

Belief: Pick a “Belief” card. (Beliefs are part of your victim story). Don’t look! — it must remain in the unconscious until such time as you land on a “Light” square. Then you can look at it and ‘bring it to the light.’ Put it face down in the OLD STORY on the left hand frame.

Blame Game: Another player holds up a mask of your ‘perpetrator’ for you to vent your feelings towards. Tell them why it’s all their fault! (e.g. “it’s all your fault because...”, “you made me do it,” “if not for you...” “you said it would be ok,” etc.) Be sure to get out everything your victim-self would want to say to them and do it dramatically with lots of emotion. It’s OK if no feelings come up. Fake it anyway.

Group Response:

“That’s right! You tell ‘em!”

Energy Block: Spin the “Color Wheel” to find where in the body your “Energy Block” is located. Read what area of your life is being affected (example: Violet represents the 7th chakra and means you are blocking your ability to be inspired, guided and have faith). Take the colored card representing that chakra (Violet) and put it on the OLD STORY frame. You’ll need to land on a “Releasing Breath” square to release it.

Guess What: Pick a “Guess What?” card from the top of the pack and follow the instructions. You may keep the card by you for later reference.

Healing Angel: See your past enemies as your Healing Angels. Affirm: “Even though I may not understand why, I now realize that _____ and I are doing a healing dance with each other and I can see that we are Healing Angels for each other.”

Group Response:

“What a Healing Angel you are for them too!”

Karma: Take a “Karma” card and put it with your “Event” and “Context” cards. Look to see how this karma may have played a part in the unfoldment of your story.

Let It Go: Pick one Belief that's face up that you would like to let go of. If all of yours are still upside down (unconscious), turn one over now. If you don't have one, pick one up. Hold it in your hand and dramatically affirm with conviction: "I totally release this Belief that _____ (read card) _____ completely from my consciousness NOW! Put the card aside.

Group Response:

***Applause plus words of encouragement
and delight.***

Light: Turn over one “Belief” card in the left frame (to bring it to the Light) and read it out. Put it back down face up. If you don’t have one, pick one up and do a “LET IT GO.” [If a player is going backwards, he/she can release a “Belief” or a “Block”].

Group Response:

*“We don’t buy that,” or
if going backwards, “Yes.”*

New Story: Pick a “New Story” card and put it face up in the right frame to create a new script for your story. Read it out loud.

Oneness: Affirm: “I feel my oneness with everything and everyone.”

Group Response:

“We truly are One!

Ommmmm!”

Power: Release all remaining “Beliefs” and “Energy Blocks.” If you don’t have any left, move **forward** to *whichever Gateway comes first* (either “Surrender Gateway” or SATORI).

Group Response:

“You’ve got the Power!”

Projection: Spin “Color Wheel” once to see who you are projecting your judgments onto. (Others or Yourself. We project onto others, or on ourself what we deny and hate in ourselves.) Identify If the needle is pointing outward onto others or inward onto yourself. Then, spin it again to see which chakra in you is blocked, causing you to project those qualities outward onto others or inward onto yourself. Put the corresponding “Energy Block” card into your OLD STORY frame. Projecting comes at a price, so you must also pick a “Belief” card and put it in the left frame without looking at it. Your “Projection” is what you have denied and repressed, so it is unconscious and must therefore be placed face down.

Radical Forgiveness: Forgive your supposed enemies. Affirm: “I completely forgive you _____. I now realize that you did nothing wrong. Everything is in Divine Order. I unconditionally support you just the way you are in all your magnificence.”

Group Response:

“That’s true surrender!”

Releasing Breath: Heal one “Energy Block” by affirming: “I now release all blocks connected with _____ (read off “Block” card). Breathe deeply, feel energy in the energy center where the block was located and breathe out with an audible sigh.

Group Response:

Deep breath and an audible sigh.

Self-Acceptance: Affirm: “I love myself being in my feelings about this and know that when I am ready I can choose peace.”

Group Response:

*“(Name) we love you
just the way you are!”*

Spiritual Bypass: Feelings are important! Feel your feelings to continue. Tell the group how you really feel. Then, move back 3 spaces.

Group Response:

*“Yes, that’s right!
Get real!”*

Surrender: Affirm: “I now surrender to the Higher Power I think of as _____, and trust in the knowledge that this situation will continue to unfold perfectly in accordance with Divine guidance and spiritual law. I feel the Divine Love that is flowing in this situation.” (Pause and feel the Divine Love.)

