

21 Advanced Plays for Mindplayers

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21 Advanced Plays for Mindplayers

Who?

- Basic Practices or Plays (first page) and part practices (second page):
You and anybody else, ideally after having played 50 Plays for quite some time (*download: [50 Plays for Mindplayers.](#)*)
- Advanced Practices:
Created for players after having experienced at least glimpses of Emptiness and/or Oneness. (see related practices below)

Why?

- Your mind often doesn't work as you'd like. You want better ways to manage stress, regulate emotions, improve focus, sleep well, and find meaning..
- There are many proven practices for dedicated times like mindfulness, meditation, sport etc. or practices requiring to work with an expert like therapy, coaching or listening to a spiritual teacher.
- But there are only few practices, which can be executed in nearly any life situation on your own. Mind Plays are such practices.

inspired by :

- *Transcendental Pluralism (R. Angerer),*
- *Buddhist Skandhas and Wisdoms as of Foundations of Tibetan Mysticism (A. Govinda)*
- *Alles über Körpersprache (S. Molcho)*

When?

- Travelling times in trains, cars or by foot work great. Routine work like doing the dishes, all kinds of housework, but also simple routine work in office, factory or sports are very appropriate. Waiting times of any kind are wonderful. Boredom sections in the day can be used too.
- When stress, anxiety, overwhelming emotions, sleeplessness etc. hits you and you can separate a little break time to practice.
- Little ordinary occasions like eating breakfast, lunch or dinner, brushing teeth, doing make-up or just washing hands work perfectly fine.
- Each practice can be done in any public space, as no strange observable behaviors are required.
- Obviously, sitting on a meditation cushion is also a perfect opportunities to practice.

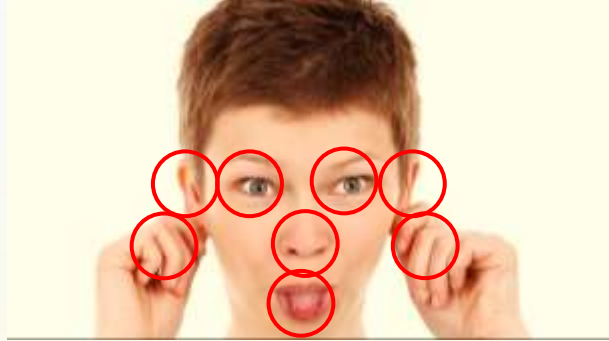
How?

1. You have the mind controller cards printed or as images on the phone.
2. You initially do the practices, which seem easier, and program them onto your fingertips. Each practice is labeled by a combination of one left and one right hand finger. The thumbs represent attention, so touching a fingertip with the “Attention-Thumb” helps but is optional.
3. Over time, the heavily used practice cards are memorized and less required, and you will stepwise include more difficult practices.
4. The fingers are just a communication tool to your mind, there is no biological, physical or subtle force at work. It is like a kid using fingers to count to ten. Only the body language affinity of fingers to topics is considered, therefore the sequence is: 1.Pinky, 2.Ring, 3.Index!, 4.Middle! finger.
5. When the programming is stable, you will recognize, that your mind is also using the fingers to communicate to you. You will notice your thumb touching a finger and notice, your mind asks for the related practice.

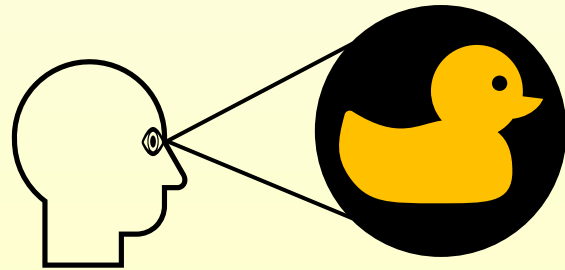
With (*becomes clearer, when playing*)?

- You, the cards, your fingers and your mind.
- The right Pinky Finger stands for focusing attention to one thing, no parts of it, no context, no meaning, no added anything, just perceiving this one thing.
- The right Ring Finger stands for focusing attention to the opposite of that thing or the inverse phenomenon.
- The right Index Finger stands for focusing attention to the mutual influence between both.
- The right Middle Finger stands for creating a new whole, a dynamic system of interdepending polarities manifesting by being or acting out.
- The left Pinky Finger stands for the sensual level of mind’s functioning.
- The left Ring Finger stands for the emotional level of mind’s functioning.
- The left Index Finger stands for the conceptual or thinking level of mind’s functioning.
- The left Middle Finger stands for the creating, wanting, acting, accomplishing and being level of mind’s functioning.
- Each card represents one combination of left finger level with right finger focus.

Sense sensing!



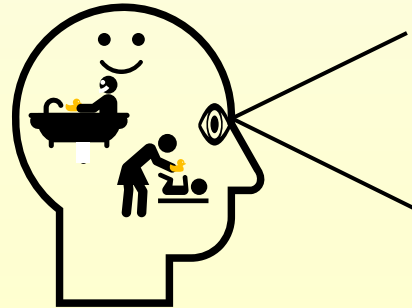
See! Light, dark, colors, shapes, moving.
Hear! Loud, quiet, silent, high, swinging.
Feel! Cold, hot, breeze, wet, dry, push, pain.
Smell! Earthy, fruity, floral, woody, fresh.
Taste! Sweet, sour, bitter, salty, intense, soft.



Detect preferencing!



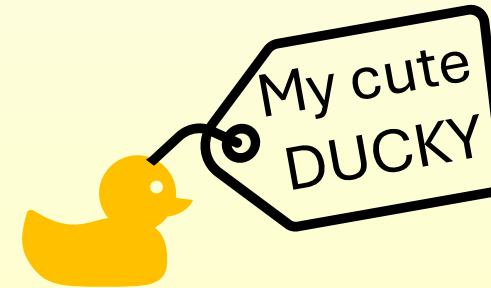
Observe what automatically comes with each initial perception. There is like, dislike, nice, ugly, good, bad, right, wrong, positive, negative, indifference, ambivalence based on your experiences or learned attitudes.



Sense sense making!



Observe automatic sense making of each perception together with preferences: Labeling, categorizing, naming, owning, identifying based on learned knowledge or personal creativity.



Observe common sense creation!



Your senses receive only partial impressions from outside reality. The mind adds a lot and creates fantasies. To act in the world, you actively create your “common sense” inside this space between fantasy and unknown reality.





