

Trouble Shooting Summary

Trouble Shooting Shift – The Game of 10,000 Wisdoms

How do you know if you're not playing the game? The answer is: you'll know-- because it'll seem difficult. You'll either feel confused, lost, you'll be searching for answers, or you'll have a sense of trying or wanting to give the "right" answers to my questions. (Hint, there are no right answers. Just like when asking your friend how their day was, there are no right answers.)

To solve this dilemma, and instead play this game and have it feel super simple, there are two adjustments you must make:

1. Speak in the first person
2. Submit to being the voice, rather than trying to understand the voice

Speaking in The First Person

When I ask to speak to a voice, for example the Controller, I want you to speak as the Controller, not as your normal self. What this looks like is: I will ask a question to the Controller, and the Controller will respond starting their sentences with I or My, and refer to the self --in my case the self's name is Kristen-- in the third person.

Example

KU: I ask the Controller
"Can you control the weather?"

Right answer

"No I can't control the weather. I would though, if I could."

Wrong answer:

"The Controller can't control the weather."

Or

"It can't control the weather."

Example

KU: I ask the Controller
"Can you control when Kristen gets up?"

Right answer

"Yes, I can control when Kristen gets up. I make sure she sets the alarm on her clock."

Wrong answer:

"The Controller can control Kristen."

Or

"It can control Kristen."

Just remember, while playing the game and I ask a question, if you refer to yourself as 'it' or 'the (voice I'm speaking to)', that's a clear sign that you're not in voice-- because you're speaking about the voice in the third person. Can you see that this would be very confusing for the listener, or in this case me, the facilitator?

When this happens simply, shift again, and start referring to yourself as the voice in the first person-- as I or My-- and then it will seem quite easy to speak authentically, as this new reality.

Submit to Being the Voice, Rather than Trying to Understand It

If you are confused or trying to figure a voice out, oddly- you're still playing the game. Only you are now speaking as the voice of either Confusion, or The One Trying to Figure It Out. These are other employees in your corporation, but they are not the voice of, say, the Controller. Remember, The One Trying to Figure Out who the Controller is, is NOT the Controller, and will always be confused because no voice can never 'figure out' what it's like to be another individual.

Here's a funny example of what this would look like at say, a party:

Three friends are standing together; Kristen, The One Trying to Figure it Out (we'll call him Bob) and the Controller (we'll call her Mary);

Kristen Asks: "Mary, how are you doing today?"

Bob Replies: "I'm confused. I need to know what you mean by Mary, to answer your question."

Can you see how silly this is, and also disrespectful to Mary? Can you also see that no matter what I tell him about what I mean by "Mary," he (nor I) will never be able to understand who Mary is, or certainly how Mary is doing today. Only Mary can speak on her behalf and get it right.

Can you also see that from my perspective --as a facilitator-- your attempts to figure this out, which lands you conveniently into a state of confusion, is an attempt to not play the game.

Here's what to do instead: Choose to either play the game, or don't play the game. Either is fine, but at least make a conscious choice.

If you do choose to play the game, then get out of your own way. Stop trying to figure out what these voices are, because you simply can't understand what it's like to be another individual. Find the part of you that doesn't have to know how everything works. The simple beginners mind you possess-- where you trust the process and play the game like a 5 year would play in a sand box-- is the right mindset to have this profound experience.

Know this is not about trying harder or putting in more effort either. The more you try to understand or be the Controller in fact, to farther away from being the Controller you will be.

Then step aside and let Mary speak for herself.