

Summer Alignment Kit 2023



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

Summer is a time of expansion and vitality.

In nature, it is a time when things are growing strongly and in which they are full of energy.

In this Summer Alignment Kit, we will be focusing on Vitality. We'll explore what it is to embrace our innate vitality.

Welcome to Summer!

What does Summer mean to you?

Note about my art:

As a change of pace in this Alignment Kit, the art that I have included is my mixed media “urban sketching” art that I do in my Thursday morning sketch group, The Intrepids. The Intrepids are so named because in the bitter cold of winter we frequently sketch on location, usually from our cars.

All of the art in this Kit is from my Summer sketching with the group. It's a mix of collage and sketching with pen and watercolor. I pre-prepare the pages with collage, and then sketch and paint over the collage, on site. I never know how the two will interact.

These are meant to be quick sketches, on location, in a sketchbook, so I am working fast and loose.

The Invitation of Summer: Vitality



Summer is a vital time.

We have only to look at nature to see all the life, energy, and vitality that is present in Summer.

As we align with the energy of Summer, we can feel the vitality in us.

In this new Summer Alignment Kit, we'll explore three ways to help us embrace our own innate vitality.

- Tapping into our feeling of aliveness
- Cultivating spaciousness, and
- Allowing the unfolding.

Check in. How vital do you feel?

Tapping Into Your Aliveness



In our lives, we are often so busy that, from necessity, we prioritize all of the obligations that we have committed to, and our souls' needs get short-changed.

But meeting our soul's needs is often the very thing that feeds and sustains our vitality, so that we *can* fulfill our obligations.

Meeting your soul's needs is a big part of tapping into your aliveness, and it is often one that we consistently miss.

If you begin to make even a little bit of time to feed your soul, with some activities that make you come alive, you will almost certainly have more energy and vitality to meet your obligations.

It's about putting the horse before the cart. 😊

The "what" of tapping into your aliveness is unique to each individual.

What makes you feel like you are coming alive?

What gives you energy?

What feeds your soul?

Cultivating Spaciousness



It seems like I am always banging on about the importance of cultivating spaciousness in our lives, in our minds, hearts and souls, and also in our environment.

That's because cultivating spaciousness is a constant challenge for me. I'm guessing that it is for some of you also.

However, for anything new to come into our awareness and lives, there has to be space for it.

This includes space for vitality to come into our lives. If we are surrounded by a lot of old, obsolete energy, in things, thoughts, or beliefs, it takes a toll on our vitality, and there isn't room for anything new to revitalize us.

It helps if we think of cultivating spaciousness not as a thing that we do and then are done with, but more as an ongoing practice in our lives. Thinking about it like that is a way of giving compassion to ourselves.

What can you do to cultivate spaciousness, and make room for new vitality?

In your environment:

In your head:

In your heart:

Allowing the Unfolding



I personally don't think that cultivating vitality is anything about pushing, striving, or straining to bring something new into your life.

I think our role in cultivating vitality is to invite the new, with an open heart, and then to make space for it and to allow it to unfold.

If we show up to life with attention and receptivity, whatever is alive in us, and wanting to be “birthed” or given expression, will unfold.

I have had countless examples of this in my own life and in the lives of my clients.

What wants to be “born” through you?

What is yours to do?

How can you allow it to emerge?

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 Vitality within you.

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

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