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The Game of Time™

About the Cards

This game is a companion to the book *Heal Yourself in Time* by David A. Roberts. The game is all about communicating both within yourself and with others. The game also tries to teach and demonstrate the time and healing concepts written into the book upon which it is based. There are a number of levels to learn and explore. This version of the cards and game will take you all the way from the beginning level of the game to the more advanced healing techniques. The card game can be played with anyone just for the sake of curiosity and fun. Intermediate levels use the cards to answer questions, draw insights or perform readings for yourself or others. The cards are also a serious healing tool. Years of study, learning and development went into their creation. In advanced levels of the game, the cards are used to communicate messages from unconscious parts of the self and facilitate communication between conscious and unconscious reality.

Interpreting the Cards

All cards have their name at the bottom of the card. It is an inherent part of playing the game to interpret the cards and images for yourself. There is no one “right” or “wrong” interpretation for any card. Your interpretation can be literal, metaphorical or personal. Any level of the game is played by relating or associating the cards with each other. Your own memories, experience, imagination and creativity are part of the experience of playing the game. To learn more about the suggested interpretation of the cards, please refer to the book *Heal Yourself in Time* or visit our website.

Assembling a Game Deck

There is no standard Time Card™ deck and part of hosting a game of time is creating the deck that will be used. To learn more about custom creating a game deck, please refer to the section of these instructions labeled **Creating your own deck**. You can use any number of cards in a game deck. When you assemble one for yourself, you can include or exclude any number of cards you like. To play any of the game levels just for the sake of curiosity and fun, a minimum of 54 cards is suggested. A larger deck is more inclusive of the concepts of the game but also takes longer to play.

Sample 54-card Deck

This is a deck you can try to get started playing right away. It is the same deck that is found in the Beginning Time Card™ set. It was assembled by the man who created the game and contains Behind the Mask, Believer, Blind Spot, Book of Rules, Chameleon, Change, Child, Choice, Creator, Dark Piece, Dreamer, Empty Box, Enemy, Enigma, Expectation, Explorer, Familiar Path, Faulty Recorder, Fear, Fool, Future, Guide, Idiot, Illusion, Imaginary Me, Imagination, Incomplete Picture, Insanity, Interpreter, Journey, Learner, Liar, Love, Magician, Memory, Message, Mimic, Opponent, Paradox, Past, Performer, Powerful Force, Reality Bubble, Reflected Light, Road not Taken, Ruler, Seeker, Ship of Fools, Spirit, Story Teller, Stranger, Traveler, Trickster and Wisdom.

123 and 135-card Decks

Most cards in the set have their name at the top left corner. These are known as the Healing Cards. You can assemble these 123 cards as a deck by themselves. You can also further enhance this deck by adding Balance, Death,

Dark Piece, Desire, Fear, Fool, Future, Hurter, Insanity, Past, Reflected Light and Traveler from the remaining cards.

Part I - The Game Levels

The games are played with a partner or partners (two to six players) and not an opponent. In a sense, you are having a conversation with your partner(s) in the cards. **The goal of any level of the game** is to learn about time, the cards, yourself and each other. Winning this game equates to healing interaction whether conscious or unconscious, so winning is achieved together. There is no way to lose at this game in any traditional sense as it is not based in the analogue mentality of win or lose.

Level One

(also known as "Conflict") is the introductory level to the game. Do not be fooled, this level is important, powerful, and a good way to begin learning about the cards. You will work with your partner(s) to match the cards in pairs. Shuffle the

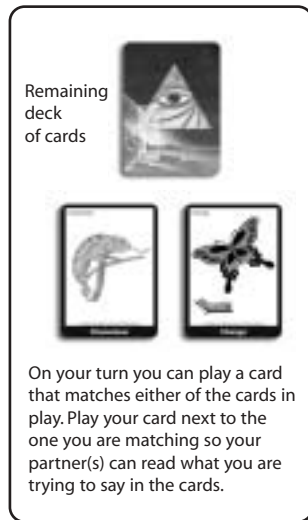
deck and deal each player seven cards. Turn the next card of the remaining deck face up on the table as the first card in play. Ask if anyone has a card that can match the upturned card and that person can go first. Play then proceeds clockwise. On **every** turn (including the player who plays first) draw one card from the remain-



ing deck, then try to match a card from your hand with one of the cards in play. Your match can be a card related or opposite to **any** card in play. Play your card **next to** the one you are trying to match, covering up any preceding cards in this pile. The card you play will always form a pair of cards showing on the table and you will always end up with seven cards in your hand at the end of your turn (unless you are at the very end of the game and the remaining cards have been exhausted).

Remember that part of the goal of the game is to see and hear what your partner(s) are communicating. **If someone plays a card that you do not understand, ask them to explain what they mean.** The **Veto Rule** allows any player to veto a response they do not agree with and ask for another selection.

As you proceed with the game, play the cards on top of each other so that there are always two cards showing that are in play. The card you play will cover the card that preceded it in this pile. The card you play should be placed on the pile **next to** the one you are trying to match so your partner(s) can read what you are trying to say. You will ultimately form two piles of cards with the latest matched pair showing.



Remaining
deck
of cards



If a player cannot find a card from their hand that matches the ones in play, they must discard one card face up in a separate discard pile.



If a player cannot find a card from their hand that matches the ones in play, they must discard one card face up in a separate discard pile. At the beginning of any turn, that player has the option of selecting the top card from the discard pile rather than the top card from the remaining deck. If a player discards a card and another player sees a way it could fit with the cards in play, the **Wisdom Rule** allows them to take it from the discard pile and put it in play even if they are out-of-turn.

