

Spring Alignment Kit 2026



Today is Spring Equinox in the Northern Hemisphere.

It's the day when Spring officially begins.

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

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

In this Alignment Kit, we will explore tending to the gardens of our spirit and soul.

Before we begin, let's check in about your Winter.

In the Winter Alignment Kit, we looked at reflecting and renewing, in preparation for the new growth of Spring.

In what ways did you reflect and renew in Winter, and how did that go for you?

Tending to the Garden of Your Spirit and Soul



We currently live in a chaotic and challenging world.

Many of us are searching for new or more effective ways to remain balanced and centered and true to ourselves in the conditions that we are facing, in our own lives and in the wider world.

Tending to the garden of our spirit and soul may seem frivolous in the face of the gravity of the events in the world, but it could not be more important at this time.

In order for us to attend to whatever matters most in our lives, we must be able to access the full extent of our inner resources, so we can thoughtfully respond to outer conditions, rather than come from a purely reactive place.

So, this will be a very practical Alignment Kit, consisting of prompts that will hopefully help you explore what specific practices will help you manage most resourcefully in whatever life brings to you.

Our Spring Alignment Kit themes this year are:

- Stabilize
- Plant
- Nurture and Grow

Enhancing your favorite “inner” practices will help you face your “outers” more effectively.

What is currently most challenging for you, in your outer world?

Stabilize



Any gardener will tell you that the first step in tending a garden is to make sure the soil is good.

In other words, you tend to the foundation first.

I don't know about you, but I am feeling an increasing need to tend to the foundation of my being, to just be able to be fully present to the world that we are living in.

I am feeling a daily need to stabilize and ground my energy.

For each of our three intentions (stabilize, plant, nurture and grow), I will provide some examples of practices that may help with the particular intention.

For each of our three intentions there are an infinite number of practices that could support you in tending to the garden of your spirit and soul. I'm only providing a "starter" list to get you thinking about what might work for you. I encourage you to go way beyond my list, with your own ideas of what might work for you.

Here are some practices that may help with stabilizing our energy:

- Conscious breathing
- Meditation
- Being in Nature
- Working out
- Eating root vegetables

What are some other practices that may help you stabilize and ground your energy?

What would you like a stabilizing practice to do for you?

Which practice (or practices) appeal to you most, right now?

How would that practice (or practices) make a difference for you, in your life?

Plant



When a gardener has stabilized the soil, they are ready make decisions about what to plant.

They take into consideration many factors such as available light, moisture, maintenance requirements, and so on. And, of course, what plants they would enjoy most.

When we think about tending the gardens of our spirit and soul, we consider who we want to become, and what qualities of being we want to grow.

Again, there are infinite qualities of our being that we can grow.

Our souls and spirits call us to develop the qualities that we most need and that will best serve us in the next leg of our evolution and our life journey.

Some examples are:

- Inner peace
- Resilience
- Compassion
- Love
- Patience
- Generous
- Playfulness

What are the qualities of being that your soul and spirit are calling you to?

If nothing is coming up for you, you might try finishing the sentence: "I would like to be more...."

Where in your life would you like to “be” more of these qualities?

Thinking about this question helps to ground your intentions for being in the reality of your life.

What will help you in becoming more of these qualities, in your life?

Even having the clear intention is a very powerful start.

How can you “be” these qualities towards yourself?

It’s as important to “be” these qualities towards yourself as it is to “be these qualities in the world.

Nurture and Grow



After gardeners have planted seeds, they nurture them so that they grow.

Gardeners nurture; Nature does the growing.

These qualities of our spirits and souls, that we have planted with intention, will grow as we nurture them.

We nurture their growth by being conscious of our intention to grow them, and also by nurturing our well being.

Some ways of nurturing our well being are:

- Loving Kindness
- Noticing the little joys in our lives
- Gratitude
- Giving ourselves space when we need it
- Finding ways to be creative
- Mindfulness

What are some other practices that may help you nurture your well being?

What would you like your nurturing practices to do for you?

Which practice (or practices) appeal to you most, right now?

How would that practice (or practices) make a difference for you in your life?

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 tending to the garden of your spirit and soul?

What has become clear for you?

What actions or commitments, for yourself, are you inspired to, from your reflections?

Thank You



I hope that you are inspired to tend to the garden of your spirit and soul.

There are infinite ways to do this.

I hope this reflection has been a starting point for you to discern what's best for you right now.

With love and many blessings,

Lynne

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