

Winter Alignment Kit 2020



Today is Winter Solstice in the Northern Hemisphere. It is the day that Winter begins.

We're still in the midst of a global pandemic, and for most of us, life will not be "back to normal" yet this Winter.

What's the opportunity in this situation?

One of my friends, bless her, suggested that we might think of this Winter as an extended retreat period. What would be possible then?

For me, it isn't like life stops. I still have a business, thankfully. I still want to connect with my friends (virtually). It's ever more important that I take care of myself. I'm not going to go off for three months and live in a cave, and I suspect that is true for you too.

But what if Winter is inviting us to:

- Hunker down
- Revitalize, and
- Incubate?

Welcome to Winter.

The Invitation of Winter: To Foster Thriving



In Winter, Nature adopts a different rhythm and pace.

It's like things are still happening, but they are happening largely beneath the surface.

Things feel like they are moving a little more slowly than in the other seasons.

There is more space than there was in the busy periods of growth, in Spring and Summer, and in the harvesting of Autumn.

We can allow the nature of Winter to help us slow down a little and prepare intentionally for the growth of Spring that will come in a few months.

We can foster our own thriving in Winter.

What would slowing down, and allowing more space, look like for you?

What would it mean for you to foster your own thriving?

Questions



Questions, when held lightly and curiously, are like a reflection of our souls.

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

What are your questions about your life right now?

What are your questions about yourself?

Hunker Down

“to settle in or dig in for a sustained period.” – Merriam-Webster



For some of us in the Northern climes, Winter naturally lends itself to hunkering down. The weather is an invitation to settle in and enjoy the cozy comfort of our homes.

Even if you don't have that incentive where you live, Winter might be the perfect time to make some cozy spaces and give yourself some extra comfort.

What's the opportunity for you in hunkering down?

What if you think about the Winter as an extended retreat?
What would be possible?

Revitalize

“to give new life or vigor to” – Merriam-Webster



Many of us are feeling a bit numb and worn down from all of the challenges to our lives and to our selves in the events of 2020.

Maybe some things in your life want to be shaken up or revitalized.

How can you bring back a sense of aliveness or vitality into your life and your being?

What in your life wants to be shaken up?

What needs revitalizing?

Incubate

“to cause or aid the development of” – Merriam-Webster



In nature, Winter is an incubation period.

Trees and plants “hunker down” and there is a pause in the above-ground action of growing.

In our souls and our lives, there is also a time to let things incubate.

Incubation is an essential part of the growth process. It is a vital part of our own development and for anything that is to grow in our lives.

Look out on the horizon of your life.

What do you see? For you, for your life.

What will be growing in the future?

How can you allow that to incubate over this Winter?

What is the big thinking that you want to do this Winter?

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

Thank You



Winter invites us to hunker down, in order to take care of ourselves and let things incubate.

Cold and stillness are necessary for a seed to germinate. If we give ourselves a bit of a slower rhythm, some space, and some stillness, it will serve the next growth period, in our selves and in our lives.

Thanks for taking the time to do the reflections in the Winter 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, and many blessings,
Lynne

Lynne Fairchild, PCC, MBA
Professional Certified Coach
lynnefairchild@earthlink.net