



TINTENSTROM - Theater in the Hidden

EDITION 2 - Leela / Game of Life



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Dear Reader,

my apologies. As english is not my original language I know that this Booklet definately needs lecturing. So far I can only offer this raw version and hope it serves you well in guiding you into this game adventure.

TINTENSTROM, germ. Stream of Ink.

May playfulness spill into the world like the stream of ink which created these cards.

TINTENSTROM – Theater in the Hidden is an unparalleled game that is used in a wide variety of areas particularly wherever lightness of play and intelligence of intuition is welcome. TINTENSTROM can also be used during game evenings, workshops, therapeutic settings or artistic productions.

TINTENSTROM has already been played at festivals, congresses and vernissages. (2019: Gallery WestART Zurich, Switzerland; Art Gallery Vienna, Austria; Performance on the occasion of the opening of the Biennale di Venezia, Italy; Playfulnessfestival near Rome, Italy; Science and Nonduality Congress, Titignano Castle, Italy; Partycipation Festival and KunstMeetings in Museum am Bach, Carinthia and Gallery 'Die Schöne' Vienna, Austria).

The ADVENTURE / ORAKEL / ROLE / CHANGEMAKER / PHILOSOPHIC CARD GAME

The game begins!

Life is a theatre in which we already play our roles to unparalleled perfection.

TINTENSTROM makes this omnipresent theatre visible. The playing cards represent different roles and aspects of a person, like being a child, following his*her star, distraction, courage, doubt, etc. It is about the roles and aspects that people experience in their everyday life. While this hidden theatre often takes place unconsciously and seriously in real life, it is a game in TINTENSTROM.



The AVENTURE GAME

At the latest when Peter Pan lands at your window, it is clear that the temptations of adventure can no longer be ignored. The urge of existence can no longer be quieted, it wants to experience, paint its face and take the step that cannot yet be foreseen.

TINTENSTROM offers playful possibilities for adventures with yourself and/or others.

The ORACLE GAME

TINTENSTROM is a contemporary adaptation of the classical Tarot. If you draw a card, you enter the oracle, which provides unpredictable twists and angles; thus, shuffling the functional way of thinking. If we get involved with the oracle, we enter an intelligent universe in which everything is connected, not necessarily rational, but playful and creative like a hidden theatre. The oracle isn't a "miracle"; it's simply a mirror. Magic is in the person who recognizes himself in it. TINTENSTROM isn't serious, but nevertheless it offers profound insights. Coincidence? I don't think so.

The ROLE GAME

The oracle only really reveals its secrets when you live it, so TINTENSTROM also takes on the dimension of a roleplaying game. There is always an invitation not only to see the information on the playing cards as 'mental food', but also to embody the roles and aspects, to immerse oneself completely, to study the behavior of the respective role or aspect: How does it move? What would it like to eat? With whom would it meet? The recommendation is to approach the tasks of the play like an actor, as if one were convincing an imaginary or real audience. One plays one's inner theatre hidden or visible, depending on the selected setting. Through living the individual roles and aspects, one experiences the "medicine" of the game, because TINTENSTROM is also a changemaker game.

The CHANGEMAKER GAME

The root of the problems within our society begins with the relationship of man to himself. Each individual has his own say, and therefore makes an impact which contributes to the direction of the whole collective. Do we want a more beautiful world?



The oracle, like the playing cards and game tasks, is structured in such a way that they accompany the player from the conditioned mind, the functional mode, towards the goal of the game. The objective of freedom, that most precious space that opens to the mode of being. It's not only about the cards and game tasks, but also about the encounters, experiences or observations derived from real life which are hints throughout the game. Pay attention to the signs. Coincidence? I don't think so.

The PHILOSOPHIC GAME

"I made not a single discovery based on rational thought."

Albert Einstein

According to the latest scientific findings in the study of quantum physics, we must bid goodbye to our current world view. The rational approach is not enough to understand the new emerging world view. The language of the oracle enables an intuitive communication in order to explore perspectives of our existence which are not yet clear, but which can lead us to discovery towards a new understanding in which the world is not just a thing to be used, but a living organism.

"New things do not come about through the intellect, but through the play instinct, which acts out of inner necessity. The creative mind plays with the objects it loves."

Carl Gustav Jung

The CARD GAME

TINTENSTROM is also like a living organism. It has no rigid rules; it develops constantly and the players have the possibility to participate in this process.

Edition 1 'GNOTHI SEAUTON - Know Thyself' consists of 48 blue cards, while Edition 2 'LEELA - Game of Life' is expanded to include red opponent cards and golden trump cards, bringing the total to 78 playing cards.



If the hero*in of the game sets out to discover the most precious thing in him*herself, he*she must expect to be confronted with tasks and opponents. The final boss in Edition 2 is the dictator. He*she is the personified conditioned mind who wants power, security and control at all costs to protect against the unpredictability of life. For this he uses a sophisticated system of guardians.

GAME POSSIBILITIES

The booklet contains suggestions on how TINTENSTROM can be played, from individual oracle play, oracle play in groups in open frames, to examples of game evenings and workshops, or to use in therapeutic settings as well as art and theatre.

TINTENSTROM has proven it's worth both in private settings, be it in curiosity about which card to draw and what this has to do with the current situation, or as an opportunity for playful exchange. It has been played at festivals, parties and vernissages and can be used as an additional level of play whenever people come together.

In addition, TINTENSTROM can also be used in the professional sector, for the purpose of exploring teambuilding processes or seminars and congresses. The intelligence of the oracle and/or role play offers new creative perspectives. By selecting the cards, you can narrow down the area in which you want to play.

GAME INSTRUCTIONS

ORACLE/ROLE PLAY INDIVIDUAL

In an individual oracle/role-playing game, the playing possibilities are similar to those in a classic Tarot, you can pick a card of the day or use different Tarot spreads (see appendix) to ask the oracle either basic questions or - from a moment of silence – pick a card and see if the aspect or role of the card might have something to do with the current situation or offers another access to an existing situation. The Oracle's answers do not always have a rational relation to the question, sometimes



they refer to other aspects, offer a role play or even ask counter questions like 'What is your passion?' These 'detours', however, often lead more easily to the goal than already known neuronal paths one usually follows.

There is always an invitation not only to see the playing cards as 'mental food', but also to really embody the roles and aspects, to approach the playing tasks like actors, to immerse oneself completely, as if to convince an imaginary audience.

ORACLE/ROLE PLAY IN GROUPS IN AN OPEN FRAME

Where people come together for a certain reason (party, vernissage, congress, festival, etc.), TINTENSTROM can be played in an open setting. You need an oracle table and a game leader in order to explain the game, take care of the oracle, provide tasks and warn against opponents. The players can enter or exit the game at any time. The number of participants is unlimited and the course of the game can be adapted to the duration of the event. This game variation runs parallel to the program of the actual event and does not affect it. Only a 2nd level, a game level, a 'hidden theatre' is opened up.

The game begins as the oracle/role play individual, only that in this variation several players are at the start at the same time.

This version of the game can be played with or without interaction of the players. Without interaction the self-knowledge factor of the individual dominates.

In order to bring about interaction, the players should wear visible signs (a playing card attached with a clip to the clothing, etc.) and be distributed certain game tasks, which make encounter possible. For example:

The players may contact each other, however only from the own role or from the respective play aspect. They can ask certain questions or show themselves ...



A make-up station will be provided where players can put on make-up and/or disguise themselves to better slip into their roles.

A creative station (a large piece of paper, canvas, paint and brush) where players can meet to simply make a spontaneous gesture or movement, or to express themselves in their respective roles and aspects.

You can adapt the tasks to the local conditions. For example, the supermarket, the festival area, etc. can also become a stage.

ORACLE/ROLE PLAY IN GROUPS IN AN OPEN FRAME BY 4 LEVELS

Like oracle/role play in groups in an open frame, but the game is extended by 4 levels with additional tasks and opponents.

Level 1

The player picks a card, puts him*herself in the role or aspect of the card and plays it for the duration of the game, tries to walk in the shoes of this role, to see the world from its eyes. How does he*she move? What would he*she like to eat? Give yourself friendly attention, feel your body. Find a trace of liking in embodying the role or aspect of the card you have drawn. What do you find cool about it? Find the liking in doing. As soon as you find a trace of liking in doing, you automatically end up in being mode, in the heart.

There is also the possibility of involving opponents. The opponent in the 1st level is distraction. We live in a society where distraction is omnipresent. Mostly we move in a work-eat-entertainment-sleep cycle. As soon as we approach a deeper truth, something inside us throws a stick into the bushes and we follow the distraction. Distraction does not want us to go deeper into the game.

If you let yourself be distracted from the game task, the (either imaginary and embodied by another player) opponent has won and you become an opponent yourself. If you uncover an opponent you advance to the next level.



Level 2

The player picks a card, puts him*herself in the role or aspect of the card and plays it for the duration of the game, tries to walk in the shoes of this role, to see the world from its eyes. How does he*she move? What would he*she like to eat?

Level 2 is about following your impulses instead of usual conditioned behaviour. Either you perform actions and behaviors automatically, as you always do, or you follow the impulses coming directly from your liveliness. First embody the aspect or role of the card you have drawn. Then pay attention to impulses, do you want to get in touch? Drink something? Would you like some fresh air? Be curious! Let your interest guide you. Where do you go when you no longer control yourself?

Pay attention to your second opponent knowledge: As soon as you think you know something, to know its name, it is conceptualized. You no longer see it as a unique phenomenon, but as something you're used to. Knowing something drives away the magic of direct experience.

If you don't even want to get involved in the direct experience of the impulses because you think you already know the outcome of the action, this opponent has won.

If you let yourself be dissuaded from the game task, your opponent (either imaginary and embodied by another player) has won and you become an opponent yourself. If you uncover an opponent you advance to the next level.

Level 3

The player picks a card, puts him*herself in the role or aspect of the card and plays it for the duration of the game, tries to walk in the shoes of this role, to see the world from its eyes. How does he*she move? What would he*she like to eat?

The task in the third level is to do something you've never done before or do something in a way you've never done before. Meet another player, talk to a person of different origin, age or sex, take a walk on the wild side! If possible, include the aspect or role of the card you have picked.



The opponent level 3 is fear and control. Fear is like a natural limit. Every living creature is confronted with it if it wants to leave its familiar terrain and break into something new. Fear is only like an alarm signal, but should it become a fixed limit, it prevents natural development, only wants to hold on to what you are used to and achieve apparent security through control.

If you let yourself be dissuaded from the game task, your opponent (either imaginary and embodied by another player) has won and you become an opponent yourself. If you uncover an opponent you advance to the next level.

Level 4

The player picks a card, puts him*herself in the role or aspect of the card and plays it for the duration of the game, tries to walk in the shoes of this role, to see the world from its eyes. How does he*she move? What would he*she like to eat?

