

# Spring Alignment Kit 2019

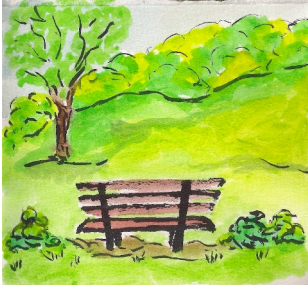


In the Northern Hemisphere, today is Spring Equinox. It is the day that Spring officially begins.

Spring is a time of promise and awakening. This season is an invitation to open to new possibility and to embrace change.

Welcome to Spring!

## Spring: Vision



Spring calls us out of our Winter hibernation tendencies. Things that have been lying dormant over Winter are ready to burst forth now.

The new growth in Spring inspires us to visions of new possibilities for ourselves and our lives.

What is possible for you now?

## The Invitation of Spring



The invitation for us in Spring is to re-examine our potential, to see a new vision, both for ourselves and our lives.

Spring is an opportunity to open our heart to new opportunities and new growth.

What is your life inviting you to, in this season?

How can the energies of Spring support you in this invitation?

## Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart, they begin to answer themselves in right timing.

What are your questions about your life right now?

What are your questions about yourself?

## Opening: Opening Our Hearts to New Possibilities



Sometimes we protect new possibilities until it is the right time to realize them.

Spring is an opportunity to open our hearts to new possibilities that we may have been closed to, previously.

What possibilities have been lying dormant within you, or in your life?

How do you open your heart to new possibilities?

What is it time for?

## Awakening: Saying Yes and Remaining Present



In order to realize our new potential, we need to say “Yes” to it.

Saying “yes” means holding a heartfelt intention, being open to change, clearing space for the new (in our hearts and lives), and remaining present to the unfolding. It is full engagement, including taking action in right timing.

What is your intention for new growth?

What helps you be open to change?

What do you need to clear, to make space for new possibilities?

What will support you in remaining present to possibilities as they unfold in your life?

## Cultivating: Tending the Seeds of Your Potential



Cultivating is what transforms possibility into real potential.

What are the new seeds of possibility in your life that you want to cultivate?

What do you need to do to tend to their growth?

What are the “weeds” (old, outmoded beliefs and limitations) that you need to clear away, so that your potential can grow unimpeded?

## Return



Return to the first page, and re-read 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 has become clear for you?



What is your life inviting you to, in this Spring season?

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

## Thank You



Spring is a season of promise and potential.

I invite you to explore your vision for new possibilities with an open and willing heart.

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.

With much love,  
Lynne

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