

Spring Alignment Kit 2022



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

In this Spring Alignment Kit, we will be reflecting on Awakening Joy.

Joy is a quality that is spontaneous and natural to us at our core as human beings (just watch babies).

However, as we live our lives and face challenges, both personal and global, we often lose touch with our innate sense of joy.

We may have even developed the belief that we can't feel joy in the midst of life's challenges. I'm going to question that belief. I'm not talking about plastering a happy face on challenge. I think we can experience both deep joy and serious challenge, in the flow of the moments of our lives.

I also think that it is important for us, and for others, that we make room for the joy in the midst of challenge. Our recent, and current, world circumstances give us lots of opportunities to practice that.

One of the strongest qualities of the Spring season is Awakening.

Spring can help us re-awaken our joy.

What brings you joy?

The Invitation of Spring: Awakening to Joy



Of all the seasons, Spring has an unmistakable energy of awakening. Let's invite Spring to help us awaken our joy.

Joy is already here.

Your answers to the question on the previous page is evidence that your joy is already here.

Think of all the joys that are already present in your life. Here are just a few examples:

- The feeling of being loved
- The love that you feel for someone special to you
- The wonder of something that nature shows you
- The fun of being surprised
- The spontaneous gratitude that arises from within you

We will reflect on three ways of being that will help you awaken your joy:

- Being Ready
- Being Willing, and
- Being Open to Receive

Where might there be hidden joys in your life, that you can savor?

Awakening: Being Ready



So....if we would really like to re-awaken our joy this Spring, where do we start?

Let's start where we would start with any shift that we desired: by gently holding and honoring our intention.

Intentions affirm our readiness.

If you would like to *take in* all the joys of your life, to soak it all in, whatever the circumstances:

Write out your intention in your own words

Awakening: Being Willing



Sometimes we miss joy in our lives because we just aren't present to it. Our attention is focused elsewhere: on our responsibilities, or on the challenges. It may take some practice, and some willingness, but you can focus on both joys and challenges.

When I grew up, I was taught that you can't feel joy and be in the midst of a challenge at the same time. Was that true for you, too? Somehow joy was seen as disrespect to the gravity of challenging situations.

I want to challenge that perspective.

I think we need to feel joy *even more* when we are in the midst of personal or global challenges. Love, wonder, gratitude: these joys are often present and available right in the midst of difficulties.

And as we allow ourselves to soak up all the joy that is available to us, we become a light that shines for ourselves, others, and the world. It gives us more stamina to be present to, and deal with, the challenges.

The joys are there. But we need to be willing to let them in.

Let's re-awaken to the fullness our joy.

How can you be more present to the joys that are already in your life?

What permission do you need to give yourself to feel joy, even in the midst of personal and/or global challenges?

Awakening: Being Open to Receive



Ironically, part of re-awakening our joy is keeping our heart and soul *open* to life, even when it might be more comfortable to distance ourselves from challenging circumstances.

I have a poignant memory about this. It was during the few months when my mom had terminal cancer.

My mom and I went out shopping because she wanted a new purse. She hadn't had a new purse in probably a decade, and this was heartbreaking to me, because a new purse represents new life, and enjoying the future, and we were both aware of the path that she was on.

I felt like stepping back from the pain of the situation.

Somehow, in the moment, my focus changed to just loving her and feeling the joy she felt about getting a new purse.

I was able to hold the pain and the joy at the same time, because my heart and soul became present to the fullness of life in that moment.

I'm sure that each of you has an example of this paradox.

What makes you open and receptive to feel joy?

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?

How will you receive your joys?

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 more opportunities, and take more opportunities, to savor the joys of your life experience.

Joy feeds us. Savor all the joy that is meant for you.

With much love and many blessings,

Lynne

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