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## **GUIDED IMAGERY 09 - TO GAIN STRENGTH FROM KNOWLEDGE**

Imagine that you are on a journey, a quest to find the most sacred source of knowledge. Your journey begins at the doors to a temple or cathedral, and you enter, hoping to find what you're looking for so you can get on with sharing what you've discovered.

You are amazed when you walk inside, for there you find a long hallway, with doors leading to many different rooms. You open the first door and walk inside a room which is filled with old books, dusty from years of neglect. One book falls at your feet, and when you pick it up, a page falls out. When you look at the page, you see that it is a map of the cathedral.

You leave the room, map in hand, heading toward the place marked by a symbol which looks like a pyramid with a circle in the centre. To get there, you go through a doorway which opens to a flight of stairs. At the top of the stairs is another door. When you open it, you walk out onto a balcony which overlooks the city. It seems to surround the entire building, and you are amazed at the beautiful things you see.

Everywhere you look, you find something fascinating, but you are most drawn to a crystal blue pillar which stands near what seems to be the centre of the building. Once you reach the pillar, you see standing before you a wise teacher who beckons you.

As you walk with your teacher and guide, you feel that you are in the presence of powerful knowledge. Your guide gives you a scroll which seems centuries old. As you open the scroll, you read words which speak to your heart.

You have found true wisdom in this moment. Your experience in this sacred space reminds you that there is always a source of knowledge from which you can draw strength.