



Ostara Ritual for a Women's Circle

🌱 ✨ Welcoming the Return of Light and Balance ✨ 🌱

Preparation & Sacred Space Setup

📍 Location: Outdoors in nature (if possible) or indoors with fresh flowers, candles, and symbols of spring (eggs, seeds, rabbits, butterflies).

🌸 Altar Setup:

- Central candle (symbolizing the returning light)
- Flowers (daffodils, tulips, or wildflowers)
- Eggs (real or symbolic, for fertility and new beginnings)
- Seeds (to represent intentions and growth)
- Crystals (Green Aventurine, Rose Quartz, Citrine for renewal, love, and abundance)

🕯️ Facilitator Preparation:

- Dress in spring colors (greens, pastels, or floral tones).
- Anoint yourself with floral or citrus essential oil.
- Bring a bell or chime to signal transitions.
- Have herbal tea (chamomile, lavender, or lemon balm) ready for after the ritual.

🌀 Opening the Ritual

1. Casting the Circle & Calling the Directions

◆ Words for Casting the Circle:

"We gather today as daughters of the earth, sisters of the moon, and keepers of the sacred light. With love, we cast this circle as a space of renewal, balance, and intention. May Ostara's energy bless us with clarity, abundance, and joy."

◆ Calling the Four Directions (Spoken by the Facilitator or Passed Around)

- East (Air): We call upon the fresh winds of spring to bring clarity, inspiration, and new beginnings. 🌬️
- South (Fire): We welcome the warm sun to ignite passion, courage, and creative fire within us. 🔥
- West (Water): We invite the flowing rivers to cleanse our spirits and guide us with intuition and emotional renewal. 🌊
- North (Earth): We honor the fertile soil beneath us, grounding us in abundance, stability, and growth. 🌱

🌀 All Together: "The circle is cast, so mote it be!"

🌸 Centering & Blessing

2. Breathwork & Guided Meditation (5-10 min)

- Have the group close their eyes, take deep breaths, and visualize standing in a blooming meadow, feeling the warmth of the sun and the cool breeze of spring.
- Invite them to release old energy with each exhale and breathe in new life, abundance, and renewal with each inhale.
- End by placing hands over the heart and saying silently: "I am renewed, I am balanced, I am blossoming."

3. Egg Blessing & Fertility of Ideas Ritual

👁️ What You'll Need: Small eggs (real, wooden, or paper). Each woman writes a word or intention on their egg (growth, self-love, healing, prosperity).

- Facilitator: "As we bless these eggs, we bless the seeds of our desires. Just as nature awakens, so too do our dreams and passions."
- Everyone Together: "With the power of Ostara, we nurture our intentions and trust in their growth."
- Place the eggs on the altar or in a basket to be taken home.

🔥 Ritual of Balance & Empowerment

4. Balancing the Light & Dark Within (Inner Reflection)

- Discuss how Ostara represents equal day and night, balancing our shadows and light.
- Journaling Prompt: "What part of myself am I ready to bring into the light? What old patterns or fears am I ready to shed?"
- Option: Share reflections in pairs or as a group.

5. Planting Intentions (Growth & Manifestation Ritual)

🌱 What You'll Need: Small pots, soil, and seeds (sunflowers, chamomile, basil, or any fast-growing plant).

- Each woman plants a seed while speaking an intention aloud:
"As this seed grows, so does my... (courage, love, success, creativity, healing, etc.)."
- Facilitator: "We honor the patience of the Earth and trust in divine timing. Just as these seeds sprout in warmth, so too do our dreams take root."

🌞 Closing & Celebration

6. Gratitude & Releasing the Circle

- Go around the circle, each woman sharing one thing she's grateful for.
- Facilitator: "We give thanks to the spirits, the elements, and to each other. As the wheel turns, may we continue to bloom."
- Extinguish the central candle.
- Release the directions: "Spirits of Air, Fire, Water, and Earth, we thank you for your presence. Depart in peace and stay with us in our hearts."

7. Feast & Fellowship

🌿 Food Ideas: Fresh fruit, honey cakes, herbal tea, bread, and seeds/nuts.

🎵 Play joyful, earthy music & dance if the group feels called!

