

Spring Equinox Spell

Winter strain and winter slumber,
I break myself from your bonds.
Guardians, guides, angles, & stars
release me, guide me, cleanse me.

Cleanse this space.
I invite new, fresh energy in,
and cast out
what no longer serves me.


* eyes closed, say the
words, light the candle, give
thanks *

[Click to see the full ritual!](#)



refresh

Spring Equinox Ritual



Guardians, guides, ancestors, and stars,
The seeds have been sown
and the hopes have been watered.
Bring clarity and awareness
to my actions and my causes.
Don't let my wayward feet stray,
guide me on my way..

* eyes closed, say the
words, light the candle, give
thanks *

[Click to see the full ritual!](#)

refocus

Journal Entries

1. What steps can you take today to get closer to your ideal tomorrow?
2. What habits and beliefs are preventing you from moving forward?
3. What kind of self-care measures can you do that would also help keep you in alignment?
4. Which of your personal boundaries have you not been maintaining?

refresh &
refocus