Group Response:

“That’s true surrender!”

Willingness: Affirm: “Even though I may not understand why, I am willing to see that the situation might have been Divinely guided and that this was not so much happening TO me as FOR me.”

Group Response:

“We honor your willingness to see it that way!”

You Spot It, You Got It: Look around at all players' opened "Belief" and "Energy Block" cards. Find the one you resonate with and take it as your own. Put it face up in your left frame. If you are playing a group game, pick up a new "Belief" card, read it out loud and place it in the left frame.

Group Response:

"If you spot it, you got it! You need to own it!"

GATEWAYS Instructions for Landing

Starting in Victimland

Victimland is where we are living whenever we are in our 'story.' That is, whenever we are making others wrong or responsible for our feelings, laying blame, holding expectations, wanting others to change etc. It is always important to acknowledge where we are and to love ourselves in our victimhood first. Only then can we move into forgiveness. To do so before that, is to attempt a spiritual bypass.

Negotiating the Three Gateways **1st Gateway: Awareness**

1. If you don't already have one, pick up a Belief card. Put it face down (your beliefs are still unconscious) in the left frame.
2. Tell the other players the plot of your story until now, based on the cards you have turned up in front of you.

You should have an Event and a Context card and you may have picked a Karma card. If you've been "projected" on or landed on "Blocks Game" you'll have one or more "Energy Blocks."

3. Put it all together into a sentence. For example: *"Apparently it was my karma to learn about deservability, and it seems I am doing well in that department because, for sure, my parents made me feel I didn't deserve anything good. They gave me hardly any attention and beat me up all the time. Even now I feel invisible and I am constantly struggling to come up with enough money to survive on."*

Listen to the response and roll again.

GROUP RESPONSE:

"(Name), I'm sorry that happened to you."

2nd Gateway: Shift Happens

1. Before you go through this gateway pick one “New Story” card and put it face up in the right frame under “New Story.” Explain how this new story might support your shifting awareness that the situation may contain within it an opportunity to grow and heal.
2. Affirm, *“I feel my awareness shifting. I am becoming ore open to the idea that everything happens for a reason and that the situation may have been given to me for my spiritual growth.”*

Listen to the response and roll again.

GROUP RESPONSE:

“(Name), we honor your willingness to be open to this.”

3rd Gateway: Surrender

1. Turn over all “Beliefs” that are still upside down, bringing them all into full awareness. Read them out loud and explain how they once had power over you and were responsible for creating the drama in your life. Explain that you realize that the OLD STORY was probably just a misperception and that you are open to seeing it differently now.
2. Affirm: *“I have fully released my attachment to my old story and refuse to invest any more energy in it. I let go of my need to control the outcome and am willing to surrender to the idea that everything is unfolding according to a Divine Plan.”*
3. End by declaring all the NEW STORY cards that you have.

Listen to the response and roll again.

GROUP RESPONSE:

“Fantastic! We support you in surrendering to your Higher Power!”

Satori (Awakening)

Once all the players have reached SATORI, (having first released all their Energy Blocks and Belief cards), each player attempts a Radical Forgiveness reframe of their old victim story, beginning with the player who got there first. Remember, the reframe is a re-interpretation of the situation from viewpoint that everything happens for a reason. You're expressing your willingness to entertain that possibility, even if you can't see the reason. Doing so causes the shift in energy and miracles to happen.

There is no need to go back and rehash your old story. You will want to speak from your heart about what your journey has taught you. Choose a new reality utilizing your "New Stories" by creating a whole new interpretation of your life's story. End by affirming one of the following statements – whichever one seems to apply best to your situation – or both if each is applicable.

I now realize that what was occurring was exactly what my soul wanted and co-created for me. I am now willing to see that even though I don't understand why, I see that _____ came into my life to give me the opportunity to heal and grow.

_____ came into my life to mirror for me that part of myself I never loved or accepted – the part of me that is _____ just like I accused him/her of being. I had never seen that in myself before, but I saw it in him/her and made him/her wrong for it. In forgiving _____ I take back the projection and love that part of me now. I want to thank _____ for being my Healing Angel instead of blaming him/her any more.

To Finish the Game

*“May we all stand firm in the knowledge
and comfort that all things are now,
have always been and
forever will be in Divine order, unfolding
according to a Divine plan.
And may we truly surrender
to this truth whether
we understand it or not. May we also ask
for support in consciousness in feeling our
connection with
the Divine part of us, with
everyone and with everything,
so that we can
truly say and feel—
We are One.”*