

50 PLAYS

for MINDPLAYERS



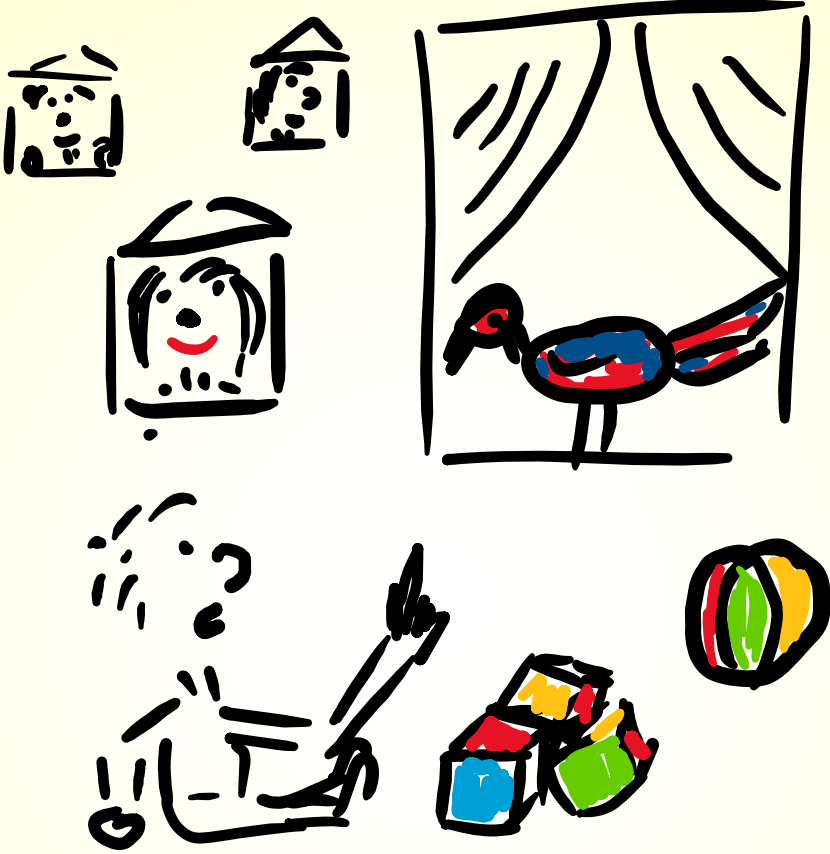
Mindplayers play their mind like a beautiful instrument. They ban their mind or outside triggers from playing them, from pushing them around with thoughts and emotions. Mindplayers are curious, trust their intuition and give themselves permission for even irritating experiences.

Most people don't dare to play and will be played forever.

How to play

- Play one play at a time. First use the descriptions for orientation.
- Pick plays, which work good for you or when you like more practice and play it at any suitable time and place in your ordinary daily life.
- All plays can be played solely in the mind. You can use supporting breathing, mimic, gestures or actions, if convenient for you in the situation.
- Play in sequence. Start with later plays, after you have mastered the early plays to some degree. Also later, continue to play the early plays to extend your practice.
 1. Explore your mind and strengthen attention control.
 2. Glimpse who you really are.
 3. Identify and liberate parts of your self.
 4. Unite to experience all-embracing oneness.

Free your Toddler-Curiosity



Imagine being a toddler exploring your world. Every moment is fresh and exciting. Look at things, feelings and even thoughts with Toddler-Curiosity.

What happens in your body?

Free your Toddler-Curiosity

A curious toddler is exploring totally through observing, listening, touching with hands and mouth, pulling, pushing, throwing, combining or separating objects of interest with all available energy. As they do not know much, there is a huge, colorful world to be explored. Exploration is the great adventure, curiosity the force of nature behind it and figuring something out is joyful and directly opening another world to explore. What if you would free this toddler-curiosity in your daily life? You have been told not to ask so many questions, to accept things as everybody does and to focus your energy on useful duties. But it is your decision, isn't it?

Unsee the Elephant

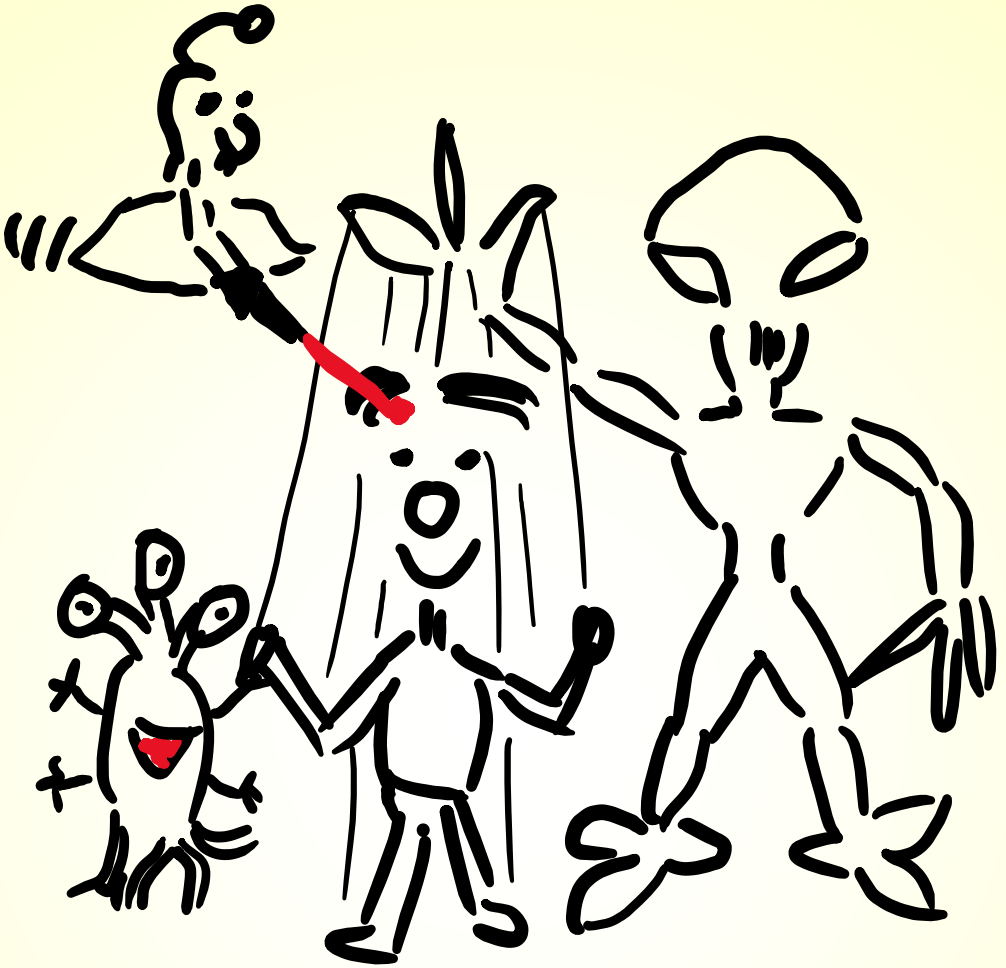


Find all tricks people use to unsee the elephant in the room. We all have dislikes, desires and irritations, but manage to unsee them. What does it cost us?

Unsee the Elephant

Many people are very experienced in not seeing, hearing, feeling, what they want to unsee, unhear or unfeel, even if it is as big and prominent in the room as an elephant. Discover all their and your tricks and habits like fulfill a desire for sweets, a cigarette or a look at your phone, pretend, it is a tiny mouse, not a big elephant, distract yourself with other sensations, substances or activities, focus your attention on things you want to see or tell yourself a story like "There cannot be an elephant in my living room, it is a table or a sofa!". Find as much tricks as possible. In case of preference-, desire- and suffering-elephants, these unseeing habits get you a little distraction. What do they cost you?

Find the Alien Players



Besides your elephant-related behaviors, what else plays your mind? Explore ordinary days as well as special situations to find all aliens playing your mind.

Find the Alien Players

Look for triggers in your day, like images around you, texts in public space, social media or in your messages, people's postures, mimic, what they say and how they say it. Differentiate between senders, intensities and situations. Also look inside to recognize bodily sensations, feelings, thoughts or memories coming out of nowhere to trigger you. In this play, you just recognize them and what they do to you. Grow your collection of „aliens“, which are regularly pushing your mind around on ordinary days or only in special situations.

Dare to be a Mindplayer



As a Mindplayer you develop the habit to play everywhere! Have the 50 Plays with you and explore all possible locations, conditions and situations to play.

Dare to be a Mindplayer

To become a mindplayer, you start with the decision to develop a playing habit. You have the 50 Plays always with you on your phone and play in many appropriate situations. Or you play my daily mind hacks on TikTok or Youtube Shorts. As a starter you focus on the explore plays. When your attention control has grown, you include glimpse plays and so on. With more experience you can follow your personal sequence, sometimes you just play what you like and often some phenomena inside or outside of you nudge you to play with them. After some time, the playing becomes automatic and effortless, so you can focus on the „music“ and enjoy. Sometimes you come back to the first plays (Unsee Elephant and Alien Player) and recognize, what has changed since you started.

Nice Videos: [DrJud Habit Change](#)

Fly like a Bumblebee



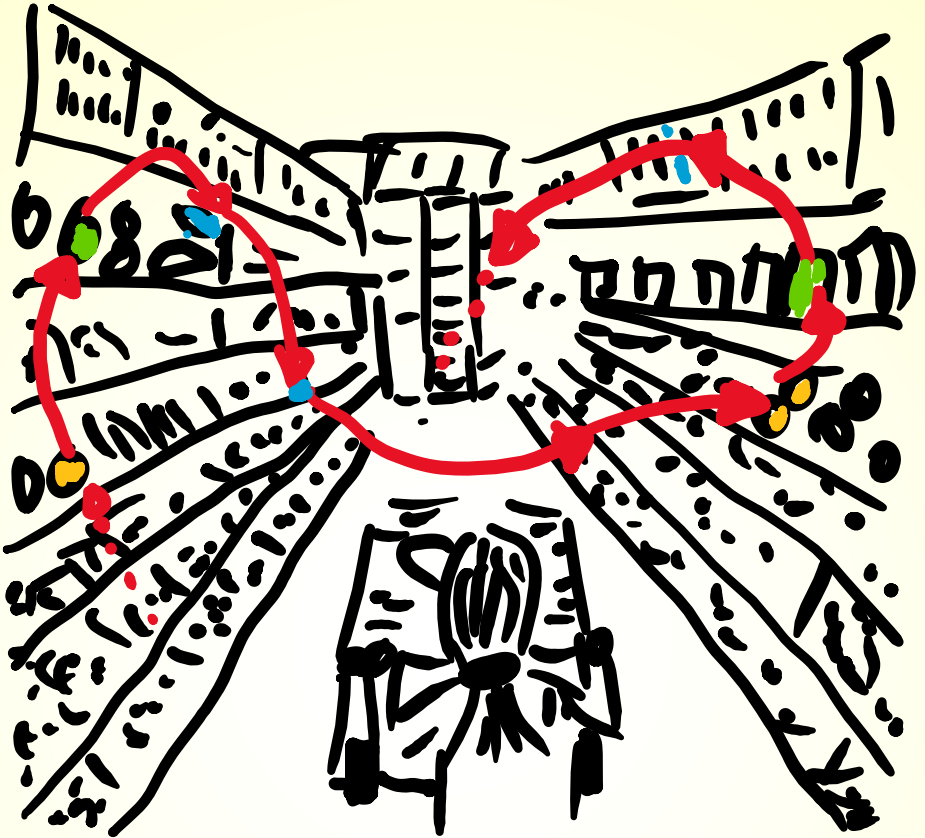
Your attention is a bumblebee. It
lands briefly on an outside
phenomenon, collects goodness
and flies to the next.

