

Dare to be a Mindplayer



As a Mindplayer you develop the habit to play everywhere! Have the 50 Plays with you and explore all possible locations, conditions and situations to play.

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To become a mindplayer, you start with the decision to develop a playing habit. You have the 50 Plays always with you on your phone and play in many appropriate situations. Or you play my daily mind hacks on TikTok or Youtube Shorts. As a starter you focus on the explore plays. When your attention control has grown, you include glimpse plays and so on. With more experience you can follow your personal sequence, sometimes you just play what you like and often some phenomena inside or outside of you nudge you to play with them. After some time, the playing becomes automatic and effortless, so you can focus on the „music“ and enjoy. Sometimes you come back to the first plays (Unsee Elephant and Alien Player) and recognize, what has changed since you started.

Nice Videos: [DrJud Habit Change](#)