When the remaining deck runs out, players continue to draw the top card of the discard pile until they are finally exhausted. Once the remaining deck and discard pile runs out, there will be no more cards to draw and you will eventually have only one card left in your hand. You can consider the game a victory if you can

Level One plays the cards on top of each other ultimately forming two piles of cards. In the end, there will be no more cards to draw and you may have to be more imaginative and creative as the number of cards in your hand decrease. Try to play out all of the cards and still have a match on the last one.



play out all of the cards and still have a match on the very last one.

Variations to the games

The rules to these games are flexible and these are a few ideas that you can try to work into your games. If a player is unable to play a card on their turn, the **Exchanging Energy Rule** allows them to exchange up to three cards from their hand for new ones from the remaining deck. If they become stuck, they can shuffle up to three unwanted cards from their hand back into the deck and deal themselves that many cards in return to see if they can draw a card they can play. The **Cooperation Rule** allows players to trade cards with each other as long as both players agree to the exchange. If you draw a card you do not like or understand, you can offer to trade it with another player. You will have to decide if this is to be done with or without seeing the cards up for exchange. The **Explanation Rule** asks each player to explain every card they play. Even though you agree the cards match, you may be surprised to find they see something different than you in the same two cards. The **Advantage Rule** allows you to decide how many cards players will have as their hands. You can make any game more challenging by reducing hand sizes to only three cards. You can deal all the cards at the beginning of the game and allow players to have those cards as their hand. The **Observer Rule** asks players to play with their hands face up on the table. This allows everyone to see what is in everyone else's hand and perhaps get a look at what your partners are not seeing in their cards.

Stop! Play level one before you continue.

Level Two (also known as “Paradox”) is played similar to level one except the cards must now be matched in three-card combinations. As before, each player is dealt seven cards and the top card of the remaining deck is turned face up as the first card in play. Whoever has a match can go first. Only the first turn of the game will form a two-card match. After that, the remaining cards must form three-card combinations with the ones in play. On **every** turn (including the player who goes first) draw one card and then try to match one of your cards with the ones in play in a three-card combination. Again, play the cards on top of each other with the latest three-card match showing, ultimately forming three piles of cards. Try to work through the entire deck and still have a match on your last card.

Remaining deck of cards



Cards in Play



Level Two is played similar to level one except the cards must now be matched in three-card combinations instead of pairs.

The goal of this level is the same as any level of the game, and that is to see and hear what your partner(s) are communicating. You always have the right to ask for an explanation of a card you do not understand. You always have the right to veto a card with which you do not agree and ask for a different selection. If you cannot play a card on your turn, you must discard one card face up on the discard pile.

It may sound harder to match cards in threes instead of pairs, but it is actually easier. Instead of only two cards to try to match, you will now have three. A three-card match can take one of two forms. In a *dynamic match* the cards will seem directly related and could be read in any direction. In a *static match*, one card seems related to the next, and then that card to the next. Two of the cards in this match may not seem directly related, but the cards and your own interpretations will show them to be indirectly related to each other in some way.



Cards matched in threes will take one of two forms. These cards (left) all seem directly related and are known as a dynamic match.



These cards (right) are related one to the next, and then that to the next. In this kind of match, two cards that may not seem to fit can be related indirectly through another card. This is known as a static match.



Level Three is also known as “Incarnation.” It is a variation of Paradox with an additional task to perform. In this game level, you can consider yourself to be entering a reality. In this case, the reality is represented by the cards of the deck. Each player is given a chance to look through the cards in the deck and **secretly** choose three cards as their task in the game. These are known as your *Target Cards*. One of these cards should represent a reason to enter the reality. This is up to each player to decide, but examples of such a reason could be Choice, Wisdom, Love, Journey or Change. Another selection should be a character who will represent them inside the game and assist them in achieving their goal. The third card completes the story and can be any that may assist them in the task they are choosing. **Do not remove your cards from the deck, just choose cards that fit your intentions, remember which ones they are and keep that information to yourself.**

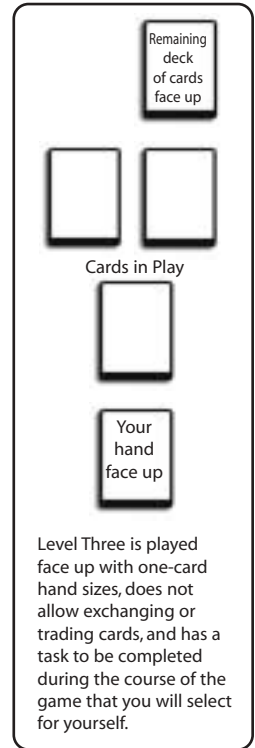
Once selections have been made, shuffle all of the cards together and deal each player one card face up. **This level of the game is played face up, maintains one-card hand sizes and matches cards in groups of three.** Turn the remaining deck face up, then put the top card in play. Whoever has a match for it can go first. Play always proceeds clockwise. On **every** turn (including the player who goes first) draw the top card from the remaining deck and place it in your hand face up. You have the option to play either of the cards in your hand or the one uncovered on the remaining deck. You can only retain one card in your hand at the end of your turn, so if you played the top card from the deck you must replace it with one from your hand. As before, players have the right to veto any card they do not agree with and ask for another selection. **This game level does not**

allow for exchanging cards from your hand.

In a game of incarnation, you must play the cards you are dealt. If you cannot match a card with those in play, you must still discard one card **face up** on the remaining deck. You will always end up with one card left in your hand at the end of your turn.

The **Wisdom Rule** remains in effect in a game of Incarnation, but would only be used if a player cannot play a card. In this case, if a player discards a card that could have fit with the ones in play, any player can put it in play even if they are out-of-turn.

