

Spring Alignment Kit 2017



Brisk.
Blustery.
Tender.
Bright.
Unknown.
Emergence.
Awakening.

Spring holds a lot for us.

It has a lot to teach us about our lives and about our own nature.

In the Northern Hemisphere, today is Spring Equinox, when the light and dark hours are roughly equal.

Welcome to Spring!

What can Spring teach you?

Release What Is Unneeded



One of the hallmarks of Spring, where I live, is the wind. We have a lot of blustery days in Spring.

I always think of these as cleansing winds. They blow in and blow away everything that is no longer needed.

They are an invitation to all of us to cleanse ourselves and our lives of anything that no longer serves us, so that we make space for the New of Spring to arrive, and to take hold in us.

What do you no longer need?

What are your opportunities for cleansing and clearing?

Feel the Stirrings Within You



In very early Spring, the new growth is still hidden underground. But we can feel that something is about to change. The first bit of green will poke its way up through the ground to the surface, any day now.

Change and growth within us is like that too. We often can feel that something is stirring within us, before we are clear about what it is, or where it is taking us.

It helps, particularly in Spring, to be sensitive to those inner nudges and impulses, and intuitions. There are things within you that have been incubating over Winter, and you will feel the stirrings of them, any day now.

What is beginning to stir, within you?

How do you become aware of your inner stirrings?

Attend to What Is Emerging



When the bulbs or other first shoots of Spring begin to emerge, they are tiny and tender, at first. They may need our attention to thrive and to grow.

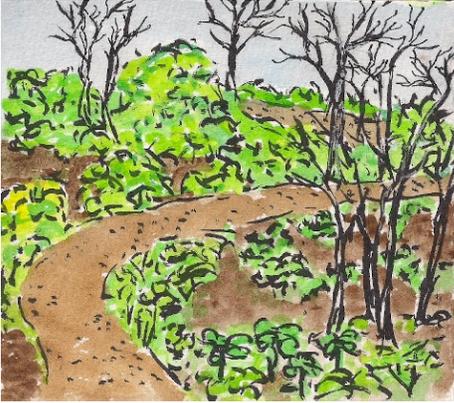
Again, nature is showing us something about our own nature, in these tender new shoots.

We, too, can feel tender, as we begin to make the first tentative moves towards change and growth. This is a time when we want to pay attention to our needs, and to take particularly good care of ourselves.

What is being awakened within you?

What wants to be expressed, from within? What wants to grow?

Respect the Gentle Unfolding



In early Spring, new growth can seem to unfold slowly. It takes a while for new growth to gain momentum and to come into the fullness of its growing cycle.

This aspect of growth in Nature reminds us to respect the natural unfolding of our own growth, and to be gentle with ourselves as we respect the timing of growth from within.

Just as in Nature, our own growth from within has its own wise timing, and it cannot be pushed. But it can be respected.

What does Spring make possible for you, in your own life?

How can you respect the natural unfolding of new possibilities?

Go With the Flow



I remember, as a kid, going up into the Sierra Nevada mountains, in California, where I grew up.

In Spring, the waterfalls were all full and rushing down the mountains, with a powerful force, generated from the great volumes of snow melt.

Nature reminds us that we too have a powerful force, of growth and momentum, that is generated from within us. We can respect the power of this momentum, and release into it.

What is gaining momentum, within you?

How can you allow yourself to go with the flow?

Appreciate Spring Beauty



In mid-Spring, everything seems to burst forth into full bloom, as it is no longer impeded by the rigors of harsh weather.

New life awakens everywhere, and things come fully alive.

We can notice and appreciate this beauty and the miracles which are particular to the season of Spring.

What did you notice today, that speaks to you, of the beauty of Spring?

What miracles of Spring are getting your attention this year?

Explore What's Possible



The spirit of Spring renews and inspires us. The color and energy of New is everywhere.

Things that barely felt possible in Winter now feel like real potential.

We feel renewed energy for moving forward in our lives.

What feels possible now, for you?

What, in you, wants to bloom and thrive?

Review



Return to the first page, and reread all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see, throughout the pages?

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

Thank You



Thanks for taking the time to do the reflections in this Spring Alignment Kit.

I hope you have enjoyed them.

Please always free free to get in touch with me to let me know about your experience with these kits.

Many blessings for a wonderful Spring Season!

With much love,
Lynne

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