

# Summer Alignment Kit 2018



In the Northern Hemisphere, today is Summer Solstice. It is the beginning of Summer.

Summer is a time of emergence and growth.

Summer can help us find our way in momentum and flow.

Welcome to Summer!

## Questions



Summer is a time of strong growth. It is a time of cultivating and supporting the things in your life that are in their growing season. It is also a time of freedom and play.

When we consciously incorporate all of these elements into our summer, we feel a sense of right balance.

What is growing in your life right now?

How is a spirit of play important and relevant to you during this season?

What are your questions about this time in your life?

Simply acknowledging your unanswered questions can be very powerful.

Honor the questions and let them be open for you.

Notice how inspiration and intuition begin to form answers to your questions, when you hold them lightly and curiously.

## Entering



Summer is a time of strong emergence and growth. It is a season of momentum and flow. It is a time when we want to support this natural expansion that's already in progress, within ourselves and in our lives.

As you enter summer, what in your life already has a sense of momentum?

How can the energy of summer support this momentum?

What if you let yourself go into the flow that is happening in your life?

## Listening



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

Give yourself to the growth and expansion of summer, and listen to your deepest self.

What helps you listen to your deepest self?

What does your deepest self want you to know, in this time of momentum and flow?

## Seeing



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

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

As you stand on the threshold, what can you see, as you look ahead?

What is calling you forward?



## Beginning



There are times in summer when we can feel the growth bursting forward. And these are also times when we feel it is time to give ourselves a break from high activity.

What is it important to pay attention to, as you begin to move forward?

What is your first step?

How can you give yourself both growth and rest this summer?

What is it important to pay attention to, as you begin to move forward?

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?

What are you being invited to?

What is the growth that you want to support?

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

Thank You



Summer can feel like a season of paradoxes. On the one hand, we have associations of play and freedom in summertime.

And, also, it is a season of strong growth, and things need your tending so that the upcoming harvest in autumn will be full and abundant.

Thanks for taking the time to do the reflections in the Summer 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,  
Lynne  
Professional Certified Coach

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