

Summer Alignment Kit, 2020



What Are Your “Left Behind” Dreams?

Summer is an expansive time, filled with hope and promise.

It may feel like we have a bit more time, in Summertime. Things can feel more possible.

We often feel like there is more space and more light in Summertime. We begin to dream again.

This year, the Summer Alignment Kit is about finding your “Left Behind” Dreams. Discovering what’s calling you and what’s possible now.

This one’s for you if you feel like you have lost a part of yourself along the way, and it’s calling to you, ever so faintly. You might have put it aside because there was no time or because it wasn’t the right time.

It’s about taking the first step to reclaim the heart and soul of our essential dreams.

This kit is revised from the Summer Alignment Kit 2012, but I have rewritten it almost completely.



Making Space to Hear Your Left Behind Dreams

We are on a retrieval mission, to discover and recover your “Left Behind Dreams”.

This is an intuitive quest and a quiet, reflective one.

We ask questions, respectfully, of the deepest parts of ourselves and then we wait for the answers to come into our awareness. We give these inquiries the gift of time and space and quiet. Because they may be speaking softly at first.

How would you like to give space to hear your Left Behind Dreams?

What are the dreams that you can hear whispering?



Summer Invites You to Your Dreams

Summer is the energy of expansion and momentum. Perhaps some of your Left Behind Dreams will want to show themselves to you now.

Dreams can be persistent, and sometimes elusive.....

Left Behind Dreams are the ones that won't go away. You know the ones.

Take lots of space to explore your dreams. You know them; it just may take some time for them to come to the surface again. If you don't hear them right away, come back later and listen again.

What do you long for?

What are the dreams that you have known about, but there wasn't time, or it wasn't the right time?

What are the dreams that are more hidden, and how can you coax them out?

What does your soul want for you (even if you can't see how it will happen)?



What Can You See Now?

Like rainbows shining brightly in the distance, often our dreams feel like they are far away or in some way not real.

But now, having invited your Left Behind Dreams to show themselves to you, you can see them better.

What are the most essential ones?

How will you feel when they are part of your life?

What will be different for you when they are a part of your life?



Retrieve Your Most Essential Left Behind Dream

Even if you can't see the How of your most essential Left Behind Dream yet, it is important to retrieve it, because *it is essential*. It will show you the way, step by step, as you begin to attend to it and cultivate it.

What is the Left Behind Dream that you would like to retrieve?



Listen to Your Left Behind Dream

Listen to what your dream has to tell you about itself.

Let it have a voice and give it a judgement-free zone.

What does your Left Behind Dream want you to know?



Nurture Your Left Behind Dream

It is important to protect your Left Behind Dream, and to nurture it, by giving it space and place.

Give space for it to tell you more about itself.

Give it a place in your life.

And, perhaps, hold your action back at first, until you understand the fullness of your dream and how it wants to express itself in your life.

Journal about it. Listen to it. Protect it like a small seedling or a just-born fawn.

How can you give your dream the space and place to understand it more fully?



Cultivate Your Left Behind Dream

Cultivate means “foster the growth of”.

It’s an active process of gaining insight, making commitments, and taking actions.

It is staying in close touch to your Left Behind Dream, continuing to listen to it, and moving forward step-by-step.

The step-by-step part is especially important. Often, with Left Behind Dreams, there isn’t an obvious path, and maybe there isn’t even a clear destination. If there had been these things, you probably would have moved forward on your dream already.

It takes faith in the process and in your dream to move forward one step at a time.

What is your commitment to your Left Behind Dream?

What is the first step of your Left Behind Dream?

When will it be time to take that step?

How will you be sure to continue to listen for each next step, and take it?
(especially when the rest of your life shows up!)



Thank You

Thank you for having the curiosity and the courage to look for your Left Behind Dreams.

If you found them, and even if you can't yet see how they are possible, this means that they are alive and well, and that they want to be found. Stay close to them and keep listening.

And, you're always invited to get in touch with me if you'd like to do some coaching about your Left Behind Dreams.

Much love and many blessings,
Lynne

[Lynne Fairchild](http://www.wayfindingcoach.com/)
Professional Certified Coach
<http://www.wayfindingcoach.com/>