

The Human Game Rules

The rules for the **first half** of the Human Game (inside the movie theater) are:

1. The Players must forget who they really are and believe they are something else instead – at the extremes, for example, that they are their body or their *Infinite I*.
2. The Players must believe their holographic experiences are real and what they perceive with their senses is actually happening “out there,” in some objective and independent reality.
3. The Players must believe what they encounter “out there” has power over them and the power to affect their lives.
4. The Players must believe in the judgments of “good and bad,” “right and wrong,” “better and worse,” “good and evil.”
5. The Players must believe there is something “wrong” with the reality they see “out there” that needs to be changed or fixed or improved.
6. The Players must believe they have the power to create a different reality than what they are experiencing and therefore feel defective and deficient (more limited) when they fail.
7. The Players must believe they can think their way out of the Human Game by using their mind, or love their way out of it by using their heart.
8. The Players must believe they can “make something happen,” and when they fail, blame themselves for not being smarter or better or working harder.
9. The Players must believe there are goals to be reached or agendas to be satisfied or lessons to be learned.
10. The Players must believe they, and they alone, are responsible for meeting their own needs and wants, which they have to fight for.
11. Fear and resistance are the foundations of the first half of the Game, and judgment and their resulting beliefs are the glue that keeps the illusions working.
12. These illusions must never break down or the Players would see through the Game.

Basically, the **second half** the Human Game is the opposite of the first half. (Some of these will be discussed in more detail in later chapters.)

1. The Player knows what it has been calling “reality” is not real at all, but a hologram created by its *Infinite I* to play the Human Game. This Game is being played by consciousness, in consciousness, and for consciousness; and in fact “there is no ‘out there’ out there,’ no independent objective reality.

2. The Player knows once it has moved into the second half, all holograms experienced by the Player will be totally in support of its metamorphosis into a butterfly, rather than toward more limitation and restriction.

3. The Player knows it can never and will never experience anything in any hologram its *Infinite I* has not created and wanted to experience, and that its *Infinite I* has written and approved the script being used by anyone else appearing in the Player’s hologram. No one in the Player’s hologram can ever do or say anything its *Infinite I* has not requested.

4. The Player knows its focus changes from thinking to feeling. In the second half there is nothing to analyze, dissect, or understand – never any reason to ask “why?” Thinking and studying are now only the result of an inner curiosity to expand one’s knowledge instead of being required to figure out the world or make a Player “better” or more “enlightened.”

5. The Player switches from "giving its power away" to make a hologram real, to "taking its power back" from it. When holograms appear that cause any kind of discomfort, it is an indication that the Player assigned some power to that hologram to make it real while playing in the first half, and this is the opportunity to recognize the hologram was in fact not real at all and reclaim that power from it.

6. The Player leaves behind any and all judgment of anyone or anything in any hologram at any time, such as “good” and “bad,” or “right” and “wrong.” As Rudyard Kipling said in his poem, *If*: “If you can meet with Triumph and Disaster, and treat those two imposters just the same....”

7. The Player knows there is never anything that needs to be fixed or changed or improved in the holograms it experiences.

8. The Player changes from being “proactive” to being “reactive.” There is nothing the Player ever again needs to “make happen.” Being “reactive” means that when a holographic illusion that appears “out there” seems to require a decision, a response, or an action, the Player takes it (as long as it does not include discomfort). Or, when the Player feels an internal motivation or impulse to act, it does. In other words, the Player follows its inner excitement as long as it is fun and brings total joy.

9. The Player lives from moment to moment, one day at a time. There are no goals, no planning, no targets, no objectives, and no agendas. There is no past and no future – just “now.”

10. The Player develops a deep love and sincere appreciation for its *Infinite I*, for itself as the Player, and for all the first half holographic creations, even though at the time of the experience they may have seemed less than joyful. The Player marvels in awe at the beautiful, perfect, and miraculous job the Player did in the first half to convince itself it was real, and that the holographic world it saw around it was real.

11. The Player has the “knowing” and the complete trust its *Infinite I* will take care of all its needs (including money), and there is no reason to worry about anything. The *Infinite I* would not create a hologram it wanted the Player to experience if it did not also give it everything it needs for that experience.

12. The Player wakes up each day looking forward with curious anticipation to the experiences its *Infinite I* will create for it that day; and the Player buckles up, relaxes, and enjoys the ride.