

Spring Alignment Kit 2023



It is Spring Equinox in the Northern Hemisphere. It's the day when Spring officially begins.

It is also a time of awakening to new possibilities.

Spring is alive with possibility. We have only to look around at nature, which is bursting forth with new growth and possibility.

In this Spring Alignment Kit, we will be focusing on the energy of Possibility. We will explore what it is to embrace new possibilities in our lives.

Welcome to Spring!

What does Spring mean to you?

The Invitation of Spring: Possibility



Spring is about Possibility.

After the dormancy of Winter, nature bursts forth in new growth.

Even when ready and willing to grow, when it is their time.

We can use Spring's energy in nature as a metaphor for welcoming new possibilities into our lives.

How do we welcome new possibility in our lives?

We cultivate these qualities within ourselves:

- Openness
- Readiness, and
- Willingness

Think of the times in your life when you have truly *invited* new possibilities into your life.

What did you do to welcome possibility in your life?

Cultivating Openness



Openness is “the quality of being receptive to new ideas,” according to Dictionary.com.

If we wish to welcome new possibilities into our lives, the first quality to cultivate within ourselves is Openness.

Cultivating Openness is about making space in our *hearts* for new possibilities.

What new ideas about yourself or your life are awakening in you?

How receptive are you to these new ideas?

Check to see if you sense any resistance within yourself to these new ideas.

Be compassionate. What do you notice?

How can you be more receptive to the new in your life?

Cultivating Readiness



Readiness is “the state of being fully prepared to do something; being prepared to act,” according to the Oxford Dictionary.

If you would like to invite new possibility into your life, *even if you aren't yet clear about what it is*, you can make yourself ready for it.

Many of us are living very full lives, and, if we are honest with ourselves, there isn't room for anything new.

However, it's also true, for many of us, that there *would* be room for the new if we let go of things in our lives that are no longer a fit for us.

What, in your life, is no longer a fit for you?

Think about commitments, beliefs, and your physical space.

Commitments that I am ready to let go:

Beliefs that I am ready to let go:

Stuff that I am ready to let go:

In addition to making space, we also need to have enough energy to welcome in the new.

What self-care do you need, to ready yourself for the new possibilities in your life?

Cultivating Willingness



Willingness is “the quality of being happy to do something if it is needed,” according to the Cambridge Dictionary.

A bubbling stream always feels like happiness to me.

I used to backpack in the Sierra Nevada mountains. In the Spring, the snow runoff would push the water down the creeks, and it always felt like the water was dancing with happiness, in its newfound freedom.

I was really taken by this definition of Willingness. To me, Willingness always had a feeling of duty or commitment to it. This definition is radically different. It says that Willingness is the quality of being *happy* to do something that’s needed.

Of the new possibilities in your life, which ones feel right to you, for now?

Of those, which are the ones that you would be happy to do?

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 to you?

How do you prepare for, and welcome, new possibilities?

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 inspired you to cultivate Openness, Readiness, and Willingness for new possibilities in your life.

Spring's energy of awakening and emergence is the perfect energy to support you in cultivating these qualities within yourself.

We can choose to align with nature's cycles, to help guide us on our life's journey.

With much love and many blessings,

Lynne

Lynne Fairchild, PCC, MBA

lynnefairchild@earthlink.net