You're in a game, nothing has to be serious here. If something still feels that way, 'seriousness' the final boss of the game already faces you. Your task is to find ease, but also include the aspect or role of your card. Real ease is not to be found in pushing away the difficult, but in the deep acceptance of the heart, which knows that life sometimes feels hard and yet begins to dance with it.

A German and an Austrian general discuss the outcome of a battle. The German: "The situation is serious, but not hopeless." The Austrian: "The situation is hopeless, but not serious." In the game of life, the opponent would like to make the situation look important, threatening and serious and he*she knows how he*she has to do it ...

For mastering this exercise, you receive the biggest prize of the game as a powerup: you have mastered all tasks. Now look into the mirror of the oracle, look into yourself and recognize yourself, like for the first time.

There are no good or bad cards in TINTENSTROM, all aspects or roles can be constructive as well as destructive. Aspects are only opponents if they are not yet friends. Distraction is a friend as long as it



is enjoyed openly in times of no goal. Knowledge can bring quality of insight and cut through illusions. Control makes sure that something has been accomplished in the best possible way and seriousness helps to give something or someone the necessary attention.

While you're doing the job, do a selfie or have yourself photographed or find some other proof that you've done the job. Go to the oracle with the proof and ask for the next level.

You can also come up with other powerups that players get for tasks they've completed, such as picking an extra card, giving away certain trump cards such as Courage, Trust, etc., or take a moment for yourself where - as a reward so to speak - you do something that makes you happy.

ORACLE/ROLE PLAY WITH FIXED FRAME, E.G. GAME EVENING.

Here TINTENSTROM is played with rules and script, with a certain number of players and with selected cards, whereby blue and red cards should be distributed evenly in order to assume a fair balance of power. Each player gets one role card and three aspect cards at the beginning (e.g. role: Superhero and aspects: Peace, Humor and Consciousness), whereby they do not know which roles or aspects the other players have.

The player first has the task of dealing with the role and its possibilities (aspects) and embodying them as best as possible. Before starting the game you can read through the descriptions of the roles and aspects.

The master of ceremonies reads the game setting and the story to the group:

Game setting: LABYRINTH

The plot takes place mainly in an underground cave system. A group of players wakes up in this labyrinth and searches for the exit. The game world is dominated by an all-controlling dictator and his*her guardians.

Story: DICTATORSHIP

The task of the players is to move from dictatorship to freedom in a team. The group meets three different guardians of the dictator in underground corridors in three rounds and finally also the



dictator in person (the three guardian cards are selected beforehand). The guardians and the dictator are embodied by the other players or by the master of ceremonies.

The task of the group is to meet the guardians together - in their respective roles and aspects - and to win them as allies. The group can only continue if it has been successful, if not, the dictator wins.

There may also be one or more secret guardians in the ranks of the group trying to sabotage. If they succeed in deceiving another group member, that person will also become a secret guardian (through a previously identified covert signal). If the secret guardians are uncovered, they help the group with their tasks.

The game is over when the dictator has also been won as an ally, only then does the group come back to the surface from the labyrinth.

Sprawling discussions are welcome.

As with *Dictatorship*, *The Tibetan Temple* is played with a certain number of players and selected cards, with blue and red cards evenly distributed to ensure a fair balance of power. Each player in the beginning gets a role card and three aspect cards (e.g. role: Superhero and aspects: Peace, Humor and Consciousness), whereby they do not know which roles or aspects the other players have.

The player's first task is to deal with the role and its possibilities (aspects) and embody them as best as possible. Before starting the game you can read through the descriptions of the roles and aspects.

The master of ceremonies reads the game setting and the story to the group:

Game setting: THE TIBETIAN TEMPLE

In the mystical regions of Tibet there is a temple which is considered to be the center of the universe. The players gather on the roof of the temple knowing well that the building below them houses countless rooms with various deities and demons in the flickering semi-darkness of the sparse butter lamp light.

At the entrance to the staircase leading down, there is a warning carved in stone, but none of the players can read it because none speaks Tibetan.



Story: OM MANI PADME HUM- The Diamond in the Lotus

The players have all reached a point in their lives where they want to learn something about themselves and are ready to go down to the temple for it.

The game task is to win (Insight) diamonds that you can put in your pocket and take with you. (In the game symbolized by river pebbles, etc.)

The player reveals a card for the first room (god*ess or demon) and the players have the possibility to gain knowledge about the card and thus also a diamond with their respective roles or aspects. To do this, they must credibly tell the other players an insight or present it pantomimically.

When the master of ceremonies rings a bell (or other acoustic signal) the game stops and trump cards are dealt to the players, which can help them in the next round.

In each round, a new room is opened, each containing an embodiment (god*dess or demon) corresponding to a human trait.

The *Tibetan Temple* or *Dictatorship* are two possibilities to play TINTENSTROM with rules and script, whereby other worlds or stories can also be created.

The oracle/role play effect of TINTENSTROM can be combined with many kinds of already existing games. Here are two examples:

TINTENSTROM meets Vision-Quest and Land-Art

This is an obvious game variation, because Vision-Quest is also about getting to know yourself better and being able to master the game of life more easily. The hero*in leaves his*her familiar surroundings and embarks on a journey into the unknown, where he*she*has to master various new challenges (quests). If he*she faces these challenges, he*she will be richly rewarded with inner strength, consciousness and clarity.

Here the oracle is extended by the mirror of nature. First, the players draw four cards, each containing different tasks: The 1st card stands for the initial situation, the 2nd card for intention, the 3rd card for letting go of the old and the 4th card for the new.



The players first discover the quality and the respective task of the card, play it through for themselves and then go into nature in order to find an object or an observation that is coherent for the respective role or aspect. This process is repeated for each of the four cards.

The players* first tune in to the cards and then into nature. It is a good idea to first find a moment of silence, a moment of listening in nature and to let yourself be guided by what attracts you.

The players collect natural objects or observations and either present them in a common land art project (mandala, sculpture, etc.) or line them up like in an exhibition, whereby the individual players* briefly present their quest by means of the object/observation.

TINTENSTROM meets Improvisational Theater

"playfully being another"

S.A. Warwitz and A. Rudolf

Here one associates freely and acts spontaneously. The oracle distributes roles and aspects to a certain number of players and stories develop out of them with the means of improvisational theater.

TINTENSTROM Café

Several groups with 3-5 players, each player picks one card. Each group can come up with an improvisational play based on the roles and aspects of the cards received. (With movement, voice, disguise, make-up, etc.) and plays it for the other groups.

Either the audience should guess which roles were played. (Per player there are three choices, one of them is right.) or two groups each exchange what each has experienced in his*her role and what the others have seen in it.

ORACLE/ROLE PLAY IN GROUPS WITH FIXED FRAMES, E.G. WORKSHOP

This setting has a limited number of participants, a fixed location and a certain duration. In the centre is the oracle, the participants pick cards and take the aspects or roles into an open sequence with



several stations of creative elements. The elements can be: dance/movement, poetry/writing, painting/drawing and body painting.

Game Task 1: Find out what your character would like to do. It is about finding a trace of liking in the moment of doing.

Game Task 2: Follow Impulses. Impulses come directly from our liveliness, each animal directs its actions according to impulses. Animals do not think, they follow their impulses and can do nothing right or wrong. Humans also have this ability, but it is influenced by the possibility of choice, which is based on previous experience. Often impulses are cut off by considerations, which goes at the expense of liveliness.

The participants have about one hour to visit the different stations with their game character, to let themselves be guided by their joy and to follow impulses.

Afterwards the experiences can be exchanged first in small groups and then in the large group.

ORACLE/ROLE PLAY FOR THERAPEUTIC APPLICATIONS

TINTENSTROM comes from the field of art therapy. In practicing art therapy - mainly with clients suffering from psychosomatic issues - it became clear that many problems of our time can be traced back to superpersonal dynamics, such as the exploitation of liveliness for the benefit of the economy, performance-orientated society versus creativity, etc. The effects of this affect the individual: joy and motivation are lost, sleep disorders and self-esteem issues arise, a constructive approach to challenging feelings is required and questions of meaning arise. Every individual is called upon to set the course for a more beautiful life.

TINTENSTROM makes use of the laws of play, art and creativity to point out the secret paths that lead from the compulsion to function into direct experience of being and thus has a therapeutic component.

Interested therapists are free to choose how to best bring the oracle into therapeutic everyday life. Whether one simply draws a card in between to include intuitive processes, integrates the game into existing group exercises (see WORKSHOP), or works with therapeutic role play.



ORACLE/ROLE PLAY FOR THEATER

The actors have the play and/or their own acting developed by the oracle. The oracle provides inspiration and surprising twists and turns for dramaturgical plot sequences or choreographies on stage and makes 'human theatre' visible.

ORACLE/ROLE PLAY AS INTERACTIVE ART PROJECT

TINTENSTROM - Theater in the Hidden comes from art, it is also an interactive art project that is staged in various settings through installation and performances.

The game is best suited for people aged 14 and over.

TINTENSTROM is a game, it is not the absolute truth.

You can end the game at any time and decide for yourself how far you want to go.

On the internet at www.briantrokyta.com you will find a link to an interactive doc, where you can add your wishes, ideas, suggestions or experiences concerning the game. Your contribution is welcome! Creative developments are playful and exciting. You enter a world that only gradually opens up. May the magic of the game guide you!

May the cards bring you joy!

THE PLAYING CARDS

The cards embody certain roles or aspects of human life. There is always a call to immerse oneself completely and embody them, to 'walk in the shoes of the role or aspect', because only then can the game come alive and its magic work. It also requires the ability to see how the aspect or role fits you. For example, the card 'Local/Guest' can be interpreted differently. It can refer to a local aspect, to a relationship aspect or to an inner quality. Someone can be either 'at home' or 'a guest' in their country, in a partnership or their personal gender. With each card there is the possibility to see it according to one's own situation.



ABUNDANCE

We live on a planet of abundance, but experience lack so often. We have created an economic system that produces lack, competition and fear.

Pay attention to abundance for the duration of the game. For every closed door countless new ones open up.

Life bestows itself on itself. With this realization changes the unconscious basic structure of the ego, which is based on the principle of lack. Ego never has enough, can not find peace – at most very briefly, when a goal has just been reached. There is always something missing or not yet how it should be ...

Ego wants something. It tenses into this will and is at the same time afraid to not get it. This process is exhausting and not really connected to life. Letting go and trust strengthens the communion and prepares a receptive ground ...

Life gives and wants to continue to give away endlessly. We are an intimate part of it. What we need is already flowing towards us from abundance, like spring leaning against a village. This generosity is contagious, it invites us to look at each other with generous eyes ...

AWARD FOR SPECIAL ACHIEVEMENTS

You have traveled far to arrive here now. You did a great job; you could not have done it any better. Here is your award. You can rest on your laurels first.

