

Summer Alignment Kit 2025



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

We are entering the energy of growth and expansion.

As we all know, tuning into Nature's cycles can help us embrace our full nature.

Summer is about vitality and renewal.

In this Summer Alignment Kit, I am inviting you to explore Renewal:

- Relaxing and Receiving
- Cultivating Vitality
- Opening to the Fullness

The Spring Alignment Kit was about choosing how we want to be in the new possibilities and challenges in your life.

How did you choose to be, in change and challenge?

Invitation to Renewal



What if this Summer Season was an invitation and an opportunity for you to renew, on all levels: Spiritual, Mental, Emotional, Physical?

Summer in Nature is about a continuation of the renewal that has started in Spring.

We notice an abundance of vitality and the energy of renewed life.

There are birds nesting, flowers blooming, crops and vegetable gardens growing and flourishing.

These rhythms of Nature in Summer can help us embrace renewal, in all forms, when we attune to them.

What in you wants to be Renewed?

Relaxing and Receiving



The first step to renewing ourselves may be to relax and receive all of the goodness that life already has for us.

Even in the face of many challenges in life, our lives are filled with many blessings and much goodness. With our responsibilities, it is easy to get task-focused and miss the fullness of the good in our lives.

It is renewing to slow down and savor all of the goodness that our lives hold.

In what ways can you give yourself the gift of ease and relaxation this Summer?

How are you blessed?

How can you open to receive more of what life has to give you, this Summer?

What goodness is trying to happen in your life right now?

Cultivating Vitality



When we spend any time in Nature in Summer, we see the abundance of vitality that is present, everywhere we look. This is very renewing.

Take time to literally smell the flowers. Notice the huge variety of flowers, blossoming in a riot of colors, within infinite shades of green foliage.

What is Vitality, for you?

(Consider Spiritual Vitality, Mental Vitality, Emotional Vitality, and Physical Vitality.)

How would you like to cultivate Vitality this Summer?

Physical Vitality

Mental Vitality

Emotional Vitality

Physical Vitality

Opening to the Fullness

(Of who you are, and of your life.)



Life always seems to be inviting us to be the fullness of who we are meant to be. Life continually invites us into a journey of renewal.

Life seems to be supporting us in that journey, through our experiences of success and challenge.

Summer, with its energy of growth, can remind us to embrace our expansion, within ourselves, and in our lives.

What qualities in you are ready to emerge, or expand more fully?

Who are you called to be?

What wants to happen in your life?

What is emerging or growing in your life, that you would like to encourage, this Summer?

Return



Return to the first page, and re-read all of your answers, to all of the questions, with an open heart, a 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 relax and receive the fullness of good and blessings in your life?

How would you like to cultivate vitality this Summer?

How will you open to the fullness of who you are, and to what's emerging in your life?

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 consider how you can give yourself the gift of renewal this Summer.

Summer's energy encourages us to renew ourselves by relaxing and receiving good, cultivating vitality, and opening to the fullness of ourselves and 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

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