**The Game of Changes – Brief Commentary  
Örlög 3**

This Cycle, we agreed to explore ways we could integrate Initiatory Work with game-playing. As our previous Cycles have dealt so heavily with the Mind, I decided to try to bridge the gap through integrating Working with the Mind with a selection of physical and emotive practices. These practices are sourced from various modalities and schools of thought, ranging from Theravada Buddhism to Acceptance and Commitment Therapy. The overall Intention of the Work here is to have the gamer begin to understand how malleable their experiences can be in a number of situations.

Taking three practices as examples we can look at practices 1, 7, and 9. Practice 1 is a classic Theravada Buddhist meditation on how the body affects the mind. By focusing mindfully on your breathing, you can experience how the quality of breath has a relationship with the quality of your mental states. Practice 7 is an exercise I created for my own personal use, based on Dr. Glasser’s Choice Theory. Since so many of our emotional states are responses to appraisals of social relations, altering one’s appraisal to those relations can have dramatic changes to how we experience others and ourselves. Practice 9 is an exercise based on Nagarjuna’s razor sharp analysis on the nature of reality itself. By rapidly switching from one idea to its antithesis and back again, the boundaries between concepts break down, giving an opportunity to gaze upon that which cannot be intellectually grasped.

The astute gamer will observe that the practices are sequenced in a specific order with certain titles given to them. After a sufficient number of games played, it will be clear why this is and what its intended meaning is. Regardless of that, it is my hope that playing the game will help the magician realize that they are the narrator of their experiences. There is no Lord other than your Self.

Xeper and Remanifest!