

## REBIRTHING RITUAL / SPRING EQUINOX

*NOTE: Although this ritual is designed to honor the uprising energies of rebirth and resurrection at the Spring Equinox, it can also be used as a tool to process transitions of any kind, at any time of the year. If you're experiencing loss or a major life transition, this ritual can help you fully let go and surrender, so that you can open to the rebirth that is always inherent in death, loss or transition.*

1. **Gather symbols of rebirth and spring.** Collect a few items that symbolically represent spring or rebirth (fresh flowers, a potted plant, a budding branch, seeds, colored eggs, a picture of a butterfly, etc.).

2. **Prepare a space.**

- If you have an altar, greet your altar and honor your sacred items. If you don't have an altar, find somewhere comfortable where you won't be disturbed. Gather a few items to make your ritual space special (such as a rug or pillow, items to represent the four elements, crystals, stones, etc.). Arrange the items you gathered to represent spring and rebirth upon your altar or in your ritual space. [Click here for instructions on Creating an Altar.](#)
- Light a candle.

3. **Perform a cleansing ritual.**

- Burn sage or diffuse essential oils to clean your space.
- Play high vibrational music, strike a crystal bowl or bells, or tone with your voice.

4. **Create a sacred container.** Connect with Mother Earth and the Divine Feminine by sending love from your heart down into the Earth. Connect with Father Sky and the Divine Masculine and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens.

If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space](#) ritual, speak them now. As you speak each invocation, consider lighting a candle to honor each balancing point. If you haven't written your own invocations, try these:

- *I call upon light and air at the east, the direction of springtime and the rising sun.*
- *I call upon light and fire at the south, the direction of summer and the noon-day sun.*
- *I call upon light and water at the west, the direction of fall and the setting sun.*
- *I call upon light and earth at the north, the direction of winter and midnight.*

Feel how your heart sits in the center of everything. Everything meets in your heart.

5. **Speak your intentions.** Acknowledge why you've come (such as "I come today to honor the passing of one season to the next, to release what no longer serves me and to open to a new life"). Ask your guides, ancestors, guardians and angels to assist and support you in this time of rebirth and resurrection.

6. **Symbolic Death and Rebirth.** We experience death each night when we go to sleep. In sleep, we rest and recover from the challenges of the day, letting go completely for a time and then reawakening to a new day. There is nothing to fear. Death is a quiet, peaceful place where we rest for a moment before beginning again.

Symbolically release and surrender your old life and open to the new life that awaits you (some examples of how to do this are listed in the tables below, but please honor your own process and find what works for you). Be sure to pause and sit quietly in between the release of the old and the opening to the new to honor the symbolic death taking place.

7. **Ground into the Earth.** Many of us weren't properly grounded into the Earth when we were born. As a result, many of us have lived in a life-long state of disconnection from the Earth's comforting presence and wisdom.

Ground yourself now, as a newly born soul, by placing your hand upon your heart and taking three deep, slow breaths. Imagine a cord of light extending up from your heart through the top of your head into the sky and the heavenly realms from where you've come. Imagine another cord of light extending down from your heart into the center of the Earth. Imagine roots growing down from your feet into the soil. See the roots wrapping around rocks or traveling along underground riverbeds. Feel the energy of the Earth pulsing up through those roots. Commit yourself now to living in

harmony with the Earth. In doing so, you gain complete access to the Earth’s wisdom and stabilizing energy. You are always connected. Vow to honor her wisdom.

8. **Extend gratitude and close your ritual.** Thank the elements and the directions, the Earth, your guides, guardians, and ancestors. Extinguish your candles and end by offering your blessings "for the highest good of everyone."

LETTING GO	DEATH	REBIRTH
<p>Write down three things you’d like to release, or gather three items that symbolize aspects of your life you’re ready to let go of. Symbolically release them by burning the paper, or by burying the items in the ground or in a flower pot with soil.</p>	<p>Take three deep, slow breaths, using your outbreath to completely release your old life. Pause after your last outbreath, sitting for a moment in the space of no-breath. Then breathe normally for a few minutes, feeling the space and the stillness you’ve created.</p>	<p>Plant a seed or a plant in a pot and fertilize it with the ashes of the burnt paper, or plant it in the ground on the spot where you buried your old items. Take three deep, slow breaths, consciously opening to your new life with each in-breath. Water your seed or plant to represent the new life you’re opening to.</p>

LETTING GO	DEATH	REBIRTH
<p>Think back on the last few months. Acknowledge what your experiences have taught you. Honor what the season of Winter has revealed. When you’re ready, say “I let go of everything that no longer serves me. I release it and surrender completely into the unknown.”</p>	<p>Wrap yourself in a black sheet, blanket or shawl. Lay down and close your eyes. Imagine you are sinking into the cool, dark Earth. Feel everything that isn’t in alignment with your core essence being stripped away. Breathe slowly and deeply, allowing it all to melt into the Earth. Rest quietly in the peace of release.</p>	<p>When you’re ready, imagine you’re being reborn, coming back to life in the light of spring like a plant sprouting from the Earth. Feel yourself stretching upward toward the light. Birds and angels are singing, welcoming you to your new life. Open your eyes and breathe in the clean, spring air.</p>

<b>LETTING GO</b>	<b>DEATH</b>	<b>REBIRTH</b>
<p>Imagine this is the last day of your life. Think about all the experiences you've had and the people you've known. Acknowledge whatever pain you've caused or felt, but try not to get lost in old stories. Instead, imagine you are looking at your life from a distance, seeing it as a beautiful, multi-colored tapestry. Spend as much time as you like appreciating the beautiful threads. When you're ready, acknowledge your willingness to let go of all the things you've used to define yourself. The real you exists beyond that, watching in compassionate understanding and peace.</p>	<p>Forgive yourself and others by saying, "To anyone I've hurt, I'm truly sorry. Please forgive me. To everyone who's hurt me, intentionally or unintentionally, I forgive you and let it go. Thank you for walking with me on my journey and for sharing yourself with me."</p> <p>Lay down or sit quietly. Breathe slowly and deeply until you feel very still inside.</p>	<p>When you're ready, open your eyes, stand up and stretch. Pretend you have just been born and are seeing the world for the first time. Breathe deeply as you look around at the world with fresh eyes.</p>