



Ostara

2026

*A Workbook for the Spring Equinox,
the New Astrological Year & Mercury Direct*

MARCH 20, 2026

*Planting in balance.
Growing in fire.
Waking with intention.*

GROUNDED FIRE
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Welcome.

This workbook was created to travel alongside the Grounded Fire Ostara 2026 livestream. You don't need to have watched it to work through these pages, but if you have, you'll find that each section mirrors and deepens what we explored together.

Ostara is the moment the year stops waiting and starts moving. The Spring Equinox brings balance between light and dark. The Sun moves into Aries and the astrological wheel resets. Mercury stations direct and the fog lifts. All of it on the same day. That is not a small thing.

This workbook is structured in five parts. You can move through it linearly in one sitting, or return to different sections over the course of Aries season. There is no wrong way to do this. The only requirement is honesty.

PART ONE	The Threshold — Reflecting on the Winter You Just Came Through
PART TWO	The Equinox — Working with Balance Before You Expand
PART THREE	The Astrology — Aries Season and Mercury Direct
PART FOUR	The Seeds — Your Intentions for What You're Planting
PART FIVE	The Ritual — Your Personal Ostara Practice
BONUS	Ostara Tarot Spread — Guidance from the Cards

Take your time. This is not a productivity exercise. It is a conversation with yourself at a threshold.

The Threshold

Honoring the Winter You Just Came Through

Before you plant anything new, you have to acknowledge the ground you're standing on. Winter is not just a season. It's a process. And whatever yours looked like this year, it shaped you. This section is about pausing at the threshold long enough to see what you're actually bringing with you into spring.

REFLECTION 1

What did this winter ask of you? Not what you wanted it to ask, not the spiritual version of it — what did it actually demand from you day to day?

REFLECTION 2

What did you learn about yourself during this quiet season that you didn't know before, or maybe knew but had been avoiding?

REFLECTION 3

What are you ready to stop carrying into spring? Name it without judgment — just identify it clearly.

REFLECTION 4

What is something from this winter that you actually want to bring forward? A realization, a quality you developed, a clarity you earned?



You made it through the dark. That is not nothing. That is the whole first act.

The Equinox

Working with Balance Before You Expand

The Spring Equinox is not the moment spring arrives. It's the moment balance arrives first. For one breath, day and night are equal. Light and darkness are held in perfect equilibrium. And the spiritual teaching in that isn't about celebrating the light returning — it's about recognizing that real growth doesn't happen by eliminating the shadow. It happens by integrating both.

Before you reach for everything you want to build this season, this section asks you to sit in that balance point. To look at both the light and the shadow with equal honesty.

THE LIGHT

What is alive and growing in you right now? What feels ready, capable, energized?

THE SHADOW

What is still contracted, afraid, or unresolved? What haven't you looked at directly?

INTEGRATION PROMPT

Looking at both columns above — where do your light and shadow actually need each other? How might the thing in the shadow column be protecting or informing the thing in the light column?

THE BALANCE QUESTION

What would it look like to move into this season carrying both honestly, rather than trying to leave the shadow behind?

The Astrology

Aries Season, the New Astrological Year & Mercury Direct

■ Sun into Aries — The Astrological New Year

Zero degrees Aries is not just a new month. It is the reset point of the entire zodiac wheel. Where Pisces dissolved, dreamed, and surrendered, Aries initiates. It plants the flag. It starts without waiting for permission. Aries doesn't need conditions to be perfect — it moves anyway. This is the energy available to you right now: the willingness to begin.

REFLECT

What have you been waiting for permission to start? Where does Aries need to kick the door open in your life?

■ Mercury Direct — The Fog Lifts

Mercury retrograde isn't punishment. It's a mandatory review period. The last few weeks asked you to slow down, revisit, and catch the things you missed. When Mercury stations direct, the channel clears. Communication improves. Decisions feel cleaner. Momentum becomes available again. The question now is: what did you learn during the retrograde that you need to carry forward?

