



## HAPPY SPRING!

EQUINOXES ARE DAYS OF BALANCE WITH EQUAL AMOUNTS DAY AND NIGHT. WE LOOK INSIDE OF OURSELVES TO SEE HOW WE MAY COME CLOSER TO BALANCE IN OUR OWN LIVES.

THIS YEAR (**MARCH 21**) FALLS ON A TUESDAY WITH THE MOON WANING IN CAPRICORN. THIS TELLS US THAT WE WILL BE MOST SUCCESSFUL WITH SPELLWORK FOCUSED ON BANISHING BELIEFS OR BEHAVIORS THAT KEEP YOU FROM A BALANCED APPROACH IN COMMUNICATION OR IN THE WORKPLACE. THE INFLUENCE OF CAPRICORN IS BEST FOR MORE HIGH-LEVEL CHANGES.

FILL THE TUB WITH HOT WATER. WHEN IT HAS REACHED A TEMPERATURE THAT IS COMFORTABLE FOR YOU TO SIT IT, POUR THE SALTS IN THE WATER. ESSENTIAL OILS ARE SENSITIVE TO HEAT - DON'T ADD THE SALTS TOO EARLY OR YOU WILL LESSEN THEIR POWER. STEP IN THE TUB AND LET THE BLOSSOMS AND SCENTS NOURISH YOUR SOUL.

FOCUS ON THE THREE MAJOR ELEMENTS THAT CHARACTERIZE THE START OF SPRING, THE BLOSSOMING EARTH, THE SUN, AND THE DIVINE AND THINK ABOUT WHAT BALANCE MEANS FOR YOU IN TERMS OF GENERAL COMMUNICATIONS AND WORK. PERHAPS YOU WANT TO EXPRESS YOURSELF MORE OFTEN AND MORE CONFIDENTLY. HOW FAR ARE YOU FROM THE CONFIDENT PERSON YOU WANT TO SEE? DO YOU SPEND MOST OF YOUR PROFESSIONAL CONVERSATIONS LISTENING TO OTHERS COMPLAIN? ARE YOU SO BUSY THAT YOU DON'T EVEN HAVE OPPORTUNITIES TO TALK? OSTARA MARKS THE START OF SPRING; WE WANT TO GROW THAT POTENTIAL WITHIN US JUST AS THE BUDS WE SEE EMERGING AROUND US IN NATURE. BECAUSE WE HAVE A WANING MOON IN CAPRICORN THINK ABOUT THOSE OVERARCHING IDEAS ABOUT YOURSELF THAT IT IS TIME TO LET GO OF. VISUALIZE YOURSELF GRADUALLY COMING TO A NEW CONCEPTION OF YOURSELF. BECAUSE WE ARE IN A DAY OF BALANCE THINK ABOUT IDEAS IN TERMS OF A SPECTRUM - TOO LITTLE OF SOMETHING VERSUS TOO MUCH. GUIDE YOUR VISUALIZATION TO A HAPPY MEDIUM. REPEAT THESE STEPS FOR THE SUN (WHAT MAKES YOU FEEL REALLY GOOD, INSPIRES YOU, FUELS YOU) AND THE DIVINE (YOU MAY FOCUS ON A SPECIFIC DEITY, THE BALANCE OF DIVINE MALE AND FEMALE, OR THE MANIFESTATION OF THE DIVINE TO YOU).

VISUALIZE THE PERSON THAT YOU CAN BE WITHOUT BELIEFS AND PATTERNS THAT HOLD YOU BACK. FEEL YOURSELF GLOW. WHEN YOU ARE READY, UNPLUG THE DRAIN AND WATCH THE WATER RIPPLE AWAY. SEE OLD PATTERNS AND BELIEFS FLOW AWAY WITH THE BLOSSOMS AS YOU SAY GOODBYE WITH LOVE.

CAST YOUR CIRCLE AND APPLY A LAYER OF THE CERRIDWEN FLYING OINTMENT ON YOUR 3RD EYE (THE SPACE BETWEEN YOUR EYEBROWS). LIGHT A CANDLE AND BURN SOME OF THE PSYCHIC VISIONS INCENSE. WATCH THE SMOKE SWIRL AND APPLY THE PSYCHIC VISIONS OIL TO YOUR PULSE POINTS. THINK WITH COMPASSION ON WHERE LIMITING BELIEFS WERE LEARNED. AT ONE POINT THEY SERVED YOU BUT THAT DAY HAS PASSED. THINK OF THE DOMINANT BEHAVIOR OR BELIEF THAT YOU ARE RELEASING AND WRITE IT DOWN ON A PIECE OF PAPER. LIGHT THE PAPER WITH YOUR CANDLE AND DROP IT IN YOUR CAULDRON. SPRINKLE INCENSE OVER IT AND OPEN YOUR MIND TO NEW BELIEFS AND STRATEGIES.

BEFORE GOING TO BED, PLACE THE MOONSTONE UNDER YOUR PILLOW. RELAX AND LET YOUR MIND FLOW. APPLY MORE OF THE CERRIDWEN SALVE AND TRUST THAT YOU WILL BE GIVEN A BETTER UNDERSTANDING OF WHY YOU LIMITED YOURSELF AND HOW YOU WILL GROW. RELAX INTO LUCID DREAMING. IN THE MORNING RECORD ANY NOTES IN YOUR BOOK OF SHADOWS. CARRY THE MOONSTONE WITH YOU FOR GUIDANCE AND COMFORT.