

# The Main Points of Reaching for the Light

In Week Three, we are likening our ability to rise up the emotional ladder to the natural tendency of plants to reach up towards the sun.

We call things that help to lift us up the ladder: Play Elevators.

## Play Elevators

Play doesn't mean goofing off or being silly. To me, it means that you are following your own sense of inner engagement in what you're choosing and directing yourself towards, in a way that opens you up and brings more of you into it.

It's not a distraction to play. It's actually bringing you deeper into your path of what you're here for. I love the concept of destiny lines, that there's things that light each of us up. Things that we're here to play with and explore.

Sometimes people think if we're grumpy we need to stay in it and figure it out, hash it out in the moment. When actually if we can start to elevate ourselves up, sometimes that problem disappears, it's not even real at another emotional level. Or, the solution becomes incredibly clear, it becomes like no big deal, just do this and then this, like Bing! Of course! Or we're drawn into something that clarifies something for us, gives us a missing piece of information, gives a dose of compassion, etc.

## Practice Prompt

Draw out or write out your emotional/vibrational ladder, the spectrum, and then come up with things that really genuinely work for you to help you, to uplift you, when you're at each different space on the ladder.

What helps to lift you up when you're vibrating at:

depression/fear

anger/worry

bored/frustrated

content

hopeful

excited

joy

# Inner guidance

On the beam thoughts

Forking

Log-Rolling

Visualization: Balloon or flower

## Practice Prompt

How do you engage with your inner guidance?

## Gratitude Games

Gratitude games, when you really value your emotional ladder, aren't frivolous or a "should" thing. That is my wrench. That is my hammer. That is a tool I use to make a difference in my emotional state of being that really works.

### When I'm low..

Tweak it to be a list of things that don't suck, or things that are okay, reasons that I'm okay

### From frustrated and above...

Make a list of what's working out, what's going well, what am I excited about, why is this situation actually perfect for me, or helping me build skills that I want to have

### A habit of celebrating

A practice of, at some point in your day, maybe it's the first thing in the morning or last thing at night, play in celebrating things, or counting your blessings, or coming up with at least ten things you're grateful for. It ripples and deepens these celebrations to focus on them, and that helps me remember to share them when someone asks how I'm doing

## UR10

UR 10 is a game that Natalie Kinsey came up with, which is basically coming up with 10 things that you appreciate about someone else and sending it to them. I think that that is one of the most powerful things that we can do because it lifts us up the emotional ladder, and it lifts somebody else up the emotional ladder.

## Top Five

That's where you give each other topics to say our five favorite things about it. Socks or the color blue or sweaters or anything.

## Practice Prompt

The last piece of your practice prompt is for you to play a gratitude game with somebody this week. You could just send them appreciation or start a top five game with them.

Enjoy!