

Summer Alignment Kit 2022



It is Summer Solstice in the Northern Hemisphere today. It's the day that Summer officially begins.

In this Summer Alignment Kit, we will be focusing on restoring ourselves.

The long days of Summer offer many opportunities to be active and to connect with the wonder and energy of nature.

We often allow ourselves to play and relax in Summer, perhaps more than in the other seasons.

Summer is an opportunity to restore ourselves on every level: body, mind and spirit.

What would restore you this Summer?

The Invitation of Summer: To Restore Ourselves



Let's allow the leisurely energy of Summer to restore us on all levels:

- To revitalize our bodies
- To refresh our minds
- To renew our spirit

How do you restore yourself, when you feel depleted or challenged?

Revitalize Your Body



Summer is an opportunity to find ways to revitalize your body and recharge your energy.

It's not about doing what others say that you *should* do to maintain physical fitness.

It's about choosing the things that *you* love to do to be active, and *indulging* yourself with them.

And it's about trusting that those things that you love will restore you physically.

What physical activities do you love to do in Summer?

What recharges your energy levels?

What revitalizes your body?

Refresh Your Mind



Each of us has our own unique ways to sweep out the cobwebs in our mind.

In Summer, we can give ourselves some space and permission to refresh our minds and feel restored to clarity and focus.

In the spirit of Summer, what do you love to do to take your mind on new adventures?

What will clear your head and let the new breezes of clarity and focus in?

Renew Your Spirit



For many of us, Summer represents freedom, creativity, and play.

The long days of summer feel expansive, and the warmth of Summer can offer more opportunities for us to connect with nature and soak in its restorative qualities.

What renews your spirit?

What gifts can you give yourself this summer that will nourish and sustain your connection with spirit?

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 restore yourself this Summer?

Body

Mind

Spirit

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

Thank You



I hope that this conversation with your soul has shined a light on the things that you can give yourself this Summer to restore your body, mind, and spirit.

Summer, with its long days and warmer weather, gives us a unique opportunity to replenish ourselves on all levels.

We can choose to restore our energy, so that we become more present to the things that really matter to us.

With much love and many blessings,

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