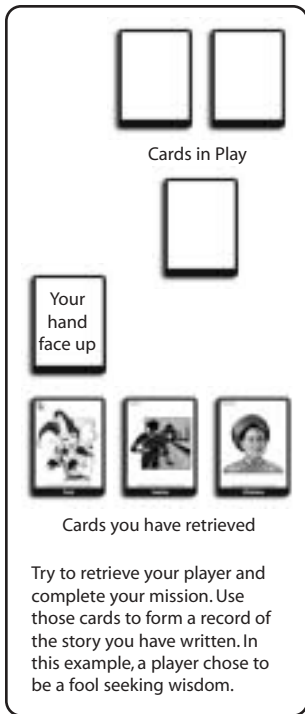
Your task is not only to complete the game, but to retrieve your target cards and assemble your story. There are several ways to retrieve a card. You can retrieve one of your cards if you can play it in a three card match. That would normally be done on your turn, except in a case of the Wisdom Rule. If one of your cards is already in play and it is your turn, you must replace your card with another card in the arrangement that makes sense in order to retrieve it. If someone else retrieves your card you can still complete your mission, but you must replace the missing card by retrieving three other cards that fit with it.



If you have the opportunity to match all three of your target cards at once, the **Synchronization Rule** allows you to do so and then retrieve all three of your cards simultaneously. This would happen in an instance where your partners completed two thirds of your task for you in the cards they played just before your turn. If a player is able to do this, the cards in play will go out-of-focus for a turn or two, but that will

be OK. Just try to bring them back into focus on the next two turns of the game. If one or more of your cards goes by on the stacks outside your ability to retrieve them, you would have to consider reincarnating in order to play this game out more successfully.

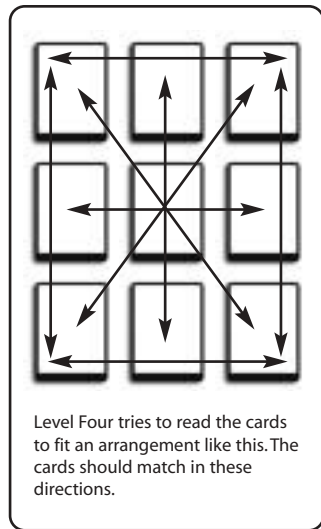
Level Four (also known as “Enigma”) is designed to assist you in taking the game to the next levels and learn to use the cards to perform readings or answer questions. It is played similar to Level Two (Paradox) except the goal is to form your responses into a 3 x 3 square. Kind of like putting together a puzzle one card at a time. Start by dealing each player seven cards and turning the next card of the deck face up.



As always, whoever has a match for it can go first. On each turn, draw one card from the deck and then try to play a card from your hand that fits in the arrangement. At first your responses will only need to form pairs.

After a few turns you will have to form responses into three-card combinations, and finally into

complex combinations of three. You may find that you have to expand the arrangement beyond three cards in a row before you can bring the 3 x 3 square into focus. **You can play cards on top of other ones as long as meaning can still be read by all players in the cards.** Once you form a 3 x 3 arrangement, try to continue playing the cards on top of each other and see if you can work through the entire deck. In a game of Enigma, you have the option to select a card that was played outside the confines of the 3 x 3 square and reinterpret it into the arrangement on top of another card instead of drawing a card from the deck. This can allow you to expand the arrangement at first and eventually bring it into sharper focus.



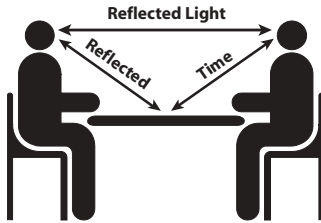
Part II - Reading the Cards

At the next level, the game becomes about reading the cards for others (or yourself) and asking questions from the cards.

The Big Idea

Any time you interpret one of the cards, it becomes a reflection of you. When you begin to associate cards with each other, you begin to form a more complex reflection of yourself and essentially form a mirror. This is one of the most basic principles of the cards, and they are called Time Cards™ because they are intended to be reflections of

ourselves and our time experience. When you look at your partner across the table, could you say that you are seeing “them” by means of reflected light? When you “see” your partner in the cards, can you “see” them in the reflected time?



Asking a Question from the Cards

One of the most important things you can do in performing a reading is to ascertain a viable question or purpose before proceeding with any techniques. These cards are designed to teach truths about time and heal fear, and not necessarily predict the future of events or relationships. Questions about the seeker, the parts of themselves and their inner healing are easiest to answer. The future is a misunderstood dimension and always uncertain so future questions are hardest to answer with any degree of reliability. You can easily build future cards into a deck and seek them out to look for answers to

such questions. Sometimes restating a question can make the difference between reading meaning from the cards or reading nonsense. If there is a way to restate the question to make it more about the seeker than circumstances or future, it will assist you in reading a coherent answer from the cards. An answer from these cards can take the form of a question back to the seeker. There is no greater source of insight than ones' own self and no better way to draw on that insight than by asking a question.

Sample Reading Decks

Once again, there is no standard Time Card™ deck. The cards are designed to allow you to express your individuality and create your own unique deck. If you like, you can try the reading techniques using the sample 54-card game deck you created to play through the game levels. It was created following the rules suggested for creating any Time Card™ deck.

