

# Spring Alignment Kit 2018

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In the Northern Hemisphere, today is Spring Equinox. It is the beginning of Spring.

Spring is a time of awakenings and new beginnings.

As we open to Spring's gifts, Spring can help us find our way in a time of promise and vision.

Welcome to Spring!

## Questions



Spring is a time of opening to new vision.

It is a time of promise and new beginnings.

What feels like promise and new beginnings in your life right now?

What are your questions about this time in your life?

Simply acknowledging your unanswered questions can be very powerful.

Honor the questions and let them be open for you.

Notice how inspiration and intuition begin to form answers to your questions, when you hold them lightly and curiously.

## Entering



Spring is a threshold between the darkness and incubation of Winter, and the promise and new vision of Spring.

As you enter Springtime, what is stirring from within?

How can the energy of Spring help you encourage what wants to emerge in your life?

## Listening



Your inner being knows just what you need to know right now.

Give yourself to the promise of Spring, and listen to your deepest self.

What helps you listen to your deepest self?

What does your deepest self want you to know, in this time of promise and new beginnings?

## Seeing



Imagine that you are now on a powerful, luminous threshold, between what has been, and what is becoming, for you.

Pause for a moment at the threshold.

What is the threshold that you are on, in your life right now?

What do you see as you look forward?

What is the vision of new beginnings that you can see right now?

## Beginning



Spring is a time of new awakening.

Spring can gift us with an energy of eagerness and expectation.

How can the energies of Spring support you in your own new beginnings?



As you move forward, what is it that is important to pay attention to?

What is your first step?

## Return



Return to the first page, and reread all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What are you being invited to?

What is the path that you are setting off on?

What actions or commitments are you inspired to, as a result of your reflections?

## Thank You



As you move into Spring, pay attention to the stirrings in your world and from within you.

There are likely to be new things that have been incubating over Winter. They now want and need the fertile soil of your own creative attention to grow.

Look for, and honor, what is emerging from within you.

Thanks for taking the time to do the reflections in the Spring Alignment Kit. I hope that you have enjoyed them.

Please always feel free to get in touch with me to let me know about your experience with these kits.

Many blessings for a wonderful Spring season.

With much love,

Lynne

Professional Certified Coach

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