Fly like a Bumblebee

Focus attention on all kinds of forms, colors, sounds, tastes, smells, touches, temperatures, movements, expanding, rotating, changing, merging, ... You can intensify the effect by mentally saying "This" to any new focus object. Fly around like a bumblebee collecting pollen from blossoms. Enjoy the beauty and richness of any phenomenon. Proceed to the next blossom, before your mind starts thinking, labeling, liking or disliking, wanting or rejecting. Feel the goodness accumulating in your body.

Nice Videos: [Mindfulness](#)

Tame the Magic Light



Your attention is like a magic light, hopping around at will. Find triggers in and outside, that make it hop. Tame it to behave at your will, when triggers appear.

Tame the Magic Light

Most of the time your attention is just pushed around by triggers from the outside world or your body, thoughts, phantasies or memories. First just observe it hopping, then try to identify triggers. Recognize the type of triggers, their intensity and effects on your attention and what else they cause like new emotions, thoughts, bodily changes. Later play with guiding the attention when triggers appear. You can make it stay, where it is or hop to a place (view, hear, feel, thought, imagination, ...) of your preference. You are like an animal trainer in a circus, taming wild lions and tigers.

Nice Videos: [Unified Mindfulness](#)

Hide in your body



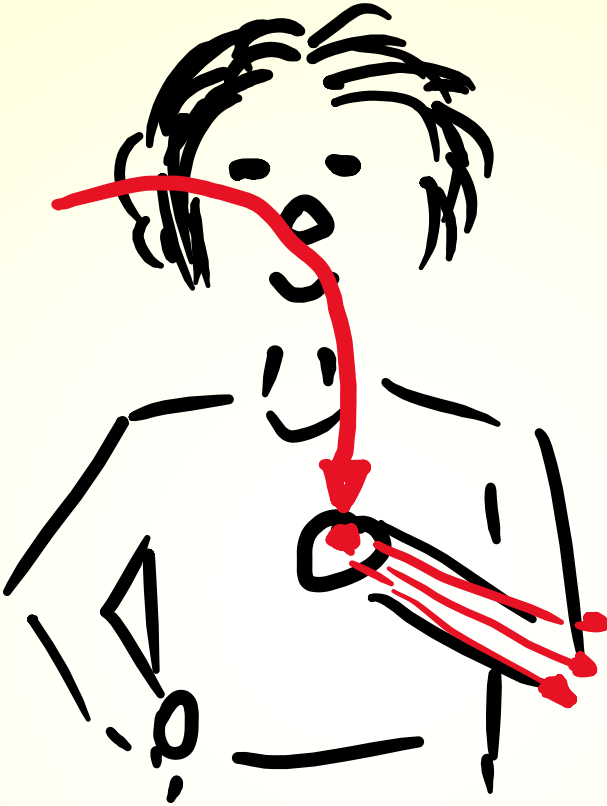
Where in your body are you now?
Go hide at other places and see,
hear and feel from there. Find
secret places, where nobody will
ever seek you.

Hide in your body

Most people find themselves somewhere behind the eyes. You could wander down to throat, chest, belly, through one leg and foot into a toe. You could hide at any place in the spine, in other bones, muscles, organs and even in the liquids inside conduits like veins. At each location look around with the rest of outside light, then switch on inner light and look around you. Listen to sounds from inside the body and from outside. Just touch and feel your environment, recognize moving elements, temperatures, surface textures, pressure, liquids flowing and anything else. Select your preferred secret spot for rest and relaxation, where nobody and nothing can bother you.

Nice Videos: [Embodiment](#)

Breathe Body Parts free



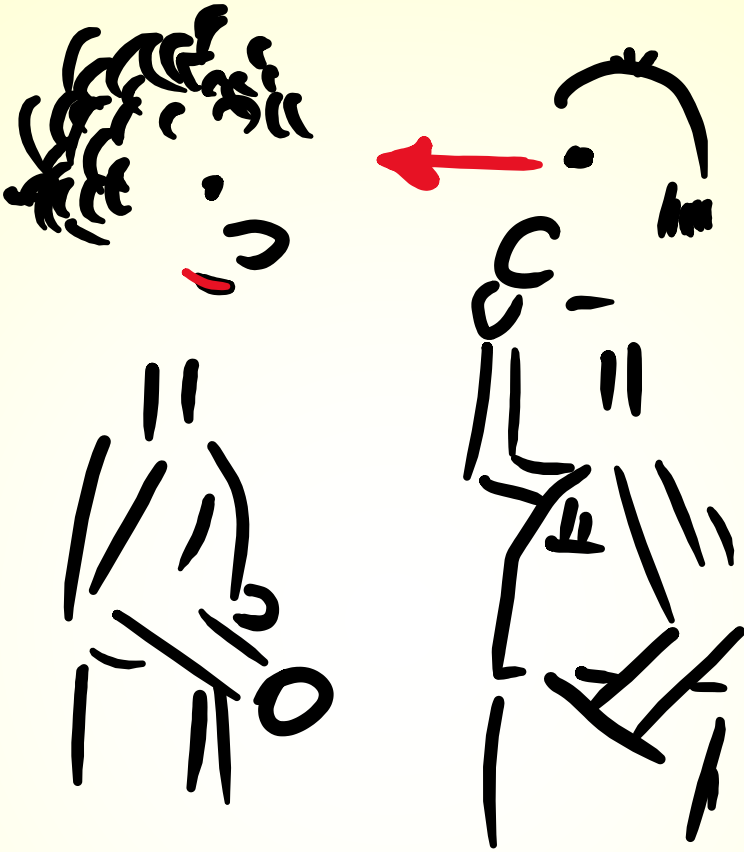
Visit a tense body part, breathe
into it and out through it.
Goodness is blown in and
tensions, pain and impurities are
blown out.

Breathe Body Parts free

Breath out through a foot, knee, belly, back wherever you feel tensions. Breath in fresh and clear air. With the outbreath, all tensions, itching and any unhealthy stuff leaves the body. Breathe out slowly so the body part can relax with each outbreath. You can imagine to blow pure nectar, milk, ambrosia or healing energy on the body part. All unhealthy stuff blown out sinks into earth and is a nice fertilizer for all plants.

Nice Videos: [Cantienica](#)

See being looked at



Realizing, that someone is looking at you, causes changes in your body and mind. Explore them for different lookers and looks. What if you smile?

See being looked at

For social beings like us, someone consciously looking at us, has effects on our body (tensions, posture, movements) and mind. Thoughts arise about yourself and the other. You may see yourself from his/her viewpoint, body parts tension or relax, posture changes, movement changes, feelings and emotions change. Experiment with a subtle friendly smile suitable for the situation and focus on what changes in your own body and mind. The emotion-driving Amygdala in human brains reacts especially strong when recognizing fearful and angry faces, so expect this trigger and be aware, when triggering others like that.

Nice Videos: [Eye Gazing](#)

Cut your Auto-Responder



Focus on something new and observe the rapid auto-completion, -classification, -relating, -judging and -responding. Stop the auto-response and enter the driver seat.

Cut your Auto-Responder

Auto-Complete changes forms to 3D-Objects, sounds to music or words, movements to anticipated start and end. Auto-Classification gives meaning, makes it "make sense". Auto-Relation determines relevance and influence for yourself. Auto-Judgement primarily decided likes and dislikes. And finally, Auto-Response initiates a bodily or mental response. All that happens very fast, and you can usually not interfere, except for the bodily response, which sometimes can be stopped or changed before acting out. Mimic or bodily tension and minimal posture changes are very fast but serious bodily movements and speaking is usually slower and can be stopped or changed consciously. Praise yourself for every successful interference.

Nice Videos: [Impulse Control](#)

How to play Glimpse Plays

- Glimpse plays are proven approaches to get a first glimpse of who you really are.
- Start with finding those plays, which work best for you, may be visual or language, sound, feeling, emotional and ornamented or pure and less emotional plays.
- Later try them all. It is reassuring and deepening.
- First glimpses are usually strange and irritating or like „nothing special“. It needs continuous repetition and variation.
- Trying to grasp and understand a glimpse, chases it away. It happens, as it happens.
- Glimpses support the following liberation plays. With difficult parts liberated, glimpses may occur more often, and become longer and deeper.

Focus Light Saber Style



Focus on one confined phenomenon.

Whoosh! Your light saber has cut
away any mental clustering,
completion, meaning, relating or
emotion. Let this awareness expand.

Focus Light Saber Style

Most outside phenomena seem very clear and real. Pick one (see, hear or feel), may be an apple, and focus intensively just on this. With a sudden “Whoosh!”, your light saber has cut away anything, your mind has already added, like clustering (these group of green and red visual phenomena make up the apple, those not), completion (inside and background of apple), meaning (an apple, food), relating (mine, good for my health) and emotion (I like it, it is tasty and looks nice). What’s left is pure awareness quickly expanding without borders. Your left brain-hemisphere and connected right eye, ear and hand are specialists for this play. It works best, while your breath is mainly using the right nostril (changes all 20 minutes).

Nice Videos: [Unified Mindfulness](#)

Open embracing Awareness



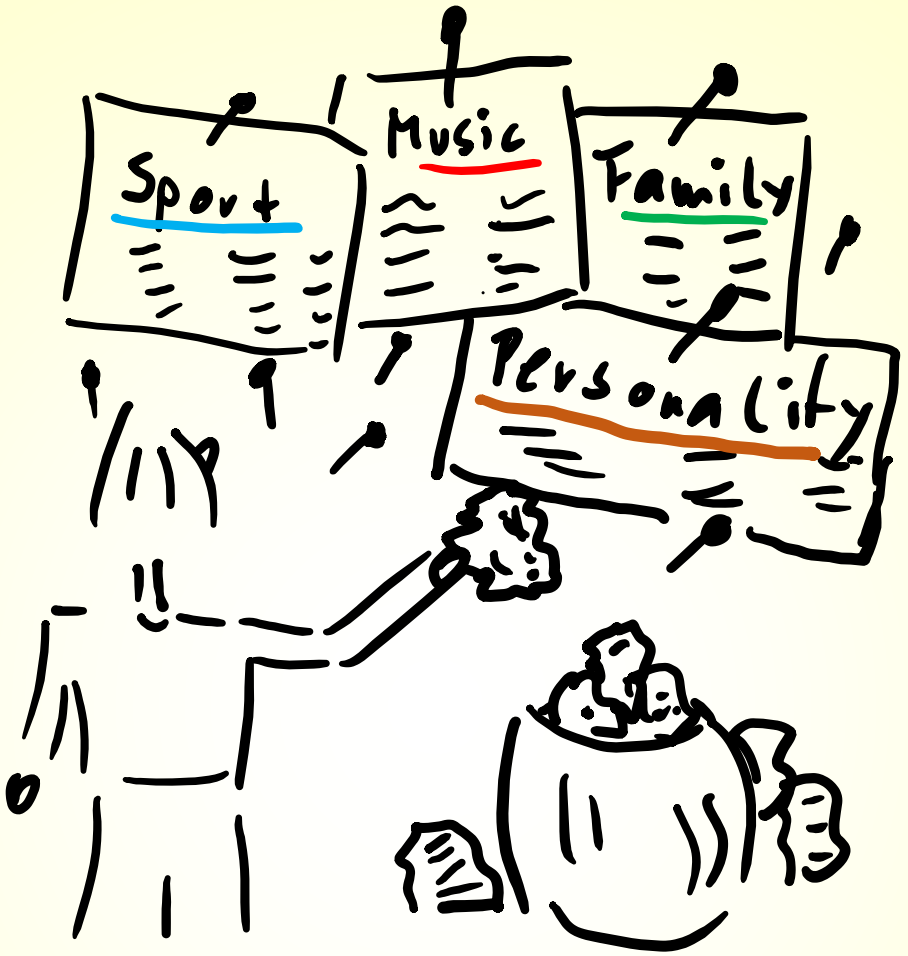
With countless arms you can
friendly embrace everybody and
everything in your awareness
including yourself. Proceed until
the whole world is embraced.