Sense sensing! as **the Perceiver**



Picture the Perceiver, his body, posture, gender, age, dressing and all details. Attend to the fingers and say: "I am the Perceiver!". As the Perceiver, ask yourself for your preferred name and use that.



the Perceiver

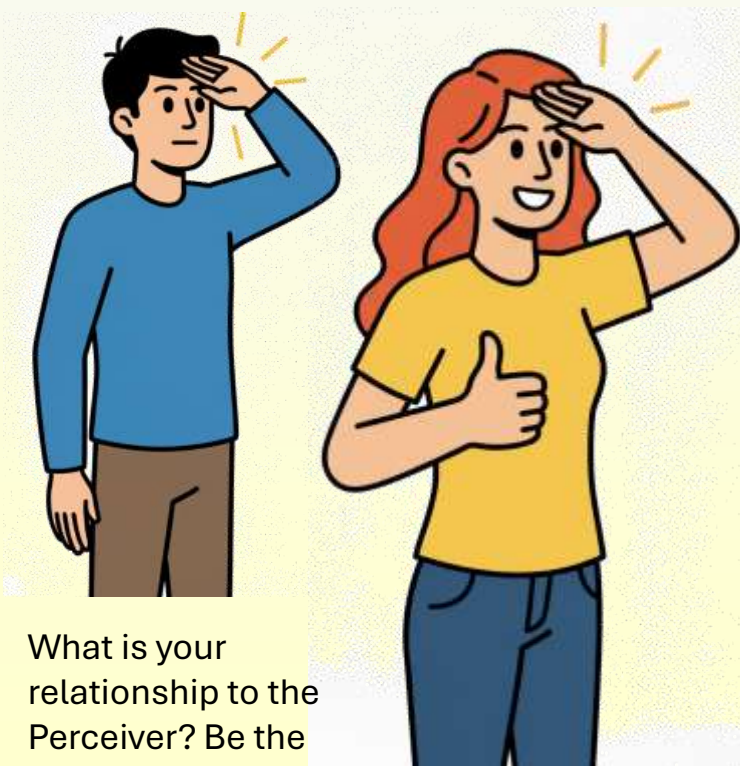
What precisely do you perceive (see, hear, touch, smell, taste)? Focus first on phenomena in the outside world. Look as if this is a totally unknown alien world.



Detect preferencing! as **the Affected**



Say: "I am the Affected!". What do you, as the Affected, feel about the seen? Ignore thinking, memory or knowledge, focus on inside feelings. Observe the body. Where does the feeling manifest and how. Does it change?



the Affected

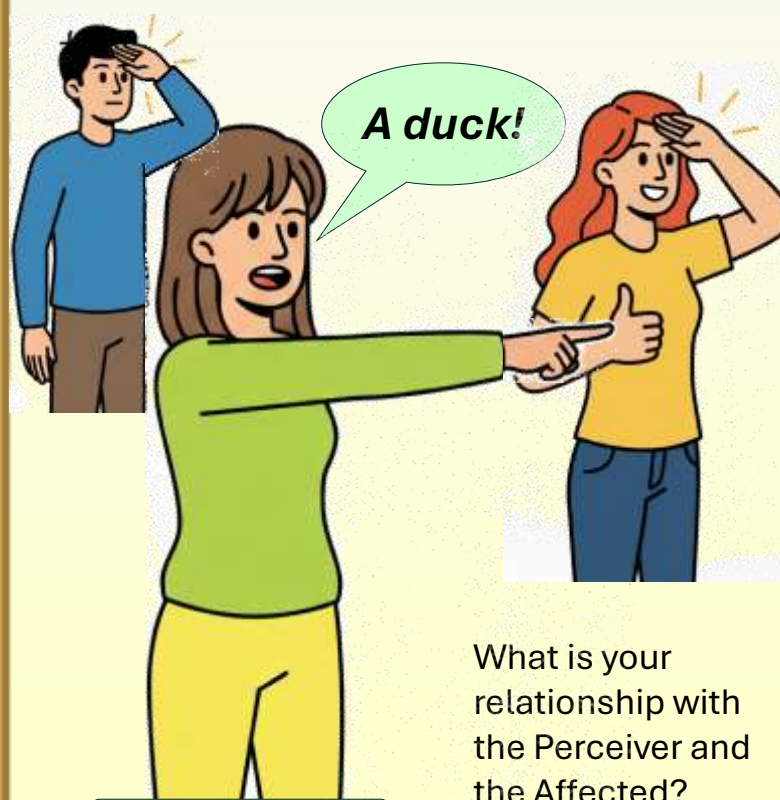
What is your relationship to the Perceiver? Be the Perceiver and notice changes.



Sense sense making! as **the Distinguisher**



Say: "I am the Distinguisher!". Use the seen, felt and your knowledge as the Distinguisher. Where in the body is your center? Observe the whole range of distinctions like names, labels, categories relations to memory and knowledge.



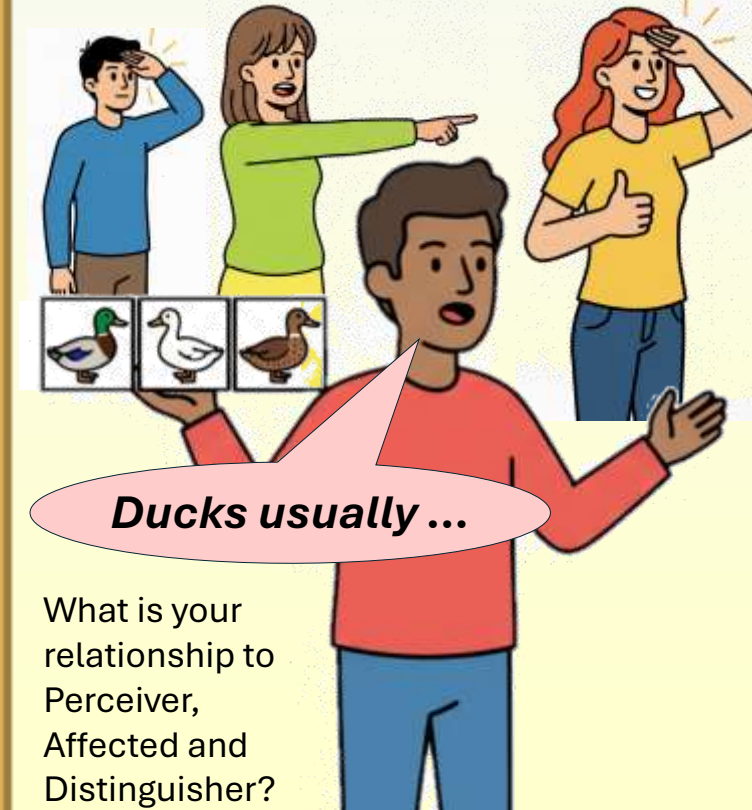
the Distinguisher

What is your relationship with the Perceiver and the Affected?

Observe common sense creation! as **the Understander**



Say: "I am the Understander!" You put the perceived, affections and distinctions into perspective. Notice the variety of beliefs, memories and information you use and how little of the initial perception is used.



the Understander

What is your relationship to Perceiver, Affected and Distinguisher?



