

Spring Alignment Kit 2025



Today is Spring Equinox in the Northern Hemisphere.

It's the day when Spring officially begins.

We are on the threshold of new possibilities, and also of new challenges.

Nature can support us in making the transition from the dormancy of Winter into the new growth of Spring.

In this Alignment Kit, we will explore who we want to *choose to be* in the upcoming opportunities and challenges.

What have you learned about your experience of being in the darkness of Winter?

The Invitation of Spring: Who to Be in the New



Spring is a time of opening and new growth and new possibilities.

At this time, also, many of us are experiencing new and continuing challenges that are beyond our control.

Someone who had experience and helpful perspective about growing in and through life challenges was Viktor Frankl. Frankl was a Holocaust survivor and a psychiatrist who spent significant time in concentration camps in World War II.

Frankl survived the concentration camps and went on to write several books about his experience, including Man's Search for Meaning, which is his most well-known book.

About the experience of growing in the face of challenge, Frankl said “Everything can be taken from you but one thing: the last of human freedoms, to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

In other words, no matter what the circumstance, you retain the choice to choose who you want to be.

Choosing who you want to be is the way that you claim your own power in the face of very challenging circumstances, and the way that you grow through those challenges into new possibilities.

In this Alignment Kit, we will explore the idea and power of choosing who we want to be in the midst of our growth and challenges. This choice will prepare us for the new possibilities of Spring.

The Territory Ahead



Let's first take a look at the territory ahead of you this Spring.

When you imagine standing on the threshold of Spring, looking at the territory ahead of you:

What do you see? What is the terrain like?

What about the territory is known?

What is unknown?

What are the possibilities that you can see ahead?

Being in Uncertainty



Now let's explore what it's like to be in uncertainty, in the unknown.

What is most challenging for you about being in uncertainty?

How do you feel in uncertainty?

It's important to honor our feelings about being in unknown territory.

Who do you choose to be in challenging and uncertain times?

Connect with your deepest center to see what wisdom bubbles up from within.

This isn't something that you need to decide or make happen from your mind.

It is something that you will discover from your inner guidance and intuition.

It might help to sit quietly and take some nourishing deep breaths before you tune into the deepest part of you.

Gathering Our Inner Resources



You have developed a lot of inner resources over your lifetime that will help you be who you want to be in uncertain and challenging circumstances, and to open yourself to new possibilities.

Examples of these might be resilience, intuition, creativity, compassion (for others and yourself), persistence, and countless other qualities.

Again, instead of thinking your way through this discovery, be quiet and let your inner guidance show you the inner resources and qualities that you have that will help you move forward into challenge and opportunity this Spring.

It may help to look back at times in your life when you have embraced new possibility and moved through various challenges, and who you needed to be during those times.

As you think about who you are choosing to be now:

What inner qualities do you need to call on, to be the person whom you choose to be now?

Which of those inner qualities can you count on now?

What inner qualities do you want to develop, so you can be who you want to be, fully?

Sometimes in the face of new challenges or new calls to grow, we discover outmoded aspects of our being, ideas about ourselves or circumstances that we can now let go.

What beliefs or assumptions might be outdated or no longer needed?

What can you do to release them?

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 know now, about choosing who you want to be?

(in challenge and new possibility)

What has become clear to you?

How do you want to honor yourself and your journey through challenge and possibility?

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

Thank You



I invite you to remember that you have the power to choose who you want to be, in *any* circumstance.

In that choice is your wisdom and power.

I hope that this conversation with your soul has inspired in you a new level of faith in yourself, that you can handle the challenges and possibilities that lie before you.

And that you have a renewed confidence in your inner resources to carry you support you in this journey.

With love and many blessings,

Lynne

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