



Ostara  
A BUDDING SENSATION

# Guided by the rhythm of nature

I firmly believe that we need to find a rhythm to life that allows for more than efficiency, consumption and productivity. A rhythm where expansion, transformation, reflection and rest are more than words but becomes part of our life.

I think that nature and the changes of the seasons serves as the best guide. With more knowledge about and staying closer to Mother

Earth and the rhythm of nature, I am convinced that we can create sustainable lifestyles, for ourselves and the planet.

The changing seasons and shifts in nature affect us all but in different ways. And just like the seasons our needs change. With this guide, I hope you can begin to find your seasonal rhythm.

*Anna Linder*



**NORTHERN HEMISPHERE**

March 20

**SOUTHERN HEMISPHERE**

September 23d




**OSTARA SEASON**

# A budding sensation

Spring feelings, the flickering hope that something new is coming, a fleeting longing, a budding sensation of endless possibilities yet unknown.

Being able to cherish that feeling and, just like nature, allow the roots to grow stable, the seeds to find the way into the light, and the buds to unfurl - can support a gentle start into the rising energy of the months ahead.

Spring is on its way, or maybe it has arrived, and we need energy to dream and sow the seeds of our yearnings, but also make sure that we have the stamina we need for them to bloom, bear fruit and be harvested.

A photograph of a dirt path leading through a forest. The path is on the right side, leading towards a bright light source in the distance. The left side of the path is dominated by dark, silhouetted pine trees. The sky is a pale, hazy blue. The overall mood is serene and hopeful.

Light  
conquers  
the  
dark

### **OSTARA | SPRING EQUINOX |** March 20 or Sept 23d

The spring equinox is one of the two points in the year wheel when day and night are equal, light and dark in balance. It is also the day when we know that the light will conquer over the darkness, the days will become longer and winter will turn into spring.

Ostara or Eostre is said to be one of the fertility goddesses and if something is clearly reflected in the time during and after the spring equinox, it is the fertility and fruitfulness of the earth, the animals and nature.

### **GET OUT & GREET THE DAWN**

Pack a simple breakfast and head out to meet the dawn this morning when night and day are equal.

When the sun rises above the horizon, think about what you want to hold onto from the darker months, and what you want to grow in the light.

### **FERTILITY AND NEW LIFE**

Eggs are a symbol of both fertility and magic, during Ostara they can become the bearers of our intentions. Decorate them with symbols, words or colours that express what you want to grow, make bloom and harvest during the year.

Depending on your intention, eat them, bury them or use them as decorations.





# Equilibrium

Springtime often becomes a period of taking action, a time focused on the explosive energy and doing - but early Spring is a time to foster equilibrium.

It's a time to create perseverance without draining ourselves. We need to let the energy flow but also know how to recuperate.

When we let nature be our guide, we will see that it awakens step by small step and that all plants do so at their own pace.

With this growing energy, attempt to create a fertile foundation and long-term sustainability so you have the strength to grow, sprout, bud and someday flower.

**WHAT AREAS OF YOUR LIFE FEELS WELL-BALANCED? WHAT AREAS NEEDS ADJUSTING?**

**HOW CAN YOU NOURISH YOURSELF & TEND TO YOUR RECUPERATION?**

**SMALL CLUES:**

**DO YOU NEED SIMPLE PRACTICAL ROUTINES TO BRING EASE TO YOUR EVERYDAY LIFE?**

**DOES YOUR PHYSICAL BODY LONG FOR SOMETHING?**

**DO YOU FEEL DRAWN TO THE FOREST AND NATURE?**

**IS EMPTY TIME, QUIET MOMENTS AND GOING INWARD WHAT YOU NEED?**





# Explore

What does nature look like where you are? What is happening in the nature around you at this time of year? What trees leaf out the earliest? What flowers are visible? And how does the sun feel against your skin?

You don't need to have access to deep forests, unbroken views or even a garden to explore the rhythm of nature. Just step outside and notice how the air feels and how it affects you.

Paying attention to the changes, in one specific place, over time is another way to begin to approach the rhythm of nature.

Add all senses, the scent of the earth, the colours and how the ground feels beneath your feet.

What signals do you get? How does the energy feel? And does it affect you?

