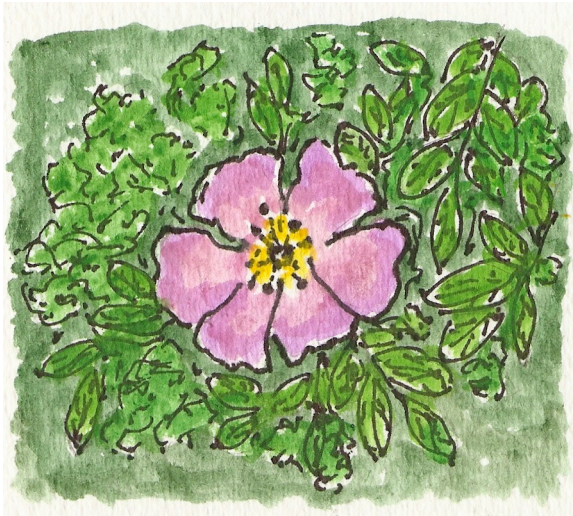


Summer Alignment Kit 2017



Relaxation.
Freedom.
Light.
Growth.
Play.
Flow.
Activity.

Summer holds a lot for us.

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

In the Northern Hemisphere, today is Summer Solstice, the longest day of the year.

Welcome to Summer!

What can Summer teach you?

Cultivate the Growth



Summer is an expansive time in Nature. If you have ever tended a garden, you know how explosive the growth can be in Summer.

There is a lot of momentum in that growth.

And, sometimes, a garden needs support to achieve that growth. It may need water, or it may need us to pull out competing weeds.

What is growing in your life, this Summer?

How would you like to support that growth?

Explore New Territories



For many of us, Summer presents an opportunity for vacation or holiday.

This can be a time for us to explore new territories, or new possibilities, as yet uncharted by us.

When we explore new territories, we expand our horizons and our thinking about what is possible for us.

What are the new territories that are beckoning you?

What new possibilities do you want to explore, in your life?

See the Larger Vision



Summer is often a time when it is easier to see the larger vision of our lives.

Things can seem easier and more expansive in Summer.

Everything in nature seems to be growing and creating, and that may help us feel the possibilities for ourselves.

When you look at the larger vision for your life, what do you see?

What is it time for?

Relax and Play



Many of us remember a feeling of freedom in Summer, especially when we were children.

Summer may have been a time when we had more time and more freedom to relax and play.

Now, as adults, in the pressure and pace of our everyday lives, we may have lost touch with spontaneous play and relaxation.

How can you allow yourself to play and relax this Summer?

How can you carve out some regular time to relax and unwind?

Enjoy the Fullness of Life



The fullness of life is unmistakable in Summer. Evidence of it is everywhere, all around us.

Flowers are growing, trees are producing fruit and nuts, the farm fields are becoming more and more robust. Young birds are growing from being hatchlings, to nestlings, to full-fledged birds, flying off on their own adventures.

How do you experience the fullness of life in Summer?

How can you create even more opportunities to engage fully with life?

Enhance Your Creative Vitality



The robust growth and fullness of life in Summer can stimulate our creative vitality.

Being surrounded by the New, especially all of the new growth in Summer, can help us see beyond our previous limits about what is possible. All that growth and vitality can encourage us creatively, and stimulate our creative juices.

How might you enhance your creative vitality?

What wants to be created through you?

Be Receptive to Change



This sunflower is growing full with new seeds in Summer.

It represents all that we have been focusing on: growth and the fullness of creative potential.

When Summer comes to a close, this sunflower will cease to grow. The flower and the leaves will wilt and die.

Change is then again on the horizon.

However, this is when the seeds come into their fullness, and they become available as food for many birds and animals, fueling their growth and expansion.

What is beginning to change in your life?

How can you be receptive to it?

Return



Return to the first page, and reread all of your answers to all of the questions, with an open and curious 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 Summer Alignment Kit.

I hope you have enjoyed them.

Please always feel free to get in touch with me to let me know about your experience with these kits.

Many blessings for a wonderful Summer Season!

With much love
Lynne

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