Sense sensing! as **the Perceiver**



Advanced Practices:

Observe perception of phenomena outside of body and mind. Then include touch feelings inside the body. Finally include also mind objects like emotions, moods, thoughts, fantasies, ideas.

Focus on the perception of forms, colors, light, contrast, shadows, dark, sounds, loudness, cold, hot, push, pull, itch, position, change or movement, smell and taste, intensity.

As Perceiver, you may also perceive liking or disliking, sense making, labeling or naming, memories or questioning. Whatever phenomena arise, perceive them.

You the Perceiver have no preferences, emotions, thoughts, you just perceive what arises in and outside the body and mind. You are like a mirror, nothing added, nothing omitted, anything as good as anything else.



And one day you find out
who you really are.



Detect preferencing! as **the Affected**



Advanced Practices:

Watch the various kinds of affection and preferencing ranging from extreme pleasant to indifference to extreme unpleasant, from low to high arousal.

Focus on one preference only. Is its source pure perception like pain, a retrieved memory, former experiences or something learned.

Now pick the opposite preference and try to relate it to the same perceived thing. What if you now like what you usually dislike or vice versa.

Notice that preferences are not an inherent feature of the perceived thing but something, you, the Affected, create and can change.

What if you would enjoy all perceptions, all things, beings and phenomena, as they are? Allow any perception to delight you by its sheer existence and beauty of being.



And one day you find out
who you really are.



Sense sense making! as **the Distinguisher**



Advance Practices:

Notice your automatic sense making for each perception and its affection. You create labels or categories, sometimes also individual names, ownerships (my ...) or relationships.

Consider, if this made-up sense was originally learned in childhood or youth from parents, peers, media or internet? Or did you produce it yourself? Is it still appropriating for you today. Look also at all the connotations, hidden meanings and implications.

Observe, what changes for the Perceiver and the Affected, after you label a thing. Try labeling it differently (e.g., cute duck -> plastic waste) and watch changes.

Use more perspectives, to address the contextual component of any distinction. And realize, how any distinction is always relative and contextual.



And one day you find out
who you really are.



Observe common sense creation! as **the Understander**



Advanced Practices:

Realize how much perceiving, affection and sense making is based on the past. You have created a common sense for all kinds of perceptions and phenomena in the past, which is now automatically applied.

The true underlying reality cannot be perceived with our senses, and the created inner fantasy can be absolute nonsense.

Reflect on the practical value as well as the restricting influence of the common sense, you created. Extend your common sense towards the unknowable reality as well as to free, creative fantasy and combine both: "Seeing this, I fantasize a unicorn, assume a horse and don't know, what it really is".

Imagine dropping narrow common sense and always live here and now in this dynamic polarity.



And one day you find out
who you really are.





The diagram shows three stylized human figures. On the left, a white figure (patient) has a red heart icon on its chest. Above it is a red book icon with yellow sparkles. A red arrow points from the heart to a black figure (caregiver) on the right, who also has a red heart icon on its chest. Above the caregiver is a red book icon with yellow sparkles. A yellow arrow points from the caregiver's heart to a grey figure (family member) at the bottom right, who has a yellow heart icon on its chest. Above the family member is a yellow book icon with yellow sparkles.



Feel into yourself!

as **the Inpath**



Say: "I am the Inpath!" As the Inpath feel the actual emotion inside. Then dive into the inner iceberg of emotions and fully feel each of them. They are intense or mild, activating or calming, pleasant or unpleasant.

Feel also emotions, which only come up in very special situations. Team up with the Perceiver to sense the related body locations and feelings of each emotion. Realize that you often feel emotions or moods without perceived triggers.



the Inpath



Step into other shoes!

as **the Empath**



Say: "I am the Empath!" As the Empath notice that you are feeling the emotions of others. Some of them are familiar to the Inpath too. Others, admired as well as rejected emotions and moods, seem to exist only in other people.

Focus on strongly admired emotions and how they feel from inside. Then feel highly rejected ones. Notice that the Inpath does not feel those.



the Empath



Notice emotional ping-pong!

as **the Storyteller**



Say: "I am the Storyteller!" You watch the interactions between the emotions of different people including yourself. As the Storyteller, you create narratives, helping to deal with, influence and anticipate emotions.



the Storyteller



Check how your stories do justice to the Inpath's and Empath's beliefs.



Intuit your self-creation!

as **the Self-Creator**



Say: "I am the Self-Creator!" You are regularly updating the emotional Self as its creator. You consider that all emotions may be caused by inside and outside factors and arise dependently.

Notice how you nevertheless assume emotional control and your Self-creation is torn between victimhood and freedom.



the Self-Creator



Feel into yourself!

as **the Inpath**



Step into other shoes!

as **the Empath**



Notice emotional ping-pong!

as **the Storyteller**



Intuit your self-creation!

as **the Self-Creator**



Advanced Practices:

Feel the emotions and moods in your repertoire. Experience high arousal (excited, astonished, alarmed, afraid), pleasant (happy, pleased, content, serene), low arousal (relaxed, sleepy, tired, bored) and unpleasant (depressed, miserable, frustrated, annoyed) emotions. Consider also extreme situations.

Find where each emotion is felt in the body. Identify, which emotions feel stiff, fixed and forced on you from outside or flexible, flowing and liberating. Recognize, if your typical moods are more stiff or more flowlike. Experiment with movement, relaxation and posture changes.

Notice, that you can feel any emotion. Unpleasant affections bother or even overwhelm the Affected and other parts, not you, the Inpath.

Advanced Practices:

Identify emotions by looking around you or into media and news. Find real or imagined people with emotions, which you idealize and admire or despise and demonize

Step into their shoes and feel the emotions. Work with embodiment to deepen the feeling. Realize if they are more stiff or more flowlike. Notice that you, the Empath, can feel these emotions, even if the Inpath is denying them.

See whom you admire or strongly reject because there is a belief of not having these desired or rejected emotions.

Discover that you, the Empath, have all emotions available and feel them more floating and freely, because the Affected does not interfere, if they are felt with compassion and curiosity in others.

Advanced Practices:

Notice all the influence, push and pull between your and other's emotions. Feel into exhibiting affection, appreciation, enthusiasm, empathy, confidence, calmness, vulnerability, sadness, anger, disappointment or fear and what changes for others.

Then feel your emotions, when recognizing those in others. Feel the related constraint, compulsion, inevitability or fluidity and playfulness of this interchange.

Register your story creation about yourself and others. You often work with old stories and extend them. Recognize how much these stories determine your emotions and behaviors.

Try creating a fundamentally different story at times. See, what changes. Finally envision all your stories written on paper, scrunch them and throw them away.

Advanced Practices:

Realize when an emotion unfolds freely, not confined by your other emotions or other people's real or anticipated emotional reaction. Notice how usually your emotions play out confined by believed moral and ethical standards.