## PERSONALLY

*Spring is a time of expectations and I can become overwhelmed by everything that must, should and ought to happen. Remembering to continuously check in with myself becomes necessary. Is this important to me? Are these expectations mine or are they anticipations from the outside world? Letting go of the thoughts that everything needs be groundbreaking and massive helps me keep my feet on the ground.*

**THE CHANGING SEASONS AND SHIFTS IN NATURE AFFECT US ALL BUT IN DIFFERENT WAYS.**

**HOW DO YOU EXPERIENCE THIS TIME WHEN ENERGY AND LIGHT INCREASE? HOW DO YOU ACT AND REACT?**

### **SPRING CLEANING**

The sun rays of spring can reveal dust and cobwebs - both in our homes and in our lives.

Is there an area in your life that you feel need a cleanse? Relationships that need a refresh? Or do you long for a shift of mindsets?

Make a quick inventory and see where you want to let new light in.

### **SMALL CHANGES**

If we start to examine our routines and habits, we notice that simple changes to our everyday life can create new energy. We often, almost automatically, say no or yes and miss experiences and challenges that can become small everyday adventures.

Start small, take a new route home, try a new recipe and see how it feels.



*Inspiration*

*Intention*

*Invitation*

### **INSPIRATION, INTENTION & INVITATION**

Spring is a time for dreaming, planting and experimentation. It's a time to be fueled by inspiration, set an intention, find direction, open up and invite momentum.

It is also a time to keep the dreams alive, tend to the plants and revise, reframe and allow trials and errors.

When we plant a seed in the dark soil we have to add something to make it grow. To create fertility we need to work with polar opposite forces. Yin & yang, dark & light, past & future, intention with action, fire and water, instinct and wisdom.

The same applies to making shifts and changes a reality in our own lives. We have to create room for, and be prepared to, work with opposing forces and the unknown.

There is no one right way to do this and if you have your own process, stick with it.

If not, the following pages invite you to explore, ponder and discern.

Create your way.

Do it at your pace.

And only if you want to.

**DAYDREAM - WHAT HAPPENS WHEN YOU LET YOUR THOUGHTS FOLLOW THE WHISPERS  
OF YOUR HEART AND SOUL?**

**DOES DAYDREAMING FEEL LIKE A WASTE OF TIME? WHY?**

**WHEN DO YOU FEEL MOST LIKE YOURSELF?**

**WHAT IS INSPIRATIONAL TO YOU?**

*Inspiration*

HOW DO YOU NEED TO TEND TO THE DREAMS AND IDEAS YOU WANT TO EXPLORE?

*Intention*



**CAN YOU THINK OF SOMETHING THAT SEEMED IMPOSSIBLE BUT BECAME POSSIBLE?**

**DO YOU TREAT PROMISES TO YOURSELF AS SERIOUSLY AS PROMISES TO OTHERS? WHY?**

*Intention*

**WHAT MAKES YOU MORE UNCOMFORTABLE - FAILING OR NEVER TRYING?**

**WHAT DO YOU TEND TO IGNORE OR AVOID?**

**WHEN DO YOU TEND TO STAY IN YOUR INTERNAL WORLD WHEN YOU NEED TO MOVE AND ACT?**

**IS THERE EVER A TIME WHEN GIVING UP MAKES SENSE?**

*Invitation*



Magic

Magic and rituals on abundance, balance, change, clarity, fertility, growth, lust, beginnings and purification are in focus during this period.

Whatever you choose to do, make it special to you! The beautiful thing about magic is its ability to be and make it personal. When we take a moment and listen to ourselves we know what to do.

### THE HARE

Look for the hare it's a major symbol of fertility and abundance. Why? She can conceive while pregnant.

*And do not about forget the eggs* - you can read about them on page 5.

### PLANT AN INTENTIONAL SEED

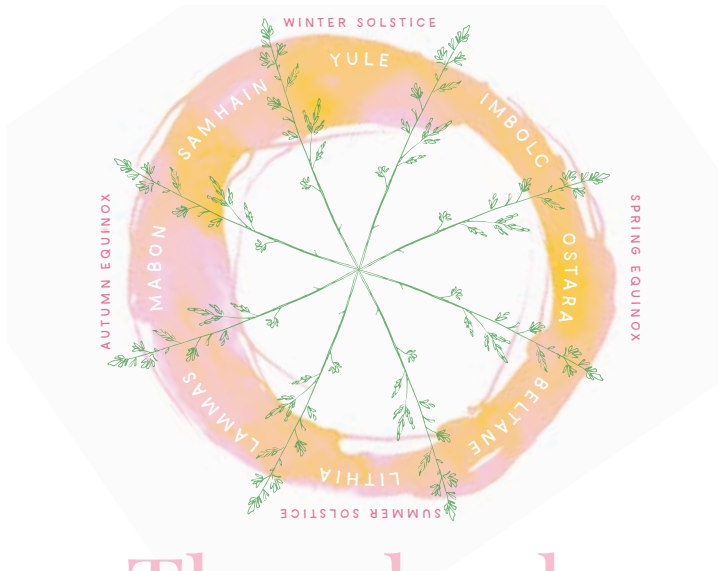
Plant an actual seed together with an intention.