Merits should be appreciated. In view of the fact that you did not know what you were getting yourself into during your life's journey, you did surprisingly well. There were no manuals on how to go from childhood to adulthood and you always had to cope with seemingly insoluble, paradoxical tasks ...

Hardly anyone could see what you were going through. You have so often stood up for your truth, you have endured sensitive losses, you have lost your courage and found it again, you have fallen and got up again, you have lost your path and found your way home again ...



Here's your long-deserved recognition award! Be aware of sincere admiration for your life's work of art. It is unprecedented, unique and full of beautiful twists and turns. Bravo, bravo! (Applause) ...

BEAUTY

Beauty is in the middle of movement, in the quality of touch. Real beauty neither shrinks from the light nor from the dark. It is in the journey of our life courses, in winning as well as in losing. Look out for beauty, it is the meaning of life.

Beauty exists wherever you go. Connect with yourself, look around you and see. No matter what sight recognizes, it awakens a deeper beauty within that astonishes ...

The same situation that the conditioned mind would reject simply because it does not truly understand it, is accompanied by beauty in stillness...

Beauty dances with the truth. She is your shield and sword. Her presence is reassuring in each moment, she transforms and heals ...

BIRTH

Every moment something new is born. Either one lives in the familiar, in yesterday's stereotypes, or one experiences the world fresh, as for the first time. Immerse yourself in the present moment with all your senses. Go to the beginning. Be. Take your first steps from here.

As long as something exists only as an idea, it is still in the prenatal. When it is born, a collaboration with the world begins. A struggle with material, a confrontation with challenges and triumphs. The journey begins in which something wants to become itself ...

Something new, something real paves its way. It has appeared since mankind's first steps, it looks at you with a look that touches your bones, that seems to recognize you ...



The new comes from the depths of life, with a touch as familiar as nothing else, dragging beauty with it, comforting in the wound and wild when it cuts marionette strings of habit and shakes off old armour ...

BLUES

When the blues is playing its fierce song, do not back up, there is nothing wrong.

Get fully into it. Sometimes the dark of night is the only thing that makes you real.

When the blues plays its wild flute you know it's just the breath of the fierce gods. Howl at the moon, do your art.

Sometimes uninvited guests knock at the door: Disappointment. Doubt. Discouragement.

Unworthiness. Hopelessness. Despair. Their weight bearing down on the chest, hardly allowing us to rise. Once again, the blues plays its fierce song ...

The tendency towards distraction is huge. The conditioned, evaluating mind does not want to open the door; it joins in on the jeering of the guests, giving fatal advice: „Something isn't right. Someone is to blame! Somebody has done something wrong; otherwise, it would not be this way...

The heart – beyond right and wrong – has no agenda. It opens the door to invite the unloved children inside. It holds space for them while allowing them to stay as long as they want. These guests begin to relax and bring their gifts ...

BREAKTHROUGH

"You know the day destroys the night. Night divides the day. Tried to run. Tried to hide. Break on through to the other side, yeah."

"Made the scene, week to week, day to day, hour to hour. The gate is here. Deep and wide. Break on through to the other side. Hey! Come on! Yeah."

The Doors



On the accustomed side, it seems you're safe. You know what's about to happen, you already know all about it. Habit has its advantages: You don't have to face the dangers of life from morning till night. Unfortunately, it is a trap. Habit is an enemy of liveliness ...

We stay on the safe side and secretly long for the other, the wild side. If we encounter our limits with a bit of adventure, it may well be that the alarm goes off in our systems, the old voices warn us in dreams and fears ...

But we go further, don't let ourselves be deterred and the borders are gently dissolved, unnoticed and the surprise begins: the other side is alive, much more alive than the usual and is already looking forward to us ...

CHAOS, FLOW AND IMPULSE / CHAOS, FLOW UND IMPULSE

"All in all chaos is just like ordinary life, only faster."

John Britton

You cannot bring order into a chaotic reality. It's useless to try. From the chaos of possibilities we find what we like to dance with and forget time. Our own nature brings us into flow when we follow our impulses without thinking about it. What attracts us is the right thing...

"Find a way to express, what moves in you."

Mihaly Csikszentmihalyi

Reality is chaotic. Often there are too many impressions at once. You can't structure or control them, but you can find the flow in chaos. The next best wave out of chaos that would bring you joy is already inviting you. We are rarely happier than when we do something we like ...

To follow the natural impulses is the entrance into the flow. Dancing with the one that just emerges from your own nature. No animal thinks about its actions, but unquestionably follows the impulses of the moment from which the flow arises ...



To be in flow means at the moment to be fused with an activity. The conditioned mind exits. Time disappears. Every action, movement or thought inevitably follows the previous one, as if one were playing jazz ...

CONSCIOUSNESS

Consciousness simply exists. I AM THAT I AM. Something in the universe said „I am“ for the first time.

Since then it has been repeated so many times by so many beings.

Consciousness needs nothing and is always here, always new. We are all swimming in the great unknown. Encounter it for the game.

Consciousness is direct experience. ‘Something’ notices, using the senses, being present without wanting or needing anything else. It’s like the mother of all experience, always creating new. The first layer of direct life is so omnipresent, natural, and clear that it’s simply overlooked ...

Then comes the second layer, the interpretation of direct experience. You’ve already experienced life, so you’re familiar with it. You recognize and identify the moon, the tree, the partner, and yourself treating everything habitually. The result is a world within the world separated from direct life cast by a spell in the mind. Making everything personal, problematic, and lifeless ...

It’s no longer noticeable that one stands on a spinning star, or that one breathes. One forgets that existence has a never-ending, innocent and childlike, profound passion for itself; always present with direct experience ...

COURAGE

„This is in the end the only kind of courage that is required from us: the courage to face the strangest, most unusual, most inexplicable experiences that we can meet.“

R.M. Rilke

Be attentive to what arises within you. It takes courage and kindness to allow and welcome your human nature in all its aspects.



You have an idea, something inspires you, something feels cool and coherent. The urge to realize it arises. One wants to create something, but soon the shadows creep in with sinister voices whispering, „This is nonsense! What do you get out of doing it?

Heart and mind. The heart wanting to open, the mind wanting to block. Courage and doubt. The heart wanting to live freely each new day, the mind in overwhelm. It's like the Game of Thrones: the children of the forest (aborigines) who have created the white wanderers (terrible monsters), because they did not have the courage to face the real or imaginary threat in their naked innocence ...

Life requires courage, security has its price. If we approach the unprotected, paradoxical originality – monsters come out of the shadows. What we have created as a safety net now keeps us from moving on, trapping us in our comfort zone. Going further requires the courage to confront the real or imaginary threats and monsters. The price of security is death. The price of awareness is courage

DEATH

„In a world where death is the hunter, there is no time for remorse or doubt; there is only time for decisions.”

Don Juan Matus

Death has the awkward task of indicating when something is worn-out and it is time to break new ground.

Each TINTENSTROM card comes from a death. As long as the machine of the ego is running, nothing really new arises. At most you might come up with something original consisting from what already exists. When the machine stops, it's like death. All images and desires dissolve, the driving force of will is extinguished. Emptiness yawns at you ...

At the bottom of the ego, death watches over the eternal well like a gatekeeper. Dying before death gives birth to the nameless. The new pushes into the world, unfamiliar, bulky perhaps and often misunderstood. It unfurls like a leaf growing on a branch ...



With death as a friend, loss is still sad and disturbing, but in the end it only opens new doors. With death as a friend, all paths are free and wild. With death as a friend, life begins ...

DISCIPLINE, CONSISTENCY AND RIGHT CHOICES

Basically, we all know what's good for ourselves. However, we often decide against it. Secretly, we believe our light isn't bright enough and tend to sabotage it ...

Suffering helps to bring us back on track. Intrinsicly, we know how to make ourselves happy. Deep down, we understand what it takes. Right decisions are the foundation for a successful life ...

If you want to conquer a new area or a new ability for yourself, discipline is needed. Discipline is the ability to overcome the moment of inertia and to work with the power of will to achieve your goals ...

If the lover wants to be close to the beloved, it needs above all consistency. Not to let oneself be dissuaded and to stay tuned again and again ...

If we make the wrong decisions - simply out of habit - or because it seems the simplest thing to do, we would get stuck. Right choices help us to go for what we recognize as true deep down.

HUMOR

„Everything has three sides, a positive one, a negative one and a funny one.“

Karl Valentin

Humor is to be aware of the inadequacy of human existence. Humor comes almost immediately when one becomes conscious of the current situation and decides not to take it so seriously.

If we dare to do big things, but stumble over our shoelaces on the way there, then humor comes into play. If we chase the dog off 10 times, who doesn't want to understand that he is not wanted, and he comes clattering again and again, it looks funny at some point ...

Humor is certainly one of the most essential forces in the universe. It has a magical power. The conditioned mind tends to take things important and seriously, it knows irony and sarcasm rather than humor. But one could also laugh 'from the heart' about the same situation ...



Laughter disarms the worst opponent, brings lightness and fresh courage. A situation can be hopeless, but it doesn't have to be serious. As Karl Valentin said: "You shouldn't take things as tragically as they are."

Wie schon Karl Valentin sagte: "Man soll die Dinge nicht so tragisch nehmen, wie sie sind."

INTEGRATION

The heart has the incredible capacity to really integrate everything since it cannot judge. That's a good thing because all things want to be in the heart.

Integration only works unconditionally. Every time we truly integrate something, especially difficulties, we step onto the sacred ground of being.

The cornucopia of life constantly offers new situations, experiences and encounters that emerge from within as well as from without. Some of them are welcome. Others who do not correspond to our life plan or the image we have of ourselves, not ...

Depending on whether we are in a friendly or hostile attitude towards life, we interpret what life brings us. In a hostile universe, struggle dominates. Integration is difficult for the psychological mind because it has arisen from the basic feeling of separation ...

Integration is a constructive principle based on a friendly attitude of the heart. Every time we succeed in integrating something from the heart - especially with challenging things - we have one less enemy, grow a bit more into our power and into the wholeness of a friendly universe ...

IN THE SHADOW OF CHRIST, BUDDHA, ETC.

This is the end of the search. Nothing is missing in the deep blue shadow of something sacred.

Find a place that is sacred to you, sit near it and rest.

Go to a place that is sacred to you. It can be a place in nature, a place of power, a place where you can see the stars, a temple, a place where you have experienced something special, which you love, where fellowship is especially noticeable, etc.



It is not enough to find a place you just like, it should be something more for you, a place where you feel the presence of something greater than yourself. Only then can you let yourself go ...

The system relaxes only in the presence of amazement. So go into the shadow of something you bow to, whatever that is for you, sit close to it and rest ...