Open embracing Awareness

Recognize the whole field of your actual awareness, what you see, hear, smell, taste and feel right now inside and around you. Embrace every single being and object with one of your countless arms in a kind, friendly and compassionate way. You are like a perfect mother, who embraces all her various children without any discrimination. You become one with all of them and all of it. Your right brain-hemisphere and left eye, ear and hand are experts in this, but you can also include all right arms. It works best, while your breath is mainly using the left nostril (changes all 20 minutes).

Nice Videos: [Loving Kindness](#)

Trash your stories



Briefly write down all your different stories, who you think you are. Crumple up each paper and trash it. Feel yourself.

Trash your stories

Our stories give us safety and identity. We know, who we are and, very important, all others know, who we are. But it is also hard work to synchronize all new thoughts, observations and behaviors with our existing stories. Often, we prefer to not see, think or do something to keep our stories intact. Note down all stories ideally on one paper each with title and few key words. Are the stories imprisoning you a bit? Do they give you a feeling of safety? Do others love to know you and your predictability? If you dare, crumple one after the other and throw it into the trash bin. When all stories are trashed, see and feel, if you still exist. How liberating!

Fire up a Campfire



Imagine (see, hear, feel, smell) to fire up a campfire in a part of your body. Expand the fire over the whole body and beyond to maximal size, heat and inclusion.

Fire up a Campfire

Start a fire in any cold part of your body, like feet, belly or arms. Really see, hear, feel and smell it. Enjoy the warm and cozy feeling. Later grow the fire in size and heat. Imagine dry wood or gasoline dropping from top of your head into the fire and every outbreath blowing fresh air into it from below. Let it grow until your whole body is burning, then include just everything in your mind and then the whole world. Finally, there is nothing left but hot bright, sizzling fire.

Nice Videos: [Inner Fire](#)

Point a finger at yourself



Point a finger at things and body parts and focus your view at that.

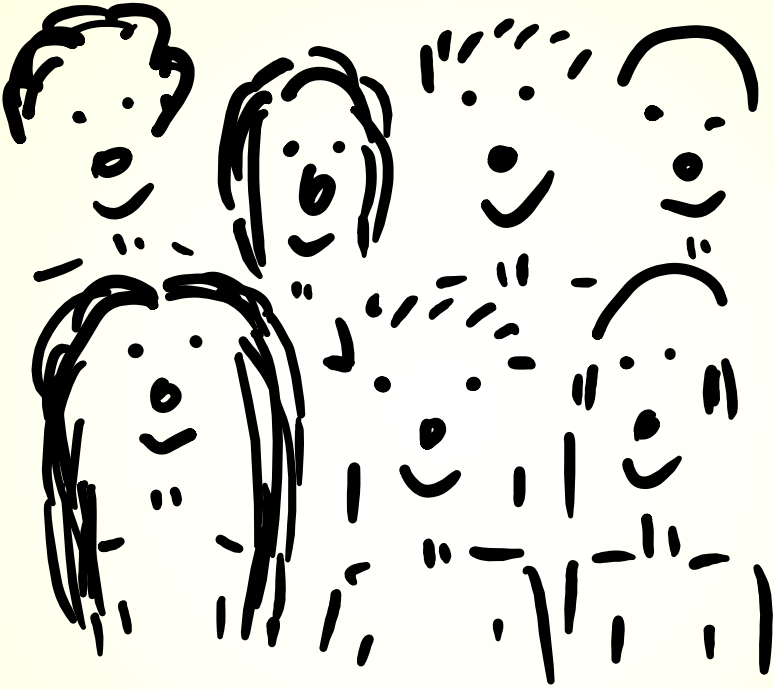
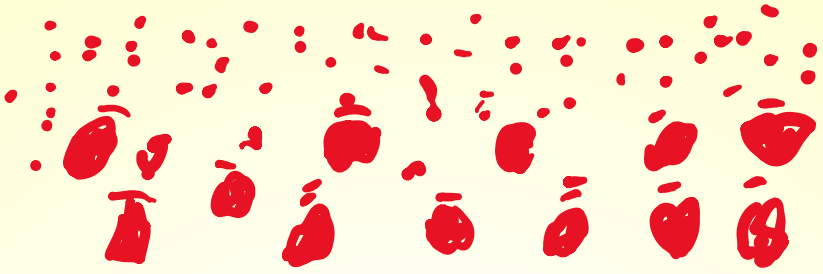
Now point the finger at you, the one who is looking. What do you really find there?

Point a finger at yourself

Point at an outside thing and look at what you point at. Point at visible body parts of yourself. Then have your hand ideally in front of your head in plain sight and point inwards to yourself, a spot inside your head somewhere between and behind your eyes, from where you are looking. If you see your head like in a mirror or your eyes or your brain, that is either the auto-completer or your conceptual mind trying to show, what should be visible. Just start all over with something outside or body parts. Don't accept ideas, try to really find yourself, the one, who is looking.

Nice Videos: [Headless Way](#)

Make it rain Goodness



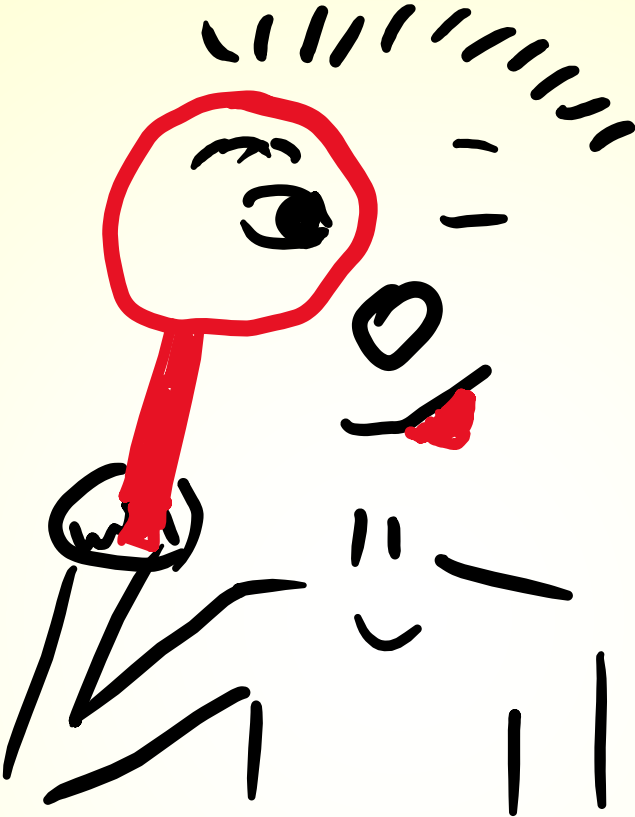
Imagine infinite quantities of all kinds of goodness in the sky. Let it rain goodness onto all beings including yourself. Feel the unity of receiving goodness together.

Make it rain Goodness

Goodness can be imagined in various dimensions as good things, positive emotions, kind moods, compassionate behaviors or actions, thoughts, archetypes, situations, images, talks, music as well as body sensations and combinations of those. Create as much as imaginable and fill the whole sky with it. Then let it rain goodness to all things, sentient beings and people around the world and beyond including yourself. Enjoy being one with all of them and all of it in the bliss of receiving pure goodness in this very moment.

Nice Videos: [Loving Kindness](#)

Find the Recognizer



Find that, which recognizes any view, sound, touch, any sensation, feeling, imagination, emotion, thought, memory, idea, just any phenomenon. Be the Recognizer.

Find the Recognizer

Look, hear and feel very seriously, what is that which is recognizing all your outer and inner conscious phenomena. Is it a thing, a person, is it substantial at all? If you think you found it, and “it” is anything substantial, it can be seen, heard or felt, then who is the one seeing, hearing, feeling and recognizing that? Anything you recognize, cannot be the recognizer, as the recognizer is recognizing it. The recognizer seems unknowable, ungraspable and unsubstantial. Just be it anyway without understanding it.

Nice Videos: [Dzogchen](#)

Absorb an Archetype



Visualize an enlightened figure of pure wisdom and compassion above your head. Let it become pure light flowing down into you.

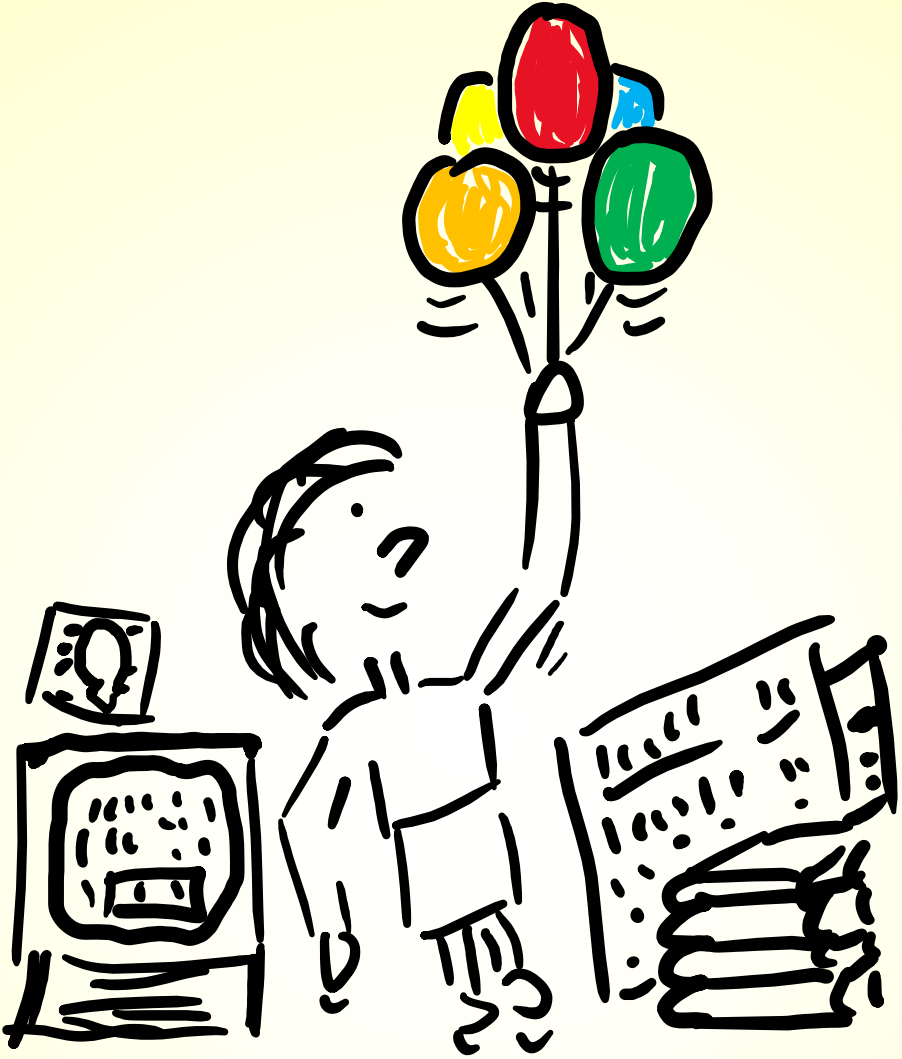
Absorb it fully.

