

Autumn Alignment Kit, 2012



Navigating the Path of Change

To me, Autumn is about completion, and harvesting. It can be about integration. It is also about getting ready for what's next on your journey, and preparing to embark on the new path.

This Autumn Alignment Kit is about Navigating the Path of Change, with ease and grace.

Sometimes we choose our life changes consciously. Sometimes they choose us. In either case, we just know that our life is about to change.

What is the life change that is presenting itself to you right now?

Hold this change in your awareness as you reflect on the questions in this Kit.



Letting go...

When our lives change, there are things that we need to leave behind, to make room for the new.

These can be physical things, but they may also be outdated beliefs or ways of being.

What are you ready to leave behind, in order to make room for the new?



Choice Points

Periods of change and transition have choices inherent in them.

When we say “yes” to one choice, it often means that we are saying “no” to some other choices.

In order to move with grace and ease, it is helpful to become consciously aware of the choices that we are facing in our change.

What is the trail juncture you find yourself on?

Will you choose the more familiar route, or the “road less traveled”?



Opening Ourselves to Change

If it is our intention to “go with the flow” of change, it helps if we are open to new perspectives and beliefs, as well as new possibilities that we may never have considered before.

What are you opening to?

This is a heart and soul question. Feel it, and allow your intuition to inform you. You may be surprised at the answer.

What is it time for?

Let the answer bubble up from within.



New Territory

What does the new terrain of your life look like?

How much can you see? Is it mountainous or beach-like, or something else?

If you don't get a picture in your imagination, what does it feel like?

If you are inspired to, draw what you see or feel.



Essential Provisions

If we are to move with ease and grace, we want to take only what is essential.

What do you need to take with you, through your change?



Helpers and Guardians

On our life journey, we have many helpers and guardians, seen and unseen, expected and unexpected.

When we are in the midst of transition, we often find new companions to help us on our way.

Who will help you on your way?



Step-By-Step

In our complex and fast-paced world, it is unlikely that we will have a detailed roadmap for any significant life change that we embark upon. Most likely, we will find our way step-by-step.

This isn't bad news. We find our way as we go along, as we stay in tune with our inner guidance.

This way of being, which I call Wayfinding, allows for intuition, inspiration, spontaneity, and synchronicity.

Life changes can become a grand adventure when you meet them with curiosity, openness, and intention.

What do you know now about your first step?

Are you longing for a more reliable connection to your inner guidance? And for more balance, ease, and joy in your life?

The Inner Compass Daily Orienting Kit



I've created a Kit that helps you stay connected to your inner wisdom and to use that guidance, dependably, to chart your course and direct your life.

When you're tuned into your inner guidance, a life of balance, more ease and joy, as well as authenticity, is possible. And, it develops naturally as you stay tuned in. Inner alignment, or inner balance, always results in outer balance.

This Kit contains three guided meditations in downloadable mp3 format (Energize, Wisdom, Flow) and a downloadable Guide and Journal.

The Guide and Journal teach you a very simple and practical process to take a Spiritual Time-Out (for 20 – 25 minutes) to orient yourself to your inner compass daily.

In celebration of Autumn Equinox, I'm offering the kit for \$45.

[Click here](#) to purchase the Kit or to learn more about it.

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