

Winter Alignment Kit 2015



It is Winter Solstice in the Northern Hemisphere.

We are on a luminous threshold, of Autumn into Winter, and of darkness into returning light.

This kit is an invitation for you to:

- Explore this threshold
- Receive the gifts of the darkness
- Open to the returning light.

It is my intention that with these kits, you have an opportunity to align with your true self, and also with the powerful rhythms of nature that can support you.

What is possible when you allow yourself to receive the gifts of darkness, and then prepare yourself to receive the awakening from within you, as the light gradually returns?

Exploring the Threshold



A threshold is a sacred pause. It is an opportunity to look back and know what has been, and to receive the gifts of wisdom from the journey.

When you look back over the last three months:

Who have you been?

What have you learned, about yourself, or your journey?

Exploring the Threshold (con't)



If we didn't pause on the threshold, we would be *on* all the time, and that would be exhausting. Pause to refresh yourself on this threshold.

On the threshold, we may get a glimpse of what's ahead. We may also see that much of the journey ahead is unknown territory.

What can you see, of the journey ahead?

What is unknown?

What is it like to be in unknown territory?

Exploring the Threshold (con't)



Thresholds offer us an opportunity to let go of what is no longer needed.

What can you release, to make your load lighter?

How else can you prepare yourself for the next leg of your journey?

Receiving the Gifts of the Darkness



Winter Solstice is the shortest day of the year. It is a time for us to explore what it means to dwell in darkness.

Let the darkness envelop you. Allow yourself to open to it, and be in it.

What if you surrender to the darkness: what is there?

How do you move in the darkness?

What is the invitation of darkness?

Receiving the Gifts of Darkness (con't)



In nature, darkness is a time of dormancy and incubation. Seeds are being prepared for Springtime growth.

What are you being prepared for, in the darkness?

What is incubating in you?

Opening to the Returning Light



Gradually, from Winter Solstice on, the light returns. Days become longer. The light widens and becomes more expansive.

What is the promise of the light, for you?

What does the light awaken in you?

What are you ready for, as the light returns?

Opening to the Returning Light (con't)



We can't always control our experiences in life, but we can choose how we want to be.

How do you want to be, in the returning light?

Set your intention for how you want to be for the next leg of your journey. There is great power in conscious intention.

Thank You



I hope you have enjoyed this conversation with your true self.

Many blessings and much love,
Lynne

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