

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.

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 remaining 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



On your turn you can play a card that matches either of the cards in play. Play your card next to the one you are matching so your partner(s) can read what you are trying to say in the cards.

Remaining deck of cards



Discard Pile

If a player cannot find a card from their hand that matches the ones in play, they must discard one card from their hand **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

Discard Pile

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**

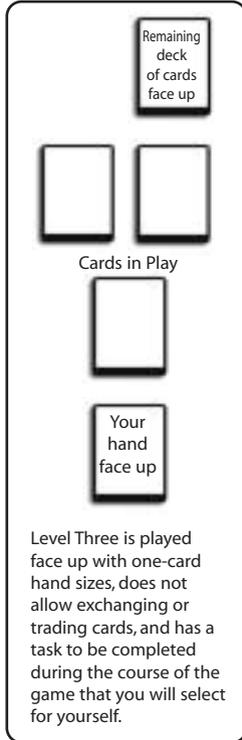
allow for exchanging cards from your hand.

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

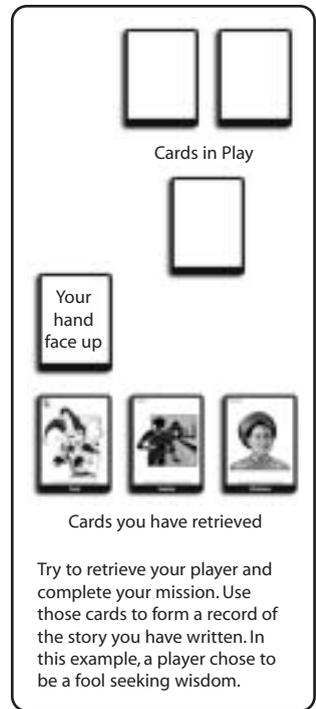
cards is already in play and it is your turn, you must replace your card with another card in the arrangement that makes sense in order to retrieve it. If someone else retrieves your card you can still complete your mission, but you must replace the missing card by retrieving three other cards that fit 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.

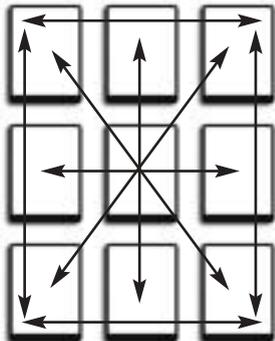
Level Four (also known as "Enigma") is designed to assist you in taking the game to the next levels and learn to use the cards to perform readings or answer questions. It is played similar to Level Two (Paradox) except the goal is to form your responses into a 3 x 3 square. Kind of like putting together 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.



Level Four tries to read the cards to fit an arrangement like this. The cards should match in these directions.