

# Winter Alignment Kit

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## Reflection

Winter Solstice is the shortest day of the year; it's about the Darkness.

One gift of the Darkness is that it can be a reflective time. It can offer a respite from the pace and rhythm of the year end Holiday Season. Reflection time can balance the faster and more urgent energy of the Holidays.

I invite you to give yourself some reflective time as a gift to yourself during this Holiday Season.

Let your reflections be a time to really look and see the richness and depth of your life.

What is it important, to you, to reflect upon right now?

## Passageways



As Nature transitions from Autumn into Winter, what is the passage that you are making?

What are you Letting Go?

What are you Moving Into?

What can you celebrate about your passage?

## Dormancy



The pace of our culture encourages us to move rapidly from one thing into the next, to Just Do It.

Winter teaches us to leave a space between “Letting Go” and “Moving Into” new things and new growth.

If we allow the new growth in us, and in our lives, to have a dormant period, they will be better prepared to grow when it is their “right time.” They will even develop some of their own momentum.

Think about how essential dormancy is in Nature. A dormant period is what allows buds to form in trees, and for bulbs to get ready to push through the ground in the Spring.

What is dormant in you?

What *needs* dormancy to prepare itself to be born, through you, into your life?

## Pathways



When we come out of Dormancy, pathways begin to open.

Sometimes, especially in times of significant life transitions, we can't see the destination, but we have a sense for the nature and direction of the pathway.

We might be able to get a feel for what the path is like, or what we'd like to see along the path.

As you look down the pathway of your future, what do you see?

What are you looking forward to?

What would you like to see?

## Doors



With clear intentions, doors open that we hadn't seen before, or hadn't been able to open before.

From where you are right now in your life, what really matters?

Who is it important for you to be?

What are your intentions for moving forward in your life?

What doors would you like to open?



If something important is emerging within you, and you would like to explore the path ahead.....



### The Intuitive Dance of Pathfinding:

#### A Special 3-Call Coaching Package for Former Clients

Let's discover more about your path ahead.

This is a No Materials, No Prep, Show Up Fully Present series of 3 forty-minute coaching calls, for USD 400.

Call #1: Explore the Path: What's the path ahead? What's calling you?

Call #2: Be the Pathfinder: Who is it important to be, as you move forward? What are the energies within you that are emerging, that need expression?

Call #3: Begin to Act: What are the initial strategies and action plans that will begin to move you forward, on your path?

If you're interested in this Coaching Package, please write to me at <mailto:lynnefairchild@earthlink.net> and we can book times in our calendars.

Thank you for giving yourself the time to reflect in this Winter Alignment Kit.

Wishing you many blessings in this Winter Solstice season,  
Lynne

Lynne Fairchild, Professional Certified Coach