Absorb an Archetype

The figure can be an idealization of an existing or historical person (Gandhi, Mother Theresa, a Saint, Bodhidharma) or an ideal, fictional archetype, which you appreciate. Imagine it with many details, before it dissolves into pure light and flows down on you from above through the top of your head filling your whole body and mind with its pure wisdom and compassion. Absorb it all, become the Archetype and say: "I am XXX!".

Nice Videos: [Guru Yoga](#)

Be Not-Knowing



Check your beliefs and knowing for absolute, unborn and undying knowledge? If you can only find absolute Not-Knowing, say to yourself: "I am Not-Knowing".

Be Not-Knowing

For practical reasons, we must believe things and consider most of our thoughts and knowledge as true. But analyzing it deeply, it is only relative knowledge, which relates to other thoughts, conditions and assumptions, which themselves again relate to other thoughts. All of that is relative, and provisional. We can never be 100% sure, we cannot absolutely believe our thoughts and beliefs. The only thought, you can fully believe, is Not-Knowing. Only Not-Knowing is absolute Knowing. Now become the Not-Knowing. Say to yourself "I am Not-Knowing!". If you take the wrong exit and think you know, that you don't know, that's also knowing. Become the Not-Knowing itself.

Nice Videos: [The Work](#)

Sink into a sharp Ping

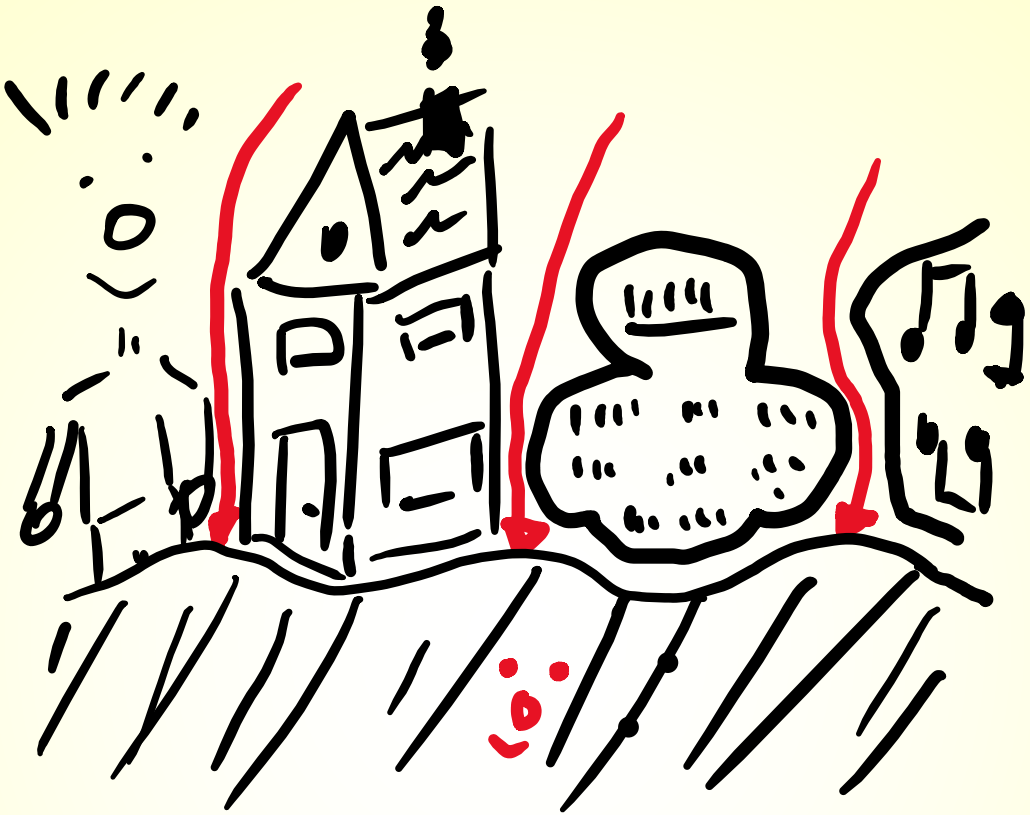


Use a glass, a bell or a metal lamppost to create a sharp, loud „Ping“ that keeps sounding. Let yourself and the world sink into the vanishing sound.

Sink into a sharp Ping

Find things which create a sharp, loud, high and sounding „Ping“, which vanishes only slowly. Spoon and glass, small bell, bolder and lamppost work well but you can find something everywhere. Sometimes a sound even finds you, if you listen carefully. Let the „Ping“ sound and jump into the sound waves. Let yourself and the whole world sink into the sound and vanish together with it.

Dive into the Ground



Objects in the mind appear and disappear. Use tiny gaps between them to recognize the ground. Dive into it and be the ground of mind.

Dive into the Ground

When objects in the mind (thought, word, image, sound, ...) disappear, there sometimes is a gap, before the next object appears. Do not try to influence this, just wait for the next recognizable gap and jump. Dive into the ground, be the ground. When the next object arises, it arises from you, the ground. You let it arise, stay and disappear on its own, you are just the ground on which it happens. You can dive deeper and nearly not realize the mind objects any more or stay at the surface and just enjoy them arising and disappearing on their own.

Become a Blaster-Master



Blast all your mental objects.
Make the blast louder, bigger,
blasting yourself, anything and
the whole world until there is
nothing left.

Become a Blaster-Master

Recognize anything inside of yourself and outside in this very moment and blast it with a big, intense, hot and loud blast. Let the blast grow bigger and bigger, louder and louder to include anything beyond your actual awareness, just everything existing. Finally, when the blast settles, there is nothing left in your consciousness, no body, no mind, no things, no world. Just the Blaster-Master is totally relaxing. Some people even blow away the blaster-master.

Just sit doing nothing



You just sit still and silent and do nothing. Your mind does things, your body does things, other people do things, the world does things, but you do nothing.

Just sit doing nothing

You just sit still (or stand, crouch, knee, lie) and do nothing. Your body does its thing including sending sensations and feelings to the mind. The mind does its thing letting emotions, pictures, thoughts and stuff arise, hang around and vanish. You will recognize some of these but let them just happen freely. If desires to control, direct or change what happens come up, you also let them arise, hang around and vanish at their will. If your mind focuses on something or starts drowsing, you let that happen. If body, mind and or world disappear, you also just let that happen, nothing to do for you. If it seems as if you have disappeared and it is just sitting, that is also fine. And while things seem to happen inside and outside of body and mind this all is just sitting doing nothing.

Nice Videos: [Zazen](#)

Play Space Catapult



Breathe in deeply. Keep the breath in your lower belly. Enter the lower spine entry. Let the breath catapult you out through spine and skull top into space.

Play Space Catapult

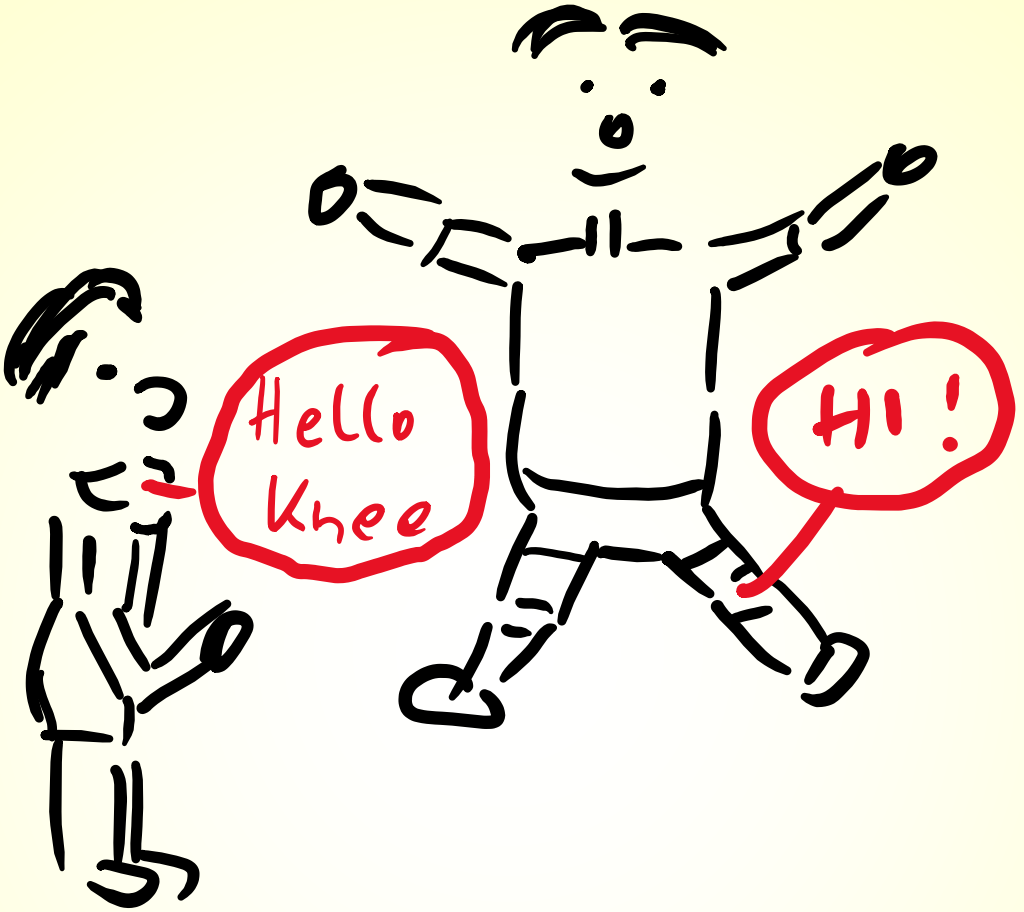
Sit or stand stable, so the body can manage itself without your attention. Let it breath in deeply. Keep the breath in your lower belly under the spine. Imagine yourself like a tiny person slipping down in the body and entering the spine at its lower end. Now ask the body to release the outbreath into the lower spine. Hui! The breath catapults you up through the spine and the skull, leaving the body at the crown point on top of the head and ascending into the sky, higher into space, leaving the milky way and finally the universe. Observe yourself shouting and laughing in excitement like a kid. Looking down eventually, you can see the body breathing and being totally ok. And finally, you fully disappear in vast emptiness.