Sample 54-card Reading Deck

This is another deck you can try. It was intended to be used for either a Blind Reading or a Game Reading. It is a reflection of the man who created it, as it can only be. To him, it tells the story of a supernatural being who came to visit the Earth reality, their experiences through a number of lifetimes and eventual remembering of who they truly are. This deck contains Alien, Balance, Behind the Mask, Broken Record, Chameleon, Change, Chicken Egg, Child, Choice, Coward, Creator, Death, Desire, Dinosaur, Disconnection, Discounted Voice, Dreamer, Enigma, Fool, Future, Goddess, Guardian, Guide, Healer, Hero, Imaginary Me, Incomplete Picture, Idiot, Insanity, Journey, Learner, Liar, Love, Magician, Memory, Message, Off Track, Old Injury, Reality Bubble, Road not Taken,

Shattered Pieces, Spirit, Stranger, Storm, Talent, Traveler, Trickster, Uncertainty, Unfinished Business, Unwanted Choice, Window on Reality, Wisdom, Wounded Soldier and Your Power.

Creating Your Own Deck

To make your readings and games more powerful, you will want to create your own unique deck. This will allow you to read meaning into the cards for yourself and better assist you in reading meaning into an arrangement when you deal the cards.

The cards are designed to work together in threes and three-card combinations, so any cards you interpret into a deck should fit with the others in groups of three. Does that mean your deck will ultimately contain a total number of cards that is a multiple of three? The answer to that question is no. As long as the cards are interpreted into the deck to fit in combinations of three, the rules to the game have been observed. You can have more than one card that fits with two others (for example) and thus have any number of cards in your deck that you like. How many cards should your deck have? Once again that is up to you. It can have as many or as few cards as you like. It will be a unique expression of you and hold the meaning you read into it when you created it.

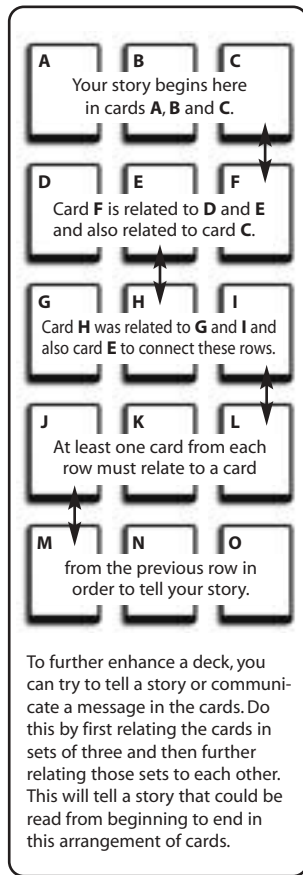
Deck Building Suggestions

Try using a skeleton deck and enhancing it. One way to do this is to remove all the fear cards from the deck. What are fear cards? You decide which cards are fear cards. No one else can do that for you. Use the remaining skeleton to form three-card combinations. From those, select the most significant and remove any redundancies. Add your three most significant fear cards. Try it. Revise it. Enhance it.

To build a different deck, separate all character cards from the others and use them as your skeleton. Which cards are characters? Once again only you can decide that for yourself. Relate your characters in sets of three and edit them for redundancies. To these, add a few of your most significant three-card combinations from the remaining cards. Try it. Revise it. Enhance it.

Telling a Story in the Cards

It will only make your games and readings more interesting to tell a story or teach a lesson in the deck you create. This is a way to make your deck about teaching universal truths or healing fear. To do this you will not only arrange the cards you select in groups of three, but you will further relate those sets of three to each other. You will still want to start by selecting the cards you find most significant or relevant and interpret them in groups of three. If you are going to create a 54-card deck for example, this would entail



To further enhance a deck, you can try to tell a story or communicate a message in the cards. Do this by first relating the cards in sets of three and then further relating those sets to each other. This will tell a story that could be read from beginning to end in this arrangement of cards.

arranging 18 sets of three. Your next step is to find a starting place in your story and place those three cards at the top of an arrangement. Then find a card from another set of three that is related to one or more of the cards from the first row and place those cards under the beginning three. Repeat this process by finding another set of three that has a card related to one or more of the cards from the row you just placed in the arrangement. You would continue relating the three-card combinations you interpreted, one after another, to the last row of cards in your story. Try to tell your story or teach your lesson all the way to a conclusion or resolution.

Power Cards

One way to make your deck more powerful is to identify and use what are called *Power Cards*. These will be the **five** most significant character cards you find from the set. To find them you will try to determine which five characters will most easily fit with the most number of cards in a two-card combination. You will most likely have to narrow a list of possible candidates as you sort through the cards. Just be sure to avoid redundancy in your selections. Some cards are slightly different ways to say the same thing. You can then begin creating your deck using these five cards as a skeleton or to try and tell a story.

Colored cards

In general, colored cards can be considered wild cards. Sometimes certain feelings or emotions are experienced in our mind's eye associated with a color. Sometimes an unconscious part of the self can also present themselves along with a particular color. You may be able to imagine a character or perception that you

would like to include in your deck but that is not contained in the card pool. This is an ideal use for a colored card.

Blank Card

A blank card is contained in the set and is here for you to create your own unique card. If you find that a colored card begins to hold significant meaning or the attributes of a significant character, you can use your blank card to create a very personal and unique card to add to your set. You may find that you can imagine a power card that you do not find adequately represented in the card pool and the blank card can allow you to create that card for yourself.

Testing your Deck

One good test for any deck is to try to play it through with yourself as a solitaire game of paradox. You can do this by shuffling the deck, dealing yourself seven cards and turning the next card of the remaining deck face up. On each turn draw one card, then try to play a card in a three-card combination, ultimately working through your entire deck and still having a match on the last card. The most powerful game and reading decks will have three elements to their makeup. They will contain the cards you find most significant interpreted together in groups of three, they will tell a story or communicate a message in some way, and they will play out easily as a game of paradox with a partner using only three-card hand sizes.

