

# ELEVATOR UP

## GYP-MODULE 3

### ELEVATOR UP-MEETING A SPIRIT GUIDE

This exercise I sometimes do as a guided meditation. It can simply be done individually as a meditative exercise to connect with a guide.

#### How To:

1. Get into a quiet place where you won't be disturbed for about 20 minutes. Do some deep breathing and relaxation exercises. Flex and tense and release parts of your body as you breathe; breathe in for 10 and out for 10, etc. Set the timer for whatever time you have 10, 15, 20 or 30 minutes.
2. Sit back and relax as you imagine earth energies flowing up through your feet and subtle energy body. Imagine that you are standing in front of a very academic building – a building that houses wisdom and wisdom energy. Step into the building, noting the textures, smells and sounds. Approach the elevator and know that when you get to the 10<sup>th</sup> floor and emerge into the space, you'll be in the presence of a Spirit Guide of yours. Set this intention that you'll be meeting a guide for your highest learning.
3. Board the elevator and watch as the numbers move up from 1-10. At ten, step out into the space and mentally invite the best Guide for you and your learning to come forward. Spend time perceiving this Guide and feel free to mentally ask it questions about itself, how it is here to help you, etc. Perceive its energy.
4. When complete with the visit or when the timer goes off, head back down in the elevator, into the foyer and outside again. Then bring your energy back into the room and journal on your experience.

