



Elevators

The elevator tool is **tool of awareness** and useful for gaining a deeper understanding of underlying patterns that are getting in the way in a particular area of your life. The following describes the steps in using this valuable tool.

1. Create the question you want answered and write it down.

The question is not meant to provide a “yes” or “no” response; it is crafted to help you to discover and uncover patterns. Following are some examples:

- What are the unidentified patterns that stand in the way of achieving my vision?
- What are the unidentified patterns that keep me from creating a fulfilling, healthy, loving relationship?
- What are the unidentified patterns that limit my experience of my sensuality and sexuality?
- What are the unidentified patterns that keep me from hearing and trusting my Spiritual Self?
- What are the unidentified patterns that make it difficult for me to be intimate?
- What are the unidentified patterns that underlie my depression?
- What are the unidentified patterns that drive ____?
- What patterns are holding me back from ____?

2. Close your eyes

See an elevator in front of you with the doors open. Walk onto the elevator and see a button on the control panel that has your question on it. With curiosity and eagerness to learn more, push the button and the elevator doors close. The elevator goes down, down, down, and at some point stops. When the elevator stops, the doors open.

3. When the elevator doors open, experience what is there

As the doors open, experience what is there – perhaps a scene from your childhood or adulthood or something you have never experienced before. Use whatever scene appears, and experience everything that’s there for you. Let the scene play out until the end and then open your eyes.

- If the elevator doors open on a scene that is blank, dark, or hazy, turn on a light, walk through the fog, see the sun rise
- If the elevator doors open on a fantasy, dream-like scene, play with it, move around in the scene; especially move toward anything in the scene that might frighten you

4. Write down the scene in as much detail as possible.

Include everything you were feeling, thinking, and doing while in the scene, as the scene progressed. Be specific.

- Where are you?
- How old are you in the scene?
- What is happening?
- What's the mood of the scene?
- Who else is there?
- What are you doing?
- What are others doing?
- What are you feeling?
- What are you thinking?

5. Get back on the elevator.

Get back on the elevator and push the button with that same question on it. Go down, down, down, down, and allow the elevator doors to open onto another scene. Describe each scene in detail. Repeat this a third or fourth time.

Identifying Patterns in an Elevator Scene

Now it's time to identify patterns in your elevator scenes.

1. Review what you have written for each scene and circle or underline the following:

All of these are clues to patterns

- Emotionally charged parts
- What you are thinking, feeling, doing, and sensing in the scene
- Beliefs, admonitions, and actual physical realities present in the scene
- Patterns in yourself and others in the scene
- Look for patterns everywhere – in your own behavior, thoughts, and feelings; in the behavior, moods, admonitions of others

2. As you review all the scenes as a whole:

All of these are clues to patterns

- Notice what are the overall messages and moods in all the scenes
- Notice the implications and assumptions that are present
- Pay attention to the wording of what you have written down and what meanings are present

3. Reflect on what you have identified and how it answers the question you asked.

Notice how you express those patterns in your life, and where you learned those patterns. Now that you have awareness of the patterns, take the next steps in the cycle of transformation for clearing the patterns.

Frequently Asked Questions

1. What are the **feelings** that are exhibited in the scene? Do these feelings point to fears, expectations, compulsive stuck places, blocks?

Example: *"I felt disappointed"*

- Do you often feel disappointed, so that it is a general point of view in life? A stuck place?
- Do you expect disappointment? You may have an internal admonition – Life is disappointing
- Do you fear disappointment?

2. What are the **thoughts and beliefs** that are in the scene? Look for admonitions and behaviors.

Example: *"I thought, 'I'm stupid for even trying.'"*

- The pattern here is an admonition – "I'm stupid" or, more particularly, "I'm stupid for trying"
- It may also be – self-critical and name-calling
- Or perhaps, "Nothing I do is right"

3. What are the **behaviors** that are in the scene? These could be physical behaviors, facial expressions, or certain kinds of actions to which you have attributed meaning.

Example: *"I cringed away from him. He acted superior."*

- Do you cringe?
- Do you hide? Physically? Emotionally?
- Do you act superior? Do you feel superior? Do you fear people who appear superior?

4. What are the simple **physical realities** in the scene?

Example: *"I went there alone. I wanted to do this myself."*

- Are you a loner? Do you feel alone in the world?
- Do you need to prove your independence?
- Is there a pattern of being overly self-reliant?

5. With the **original question in mind**, read the scene and see if there are words or expressions that address the question.

Example: *"I thought, 'Great, it's not going anywhere.'"*

- You could ask yourself, on some level, is there a pattern of being "extremely happy" that things don't progress?

6. **Look for equivalencies** in how the content of your scene related to the question. For example:

- Question: What are the unidentified patterns causing me to put up walls in my relationship?
- Content from Scene: "I wanted to do this myself. I was having her stand in one place without being held."
- There may be a pattern of love = control or being in charge

