

Shift - Summary

Shift – The Game of 10,000 Wisdoms

This game called Shift will help you see your problems from several different forms of consciousness, ones that you've ever had access to before. You will experience an objective, or birds eye view of your own self, and be able to see very concisely and clearly from this place where you are stuck. From this view, you will also be able to give yourself your own great advice.

Corporation

You are like a corporation. Your corporation has a name- which is your name-- be it Shirley, Jose or Ralph. There are also corporations out there in the world called Honda, or Google, but can you see the name is just a concept? You are just a concept. What really makes up you --much like what makes up any corporation-- is it's many employees, in this case- 10,000 employees.

See me then, like a business consultant, brought in to interview key employees in your corporation by asking them questions- like, how is the work environment? How are you getting along with other employees? One by one I'll talk to these individuals, and one by one we will get this corporation called You running more smoothly and efficiently. Our goal is to ultimately make the best use of all the employees, get them working at their highest functioning level, and find the right harmony to collectively create a superior product: which is the best You possible.

Rules of the Game

I'll ask to speak to one of your employees- which I'll now call voices, and then two things need to happen.

First - When I ask to speak to one of your employees (voices) remember to physically shift your body, and in an instant become whatever voice I ask to speak to. This is a ritualistic way for you to physically leave behind whatever consciousness that is reading this summary, and shift in an instant, physically, to a new form of consciousness.

Second- Speak as the voice in the first person. What this looks like is: I will ask a question to the voice, and you will respond as the voice starting your sentences with I or My, and refer to the self- in my case the self's name is Kristen, in the third person.

Now, you cannot say or do anything wrong, but you can fall out of voice. What that looks like is you go back to some habitual reality that you're used to. When you do that, you are no longer playing the game. If this happens frequently, the trouble shooting video will help you stay in voice.

Analysis Paralysis

There is one certain way that you can avoid playing the game, which is by trying to make sense of the game or trying to understand the voices, instead of just being them. That need for understanding is the one thing that will hold you back, prevent the voices from speaking for themselves, and prevent you from playing the game.

This need to understand can get in your way especially if you're an analytical person or you place a lot of value on being intelligent. Because you're so smart and so good at figuring things out, what happens next is you will probably try to figure this game out too. Which is not what we're going for.

Instead, what we're going for is this: Get that you will not be able to intellectually make sense of or grasp what's going on, Get that if you try to do this, it is a form of resistance, and you will be left behind at the station. Instead, make a distinctive choice to find whatever part of you that is more simple-minded and trusting, then jump on this train now.

Do this and here's what will happen: take Love for example. You can't understand love- right? And why would you even try. You'll only drive yourself nuts! But, you can feel love, yes? That's an easy shift to make- from mind to body. Now ask yourself, can you go the next step to also BE love. This is the type of shift I'm looking for, this is what this game involves.