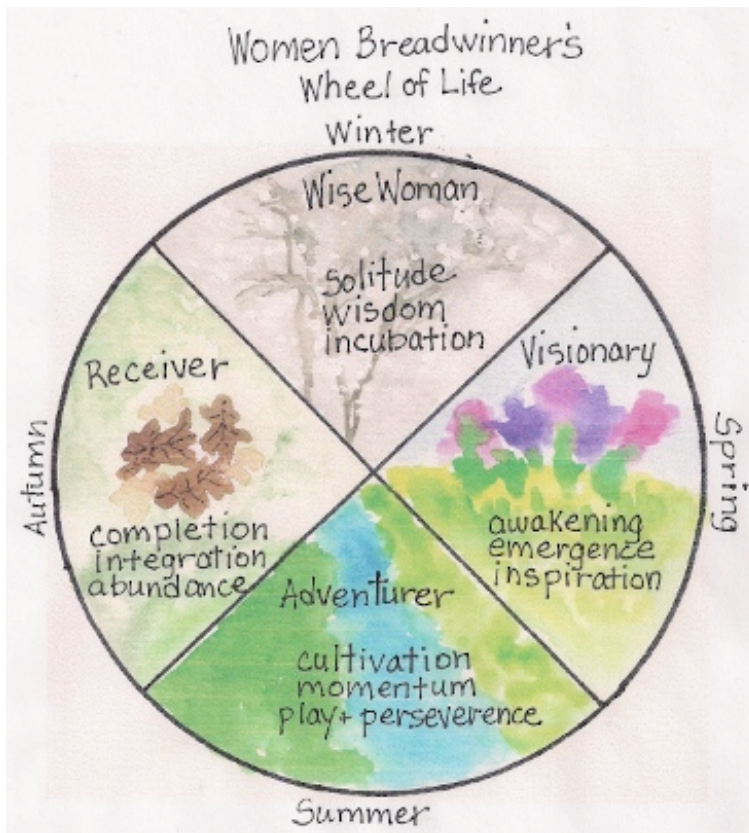


Winter Alignment Kit 2014



Winter

This year we are “walking the wheel” of the Women Breadwinner’s Wheel of Life in these quarterly alignment kits. Winter is our last stop on the journey. It is both an ending and a new beginning.

The seasons call forth different and powerful aspects of ourselves, to match the seasonal rhythm of Nature.

Each season offers us unique energies that can energize and inspire us as we move through our lives.

As we align with these aspects of the seasonal year, we are supported in being our best and most creative selves.

Calling Forth Our Inner Wise Woman



Winter invites us to a conscious slowing of our own rhythm so that we may become conscious of the wisdom that is present within us.

When we breathe and allow our minds to become still, we cultivate a space for our inner wisdom to make itself known to us. We all have a deeper aspect of ourselves that we can tap into, to receive guidance and direction.

Breathe deeply now, and allow yourself to feel the presence of your Inner Wise Woman.

What do you notice, in your body, when you do this?

Allow this inner Wise Woman to have a voice, without censoring or judgment. Play with automatic writing. This is a way of writing fast and honestly. Just put your pen on the paper, write a phrase to begin, and keep writing until the writing stops.

Begin with: “I am the one who.....”

Winter is About Endings

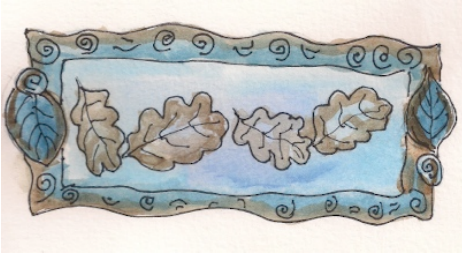


Winter is the end of a cycle of growth and harvesting. It is a time of dormancy. This is a critical season in the creative process.

What is ending, or completing, for you, at this time?

What can be let go, so that you can “prepare the soil” for a new cycle of growth?

Winter is About Sharing



You have harvested some gifts (insights, learnings, talents) from this last cycle of creative growth. These are now ready to be shared with others, if not explicitly, at least in the way that you are now being in the world, as a result of your growth, change, and transformation.

What is ready to be shared?

How would you like to share it?

Energy We Can Draw On: Solitude



It may seem a little crazy to invite solitude in what is, for most of us, a very busy holiday season. But this is part of what Winter invites us to.

Solitude can be very healing, and it is an essential part of our own creative rhythm. We allow ourselves to retreat, so that every aspect of ourselves (spiritual, mental, emotional, physical) can prepare itself for a new season of growth.

How can you give yourself some solitude during the Winter time?

What would be most nourishing for you?

Energy We Can Draw On: Wisdom



We all have a font of wisdom available in us. It may take a bit of practice to access it, but it is available to you at any moment.

Take a few deep centering breaths and turn inward. Ask, and write fast and honestly, without censure:

“What do you, inner Wise Woman, want me to know right now?”

Energy We Can Draw On: Incubation



Nature knows that seeds need incubation time to support their eventual growth. Incubation helps the plants flourish and thrive when it is time for them to grow.

What projects, ideas, or dreams do you wish to incubate during this Winter season?

Just set the intention that you will allow them the incubation time they need. Give yourself permission to let them incubate until you know intuitively that it is time to act on them. This may feel passive, but it is actually actively supportive.

The Most Important Questions



What matters now?

What's emerging?

What are your first steps?

Thank You



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

Lynne Fairchild, PCC, MBA

[Wayfinding Coach](http://www.wayfindingcoach.com/)

+1-815-568-8246

Rediscover yourself. Reimagine your life.