

# Transformation game or answers to given questions?

Every Christmas in the North of Scotland hundreds of seemingly unrelated to each other inhabitants of planet Earth come together to play the transformation game. They say that this game helps people no worse than does a therapist to understand themselves and their lives. They also say that the transformation game can give an answer to any question...

Transformation game was created in Findhorn - a spiritual community in northern Scotland where people come to develop themselves, to find their purpose and calling in life. A game of Tibetan monks served as the prototype. The meaning of the Tibetan game is to go from one quality to another - from evil to good, from selfishness to altruism, from hatred to love. Training themselves in such a manner, the monks allow these qualities to evolve, moving to more and more advanced levels until reaching enlightenment. It was a game of personal inner growth, a self improvement method, which, perhaps, can be compared to modern courses. Learn more about what it is, says one of the creators of the game, Mary Inglis.

## - So is the transformation game a game of Tibetan monks?

- The Buddhist version was not suitable for the western worldview and lifestyle. And then Joy Break (she was the one who had the idea of creating the game) and I and several other members of our community asked the question: what is the transformation in the modern sense? What does spiritual growth mean to Europeans? As a result, we only took the core idea of the Tibetan game - the idea of transformation from one quality to another - and created a transformation game that allows you to research different theoretical concepts by experimenting. The game is a school of spiritual growth. It teaches one to use everything that has happened and is happening to us in our lives in order to solve any spiritual or practical problems. And vice versa - the experience gained during the game can be applied further in everyday life.

## - How does this transformation game look?

- The game is a mini-life. There is a playing field where we draw the path of life, special chips with which the player will move on it, dice, which will de-



cide where to move, and cards that say what happens to the player at a certain point in their lives. Initially, each player decides upon the question to which he would like to receive an answer; or a goal which he would like to achieve. Questions or goals might be very different: to become a millionaire or a successful marriage, to improve relationships within the family or find a new job, to learn a foreign language, to get a boost to creativity or even to find faith in God. During the game he receives an answer to the troubling question.

- **And this path of life painted on cardboard, chips, dice and cards can provide an answer to any question?**

- Well, the answer is given by the player himself. The game just helps him to do so. Life is a huge amount of possibilities. And often we are afraid to use them, afraid to turn from a paved path. Whereas the formula for success is, above all, the desire to change. The game helps the player to assess his strengths and weaknesses, and shows how to avoid traps that we find ourselves in because of our doubts, mistakes and failures, it shows new perspectives and opportunities, and even allows for looking into the future.

Transformation game was intended as a kind of simulation of life. The game begins in the "source." You throw the dice and move along the "source" until you reach the square with an angel who will help you to come to life. That means you were born, and all the participants of the game sing you a "Happy Birthday" song.

Then, throwing dice, you go on your life journey. Each square represents one of the situations that are constantly taking place in life. This might be "enlightenment" or an "obstacle," "intuition" or a "miracle." Reaching each square, the player performs various tasks, working out his own life's situations and thereby solves his psychological problems.



The Game's master is a certified trainer and facilitator, Michael Moshenkov. Michael became the first Latvian facilitator, having professional training in Findhorn with the founders of Games (Association Interlinks).

## Higher Education:

Latvian State University;  
Institute of psychotherapeutic counseling (Russia) - therapist-consultant;  
Department of hypnotherapy at the Institute of Erickson (France)  
- Hypno-psycho-therapist;  
Institute of manual therapy "Inmaster" (Spain) - master of body massage.

## Education in the Reiki system:

School of Usui Reiki Ryoho Japanese tradition "Sonten" - master-teacher of the Japanese Reiki tradition.  
Head of center of alternative medicine 'Reiki School of Light.'

## - What if people do not want to talk about their difficulties or problems?

- Speaking out loud is not necessary but desirable. After all, the game master, or other players, can show you an unexpected solution or give a different view on the situation. In addition, participation in this game involves confidentiality. What happened in the game cannot be told outside. In any case, the player can describe his problem to the extent where he feels safe. And even if he only gives a hint that this is an actual problem, or even just says that

this problem exists as such, the group will still work with it.

## - There are an endless amount of situations in our life to be worked on. When does the game end?

- There are several possibilities. The game ends when a player is on a spiritual level, and has worked out all the "enlightenment," "obstacles" and "angels." Or the game may be limited in time. Other restrictions are also possible. A total of 1 to 4 people can take part in the game. Duration - 1 day.

*Signing up for the game is possible via telephone +371 29707027.*