Maintaining your Deck

Once you have your deck constructed, there is nothing left to do but try it out. There are a few things you can do that may keep your deck working to its fullest capacity. One thing

you can try is to revisit its construction from time to time, removing or replacing card combinations that do not seem to be working for you in your games or readings. You may find that you revise it many times as you change and grow as a self. It will always be a reflection of you and can be nothing else. Another suggestion is to reset your deck once in a while. Another way to say this might be to zero it or cleanse it. This would be done, for example, by reconstructing it from its three-card combinations and then gathering it in a particular order. This would give it a starting place that could be revisited any time you would like. Another method for doing this is to put the cards that make up your deck in alphabetical order. These techniques would remove any combinations that may have come to lie in your deck from interaction with a seeker.

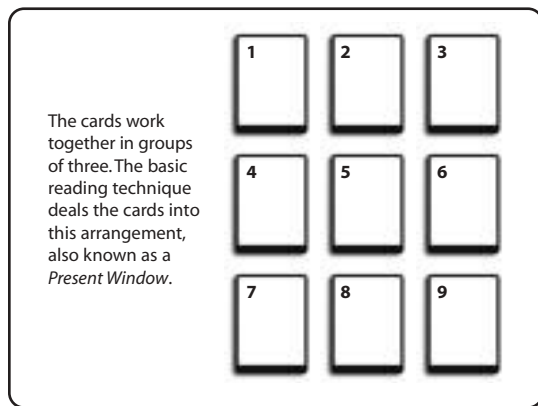
Performing a Blind Reading

In a blind reading you will attempt to answer a question or otherwise draw insights for the benefit of a seeker (or yourself) by reading it from an arrangement of cards. It is a way to ask the cards for such answers and in doing so, hopefully draw on the consciousness that helped create them. There are several methods for doing this and there is no one “right” or “wrong” way to use the cards. If you choose to learn, it will most likely result in developing your own unique way of using and reading the cards.

Basic Method

In Level Four of the card game, you interpreted the cards into an arrangement like this - a 3 x 3 square. In more advanced time card levels, this is also known as a *Present Window*. The basic method for performing a blind reading deals

the cards into this arrangement and then attempts to read meaning from the combinations that have unfolded. To perform this task, ascertain the question or purpose of the reading from the seeker. Then either ask them to shuffle the cards, or do so yourself. Deal the first nine cards in the order shown in this diagram and try to read the cards.



Looking Deeper

Other methods allow you to look deeper into your deck for answers or insights by dealing the cards on top of each other. Remember that your deck tells a story or communicates a message and you may have to look deeper into the story than only the first nine cards to find the answer you are seeking. When you deal nine cards into the arrangement described above, you can consider this to be like a page in a book. You can read what is on this page and then turn to the next page by dealing another layer on top of the first. You can continue reading the pages of this book until your answer is found. Another method deals the cards in a row of three and then continues dealing on

top of those three cards. This arrangement is the same as that of a game of Paradox where you interpreted the cards into three piles. With this technique, you would ascertain the question and then begin dealing through the deck, reading it as it unfolds. If you come to something interesting or significant, stop and explore it, then leave these cards uncovered and begin a new set of three. What makes a combination significant? Only you can decide if you can read a relevant answer, partial answer or question for the seeker from the cards. You can deal the entire deck in this way looking for significant combinations and you may find you have eventually constructed a present window, three sets of three. You may then be able to read this mirror as you would for any nine-card arrangement.

Use of a Target Card

To expand the basic reading technique, you can use a target card. When a question is asked, take a moment to see if a card comes into your mind. If it does, that is the card you are looking for as you deal through your deck. You can use that card as a target, seek it out in an arrangement and read what turns up along with it. When using a target card, deal the first nine cards in rows of three as before, then continue dealing on top of those nine in the same order until the target card is uncovered. Stop dealing when you uncover the target card and try to read the combinations that unfolded with it.

If you have no starting place, you can try asking the seeker to shuffle and cut the cards. Turn the two piles over to reveal a two-pole representation of them or their situation. You can then reshuffle the deck and use one or both of those cards as targets and try to read what turns up

in combination with them. You can also try asking the seeker to choose a number between one and the total number of cards in your deck. Deal the cards until that number is reached and try to read the combinations that turn up.

Performing a Game Reading

In a game reading you will be abandoning the random chance aspect of a blind reading, and at the same time allowing the cards to work their magic on their own. Making a reading into a game allows you to draw on your insight by interacting with a seeker and observing their associations with the cards. It can also allow a seeker to find the answer to their own question by interpreting it for themselves. It may be that you are only the facilitator and guide for the game and the answers they are seeking are truly only within themselves.

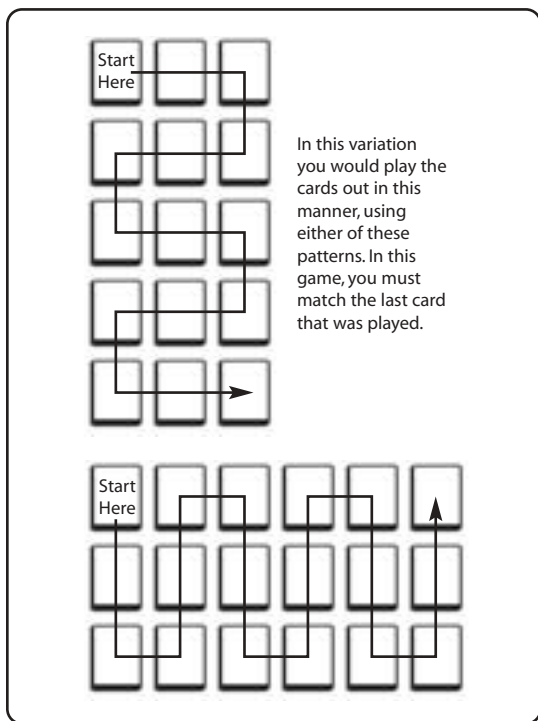
Basic Method

There are plenty of ways to play a game with a seeker and these methods are only suggestions. Once again, if you choose to learn it will most likely result in developing your own unique methods. The basic method in performing this task is to play one of the card game levels, but this time the game will have the purpose of seeking the answer to a question or some other purpose, as posed by the seeker. This will give the game a direction and you can work together to seek answers to the question or issue that may unfold in the cards. Always begin any reading by ascertaining the question or purpose from the seeker. If you are going to play a game of Conflict, Paradox or Enigma then it will be up to you and the seeker to try to recognize a possible answer or message that comes through the cards and combinations.