REFLECT

What communication, decision, or plan was stuck or murky during the retrograde? Now that the fog is lifting, what becomes clearer?

❖ The Stack — All Three at Once

The equinox, the Sun into Aries, and Mercury stationing direct all happen within days of each other. That convergence creates an energetic stack that is genuinely rare. The seasonal wheel, the astrological wheel, and Mercury's cycle all pressing the same button at the same time. The message is not subtle: you've done enough reflecting. It's time to build something.

REFLECT

What has this convergence been pointing you toward? If you had to name the one thing you are being called to begin right now, what is it?

The Seeds

Your Intentions for What You Are Planting This Season

An egg looks like nothing. It looks quiet. But inside it is the complete blueprint for an entirely new living creature. That is the energy of Ostara. Not growth you can see yet. But growth that is already inevitable if you tend it right.

These are your three seeds. Not productivity goals. Not tasks. Seeds of experience, of becoming. Ask yourself: what kind of person do I want to be standing at the end of Aries season? What quality do I want to have cultivated? What do I want to have allowed myself to feel?

1

THE SEED

THE ACTION — WHAT WOULD PLANT THIS SEED TODAY?

2

THE SEED

THE ACTION — WHAT WOULD PLANT THIS SEED TODAY?

3

THE SEED

THE ACTION — WHAT WOULD PLANT THIS SEED TODAY?

THE TENDING QUESTION

Seeds don't grow from wishing. They grow from consistent, small, quiet actions taken by someone who trusts the process even when they can't see anything happening yet. Looking at your three seeds — what one small practice would help you tend all three over the next four weeks?

The Ritual

Your Personal Ostara Practice

Ancient Ostara rituals weren't just ceremonies. They were acts of participation. People weren't observing the energy of spring — they were joining it. They were saying with their bodies, their time, and their attention: I am part of this cycle. I am planting something.

Below is a simple ritual framework you can adapt to whatever resonates. You don't need special tools, a particular location, or the right conditions. You need presence, honesty, and willingness.

1 *CLEAR THE SPACE*

Before you begin, physically tidy the space around you, even briefly. Open a window if you can. Light a candle or incense if you have it. The act of clearing your outer environment is a signal to your inner environment that something intentional is beginning. You are marking this moment as different from the noise of the day.

2 *ACKNOWLEDGE THE THRESHOLD*

Sit or stand quietly for a moment. Take three slow breaths. On the exhale, consciously release the winter — not by pretending it didn't happen, but by acknowledging that you made it through it. Say it out loud if you're willing: 'I made it through the dark. I am standing at the threshold. I am ready to plant.'

3 *SPEAK YOUR SEEDS*

Read your three seeds aloud from Part Four. Hear your own voice saying them. There is something about speaking an intention out loud that moves it from the mind into the body. If you have a candle lit, hold your hands near the warmth while you speak. Let the heat be a physical anchor for the intention.

4 *THE PHYSICAL ACT OF PLANTING*

If possible, plant something real — a seed in a small pot, an herb, anything living. As you press it into the soil, hold one of your three seeds in your mind. Every time you water that plant going forward, you are reminding yourself that you are also tending something in yourself. If planting isn't available to you, write your three seeds on paper and bury or burn it with intention.

5 *CLOSE WITH GRATITUDE*

Acknowledge the season that just ended. Acknowledge the one that is beginning. You don't need elaborate language. Simple is powerful. 'Thank you for the dark. Thank you for the turning. I am ready to grow.' Extinguish your candle if you lit one, and carry the intention with you.

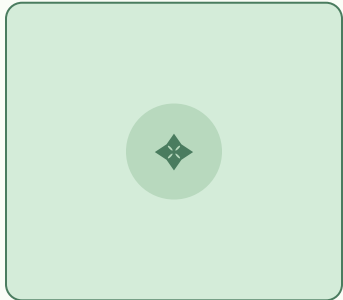
AFTER THE RITUAL — WHAT CAME UP?

