

Live

Get Dirty



Dive fully into your beautiful, vivid, ordinary life. Play from moment to moment or let the moments play themselves. Get dirty and play 50 Plays if things nudge you or not.

Questions & Answers

1. *Why should I play?*

Some people are just curious to play, others suffer and some dislike to be played. But all players have the courage to play.

2. *Can I play and meditate?*

Yes, that is a great combination. Meditate or practice mindfulness regularly and play in many other situations. 50 Plays are a kind of "Mini-Meditation".

3. *How does it work?*

Wanting to understand things before doing them is a great procrastination. Consider playing first and reading books later, if still required.

4. *How often should I play?*

Playing first becomes joyful and rewarding. With more experience it plays automatically in most daily situations and becomes a perpetual habit.

5. *How long does it take?*

You will observe first effects immediately, more after weeks and deep changes after years continuing your whole life.

6. *Can I share 50 Plays?* YES, please.

For latest versions of 50 Plays visit:

www.mindplayers.world

I am interested in feedback, further questions and your experiences, but – please – only based on broader personal playing experience. Just reading it, enjoying the drawings and then giving positive or negative feedback is not helpful for me and neither for you. There are thousands of other places for intellectual discourse. Contact: Skipper@Mindplayers.World

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