Nice Videos: [Qigong Breathing](#)

How to play Identify & Liberate

- Identify Plays help you to find all parts of your self.
- When you found some, liberate them one by one and later continue indentifying.
- Always play the full Liberate Play sequence from start to end with one part only.
- If the part resists, cancel and wait for readiness signals.
- First liberate parts, which cause familiar feelings or emotions. Later proceed with background and hidden parts.
- Parts are regularly or in specific situations influencing your life a bit or significantly. Hidden, unknown parts usually act out covertly. Regard hints from them asking for your attention.

Chat with your Body-Parts



Talk mentally to your body or a body part. Ask what its job is, how it feels. Allow it to change the body posture or habits. If it is lacking more, liberate it.

Chat with your Body-Parts

Chat with all your limbs and organs. Listen for soft and subtle answers, as louder answers often come from your thinking mind. Invite them to change the body posture to their convenience (stretch, move, relax). Ask them for habits, they dislike and or appreciate. You might offer to experimentally change a habit next time in the related situation, if they remind you of that just in time. You might even agree on a signal like an unusual bodily itch or move or mental sound or thought. If you find out, they have other needs, which seem serious for this part, do the Liberation Plays with that body part. As you have so many body parts, liberate mainly those, who cause decent inconvenient feelings or those, for which you have strong emotions.

Meet your Family of Parts



Identify parts of your self (inner aspects, sub-selves) with their ideas, emotions and (always) positive intentions. Liberate part by part following the Liberation Plays sequentially.

Meet your Family of Parts

Start with roles in job, hobby, family and proceed to more universal parts like Controller, Protector, Sceptic, Inner Child, Cutie, Hero, Thinker, Judge, Doer, Procrastinator, Perfectionist, Pleaser, Bully, Seeker, Desirer, Anger, Victim, Fixer, Explorer, Winner, Loser and others. Welcome all without judgement, look at their characteristics and how much you like or dislike them. Also include your Leading Self, the one you usually identify with and call by your first or nickname. As you have so many parts, liberating them all offers enough plays for years. Begin with the ones, which are most significant for your daily life, or which bother you most.

Nice Videos: [Internal Family Systems](#)

Invite unknown parts



Sit still and silent and ask mentally:

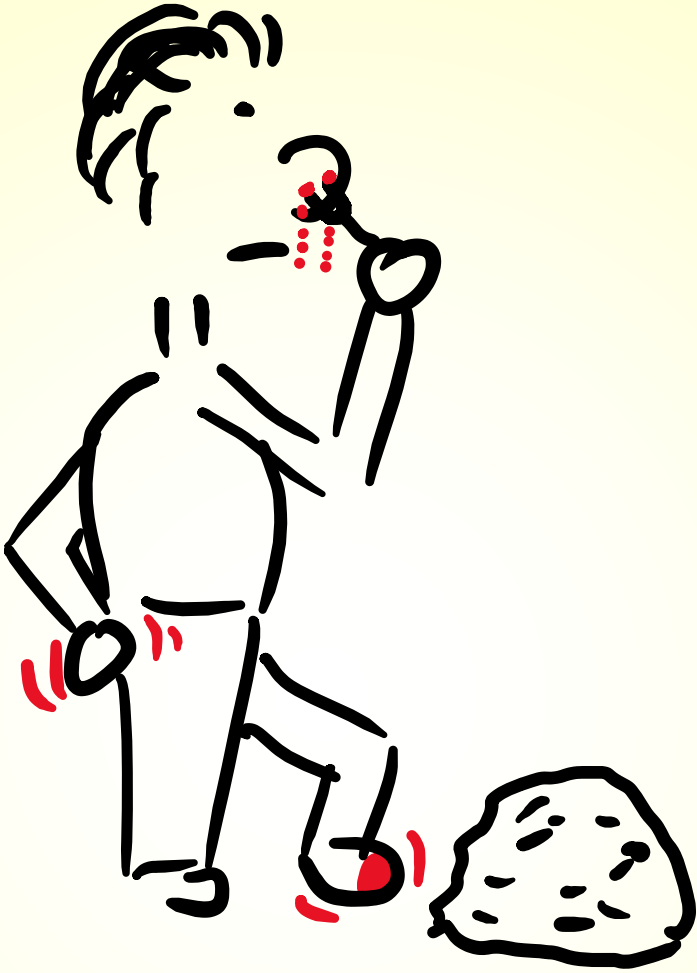
"Is there a part of myself, that would like to be seen and heard?" Listen and feel carefully! Liberate all upcoming parts.

Invite unknown parts

Unknown or even suppressed parts rarely have enough trust or get airtime to talk freely, so listen very carefully. Also look for feelings in your body, imaginations, sounds and any unusual sign, the part may use to communicate with you. Ask: "Is that itch, tension, image from you? Who are you?" Look also for parts like Controller, Protector, Damaged Self, Victim, Anger, Fear, Looser etc., if you have not already met them in the Part Family play. When you can talk to the new part, use the complete sequence of Liberation Plays to liberate it. But listen carefully, parts might not be ready, and you should give them time. Some parts may have evolved, when you were a toddler, a baby or even before birth. They might not use language but feelings and bodily reactions. Listen to those and respond with pempering, hugging, singing, nursing and breast-feeding, even if you are a man.

Nice Videos: [Shadow Work](#)

Attend your Oddities



Recognize odd bodily effects,
behaviors, emotions or thoughts.

Ask mentally: "Who is causing
this? How may I call you?"

Liberate the part.

Attend your Oddities

Unknown or even suppressed parts often act out covertly and irritate yourself with all kinds of oddities. They also can create strange effects in the body. Use any irritating and interesting observation as a trace to an unknown part of yourself.

Unknown parts can practically do you good or not so good, but they all have a positive intention. Just accept them now, as they are and be curious without judgement. It is always a great progress, if an unknown part has enough trust in you to show up in the light of your consciousness. Some parts need to wait, until another part is conscious and liberated, before it can start to come into light. Even new parts can establish, when older parts leave or get liberated, like “the Enlightened One” or “the Mindplayer”. Liberate them also. Identifying and liberating new parts is a continuous process.

Nice Videos: [Shadow Work](#)

Study Admiration & Rejection



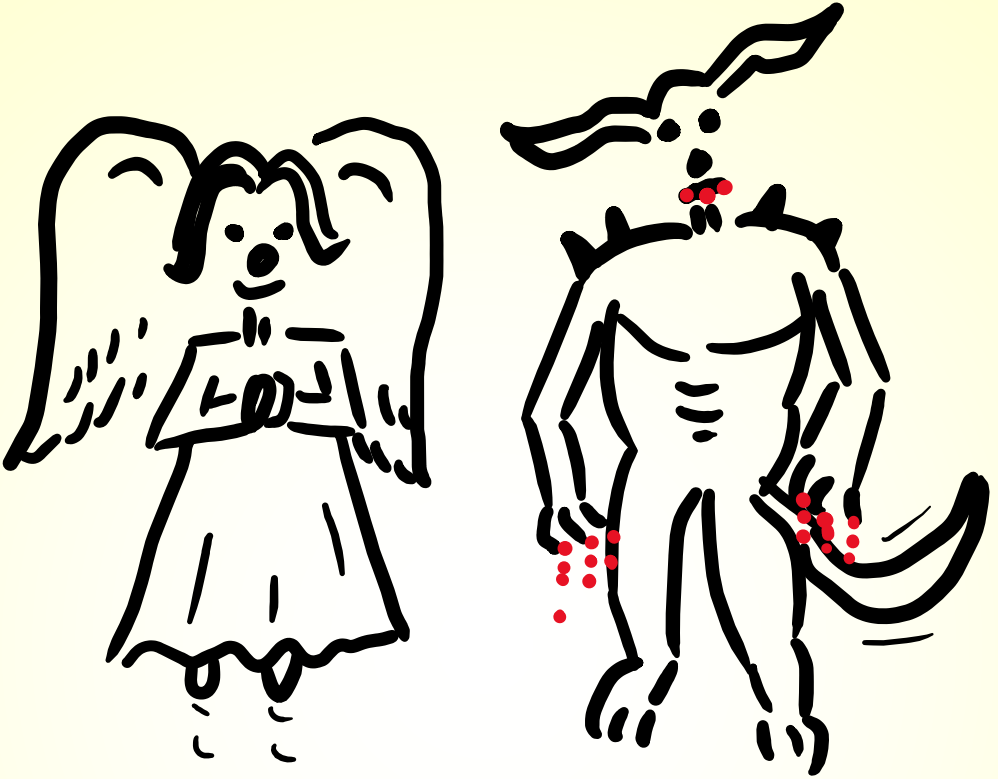
Recognize things you admire or reject in others. Ask mentally: "Who is the part, representing this in myself?" Liberate all identified parts.

Study Admiration & Rejection

Admiration or Rejection of other people or special aspects of them is usually an indication of a part in yourself, that did not get enough airtime and attention. You often admire in others, what you cannot see in yourself or reject in others, what you do not want to admit in yourself. Therefore, they act out by admiring or rejecting others, who are alike. Listen carefully, it might not have spoken out since quite a while. But don't give up, it exists! Feel the emotions and bodily feelings. Eventually locate it in your body. Especially in case of rejection, remember all parts have a positive intention for you and the world, they want to do good, even under the given circumstances and their understanding and capabilities. Yes, good intentions but limited wisdom can cause bad outcomes, therefore liberating the parts can be a big relief for them and you.

Nice Videos: [Shadow Work](#)

Bring the Subtle back home

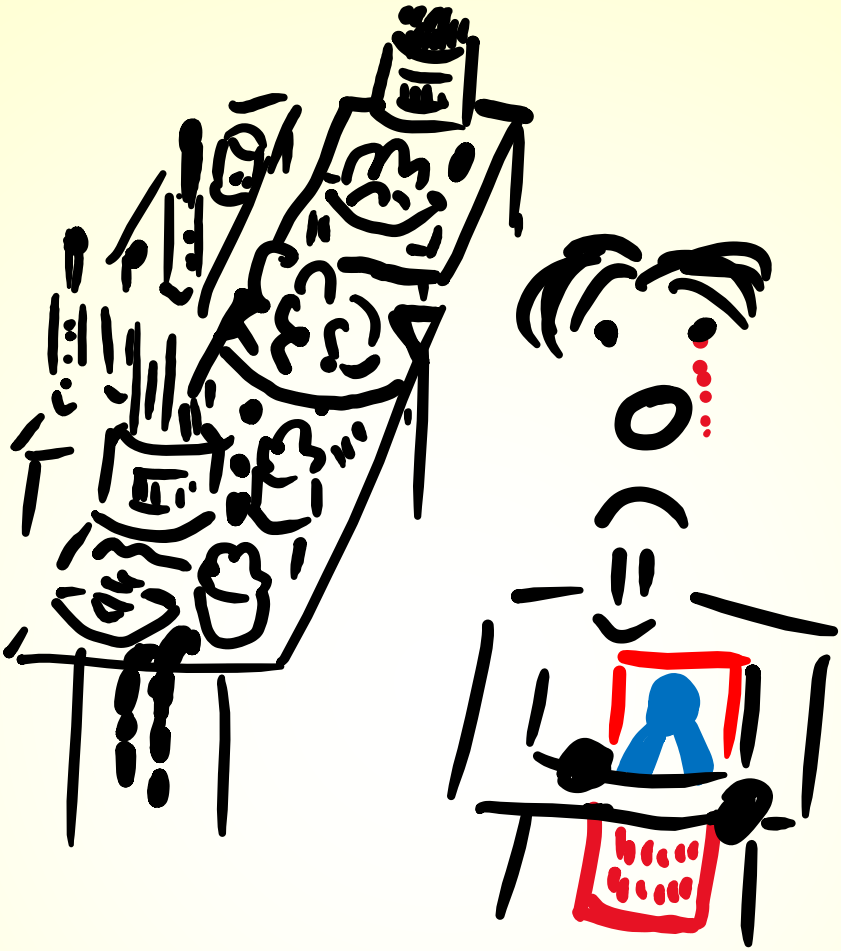


Find body and outside phenomena
you believe exist, which are
questioned by science, medicine
and materialistic people. Liberate
related parts.

