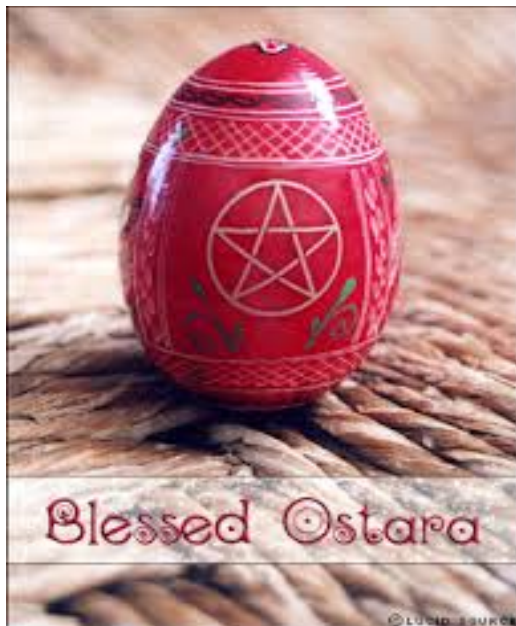


Ostara – October 3rd 2014



(Ritual written & presented in Sydney by Allison & Kara, presented in Nowra by Samantha.)

Tonight we celebrate Ostara and the coming spring. It is also known as Egg Day. It is a time of change and growth, when we throw away the old and bring in the new. It is the day Ostara celebrates her marriage to the Green Man.

Ostara cleansing ritual – washing away the energy of the past and any negativity you wish to expel from your life.

Opening the Circle

EAST

We call upon the mighty wedge-tailed eagle, guardian of the sky and the element of air
Bring us the winds of change and sweep away the energies of the past
We honour you in our Circle tonight,
Hail and Welcome.

NORTH

We call upon the thorny devil, guardian of the

desert and the element of fire

Burn away negativity so new growth can begin
We honour you in our Circle tonight, Hail and Welcome.

WEST

We call upon sea turtle, guardian of the ocean and the element of water
Emerge from the depths and share with us your wisdom.
We honour you in our Circle tonight, Hail and Welcome.

SOUTH

We call upon the echidna, guardian of the bush and the element of earth
Emerge from your burrow, the place from which new life springs.
We honour you in our Circle tonight, Hail and Welcome.

GODDESS

Goddess Ostara, maiden of the spring, the dawn and fertility. We welcome you to our gathering.
Be with us in this journey from winter to spring.
Hail and Welcome
(Light Goddess candle)

GOD

Mighty Green Man, father of the wild earth
We thank you for joining us in our circle tonight.
Be with us in this journey from winter to spring.
Hail and Welcome.
(Light God candle)

MEDITATION

Close your eyes and open your mind. Search for any tension in your body, anywhere you feel tense or uncomfortable and feel all the tension in your body flow away, as every muscle in your body starts to relax.

As you leave your body, you walk across the room toward the door. You open it and step out onto the landing, and begin descending the stairs. When you reach the bottom, you open the second door and find that it leads you down a darkened path, with trees on either side forming a tunnel above you.

As you pass through the tunnel, a cool white mist surrounds you. You close your eyes for a moment as you feel the coolness on your skin.

You continue down this path, until you find yourself walking in a dense forest. The sky is overcast and the woods are gloomy; there are no signs of life anywhere around you.

You soon notice a light ahead, soft and golden, and emitting a comforting sense of warmth. As the light grows brighter and the warmth becomes more intense, the tree tunnel opens out onto a wide, grassy clearing.

You suddenly sense a strong presence behind you, and you turn around, looking back at the tunnel.

Standing at the tunnel's exit is the Green Man. He is tall and slender, and his entire body seems to be made from vines, leaves and tree branches. He smiles warmly, and approaches you, but as he reaches your side he walks ahead and turns, gesturing for you to follow.

As he leads you across the meadow, you see another figure begin to materialise in the distance. It is a beautiful woman. She is clad in a white, flowing dress with a golden chord tied around her waist. She dances joyously, her long hair flowing in the soft breeze. She carries with her a wicker basket, covered with a pale violet cloth.

