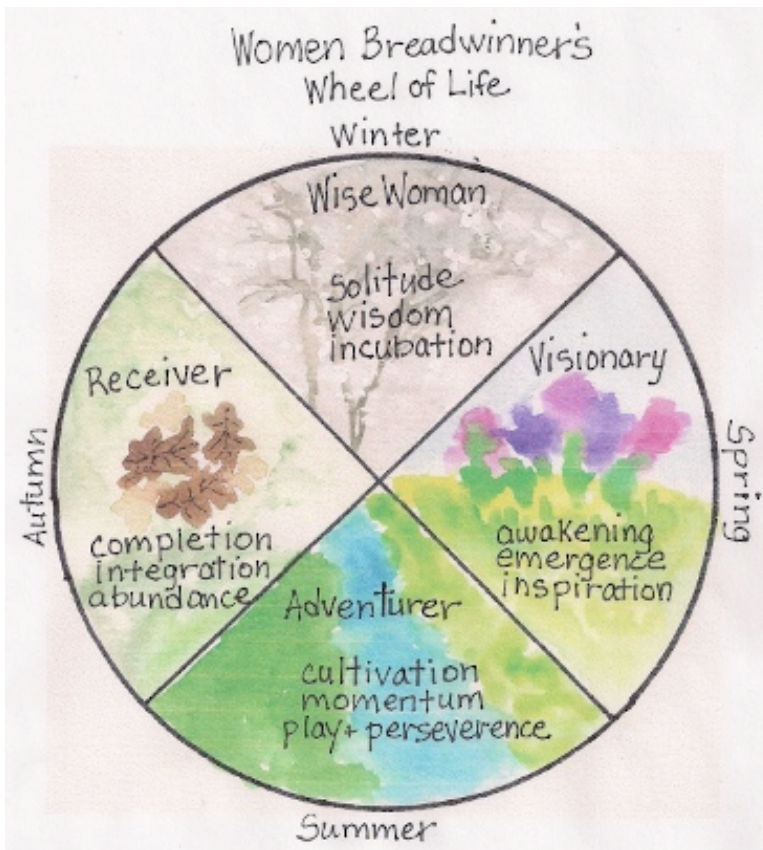


Autumn Alignment Kit 2014



Autumn

This year, we are “walking the wheel” of the Woman Breadwinner’s life in these quarterly Alignment Kits.

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 Receiver



Life is a miracle dance of giving and receiving. It is essential that we all embrace and become being Receivers as well as Givers, so that there is a sacred balance and flow in our lives. It is the way of harmony.

The fullness of Autumn teaches us to receive, so that we may partake in the abundance of life, and also that we may be generous givers of our unique spirit and gifts.

What is life asking you to receive right now?

What abundance are you noticing in your life?

How can you be a grateful receiver of that abundance?

Autumn is About Returning



Autumn is about returning. We have had a summer of growth and adventures, and we now return to celebrate abundance and prepare for the incubation time of Winter.

In your return from the adventures of Summer, what do you notice?

What is different now?

What ideas or new projects are alive in you?

What is it time to take action on, before the incubation of Winter?

Autumn is About Learning



Look back at the Summer season, your season of growth. Look for learning.

What has the path of life been like, for you?

What has life brought you?

What have you learned about yourself?

How can you take that learning forward?

Energy We Can Draw On: “Completion”



What feels complete in your life? What is done?

What can you let go?

What now opens up, from these completions?

Energy We Can Draw On: “Integration”



Things are coming together in this season, and we can release into the energy of integration.

What feels like it is coming together, for you, right now?

What’s the impact of this “coming together”?

What is it time for?

Energy We Can Draw On: “Abundance”



Autumn is a time of abundance and harvest. Whatever is going on in your life, designate a day when you will move through your day noticing all the abundance in your life, in all forms. Just be looking for abundance, and you will see it.

Then, after your day of noticing and savoring abundance, write about the *feeling* of abundance.

What does abundance feel like?

Abundance feels like....

If something important is emerging within you, and you would like to explore the Territory of New Possibilities....



A Special 3-Call Coaching Package for Former Clients:

Let's discover more about your New Territories.

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 New Territory: What's the New Territory? What's calling you?

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

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

If you're interested in this Coaching Package, please write to me at [Lynne Fairchild](mailto:LynneFairchild) and we can book times in our calendars.



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

Wishing you many blessings in this Autumn Equinox season,
Lynne

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I help you find your way through the unknown territory of life transition.

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