



GUIDEBOOK
SAMPLE
For 2 to 4 Players

U.S. GAMES SYSTEMS, INC.
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CONTENTS

Introduction	3
Preparation	4
Game Overview	
Before Starting the Game	5
Personal Playing Focus	
Filling Your Unconscious Envelope	6
Birth	7
Guidelines for Play	8
Ending the Game	9
Next Steps	10
Postscript	11

THE TRANSFORMATION GAME INCLUDES:

- 1 Playing Board
- 52 Life Angel Cards
- 100 Life Setback Cards
- 100 Life Insight Cards
- 12 Life Square Cards
- 20 Universal Feedback Cards
- 404 Awareness Tokens—1 Red sheet of 96 tokens
 - 1 Orange sheet of 96 tokens
 - 1 Yellow sheet of 96 tokens
 - 1 Purple sheet of 116 tokens
- 16 Scorecards—4 Red (Physical)
 - 4 Orange (Emotional)
 - 4 Yellow (Mental)
 - 4 Purple (Spiritual)
- 16 Service Tokens
 - 1 Pain card of 24 Pains
 - 4 Personal Unconscious Envelopes
 - 1 Next Step Pad
 - 1 Polythene Bag containing 1 coin, 1 die and 4 Markers
 - 1 Guidebook

If an item is missing, write a note about which piece(s) you are missing and mail to:

U.S. Games Systems, Inc., 179 Ludlow Street, Stamford, CT 06902 USA.

INTRODUCTION

The Transformation Game is a joyful way of understanding and transforming the way you play your life. It's about looking at your life and the kinds of experiences you create, seeing how you react to them and how you can use these insights for your own growth. Through the Game you can become more aware of your personal strengths and learn important lessons that can deepen your understanding of how you operate on the Physical, Emotional, Mental, and Spiritual levels. The Game can also be used as a powerful interactive tool, by both individuals and groups, for solving problems and achieving desired goals. By providing new perspectives on current life issues, the Game helps you clarify old beliefs and attitudes and transforms reaction patterns. The Transformation Game triggers your creativity and lets you realize your full power and potential.

The Transformation Game is appropriate for players 16 and older. It can be played by two to four players. The Game offers a stimulating and informative context which encourages openness, cooperation and sharing. It mirrors your life path and highlights your growing edge. The Game provides clear feedback on your use of intuition and free will, helping you sharpen your judgement in determining priorities and recognize and build upon valuable resources within yourself. Through playing the Transformation Game you may uncover and explore new dimensions and allow changes to occur in your life with greater understanding and ease.

The Game is a multi-purpose tool which can be experienced on many levels and has a variety of applications. It can be played just for fun or easily adapted by therapists, counselors and professional facilitators to promote more in-depth experiences both for individuals and groups. The instructions which follow are for the beginners' version. Additional InnerLinks' products and services are described under the section POSTSCRIPT.

PREPARATION

Players each need a pen and paper to keep track of their Game.

SETTING UP

Set the Game board so that each Player is seated in front of a Life path.

Life Angel Deck—The deck includes blank cards. Either remove them or add your own qualities.

Shuffle each Life Card Deck—Life Angels, Life Insights, Life Setbacks, Universal Feedback cards—and place each deck, *face down*, on the appropriate location on the Game board.

Place the **Intuitive Flash Coin** with the *Flash* symbol facing upward in the center of the Source.

Set out the remaining equipment:

- **Awareness Tokens** for each playing level—red, orange, yellow, purple. These may be placed in larger containers for easier access.
- **Pain cards**
- **Service Token cards**
- **16 Scorecards** (4 each red, orange, yellow, purple)
- **4 Personal Unconscious Envelopes**
- **4 Personality Markers**—You can use your own stone or small crystal as a Marker if you wish.
- **Die**
- **11 Life Square cards**—With symbols up, spread these cards to one side.

GAME OVERVIEW

(Read out loud)

The Game begins with players choosing an individual Playing Focus which provides the foundation for the Game. Players then fill their Unconscious Envelopes with various cards and are ready to play. Each player will be born onto the Physical level, and will then receive a red Physical level Scorecard. As you move along your Life Path on the game board, you experience different squares by following instructions on the Life Square cards. As a result you will become conscious, gain awareness, and begin to fill up your Physical level Scorecard. Once you have mastered the Physical level and completed your red Scorecard you move to the orange Emotional level, then to the yellow Mental level, and finally to the purple level which represents the Spiritual dimension.

As you move up through the levels you are concurrently emptying cards from your Unconscious Envelope, and dealing with Pain. When you reach a point where you are free of Pain, have cleared all the cards from your Envelope and have completed all four Scorecards, your personal Game is complete.

