

# Summer Alignment Kit 2015

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## Growth

Summer is a period of growth.

Sometimes it is very rapid growth, as it often is where I live in the country. Things seem to grow by leaps and bounds, and it may feel like there is exciting progress almost overnight.

Sometimes growth is slow but very steady. This kind of growth feels dependable and grounded.

I invite you, by way of a few reflective questions, to explore what is growing in your life.



## **Intention**

Summer is a time when things that we have planted in the Spring really begin to grow.

They have developed their root system, sent out tentative new shoots, and those shoots have begun to get some momentum.

**What dreams or goals have you “planted” in your life?**

**What is starting to gain momentum, now that its roots are more solid?**



## Emergence

Surprising “volunteer” plants can spring up in our gardens. I have a 20 foot lilac that I never planted, and it is wonderful.

Sometimes, something *else* emerges, other than that which we have planted.

**What *wants* to grow in your life?**

**What is emerging and growing that you may not have expected?**



## Attention

Often, for something to really thrive, it needs our attention. It needs things for it to grow to its potential, such as a particular type of food or water.

## What do your dreams or goals need?

### What is *yours* to do?

(Remember that sometimes it is a non-doing that actually allows something to grow, like giving it space.)



## **Release**

Our gardens often need weeding so that the things we want to grow have the room they need.

**What “weeds” need to be pulled in your life?**

**What do you need to say “no” to, so that your most cherished dreams and goals have the space they need to grow?**



## Allowing

I live where there is rich farmland all around me. In the middle of summer, after the crops have really taken hold, and they have been cultivated, and freed of weeds, there isn't much to do in the fields.

Farmers allow Nature to take its course, and they allow the plants to grow in the sunlight and rain.

Sometimes our dreams and goals are like that too: what they need is for us to stop pushing and trying to "make them happen."

**Where in your life can you allow things to happen?**

**How can you enjoy the growth in your life?**

## Special Summer Coaching Package for Prior Clients



### Cultivating My Dream

A series of three coaching calls with a focus on a special dream or project.

**Call #1: What's emerging, and what is it time for now?**

**Call #2: How can it thrive? How can I thrive?**

**Call #3: What do I release and allow? What is mine to do?**

If you're interested in this coaching package, please write [me](#).



Thank you for giving yourself the time to reflect in this Summer Alignment Kit.

Wishing you many blessings in the Summer Solstice season,  
Lynne

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Rediscover yourself. Reimagine your life.

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