JOY

„Joy is not the ecstasy of the moment, but the glow inherent in being.“

Erich Fromm

Find something small and see if you really enjoy it. Life is dying slowly when used merely as a means to an end. It responds when you follow joy. You honor life by appreciating it

Real joy is not to be found within the personality, it is a quality of being. One is so accustomed to one's personality that one has forgotten the embers of the joy inherent in mere being ...

Personality would like to hold on to it, to possess it, but like every essential quality, joy eludes such approach and remains free. Joy invites, every little spark of it leads directly to its source.

One cannot have joy, but one can be it directly in its home - beyond the personality - as if the music of Rossini would rise from the earth to high in dynamically passing clouds ...

LETTING GO

"To let myself go. To let myself flow. Is the only way of being."

Ane Brun

It takes courage to trust the flow of life. It takes a certain amount of curiosity to switch from the driver's seat to the passenger seat, giving up control and letting yourself be surprised.

Again and again mental tension builds up, trying to save something or having to get it right. Things might happen the way we wanted them to, but the elegance, the connection is still missing ...



It takes the moment of letting go and experiencing how something steps out of the cage, dissolved and alive, as if by itself lined up in the flow of things ...

Letting go, supports us to experience the magic of our self. How it dips the brush into the paint or eats ice cream, how it trembles, how it dances and loves and dreams ...

LOSER

„If you want God to laugh, tell him about your plans.“

Woody Allen

You've just pulled the short straw. Things are not always going your way. It is o.k. to get totally lost! The universe is already preparing a plan B. Sometimes getting lost is necessary to find out what really matters. Take on the role of a loser for the game. Experience the world in his or her shoes.

The loser allows himself to have lost, to have been lost, and only then discovers the most valuable thing he*she thought he*she found in winning. The treasure is often buried in the 'insignificant' and is overlooked in the hunt for the 'significant' ...

In pining over lies the same gold as in satiety. The sun sinks into the horizon, whether we feel invincible or whether a mourning wind touches inner ruins ...

The loser is in the company of the stranded, the fallen, the angels with broken wings, whose existence is blessed by a beauty that no winner knows ...

LOVE

„It is nonsense, says reason. It is what it is, says love. It is nonsense foolish, says caution. It is nonsense what it is, says love. It is nonsense impossible, says experience. It is nonsense what it is, says love.“

Erich Fried

*Love is always to be found where something or someone is allowed to be, how he*she*t is. For the game, let each detail be as it is.*



"It can all be driven by love, like Mark Rothko's colors."

Love is probably the most misused word. Far too often, it is misunderstood. Too many people use it when they want something or someone. As soon as even the smallest condition is tied to it, it is no longer love. It becomes attachment ...

However, when speaking of true love, a brief immersion in her living kingdom is adequate. From the beginning, moving into love relaxes desire, will and manipulation. Something like arrival appears. You fall like snow to the earth ...

As if by itself, the forces of life pull us toward the face of fear or rather the face of love, with her eyes older than stars, speaking of deep connectedness and freedom. There is something lost when you go through a day without love; no matter how much you may have accomplished. Finding her means finding yourself ...

LUST

Lust elicits groans and distorts faces. It wants fulfillment; it drives beings into each other's arms, yet is so much more than the images we store in our minds. Lust wants to draw, dance, and taste. It wants to live.

Feel lust whispering in your ear as it strokes your skin. Feel the naked fire of stars sparkling and celebrate with each step and deed.

"All lust wants eternity."

Friedrich Nietzsche

The morning pushes up the sun full of relish. The grass grows in complete devotion, wetted by the dew, gently and fiercely caressed by the wind. The blossom of the pear tree attracts everything that has wings and can crawl. This scent can make you forget everything else ...



Night falls, like a lover, and every being knows deeply its desires and its goal. Lust lures you to her deep well, lets you circle around her like drunk, wants to drink eternally from your bowl, wants to give itself off deeply with a promise ...

Lust lets us enjoy life to the full. If you have picked this card, it is about joy of life, vitality and sexuality. Lust looks into the mouth of danger, into the shadow of death, as into the source of all life with a power that knows deep joy ...

MAGIC

Either one experiences the world through the ratio or one finds the secret entrances to magic. You can head for something, or walk on the fossil skin of an ancient reptile.

Sometimes it is slowness; sometimes wonder that seduces you into the magic of being.

Keep looking for magic and it will find you.

Magic is an ancient empire beyond the borders of fear and control. The most elegant way to cross the border is to make friends with the enemy. Allow fear to be your companion. You will barely notice when you have crossed the border ...

Indigenous peoples have always been one with this wisdom. Even before the reign of reason, they moved gently through nature, one with Mother Earth under the stars, messengers, in the midst of a mystery ...

If you picked this card, the core of the old secret calls to you. Follow your intuition, the starseed inside of not-knowing, beyond what you believe, like the Minotaur, who lets himself be led by the hand of a blind girl ...

MAKE MISTAKES

Giving yourself permission to make mistakes means you allow yourself to be human. Making mistakes frees us from perfect, fictitious ideas about ourselves and the world. It brings the nectar of forgiveness.



Make mistakes; do everything wrong. Be completely incorrect. Be a walking disaster! It doesn't matter. As often as we fall, we always fall into love.

"Fear no mistakes, there are none."

Miles Davis

When you're open and available and look back on your life, you can see how perfectly you've been guided, how incredibly accurate things have happened to get you exactly where you are right now. It makes a difference whether you think you have to work hard to make it or you recognize the excellence of guidance ...

We have to make the experiences for which we came here and we have to make mistakes to find out why we are here, what is really for us and what is not. In order to do what we really want we must be allowed to make mistakes, otherwise we would never dare, we would be too afraid to do something wrong ...

THIS freedom to do what the heart desires and to know one cannot do anything wrong, because EVERYTHING leads us, especially our mistakes ...

OPENNESS

To be open and available and to bear the silence without drifting away, prepares the ground for authentic perception.

The gift of presence is appealing. Life flows into an open heart like water into a basin. It brings everything that is needed with it.

You'd like to knock on the door of the gods? Would you like some answers? You can't open the most delicious doors with will alone, sometimes they just close even more tightly ...

So what can you do if the strategies of the mind - like manipulation, complaints and threats - don't help? What remains is a movement of the heart that has the advantage that you can do it: Openness



means letting life flow in, especially when we want to close ourselves off, even when it becomes a witness to inner disaster ...

Showing yourself in your openness brings beauty into play. When you show yourself, the gods hold their breath. The secrets of life cannot shut themselves off from your open heart. They just can't do that. Nothing is more seductive than an open heart ...

PEACE

How do you recognize someone who has found peace? It is someone who has dropped the knife pointing towards himself/herself and others. Find peace with how you are and how others are for the duration of the game.

Sometimes ego closes the shop. The shutters go down. The 'Closed' sign hangs on the door. Wishing and doing doesn't want any more. It closes the eyes and peace spreads out like a fragrance in the night ...

Something in us wants peace, has sent the ego to rest and leaned the ladder against the window. Now it hardly dares to move, doesn't want to disturb the mighty gentleness. Can only be quiet, in the cool of the night ...

Nothing, really nothing, wants anything anymore. The old moon puts the clouds to sleep, as has been the case for thousands of years all over the world. Noises emerge from the hidden and the world moves closer until you smell its breath ...

RENDEZVOUS

Arrange a nice encounter with yourself. Choose a special place. Be open, available and know: you will not meet such a wonderful person again so soon. Maybe you also fancy a nice meeting with someone else? Look for the beauty in both of you, so that it can show.

You can take this card as romantically as it sounds. When you have drawn it, consider a rendezvous with yourself. Choose an environment that you like and enough time for whatever may arise ...



As the Buddha said, 'What you focus your attention on comes alive'. Give yourself friendly attention. Find out what you like and follow it up. Dare to discover something new ...

Maybe after the first rendezvous you want more? Spend the first few times only with yourself, try to get to know yourself well. Maybe you would like to meet someone else afterwards?

Role Play: ADVENTURER

Life has a lot in store. Tempting opportunities await you. It's up to you to decide whether you want to climb your personal mountain or not. Adventures are often exhausting and challenging, on the border of being doable, but here one learns - more than anywhere else - what it means to be human.

Whether you feel oppressed or inspired, anxious or triumphant, poor or rich, freedom rises in things like a phoenix, when everything can be as it is ...

You need a spirit of adventure to climb your personal mountain. You will lose your way, you will not know how to find it again, and you will find it while still walking ...

Another word for adventure is possibility. New possibilities are exciting and frightening. There is so much to be afraid of. Let's rather choose excitement, let's go the way anyway ...

Role Play: ALCHEMIST

An alchemist lives in a world without borders. Everything is possible. Inside him/her is the secret knowledge that transforms every experience into gold. Take on the role of an alchemist for the game. Experience the world in his or her shoes.

"... In the cave you fear to enter lies the treasure you seek."

Joseph Campbell



The alchemist turns the unpure into gold. This refers to man's potential not to get rid of old parts such as shame, guilt, loneliness, worries or failure, but to transform them. This is one way to open the inner treasure chests ...

Usually you just don't want to have your own unpleasant parts anymore, you escape into habitual thinking, distraction and unconscious behaviour. In this way you leave yourself and intensify your suffering. Precisely these parts - which life entrusts to us - are the 'raw material' for transformation, usually they are already accompanied by the necessary pressure and temperature ...

The alchemist knows that redemption from human suffering does not take place in the future and is not achieved through effort or sacrifice, but arises at the moment when one sincerely turns to oneself, when one needs oneself most urgently. This alchemy automatically opens the treasure in the heart ...

Role Play: ALIEN

An alien looks at life on our planet from a completely different angle. It is a similar perspective, as if you were seeing the world for the first time. Take on the role of an alien for the game. Experience the world in his or her shoes.

"They are not of the world, as I am not of the world."

(John 17:13-16)

The alien perceives the world from an outside point of view, it perceives it in the brilliance of its essence. It sees in the river the mass of glittering liquid that sluggishly pushes its path through time and in the seagulls winged creatures circling over it, like parts of an almost endless music box ...

The world reveals itself to the alien about its noises. Listening it soon knows all its shameless, coarse and incredibly delicate secrets ...



The alien is at the same time seduced by the world, but does not live naturally in it. It dives in through the senses and remains beyond them. It is too in love with the world to want to go home again, and yet remains only a visitor to it ...

Role Play: ARTIST

Artists are creative beings. They shape their work, their environment, as well as their lives. „Ultimately, all questions of humanity are questions of creating.“

Joseph Beuys

Artists live in another world. They are in intuitive rather than logical areas. They learn to understand the world in a playful way. They find ways in which they can approach their Holy Grail: the essential, always new ...

Creative humans are used by the intelligence of life to advance evolution. They are like vessels through which the new is born. They reach into the still unknown and come back with hands full of treasures ...

However, they are neither geniuses nor particularly special, but rather like agents of life. They make themselves an instrument by following their passion. They love to be played by this impossible orchestra ...