✨ May this Ostara bring you balance, abundance, and a deep connection to the magic within. ✨



🌸 OSTARA RITUAL PLAYLIST 🌿

☀️ Opening & Casting the Circle (Light & Sacred Vibes):

1. Spirit of the Wind — Heather Alexander
2. Mother I Feel You — Sacred Earth
3. We All Come From the Goddess — Moving Breath
4. Gaia — Faun
5. Song of the Land — Sharon Knight

🌿 Meditation & Intention Setting (Soft & Reflective):

6. Awakening Earth — Danit
7. The Sound of Sun — Ayla Schafer
8. Rise — Yaima
9. Tír na nÓg — Celtic Woman
10. Echoes of Time — Anilah

🔥 Empowerment & Manifestation (Uplifting & Transformative):

11. She Holds the Sky — Layne Redmond & The Mob of Angels
12. Wolf Totem — The HU
13. Queen of the Earth, Child of the Skies — Heloise Pilkington
14. Salt and Shadow — Jesca Hoop
15. Mystic's Dream — Loreena McKennitt

🌞 Closing & Celebration (Joyful & Earthy Dance):

16. Hoof and Horn — Reclaiming Community
17. Greenman — Xandria
18. Come Away to the Water — Marjorie Fair & Randy Newman

19. Let the River Carry You — The Arcane Order

20. Jungle — Emma Louise

✨ Bonus Tracks for Post-Ritual Gathering & Feasting:

🎵 Dancing Barefoot — Patti Smith

🎵 Spring Fever — Loreena McKennitt

🎵 Harvest Dance — Lisa Thiel

🎵 Home — Daughter

🎵 Hymn to Her — The Pretenders

This playlist will help set the atmosphere for each phase of the ritual, guiding the group from sacred intention-setting to powerful manifestation and finally into joyous celebration.



Here's a seasonal, nourishing, and symbolic Ostara Meal Plan 🌸🌿✨ for your Women's Circle Gathering—featuring fresh, light, and fertility-themed dishes to honor renewal, balance, and abundance.

🌸 OSTARA FEAST MENU 🌸

☀️ A meal that reflects the fresh, bright, and fertile energy of spring!

🌿 Drinks (Refreshing & Herbal)

1. Hibiscus & Honey Iced Tea — A sweet-tart herbal infusion symbolizing blossoming energy.
2. Lavender Lemonade — A calming, uplifting drink to cleanse and refresh.
3. Cucumber-Mint Infused Water — Cooling and hydrating, perfect for balance.

🥗 Starters (Light & Nourishing)

1. Deviled Eggs with Fresh Herbs — Eggs represent fertility, rebirth, and creation.
2. Spring Green Salad — Spinach, arugula, and edible flowers with a lemon vinaigrette.
3. Asparagus Tart with Goat Cheese — Asparagus is a spring vegetable symbolizing growth.

🍞 Main Dishes (Hearty Yet Fresh)

1. Herbed Lemon Roasted Chicken — A symbol of the returning sun and nourishment.
2. Chickpea & Spring Vegetable Stew — A plant-based option with peas, carrots, and leeks.
3. Wild Rice & Mushroom Pilaf — Earthy, grounding, and nourishing.

Desserts (Sweet & Celebratory)

1. Honey Cake with Almonds & Citrus Glaze — Honey symbolizes abundance and fertility.
2. Lemon Poppy Seed Muffins — Light, zesty, and perfect for Ostara's theme of renewal.
3. Strawberry Rhubarb Crisp — A sweet-tart dessert celebrating early spring fruits.

Bonus: Ritual Snack for Blessing & Sharing

1. Seed & Nut Mix — A symbolic mix of sunflower seeds, almonds, walnuts, and dried fruit to honor the planting season.

Serving Suggestions:

- Decorate the table with fresh flowers, candles, and pastel-colored linens.
- Encourage mindful eating by expressing gratitude for nature's abundance before the meal.
- Play soft, ethereal music in the background to keep the Ostara energy flowing.



About Your Teacher

Autumn Blackwood 🌙

Witchfluencer | Spiritual Guide | Founder of [The Untamed Priestess](#)

Autumn Blackwood is a dedicated spiritual guide, witchfluencer, and advocate for feminine empowerment. She is a graduate of the Integrated Healing Arts Practitioner program at the Southwest Institute of Healing Arts, is a certified Life and Spirit Coach, and holds certifications in meditation and mindfulness facilitation. As an ordained Pagan priestess, Autumn blends modern witchcraft, lunar magic, and spirit work to help others connect with their inner power and spiritual path.

Through The Untamed Priestess, she shares insights into witchcraft, feminine energy, and sacred sexuality, fostering a supportive community for women on their spiritual journeys. Her expertise in spirit keeping and energy work has cultivated a thriving community of seekers looking for meaningful metaphysical relationships.

Autumn also organizes [CT Witch Crawl](#), a month-long celebration of witchcraft and pagan businesses, and curates events that bridge the realms of magic, spirituality, and community connection. She is passionate about education, empowerment, and ethical spiritual practices, offering courses, mentorship, and resources for those looking to embrace their untamed, magical selves.

Find her on [Instagram](#) and [Facebook](#), where she continues to inspire, teach, and uplift others in the world of modern witchcraft.