Bring the Subtle back home

Subtle phenomena like Angels, Dragons, Ghosts, Buddhas, Fairies, Demons, Gods, Devils, Subtle Energies, Non-Natural Forces and Powers, and many others allow us to project desires, hopes, fears or anger away from ourself or real people. Subtle phenomena can play a beautiful, helpful but also threatening role in your life. Look for parts, which engage with the subtle world and liberate them. Also examine, where you have projected characteristics into subtle objects or beings, which you do not want to see or cannot see as your own characteristics. Find related parts and liberate them too.

Inquire Feast Resistance



Having played “Liberate 4” several times, inquire current resistance. What was hard to transform into food? Liberate the clinging parts.

Inquire Feast Resistance

When you transform all kinds of things like, body parts, belongings, money, ideas, beliefs, history, relations, emotions, things you created, your traces in the world and others into food for the feast, you can recognize tiny to significant resistance. This can indicate, that a so far unknown part is still very attached and clinging to these things. Talk to the one, who is resisting, to donate at least something to the feast. If the part is ready, liberate it like all others.

Warmly welcome the part

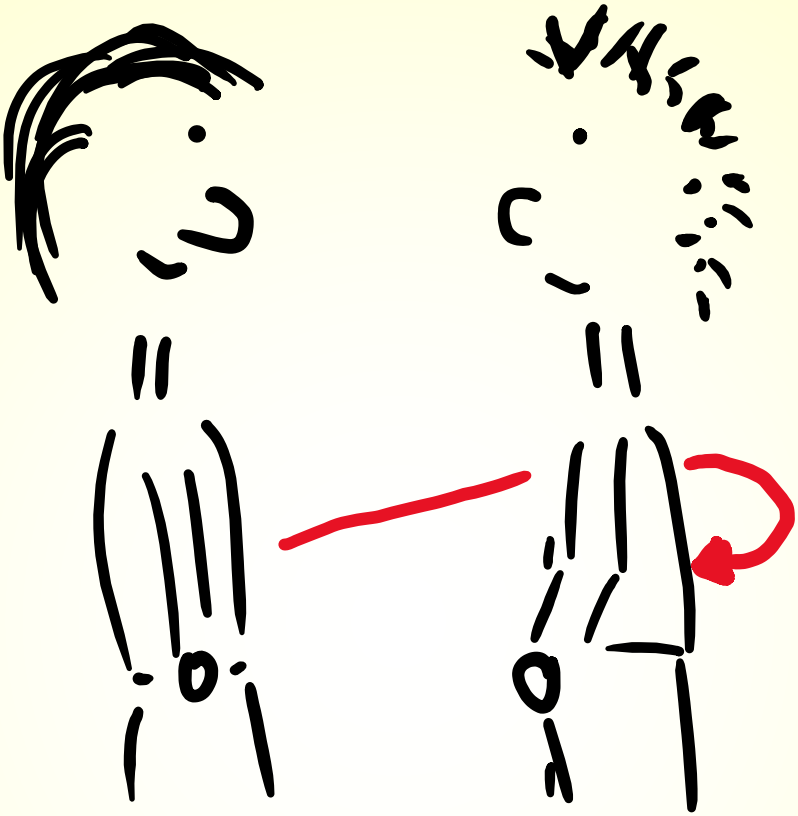


Warmly welcome the part in the
Imaginary Theater Lounge. It is a
sentient being with a positive
intention. If you or it have too
much resistance, try again later.

Warmly welcome the part

Warmly welcome the part. Focus on the fact, that it is a sentient being and has a positive intention for you and the world. Say “Hello” and look friendly at it. See, what it looks like, how it sounds and smells. It can look like a human, an animal, a demon, a phantasy or even surreal being, it's totally ok. Recognize its size, shape, clothes, gender, skin, posture, behavior. If offering any food or beverages or a seat now feels appropriate, try it and see the reaction. Establish a way of communication like language, sounds, mimic, gestures, posture, movements or others. Usually most non-human parts use your language anyway but allow other forms. Ask if it feels ok to proceed. A trustful relation between the part and yourself is required. If you do not receive a clear yes, agree to cancel for now and try again later.

Walk in its "shoes"



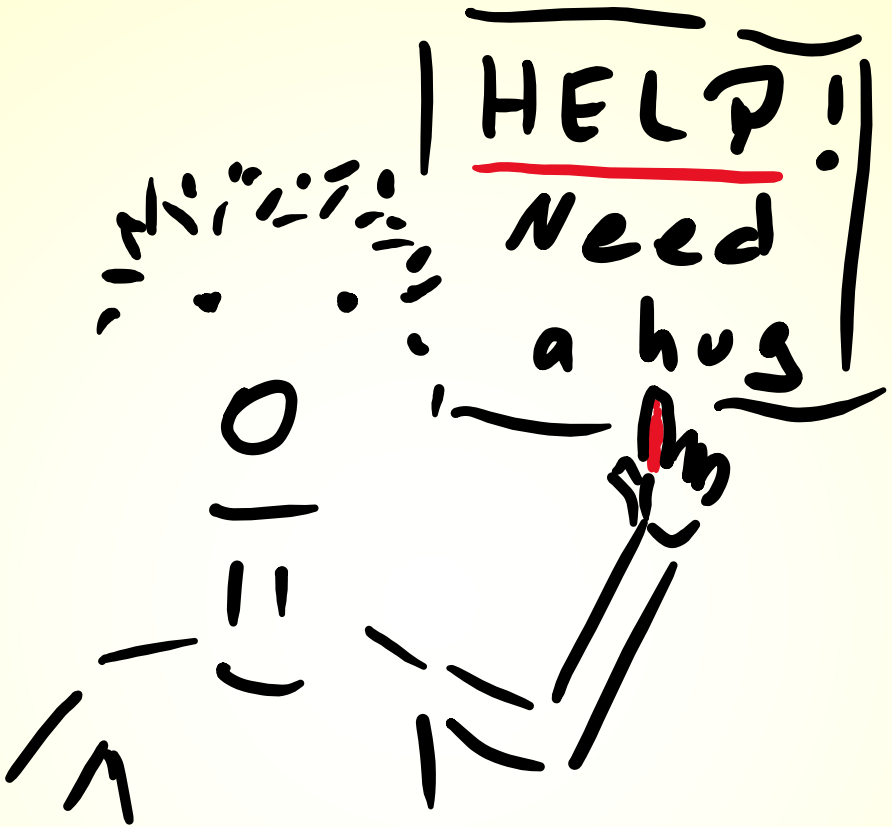
Change location and posture and say: "I am part XXX!". Talk about your actual mood, feelings, intentions, wishes, limitations and if you are ok to proceed.

Walk in its “shoes”

Say “I am XXX”. Pick a name, you like as this part. Change your posture and location to become the part (mentally or better physically e.g., with two chairs). You are the part XXX now. You might even see him/her (the one you usually identify as) standing or sitting in front of you. Feel your body, even if it is a non-human body. Express what feels right for you here and now. Tell him/her all the things, you want to share. When done, check if you feel good to proceed and only then express your consent, stay as the part and play the next play. Otherwise, you cancel here and will indicate in the future, when you like to proceed.

Nice Videos: [Voice Dialogue](#)

Express the Real Need



As the part, express your ordinary desires and wishes. Then look, listen and feel deeper and ask yourself: "What do I really need?"

Express the Real Need

Like other beings you have lots of wishes and desires, changing all the time. But deeper than that you have a Real Need, which is important to you and enables you to fulfil your intention. Listen carefully, your Real Need often comes up in a soft and subtle voice in your mind. Repeat it. If this is correctly understood, your body often relaxes, and your mind feels content like saying: "Puh, finally it is understood". It can require several tries to find the Real Need. When done finish being the part and change back to your daily body and posture. Thank the part for its collaboration.

Nice Videos: [Feeding Demons](#)

Prepare a Part Feast



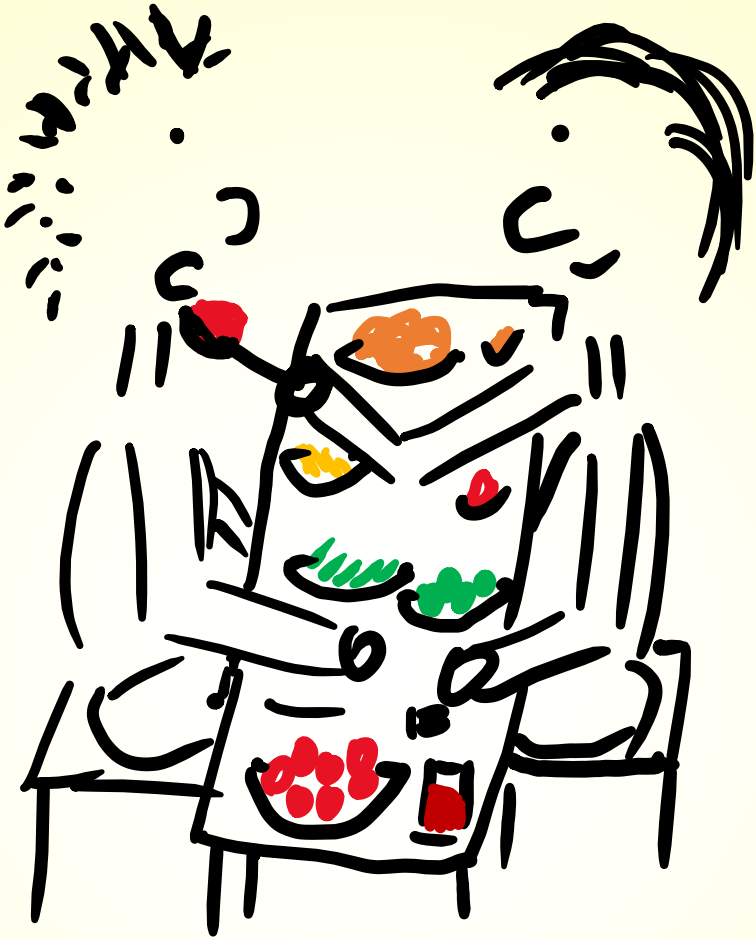
Enter the Theater Restaurant and ask the part about its favorite "dish" to satisfy the Real Need. Cook your body, mind, possessions and anything, that relates to you for a huge feast

Prepare a Part Feast

Favorite dishes can be human dishes and beverages but also raw meat, plants, flowers, light, music, sounds, rainbows, energy, hugs, pampering, nectar, ambrosia or anything the part likes. Imagine to convert all your belongings, your whole body (all parts from head to toe), all your ideas, phantasies, memories, feelings, knowledge, opinions, relations, achievements, works and any traces in the world. Notice, what you cannot give away easily, and play Identify 7 with it on another occasion. If you have used really everything for this perfect feast, the world will look as if you had never existed. When you have deeply realized your true nature, use that realization for the feast too. It will influence the following steps significantly.

