

Summer Alignment Kit 2016



It is Summer Solstice in the Northern Hemisphere.

We are on a threshold of Spring into Summer, and of the fullness of growth and color that is the Summer season.

This Kit is an invitation for you to:

- Explore the threshold
- Encourage your growth
- Enjoy rest and play

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 for you when you embrace the fullness of growth within you?

Explore the Threshold



What is it like to be on a threshold?

What's behind you, now?

What's ahead?

Bask in the Light



Summer Solstice is the longest day of the year in the Northern Hemisphere.

What is possible, for you, in the fullness of the light?

What is the light calling you to?

Encourage Your Growth



Summer is a time of lush, full, intoxicating, colorful growth.

What wants to grow within you, and in your life?

How can you support its growth?

Enjoy Play and Rest



When we were children, Summer was all about play, exploration, and discovery of new territories.

How can you play this Summer?

What new territories are there, for you to explore?

Enjoy Play and Rest



Rest is essential to our vitality and our creativity, and to living the fullness of our true selves.

What is restful for you?

What if rest and play were essential to your well-being and creativity, not optional?

Go Play



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

Now, find some new territories to explore.

Many blessings, and much love,
Lynne

[Lynne Fairchild](#), PCC, MBA
Professional Certified Coach