A long time ago, you started creating the emotional self around these beliefs. You call it I, me, myself. It is a practical compromise for your emotional life, appreciated by others for its predictability and regularly updated by you, the Self-Creator.

Imagine all emotions being totally dependent on bodily and outside causes. And also feel into absolute, emotional liberty without any moral or ethical boundaries. And then drop the actual self for a moment of surrender to this dependency-freedom-polarity.



And one day you find out who you really are.



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And one day you find out who you really are.



Contemplate your worldview!



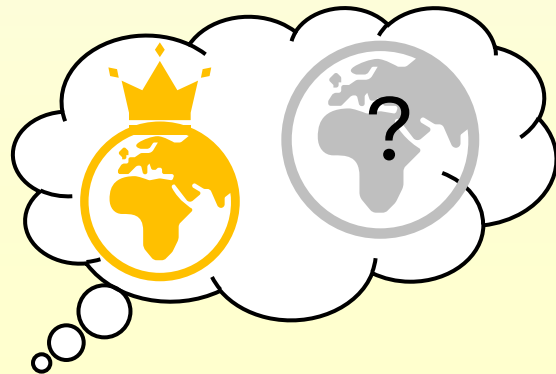
Look at your idea of the world, trying to cover your common-sense perceptions, emotional self and knowledge. Notice how you are permanently adjusting it, to make sense of yourself, others and the world.



Think of alternative ideas!



Think about all the irritations, where things don't align with your worldview. Consider other ideas of how the world works. Include far ends like the existence of an absolute true idea or no idea whatsoever.



Reflect idea interaction!



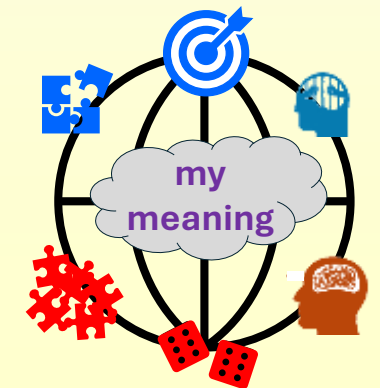
Recognize that everybody is living and acting by its own worldview, usually resisting to change and trying to convince all others of his ideas. Observe this permanent interplay of different ideas and worldviews.



Realize self-made meaning!



Think of the extreme poles: One universal, undisputable and eternal truth and meaning or a random, meaningless world. To stay and act sane, you create meaning by and for yourself, your self-made meaning.



Contemplate your worldview!



as **the Thinker**



Say: "I am the Thinker!" You think, create concepts and make conclusions. All your thoughts are embedded in a big fundamental set of ideas about the world to make things reasonable.



Reflect where this worldview initially comes from. Consider parents, friends, school, church, news, books, media, narratives. Identify insights that led you to change your worldview.

the Thinker

Think of alternative ideas!



as **the Skeptic**



Say: "I am the Skeptic!" You as the Skeptic do not believe in the Thinker's big ideas or beliefs. You recognize all irritations and inconsistencies. Your skepticism also includes the sensual common sense making and the emotional stories.



Watch how you search for better worldviews to end your doubts but so far nothing really worked. You love the world and want it to make sense but not by unproven or compromising beliefs.

the Sceptic

Reflect idea interaction!



as **the Dialectician**



Say: "I am the Dialectician!" You watch the exchange of ideas, either open or competitive. You as the Dialectician realize that ideas and worldviews influence each other and evolve by working together.

Observe all the collaborative, competitive, lecturing and protective idea interactions.



the Dialectician

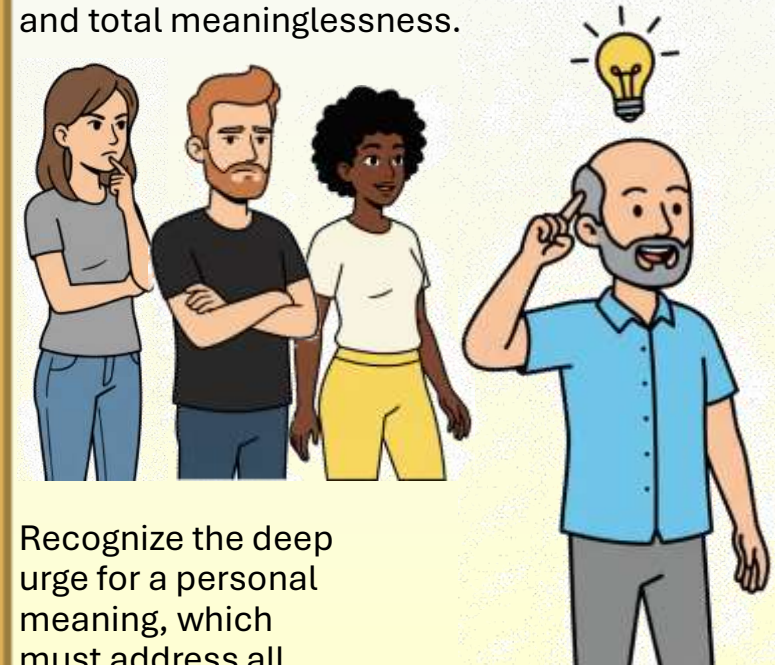
Realize self-made meaning!



as **the Sense-Maker**



Say: "I am the Sense-Maker!" As the Sense-Maker you permanently update the sense and meaning of this life between the poles of absolute truth and meaning and total meaninglessness.



Recognize the deep urge for a personal meaning, which must address all other part's needs.

the Sense-Maker



Contemplate your worldview!



as **the Thinker**



Advanced Practices:

Notice how you, the Thinker, are permanently trying to make all observations, information and thoughts fit to your worldview. Consider areas like social relationships, work & economy, politics & governance, culture & values, education & knowledge, health & well-being, technology & media, environment & nature, global issues and personal identity.

Reflect how you regularly adjust your worldview, the Understander adjusts the common sense, and the Self-Creator adjusts the self to make all three fit, to feel safe, related and mentally healthy. But it also restricts the thinking, feeling and perception.

Try thinking outside of your worldview, thoughts that may make no sense. Accept unpleasant affections from the Affected for a while. Realize that you can think anything.



And one day you find out who you really are.



Think of alternative ideas!



as **the Skeptic**



Advanced Practices:

Check out all these irritating ideas from your boss, colleagues, family members, politicians, teachers, scientists, doctors, journalists and all kinds of news and media. Then look inside at those irritating emotions, behaviors and thoughts.

Reason about different worldviews others may have. Reflect on how your thinking, feeling, perceiving and behaving would change with a different worldview. Start with a reasonable one and later experiment even with crazy or unacceptable versions.

Speculate about believing in one universal eternal truth or meaning, even if you cannot know it completely. And what's about living without any idea about the world, when everything is equally right and wrong, good and bad, nice and ugly?



And one day you find out who you really are.