Variations of a Game Reading

In a variation to the basic game-reading technique, you can try reducing the hand size to only three cards and/or play with your hands face up. This will allow both you and the seeker to see what each other has to choose from in trying to match the cards. If part of the goal is to see something about another that they may not be seeing for themselves, this is a way to do just that.

Another game variation you can try uses the mechanics of Conflict to form a more complex mirror. You would always begin by ascertaining the purpose or question you are seeking



for the game. Then deal each player seven cards and turn the next card of the remaining deck face up to start the game. **In this variation, you have to try to match the last card that was played.** Do not play the cards on top of each other, but instead play them out in rows of three. This will force the mirror to form in a particular order and will also leave a record of the game that could be re-traced. If there was a story of some kind that unfolded in the cards, you might be able to read it after the mirror has been formed. You can try expanding this mirror in either of the ways shown in this diagram.

A Game of Incarnation

You can use a variation of Incarnation (Level Three of the card game) to seek the answer to a question. You will always want to ascertain the question or purpose of the game reading before you start. In the case of a game of Incarnation, you would then allow the seeker to choose one of the cards from the deck to represent the question they are asking. One way to do this is to ask them to choose a card that represents themselves. If the question is about a relationship, ask them to choose one card representative of themselves and another to represent their partner. These cards become target cards in the game. As the guide in this reading, remember that the seeker is playing a game in time with this person and the ultimate goal in this game is to know themselves. When the target cards turn up, be sure the seeker plays a card in combination with it before trying to read meaning into the arrangement. That means if you play the target card, the seeker must wait until their turn and play a card from their hand that fits with the ones in play in order to read the message they are interpreting for themselves. In this way, it will

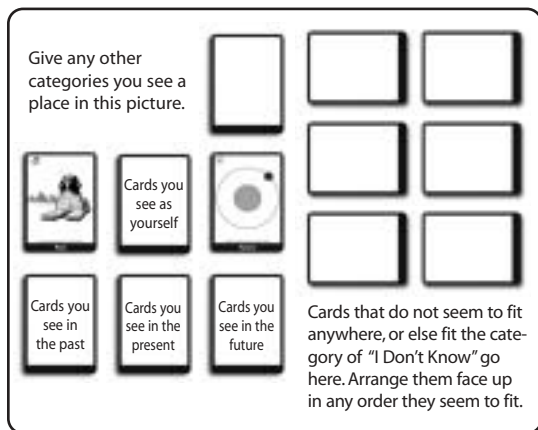
be the seeker who interprets the meaning of the card they have chosen. This is a way to try to help a seeker find their own answer from the cards. Hopefully there will be an answer or message that can be interpreted from these card combinations.

Your Game in Life

Did you enter this reality with a purpose? Are you playing a game of some sort in what you otherwise call life? Could it be that you are not completely aware of the aspects to the game you are playing? In other words, could you be playing an unconscious game? Is time another name for the game we call life? Could you use the cards to get a glimpse of the game you are playing in time? This game uses a simple arrangement of cards to launch a train of thought that can explore these questions. You can use any of the decks described early in this booklet to play this game with yourself or a seeker.

You will need to choose two cards as your starting place and guide - either Past and Future, or Memory and Imagination. Begin by placing these cards in an arrangement as shown. Now start dealing through your deck and try to place each card where you see it in the arrangement. If it belongs to the past, place it under Past. If it belongs to the future, place it under Future. If you see it in the present, place it in between these piles. If it is a part or reflection of yourself, place it in the center of the arrangement. Place cards in these categories on top of each other. Does the card not seem to fit any of these categories? How would you define it? You can define any categories you see in the cards and give them a place in the picture. Is it a seeming part or nature to the reality? Do you not know exactly

where some cards belong? Cards that make up the category of "I don't know" should be arranged next to each other rather than on top of each other. Only you can define your own categories as they occur to you. Once you establish a convention for your responses, do not vary your method for defining the meaning of the cards. Arrange your answers as shown in the diagram, or as close as possible.



If you are working with a seeker, offer them your assistance as relay and ask them to explain their answers as they unfold. Having a guide as a sounding board can help one to explore and process their thoughts. You can also assist them by helping them to remember the categories they are defining in the cards. If they forget something along the way, you can be of help by simply reminding them what any particular category meant.

After you have completed the task, its time to read your cards. Instead of looking at the cards one-at-a-time, you can try to read all of the cards that you placed in any one category.

Each category you defined can be explored. Remember, it was you who read the cards and assigned meaning to them. Did you manage to leave a message or tell a story to yourself in the cards? What is in your past window? What is in your future window? What fell in the category of "I don't know"? Did you form associations with these cards as you placed them in the arrangement? Do they hold any meaning or significance to your circumstances or path in life? Lessons yet to be learned? Parts of you yet to be recognized?