BEFORE STARTING THE GAME

The first time you play, you will be learning how to use the Game. Once you have learned how to play it, you can use the Game over and over again to gain clarity and insights. It is important, especially the first time you play, that these instructions be read out loud clearly and carefully. Remember to take each step in its entirety in the order indicated. Initially these instructions may seem complex but don't worry—they quickly become easy to remember.

Since you will be learning how to use the Game the first time you play, it will take a few hours to complete. As you play, take time to share personally about your experience. You can establish as a group to what depth you will share. Deeply but briefly will keep the pace of the Game moving. *Before proceeding further decide now as a group how much time you would like to take to play the Game. Include 15 minutes for ending the Game and looking at your next steps.*

SAMPLE

PERSONAL PLAYING FOCUS

Begin by choosing a particular personal issue that you are currently dealing with in your life, one that you would like to resolve by playing the Transformation Game. As you hold this one focus in mind while playing, your experiences in the Game will provide clarity, understanding, feedback and new directions on your specific issue. The Game will reach to the heart of your issue and move you as deeply as you are willing to experience. Your Playing Focus is very important and should be chosen with care as it sets the stage for all that is to follow in your Game.

If you need some examples, here are some sample Personal Playing Focuses. You will, of course, choose your own.

- How can I clear the stress associated with my job?
- What steps can I take in my relationship so that I feel greater satisfaction and happiness?
- I want to release those personality blocks that keep me from being joyful, creative and harmonious.

- How can I use my time most effectively to get my job done and feel good too?
- How can I increase my financial prosperity?
- I want to identify and remove the barriers that prevent me from trusting.
- I intend to gain a greater understanding and move through my pattern of wanting to “fix” other people.
- I want to find ways to get a better balance of work and play so I can experience more play in my life.
- I intend to know and clear the obstacles that keep me from full and creative service to the planet.

Before proceeding further, decide upon your own particular Playing Focus for this Game. Have a pen and paper ready. Begin by taking a moment of silence to clarify what you personally want to receive from playing the Transformation Game. *Choose an issue that is important to you now and make a note of it.*

When you have all written down your Playing Focuses, share them with one another.

FILLING YOUR UNCONSCIOUS ENVELOPE

Each player takes *one Envelope*. This Envelope represents your **Personal Unconscious** which you will fill with Life Angel cards, Life Insight cards and Life Setback cards. Choose the cards in the following 4-step procedure and place them into your Envelopes *without reading them*.

Complete each of these steps before moving on:

STEP 1: All players roll the die. The highest roller will be the first player to start. Play will then move *counterclockwise* around the group throughout the Game.

STEP 2: Starting with the highest roller, hold your Playing Focus in mind and roll the die again. Note the number and take that number of **Life Angel cards**, from *anywhere* in the Life Angel deck *without reading them*, and put them straight into your Unconscious Envelope. *Repeat this procedure with each of the other players in turn.*

STEP 3: Continuing to hold your particular Playing Focuses in mind, *repeat this process for the Life Insight cards*. Roll the die again and take as many yellow **Life Insight cards** as indicated on the die. Take the cards from *anywhere* in the Life Insight deck and place them into your Unconscious Envelope, *without reading them*.

STEP 4: Repeat this process for the blue **Life Setback cards**. When all players have filled their Unconscious Envelopes with Life Angel, Life Insight and Life Setback cards the group is ready to begin playing.

BIRTH

Each player now takes a **Personality Marker**. Use your own stone or small crystal as a Marker if you wish. Place it on the open square in the Source circle at the top of the Life Path in front of you. This Marker represents your identity or personality in the Game. *Take careful note of which square your Marker is on throughout the Game.*

Starting with the first player, hold your Playing Focus in mind and roll the die. Move your Personality Marker the indicated number of squares around the Source circle in the direction of the arrows. You are born and move onto your Life path by landing on any Angel square in the Source.

If your Personality Marker lands on an open square, you must remain in the Source, reflecting on your Playing Focus, until your next turn to roll the die. If your Marker lands on an occupied square, simply share that square while you wait for your next turn. Take note of which square you are on. *If on the third die roll you do not land on an Angel square, your Guardian Angel exerts an invisible pull and you are automatically born on your fourth turn by Spiritual Caesarean!*

When your Personality Marker lands on an Angel square you are born. Follow these steps:

STEP 1: Move your Personality Marker to the Angel square at the top of your Life Path in front of you.

STEP 2: Take a red Scorecard to indicate that you are now playing on the Physical level.