Reflect idea interaction!



as **the Dialectician**



Advanced Practices:

Speculate about people with quite different worldviews. Watch real interference between these views and their influence on your thinking, emotions, perception and behaviors. Determine how this interplay is the foundation of development and innovation.

Notice also your resistance towards strange worldviews and the impulses either to convince the other or end the interaction. Experimentally consider the other idea to be partially true and useful. Think about opening your worldview for some of these aspects.

Manifest strong curiosity and openness for all kinds of ideas, not simply accepting but distinguishing and analyzing them from all sides. And finally, muse in appreciation for all worldviews and their valuable interactions and contributions.



And one day you find out who you really are.



Realize self-made meaning!



as **the Sense-Maker**



Advanced Practices:

Conceive the polarity of one absolute truth or meaning and absolute meaninglessness. Realize your urge to create your personal self-made meaning inside this field of tension.

Evaluate, if it is more one truth or more no meaning oriented. Is it wide and open embracing many perspectives or narrow and a bit dogmatic? Does it allow determinism and randomness as well as deeper meaning to some degree?

Did you receive your meaning from others and just believe in it or is it the result of years of seeking and sense-making efforts.

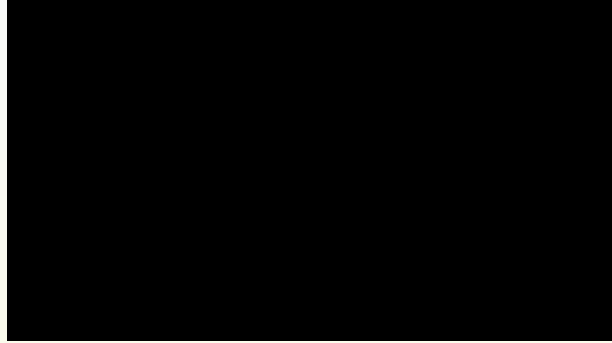
Envision you, the Sense-Maker, would stop sense-making and become a "Not Knower". You accept to not know about meaning or no meaning. You just live moment to moment, here and now.



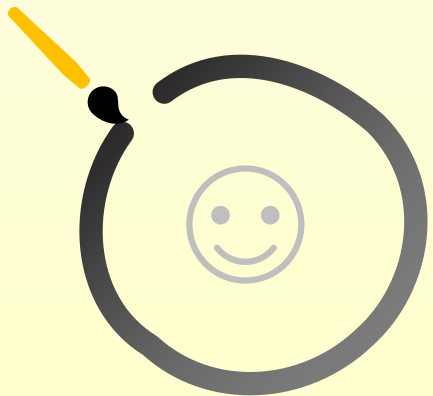
And one day you find out who you really are.



Experience vast emptiness!



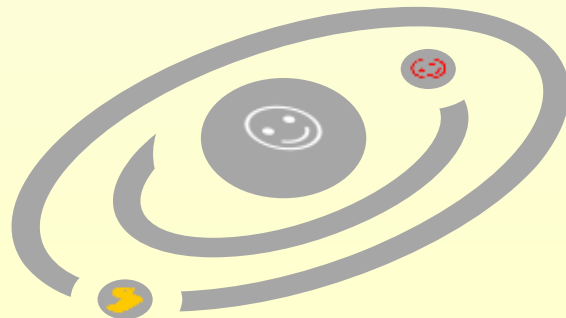
Witness yourself as this boundless, empty, absolute realm beyond things, phenomena, words or concepts. Enjoy the contentment and peace in absence of any perception, feeling, thinking or acting.



Be enlightened by all things!



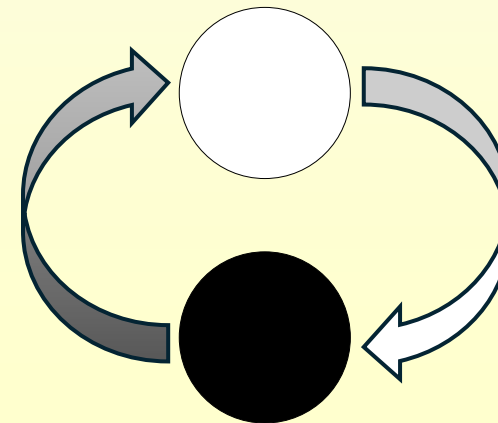
See, hear or feel an ordinary thing and it blissfully reveals its oneness and unity with you and all things. Discover: „I am the whole world and anything in it and everything is me”.



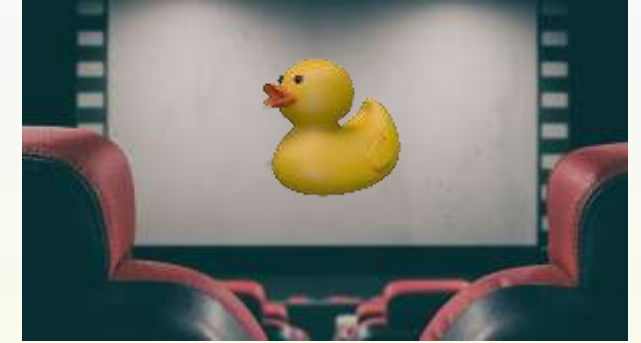
Be united light and darkness!



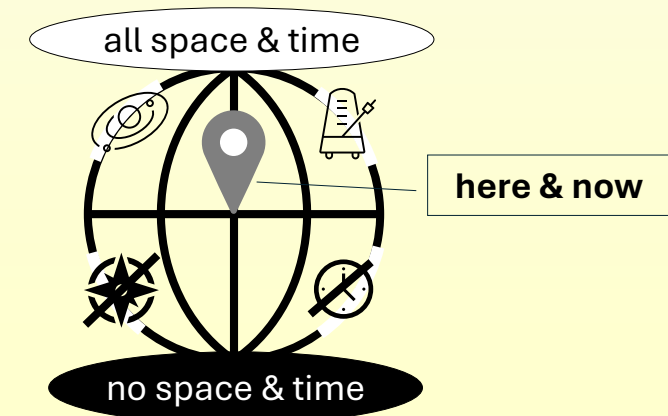
Intuit the permanent, dynamic interweaving between everything and nothing, like between light and darkness. It needs light to manifest darkness and darkness to manifest light. Be this united light and darkness.



Manifest the here and now!



Realize the poles emptiness not in space or time and oneness of all space and time. Manifest as the complementary center of this ultimate polarity, the here and now. No separation, neither observer-observed (eye-movie), nor form-emptiness (duck-screen), just this.



Experience vast emptiness!

as **the VOID**



Say: "I am the Void!" and sink deeply into this empty vastness. Realize, there are no borders, no things, thoughts or feelings, no separate self, no parts, no others, no distances or locations, no durations, birth or death, nothing to do, just peace and equilibrium.



