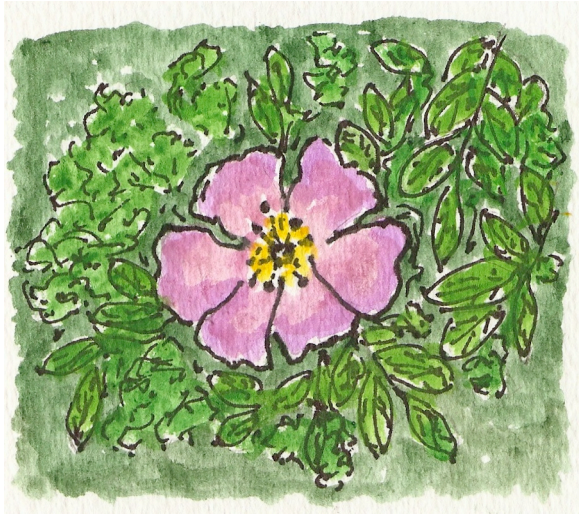


Summer Alignment Kit 2021



In the Northern Hemisphere, today is Summer Solstice. It is the day that Summer begins.

Some of us will be living with somewhat looser Covid restrictions, and some not yet. I am guessing that we are all asking ourselves: What is now possible?

Summer is about growth.

During Summer, Nature explodes in growth.

I invite you to align with the growth that is authentic to you this season.

Welcome to Summer!

What is growing for you, within yourself, or in your life?

The Invitation of Summer: Growth



Summer is about Growth. As humans, we are always growing and evolving.

This kit is about growth, but more specifically it is about *where your growth comes from*.

Does it come from a “should”, or does it come from an authentic connection to inner inspiration?

When we tap into what is truly ours to do, and where we are authentically called to grow, our growth is uniquely and happily our own.

This Kit will help you engage with the growth that is inspired from within you. We will call this: Engaging with the Growth that’s Emerging (from within you).

What do you already know about the growth that’s emerging from within you?

Questions



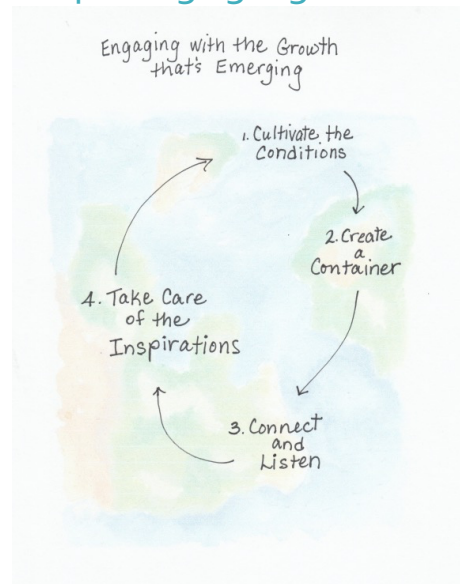
Questions, when held lightly and curiously, are like doorways to our souls.

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?

Map: Engaging with the Growth that's Emerging from Within



Here is where this Kit will take you.

The Kit will guide you through a process for Engaging with the Growth that's Emerging from within you, via inner inspiration. This is the *authentic* kind of growth, unique to us and where we are on our life path.

There's no magic to this particular process; it's just a process that works for me.

Every spirituality covers the same ground, just expressing with different language and different steps.

You may already practice something similar that works for you.

The important thing is for you to cultivate the growth that is authentically yours, rather than try to grow from the "should", which usually originate from outer expectations (cultural, societal, other people, etc.)

Here are the steps that work for me, to engage with the *authentic* growth that's emerging from within:

1. Cultivate the Conditions to discern your own truth from within
2. Create a Container to hold your insights and inspirations
3. Connect and Listen to your inner inspirations
4. Take Care of the Inspirations that you receive

These aren't easy in our fast-paced culture of doing. Practicing them often involves overriding others' expectations for you.

And, they are an ongoing lifelong practice, not a destination.

They are a way of life.

How do you currently connect with your inner inspiration?

Engaging with What's Emerging: Cultivate the Conditions



The first step in engaging with the growth that's emerging from within you is to cultivate the conditions that will help you discern your truth that comes from your deepest self.

For me, that's about consciously cultivating a way of being in the world, in which I do my best to be:

- Open
- Receptive
- Grateful, and
- Trusting of the unfolding

What helps you be open to hear your inner guidance?

How do you foster genuine receptivity to hearing messages from your intuition?

(even when the messages are unexpected or surprising)

How can you let gratitude fill your being?

What will allow you to trust your inner flow of inspiration?

Think about whether there are any other ways of being that help you hear your inner wisdom. How can you cultivate those ways of being?

Engaging with What's Emerging: Create a Container



This is a cloth basket that a dear friend gave me. The second step of engaging with what's emerging is to create a container for inner inspiration to be received.

I'm not talking about a literal container, although for years I had a practice of meditating with an empty bowl in my lap, to remind me to empty my mind, and to remind me of my receptivity to inner wisdom.

I'm inviting you to create a "container" of time and space to hear your inner inspiration, on a regular basis.

As you create regular time and space to listen, it's important to remember that even if you don't receive any notable inspirations during "your time", the inspirations will come to you when needed, because you are sincere in your practice. Over time, you will learn to trust the timing.

How will you clear regular and space to receive inner inspiration?

Engaging with What's Emerging: Connect and Listen



The third step in engaging with what's emerging from within is to connect and listen for your inner truth.

I do this through meditation or guided visualization.

In this case, it is to listen for the ways that you are called to grow this Summer.

What is your practice for connecting and listening to your inner guidance?

How do you know the difference between a thought that is your truth, and a "should"?

As you connect and listen, what is the growth that is truly calling you this Summer?

What is the growth, within your self or in your life, that you want to support, through your actions this Summer?

Engaging with What's Emerging: Take Care of the Inspirations



The fourth and last step of engaging with what's emerging from within you is taking care of the inspirations that you receive from your deepest self.

When you receive inspiration, and you can feel that it is true for you, you grow through taking the action that brings it to life in the world.

You take care of the inspiration by acting on it and growing, as a result.

What is the action, or actions, that you are inspired to take this Summer, to bring your inner inspirations to life?

What is the support that you need to give yourself, in order to take the action to grow?

What support would you like from others?

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 emerging growth, for your life?

What is clear about your emerging growth, 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 the growth that *authentically* wants to take place in your self, and in your life.

Growth is usually an inner knowing, unclear and faint at first.

It is only when we engage with what is emerging from within, and respond to it, with attention and action, that it begins to reveal more of itself to us.

Even though the emerging growth may feel small to you, do not assume that it is inconsequential.

It is through taking little steps that big change happens.

Most of all, I wish for you to enjoy your growth and its natural, authentic emergence.

With much love and many blessings,

Lynne

Lynne Fairchild, MBA, Professional Certified Coach

Please feel free to email with any questions or to share with me the insights that you gained from engaging with your emerging growth.

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