

Ostara Journal Page

For balance, emergence, and the courage to begin

Date: _____

Time / Moment: _____

I arrive at the turning point of light and dark. I breathe into this balance. I notice what is ready to rise.

Intention

What in my life feels ready to grow this spring? Growth may be tender. It does not need to be loud.

I begin with a single sentence to orient this seasonal reflection.

My Ostara Intention:

Reflections

What feels ready to emerge into the light? What no longer belongs to this new season? I write gently, without pressure. I let clarity unfold.

- What in my life feels ready to grow this spring?

- What old habits, worries, or winter heaviness am I ready to leave behind?

- How can I invite more balance and light into my days?

Invitation

Ostara is movement after preparation. How might I begin, even in a small way? What tiny action could honour what is awakening?

If I were planting a magical garden, what would I grow?

What small daily action could bring more joy this season?

I allow this page to hold possibility.
This is not about perfection. It is about permission.

Elements in Focus

▽ **Earth (growth, stability):** _____

△ **Air (clarity, imagination):** _____

△ **Fire (momentum, courage):** _____

▽ **Water (emotion, tenderness):** _____

⊕ **Spirit / Aether (balance, alignment):** _____

Symbols and Images

Ostara speaks in colour and motion.

- Eggs, buds, nests, sunrise
- Fresh greens, soft pinks, bright yellows
- Rabbits, seeds breaking soil, open windows
- Patterns of symmetry, circles, unfolding leaves

What colours make me feel happy and alive right now?
What symbol represents something new I want to begin?

Space for symbols:



Closing and Sealing the Session

A closing line to honour this moment of emergence.

Example:

“May what rises now be met with courage and care.”

My Closing Line:

“Light and shadow stand in balance. I step forward with what is ready to bloom.” 🌸