Be enlightened by all things!

as **the ONE**



Say: "I am the One!" or "I alone am!" and realize, you are anything and everything, all phenomena and each phenomenon. There is no distinction between inside and outside, it is all you. Look around and realize, you are each thing, being, person, part, thought, feeling and phenomenon.



Be united light and darkness!

as **the UNITY**



Say: "I am the Unity!" As the Unity you are the interconnectedness of oneness and emptiness like light and dark. All things, beings and parts are unique, distinguishable, empty and yet one with everything in this dynamic, ever-changing, paradoxical unity of opposites.



Manifest the here and now!

as **the MOMENT**



Say: "I am the Moment!". As the Moment, you are empty and yet include all there is. Figure yourself as an evanescent point without time and space, which includes everything, all time and all space. Any earlier or future moment is just an idea here and now in you, the Moment.



Finally, you, the self and all parts, drop and disappear together with all ideas of emptiness, oneness or unity. All gone.

Experience vast emptiness!

as **the VOID**



Advanced Practices:

You are vast, pure, absolute emptiness. No borders, no space, no beginning, no end, no time, no preferences, only pure and absolute subjectivity or I-amness without objects.

Enjoy the peace, contentment, stillness and equanimity. Realize the total absence or insubstantial, dreamlike, transparent or fluid appearance of body, things and phenomena in you, the Void.

As the liberated Perceiver, let perception happen, you are just the mirror. As the awakened Inpath, let emotions happen, you are just the empty vessel. And as the realized Thinker let the thoughts happen

When it ends, it ends, you cannot force it to stay or come back. Strong desire drives realization away. You cannot go to emptiness, enter emptiness, become emptiness. You just are emptiness, have always been, will always be, whether you realize it or not.



Be enlightened by all things!

as **the ONE**



Advanced Practices:

See, hear, feel an ordinary, simple thing like a light in the dark, an outstanding-colored shape, a sharp ping or a stitch or push and observe the revelation of its true nature. It is you and you are it, it is all things and all things are it.

Realize the equality and mutual affection of all things and beings including you. Recognize this deep, absolute love flowing to you from all beings and from you to all beings. Experience the unconditional, uncaused bliss together with all beings and feel it in the body.

As the One, you are the liberated Affected and enjoy any perception equally, no preferences. You are the awakened Empath enjoying all emotions and the realized Skeptic, enjoying all ideas and concepts equally.

When the separate self and all parts finally realize, they are this caring Oneness, the struggle is over. They relax and any separation ends.



Dance as light and darkness!

as **the UNITY**



Advanced Practices:

Uncover the interpenetration between oneness and emptiness. Observe all things in their diversity and individuality being an equal and united manifestation of emptiness. And watch how emptiness with its absence of time, space or phenomena is the source from and as which all phenomena exist.

Intuit this paradoxical interdependency. Notice that all words, including these, are totally inappropriate to describe you, the Unity. Emotions and thoughts cannot grasp you. But your presencing intuition is clear, true and trustworthy. The body is relaxing, energized or not affected.

As Unity, you are the liberated Distinguisher and enjoy, how perfect distinction happens intuitively. You are the awakened Storyteller, embracing all stories and the realized Dialectician, manifesting this absolute, universal dialectic.



Manifest the here and now!

as **the MOMENT**



Advanced Practices:

Unveil the polarity of this full, rich oneness throughout space and time and the absolute emptiness of no space and no time. From these opposites life cannot be lived. But there is a stable spot, you, the Moment, the here and now. Here is in space but has no space and Now is in time but has no time.

Here feels so ordinary, but dive down to the spaceless, empty spot of absolute “here”. Now is very familiar but dig down to the timeless, empty moment of absolute “now”.

The liberated Understander, Self-Creator and Sense-Maker realize, that no common-sense, self or meaning needs to be created anymore and nevertheless all is perfectly accomplished.

Be the Moment and fully surrender to here and now. And it happens, the last remains of you, the Moment, witnessing here and now vanish.



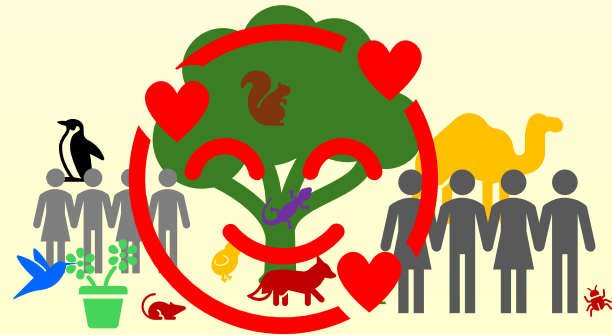
Mirror-like perception happens



All embracing love happens



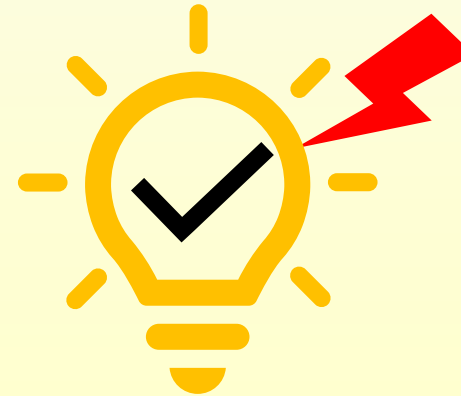
Bliss, love and equality manifest as the real nature of what is and what happens. No separation, no distinction, no preferences, just equality and compassion.



Distinguishing intuition happens



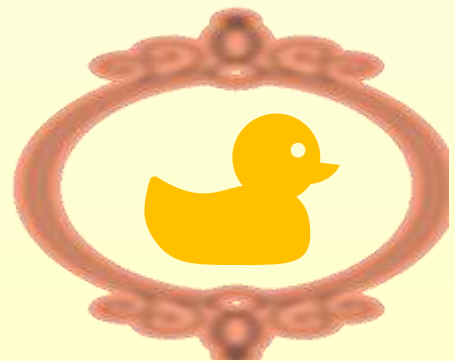
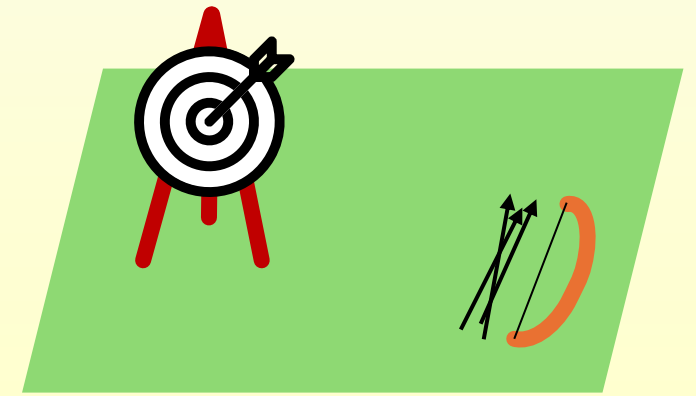
All phenomena manifest as unique, distinct and separable while still equal and empty in nature. Intuitive wisdom happens unrelated to logic, thoughts or knowledge with pristine clarity.



