

Spring Equinox Ritual

Align with Sun and Earth and receive your cosmic download for the coming two seasons

As the Earth tilts once more toward the sun, we cross the sacred threshold of the Spring Equinox—a day where light and dark stand in perfect balance.

This marks the return of the light—a time when seeds stir underground, buds begin to swell, and the inner life we nurtured through the winter prepares to emerge.

It is not just the season that changes. Our biology, our mood, our rhythm—everything is ready to shift. As women we have a natural attunement to the shift of seasons. We feel that deep inner knowing, that feeling of our bodies belonging to Mother Earth, being a very part of her. And like Mother Earth our bodies are receptive to the sun, the electromagnetic fields and the subtle weather patterns that whisper of longer days, of expansive energies of co-creation, the urge of moving our bodies to the music of the birds and the bees and burying our hands and toes into the spring earth of our gardens. Science is catching up to this inner knowing of circadian rhythms and seasonal biology. Azra Bertrand has put a lot of work in marrying the spiritual, magical and scientific, and he explains beautifully how light carries codes – patterns that affect everything from sleep to immunity, from mood to metabolism and even beyond your sense of clarity and vitality into the attunement of spirit and soul. By exposing your body to natural dawn and dusk light, especially near the Equinox, you activate deep layers of cellular and energetic alignment.

And it is ritual practice adapted from one of his Sola-Terra breath and movement rituals, that we would like to share with you. A gentle, private ritual designed to align your body and spirit with the sun and earth, and the coming changes during the next 6 months until the next equinox.



To be done at dawn or dusk (or both), within 3 days of the Equinox.

You only need about 20–30 minutes and a quiet space—preferably outdoors, or near a window with natural light. 'Adapted from 'Azra's' (instead of his) Sola-Terra ... Rituals...'

Step 1: Enter the Light

- Greet the rising or setting sun, ideally with bare feet on the ground.
- Optional: You can drum for a few minutes, light incense, greet the elements – anything you would like to bring into this ritual – allow your creative imagination free range!
- Let the natural light fall on your face, eyelids, and skin.
- Take a few slow, conscious breaths.

Step 2: Breathe & Move

- Inhale: **lift your arms slowly overhead**, receiving sunlight into your body.
- Exhale: lower your arms, grounding energy into the Earth.
- Repeat this movement and breath pattern **5–7 times**, slowly and with presence.
- Visualize the **light entering through your crown** and traveling down your spine into the womb of the Earth below. Activating your heart and womb with radiant golden light (or any other colour that resonates with you)

Optional intention or mantra:

“I open to the codes of light. I receive and remember.”

- If you have more time at hand and would love to play with this, you can try and visualize on each following set of 5-7 movement and breath patterns an additional focus on each of the chakras (crown, throat, heart, solar plexus, sacral and root), or each of the hormonal glands (pituitary gland, pineal gland, thyroid and parathyroid glands, adrenal glands, pancreas, and ovaries)...

Adjust your hand movements to guide the sun energy into these areas of focus. E.g. When focusing on your heart, lift your hands with your inhale soaking up sun energy and with your exhale guide your hands and palms moving and pointing towards your heart.

Stillness & Integration

- Sit or lie down. Place one hand on your **heart**, the other on your **womb / womb space**.
- Feel the **Earth's stability** and the **Sun's warmth** meet in your body.
- Allow this sensation to settle you.
- You are not doing. You are **receiving**.

Journal Prompts (optional)

If you feel called, reflect afterward:

- What am I ready to bring into the light?
- What seeds have I carried through winter that now want to grow?
- How do I want to feel in my body and life over the next 6 months?

Extend the Practice for 3 Days

To deepen the effect of this ritual, return to it - **dawn or dusk each day** - for 3 days following the Equinox. Even 10–15 minutes of natural light exposure and conscious breath can entrain your body's inner clock and strengthen your sense of clarity, rhythm, and renewal.

Wherever you are in your inner cycle—resting, rising, or transforming—may this ritual remind you:

*You belong to the Earth. You are made to participate in
the dance of light and dark.*