Nice Videos: [Feeding Demons](#)

Feed until overflowing



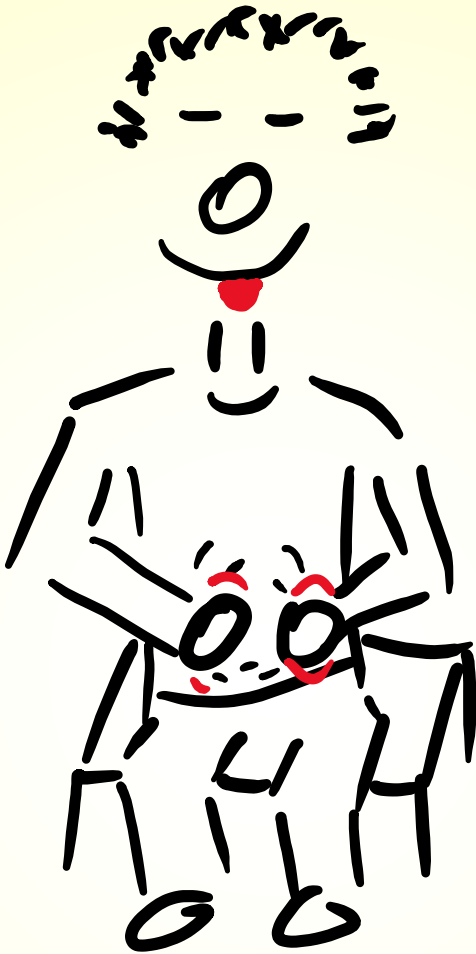
Serve and feed the part until it is just overflowing. Observe all body, mimic, posture and behavior changes from start to overflowing.

Feed until overflowing

See, hear and feel the Theater Restaurant with all the feast dishes on several tables, the part sitting ready to eat and all the details around you. Then feed it in the way it appreciates. It might like to just get dishes placed in front of it, to be fed like a kid, to be nursed, to receive streams of light, energy or nectar flowing through the air to its head or mouth or other forms. Do not stop, before the part indicates to be totally full, satisfied and overflowing with any more food. Observe what happens to the part's body, mimic, posture and behavior, when totally fed up.

Nice Videos: [Feeding Demons](#)

Feel full and satisfied



Step into the body and posture of the full part. Feel your body bottom to top and your emotions.

Recognize the differences to needy in posture and feelings.

Feel full and satisfied

If the situation allows to physically take up the location and posture, do that. Observe all internal feelings, tensions and cold/warm spots. If your body is non-human or unrealistic, recognize how that feels. Look into the world and see, if something has changed. Remember bodily feelings and postures from the needy part. In daily life, you, the part, use them to give a message to him/her. Enjoy the pleasure of sitting there relaxed and content as the full part. If your feast included really everything possible including the experiences from the Glimpse Plays, you might now even feel not like a person or subject or a self anymore but just like the unborn, borderless THIS from those glimpses.

Nice Videos: [Embodiment](#)

Call all parts on stage



You the needy part and all others
enter the stage of the empty
theater and find their places and
postures. How do you feel?

Switch to the full part.

Call all parts on stage

Start as the needy part, observe the locations, movements and postures of the other parts and yourself while finding a good constellation on the stage. The auditorium is empty, so it is just a parts family gathering without other people. When the constellation has settled, feel what it is like to be the needy part here. Who looks at you expressing which feelings? What feelings do you have looking at each other? Take your time, then switch to the full part. All others and you change positions and postures. See what changes for you and the others. You can intensify the play by placing real objects on a desk or the floor and standing physically with your finger or full body between them as the part on stage.

Nice Videos: [Systemic Constellations](#)

Let Real Action begin



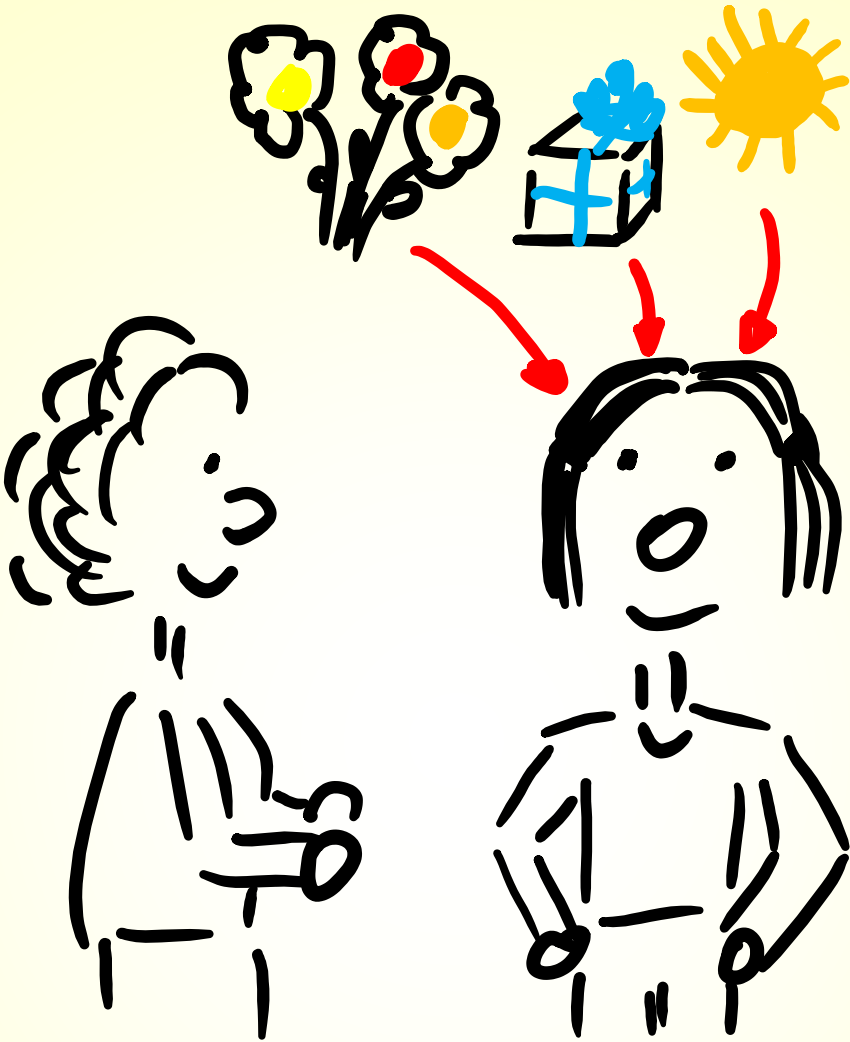
Let the auditorium fill up with people from your life. See some parts of them on stage and some of your parts hiding. Act as the needy, later as the full part.

Let Real Action begin

Pick a time and situation, where the needy part acts on stage also in your real life or where it actively hides because of that situation. See the people around you from that situation fill the auditorium and watch the stage. In this situation with these people, several of your parts hide in the background. All other people also have parts, and some enter the stage to interact with you. The whole constellation changes and settles again. Feel your body as the needy part, see the looks of all others and observe interactions and changes. If you as the needy part also are hiding, feel into that too. Later become the full part, find your new place and posture and let the constellation change and settle again. If as full part, your new location is inactive in the background, that is ok too. See, if other parts leave or enter the stage. Play with different situations and people, where this part is involved.

Nice Videos: [Systemic Constellations](#)

Gift your special Goodness



As the part imagine your special collection of goodness and send it to sentient beings or the world as a stream of goodness. Later send it to other parts of your self.

Gift your special Goodness

Be the full part ("I am XXX"). Create your individual package of goodness, that you want to give to the world, other beings, other parts and/or the daily self. It is not required to be pleasing or to fulfill anybody's wishes. Now send this goodness like a stream of light out to where you want to gift it. Start with beings you like. Proceed later to other beings. And finally send it to other parts of yourself. You might even become a real friend of the self or other parts.

Nice Videos: [Loving Kindness](#)

Let the part Glimpse Play



Do some Glimpse Plays again,
 this time as the part. Be the part,
 by saying: "I am XXX", use the
 posture and play as needy and
 later as full.

Let the part Glimpse Play

Some Glimpse Plays may have worked better for you, when you initially played them. But this part is different from you, the Leading Self or from the part, which has initially played these plays. So, find out, which Glimpse Plays work best for this part. Glimpses and realizations of its true nature will liberate each part. It enables it to act freely and wisely on its positive intentions or step back, when appropriate.

- Unite plays help to realize your all-embracing oneness with the pure emptiness and lovely richness of yourself and the world.
- Realizations of oneness are like glimpses, they come when they come. Unite plays are a friendly invitation only. Striving to get more, scares them away. Be patient and continue playing all plays.
- Realizations are often a confusing and irritating experience. The logical, rational mind cannot grasp or understand them. That is ok.
- If some important (in their view!) parts are not liberated yet, realizations of oneness tend to come more rarely, are more shallow and shorter. The unliberated parts usually interfere very fast. Just continue to identify and liberate more parts.

Be the Empty Theater



Imagine being the Empty Theater
in which parts, auditorium and
plays happen. "I am just the
Empty Theater!" Later drop that
too.

Be the Empty Theater

Imagine your theater totally empty, no parts, plays or auditorium. Now say: " I am the Empty Theater!" and recognize, how that feels. Feel into the body, recognize emotions or moods. Let also any objects of the empty theater vanish, you are pure nothingness. See how big you are. Do you have any borders? Do you have a form, shape or color? Have you ever been born or created? Can you die? If you answer any of these questions with yes, stop here and try again another time.