Nothing done, all accomplished



Actions just happen and everything is perfectly accomplished. No doer, no doing, bodies and minds formerly called my or his/hers just act freely and all accomplishing.



Mirror-like perception happens



Suchness happens:

Forms, colors, light, dark, sound, touch, smell, taste just happen. Also, feelings, thoughts, volitions just happen. No distinction between inside and outside as nothing is separated. Nothing added, nothing ignored like a mirror just purely perceives, what is perceivable. All things appear totally normal and ordinary again here and now.

But if separation happens and a seer or hearer appears, distinguishing preferences takes over or the thinker starts thinking, non-dual suchness is obscured by dual subjects and objects. Even if the unitive absolute emptiness or oneness slips into the foreground and you are back as nothing or everything, suchness is also obscured.

If it happens, simply use some earlier advanced practices. And when the time is right, non-dual suchness may happen again. But desiring it or trying to make it stay will drive it further away.

All embracing love happens



Suchness happens:

All things and beings are equal in nature and unconditional love is flowing between each and all of them. The face often happens to show a mild unrelated smile.

But if separation happens, some things or beings are loved more intensively, lover and loved things and ones appear or the pure subjectivity of I am love arises, non-dual suchness is obscured by duality.

If it happens, simply use the earlier advanced practices.

Distinguishing intuition happens



Suchness happens:

All things, phenomena and beings are with their individual, distinguishable characteristics. A pure intuition arises, and any question or decision, required in the moment, gets answered or decided, any relation becomes obvious, and the world of this moment here and now is clear, right and as it should be.

But if a desirer pops up, who wants to receive understanding of future questions or feels insecure and doubts intuition, non-dual suchness is obscured by duality.

If it happens, simply use the earlier advanced practices.

Nothing done, all accomplished



Suchness happens:

The body, the mind and the world just happen moment to moment including changes. Nothing acts, moves, changes or stays unchanged in the moment, things just are as they are. And as such everything is accomplished without any doing or doer. No need for intending, wanting, desiring, trying, practicing or hoping.

But when a thinker enters the scene, doubting all this or a doer wanting to do and achieve something, or the will is longing for its agency, then non-dual suchness is obscured by duality.

If it happens, simply use the earlier advanced practices.

Ordinary life just happens



No traces of development, understanding, realization, wisdom or non-dual suchness remain. The ordinary, normal life just happens from moment to moment. Only breathing, reading, listening, talking, observing, dressing, working, learning, playing, waiting, walking, resting, scratching an itch, eating, brushing teeth, using the bathroom, sleeping and being.



General Applications

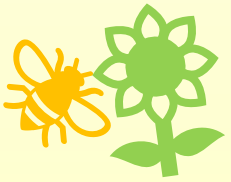
- 1. Chose to do something!
- 2. Pick the appropriate topic.
- 3. Activate the recommended left and right fingers for immediate change. Stretch them, touch them with the thumb or press the fingertips against something.
- 4. Practice each card for a little while. Use printed cards, the related pdf page or images on your phone until you are familiar with the practice.
- 5. Do the next practice in the sequence, if you wish, and repeat the first one sometimes later.
- 6. If it does not work in dense situations, practice first in more convenient times.

Regular meditation or mindfulness practices are highly recommended, but here the focus is on busy, daily life with its shallow, dense or intense situations.

Practices need training, so repeat them regularly when waiting, travelling or with boring, repetitive activities. Always use the related fingers, so the practices get „programmed“ there and can be activated with their „finger button“ in intense situations.

A) Stress management in case of sensual overload (crowded noisy city, hectic supermarket, busy chaotic meeting etc.)

- 1. Sense sensing! Focus on one thing only. 
- 2. Sense preferencing. Just let a feeling related to that thing arise. It is ok, whatever it is. 
- 3. Sense sense making. Just recognize a name or a label for that thing arising as a word or a vague feeling like: „Ah, this type of thing“. 
- 4. Finally let attention fly around. Sense another thing. When preferencing or sense making arises, fly to the next thing, and the next and the next. Just enjoy collecting “impression nectar” from all things like a buzzing bumblebee. 



B) Regulation in case of emotional overwhelm (anger, anxiety, grief, shame, confusion)

- 1. First Aid to stop overwhelm, sense sensing! 
- 2. Feel into yourself! Feel this iceberg of emotions. 
- 3. Imagine someone who feels the way you want to feel now. Step into his/her shoes! 
- 4. Feel the ping-pong! Allow your own as well as these other emotions to be here and now. When getting overwhelmed, go to 1. 
- 5. Feel yourself, your conductor or inner manager trying to coordinate and orchestrate all these emotions. You are not free to feel, what you want, but you are also not at the mercy of emotions. Be patient, allow all emotions to be felt, pleasant or unpleasant ones. Observe, how they slowly fade away, when not getting any of your resistance energy. 



C) Mental clarity in situations with conflicting ideas (family disputes, workplace disagreements, political discussions)

- 1. First Aid to stop overwhelm, sense sensing! 
- 2. Feel this ping-pong of your and the others' emotions and allow it to be but not to dominate. If emotionally overwhelmed go to (B). 
- 3. Think about your idea, of how the world works, and how it manifests right now. 
- 4. Consider other ideas of the world the other might have and how that drives his/her reactions. 
- 5. Observe the idea interactions. Recognize missionizing, insisting, reflecting, competing, resisting, questioning, explaining etc. 
- 6. Think of the polarity of absolute truth and total meaninglessness. Ignore your usual meaning making. Say: “I don’t know!”. Settle in the eye of this hurricane and wait calmly for new possibilities to emerge. 

D) Calming the mind in case of racing mind and sleep problems

1. Contemplate your worldview, this set of ideas about the world, how it functions and how anything makes sense for you.
2. Identify the specific irritating events, which strongly resist to fit to this idea. Pick a different big idea, where these events fit, even if you do not like that idea at all.
3. Observe the vicious circle of these two big ideas both trying to convince the other and make sense of the situation.
4. Envision this dynamic polarity between absolute truth and meaning and absolute meaninglessness. See your and many other ideas viciously circling between these poles like in a hurricane.



Finally say “I don’t know!”, enter the calm eye of this storm and just rest there without meaning or meaninglessness but at peace.



E) Overwhelmed by uncanny spiritual experiences that feel threatening or destabilizing.