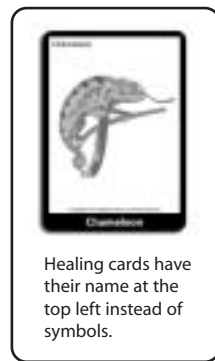
Part III - Healing with the Cards

In more advanced levels of the game, the cards become a serious healing and communication tool. They can be used to assist communication of messages between parts of the self who misunderstand each other or else do not see or hear each other's voice or perspective. In truth, this is what the cards were designed to do and so may be their most important use, but it is also the most difficult to describe with exact methods. Part of the reason for this is that a seeker plays an important part of this interaction. Each of us is a unique expression of self and have our own views of reality and interpretations of time and self. The methods described here should be considered suggestions and guidelines and you are encouraged to follow your feelings and instincts when working with a seeker for the purposes of healing their inner self.

A Healing Card Deck

A deck designed for healing should be all-inclusive. You just never know which of the cards might be significant to one person while insignificant to another. If you look through the cards, you will find that most of them have their name at the top left corner instead of symbols.

These are known as the *Healing Cards*. The easiest way to assemble a healing card deck is to separate these cards from the rest. You can add any of the remaining cards you feel would be of potential benefit for this purpose. Suggestions would include Balance, Choice, Dark Piece, Desire, Good-Evil, Fear, Fool, Future, Hurter, Insanity, Karma, Paralyzed or Past. If you want to gain further understanding about the message behind the cards, you can use these 136 cards to play the game at any level.



The Little Mirror

When you are healing with the cards, you are trying to assist a seeker to see and hear themselves. What you see and hear may be of limited assistance. It is in asking questions or making suggestions that you can be most helpful. You are on a quest for understanding and acceptance, not judgment or blame.

A basic guideline in using the cards in these ways is to consider that you are exploring a train of thought. If you were to begin relating the cards together one by one and tried to explain in greater detail each and every card you play, you would find this to be a significant task. With that in mind, it becomes important to create the deck you would use to explore such a train of thought with a seeker. The best way to do this is to have the seeker create it for themselves. This is done by having them deal through your healing card deck and separate it into two piles. One pile is related or relevant to the topic, question or issue they wish to

explore, the other is not. You may find that they will separate 20 to 30 or so cards and in so doing, create the deck for this task.

A basic next step you can take is to ask them to further relate the cards they have chosen in groups of three. This will form an arrangement much like any you have used to create a deck for yourself to play a game or perform a reading. Such an arrangement is known as the *Little Mirror*. Any time you construct a version of the Little Mirror, you are actually having a conversation with yourself. If part of the goal is to establish communication within ones self, then this becomes a valuable healing exercise in itself.

If the seeker can arrange most or all of their cards in groups of three, you can explore the message or story they are writing. To take this task a step further, ask them if they can associate the three-card groups with each other. Essentially this is the same method you would have used to create a game or reading deck if you were deliberately trying to read a story into the cards. The idea of this exercise is to try to allow an unconscious part of the seeker to tell their story or communicate a message.

Once the cards for the task have been selected and arranged in groups of three, you can also try asking the seeker if they can further eliminate any of the cards. The idea here is to try to narrow the cards down until there are only a few of significance or importance left. This task can become a sort of zeroing in on the most important cards and therefore the message that is trying to come through the cards. If they can continue selecting the most important cards from the rest until there are between three and approximately seven cards, it may be possible to read a message, story or answer from the remaining cards.

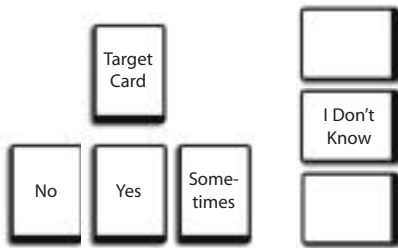
A measure of allowance on your part can go a long way in this endeavor as the seeker may begin to take over the course of this task and want their own way of selecting or arranging the cards. This can be quite fascinating to watch as it sometimes happens that the seeker catches on to the game or gets on to a train of thought, and the cards almost seem to play themselves. If this begins to occur, it will most likely communicate the most powerful messages.

A Homework Assignment

The methods described above use an arrangement known as the Little Mirror to explore trains of thought and reflections of self. You can work such an exercise for yourself. This is a way to have a conversation with yourself and so is a healing exercise worth experiencing. If possible, begin by deciding on a topic, issue or feeling you wish to explore. Begin the exercise by selecting the cards from the set that seem most significant or important and arranging them in sets of three. If you are wanting to use the cards in an effort to heal yourself in some way, you may get out of such an exercise what you put into it. To that end, if there are cards in the set that stand out as unpleasant, ugly, reflections of self that you do not like or do not want to be, you should start with those. Try to describe your situation, feelings, issues, perceptions or self in these cards. You can use as many cards in this mirror as you like or need to fully encompass your feelings and reactions to the cards and images. If you can further relate your three-card groups to each other, you may be able to read a story or communicate a message from yourself to yourself.

Exploring Significant Cards

It may be possible that a seeker may strongly identify with a single card or a combination of



You can assist a seeker to explore associations and meaning behind a single card they find significant. Ask them for each card if it is related to the target card they have selected and why.

one, two or three cards. You can assist them to explore a train of thought by using these cards as guides. You would begin this task by arranging these cards face up. Then have the seeker deal through the rest of your healing card deck, asking for each card if it is related to the one(s) they have chosen and if so, how. There is no prescribed template for arranging your answers, but the choices will unfold along the lines of these options - yes, no, sometimes, or I don't know. This would be similar to the task described earlier in this booklet named **Your Game in Life**. If you are working with a seeker, you can explore their responses as they unfold and you can also further explore any or all of the categories that have turned up from the associations, including the highly valuable insight of "I don't know." Cards that seem related to the target can also become a deck that can be used to further explore this train of thought using any of the methods or games previously described.

