

# Winter Alignment Kit 2016

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Cold.  
Dark.  
Beautiful.  
Bleak.  
Stark.  
Powerful.  
Still.

Winter holds a lot for us.

It has a lot to teach us about our lives and about our own nature.

In the Northern Hemisphere, today is the shortest day of the year, and the dark hours exceed the light ones.

Welcome to Winter.

**What can winter teach you?**

## Respect the Darkness



It is natural for us to prefer the light times in our lives, when things feel lighter and more carefree.

But what is available in the darkness?

It is often in the times of darkness when we are shaped and forged to be the wise people we are.

**What if you welcome the darkness?**

**What is there for you?**

**What is the soulwork to be done in the darkness, now?**

## Respect the Slower Times



Let's face it. It's hard for us to slow down, even when we need it, or are craving it.

Sometimes Winter just stops us in our tracks. There is a storm, and we can't go anywhere.

Sometimes it shows us that it is ok to slow down, like in those times when we see something beautiful, and it takes our breath away.

Sometimes Winter invites us to slow down, by immersing us in the quiet of the landscape.

**How is Winter inviting you to a slower rhythm?**

**What does the slower time want from you?**

## Respect the Unknown



Winter teaches us about the Unknown, when we don't know what will come up in Spring, and we don't need to know yet.

There are times in our lives when we don't know what is ahead, or how we will get there.

We have times of the Unknown, and times when it *isn't* time to figure it out yet.

**What is Unknown for you right now?**

**What if you let it be ok, to Not Know, for now?**

**What if you trust that you will know, when you need to know?**

## Survive the Storms



Nature shows us how to “batten down the hatches” and survive the storms.

It particularly shows us that life can be chaotic and stormy one day, and the next day can dawn with peace and clarity.

Winter shows us that our lives go in cycles, and if we pay attention to the trees in Winter, we can learn a lot about holding our own center, and leaning into the wind.

**What can you rely on, to survive the storms in your life?**

**What have the storms in your life taught you?**

## Honor the Stillness



If you have ever walked outside when snow had just blanketed the earth, and it is still drifting gently down, you know stillness.

Winter offers us many opportunities to feel the stillness in our bones.

Allow yourself to stop and feel the stillness of Winter.

**What is Stillness here to teach you?**

## Honor Incubation



The trees and plants are resting in Winter, and it is an essential and productive time for them. They need this time to rest and prepare for the new growing season ahead.

Winter forces dormancy and incubation as a necessary part of the creative cycle, in order to achieve the fullness of Spring and Summer growth.

**How does it serve you to allow yourself to rest?**

**What will it take for you to give yourself rest?**

## Welcome the Light



In a month or so, we will begin to see more light, and we will feel the days opening up again.

We will feel the very beginning of expansion, even though it is still in the depth of Winter.

Find a way to celebrate the return of the light, in your own way.

**How do you want to celebrate the return of the light?**

**What is available to you in the light?**



## Return



Return to the first page, and reread all of your answers to all of the questions, with an open mind, and a compassionate heart.

**What are the themes that you see, throughout the pages?**

**What actions or commitments are you inspired to, as a result of your reflections?**

## Thank You



Thanks for taking the time to do the reflections in this Winter Alignment Kit.

I hope you have enjoyed them.

Many blessings for a wonderful Winter Season.

With much love,  
Lynne

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