

# Spring (Vernal) Equinox Alchemical Ceremony

## What are you Planting?

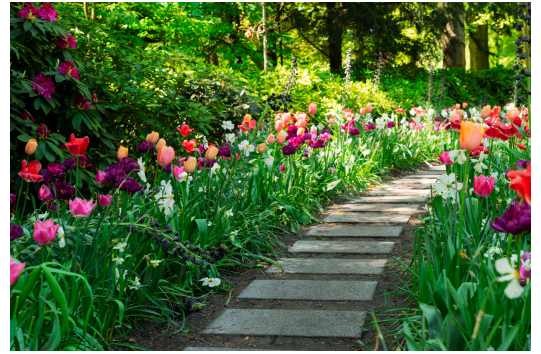
The Alchemy of the Seasons:

Accumulate in the winter.

Plant in the spring.

Fire in the summer.

Harvest in the fall.



Preparation: This is a ceremony to connect with the cycles of earth, and plant the energy that you accumulated in the winter. If this is your first ceremony, plant what you would like to grow this year. Gather your HigherSelf and your Helpers (Guides, teachers, Angels). Do your invocation. Design your ceremony using any tools you like.

Set intention: Ponder what you'd like to accomplish, feel, experience this year. What is your soul calling you to express? Maybe even what you've been secretly wishing for. What is the energy that you most need? It could be one or two: Courage. Motivation. Clarity and passion. Self-compassion and light. Confidence and serenity. Listening. Deep connection with your Guidance. Love. Could also be a "deeper connection to my Inner Light". It could also be a project, a relationship or a goal. Best to write it down! In the moment of the Ceremony, minds have been known to go blank.

Choose an auspicious time and place. Determine the exact time of the Spring Equinox in your location. Then use your intuition to choose the time that's just right for you. Choose your spot ahead of time. It's wonderful to do this in nature, or you can simulate nature in your yard or even indoors. It is best if you find a place where you will feel safe and protected; and not be disturbed. It is lovely if you ask the Devas and Nature Spirits for permission to use that space, and ask them to prepare the energy for you. You might want to bring an offering like a piece of sage, some blue cornmeal, a flower.

The Ceremony: Approach your spot with conscious intent. Do your invocation. Do any other prep that calls to you. Settle in. (Note: if you choose to use a candle or smudge, do so only if it is totally safe!)

Now imagine "what you are planting". Use all your senses as you imagine the full blossoming of this project, energy, etc. Ask where to leave the offering if you have one.

Connect with your Partners: Connect with the heart of earth. Feel her nurturing. Feel her support. Your body is made of earth; Gaia is a partner in this ceremony, as are the cosmic energies, our HigherSelves and our Guides. Possible words: I call to \_\_\_\_\_ to join with me in planting \_\_\_\_\_, in the highest good of all.

- Then listen, look and feel. Are there any insects, birds or animals showing themselves? Is there a breeze? Listen for messages.
- When you feel complete, express your gratitude. Drink some water.

What's next: Congratulations! Your planting has begun. Over the next few weeks, watch for further instructions in dreamtime, while journalling or while in nature. Have questions? We'd love to hear about your experience! Please share your experience with our community in the Cosmic Tea Room. <https://www.facebook.com/groups/CosmicTeaRoom/>