



Spring Equinox

Equinox Guidebook & Ritual Ideas for
Celebration

Divine Timing



*Spring Equinox is the time of re-birth
A portal into a new beginning*



Spring Equinox Workbook

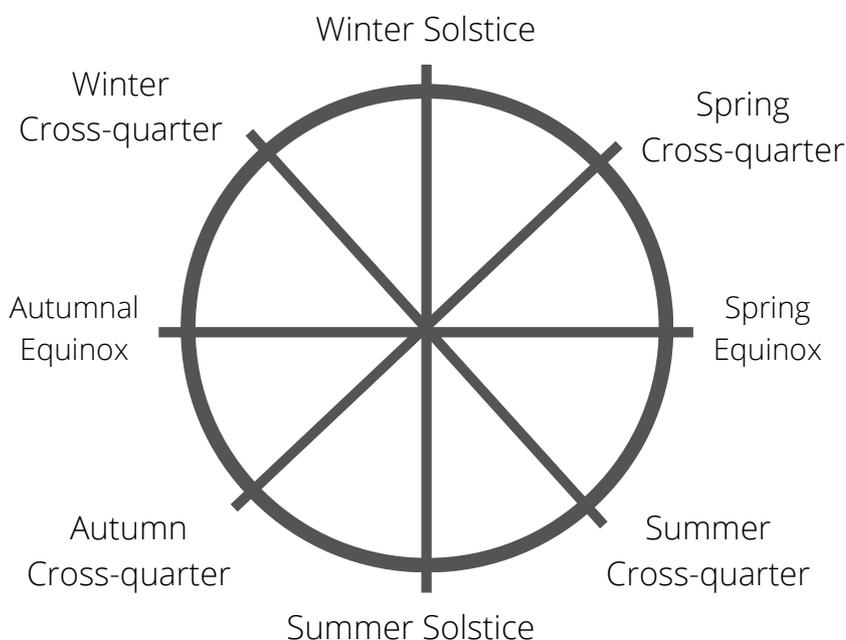
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The spring equinox arrives on March 20! This event marks the astronomical first day of spring in the Northern Hemisphere and the start of the spring season. What does the equinox mean? What happens on the equinox? Before you try to balance that egg, read this!

What does 'Equinox' mean? The word equinox comes from the Latin words for "equal night"—*aequus* (equal) and *nox* (night). On the equinox, the length of day and night is nearly equal in all parts of the world. With the equinox, enjoy an increasing amount of sunlight hours, with earlier dawns and later sunsets!

Spring Equinox is the day of RE-BIRTH! The energy from the inward-focused and restorative time of Winter emerges with rejuvenated vigour. Spring Equinox energy is just like the moment the butterfly bursts through the chrysalis after its transformation. -- the portal into the New Season of Spring.

So many words come to mind when I think of Spring; rebirth, optimism, bloom, and aliveness. As we connect to this new found Spring energy, it's a good practice to nourish the seeds that were planted through winter.



We live in a culture that relates time as something linear.

This belief in linearity and unending growth create a dysfunctional relationship with our energetic environment. It causes us to deny the inevitable fundamental nature of life, and death.

Many spiritual traditions represent spirit with a circle. It is a map of consciousness showing how energy moves in time and space

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This is a great time to look back, revisit and reflect upon the winter months, and to see what is merging from the dark soil into new life.. Ask yourself and journal about:

- What dreams do you want to have take root and grow in your life?

- What recurring themes presented themselves to you that you are ready to let go of?

- What has shifted and transformed that no longer serves you?

- What came out of them and wants to come forward into your life?

- What shoots of new growth are becoming visible and reaching for the sky in your life?

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Guided Meditation

Imagine your present life symbolised by a flower coming into bloom. Close your eyes and breathe in this image. See a bud that hasn't yet blossomed. Create the most vivid image in your mind.

Now, work your way down to the soil. What forms this soil for you? Turn your attention to the feelings or experiences coming up. Give them space. Place a hand on your heart and breathe in, offering compassion and care for whatever grief or hurt shows up. Take your time here. Allow these feelings to express themselves fully. Be aware of how your heart feels.

Now ask yourself: what growth have I experienced as a result of these feelings? How have these moments laid the foundation for my growth? Some moments may offer you wisdom and others may not. That's okay. Sometimes it takes years to find growth in an experience.

Sometimes, we never find personal growth. But in this moment, right now, which moments of sorrow and hurt have become the beautiful soil that's the foundation of your flower? Transform your pain into life force—the life force that nourishes the flower's roots. Feel this shift. Breathe it in. With each breath, feel that energy strengthen and grow.

Work your way back up to the bud with that energy. Focus on the bud. Focus on the petals. What potential beauty lies here? What excites you when you think of this flower blooming?

Focus on the possibility of what's to come. Breathe into your heart as you do this. And breathe in the possibility. Breathe in expansively. Allow the energy of these thoughts to fill every part of your heart. Now allow this energy to expand to the tips of your fingers, the top of your head, and the bottom of your feet. Feel this energy embracing you and filling every part of your being. Stay with this feeling for as long as you like.

When you're ready, take three deep, expansive inhales, and three deep, expansive exhales. When you're ready, come back to the present, and open your eyes. Shake your hands and rub your feet a little. Know that the Universe had heard your dreams and the petals are just waiting to open.

You can download the audio version of the meditation [here](#)

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Simple Spring Equinox Rituals:

Create an altar: Make a space dedicated to our new intentions for the season. Adorn your space with bright colours, plants, and herbs that promote growth and healing. Place it in the sunshine to warm your hearts and minds after the dark months of winter.

Plant Seeds or Garden: gardening isn't only a seasonal tradition, it's also a ritual to honor this astrological event! Sing songs to your plants while you give them to the earth. Plant food and flowers to brighten up the land!

Wake at Sunrise: Rise early from bed to glimpse the sun peaking over the horizon. Awaken your body and mind to the new day with the sun.

Have a bonfire: All over the world, cultures integrate fire into their celebrations. Go outside and have a fire (safety of course!). This is a great time to gather loved ones, set new intentions for the season and release them to the flames.

Spring cleaning: We all know this one, some look forward to the yearly cleanse while others dread this time. Cleaning on this day can boost your energy, open the windows and play music while the dust and stagnation of winter months is wiped clean.

Create new goals or projects: Spring equinox is a time of balance and beginnings. Start a project with the balance, clear head and an open plane of possibilities.

Go outside: Start hiking, or exploring new parts of your city you haven't seen before. Historically, spring equinox is a great time to travel and explore. Roads once closed from snow are now open with a brand new world of growth awaiting you. Even if the natural world is far from your doorstep, find a new tree in your city to sit under, or a fun part of town you haven't explored.