

MESSAGE TO MENTORS

By guiding students through The Creating Game mentors will also undergo a similar process of transformation. They will be exposed to the same lines of enquiry into personal beliefs and behaviour patterns and the same levels of investigation into issues they assumed to be fixed and unchangeable. The process of challenging the ideas that have helped define who we think we are, and examining the actions we may have followed unquestioningly can be an uncomfortable experience, as students will discover, and mentors will find it difficult to avoid the same feelings of discomfort as they work through the range of issues that students will face during the Creating Game. However, questioning one's beliefs is a healthy activity and one that can only bring about better self-awareness for all concerned.

We advise mentors to practise Three Part Breathing and body awareness processes (see Appendix) before beginning the Game with students. This will help maintain the necessary mental perspective to guide students through their own periods when calmness can seem to be too difficult to achieve. We place great emphasis on these two techniques as aids to mental clarity, and experience with young people and adults has proven the success of our approach. We also advise mentors to practise EFT (see Appendix) and overcome any initial reservations they may have over this unique technique. It is one of the single most potent methods for relieving physical and emotional pain and disturbance and will be of immense value to students going through the tribulations of finding themselves in a fast-changing world.

The Game encourages reflection and students' powers of observation. It encourages creativity and the ability to visualise goals, and it helps those who take part develop structured responses to problems and situations that have held them back from achieving success in their chosen activity. Mentors will inevitably increase their own power of observation and perception, and will develop their own six senses of sight, sound, taste, touch, smell and spirit during the course of each Creating Game.

The issues raised through The Creating Game, relating to emotional and physical health, self-limiting behaviour and the creation of unnecessary obstacles concern all of us. Self-awareness and self-care issues are related directly to our interaction with the immediate and the global environment, and personal behaviour is an outcome of these levels of awareness and the way that we process the range of influences we are exposed to from family, friends and the media. Childhood is written in indelible ink, and everyone can benefit from an examination of the experiences that have shaped us, and of the physical and emotional effects that the past has on the present. The Creating Game helps all who take part to make sense of the complex mix of factors that have influenced their attitudes and reactions to life's experiences.

OVERVIEW

The Creating Game © is a game of destiny. It is based upon 24 principles that teach students practical skills for releasing their creative potential and helps all who take part to develop their natural ability to make things happen the way they want them to. The Creating Game helps to relieve depression, lethargy and low mood and encourages fluent emotional expression and the acquisition of life-skills and knowledge that can be applied and re-applied throughout students' lifetimes. The Game helps them to learn more about themselves and the many things that have made them who they are today. Through the Creating Game they identify personal objectives and envisage the kind of person they could become. The Game leads students through activities which remove obstacles that have arisen from habits and conditioning. It helps them recognise blockages and excuses that have held them back from achieving objectives, and it shows them how to replace these obstacles with strategies and clear frameworks for achieving the best they could choose for themselves.

Experiences from our earliest memories onwards help to form who we are; some are good and some are not so good. Each experience affects us, for better or worse. We carry the consequences around with us wherever we go and through whatever we do. The secret of success for everyone – children and adults – is to learn that we don't have to be victims of our experiences. We can take the best aspects and build on them, using these experiences to make positive changes.

The Creating Game © teaches people to believe in their intuition and to visualise possibilities. It encourages them to recognise their feelings and to work with personal experiences. It works at the group level, through sharing and role play and at the individual level through constructive and creative journaling, by challenging limiting preconceived viewpoints and opening student's eyes to adventure and purposeful activity. It teaches students to reach for goals and to get the best from their relationships with family members and friends. It enables students to recognise and express emotions safely and without threat. In doing this, The Creating Game encourages the fullest exploration of the senses of sight, sound, touch smell, taste and what we call the sixth sense of spirit. It is a powerful creative tool.

The Creating Game also introduces EFT, the Emotional Freedom Technique, (see Appendix), a simple procedure that helps to eliminate and reduce all kinds of negative emotion. EFT relieves many emotional and physical complaints and involves focussing on a specific problem and tapping on meridian points on the body and hands in a particular sequence. This has the effect of freeing blocked energy, which, in turn, relieves the symptoms of stress and discomfort. EFT works in a similar way to acupuncture except that needles aren't necessary. The process is easy to memorize and is portable. It requires no skills and involves no medicines or medication. It simply requires attention and a willingness to participate.

