



The Magic of Ostara

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Contents

Moving from Darkness to Light	3
Ostara Correspondences	4
Questions to Meditate On	5
My Manifestation Statement	8
One Week Before Ostara	9
Ritual Prep	10
Ostara Ritual	11
After the Ritual	13
I Want More!	14
About Us	15



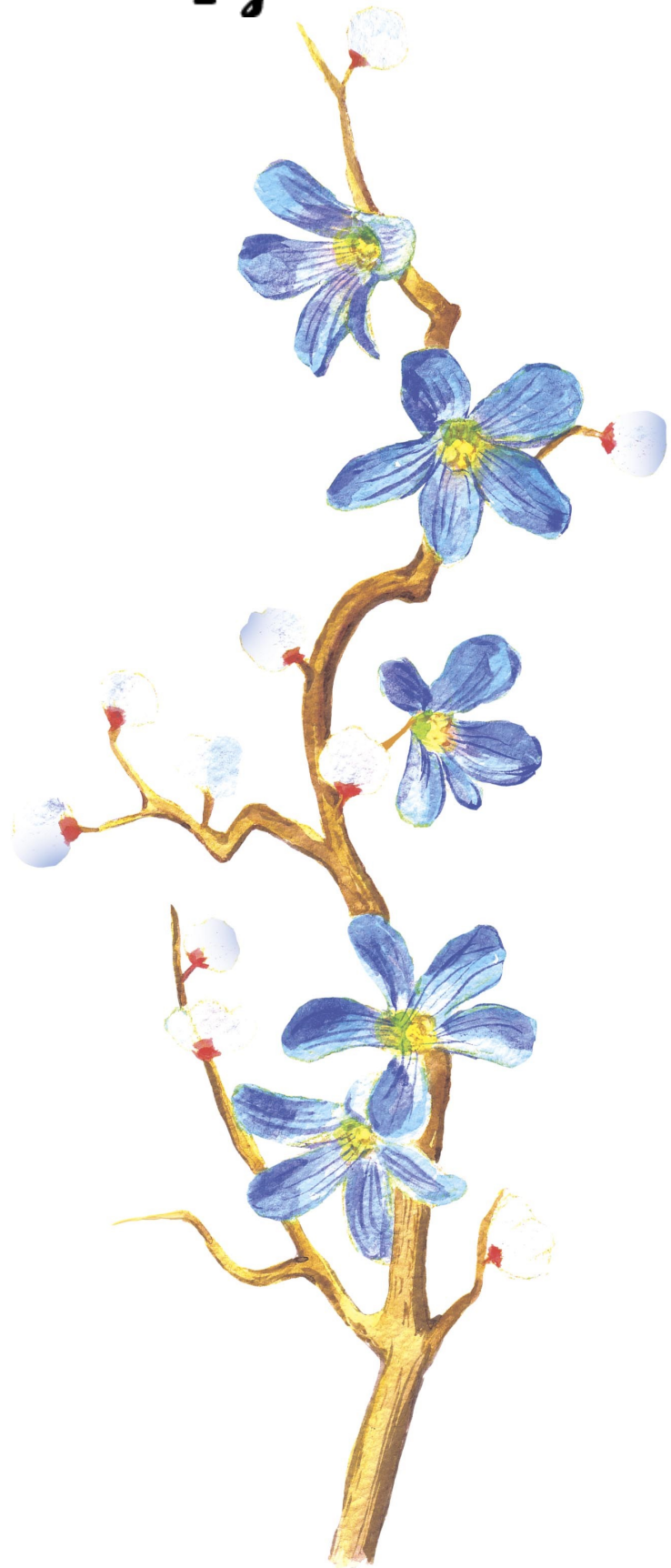
Moving from Darkness into Light

Ostara, on the spring equinox, is one of the eight pagan high holy days on the wheel of the year. It marks the beginning of the zodiacal year, when we enter into the sign of Aries. Its historical origins as a pagan holiday are lost in the woolly mists of time.

Though we have no hard evidence, the holiday is likely named after Eostre, the anglo-saxon goddess of dawn and fertility. It's certainly a fertile time for the earth, with buds bursting forth and hatchlings being birthed.

