

## How to play

- Play one play at a time. First use the descriptions for orientation.
- Pick plays, which work good for you or when you like more practice and play it at any suitable time and place in your ordinary daily life.
- All plays can be played solely in the mind. You can use supporting breathing, mimic, gestures or actions, if convenient for you in the situation.
- Play in sequence. Start with later plays, after you have mastered the early plays to some degree. Also later, continue to play the early plays to extend your practice.
  1. **Explore** your mind and strengthen attention control.
  2. **Glimpse** who you really are.
  3. **Identify and liberate** parts of your self.
  4. **Unite** to experience all-embracing oneness.