Role Play: BAD GUY

*The bad guy is unadapted, does not care about conditioned behavior or pseudo-moral. He*she is the pirate of his*her heart.*

The quality of the Bad Guy is needed above all when it is impossible to continue to correspond to the morals and values of a society that is mainly characterized by fear and control ...

The Bad Guy has no choice but to trust his*her own inner voice and its truth and thus almost inevitably move outside the zone that this society considers 'right' ...



He*she thereby becomes Bad Guy and is confronted with the loneliness of the outsider role, but remains true to him*herself and does not sell him*herself to false correspondence for the sake of dubious security ...

Role Play: BAD INFLUENCE

We know exactly what is good for us. What would bring us into our power and beauty, yet often we choose things and behaviors that lead us off track

Bad influences seduce us to not take things seriously. Enticement to nibble on forbidden fruits, which sometimes turns out to be the best idea. Walk in the shoes of this role and see how it fits you.

Bad influence introduces you to various things or possibilities to dissuade you from the 'right way'. The bad influence offers you a cigarette or suggests dodging the fair ...

It encourages you to 'get on the wrong track', to 'let all five be straight'. This can get you into trouble as well as being relieving and helpful, especially when the 'right way' has become an imposition ...

The bad influence is also a guardian of the dictator. On one shoulder the angel whispers into your ear, on the other the devil, but none of this is true. Be alert, go your way through the guardians of the dictator, the only real place, is your silent, friendly presence ...

If you play this card as an opponent card, exert your bad influence on the other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: BIRD OF PARADISE

The bird of paradise represents what you are becoming and what you cannot even imagine in your wildest dreams. Find that wonderful part in you.

No matter what you are born in or as, you can follow your longing. Perhaps neither the one nor the other way of living your life satisfies you? Take that which cannot fulfil you as a sign to follow your star ...



Go back to the beginning, to your silent face, beyond what you know as your world. What attracts you, what calls you? Prepare yourself to experience a second birth, the death of your old world and the birth of a new one ...

Such a rebirth is often preceded by a crisis, the cocoon becomes unbearable for the butterfly before it hatches. In the belly of the whale Jonah could not imagine what it would be like to be born new and more real. Don't flee into the familiar, your adventure begins ...

Role Play: CHILD

The child represents innocence and a fresh start. It experiences the world directly without mental concepts. The magic of beginning is inherent in the child.

When violent stories blow through your head, combined with corresponding feelings, when the world of conditioning really rears up, only the vehement decision remains to stand completely by yourself, to let the spook pass by, to stand still with the innocence of a child in the thundering storm ...

Without knowing it, the child dances with the gods. Free in not-knowing, surrounded by the scent of elderberry, abducted by brushes and colours, deeply outraged by injustice, touched by mystery, kissed by the moment ...

One with impulses and gestures, so brave in the forces, hungry for experiences, you meet the child not with concepts, but only in being, in direct experience. Here it waits - always ready for play - for your attention ...

Role Play: DICTATOR

The desire for power has always been present. We all know - more or less - the tendency to control and dominate in order to finally grasp security and meaning.

The effort to impose one's own will onto the unpredictable, wild life is hardly bearable. Dictators might wish for salvation from the burden, wanting to surrender the strain.



The conditioned mind is incredibly tricky. It is the sum of all human experiences. From the beginning it has collected data to ensure survival. These security programs should serve us well, but they have reached a dictatorial dimension ...

The dictator must maintain his*her power at all costs, because life is unpredictable, wild, dangerous and without these security programs everything would collapse. The disadvantage of the security programs is obvious: they make you inanimate. And the dictator is already tired, it's a tremendous effort to control life ...

The conditioned mind uses its guardians to make sure that the individual does not move too far into freedom and uses all its tricks. To live your life in its power and beauty, however, is your birth gift, it is at your disposal ...

If you play this card as an opponent card, exert your power on the other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: DRUNKARD

„Come, for the house of hope is built on sand: Bring wine, for the fabric of life is as weak as the wind.”

Hafiz

Give thanks to Dionysus, the god of wine and ecstasy and cherished Apollo. Reason is not enough. It often dries up on the shores of liveliness. In different ways, nature has always offered us inebriety ...

The drunkard lets himself go, maybe even stumbles, celebrates, in the ballroom of life. In drunkenness, and awareness, moonlight grows on things ...

“Come in, my dear, from this rough world, which caused a shower of stones to fall on your tender face Our toast: a praise to the bravery of every soul! Bring all your wine to this wonderful table, the earth. If your wine cellar is empty, this whole universe could drink of mine forever,” writes Hafiz...



Role Play: FOOL

Being a fool means being in his/her young power. Perhaps without the experience of consequence, yet full of enthusiasm and the magic of the first step.

In India, fools are equated with saints because they live in the innocence of a child. If the fool loses him*herself in the waves of the grass, then it is only because he*she is experiencing it so directly. If he*she gets lost in the rays of the sun, then it is only because he*she is completely surrendered in what he*she sees ...

If he*she forgets himself*herself in the twitter of birds, then it is only because he*she is causally part of it because the same song also plays within him*her. The fool may not be a good combatant in the struggle for power and prestige, but he/she has the greatest treasure: purity of the heart ...

When you pick this card, it's about orientation. Is achieving your plans your goal? Is the fulfillment of your wishes your happiness? What is really important to you? Who or what do you serve? Where are you looking for your treasure?

Role Play, Guardian of the Dictator: DISTRACTION

Distraction is everywhere. We have created a society full of distraction. It is so easy to float from one thing to the next. Distractions are fun, but when we lack the art of stopping it once in a while, we easily get lost.

Distractions leave us unfulfilled after a while. This feeling of gnawing dissatisfaction is a signal to wake up. Find out what is real. Don't let yourself be distracted during the game!

Distractions are everywhere. As soon as you find yourself willing to go for what is really essential, the next distraction is already very seductively present ...

This guardian does his*her best to to prevent a gap that would let you see the web of illusion. As soon as you would wake up from it, he throws a stick into the bushes and you follow the sound back into the trance ...



In order to go on well, you will need the qualities of the warrior that clearly differentiates what is essential and what is not, what you really need and what is not for you ...

If you play this card as an opponent card, distract other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: DOUBT

Like all guardians of the dictator, 'doubt' is able to create a reality through thoughts, feelings and physical symptoms that feels convincingly real.

With 'doubt,' one is not required to believe this fabricated reality, but rather to remain awake and present. To go for what one recognizes deep inside as true.

"The one who is without doubt is the real you. Find out who this real you is and focus on it."

Ramana Maharshi

As soon as good cheer begins, sooner or later doubts arise. Doubts are only thoughts and yet they can make the high wire dancer stumble. It is pointless to struggle with doubts, it is like a fight with ghosts ...

It makes sense to notice them, to recognize their nature and not to follow their paralyzing whispers. But noticing is already the most essential step, because they only unfold their power in the unconscious. Usually you only notice it when everything already seems pointless and you feel helpless in the face of it ...

Doubt is a guardian of the dictator who binds his*her victims. They are supposed to maintain the order of the old patterns. It's all about whether you believe them or not. Who says you are bound? And who says you're not? Who gives you permission to be free?



If you play this card as an opponent card, spread doubt at other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardians of the Dictator: EXPECTATION AND DISAPPOINTMENT

Expectations - positive or negative - are a kind of limbo state that determines behavior and experience. One imagines and anticipates things that might happen in the future. Expectations are often accompanied by disappointment. The more one establishes one's existence in direct experience of the moment, the fewer expectations occur.

When a new idea or a new project is born, expectation immediately becomes part of the game. It's similar with social interactions: you give and expect something for it. Disappointment often follows directly on the foot ...

The guardian 'expectation' places itself unasked on every action and projects fictitious scenarios that lack any foundation but present themselves as logical. The colouring of expectations takes up a large part of the thought activity, but usually only produces disappointment ...

Life has its own plans. That doesn't mean that the idea, the project or the social action was bad, but rather that it unfolds in unexpected ways and we don't know in what way it bears fruit and how it feeds us ...

If you play this card as an opponent card, spread expectations and disappointment at other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardians of the Dictator: FEAR AND CONTROL

The ultimate fear connected to life and death stems from the desire to feel safe, to avoid being at the mercy of anything so unpredictable as life. It is the desire to be able to control the uncontrollable. Fear is a warning signal that occurs when one leaves its territory. It is the inevitable experience that accompanies every change. Become familiar with fear and it loses its power.



"Courage is fear you can stand a minute longer."

General Patton

Fear is like high excitement. It is an alarm signal that is peculiar to all living beings. Fear begins when you leave the familiar terrain, even when you only think about doing something like this ...

Fear can cause such an unsafe, almost unsustainable condition, which one tries to avoid at all costs. Usually one tries not to have to experience the unpleasantness of fear by means of control. One thinks that if one were to control a situation or an encounter one would be safe ...

The precious thing, however - for which the heart yearns - is certainly not in a safe area. On the way to recognizing oneself, it is inevitable to be confronted with the opponents* fear and control. While all reason screams to leave this path, the heart puts one step before the other ...

If you play this card as an opponent card, spread fear and the longing for control at other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardians of the Dictator: GUILT, BLAME AND SHAME

*Maybe you have done something that undermines your own dignity. This has consequences, guilt and shame are like shadows over the soul, like the sun dressed in an old coat. No matter what damage you have done, guilt and shame can be eradicated at any moment simply by saying to life sincerely:
"Take me just the way I am."*

If you have done something 'wrong' - mainly in the social environment - guilt sets in. Like a shepherd dog, shame controls the limits of our social interactions.

In human society the 'Blame Game' is also very popular, in which one assigns blame to another - for one's own unfortunate situation ...



Feeling guilty takes the wind out of your sails. It's hard to get into your power when guilt and/or shame gnaw on you. That's why it's easy for the guardians and manipulative parts of society to keep the individual small if you make them feel guilty ...

Feelings of shame emerge when the actual essence falls short of the fictitious ideal image. Shameless, then, is the person who is as unbiased as he*she is. Those who have recognized their ideal image as fictitious and can heartily embrace their authentic beingness are free of shame. If we play with a certain degree of shamelessness, we regain pre-civilized, unconditioned areas of humanity and thus open up delightful adventures ...

If you play this card as an opponent card, spread shame, blame and guilt in the game - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardians of the Dictator: INTERPRETING, JUDGING AND COMPARING

Interpreting, judging and comparing are behaviors that often unconsciously hold the conditioned mind within a firm grip, inevitably you get caught up in the narrative of the mind.

The power of unconscious behavior ends in the dawn of consciousness. If you know the results it creates, it enables you to readily choose free, direct experience.

The conditioned mind - Fortress of the Guardians - is constantly interpreting reality. Wherever one goes, whatever one encounters, the guardians 'judging or comparing' are immediately at hand ...

