Ancient One. Come to the charm of the chanted prayer,

As the moon bewitches the midnight air.

Evoke thy powers, that potent bide.

In shining stream and secret tide.

Come. Come. To the heart-beats drum.

Come to us who gather below,

When the broad white moon is climbing slow.

We bid you HAIL AND WELCOME!

Hekate! Exalted One! Queen of Witches, Goddess of the Moon!

Guardian of the Crossroads, shine your lantern to share your light with us, Great One! We bid you HAIL AND WELCOME!

- Using toning as spirit songs...we will tone AWEN – AHHHOOOWENNNN. Keep doing this, until it becomes intuitive, making other noises/sounds. Healing, releasing and removing blocks! Esp. in the throat, making way for the new!!
- Finding Balance – come to standing and take three deep breath. Each breath brings the grounding earth energy up through the feet, up the spine to the whole body. Bring your arms out to the sides, shoulder height – feel the balance or imbalance in your body...turn to face you left hand....the receiving hand. What do you feel/see? Does this match what you wish to manifest in your life? Your desires? Ask yourself! Now turn to face your right hand...the expressing/giving hand. Again, what do you see and does this tally with what you offer the world? What do you give back to life? When you are ready, with your arms still out to the sides, bring your attention to your heart. Do you feel balance between what you give and receive? What do you attract and release? Spend some time here in quiet reflection

feeling the balance with each breath in and out. When you feel it is time, place your hands over your heart to close down the energy and feel empowered in your conscious responsibility 😊 come back to sitting

- Sowing of prosperity seeds:

Light candle. Place some earth in pot, pick up a few seeds and pour your intention into them. Place a few seeds in the pot and cover with earth as you say:

Seeds and earth, to dreams give birth

- Ostara meditation
- Blessing the cakes and wine

May the goddesses and god here this eve bless our cakes and wine!

May we never thirst, may we never hunger

- Healing circle
- Closing words:

We are the children of deity! And we are deity!

We are part of the creative life forces which move the universe! We are microcosm, we are macrocosm. We are part of all that is!

We thank the spring goddess, goddess Arianrhod, god cernunnos and goddess hecate for joining us this eve! We bid you HAIL AND FAREWELL
Blessed Be

We thank the entities to the North, West, South and East for joining us this eve and we bid you HAIL AND FAREWELL!

May the circle be open, but unbroken, may the god and goddess be ever in your heart. Merry meet, and merry part, and merry meet again! Blessed be!

- Ring the bell!!!