

# Spring Alignment Kit 2016

---



It is Spring Equinox in the Northern Hemisphere.

We are on a threshold of Winter into Spring, and of the greening of all that has been dry or dormant over Winter.

This kit is an invitation for you to:

- Explore the luminous experience of being on a threshold
- Be alert to the awakening that is stirring within you
- Cultivate the potential that is emerging from within you

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 the awakening potential within you?

## Explore the Threshold



We are on the threshold of Winter into Spring. To be on a threshold is to be temporarily suspended.

You can see where you have just been, but you probably can't see much of where you are going yet.

**What is it like, for you, to be on a threshold?**

**Where have you been, over Winter?**

**What is the threshold that you are on, right now?**

## Explore the Threshold (con't)



There is a feeling of anticipation and potential on a threshold.

And, often, there is an instinct to let go of what you no longer need. This lightens your load so you can embrace the excitement of the journey ahead.

**What are you excited about, as you move into Spring?**

**What do you want to let go of?**

## Be Alert to the Awakening



In nature, things have been dormant, and incubating, over the Winter.

There is also new creative potential that has been incubating within you.

Now, things are beginning to stir, even though you may not see them yet.

**What is just beginning to stir, within you?**

**How can you be a fertile, receptive field, for what has been planted within you?**

## Alert to the Awakening (con't)



It's exciting when you start to see the potential awakening within you.

**How can you remain attuned to what is awakening within you?**

**What are you ready for?**

## Cultivate the Potential



There is an inevitability to the new growth in Spring.

It's going to happen; it's just a question of when.

This is true for the growth within you, too.

**What is now emerging from within you?**

**How do you want to cultivate the potential of this new growth?**

## Cultivate the Potential (con't)



The emergence in Springtime can be a quiet time, or it can be filled with the energy of new momentum.

Now it's time to sense the rhythm of the natural flow within you, and go with it.

**What is your vision of the new growth in your life, this Spring?**

**What are the first steps to take, for now?**

## Thank You



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

Many blessings and much love,  
Lynne

Lynne Fairchild, PCC, MBA  
Professional Certified Coach  
<mailto:lynnefairchild@earthlink.net>