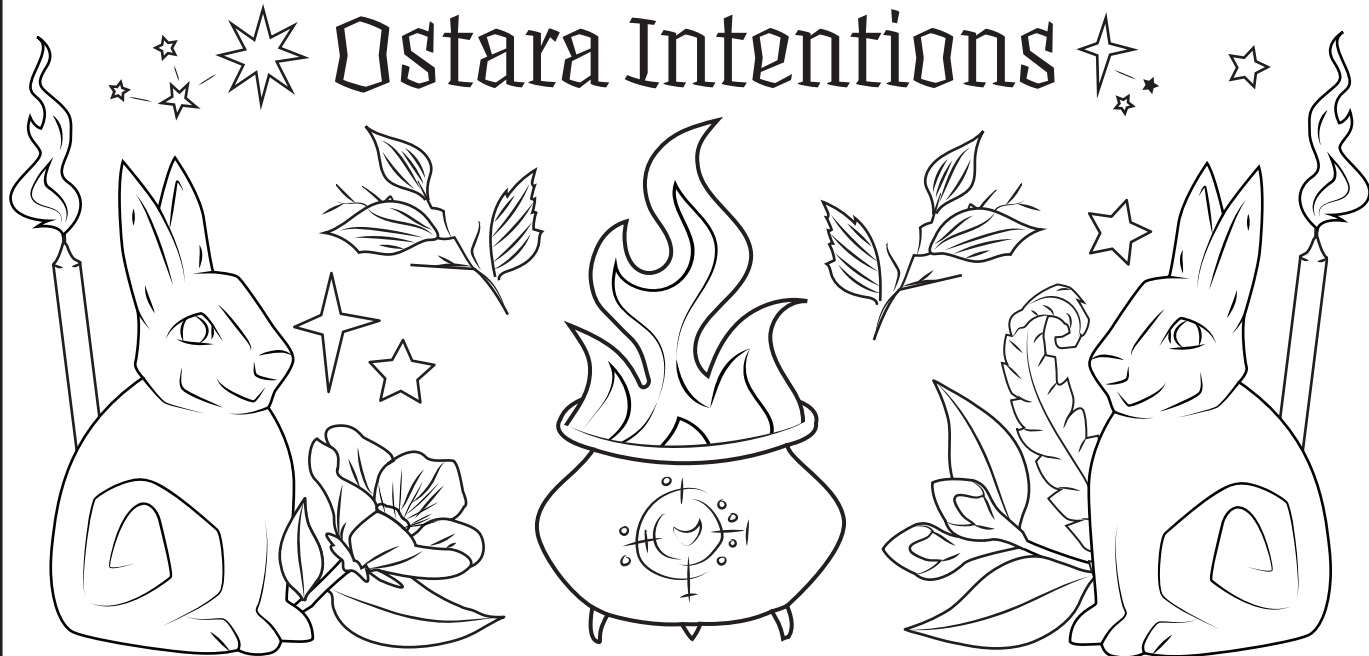


Ostara Intentions



AND SO IT IS:

You don't have to stay "stuck" in stillness or fear when you'd rather "leap" like Rabbit... and move yourself forward. Think deeply about changes you desire. How do you want to "leap" or grow? This is your intention. Write it above. **PERFORM THE RITUAL:** In your third eye, deeply feel your intention. Immerse yourself in

the feeling of already having it come true. Then bring the feeling to the lower back of your head. If your neck gets tingly—awesome. Then spend a few minutes with Rabbit's energy. What is rabbit's message to you? Finally, take one small action or "leap" towards your intention to set the spell in action.

