

Winter Alignment Kit 2018



In the Northern Hemisphere, today is Winter Solstice. It is the day that Winter officially begins, and the darkest day of the year.

Winter is a paradox of stillness and power. This season is an invitation to restore and recharge.

Late Winter is a time of anticipation, when we often grow restless for the new growth of Spring.

Welcome to Winter!

Winter: Sanctuary



Winter, with its stillness and darkness, calls us to sanctuary.

We all need sanctuary from the pace and demands of our lives.

We need a place to quietly reflect, to fill our inner wells, and to regain our sense of balance and grounding.

I invite you to create a spot in your home that can be your sanctuary, where you can go for quiet reflection and renewal. It can be as simple as a corner with a chair, lamp, and a small table.

How can you create a sanctuary for yourself?

The Invitation of Winter



The invitation for many of us in Winter is to rest and recharge.

Any practice of renewal is becoming increasingly challenging in a culture that honors information and activity, but we all need sanctuary.

And, of course, that it is challenging is the very thing that makes it essential.

We need to renew ourselves in anticipation of the new growth that will be beckoning us in Spring.

What is your life inviting you to, in this season?

How can the energies of Winter support you in this invitation?

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 right timing.

What are your questions about your life right now?

What are your questions about yourself?

Darkness and Stillness: Retreat and Restore



Immerse yourself in the darkness of Winter. Savor the stillness. Celebrate the space that darkness and stillness create for “what’s emerging in your life” to incubate.

Winter is a special container for incubation, even if you don’t know right now what is incubating within you.

One gift of winter is the opportunity to retreat and restore.

What, in you, needs nourishing or restoring?

What is the retreat that you need and want?

How can you give yourself some time and space to step back and restore?

Power: Recharge



The raw power in Winter storms cannot be denied. Winter storms can literally come into our lives and slow us down.

A storm can be a pause in your life. It can be an opportunity to recharge.

Often, after a big Winter storm, everything feels cleansed and rejuvenated.

Check in with your energy. What do you notice?

How do you recharge your energy?

What needs a recharge in your life?

Anticipation: Prepare



Towards the end of Winter, as the days get longer, anticipation is born in us. After a monochromatic Winter, we start dreaming of green and new growth.

Winter is an opportunity to make space and to prepare yourself and your life for the growth of Spring.

What do you no longer need in your life, that you can let go?

What are the inner things that no longer serve you, and that you are ready to release?

Check in for obsolete and outmoded beliefs, assumptions, ways of being.

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 your life inviting you to, in this Winter season?

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

Thank You



Winter is both stillness and power. It can feel like a time of paradox.

I invite you to explore and enjoy both of these aspects of the season.

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.

With much love,
Lynne

Professional Certified Coach