Today, Ostara is celebrated as a time of new beginnings. As an equinox, it's also a time of balance, when the hours of light and darkness are equal.

From a magical perspective, Ostara is a wonderful time to begin any manifestation work as we move from our winter's dream to the time of planting. The practices in this book will help you tune into what you want to bring into your life and how, as well as to develop a personalized ritual that will plant the seeds for manifestation.





Ostara Correspondences

For the Ostara ritual, it's helpful to create a small altar or table display for you to focus on. The objects on this altar should symbolize Ostara. These symbolic objects are called "correspondences." Below is a list of common correspondences for the holiday:

Spring flowers, including crocuses, daffodils, irises, tulips, violets, peonies, narcissus, fiddlehead ferns

Trees: Birch, ash, alder

Gemstone: Jasper, rose quartz, moonstone, amethyst

Color: Red (for Aries) or grass green, yellow, and purple

Incense and oils: Floral, jasmine, strawberry, rose, orange peel, ginger

Foods: Pine nuts, painted eggs, dairy products, spring onions

Animal: Butterflies, bumblebees, caterpillars, rabbits, serpents, and dragons

Goddesses: Eostre, Ostara, the Green goddess, Aphrodite, Gaia, Persephone, Isis, and Ishtar

Gods: Lord of the Greenwood, the Green Man, Dagda, Odin, Thoth, Osiris, and Pan

Other: Feathers, the east, Aries



Questions to Meditate On

On page 11, you will find a magical ritual for Ostara. To personalize the ritual to support *your* needs, first meditate on the following questions:

What do you want to bring into being? It could be a new habit, relationship, career, whatever!

What blocks are preventing you from bringing this into being?

What steps do you need to take to bring this into being?
Remember: you don't have to do everything at once!



Can you do this on your own? If not, who do you need to help you?

How do you want to present yourself physically for this new thing?

How will you feel once you've brought this into being?





Your Manifestation Statement

Re-read the questions you just worked through. Based on your answers, write a statement about what you intend to manifest. This statement will be inserted into your Ostara ritual (on page 12). Be sure to write your statement in the present tense, e.g. “*I am...* getting trimmer and healthier every day.”

Write your manifestation statement for the ritual in the box below.

Keep in mind that manifestation is a process. You will have to take steps in the physical world to make your dream come true, but not all at once! The Ostara ritual is designed to support this process.

One Week Before Ostara

Review the ritual preparation on page 11.

Before you start planting the seeds of your manifestation, it's helpful to do some spiritual spring cleaning. You've already done some work on page 4 considering what's blocking you from manifesting your vision. Now's the time to start ridding yourself of those blocks. Clean your work and home space. Discard items that hold negative memories and clothing that doesn't make you feel good. Reconsider relationships that are no longer supporting you.

Fill in the blanks on the below and read the finished "contract" aloud once a day until Ostara. And say it with feeling!

I call upon the Divine to eliminate all binding contracts I have consciously or unconsciously made that are holding me back from a healthy, _____, _____, _____, life.

All such bindings are now dissolved, let go, healed, and released to the Divine.

I call upon the Divine to release me from all negative, unhealthy relationships, thought structures and or mind patterns that are holding me back from a harmonious relationship with myself, others, _____, _____, _____.

All such negative relationships, thought structures and or mind patterns are now dissolved, let go, healed, and released to the Divine.

I AM freed.

I AM in control.

I AM the creator of my magnificent life!

So it is, So it is. It is so!



Ritual Prep

You will need: An incense stick and something to light it with, cranberry juice **or** hibiscus juice/tea, a piece of paper or doily, and items for your altar that represent Ostara (see Ostara Correspondences page).

Preparation: Read through the ritual on pages 11 and 12. Insert your manifestation statement into it. Take a shower or bath.

Think of **ONE WORD** that describes your manifestation statement for this ritual. Write this word on the piece of paper or doily.



Timing

We do rituals at certain times in order to work with, rather than against, the rhythms of nature. For this reason, the closer you can get to the actual moment of Ostara, the Spring equinox, the better. You *can* work your ritual on March 21st. But below is an ephemeris chart of the exact astrological times and dates of the solstice in the northern hemisphere. Try to end your ritual as close to the time of the equinox as possible.

