

# Winter Alignment Kit 2024



Today is Winter Solstice in the Northern Hemisphere. It is the shortest day of the year.

Welcome to Winter. Winter can be a season of contrasts: calm, clear, quiet days interspersed with rigorous storms.

It is also a season of darkness.

This Alignment Kit is about our experience of being in darkness. Darkness has a lot to teach us in our lives, and the Winter season in nature can guide us along our way.

The Autumn Alignment Kit was about “gathering in,” and about consciously acknowledging completions in our lives.

What has completed in your life?

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# The Invitation of Winter: Experience Darkness



This Alignment Kit is about our experience of being in darkness.

We all have times in our lives when we are challenged by a feeling of darkness.

This Kit invites you to acknowledge what it is like for you to be in whatever feels like darkness in your own life, and to learn from the wisdom that it offers you.

We will look at three aspects of darkness:

- Being with darkness
- Taking care
- Opening

So, let's explore the experience of being in darkness, together.

## What is darkness, to you?

# Being With Darkness



When we experience darkness in our lives, our first instinct is often to try to find our way out of it, rather than just being with it.

Our culture gives us a lot of messages about darkness:

- Buck up
- Stiff upper lip
- Let it go
- Move on, or get moving

We hear these messages so much that we begin to internalize them and expect those things of ourselves.

Even the people who love us the most often want to find ways for us to feel better and move on.

It's uncomfortable being in darkness, for almost all of us.

It is a radical act of loving ourselves to just accept what is, the darkness, and choose to be with it, for now.

## What is the darkness that you are in right now?

What is it like to be with the darkness?

What is the darkness here to teach you?

(Ask it.)

# Taking Care



Nature lives in cycles. We live in cycles.

There are times of darkness and times of light.

Most of the time, these cycles are out of our direct control.

So, while we may want to be out of the darkness, and back into the light, it may not be time yet.

If this is the case, it is essential that we take care of ourselves in the darkness.

In nature, darkness is often a time of restoration, where work is being done under the surface of the ground, or within the trunks and branches of trees, invisible to our eyes. Nature is taking care of itself and preparing for the next season of growth.

Sometimes the darkness is an opportunity for restoration for us, too.

**What is the gift, or the opportunity, that the darkness is bringing you?**

(Ask it.)

What is the care that you need, in the darkness?

How can you give that care to yourself?

# Opening



After every cycle of darkness, there will be a time when the light starts to return.

Nature teaches this to us.

The light usually returns faintly at first, almost unnoticeably, and then begins to grow slowly.

While it isn't wise, or usually even possible, to push ourselves out of the darkness and back into the light, we can ready ourselves for the return of the light.

**What do you need to complete, in your life, in order to move into the light, and into another season of growth?**

What are the preparations that you can do, in order to be ready for the light?

What do you need, so that you can be open and receptive to the return of the light?



## Return



Return to the first page. 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 being in darkness?

What has become clear for you?

How do you want to honor being in the darkness?

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

# Thank You



I invite you to allow the darkness to restore you and to teach you.

I hope this conversation with your soul has inspired in you respect for being in the darkness.

With love and many blessings,  
Lynne

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