Choose something easy to grow, like sunflower, marigold, basil or cress.

Hold the seeds in your hands and set the intention. It can be something that you want to transform, grow or dream about - try to be specific.

Make sure to provide what they need, and see the intention and seed grow day by day.





# The wheel of the year

Winter, spring, summer and fall - seasons we all know but not always think of as a guide that can create rhythm, energy and a balance to life.

If we add four crosspoints between the solstices and equinoxes, we get the Wheel of the Year. Eight opportunities to pay attention to the changes of the seasons, the rhythm and shifts in nature and a beginning to feel them within ourselves.

## NORTHERN HEMISPHERE

SAMHAIN	October 31–November 1
WINTER SOLSTICE   YULE	December 21/22
IMBOLC	February 2
SPRING EQUINOX   OSTARA	March 19/22
BELTANE	May 1
SUMMER SOLSTICE   LITHIA	June 20/22
LAMMAS	August 1
AUTUMNAL EQUINOX   MABON	September 22/23

## SOUTHERN HEMISPHERE

SAMHAIN	April 30– May 1
WINTER SOLSTICE   YULE	June 20/21
IMBOLC	August 1
SPRING EQUINOX   OSTARA	September 21/22
BELTANE	November 1
SUMMER SOLSTICE   LITHIA	December 20/23
LAMMAS	February 1/2
AUTUMN EQUINOX   MABON	March 20/21

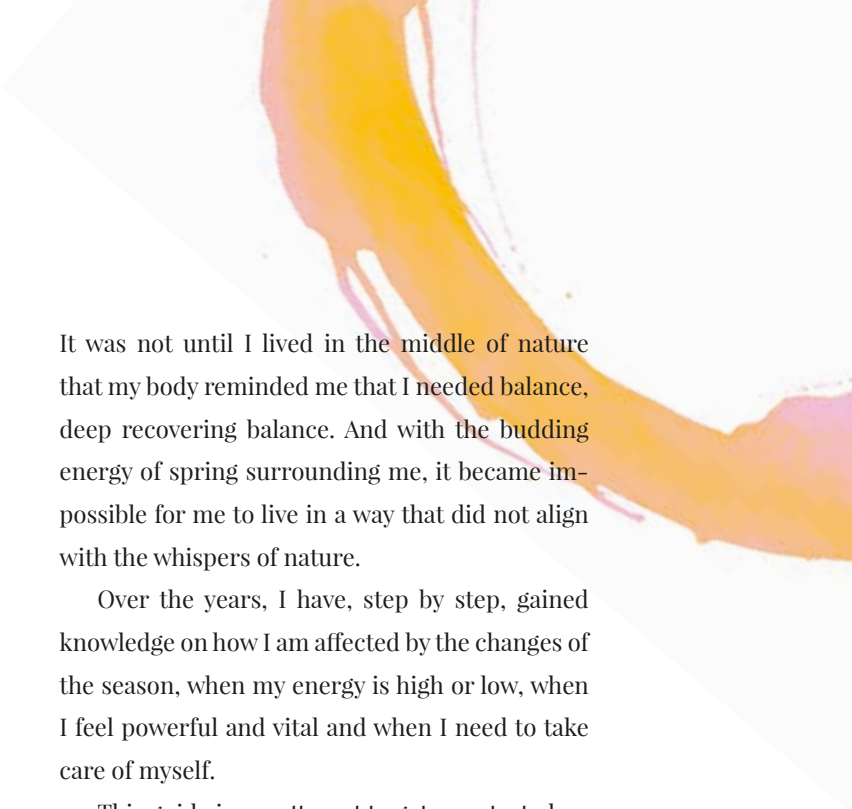
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PHOTO P 2 & BACK: DANIEL STRANDROTH

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ILLUSTRATIONS: ANNA LINDER



It was not until I lived in the middle of nature that my body reminded me that I needed balance, deep recovering balance. And with the budding energy of spring surrounding me, it became impossible for me to live in a way that did not align with the whispers of nature.

Over the years, I have, step by step, gained knowledge on how I am affected by the changes of the season, when my energy is high or low, when I feel powerful and vital and when I need to take care of myself.

This guide is my attempt to get you started on finding your rhythm.