Even if it sometimes feels funny to judge people and situations on the basis of their appearance, it is still always a hurtful act, either to oneself or to others. Ego loves to feel either inferior or superior ...

Interpretations based on judging or comparing lead to a distorted perception of reality. Find a place within yourself where everything can be as it is, where all beings or situations can be as they are. Don't deviate from it, even if the guardians use all their power...



If you play this card as an opponent card, spread judging or comparing amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: KNOWLEDGE

Knowledge can build up before the essential like an insurmountable obstacle, because it clothes the miracle in something familiar that hardly deserves attention.

"I know that I do not know," Socrates said, meaning to unmask illusion is to cross over the ocean of ignorance with awareness in order to reach beyond the limits of intellect.

"If you teach a child the bird's name, it will never see the bird again."

Jiddu Krishnamurti

Once you think you know something, you know its name, you conceptualize it. One no longer sees it as a unique phenomenon, but only as something familiar. Knowing something drives away the magic of direct experience ...

If you don't even want to get involved in direct experience because you think you already know the outcome of the action, this guardian has already won ...

There are neither good nor bad cards in TINTENSTROM, so 'knowledge' can also unfold its good qualities, it brings insight with it, cuts through illusions and leads from entanglement to the fine voice deep inside, which knows what is true ...

If you play this card as an opponent card, act like you would already know everything - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: NOT YET

There is the possibility of giving the keys of the heart to the streams of being, to be completely at home with the nameless, but still something beckons 'not yet.'



The words 'not yet' is one of the trickiest guardians, it consistently contributes to the feeling of 'not yet' being whole. It's like as if something is perpetually missing when what is truly forgotten is the paradise of each moment.

Not yet' is about delay, about postponement. Actually we all know deep down what is good for us, but for various reasons we are 'not yet' ready ...

On the other hand, this guardian of the dictator almost constantly gives the feeling that something is missing that 'isn't yet' here, and thus causes a constant feeling of slight discomfort, because the moment cannot be perfect when something is missing ...

So find out what you really want and then go for it. Be radical. Don't believe a single word from your conditioned mind, orient yourself by your heart ...

If you play this card as an opponent card, try to convince other players that there is something missing or that the right time has not come yet - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: REMORSE

'Remorse' creates the desire to be different. If you don't meet the demands you place on yourself or what is expected of you, remorse occurs. Conforming to conditioning.

If you deal unconsciously with conditioning, your reaction becomes an automatic response. In the long term this is unsatisfactory. By choosing to handle it consciously, you free the moment up for endless possibilities.

Remorse makes you complain about spilled milk. This guardian plagues you with dark thoughts like, you should have acted differently, should not have let it get so far, should have decided differently, should have known better ...



Remorse gnaws at you, forming fictitious scenarios - in dramatic staging – about what you unfortunately failed to do. Most of the time, when you're rolling in dark clouds of thought, it's about an interpretation of what you've experienced. Interpretations are always only versions, never the truth ...

Like all guardians of the dictator, remorse is not real and it fizzles out like a ghost when it's exposed. What remains is your joy of being here and gaining those experiences that you came for, beyond right or wrong ...

If you play this card as an opponent card, spread remorse amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: SERIOUSNESS

On one hand, 'seriousness' entails the weight and effort that arises when play and ease disappear. For instance, getting caught up in conditioned patterns.

On the other hand, it breaks through superficiality and helps you to be able to exert yourself.

Seriousness goes into the depths, gets to the bottom of things, and stays tuned.

"Final seriousness is not without a dose of humor."

Dietrich Bonhoeffer

Seriousness is the final boss in TINTENSTROM Edition 1. You recognize him clearly when a situation suddenly becomes serious. Someone overlooks you, you're not invited to a party and suddenly the situation gets serious, you're trapped in dark thoughts ...

As soon as your life feels serious, this guardian of the dictator is facing you. Your game task is to find ease. However, ease is not found in pushing away the difficult or in denying it ...

Real lightness is in the deep acceptance of the heart, which knows that life sometimes feels tough, unjust, hard, wild and yet begins to dance with it ...



If you play this card as an opponent card, spread seriousness amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: SLEEP

Don't fall back to sleep. The breeze at dawn has secrets to whisper. You must ask for what you really want. Don't fall back to sleep.

People move back and forth across the threshold where two worlds touch. The door is wide open.

Don't fall back to sleep.

Rumi

When we are in a state of unconsciousness, the mystical tradition of the Sufis calls it sleep. As long as people are not aware of the present moment and themselves, they sleep ...

In the unconscious state we are mainly in a kind of thought trance in which we are completely identified with the content of the thoughts. Your task is to remain conscious with your silent being, connected with your body and the here and now ...

Stay alert, for the Guardians are always ready to wrap you in sleep. They use everything that serves them, even seemingly positive feelings, to weave you back into the matrix of thoughts ...

If you play this card as an opponent card, spread sleep amongst other players , weave a net of unconsciousness.- to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play, Guardian of the Dictator: WORRY

Worry can cause a great deal of mental work about things which might not even happen. Worrying keeps you busy in an unproductive way.

The conditioned mind creates the most adventurous narratives, all of which are not true. If you listen to them, you remain in the obsolete. Ignoring worry opens to the new.



The conditioned mind governs their beings like a dictator with an iron fist. Here there is no mercy, here the Holocaust takes place or refugees are allowed to drown in the sea. Whereby there are always terribly rational reasons why that must be so ...

The dictator has a sophisticated system of guardians who provide a certain amount of fear, because it's a good way to maintain power. The Guardians always spread the feeling that something could go wrong, something terrible will happen if you don't take all the precautions to prevent it ...

As always, the whisperings of the Guardians are to be ignored, because they are not true anyway. The truth is not in your thoughts, not in the past and not in the future, it is everywhere HERE in this moment ...

If you play this card as an opponent card, spread worry amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: HANGED MAN

The Hanged Man sees the world from upside down. Your way of understanding life may not be totally true. Shifting perception is a way of being able to see the bigger picture. We know nothing for sure, except the fact that we exist. Acknowledging this while being open to the truth is an invitation for life to show its secrets.

Odin - with the necessary patience - has hung himself upside down for nine days on the World Ash Yggdrasil to look at the world from a different angle. A different perspective on the same thing opens the way to joy ...

Perspectives are relative, because you don't know what something is good for. The noises of the forest at night do not yet tell you which flowers it will produce in the morning ...



If we keep our eyes focused too long on what we still want and desire, the world will soon feel harder and harder and more merciless. Just as well we can see what is already in abundance here, what we already have and celebrate it ...

Role Play: HERMIT

*The hermit gets involved in the world, but remains connected to him*herself and does not lose himself in entanglements. He*she discovers everything essential inside.*

The Hermit knows when it's time to retreat. He*she looks for a place and enough time to look inside. Some hermits choose a certain method (meditation) or environment (nature, monastery) to help them do so ...

A simple place is enough, without disturbances or distractions, where one can get involved with oneself and one's life. You don't need any special skills, except willingness and curiosity to get to know your sincere openness ...

The hermit should also be prepared for fierce challenges if he*she has the intention to recognize him*herself anew in the mystical source. If you have picked this card, it could mean that hermit time has come for you ...

Role Play: KING*QUEEN

*The king*queen represents being fully in one's power. A king*queen knows that it is not his*her strength, but the power of existence itself, that operates through him*her.*

Being a king*queen is not about power on the outside, he*she was chosen by the inner kingdom. One becomes king*queen the moment the world becomes soft and he*she enters the unknown, even the impossible ...

The king*queen is enthroned in the moment, in the opening of the world. He*she sits both in the dust and in the castle - only devoted to the stars - pointing to the gates of the inner kingdom, for all those who may enter there ...



When you have picked this card, your majestic nature calls you. The king*queen totally opens him*herself to the vastness of day and night, confronts infinity and does not shy away from any greatness, not even from his*her own ...

Role Play: LOCAL/GUEST

If you are in your homeland right now, imagine you're just a guest here or on the run. If you're visiting this country or you're a fugitive, imagine you're a local.

The native has the advantage of being rooted, ancestral, having a self-evident right to be which offers a certain security ...

The guest is 'different', may not speak the same language, may have a different cultural background, may not be voluntarily in a foreign country. But once you have picked this card, there doesn't have to be just a regional reference to it, you can feel like a guest in different areas, for example in relationships, or in the working environment...

On the other hand, we are all guests of life, a host, so boundlessly generous, unbelievably free and patient. The fact of existence, this 'I am', is kept in the living ground, embedded in the laws of the stars, received as guest of the nameless ...

Role Play: LUCIFER

Lucifer does not bow to the will of God, thus remaining the eternal seducer. Wherever man is drawn toward the sacred, Lucifer tries all his tricks!

Christ said, "Get thee behind me, Satan." (Mt 16:23) when Lucifer tried to veer him away from his path. This attitude is needed to be able to explore the realms beyond the conditioned mind.

„Ich sah den Satan vom Himmel fallen wie einen Blitz“ .

Lukas (10,18)



Lucifer, the second of the archangels - God's dearest son - instigated a rebellion in heaven when he tried to put himself on an equal footing with God and not obey his commands. Then he plunged into the abyss as a falling angel. Lucifer is the proud angel who does not bow to God's will ...

Lucifer stands for temptation, vice and obsession. If one's own discipline and self-knowledge is not well developed, Lucifer has an easy game and wraps the souls in a dark trance, where they torture themselves, trapped in their desires and addictions ...

When the web of darkness breaks and you feel something like silence, stay there, enter it as you would into your home. In this way you will regain heaven. Collect the moments of inner silence, like the most precious thing that you know. Stay in the fresh silence, not in a memory of it ...

If you play this card as an opponent card, try to seduce other players and entangle them in their wishes and desires - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: MALE, FEMALE, THIRD

The sexes could blame each other a lot, but also owe each other much. Choose a gender that is not your own. Include the third gender.

When you have picked this card, it is about the role of the opposite sex. What more different points of view could there be on the same thing?

Women and men have hurt and blessed each other over the centuries. There are enough reasons for both aversion and affection ...

This card can also be interpreted several times. Maybe it's about your own male and female shares or which of these shares you live in which systems? Mars, Venus and a third option await you.

Different planets with different living conditions. How are women viewed or treated? Like men? Like transgenders? How does it feel to walk in their shoes? Try, for the duration of the game, to put yourself in the other side of the medallion and see the world from its point of view. How would an actor*actress approach this task?



Role Play: MNEMOSYNE

„Imagine, a block of wax in the mind. If you want to remember something, then the wax will absorb those impressions, like the seal of a ring. You can remember what is imprinted as long as the picture lasts, but if you no longer have access to it, then you forget and do not know anymore.“

Platon

"But when the best is bowing toward the earth, the living becomes his own, and the spirit finds a home."

