

<p style="text-align: center;"><i>The Game of Changes</i></p> <p style="text-align: center;"><i>A game for playful exploration of bodily, emotive, and intellectual Centers.</i></p> <p style="text-align: center;"><i>Produced by Örlög 3 Esoteric Order of Beelzebub Beta Vanguard</i></p>	<p style="text-align: center;">Guidance</p> <p>Take a D10 and roll it. Whatever number you get is assigned to a practice. This will be your practice for today. Practice it earnestly, playfully, and as often as you feel moved to on this day. They will be of particular efficacy if you use them as tools for troubling emotions or stressful situations. Consider printing this out and carry it in your pocket with your D10!</p>	<p>1. Beginnings\Materia Prima</p> <p><i>Mindfulness of Breathing.</i> Pay attention to your breathing. Use your inhaling, exhaling, and quality of breathing as a meditational focal point. Identify the quality of your breathing. Is it long? Short? Labored? Relaxed? Contemplate how your body feels internally and externally. Focus on how you feel as you breathe, and the connection between body and mind.</p>
<p>2. Responsibility\Choice</p> <p><i>Acting Against.</i> When a strong emotion arises, do not avoid or ignore it. Is it telling you not to do something? Is it telling you to avoid a situation? If so, and it is physically safe to do so, do the opposite of what your emotion is telling you. Do the thing that you feel too afraid or avoidant to do.</p>	<p>3. Clarity\Experience</p> <p><i>Contemplation of Feeling.</i> When feelings arise, take time to contemplate them and label them. Say to yourself “I am feeling X” and take an inventory of it. If that feeling changes, do the same with that new feeling. Contemplate the connection between feeling, body, and yourself as observer of them.</p>	<p>4. Awareness\Manifestation</p> <p><i>Open Focus.</i> Stop and take a look around you. Focus on a particular object and then alternate between objects around you. Then pull your attention back and look at all the objects as a single sequence of phenomena. Alternate your focus between the objects and the whole. How does this make you feel?</p>
<p>5. Communication\Quintessence</p> <p><i>King Self-Sprung Awareness.</i> Visualize yourself as a monarch in a spectacular palace. Your thoughts and emotions are emanations of light from your body. Your emanations are your servants and ministers. All is a manifestation of your awareness and presence. How will you rule your kingdom?</p>	<p>6. Preservation\Harmony</p> <p><i>A Caring Exercise.</i> When a difficult feeling or experience arises, try caring for it. Treat it like a crying child or a delicate flower. Imagine it as a beautiful painting or very ill person needing aid. What if it was a picture you kept in your wallet or an infant comforted in your arms? How does this make you feel?</p>	<p>7. Platonic Ladder\The 7 Metals</p> <p><i>7 Deadly Habits.</i> Consider these self-defeating actions: criticizing, blaming, complaining, nagging, threatening, punishing, and bribing. If I come across a distressing or challenging occurrence today, how can I identify these habits in myself and how will I choose to act? Does this change my thinking?</p>
<p>8. Conscious Order\Zodiac</p> <p><i>Pain into Purpose.</i> Transform pain into guidance with this personalized mantra that you can repeat as you feel it is needed. “If I am in [specific situation] where I have [a distressing feeling or thought], let it be a reminder that I care about [an important core value].”</p>	<p>9. Self-Coherence\Heaven</p> <p><i>Beyond Is and Is Not.</i> When it arises, consider a strongly held opinion, belief, or thought. Examine it as first being true and then refute your own argument for it. Then refute your refutation. Try switching from side to side. Attempt to see that both sides are without essence.</p>	<p>10. Idealization\Antichthon</p> <p><i>Echo.</i> Everything is like an echo. All praise and blame, good and bad, wrath and other emotions, and the words of others occur without existence. It’s pointless to accept or reject any of them. Realize that everything is empty, destitute of existence, like the sound of echoes.</p>

The Game of Changes – Additional Information

- 1. Intention:** A classic mindfulness exercise using the breath as an object of focus. This exercise stills the mind and grounds us more in our bodies rather than our thoughts.
Source: *In the Buddha's Words: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha)* by Bhikkhu Bodhi.
- 2. Intention:** Our thoughts and emotions may not be grounded in logical reasoning. Instead of following illogical internal stimuli, we can choose to act against them and gain inner freedom.
Source: *Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy* by Albert Ellis.
- 3. Intention:** This classic mindfulness exercise dis-identifies ourselves from our emotions. We can choose to take a step back and see how emotions affect us, and how we are not them.
Source: *In the Buddha's Words: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha)* by Bhikkhu Bodhi.
- 4. Intention:** By switching between two focuses, we can stay grounded and mentally spacious.
Source: *A Liberated Mind: How to Pivot Toward What Matters* by Steven C. Hayes.
- 5. Intention:** We often feel as though we are not the masters of our minds. This puts us back in the correct view, that we are the rulers of our own subjective experiences.
Source: *Spaciousness: The Radical Dzogchen of the Vajra-Heart: Longchenpa's Treasury of the Dharmadhatu* by Longchenpa (Author), Keith Dowman (Translator).
- 6. Intention:** This is a different way of approaching distressing stimuli. Instead of running away from them or fighting them, we choose to care for the distressing thing through acceptance.
Source: *A Liberated Mind: How to Pivot Toward What Matters* by Steven C. Hayes.
- 7. Intention:** We have needs for power, love, survival, freedom, and belonging, but we make problems for ourselves by choosing coercive methods. This builds our capacity for choice.
Source: *Reality Therapy: A New Approach to Psychiatry* by William Glasser.
- 8. Intention:** This is an act of emotional alchemy. Instead of rejecting pain, we own it by tying it to a value. By grounding experiences in our core values, we can better accept them.
Source: *A Liberated Mind: How to Pivot Toward What Matters* by Steven C. Hayes.
- 9. Intention:** By holding onto beliefs or combating those of others, we get stuck in rigid ideological states of mind. This helps us learn to see through the narratives we choose to create in life.
Source: *The Fundamental Wisdom of the Middle Way: Nāgārjuna's Mūlamadhyamakakārikā* by Nagarjuna (Author), Jay L. Garfield (Translator).
- 10. Intention:** Take the highest view of Esoteric Buddhist philosophy as your daily way of living.
Source: *Finding Rest in Illusion: The Trilogy of Rest, Volume 3* by Longchenpa (Author), The Padmakara Translation Group (Translator).