

Summer Alignment Kit 2026



Today is Summer Solstice in the Northern Hemisphere.

It's the day that Summer officially begins.

We are in the longest day of the year on this threshold of the seasons.

Summer is a good time to walk, and so I thought we would take a virtual pilgrimage, home to our true selves, for this Summer Alignment Kit.

There are many ways to describe pilgrimage, but I think of it as an intentional walk. A *virtual* pilgrimage is an intentional walk in our imagination. The principles of pilgrimage are timeless, and very relevant to our everyday lives.

Pilgrimage offers an opportunity to slow down, be deliberately present, and to walk towards an outcome that means something to us. Coming home to ourselves is a meaningful outcome.

Coming home to our true selves is especially important when we live in a world of chaos and uncertainty, because being at home, spiritually, centered in our true selves, is a place of peace and contentment and groundedness.

Of course, we are always at home in our true selves. We cannot lose our true selves, but we can lose our conscious awareness of our true selves. Hopefully this Kit will help us to reconnect with that awareness.

The sketches in this Alignment Kit are from a virtual pilgrimage that I did on the Camino de Santiago in Northern Spain, 14 years ago.

Before we begin, let's check in with your experience of Spring, from the Spring Alignment Kit.

During Spring, how did you tend to the garden of your spirit and soul?

The Stages of Pilgrimage



The stages of a pilgrimage can be described in many ways, but the simplest way to describe them is:

- Preparation
- The Journey
- Coming (and Being) Home

Preparation for a virtual pilgrimage is much simpler than it is for an actual physical pilgrimage. At its most basic, it is setting a clear intention and deciding what to take, and what to leave behind.

The Journey is the walk. This is where we step out into the unknown and be present to our experience in the moment. We rely on the principles of being a pilgrim. We encounter delights and challenges, and we enjoy the company of fellow pilgrims.

When we “come home” from this virtual pilgrimage, we experience the peace of living true to ourselves more fully. Of course, this is actually a life long journey, to continue to align more closely to the truth of who we are.

What does pilgrimage mean to you?

Preparation



Let's set an intention for our virtual pilgrimage, and decide what to take and what to leave behind.

In what ways are you living true to yourself?

In what ways might you be misaligned with living your true self, in the decisions, activities, and choices of your life?

(No judgement, just a compassionate look.)

Our overall intention for this virtual pilgrimage is to come home more fully to our true selves.

From your reflections in the prior two questions, choose the specific ways in which you would like to live more true to yourself. Form an intention for your virtual pilgrimage from this desire.

My intention for this pilgrimage is:

Now, we make choices about what to take and what to leave behind, as we embark on our virtual pilgrimage.

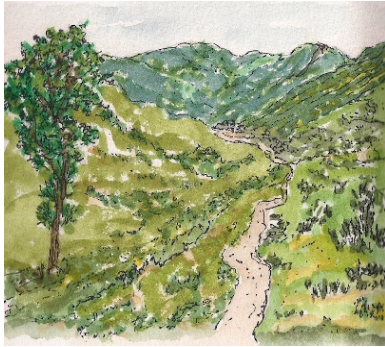
What do you want to take?

Think about the most important inner qualities that you want to draw on, during your pilgrimage. Examples of these might be readiness, willingness, commitment, a playful or curious spirit. You will have your own: what will help you in your quest to be more true to yourself?

What do you want to leave behind?

Think about outdated beliefs and perspectives that no longer serve you or represent who you really are. You may also want to identify physical possessions that are no longer a fit to your true self. This is an opportunity to lighten your load, and free your spirit.

The Journey



This is a virtual pilgrimage, so it is a journey in our imaginations. When I did my virtual pilgrimage on the Camino de Santiago, I actually walked every day (from home, of course). Walking helps me think and receive solutions, and it gets me in direct touch with nature.

I imagined myself being a pilgrim. I held my intention and I devoted myself to the principles of being a pilgrim. I invite you to consider doing that over the summer.

A pilgrimage is an intentional, conscious walk, and there are pilgrim principles that help support us.

These are time-honored traditions of what it means to be a pilgrim.

Here are some pilgrim principles:

- Pilgrims value the journey as well as the destination
- They are willing to embrace the unknown
- They are committed to walk, whatever the weather
- They know that hardships and challenges are part of the journey
- They look for the joys and surprises in the small moments
- They aspire to be present in the moment, as they walk
- They slow down and pay attention
- They pack lightly
- They value shared humanity and community as well as solitude
- They are open to transformation and renewal

For those of us who have physical limitations in walking, I invite these principles to be a metaphor for moving through life, in whatever way we are able. It can be just as meaningful to “walk” with intention in your imagination.

Which of these pilgrim principles resonate most strongly for you?

Which of them will help you be more true to yourself?

What are your own principles that will support you in your pilgrimage, and in your life? And, in being your true self?

Coming (and Being) Home



Most pilgrims come home transformed from their experience. And, of course, from being away from their day-to-day lives and responsibilities.

They finish their pilgrimage journey, but they never stop being pilgrims.

As virtual pilgrims, we don't have the advantage of a true change in environment, or a step back from our lives.

But we do have the very big advantage of taking some quiet time to reflect on what is calling us from within, and to move towards living more fully as our true selves. We have insights about how we can live more aligned with our deepest truth.

Over the Summer, what have you learned about being a pilgrim?

One hallmark of pilgrimage is the experience of constantly living in the unknown.

Our lives at home often require us to live in the unknown.

What have you learned from being a pilgrim that will help you live in the unknowns of your life?

What pilgrim principles can help you navigate your life, day to day?

How can you be more true to yourself in the way that you live your life?

The more that we can live true to ourselves, the more inner peace and freedom are accessible to us.

And, the more we are available to support others whom we love.

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 being true to yourself?

What has become clear for you?

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

What pilgrim principles would you like to live by?

Thank You



I hope that you are inspired to discover how you can live more aligned with your true self, in each day of your life. Remember that as you do that, you are more available to support loved ones and the communities that are important to you.

There are infinite ways to do this. Pilgrim principles are one way; they help us be pilgrims in our everyday lives.

I hope that you have enjoyed your pilgrimage, and this reflection, and that you have a beautiful summer.

Many blessings and much love

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