Hölderlin

The nightingale, who during the day sings with only half power - because she went through the whole nights - reminds you - like the wind that passes through the shade of the leaves or the birds that fly along the evening river - of the silent secret within you ...

Mnemosyne is the mother of the muses, the goddess of memory. She does not let us forget who we are. And if we remember it again, this barely perceptible memory becomes stronger than all distractions and temptations ...

Mnemosyne awakens us to look closely, to believe nothing else - for nothing else is true - but to remain this deepest, silent knowledge within and with it, until a golden moment of memory ...

Role Play: NAPOLEON

Choose a historical figure that impresses you. What did he/she realize? What does he/she represent? What resonates with you?

Since the first people, personalities have always achieved extraordinary things. Be it the courage of an Attic warrior, the visionary passion of Van Gogh, the clear, human view of Hannah Arendt, the political skill of Gandhi, the elegance of Martha Graham, etc.



Once you have picked this card, wander through time with your inner gaze and let some historical personalities pass by. Choose a personality that fascinates you as a role for the game ...

Try to embody the quality she had personified for yourself in order to get to know it better. If we admire something in someone else, it may point to a quality within us that now wants to penetrate more into life. Live this trait for the duration of the game ...

Role Play: OLD AGE

The end of the earthly journey brings certain qualities with it: What is really important? What else would I like to experience?

When you pick this card, imagine you're about to step in front of the curtain. Life goes its way, as always, but for you it is particularly impressive. Take everything deep inside you again ...

It's not your show, it's the show of life. Show yourself to the winds of the south and the north and the east and the west. Show yourself with your wounds and your triumphs ...

Show yourself with your fears, even if you could fill the whole world with them, and show yourself with all your love. Bow down like an actor*actress before the last applause ...

Role Play: OUTSIDER

*The outsider orientates towards his/her star. He*she follows what he*she realizes as true deep inside. "He*she who does not seem to fit into the world is always close to finding him*herself."*

Hermann Hesse

The birds chirp differently for the one who has nowhere to go. The first sun is distinct when it dispels the cool for the one who passes the night awake, and the wind that scrapes dry leaves over the asphalt means the world to that person...

The outsider often hasn't chosen his*her role. He*she isn't clear on the consensus of reality in society. This can lead to loneliness and the feeling of not belonging to it ...



If the outsider learns to stand by and live his*her uniqueness, a gift of extraordinary kindness develops. The tear of the outsider reflects the face of raw, naked life ...

Role Play: PEGASUS, MINOTAURS, PIXIES AND CO.

What is up in parallel worlds? Pegasus, minotaurs, goblins, fairies, mermaids, pixies and other company are teaming around. Choose a mythological figure that fascinates you.

The museums and stories of our cultures are full of fantastic figures, human-like creatures with wings appear in almost every time, people with horse bodies, bulls with human bodies, swans with women's heads, mixed creatures of all kinds populate the world ...

What was real in the pre-Christian Pantheon is still part of our collective subconscious. Art testifies in splendid diversity to the existence of these creatures within us. Is the boss with the bright red head, for instance, a Minotaur who trudges through his hopeless labyrinth?

Are thoughts just like angry snakes on the head of Medusa, which only a mirror can silence? If you have picked this card, trace which mythological figure you would like to be during the game and experience the world in its shoes ...

Role Play: POWER ANIMAL

*Various indigenous traditions deal with the reality of power animals. They connect with the person, protect him*her in challenging times and give the person their animistic characteristics. What is your power animal?*

Each animal embodies certain characteristics or has special abilities. From the indigenous traditions comes the concept of the power animal, which accompanies the player on their task ...

Once you have picked this card, find a silent moment, turn inside and see which animal emerges from your inner cave. It should be able to accompany and protect you on your journey. See which of



its qualities you would need. The first animal that appears in front of your inner screen is the right one ...

You can best get to know your Power Animal by embodying it, as a mere mental concept it is not helpful. Try to put yourself into the animal, feel its movements, its instinct, hunger, power and mysticism ...

Role Play: REBEL

„The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion.“

Albert Camus

The rebel loves the free space in which life pulsates in its wild reign. He*she means that freedom in which every being and every thing can be original. In which the radiance of the sun is not diminished and the gentle rain falls into clear space ...

The rebel follows what he*she recognizes as true deep inside and stands for it, even if no one agrees . He*she instinctively recognizes the opponents of freedom in all their disguises: Control, manipulation, dominant ego, fundamentalism, totalitarian regimes, etc.

The rebel knows that you cannot impose a fundamentalist ideology on a free society. That would simply roll off the value of freedom, would evaporate in the splendour of being ...

Role Play: SHADOW

The shadow of our psyche is full of unloved children, not only our own, but also those of the collective unconscious. For every Christ there is an antichrist.

The good news: unwanted children long to be saved. The conditioned mind knows no answer to that, the compassionate heart however opens its arms.



The unwanted aspects of yourself cavort in the shadows. Helplessness squats there and waits for its entry, as well as bitterness, melancholy and disgust. As soon as they find the opportunity, they crawl out and darken your experience ...

When they are active, your life seems to make no sense, there is no joy in sight far and wide. Usually guilt (something is probably not right with me) and shame (I don't deserve it better either) join in ...

If the ugliness crawls to the surface like a sinister toad, it is not personal. It's what toads do. And you know how to redeem them, you learned it as a child: The toad needs one of your gentle kisses and everything changes ...

If you play this card as an opponent card, try to spread pointlessness or disgust amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: SHAMAN

Shamans are healers. They can be spirit, human, animal, plant or mineral. Shamans live in this as well as in parallel dimensions and mediate between the worlds.

The shaman is connected not only with the one psychological personality in which he*she was born, but with the timeless and spaceless silence that exists in all forms of life as well as beyond. Shamans are travelers of silence and thus also shape-shifters ...

The shaman is guided by the 'inner' structure of the world. While the outer, everyday structure can be experienced with senses and mind, shamans orient themselves on the inner silence, in which another ability of man is at work, which makes him a magical being ...

The shaman sees with the eyes of silence and hears with its ears. Through inner silence, the shamans stop the world, return to the true essence of man and are therefore capable of masterpieces of perception that contradict rational ideas. Once you have picked this card, it is a matter of accumulating moments of inner silence ...



Role Play: SHIVA

Shiva manifests as the archetypal destroyer, and is therefore the cause of creation. Without destruction of the old cycle, new creation cannot arise.

In the midst of destruction, you do not yet know the new, but creative forces are beginning to gather. Shiva's drum inspires man to excellence.

In mythology Shiva is regarded as an outsider among the gods: wild, his whole body rubbed with ashes, often disreputable by his outer appearance as well as by his behaviour. In the Hindu trinity, the "Trimurti", he embodies destruction ...

His furious cosmic dance symbolizes a total destruction in which the entire universe comes to an end. But he also dances the joyful dance, so that a new creation emerges from it ...

Sometimes it is necessary to destroy the order of the world as we know it in order to replace it with another kind of understanding of the surrounding world. Through the destruction elements of a - still foreign - knowledge already begin to become effective ...

If you play this card as an opponent card, try to spread destruction amongst other players - to the best of your knowledge and belief. If you fox another player, he*she also becomes an opponent. If he*she decloaks you, he*she gets a trump card.

Role Play: SUPERHERO

Superheroes have special powers. Which of your qualities disarms the darkness? What is your superpower?

Freedom and control are eternal opponents, like light and darkness. In myths and stories, there has always been an arrant villain and a hero*in. The hero*in usually has a special power that helps him*her fight the darkness ...

What is your 'super power'? Which of your powers or qualities does the threatening superior defeat? Is it your humor, your gentleness, your innocence, or even your stubbornness? Looking back into



your life, which of your qualities has helped you the most so far? Get this quality now and embody it in the game ...

The most beautiful and powerful of all powers is life itself, when it penetrates into your being, when it flows like a superpower into your functions and 'takes over' you. You are still there as a witness and see how life becomes a person. When 'it' beats your heart, sees through your eyes, makes your experiences and becomes you ...

Role Play: WARRIOR

The warrior fights the good fight, not based on personal concerns, but rather to protect the flame of life. Warriors are gentle and ruthless. They are neither distracted nor deceived. They lead with a sword of clear decisions protecting what is defenseless and innocent.

"I became a warrior when I turned to myself and began to listen."

Jeff Foster

The warrior is in his power. He*she takes on the impossible and does not allow him*herself to be distracted from it, neither by doubts, nor by distractions ...

Warriors uses their power to overcome the matrix of the conditioned mind, even to override the law of time and space, for their intention ...

Whereby this intention does not work towards an egoistic goal, but plays in the big and the whole. The warrior resumes his*her place in the game of life, takes on the task of the heart and does not let herself be dissuaded from it ...

Role Play: WEREWOLF

You have a big secret. A powerful, uncontrollable force lives inside you. What can it be?

Already in cave paintings creatures appear that transform into animals and across the religions and cultures there are reports and illustrations that testify to their existence ...



There are forces in humans which he*she no longer knows and which are therefore portrayed as uncanny. A Werewolf embodies pure wildness, not having to worry about the laws of civilization, one could live outdoors, barefoot, direct and full of relish ...

The Werewolf symbolizes the clash of instinct and civilization. The old moon awakens impulses like unrestrained liveliness and passion beyond moral or ethical boundaries ...

Role Play: WRITER

In writing, we listen to the muses, we get something going. We ask questions and receive answers. We find words for the unspeakable.

"In the beginning was the word."

John 1.1

Homer's Odyssey begins with the famous and often quoted verses: 'Tell me, Muse, the deeds of the man who wandered so much ...' Homer therefore did not come up with what he had written. Writing is dialogue ...

The writer translates the pre-linguistic into the comprehensible, the repeatable. He*she finds the right words. If you have picked this card, could writing be of use to you right now?

When a writer wants to explain the world to himself, he*she starts and sets a dialogue in motion. Answers flow to him*her. The writer learns to trust the words that come into the world through him*her ...

Role Play: YOURSELF

Stay exactly as you are. Every detail, everything that defines you, your experiences, your peculiarities, your aversions, your preferences, everything can be as it is. Take on the role of yourself for the game.



Either, one is absent. Somewhere, lost in thoughts. Like in a spell or in hiding. Cocooned in a mental story. At the mercy of this story. With minimal vital functions yet strained ...

Or, you move into yourself, into the body, as in a living house. It is both familiar and alien. Known yet unknown. Present. As essence in the temple of senses and possibilities ...

Without ideas, without past. Without a goal. You, yourself on the playground. You, yourself stepping out of the shadow theater. Your presence captivates whatever is happening, tempers any situation – no matter how impossible it seems ...

SILENCE

Silence is the center, the well, the source. Here the world is renewed, solutions arise and connections emerge.

