

## eXperience—THE GAME™ Soulitaire™

*Soulitaire* is the simplest form to Xperience—THE GAME. It represents the very essence of this playful process-- to tap into our individual and collective intuition and derive meaning from the symbolic cards attracted to us. THE GAME was built on the premise that each of us has a direct connection to an infinite well of knowledge and Intelligence. As we peel away and peer through the layers of our Self we uncover deeper and more profound “truths” and solidify our inner relationship to our own “highest.” The goal of THE GAME is to reach our highest potential while helping other players reach theirs. Within *Soulitaire* we focus on reaching our highest, through listening to our inner being, in a direct and personal way.

Here are the simple steps to play *Soulitaire*:

- In Silence, connect with your Light at the Center of your Game;
- Find your Intention and focus your attention on your Intention;
- Become an Intention magnet and pull a Lifecircle as a Reflection;
- Bridge Intention and Lifecircle and identify a Challenge and a Relate;
- Become an Intention magnet again and pull a Challenge card and Relate card;
- Triangulate the cards that have arisen;
- Scribe the session;
- Share results with others.

**1) Light at the Center:** *Soulitaire* can be played anywhere and anytime. This version of THE GAME is played in silence. We focus on our inner dialogue. It works best to find a quiet place and take a few moments to clear your mind and “get centered.” If you meditate this is a good time to practice. Or simply take a deep breath, relax and open your mind. Allow thoughts to pass through your mind, like clouds in the sky. The goal is to create an inner connection to your own “light at the center of your Game,” allowing you to open up to your intuition, so your intention can flow freely and become clear.

**2) Find your Intention:** Connect with any Intention, or purpose, or wish, which is important for you to look deeper into now. This could be something profound, as a Soul Purpose, a “Birthday wish”, a “New Year Resolution, an Affirmation, etc. Remember that this is an inner dialogue, it could arise just as a feeling. Write it down in your Mirror Journal, give it name & date, draw a symbol for it to attract your reflection.

*For example: “My Intention is to create a simplified guide to Soulitaire for anyone to understand THE Inner GAME.” (Jai)*

**3) Lifecircle™ cycle (card 1):** Hold the Lifecircle deck in your hands, or spread the cards in a circle. Become an Intention magnet and randomly pull the card you feel attracted to. Selecting a Lifecircle card is like setting the stage for your first scene of a

three-act play. Make a “connection” with the color, symbol and words associated with your selected Lifecircle. Take note of your “inner dialogue”! Pay attention to the first thing that comes to mind! This is normally the most important association. Jot down any notes about your in-sights and feelings as they arise.

- 4) **Identify Challenge or Relate:** Now you have a choice! From that inner dialogue you can formulate an inner challenge or relate, that bridges your Lifecircle with your Intention. A Challenge is more of a yes/no response, or a way to drill deeper into an issue when you expect some feedback. The GAME will deliver either a “Words of Wisdom” (look for the + sign in the circle around the card-image) or a “Warning Sign” (look for the – sign in the circle around the card image). Through a “Relate” you will gain a symbolic confirmation for your in-tuition, an image addition to your dialogue. The cards have either “Power words,” (affirmations) or “Communication Tools & Devices.”
- 5) **Relate / Challenge cycle (card 2 and 3):** If you chose a Challenge card first, you will pull a Relate card next. If you chose a Relate card first, you will pull a Challenge card next. The three cards: Lifecircle, Challenge and Relate complete the “triad” that creates the reflection for your personal, inner 3-act play. Give your self a minute of silence to reflect.
- 6) **Triangulation:** After being clear about each individual card that you have pulled, you put the whole story together. As a continued inner dynamic feel free to restructure the original meanings derived from the cards and now see how they all came together.
- 7) **Scribe the session:** This *Soulitaire* process can be done in just a few moments. Three cards can be pulled, with a quick free associations being made. Yet, writing down your feelings and impressions in your Mirror Journal can help you greatly in the Manifestation of your Intention!
- 8) **Share results with others:** *Soulitaire* is very personal, yet the premise of THE GAME remains to share your Xperience and inspire others with your insights. You can play Soulitaire online at [www.XTHEGAME.com](http://www.XTHEGAME.com).

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