STEP 3: Hold your Playing Focus in mind and *take* one Angel card, sight unseen, out of your Personal Unconscious Envelope. This becomes your **Guardian Angel** or Game keynote. Place this special Angel card *face up* on the outer circle of the game board in the space marked Guardian Angel where it will overlight your Life Path. Subsequent Angels drawn in the Game will always be placed on the lower portion of your Scorecard.

STEP 4: Welcome your Guardian Angel. Allow its particular quality to begin to fill your heart and mind. Breathe it in. Stay open and invite its special energy to inspire your Game. If you wish to, share any thoughts, feelings or impressions about your Guardian Angel with the group.

This completes your turn. Pass the die to the next player. On your next turn you will begin to move along your Life path following the Guidelines for Play outlined below.

GUIDELINES FOR PLAY

If this is the first time you are playing, it is suggested that you read this section out loud when the first player is ready to move on the Life Path.

You roll the die once at each turn and move along your Life Path, which winds under and over, in the direction of the arrows. *As you land on a square, find the Life Square card whose picture corresponds to the particular square you have just landed on. Follow the instructions on the back of it.*

During the course of the Game you will be taking cards both from your Unconscious Envelope and the Life card decks, and placing them on special areas which are indicated on your Scorecard. Once a card is completed, place it face up on the Transformation Area on the right of your Scorecard. This area provides a picture of your Transformation process.

You move up to the next playing level as soon as you are free of Pain on your Life Path and have completed *either* the upper portion of your Scorecard with 6 Awareness and 1 Service Token, *or* the lower portion with 3 Angels. The only exception to this is if your Marker lands on the Transformation Square in the center of your Life Path. In this case you *immediately* move up to the next level whether you have sufficient Tokens or not. When you move up to the next level, your new Scorecard fits on top of your completed Scorecard covering the previous level. Leave all your experience cards in place and simply continue moving your Marker along your life path on the new level.

Your personal Game is complete when:

- 1: You have cleared all the cards from your Envelope.
- 2: You have mastered *all four* playing level Scorecards.
- 3: And you are free of Pain.

Keep your Playing Focus in mind throughout the Game and let the framework that the Game provides trigger your own creativity and deepen your understanding. Allow the cards you draw to illuminate your Playing Focus. Think about how each one relates to your issue or to your life in general.

Awareness Tokens name key words to support your growth and understanding. **Setback cards** look at blockages on each level that are keeping you from achieving your focus. **Insight cards** state truths that you need to remember and steps you might take to realize your goals. **Angel cards** name spiritual qualities that have come to help you through your Transformation process. Their energy is subtle but if you are open to their presence, Angels can work with you in the Game to dissolve barriers and provide genuine insight.

The whole group may decide to stop playing once one player has finished his or her personal Game, or the remaining players may wish to continue playing until everyone has completed. At the end of the Game you can obtain a picture of your **Next Steps** by following the instructions on Page 10 when the Game is over.

Now roll the die. Have fun!

ENDING THE GAME

When the Game is over review all your cards on each Scorecard to get a sense of your overall Game. Write down the text of your cards if you wish to remember the details of your Game. Then return all cards to the appropriate decks.

There are no hard and fast rules for interpreting Games. Awareness Tokens name key words to support your growth and understanding. Setback cards pinpoint blockages on each level that are keeping you from achieving your focus. Insight cards state truths that you need to remember to realize your goals, and Angel cards name spiritual qualities that have come to help you through your Transformation process. Those cards remaining in your Unconscious Envelope represent significant possibilities and unrealized potential, aspects of the Self not yet actualized and integrated in your life.

Review all your cards relative to your original Playing Focus and *take away whatever message seems to fit for you personally*. Your internal transformative process will not stop when the Game ends. In the days following this Game you may find it useful to reconnect with your Guardian Angel and review your playing cards. Recognize how your patterns are working out and give your attention and support to those areas requiring further nurturing. Review and record your cards now.



Angel



Insight



Appreciation



Intuitive Flash



Blessing



Miracle



Depression



Service



Free Will



Setback



Transformation

For further information about the Solo Transformation Games, Facilitator Training Programs, Planetary Game workshops or Business Seminar Programs contact

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ACKNOWLEDGEMENTS

The Transformation Game was originated and developed by Joy Drake and Kathy Tyler while living at the Findhorn Foundation in Scotland. The game has been in the creative pipeline for over ten years and a great many people have shared our vision and contributed to its emergence. We thank you all, our network of friends around the world for your support and assistance, and especially wish to acknowledge the Findhorn Foundation and The Game of Transformation workshop guides for their dedication and joyful commitment. We deeply appreciate the volunteer players who gave their time and energy so generously to this project and our heartfelt gratitude goes to all the Angels. Thank you for your inspiration and grace.

Graphics: Mary Herrmann Design

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