

Winter Alignment Kit 2017



In the Northern Hemisphere, today is Winter Solstice, the shortest day of the year. It is also the beginning of Winter.

For many of us, Winter is perhaps the most challenging of the seasons, as it brings darkness and cold with it.

However, when we are able to open to Winter's gifts, it can help us find our way in a time of darkness and incubation, in a time of the unknown.

Welcome to Winter!

Questions



Winter can symbolize the dark, unknown territory of our lives.

Any unknown territory is a sacred, luminous space.

Being there can feel challenging, but it is filled with possibility.

Where are you in unknown territory in your life right now?

What are your questions about this time in your life?

Simply acknowledging unanswered questions can be very powerful.

Entering



Winter is also associated with incubation, because it is a time when nature is incubating seed material that will sprout in the Spring.

Winter invites us to enter and embrace the darkness, and to discover what it is like to wait.

What is it like to go into the darkness of not knowing?

How can Winter help you to wait?

What happens when you allow yourself to wait, rather than pushing forward right now?

Listening



Your inner being knows just what you need to know right now.

Let yourself give into the quiet of Winter, and listen to your deepest self.

What helps you listen to your deepest self?

What is your deepest self saying, in this time of not knowing?

Seeing



Imagine that you are now on a powerful, luminous threshold, between what has been, and what is becoming, for you.

Pause for a moment at the threshold.

What is the threshold that you are on, in your life right now?

What can you see of the way forward?

(It may not be much.)

Beginning



Winter slows us down. Sometimes we can't move forward as fast as we might like.

Winter invites us to respect the wisdom of the process, and to savor the journey.

It shows us how to move step by step, with full attention and consciousness.

As you move forward, what is it important to pay attention to?

If there is a first step, what is 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 are you being invited to?

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

Thank You



Even though it may feel like you are in the unknown, or in darkness, Winter assures you that you are on your path.

Thanks for taking the time to do the reflections in the Winter 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.

Many blessings for a wonderful Winter season.

With much love,
Lynne

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