1. As a first aid, sense your sensing of some ordinary physical things around you.
2. Notice, how just sensing the uncanny experience is ok, but affection and sense making is obstructed.
3. Observe your sensual common sense making and notice, if the spiritual experience is out of the bounds of your usual common sense. Carefully consider to extend your common sense.
4. Find out, if your emotional self is challenged by these new emotions. Consider reshaping your emotional self to include them.
5. Check, if your worldview and how you create meaning is hit by this experience too. Maybe you can expand your meaning making accordingly.



F) General personal development to open new realms of thinking and experiencing yourself and the world

1. Start with sensing sensing. Practice it with something ordinary and observe, how natural and familiar this feels.
2. Step by step work with each practice. If it feels natural and familiar, continue.
3. Recognize the practice, which feels a bit theoretical or you do not fully understand, how to do it. It looks like a frothy edge of your experience.
4. Go back one step and work regularly and more comprehensively with the last familiar practice.
5. From time-to-time experiment with your frothy edge again and see, if it is changing for you. Don’t rush, give it all the time it needs.
6. Eventually include the intuitive application (G) into your practice.



G) Experimental approach allowing your intuition to take the lead

1. Close the eyes and sense your body. When liking, disliking or sense making starts, move to another physical sensation.
2. Allow your body to move, if it wants. Let it change posture, move body parts or release tensions.
3. Observe if there is any change or movement in your fingers. May be one finger puts more pressure on something or the thumb touches one finger, or you just feel one finger grabbing your attention. Be sensitive to the fingers in both hands.
Don’t push, the body is not always in the mood or need to point at a practice.
4. Use the finger pointer to select the related practice, work with it and see, what happens.



Part Work:

- The Self is not a homogenous entity. It's an orchestra, a team, a family or a system of parts, ego-states or sub-personalities.
- Parts operate semi-independently, each with its own set of beliefs, characteristics, memories, intentions, behaviors and emotional responses functioning like a distinct personality within the individual.
- Every part has a positive intention for the individual, even if its beliefs and actions appear counterproductive or destructive.
- Some parts carry "burdens," which are painful emotions, negative beliefs, or extreme behaviors adopted due to past experiences.
- Some parts are protective or problem-based, others are a healthy and valuable expression of the individual's functional multiplicity.
- Parts form a complex system of interactions, like interpersonal relationships, and even can become polarized.
- Parts can change, heal and develop.
- For comprehensive part work use Identify and Liberate Plays from the [50 Plays for Mindplayers](#).

H) Play 21 Advanced Plays using the specific play parts as described on each second page

1. Familiarize yourself with the part related to the selected practice. Imagine it in front of you, register its body, outfit, posture and details.
2. Touch the related fingers with the thumbs or stretch them out, switch position, say: "I am the XXX" and be that part. Ask yourself as this part, what name you like and use that from here. Use the posture, you observed earlier. Sense into yourself, feel your (the parts) body and emotions. Observe thoughts coming up as words, images or otherwise.
3. Play the practice as this part.
4. Be very serious to stay completely in role, to be the part and not switch back to yourself unnoticed.
5. When the practice seems impossible, becomes irritating, confusing, shallow or threatening, finish there and go to I) Work with part resistance. It is possible, that you reached your actual highest level of development. But it can also mean, you have skipped this aspect on your path of development, and must be strengthened and integrated.



I) Work with part resistance

1. Register resistance, when playing advanced plays as the related part. You might recognize irritating contractionary emotions of peace, relaxation or bliss and the same time fear, irritation or hesitation.
2. The duration of enjoying a calm or joyful experience in a play is quite short, as if someone else is turning away quickly. Let that happen and ask: "Who is it, that turns away?"
3. Recognize this part, visualize it with details in front of you, ask for its name and switch position.
4. Feel into the threatening emotions from the last play, before you took over and turned away. Realize your positive intention, to save him/her from something weird and ensure mental sanity.
5. Go back from the threatening play to the nearest lower right hand middle finger play related to meaning, self or common sense.
6. Play that as the part, that turned away and recognize, if you feel good and safe for him/her here.
7. Consider, what could be a good way forward.



J) Give space to a part that wants to play

1. Look, listen and feel inside, if there is a part, which wants to play. If it feels like that, ask for its name. It can be one of the play parts related to the 21 advanced plays but also any other part.
2. Visualize it in front of you with all details, welcome it and appreciate its courage to show up.
3. Switch position, feel into you, recognize your positive intention and ask yourself: "Which play do I want to play?"
4. Recognize the answer as a voice, a feeling, an image from the play cards or a hint from your fingers.
5. Play the desired practice and eventually the next one.
6. Switch back, say Thank You and consider, what positive intention was related to playing this play and what value it had for you.



Advanced Applications

- You are a regular meditator or practitioner of mindfulness with years of experience.
- You have had several serious glimpses, insights or experiences of Emptiness, Oneness or your true nature.
- If you need to ask, what that „experience“ should look like, you did not have it yet. That is perfectly ok, it comes at its own pace, and you cannot force it. Continue playing the basic versions here and [50 Plays for Mindplayers](#).

K) New perspectives in case of missing meaning and purpose in life

1. Reflect on the universal polarity between absolute truth and meaning and absolute random- and meaninglessness. Picture your struggle for meaning oscillating between these poles.  
2. Perceive how this dynamic polarity system is fundamentally based in emptiness, in empty thoughts and ideas, as nobody ever found an absolute meaning or absolute meaninglessness in nature, in the physical world or in the personal experience.  

Experience being this absolute emptiness, in which this polarity manifests.

Notice that for you as emptiness the need for meaning and purpose does not exist and never existed. No thinking, no searching, no feelings, no things, just vast boundless spaciousness and peace of mind.
3. Also play the Glimpse plays from [50 Plays for Mindplayers](#).

L) Liberation in case of being stuck in emptiness (reaching the spiritual peak and wanting to stay forever, passionately missionizing, seeing big discrepancies between peak and ordinary times)

1. Be the Void, totally empty. As the Void sense sensing! Focus on ordinary things in daily life.  

Discover that you as the Void can perceive ordinary things. Ignore affection and sense making, just sense things with all details as the Void.
2. It happens, when it happens. One ordinary thing, a spark, a sound, an object, a word reveals its true nature, its oneness with you and all other things.  

More things reveal themselves and you blissfully realize: “I am the universe, I am anything, everything and nothing“
3. Also play the Unite Plays from [50 Plays for Mindplayers](#).



M) Next step in case of sensing , that being the ultimate unity is not the end

1. Experience yourself as the ultimate, paradoxical unity of all things with emptiness. This is the end of YOUR development. You the self, cannot go any further. You did a great job to arrive here, but now you can retire.  

You open both hands in absolute surrender and imagine yourself dissolving or dropping completely.


2. And it happens, when it happens. You are gone; “your” body and mind including all ideas about the world are gone. Only ordinary suchness remains.  

Physical bodies and mind objects like perceptions, feelings, thoughts or volitions continue to exist but no more as separate entities, not as your or anyone's body or mind, just as what is.