Silence is direct experience, without mental interpretation. It is not the absence of sound, but the presence of what is.

If one lets the sun of attention shine on the field of silence, the harvest begins immediately. The sounds of the world play on the silver sky and one reaps the silent fruits such as gratitude, joy and homecoming ...

Silence is not a mental concept, it is a living being. As soon as the individual surrenders, it sinks into the silent arms of being. As soon as it stops the noisy train, it finds its harmony and arrives ...

Silence is the living ground state of the universe, it is intelligent, open and available. It is the birthplace of the world that is always recreating itself. Silence connects the individual with his*her source, from it arises the unquestionable, the self-evident, the simple ...

SURRENDER

The knowledge of good and evil cast us out of paradise. Now we bear the psychological burden of separation. Imaginary responsibility over our lives makes it hard to deal with. It feels unsafe. The need



to control arises. Will we manage it? The whip of the dictator snaps. True surrender brings us back to what we lost.

Too much activity in the world and its entanglements makes us dense and firm, which brings dissatisfaction with itself. Through devotion we become more permeable, more transparent, the flow of life can supply us more easily ...

In these bodies where fear and blessing mix, devotion is needed to sink to true ground. Surrender is both active and passive. It is not about surrendering 'somewhere', to something that is not here, but to something that is fully present, feeling and listening ...

Nothing has to happen or change either. The most beautiful thing about surrender is itself. Surrender is always a good idea if you don't know what to do right now, because it opens your inner vision. Solutions become obvious that include the most delicious in us.

SYNCHRONICITY

There is either the assumption that things happen by mere chance or the possibility of an intelligence in which everything is connected with each other in perfect order.

What would these assumptions cause in your life? Which one do you prefer? Watch out for synchronicity!

C.G. Jung calls events that are connected and related to each other without rational reason synchronicity. One can regard situations, encounters or events as random products, as mere results of cause and effect or finding trust in the - all providing - intelligence of life ...

If one examines this intelligence one realizes that nothing is random, but that every little detail between quarks and planets follows a precise order and one simply cannot know which current event can be significant for the next or another ...

Once you have picked this card, get involved in the synchronicity adventure, where it is important not to judge. Observe carefully - for the duration of the game - what you encounter, trust what



appears in you, and let yourself be guided by the intelligence of life that speaks to you in many ways ...

THE STAR

The intelligence of life brings you to just the right place, at the right time exactly where you are right now. Into the certainty of being here and now.

Following your star means entrusting yourself to universal guidance, not leaving any room for doubt or any other kind of emotional dictator.

It's true, we already have everything in us that we need. Life offers us its love again and again and we have such a hard time understanding it, we misunderstand it again and again. We don't look behind the mechanics of things, behind the curtains of the conditioned mind ...

We are clearly cared for, like babies on the umbilical cord and don't see it. The power that flows through us is not ours. The pumping of blood like distant drums. The open windows of the breath. The smell of the night. None of this is our merit ...

The star that leads so wisely without judging, that waits even for the last of us. Hidden in mystery, its glow cooks the hearts. Its sparkle pervades the darkest ignorance. Feel the star as you wander through the stream of events, always trusting the path under your feet ...

THE TOWER

The tower is a mighty building. You can walk many lives in its corridors and rooms without even noticing that you're in prison.

Even if you did notice, it would take all your skills to risk an escape. Therefore, the first task is to come into your presence and power.

The tower symbolizes the prison of thought constructs, worldviews, beliefs, etc. in which we humans weave ourselves. If we are in the tower, we are completely identified with the world of the conditioned mind ...



The tower is a temple that became a market place, here there are thousands of tempting offers and tempting whispers to sell oneself to something. The tower has a lot to offer, horny, menacing, entertaining, but its all-consuming tendency is annoying. Much too late you realize that you have wasted valuable time in it ...

If you look from the inside at the tower wall, you see only an unlively wall, like a dead end. If you don't let this irritate you and keep looking at it - unintentionally - but with all your attention the wall comes to life and before you know it the tower has disappeared ...

THE WORK

Do your work! That's the only way you really learn. Deal with it, wonder about it, become familiar with it, put it to the test, and take a chance with it. Through all the repetitions, confrontations, and all the times when you would rather do something different, something authentic matures.

When we do the work, we really hash and rehash it, we repeat it, penetrate it with all our senses, doubt it, connect with it, triumph and find ourselves in it ...

In work it shows itself, develops, begins to communicate. Whatever it is that interests you, you meet it at work. Whatever idea, in the work with it, it becomes tangible ...

Work challenges you, it wonders about it, it spurs you on. Even if it hasn't worked out yet, perhaps at the next attempt? Even if no one has ever made it, maybe it works this time?

TRUST

„Why should you carry your load, when you travel by rail? It carries you and your load, whether you carry or drop it.“

Ramana Maharshi

Trust means not having to carry your own burden or the weight of the world. Put down your load for the duration of the game.



"Actually, we already trust in life. We trust that we will continue to breathe, that our digestion will do its work, that our heart will continue to beat.

David Steindl Rast

Trust is the opposite of control. To have to control life is an extremely strenuous, even impossible task and yet we spend so much time on it, mostly without noticing it ...

The shaping of one's own life can be based on joy or inspiration. But it can also be driven by - more or less conscious - fear. Fear demands control, apparent security ...

Trust relieves this tension. The weight of the presumption to have to carry everything, to have to find the solution, dwindles. Trust is created as if by itself, when one suspects the nature of life, its unconditionality, its infinite pool of possibilities and surprising twists and turns. By trusting and testing its ingenuity ...

WHAT DO YOU REALLY WANT?

The question of all questions! It brings clarity into entanglements. It cuts through illusion.

It takes you from superficial desires deep into your passion of being.

... is probably the most important question at all. What do you want to experience? Whom or what do you serve? Whose orders do you fulfill? Answering the question with the conditioned mind gives you different results than asking your heart ...

Without knowing your top priority, you quickly lose yourself in the entanglements of the world. While the mind argues very loud, it needs silence and attention for the profound heart's response ...

It is about guiding oneself on fertile ground, making room for the question and the answer. The heart wants you totally, a little bit of attention is not enough. What do you choose? What do you really want?



WHAT IS THE MOST BEAUTIFUL WAY TO GIVE YOUR GIFT?

Everything that constitutes you, your life journey, with all its wonders and horrors, triumphs and defeats forms a unique pattern in the fabric of life. Your gift is what is really important to you. What you do is totally OK but what you are, is a gift.

Create a collection of significant events from your life. Significant events are those that have not arisen from planning action, but from destiny or longing. They changed the course of your life or at least initiated a development ...

If you look carefully at the events, you will see a red thread running through your life. This red thread is closely linked to the gift that you give to the world ...

Your gift is causally linked to who you are and what gives you joy. When you have picked this card, it is about finding out what is the most beautiful way to give your gift. The greatest gift is already that you are ...

WHAT IS YOUR PASSION?

Life loves to live. The root of all passion: I exist. Passion is the glow inherent in being. Abundance is directly related to passion. What is your passion?

Life is based on a deep passion: It loves to live. It loves to experience itself in all possible forms, to try itself out and to celebrate. At the heart of our being this passion glows ...

We don't have to do that, we couldn't do it at all, like all good things passion is a gift. If we find a trace - even the smallest - of willingness or interest in something and follow this up, enthusiasm and passion soon develop by themselves ...

If you have picked this card, ask yourself, what is your passion? What attracts you? We can trust what attracts us, it is almost like a physical call. The conditioned mind has no idea of passion, because it is a living quality of the heart ...



BRIANT ROKYTA

the creator of Tintenstrom, likes to sit on park benches and explore the culture that comes from silence. He is fond of communication with the unknown and loves creative developments. How it dares to enter the world in baby steps, full of sweetness, and stagger bravely into the impossibilities. He lives with his family in Vienna, where he maintains a studio that serves as a breeding ground for creativity and diverse artistic expression. Not to mention, its contemplation and mediation. He also works as a holistic art therapist in the psychosomatic ward of an Austrian clinic. He finds it helpful and joyful to use the means of art to support the transformation of a performance oriented society towards a more beautiful, integrative and playful world.

APPENDIX

TAROT SPREADS (Source: Internet)

The Cross

How to better assess a particular situation or topic.



1. card initial position
2. card the wrong way
3. card the right way
4. card the solution and the way to get there

The Way

for a particular purpose

The cards are placed in two columns. Card 1 at the top is the starting situation. The left column (2-4) represents your previous behaviour, the right one (5-7) shows a new way. The cards 2 and 7 indicate a conscious behaviour. Cards 3 and 6 represent an unconscious attitude. And cards 4 and 5 represent the outer posture. In this form a total of 7 cards are drawn.



- 1
- 2 7
- 3 6
- 4 5

Card 1 stands for your destination. That's your theme, that's what it's all about.

The second card shows your previous settings, what you believed before.

The third card reflects your feelings or your unconscious attitude.

In the fourth card you can see how you affect the outside world. Perhaps you can also see your façade.

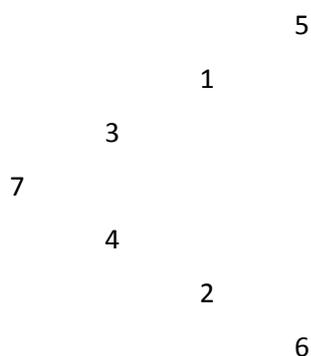
The fifth card shows you which external attitude you best embody.

What feelings should you open up to? This is what the sixth card tells you.

The seventh card tells you which outer conscious posture is best for you.

Decision Game

The Tarot can help you to recognize tendencies. With this spread two different ways are shown to you. In the end you decide which is the better and more harmonious way for you.



The first way is illustrated by the first, third and fifth cards.

The cards 2, 4 and 6 show the alternative second way.

Card number 7 represents the starting point of your question.



The Blind Spot

is suitable for situations in which you do not know where you are at the moment and need to know what it is all about. The cards can show you where you can direct your perception. Both inner and outer points of your personality are illuminated. The Blind Spot draws a total of 4 cards.

1 4
3 2

With the first card you pick, you get clues to your identity: this is how you perceive yourself. The second card symbolizes the blind spot. Only the others see this behaviour and these characteristics in you. The third card describes your hidden side: this is how you see yourself, but don't tell the others. There is also a side that is not known to you or your environment. Which forces these are is mirrored by the fourth card.

The Plan Game

helps with questions about how you can do something. What possibilities are there, for example, to achieve a goal? How can you make professional progress or realize yourself? In this form, a total of 5 cards are drawn.

2 3
 1
5 4

The initial situation is illustrated by the first card. The second card shows which unconscious forces are at work. Are there any inhibiting or reinforcing influences from outside? This is what the third card tells you. In this way you cannot implement your plans - the fourth tarot card illustrates this to you. How you can successfully realize your plans - the fifth card gives hints.