Spring Equinox Chart (Astrological):

2018	March 20	9:15 am PDT
2019	March 20	2:58 pm PDT
2020	March 19	8:49 pm PDT
2021	March 20	2:37 am PDT
2022	March 20	8:33 am PDT
2023	March 20	2:24 pm PDT

Ostara Ritual



- 1) Set up your altar and work space. Pour a glass of cranberry or hibiscus juice or hibiscus tea, and set it on top of the doily or sheet of paper you've prepared so the energy from the word will permeate the drink.
- 2) Say out loud: "I call upon the Angels and Guides of the Light to be here for my greatest and highest good to protect, support and guide me during this ritual."
- 3) Cast a sacred space: Imagine a divine, white light coming down through the center of your body, flowing through every cell, cleaning and cleansing, clearing all energy that is not in your highest interests. See all that negative energy being pushed out through your pores. Watch it fall into a violet flame, where this energy is captured.
- 4) Visualize a globe of this cleansing, protective light getting bigger and bigger, expanding from your heart to 26 feet all around you, pushing out any negative energies into a violet flame. Now imagine roots of energy flowing from yourself into the ground, and branches flowing up

through your head into the sky.

5) Say out loud:

“I stand at the beginning of the sacred wheel,

And sow my seeds of manifestation.

As light and dark are equal,

I find balance and strength.

Like the earth, my soul and desire awakens,

And my light and power springs forth.”

[Insert your manifestation statement here]

6) Light your incense. In the air, write the word you chose that represents your manifestation with the incense stick. Visualize the word rising into the sky and being received by the heavens.

7) Say aloud: “As above, so below.” Drink your juice or tea. Visualize the energy of your word filling every cell in your body with pink light. Imagine your manifestation coming to pass in as much detail as possible. Meditate on how you will *feel* when it becomes a reality.

8) Say out loud: “So mote it be.” Bow toward your altar.

9) Say aloud: “I thank all angels and guides of the light for supporting me in this ritual in my greatest and highest good. With gratitude, I release you now.”



After the Ritual

The ritual has gotten you into the right mindset and helped align you with the universal energies that will enable you to manifest. But you still need to do the work! The good news is, you don't need to do it all at once. Be gentle with yourself. *Know* that you are capable of achieving what desire.

One of the keys to magic is letting go. So don't dwell on the ritual, don't do it twice. The Buddhist principle of non-attachment applies to magic too.

However, to keep you in the Ostara mindset, we've developed some affirmations, below. Choose the affirmations that resonate with you and repeat them throughout the following weeks.

I am in control.

I have the power to make things happen.



I Want More!

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We'll be creating sacred space together to align ourselves and our dreams with the elements, the seasons, planetary cycles, and our own subconscious and conscious desires. By working in harmony with the energies (our own and those surrounding us), you'll be able to craft daily magical practices and ways of being that nourish your soul.

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About Us...



Elizabeth Barton is an astrologer and energy worker based in San Mateo, California. She also took all the photos in this workbook. The realm of the unknown, mysticism, spirits and healing have fascinated her all her life. Her Hungarian and Japanese family members were metaphysical healers — what are currently called shamans. Elizabeth’s shamanic training started at three years of age.

She has been a Reiki Master since August 8, 2002. Elizabeth is a former CHP road officer, third degree black belt, and served our country as a strategic intelligence analyst for the US Army for 11 years. Elizabeth is available for consultations in person, as well as by phone, Skype, FaceTime or email. You can find her at: elizabethbarton.com

Kirsten Weiss worked overseas for nearly twenty years in the fringes of the former USSR, Africa, and South-east Asia. Her experiences abroad sparked an interest in the effects of mysticism and mythology, and how both are woven into our daily lives.

Now based in San Mateo, CA, she writes genre-blending cozy mysteries and supernatural and steampunk suspense, mixing her experiences and imagination to create a vivid world of magic and mayhem.

Kirsten has never met a dessert she didn’t like, and her guilty pleasures are watching Ghost Whisperer re-runs and drinking red wine. It gives her heartburn, but she drinks it anyway. Sign up for her newsletter to get free updates on her latest work at: kirstenweiss.com