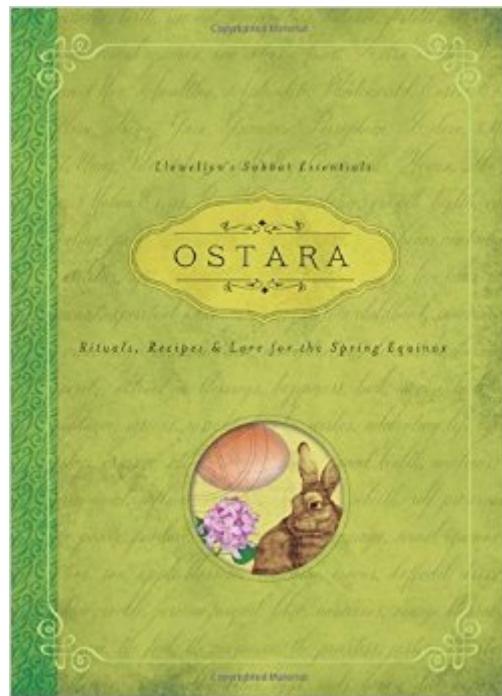


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# Ostara: Rituals, Recipes & Lore For The Spring Equinox (Llewellyn's Sabbat Essentials)



## Synopsis

Celebrate the season of returning sunlight and the bursting forth of the birds, bees, and trees Ostaraâ also known as the Spring Equinoxâ is a time of renewal, a time to plant seeds as the earth once again comes to life. This guide to the history and modern celebrations of Ostara shows you how to perform rituals and work magic to renew your power and passion for living and growing. Rituals Recipes Lore Spells Divination Crafts Correspondences Invocations Prayers Meditations Llewellyn's Sabbat Essentials explore the old and new ways of celebrating the seasonal rites that are the cornerstones of the witch's year.

## Book Information

Series: Llewellyn's Sabbat Essentials (Book 1)

Paperback: 240 pages

Publisher: Llewellyn Publications (January 8, 2015)

Language: English

ISBN-10: 0738741817

ISBN-13: 978-0738741819

Product Dimensions: 0.5 x 5 x 7 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #56,933 in Books (See Top 100 in Books) #23 inÂ Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Paganism #64 inÂ Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Wicca #109 inÂ Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Witchcraft

## Customer Reviews

Ostara is the first of the Llewellyn's Sabbat Essentials that I received to review. This reference book is in a very easy navigate format, with just six simple chapters: Old Ways, New Ways, Spells & Divination, Recipes & Crafts, Prayers & Invocations, and Rituals of Celebration. The first section, "Old Ways", explains the historical context and more anciently tied traditions of the sabbat. The section of "New Ways" offers more modern day ways to connect to the holiday, like gardening or taking walks or meditation. Things that you can do in your daily life, without a lot of difficulty or struggle. It also suggests places to visit and places to go so you're out in the wonderful springtime. The "Spells & Divination" chapter contains just that- spells and divination tips and ideas.

Some of these include a spell to assist in difficult changes, and a Spring is in the Air Love Attraction Spell. These are written in step by step format, and include lists of the things you will need to follow them. There are also prayers and words to say included. These serve as good jumping off points for beginners to the path. This is expanded on within the "Prayers and Invocations" section as well. The "Recipes and Crafts" section, again, includes just what you'd think. Some of the recipes included in this book are Mint Lamb Chops and Hot Cross buns. They're short and relatively simple recipes, with the steps written in more of a paragraph format as opposed to a step-by-step list. There are desserts, drinks, and meals for both vegetarians and meat eaters alike. Crafts include Eggshell Plant Pots and Painted Garden Stones. These are largely family friendly and relatively easy crafts that are a fun way to spend the day.

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