

# Spring Alignment Kit 2020



In the Northern Hemisphere, today is Spring Equinox. It is the day that Spring begins.

As I write this, the World Health Organization has just declared the coronavirus to be a pandemic. In some regions, it also feels like a fear or shortage epidemic.

I am guessing that this pandemic will affect some of our lives in a very significant way. For others of us, it may only be an inconvenience, impacting other people more directly than ourselves. Where each of us falls on that continuum is currently a matter of uncertainty.

The theme that I started with for this Spring Alignment Kit, prior to the virus outbreak, was Awaken.

Spring invites us to awaken.

In Spring, our souls are calling us to awaken.

As I thought about it, this theme still feels relevant, especially if we think of Spring as an opportunity to:

- Awaken to being in uncertainty
- Awaken to our vitality
- Awaken to who we want to be

Welcome to Spring.

## The Invitation of Spring: Awaken



Nature has slumbered all Winter. Seeds and buds and bulbs have been dormant during this time.

Life is about to spring forth again, to awaken with new vitality.

We can join in this seasonal celebration of life as we align with the energy of Spring.

In times of uncertainty and changing conditions, we help to support our well-being by becoming consciously aware of what we can celebrate in our lives.

What can you celebrate in your life?

## Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart, they begin to answer themselves in the right timing.

What are your questions about your life right now?

What are your questions about yourself?

## Awaken to Being in Uncertainty



Right now, we are living in what feels like heightened uncertainty. We are challenged every day with conditions that are out of our control.

It is certain that Spring happens, but the way it shows up is always uncertain.

It can roll mildly in, as nature awakens gradually from a deep sleep.

It can show us its vigorous and challenging side, with violent storms and abrupt awakenings.

Spring is a season of uncertainty and unpredictability.

How do you keep your connection with your center in the midst of uncertainty?

What does your soul want you to remember in uncertain times?

How do you stay awake to all the goodness in your life in uncertainty?

## Awaken to Our Vitality



Spring brings with it a vitality that is irrepressible.

Spring invites us to come out of our slumber and awaken to our vital, creative, selves and lives.

Where in your life do you slumber?

What makes you come most alive?

What can you do to awaken fully to your innate vitality?

## Awaken to Who We Want to Be



In a global pandemic, we do not choose the circumstances in which we find ourselves.

But we do get to choose who we want to be in the midst of those circumstances.

What does your soul know about being you in the midst of uncertainty?

Who do you want to be in these uncertain times?

What do you want to awaken to?



## Return



Return to the first page, and re-read 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 has become clear for you?

What is ready to awaken, in your life, in this Spring season?

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

## Thank You



Spring invites us to awaken, to our vitality and to who we most long to be.

I invite you to explore and enjoy the Spring season.

Thanks for taking the time to do the reflections in the Spring Alignment Kit. I hope that you have enjoyed them.

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

With much love, and many blessings, in uncertainty,  
Lynne

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