

Winter Alignment Kit 2023



Today is Winter Solstice in the Northern Hemisphere. It's the day that Winter officially begins.

It is also the shortest, and darkest, day of the year.

After today, the days will start to become longer and lighter, very slowly at first.

This Alignment Kit is about experiencing the process of darkness into light.

Welcome to the season of Winter.

The Autumn Alignment Kit was about focusing on the joys in your life.

What did you learn from focusing on the joys in your life?

The Invitation of Winter: Experience Darkness into Light



This Alignment Kit is about *being* in the process of Darkness into Light.

This is a very personal one for me. They all are, to some extent. The questions that arise for each Alignment Kit are always the questions that I have been asking myself. But this one feels even more personal and relevant for me than usual.

I want to thank my friend Dee for the inspiration of this theme. When I shared with her that I was working on the Kit, and that nothing had shown itself to me yet about the content, she said that she was getting that it was something about Darkness and Light. That resonated strongly for me.

It then became clear that the Kit was about the *process* of Darkness into Light, and about how we experience it personally. Solstice is the shortest day of the year. After that moment of Solstice, the light of our days starts to expand. So, this season really is about the process of Darkness into Light.

As I meditated more about the Kit, it became clear to me that this theme of Darkness into Light is very personal to me, because I feel called to be more of a light in the world than I have been before now.

I often find myself focusing on our world's conflicts, and sometimes on my own stresses, and my attention is usually on what I can do to solve them.

As I am sure that you have experienced, when I hold that focus on the problems, it almost always feels too big.

I began to wonder if I was looking at all these problems from the wrong end of the telescope.

What if I focused all of my attention on bringing light into my world, in all of the small, everyday ways that I could, instead of holding my focus on the problems?

I don't have an answer to that question yet, but it has always been my experience that if we live into the questions that resonate for us, then the answers will reveal themselves.

So, let's explore what it is like to experience the process of Darkness into Light.

Darkness



Winter Solstice is the shortest day in the Northern Hemisphere, so it is a day that we can honor the darkness.

What is it like for you to be in the darkness?

What if we honored the darkness in our lives as much as we honor and enjoy the light?

What does the darkness teach you, about yourself and your life?

How can the darkness show you the light?

Into the Light



On Winter Solstice, we are also celebrating the return of the light, because after the moment of Solstice, the days begin to get longer. The light slowly returns.

What is it like for you when the light begins to return?

- In your life?
- In yourself?

In what ways are you the light?

How would you like to bring more light into your life?

How would you like to bring more light to others, or into your world?

Renewal



As the light returns, we have an opportunity for renewal. We can allow the light to replenish our energy.

What, in you, needs renewing?

How can the return of the light renew you?

What, in your life, needs renewing?

How can you allow that renewal to happen?

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 do you understand now, about your process of Darkness into Light?

What has become clear for you?

How do you want to honor the darkness and celebrate the light?

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

Thank You



I invite you to allow the darkness and the light to renew you.

I hope that this conversation with your soul has inspired your journey from the darkness into the light.

With much love and many blessings,

Lynne

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