



ELEVATOR INTO THE FUTURE

Take some nice deep breaths – in – out – in – out– in – out

Imagine you are breathing through every pore of your body, breathing in love and harmony and breathing out any dysfunction or negativity.

Continue this full body breathing for a little while until you feel calm and relaxed.

In your imagination, take yourself into a wildflower meadow.

It's a lovely summer's day; the sun is shining

and there's just the lightest of breezes that touches the flowers

so that they move gently and release their perfume into the air.

As you stop and listen, you can hear bees buzzing and birds chirping.

In the corner of the meadow stands a magnificent tree in full foliage.

As you walk over to it you see that there's a doorway in the trunk.

You open the door and find yourself in what appears to be an elevator with buttons that are marked 1, 5 and 10.

You know instinctively that you are totally safe

and that you will come to no harm whilst you are within the tree.

You press the button marked ONE

and it swiftly takes you to a year ahead in your future.

As you step out of the elevator you enter a biggish room.

It is filled with people that you know.

You see that they are having some kind of party.

As they turn to greet you they begin to cheer.

They are celebrating YOU and your success!

Your family and many friends come up to you and hug you, expressing their delight in your achievements.

What is it that you have done?

What have you achieved?

Take a few moments to reflect and to quietly express thanks.

Having spent a happy time at your party, it is time to take your leave.

You bid your family and friends farewell and get back into the lift.

You press the button marked FIVE

and it swiftly takes you to five years ahead in your future.

As you step out of the elevator you enter a large, comfortably decorated room.

It is filled with people who are delighted to see you!

Your friends and family are there with people you don't yet recognise from your future.

You see that they are having some kind of party.

As they turn to greet you they begin to cheer.

They are celebrating YOU and your success.

Many come up to you, shake your hand, hug you or pat you on the back, offering their congratulations.

There is a table clearly displaying your achievements, both items and photographs.

What's on the table?

What are the items?

What do the photographs show?

Who's in them?

What is it that you've done?

What have you achieved?

Take a few moments to reflect and to express your thanks.

Having spent a wonderful time at your party, it's time to take your leave.

You bid everyone farewell and get back into the lift.

You press the button marked TEN

and it swiftly takes you to ten years ahead in your future.

As you step out of the elevator you enter a large, beautiful and elegant room.

It is filled with hoards of people who are absolutely thrilled to see you!

Your friends and family are there with your colleagues from five years ago

and the people you don't yet recognise from your future -

all gather round and express true delight in your achievements.

As they greet you there is a huge roar of appreciation.

What a celebration of you, your achievements and your success!

The champagne is flowing and there are waiters circulating with trays of the most delicious canapes.

On a table nearby there is evidence of your achievements, both items and photographs.

There's also a ledger, showing your income for the past year.

You are staggered by the amount of money it shows.

It seems you are abundant in every possible area of your life - health, prosperity, wonderful relationships, opportunities galore, deep happiness and spiritual fulfilment.

What's on the table?

What are the items?

What do the photographs show?

Who's in them?

What is it that you have done?

What have you achieved?

Take a few quiet moments to reflect and to express profound gratitude for all that you have achieved.

Having spent an amazing time with everyone celebrating you and your success, it's time for you to return to the NOW.

You bid your everyone farewell and get back into the lift.

You press the button which returns you to the ground.

You open the door and step out from the magnificent tree into the beautiful meadow into TODAY where the sun is still shining, the birds are singing, the colourful flowers are moving in the light breeze and all is well in the world.

Under the branches of the tree is an ornately carved chair.

You sit down and consider everything you have seen in your future, knowing that at any time you can revisit the tree, the elevator, the people and your success. Everything you have seen in your meditation is already there for you!

The energy contained within your imagination is a tool that offers immense power and starts the process of manifestation into reality. Use it often. Use it wisely and it will serve you well.

Return your attention to your breathing – in – out – in – out– in – out

Wiggle your fingers and your toes.

And when you are ready, gently open your eyes into this time, this place.