

Summer Alignment Kit 2024



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

We are on the threshold of growth and expansion, fullness and color.

As we tune into nature's cycles, she can help us move into the fullness of ourselves.

Look around you and appreciate all the lushness of growth. Summer is about vitality.

As I saw a mom pushing a stroller in the park, it occurred to me that Summer is all about love, too. I'm not talking just about romantic love, but love in all forms in our lives.

When we tune into all of the love in our lives, it makes us feel vital and alive. And it helps us grow.

In this alignment kit, then, we will focus on becoming consciously aware of all of the love in our lives. No longer will we take it for granted.

The Spring Alignment Kit was about the new beginnings in our lives and in ourselves.

What new beginnings did you embrace during Spring?

Receiving Love



Every season is about love, but we are in Summer, so I'm making this Summer Alignment Kit about love. All forms of love.

Give yourself a quiet, meditative moment, and begin to bring into your awareness all of the love in your life. This is inclusive of the love that you may have in a primary partnership in your life, or with your children, but I am inviting you to let it go way beyond that.

Think about *all* of the love in your life, in every area of your life.

Unless we have an active gratitude practice, it is so easy to slip out of being consciously aware of all of the ways in which we feel loved in our lives.

Think of all of the friendships and relationships in your life, including special animals, but also think about how sometimes you receive special kindnesses from strangers, or casual acquaintances in your life. That's an expression of love, too.

Where is there love in your life?

Where do you allow yourself to **receive** love, every day, in your life?

How can you be more open to receiving love in your life?

Giving Love



In giving love, we receive love. That isn't just a trite expression. It's a great gift to be able to give love. It can fill our lives with purpose and meaning.

Where do you get to give love in your life?

What's the difference that it makes in your life to be able to give love?

How can you give even more love in your life, and be more conscious of giving it?

Growing in Love



Love helps us grow, because it gives us a safe space to grow.

When we know that we are loved, we are more likely to take the risks necessary to grow and to make changes in our lives.

How are you called to grow, in this Summer season?

How can receiving and giving love help you grow?

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 will you be more conscious of the love in your life, both in receiving and giving?

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 more love into your life.

Summer's energy of growth compels us to grow, and the safe space of love helps us to grow and change.

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

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