Often the most important thing isn't what you planned to feel but what actually moved in you. What surfaced during your ritual that you want to remember?

The Ostara Tarot Spread

Seven Cards for the Threshold, the Balance & the Planting

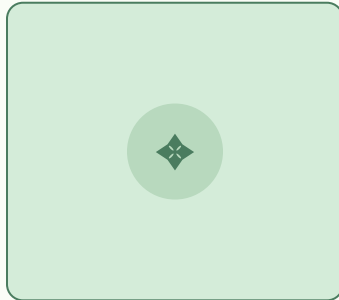
Use this spread on or around March 20th for guidance moving through the equinox threshold. Shuffle your deck while holding the question: What do I need to see at this turning point? Then pull one card for each position.



POSITION 1
What I Am
Leaving Behind

What from the winter needs to be released before I can move forward?

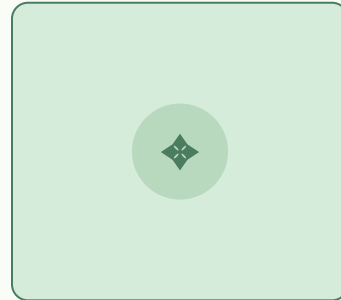
CARD DRAWN:



POSITION 2
What I Am
Carrying Forward

What wisdom or strength earned in the dark belongs with me in the light?

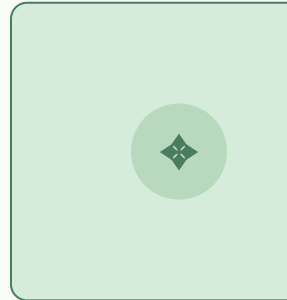
CARD DRAWN:



POSITION 3
The Balance Point

What am I being called to integrate rather than choose between?

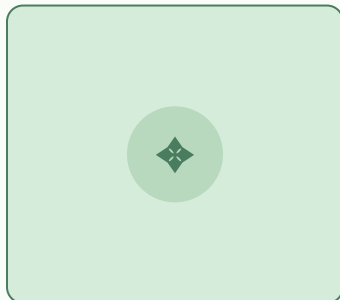
CARD DRAWN:



POSITION 4
The Aries Invitation

Where is the universe asking me to be bold and just begin?

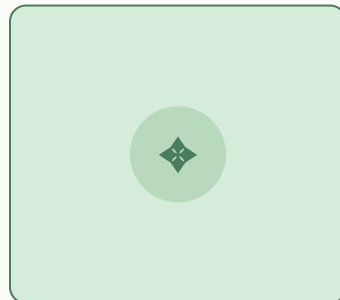
CARD DRAWN:



POSITION 5
Mercury's Message

What clarity is coming through now that the retrograde has lifted?

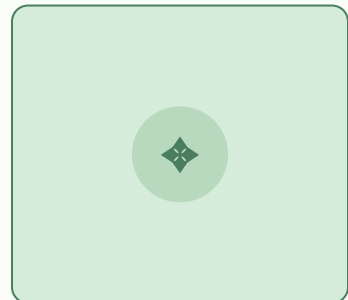
CARD DRAWN:



POSITION 6
The Seed

What is the most important thing I am planting this season?

CARD DRAWN:



POSITION 7
The Tending

What quality or practice will help me tend what I'm growing?

CARD DRAWN:

SPREAD NOTES

What themes, patterns, or surprises stood out across the spread? What was the overall message of the cards together?

Lined area for taking notes, containing seven horizontal lines.



The Garden Is Awake.

Ostara is one of those moments in the year where everything lines up to remind you of something you already know but sometimes forget.

Balance comes before expansion. Darkness is not the enemy of growth — it is part of it. The hard quiet season you just came through was preparing something in you that is now ready to emerge.

The equinox doesn't tell you to rush. It tells you the direction has changed. The light is winning. The seeds are stirring. The system is awake.

*You've done the winter work.
Now let's grow something real.*

Happy Ostara.

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