A question can also serve as a target for this task. You would begin this method by ascertaining the question to be explored. Write it on

a piece of paper if necessary, so the seeker does not forget the question they have posed to themselves as they shift awareness to seek the answer. Have them deal through the deck and ask the question for each card. Explore the answers as they unfold and listen for significant responses. Give their responses the appropriate categories such as yes, no, sometimes, or I don't know.

It is possible for you to set up a simple arrangement of cards designed to assist a seeker to explore the meaning they see in their significant cards. Two pairs of cards that are particularly useful for this task are Past and Future, and Memory and Imagination. The idea here is that unconscious parts of the self can sometimes present themselves as if they were someone other than who we think we are. That is the very essence of what makes them *unconscious* parts to our make-up. What that means in the cards is that a seeker may identify with certain cards that seem to describe an imaginary self or presence about themselves they are experiencing. Giving them a visual aid like the cards may assist them in exploring and communicating with the part of themselves they have begun to experience and hopefully accept as part of who they are. Possible questions to explore for each card could sound like asking what does the fool remember? What does he or she imagine? What do they forget? Where are they looking? What are they feeling?



It may be possible to help a seeker to explore significant cards in an arrangement like one of these.



Part IV - The Teaching Cards

Of the cards from the set, 34 are known as the *Teaching Cards*. The entire game and set of cards are based on the principles behind these cards. The Teaching cards themselves represent another deck that can be constructed from the card pool by simply separating them from the rest of the set. The Teaching cards can be easily identified from the rest. 32 of them have a symbol or symbols at the top left corner of the card instead of text. The remaining two are the shiny Mirror card and the Gravity card, which is the black card.



The Big Mirror

The game has many aspects to its make-up and one of them is teaching about a concept known to our consciousness as time. The most basic premise of the entire game and all of the cards says that time is a mirror. One purpose of the Teaching Cards is to construct a representation of what is called the *Big Mirror*. It can be depicted in a number of ways and is a representation of what is known to our world as the *Space-Time Continuum*.

The basic premise of the cards says that time is a mirror. Along with this premise, they interpret space to be a mirror as well and hence the term known to us as the space-time continuum. Such a crossing of mirror planes creates an illusion that we can see for ourselves with two ordinary pieces of mirror.

Space Mirror

Time Mirror



Past

Present

Future

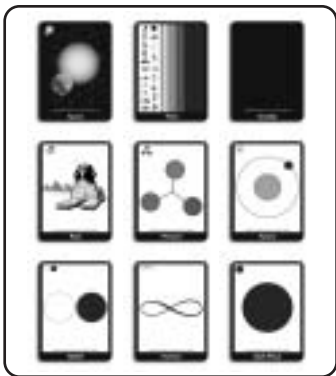
To see the illusion for yourself, you will need to find two pieces of mirror and hold them together with the mirrored sides facing each other. Align them to 90 degree angles (a perfect representation of a crossing of planes) and take a look inside the mirrors at the reflections of yourself. If you bring the center image into perfect focus, it will align the mirrors to 90 degrees and allow you to see three reflections of yourself and begin the journey.



This is one representation from the Teaching cards of the aspects of self seen in the Time Mirror. If you study the reflections from your two pieces of mirror as described above, you will be able to see this representation for yourself.

The convention for the entire deck and game begins here. A representation of Space-Time-Gravity seen in the cards. Analogous to and in alignment with this perception of reality are Past, Present and Future. To this have been

added time perceptions in the cards aligned in their respective categories. It is the convention for cards that they are read from left to right as past, present and future.

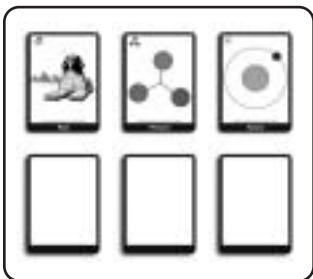


A Teaching Card Deck

You can use the 34 Teaching Cards as a skeleton and assemble a Teaching Card deck by adding a few relevant Healing Cards to them. To create such a deck, start with the Teaching Cards and add Believer, Blind Man, Blind Spot, Certainty, Critic, Empty Box, Expectation, Idiot, Illusion, Imagination, Incomplete Picture, Interpreter, Invisible, Memory, Observer, Shattered Pieces, Trickster and Uncertainty.

A Teaching Card Game

This is a learning exercise you can try. It is designed to help you learn more about the cards and concepts behind them. It is also intended to help you learn a little something about yourself and your perceptions. You would begin this game by arranging Past, Present and Future as shown in the diagram. Deal



through the rest of the deck you just created and try to align each card in its respective category. Many cards could fit in multiple categories depending on your interpretations. **For this exercise, you can decide where you want to place the cards and why.** If you come to a card that is not a character like illusion or invisible, ask yourself where these fit with your perceptions of past, present or future. Cards that are characters are known in the game as shapeshifters. When you come to a character card, you can ask yourself where this character is looking in time. Are they looking into the past? The future? Inside themselves? Outside themselves? Are they interpreting through a lens? What lens are they choosing? Once you have arranged all of the cards in three vertical rows, you can try to further relate them in groups of three horizontally and bring your Big Mirror into sharper focus.

To learn more about the meaning behind the cards and extended suggestions for their use, please refer to the book *Heal Yourself in Time* by David A. Roberts or visit our website at www.thegameoftime.com.

Time Cards™ and The Game of Time™
 Produced by Imagination Games, LLC
 Channeled and developed by David A. Roberts
 Graphic Design by Jeff Pickering
 Card back design by Charles H. Crabtree
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