Invite yourself to the Lounge

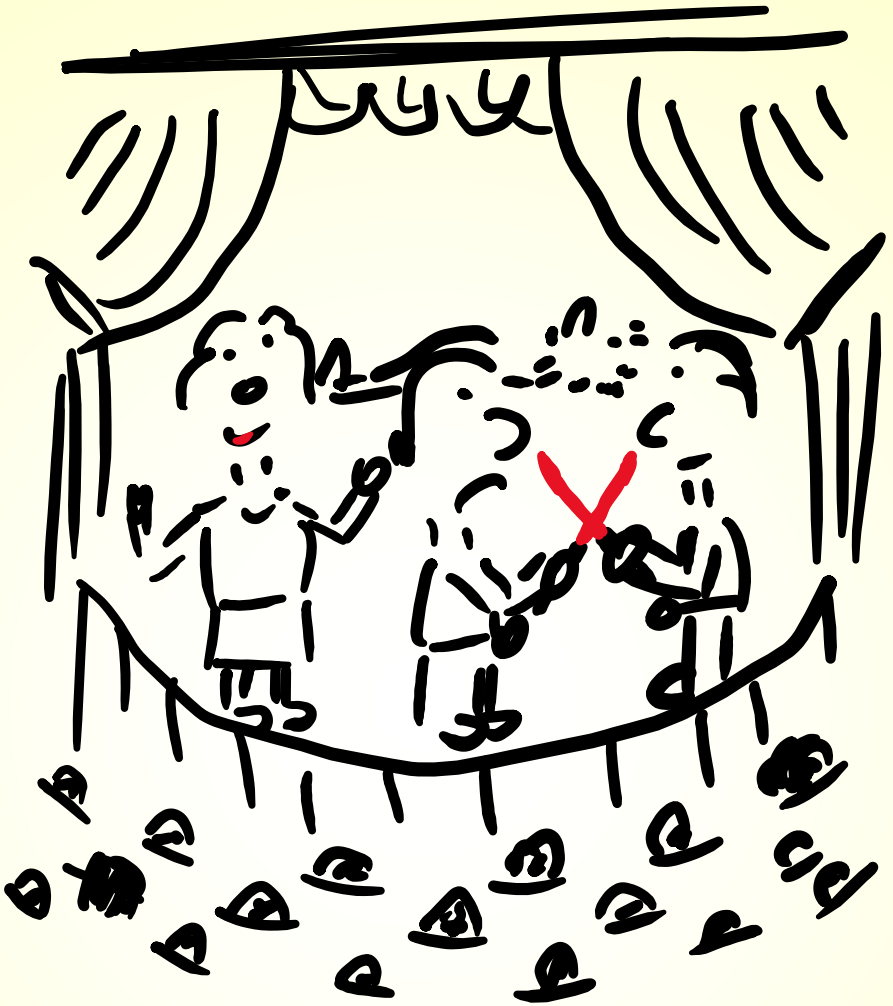


Invite all parts including yourself, the Leading Self, to the Theater Lounge. All can relax, watch, do their thing or enjoy the feast buffet there. Leave them alone.

Invite yourself to the Lounge

Feeling seen, appreciated and safe, parts enjoy leaving their role on stage and hanging out in the Lounge and at the Buffet. If things get intense on stage, they are always ready to return into their role. But over time they realize, the play works wonderfully without them. They can observe the play on stage much better from there. To have full control to return anytime gives them even more secure comfort. And experienced parts often forget the stage at all for a while and nobody knows, where they go. What if all parts leave including you, the leading-self and the play on stage just continues?

Be the United Theater



Be the United Theater with all
own and other parts, the
auditorium and the lounge. Later
you grow to include all stages,
parts, auditoriums and plays.

Be the United Theater

Imagine all details, colors, sounds, feelings, smells and atmospheres of the complete united theater. Your parts are playing on several stages with different auditoriums in different plays. And all other people also play on numberless stages with endless other people. And animals and plants also have their stages and plays with or without human involvement. Now be this United Theater (“I am the United Theater”). You, the huge United Theater finally embrace anybody and anything acting on numberless stages of the past, present and future. Are there still preferences or rejections, or do only they have that? How is it to be the rich and lovely, wild and wonderful, chaotic and uncontrolled playing everywhere?

Use your Mind Controller



Let your fingers represent mind functions. Pinky: see/hear/..., ring: like/not, middle: intend/act, index: discern/think, thumb: attend

Use your Mind Controller

Look at your open right hand with each finger representing a core mind function. From the pinky, a new phenomenon first is sensed e.g., seen. Then ring feels it as neutral, liked or disliked. Middle usually follows with an immediate intention or bodily action. Only with delay, the index tries to make sense of it all and to influence liking or acting. Your thumb, the conscious attention is only involved sometimes. Use your hand like a mind controller to consciously observe and later influence the mind. Touch your pinky with your thumb to focus conscious attention on one specific act of seeing or hearing in this moment. Touch the ring finger to realize the immediate subtle or huge liking or disliking. Touch the middle finger to realize the evolving intentions and actions and touch the index finger to observe your thinking and sense making. Realize that if you can observe it, it is not you!

Nice Videos: [Five Skandhas](#)

Open hand and mind



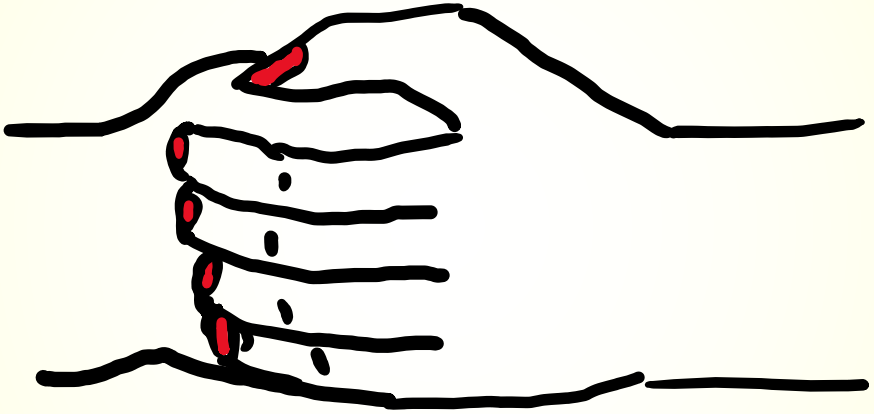
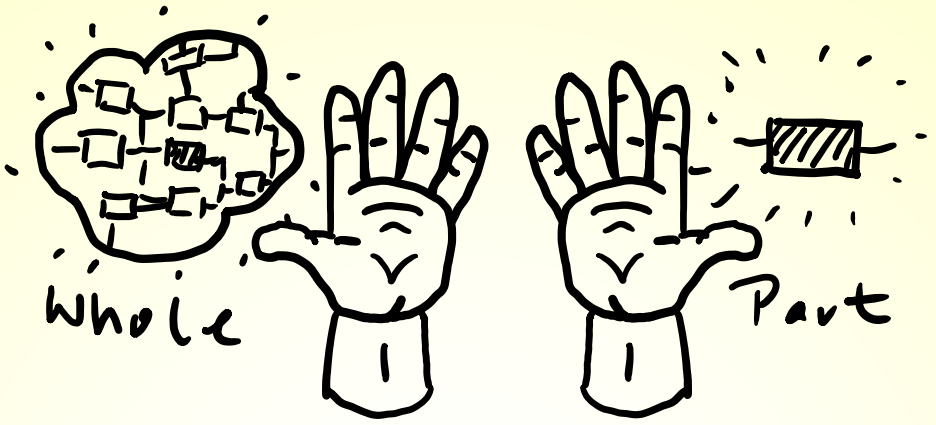
1. Release the stuck fist and mind,
2. direct conscious attention to each finger and
3. open the whole hand to open your mind.

Open hand and mind

Clenching a fist is synonym with a stuck mind, seeing, judging, thinking and acting the same narrow way again and again. Opening halfway and touching fingers with the thumb is equivalent to consciously attending to the related mind processes. Opening the hand completely and forcefully leads towards a truly open mind. A stretched pinky perceives the world like a mirror without adding or changing anything. A stretched ring loves everything as just another phenomenon raising the overall richness. A stretched middle intuitively acts to what is required in just this moment with wisdom and compassion. A stretched index realizes the infinite richness, individuality and diversity of all phenomena. A stretched thumb finally invites the subject- and objectless, spacious awareness.

Nice Videos: [Five Buddha Families](#),
[Five Wisdoms](#)

Embrace Right with Left



The right hand is good in grasping things and focuses on parts. The left hand is good in perceiving what is and focuses on wholeness.

Embrace Right with Left

The right hand is specialized to grasp and handle things (except for true left-handers). Its fingers relate to seeing, judging, intending and thinking about details, representations and parts of a mechanistically imagined world. The left is specialized to perceive or imagine what is as a whole and as a continuous flow. Its fingers relate to seeing, judging, intending and thinking about the wholeness and overall reality of a situation. Usually in our modern world, the right-hand related mind processes are dominant. Put your right hand inside the left, have the left embrace it e.g., in front of your chest or belly, and enjoy the peacefulness of this more natural order.

Nice Videos: [The Matter with Things](#)*

**Many older brain hemisphere theories are over simplistic or even wrong. Better watch videos based on the latest Ian McGilchrist research.*

Let Things truly appear

Gaze around and be open for any phenomenon you might see, hear, feel outside, and with experience even in your body and mind. Invite anything to present itself as what it and you really are. Let things surprise you, may be a sound or noise, may be a light from a window or car, may be a pebble under your foot or even a finger of your hand. Things can be special or ordinary, familiar or new. You do nothing, just allow the phenomenon to appear as what it truly is until there is nothing but This. And this naturally embraces and includes all other phenomena, yourself, all beings, the whole world and the pure emptiness. Play this again and again and realize, how all kinds of phenomena appear as the same eternal This and in their individual uniqueness.

Nice Videos: [Genjokoan](#)

Just be THIS



THIS is all, which is. Say to yourself: "Allow me to speak to THIS", move your body slightly and say: "I am THIS".

Just be THIS

“THIS” is a way of referring to all, which just is in this moment and there is always just this moment. Just move your bodily posture slightly and say: “I am THIS”. This is what is. It is beings and things, energy and empty space, mind objects (thoughts, feelings, memories, imaginations) in your and any other mind, nothing and the oneness of the whole world from a subatomic particle to the whole universe. This is unborn and undying, space and time and no space and time. Everybody can realize it, and nobody can grasp it. First when saying: “ I am This” there is this vast unlimited I but even this I is not it, it is just it, just this. It has no characteristic and all characteristics. So, forget all the nonsense here and just be this.

Nice Videos: [Big Mind](#)

See you smiling



Look and see things, people,
situations, events smile at you.

Smile back. Be the one,
who/which is smiling.

See you smiling

This play works on its own, as soon as you are ready for it. You look around and suddenly realize, that everything and everyone is smiling at you. Sun, sky, clouds, rain, trees, buildings, cars, pets, people even trash. Things and people continue being, what they are, doing, what they are doing and having their ordinary moods, emotions and thoughts. And yet you see them smiling at you. Even your body and thoughts and feelings in your mind are smiling at you. You in whatever mood are smiling back automatically and for no reason, even sometimes without any real change in your face. And you ask yourself, who is the one, who/which is smiling at me from inside everything? And who is this one, smiling back. Yes, it's all the same one, it's me, it's IT, it's ...

Live

Get Dirty



Dive fully into your ordinary life, into all ups and downs. Drop your and the other's minds, forget 50 Plays. Just be with what is here and now and let it happen. Get dirty and have fun.

Questions & Answers

1. *Why should I play?*

Some people are just curious to play, others suffer and some dislike to be played. But all players have the courage to play.

2. *Can I play and meditate?*

Yes, that is a great combination. Meditate or practice mindfulness regularly and play in many other situations. 50 Plays are a kind of “Mini-Meditation”.

3. *How does it work?*

Wanting to understand things before doing them is a great procrastination. Consider playing first and reading books later, if still required.

4. *How often should I play?*

Playing first becomes joyful and rewarding. With more experience it plays automatically in most daily situations and becomes a perpetual habit.

5. *How long does it take?*

You will observe first effects immediately, more after weeks and deep changes after years continuing your whole life.

6. *Can I share 50 Plays?* YES, please.

For latest versions of 50 Plays visit:

www.mindplayers.world

I am interested in feedback, further questions and your experiences, but – please – only based on broader personal playing experience. Just reading it, enjoying the drawings and then giving positive or negative feedback is not helpful for me and neither for you. There are thousands of other places for intellectual discourse. Contact: Skipper@Mindplayers.World

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