

## Psychic Game with Self

To play the game, you will need 3 pieces of paper or 3 recipe cards. The game uses the same tools for interpreting symbols and stories as you might work with in interpreting your dreams. The process is simply as follows:

- 1) Write down your question on the back of the paper/recipe card. At the same time write two decoy questions on each of the other cards. You can ask questions you really want to know the answer to, as that will help improve your interpretation skills. The point is that you need several questions so your conscious mind does not know which question it is focusing upon. [If you don't know what to ask in terms of decoy questions, you might try things like: "What is the energy surrounding next month?" or "How much will I enjoy that new movie: \_\_\_\_\_?" or "What will my work week be like next week?" etc.]
- 2) Once you have written a question on each of the recipe cards, turn the cards over and thoroughly mix them up so that you do not know which one is which.
- 3) Relax, and one at a time, place your hand on the back of the card. Try to feel the energy of the one card beneath your hands.
- 4) Create an imagined question that your conscious mind can focus upon. This question should be something easy to visualize, such as "see a movie," "see a package," "see a structure," "meet a person," "see a painting," etc. This question becomes the "decoy" question that receives the attention of the conscious mind so that you can obtain intuitive insights in the form of symbols from the subconscious. You can see as much as you want in terms of this question, e.g. "See a Person ... How do you feel about this person ...? This person has something to show you, what is it...?"
- 5) Once you have finished visualizing the question, write down anything you would like to remember and move to the next card. Relax, and feel the energy of the card beneath your hands. Repeat step 4 for this new question.
- 6) Once you have finished visualizing the second index card, write down anything you would like to remember and move to the final card. Relax, and feel the energy of the card beneath your hands. Repeat step 4 for this final question. Finally, write down what you saw for the final question.
- 7) Turn over all of your questions and interpret, like a dream, what the imagery on the back of the card says about that specific question. What does the image remind you of? How does it make you feel? What is the overall theme of what you saw?

With a little practice, you will be amazed at how skilled you can become in interpreting dreams and images, as well as how frequently the subconscious mind seems to tap into psychic insights.

## Psychic Game with Others

To play the game, you will need at least one other player in addition to yourself. The game uses the same tools for interpreting symbols and stories as you might work with in a dream discussion group, only the game does not require having a dream. In fact, each participant in the game will create his or her own story through the use of the imagination—that story will then be interpreted by everyone present, much like a dream. The process is simply as follows:

- 1) Have each participant think of a question that she or he would like to have answered. Do not tell the other player(s) your question. Write out the question so that only you can see it. You can ask it anyway you wish, but a question phrased, “What is the energy surrounding the new job offer?” will be easier to visualize than “If I get the new job, will I like it and will it enable me to utilize my talents?”
- 2) Have each participant fold the piece of paper containing the question so that no one can see what the questions are. Put the questions in a pile and mix them up. Have everyone draw a question and hold it between her or his hands.
- 3) Everyone needs to relax and try to focus on the question held between his or her hands.
- 4) Create an imagined question that everyone’s conscious mind can focus upon. This question should be something easy to visualize, such as “see a movie,” “see a package,” “see a structure,” “meet a person,” “see a painting,” etc. This question becomes the “decoy” question that receives the attention of the conscious mind so that the imaginer can obtain intuitive insights in the form of symbols from the subconscious.

*For example, in the case of the real question, “what is the energy surrounding the new job offer?” You might plan to ask the decoy question: “See a structure...what do you see?” You can then add additional decoy questions for more insights into the real question: “See a structure...what do you see?” “Something is going on inside the structure, what is it?” “How do you feel about this structure and what you see?” “If you could rate this picture from one to ten, how would you rate it?” etc.*

- 5) The person asking the questions will visualize what is being said, just like everyone else.
- 6) Have everyone write down whatever he or she saw on the back of the question that was in his or her hands.
- 7) Go around and let everyone participate, taking turns trying to interpret the image received against the real question. Let everyone submit his or her thoughts on every question, even if that person was neither the original questioner nor the individual who visualized the image.

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