She stops and looks at you; her eyes make you think of clear, pure water. A small, brown hare sits nearby. It is not alarmed by your presence, grazing idly on the fresh grass.

You know that this is the Goddess Ostara. She smiles, and beckons to you. Unafraid, you approach her. She takes your hand and gently guides you to stand at her side. To her other side is a stone bird bath, filled with clear, fresh water. She explains to you that she will now cleanse you, washing away any negative energy that you may be holding onto, so that you may be reborn with the Spring. She has you sit beside the birdbath and lie back, positioning your head over the bowl. She gently pours a cupful of the clean, clear water over your hair and your crown chakra, and you feel all negativity washing away. She then brushes her thumb across your third eye, tracing the goddess symbol.

With the cleansing complete, Ostara allows you to stand. You rise to your feet, and she smiles. She points at her basket, and lifts the cloth. Inside, you see an astounding array of coloured eggs, all colours, all patterns. Ostara then offers the basket to you, instructing you to close your eyes and take an egg. You do so, and when you open your eyes you look down at your egg. What does it look like? Think to yourself what the decoration on the egg means, and why Ostara wants you to have this particular gift for the coming spring. I will leave you now to speak with Ostara and the Green Man; listen carefully, as they may have a special message for you.

{SILENCE – time to receive any messages}

Ostara smiles, and tells you that it is time for you to return. You thank her and the Green Man, and walk back across the clearing to the entrance of the tree tunnel, holding your egg safely in your hand. As you walk along the tunnel, you realise that it is no longer dark; it is now well lit and alive with the sounds of animals moving around and calling to each other. You continue along the tunnel, until you reach the first door at the bottom of the stairs. You pass through, and walk back up the staircase and through the second door. You return to the circle, and to your seat. When you are ready, safely merge back into your body and bring your awareness back to your surroundings. Wiggle your toes and fingers, and when you feel that you are ready, you may open your eyes.

{Take an egg from the basket to take home and decorate.} Before closing the circle, pass around cups of sparkling apple juice and honey cake.

Closing the Circle

GODDESS

Goddess Ostara, maiden of the spring, the dawn and fertility.

We thank you for joining our gathering tonight, and for being with us in this journey from winter to spring.

Hail and Farewell.

(Goddess blows out Goddess candle)

GOD

Mighty Green Man, father of the wild earth

We thank you for joining us in our circle tonight, and for being with us in this journey from winter to spring.

Hail and Farewell.

(God blows out God candle)

SOUTH

We thank the echidna, guardian of the bush and the element of earth

Return to your burrow, the place from which new life springs.

We thank you for joining our Circle tonight

Hail and Farewell.

WEST

Ancient sea turtle, guardian of the ocean and the element of water

Return to the depths, we thank you for sharing with us your wisdom.

We thank you for joining our Circle tonight

Hail and Farewell.

NORTH

Thorny devil, guardian of the desert and the element of fire

We thank you for joining our Circle tonight

Hail and Farewell.

EAST

Mighty wedge tailed eagle, guardian of the sky and the element of air

We thank you for joining our Circle tonight

Hail and Farewell.

What to include on your Ostara altar

1 x purple candle – Goddess

1 x green candle – Green Man

Bowl of air-dry clay eggs – enough for each member of the circle

Assorted flowers, pebbles, leaves and feathers for decoration

Incense of your choice

Honey Cake Recipe

INGREDIENTS

- 100g soft butter or margarine
- 2 tbsp caster sugar
- 4 tbsp clear honey
- 2 eggs, lightly beaten
- 175g self-raising flour
- 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1 tbsp water

METHOD

- Preheat the oven to 190°C. Lightly grease an 20cm / 8 inch cake tin.
- In a bowl, beat together all the ingredients until well mixed and of a soft consistency.
- Spoon into the cake tin and bake in the oven for 30 minutes until well risen and springy to the touch.
- Cut into slices to serve, either on its own or with a little single cream poured on top.

Kara and Allison at the Sydney Ostara Altar



Sydney Ostara Altar



Nowra Ostara Altar

