

Spring Alignment Kit 2021



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

As I write this, many of us are still living within restrictive COVID guidelines, but there is hope that these will begin to loosen as the season and the year unfold.

Spring often represents Vision.

It is a season where, for many of us, there is not yet robust growth in Nature. That will come in Summer.

Spring is a time of emergence, and of the tiniest beginnings of green growth. Plants are tenacious but also a little vulnerable to the vagaries of weather.

It is also a season where we often are blessed with feelings of hope and where we have visions of what is possible in our hearts.

It is this vision of what is possible, in your heart, that I invite you to tap into in this Alignment Kit.

The Invitation of Spring: Vision



On the morning of Equinox, the sun rises from directly West. The light is noticeably wider than it has been all Winter, when the sun has been traversing the Southern Horizon.

There is literally more light in our lives.

Life is about to spring forth again, awakening with new vitality and possibility.

Even in times of uncertainty and changing conditions, we have hope and yearn for a new vision for our selves and our lives.

What is the vision that is awakening within you?

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 the right timing.

What are your questions about your life right now?

What are your questions about yourself?

Vision: The Call



A vision that is true to our souls will call us.

It will interrupt us, in the middle of all that is going on in our lives, and niggle and nudge us.

The call is often very subtle, and thus, easy to ignore or override.

Which makes it even more essential that we pay attention to it.

How is your inner wisdom trying to get your attention right now?

What can you do to pay attention to it?

What is awakening in you right now?
(even if it is a tiny spark, or a subtle niggling)

What do you feel called to be or do?
(even if you haven't the slightest idea How)

Vision: The Threshold



You have a sense of the Vision, for your life, or for your self, that is calling you.

Now, you are on a threshold, of saying Yes to exploring it, or not.

Thresholds are tricky. They portend change. Change can be difficult or uncomfortable or inconvenient. There are a lot of reasons why we may hesitate to invite change.

Often, we can't see the landscape or the path ahead of us from the threshold.

So we can say "no" to change without even realizing it.

You are at a powerful and sacred choice point when you are on a threshold.

What is the threshold that you are on?

Imagine that you are standing on this threshold.

What can you see from here?

What does the path forward look like?

What do you know about the destination?
(it may not be much, right now)

What is still unclear?
(lots is likely to still be unclear; that's ok because it is the nature of visions to unfold gradually, step by step)

Vision: Map



Draw a map of what you currently know about your path, from “Here” to “There”.
(again, give yourself full permission to Not Know)



Vision: Your Choice of How to Be



Even if you don't have a very clear or full vision of what you are being invited to in your life, you can choose, right now, how you want to be with the unfolding vision of your life.

For example, you might want to be curious. Or adventurous. Or compassionate.

It's a cultural myth that when change is afoot in our lives, we have a clear idea of the path and the destination.

Often, all we have is a nudge, or a hint, or a niggling, from within.

We may have no idea where we will end up.

True visions, from the depths of our souls, unfold step by tiny step. More often than not, we don't know the path or the destination until we are living the vision, and then we can look back, to see how we got there.

But we can choose how to be, as we embrace and engage with our new vision.

How do you want to be as you move forward on your path?

What will help you be who you want to be as your vision unfolds?

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?

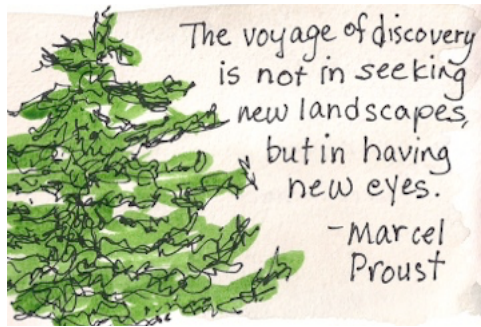
What has become clear for you?

What is clear about your vision, for your life?

What is clear about your vision, for your self?

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

Thank You



I hope that as a result of having this conversation with your soul, you now see your life and your self with new eyes.

When you have new eyes, your new landscape will seek you.

Visions are often not epiphanies, nor are they grandiose.

They are usually an inner knowing, unclear and faint, especially at first.

It is only when we cultivate them, with love, compassion, and attention, that they begin to reveal more of themselves to us.

Even though they may feel small, do not assume that they are inconsequential.

It is through taking little steps that big change happens.

Most of all, I wish for you to enjoy your vision and its unfolding.

With much love, and many blessings,
Lynne

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