

Winter Alignment Kit 2022



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

In this Winter Alignment Kit, we will be focusing on Preparation: consciously using the energies of Winter to prepare our energy, space, and hearts for the vision and growth that will come in Spring and Summer.

Welcome to the stillness of Winter.

The Autumn Alignment Kit was about the things that were organically completing in our lives.

What was completing, for you?

Is there anything else that now feels like it is ready to complete?

The Invitation of Winter: Preparation



Nature uses Winter to prepare for the next cycle of growth.

For many plants and trees, this season of dormancy is essential to the next season of growth.

During the Winter, microorganisms in the soil are working to prepare the soil for seed germination in Spring.

We can follow the wisdom of Nature in accepting that we also need a season of less vigorous, but essential, activity, to prepare ourselves for the next season of growth in ourselves and our lives.

This Kit will focus on three areas in which we can prepare:

- Our energy
- Our space
- Our hearts

What comes up for you, when you think about preparing for your next growth?

Prepare Your Energy



Winter, in its solitude and stillness, is an invitation to rejuvenate.

It's an opportunity to restore our energy reserves, after the growth and activity in Summer and Autumn.

Check in with your energy. What do you notice?

What needs restoring?

What are your favorite practices to keep your energy replenished?

Prepare Your Space



When I moved to living in the country, it took me a long time to notice that the farmers plow and fortify their fields in early Winter, rather than in the Spring.

And it took me even longer to notice that the trees' buds are set in Winter, way before Spring.

Winter can be an ideal time for us to prepare our space for the growth that will come in Spring and Summer.

We all know that in order for the new to come into our lives, we need to make space for it. If our lives are cluttered with outmoded activities and commitments, or unneeded things, there's no room for the "New" that wants to come into our lives.

Take a look at your life, gently and compassionately, for anything that is ready to be released.

What activities and commitments are no longer best for you?

What things can be let go?

Prepare Your Heart



In order for us to welcome and receive the “New” that wants to come into our souls and our lives, we need to be open and receptive.

Winter’s quiet is the perfect time to renew some of our most nourishing spiritual practices, and to nourish our hearts.

What helps you be open and receptive?

What favorite spiritual practices could nourish your heart during this season?

What makes your heart sing?

Return



Return to the first page, and re-read 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 pagea?

What has become clear for you?

How do you prepare for, and welcome, the New?

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 prepare your energy, space, and heart for the New that will want to come into your life in Spring and Summer.

Winter's stillness and solitude is the perfect time to replenish our energy and open our space and hearts to future growth.

We can choose to align with nature's cycles, to help guide us on our life's journey.

With much love and many blessings,
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