

Spring Alignment Kit 2024



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

We are on the threshold of new beginnings.

Nature is a great teacher of the wisdom of cycles. Look around you, and you will see many signs of new life beginning.

In this alignment kit, we will gently and kindly make ourselves available to the new beginnings in our lives, and in ourselves.

Welcome to Spring!

The Winter Alignment Kit was about experiencing the process of darkness into light.

What did you learn about the transition from darkness into light in your life?

The Invitation of Spring: New Beginnings



Spring is about new beginnings. The season of Spring ushers in new energy, and often heralds change in our lives, and in our own personal and spiritual growth.

What if we welcome the change that is calling to us, and we do it in a way that is gentle with ourselves?

What does it take to join the flow of the river of our life?

In this kit, we will look at welcoming the changes while being compassionate with ourselves, by:

- Sensing what it is time for
- Being open and doing our bit
- Infusing it all with gratitude

What is the change that you sense is calling to you?

Sensing What It Is Time For



It is important to sense what it is time for, from deep within yourself, rather than going to the “Library of Shoulds and Obligations” that we all carry around, from our conditioning and our culture.

If we are going to be gentle and compassionate with ourselves, let’s identify the change that is calling to us from deep within, rather than from outside of ourselves.

I invite you to find a space and a place that feels nurturing to you, and to take some quiet time to meditate and allow your deep intuition to show you the change that your wise self knows it is time for.

What is it time for, in your life?

What is it time for, in your own growth?

How open are you, to the change that you know it's time for?

Being Open and Doing Our Bit



Sometimes we aren't as open to change as we could be, because welcoming the change may throw us into unknown territory, with an unclear path.

Moving towards change often requires a radical trust that the actions will become clear step-by-step. We rarely have a map or a clear action plan when we start to move forward into something new.

Being gentle with ourselves means being open and trusting that it's ok that we don't yet have a clear path forward.

Doing our bit is taking ample time to sit and be centered, and to allow our deep inner guidance to show us the change that is right for us, and to reveal to us each right next step.

Our bit is *not* forcing change; it is going with the flow of our inner wisdom.

What will help you be open to the right change, even if you may not be able to see the path yet?

How can you practice listening to your inner guidance, so it will guide you in change?

For some people, meditation is the key. For others, it's a walk in nature. What is your way?

Infusing It All with Gratitude



One way to be gentle and compassionate with ourselves in a time of new beginnings and change is to focus on all of the things that we are grateful for.

Being grateful feels good.

Being grateful connects us with our deepest wisdom.

Let's be grateful for the tiniest of things, and the most ordinary of things in our lives.

What are you grateful for?

Tiniest of Things

Most Ordinary Things

How will you remember to be grateful, as you welcome in new beginnings?

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 beginnings?

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 invite new beginnings into your life.

Spring's energy of change helps support us in making the right changes for ourselves in our lives.

We can choose to align ourselves 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

P.S. One of my new beginnings is that I now have availability for a few new clients in my coaching practice. If there is anyone that you know who would like to explore the possibility of coaching, and how it might help them make the right changes in their lives, please let them know that I do a complimentary phone conversation for that purpose. Thanks!