

## Thanks so much for your interest in hosting The Present Moment Game!

Here's everything you need to know, to organize a game of your own:

### PART ONE - SETTING UP THE GAME

- **Send the game website to a few friends**, or post it in online communities that you're part of, to find other people who'd like to play with you, then collect their emails.
- **Determine a date/time for your game** and pick the video platform you'll play on. (GoogleHangouts, Zoom, etc. - Note that the free version of Zoom only allows for 40 minute meetings, so you can only play on Zoom with a paid account)
- **Email the group a calendar invite**, with a link to the video call, including the timezone, if people are from different areas. Also, set the meeting for 80 minutes, to allow for time to review the rules before the game, and to do a short debrief after.
- **Send a reminder email** 24 hours before the game begins with the following info:

### COPY FOR YOUR EMAIL REMINDER

Subject: The Present Moment Game awaits you!

Hey Friends,

Ready for The Present Moment Game tomorrow at **[INSERT TIME/TIMEZONE]**?

As reminder, here's a link to where we'll be meeting: **[INSERT VIDEO LINK]**

**Please take a moment to review the following bullets to prepare for the game:**

- Select a location where you won't be interrupted by anyone else
- Play by yourself, on your own device (preferably a laptop / desktop computer)
- **IMPORTANT:** Cover the clock on your computer and any other clocks in view
- Turn your phone off, or put it face-down and on silent
- Ensure your computer is plugged in, or fully charged
- Please do not eat during the game, but feel free to drink water
- Join the game a minute before **[INSERT TIME]** so we can begin right on time.

We'll review the rules at the start of the game, but if you want to learn more, in advance, check out the FAQ on the game's website.

Thanks and see you tomorrow!

**[YOUR NAME]**

## **PART TWO - HOSTING THE GAME**

- **As people come online, welcome them!** Thank them for coming and ask folks where they're dialing in from.
- **Once everyone is there, share your screen.** Roll through an overview of the game and its rules (that you can find on the last 2 pages of this document).
- **After everyone consents to the rules, disable your 'share screen', and tell them:** "I'm about to start the clock. Once the game begins, I invite whoever wants to, to introduce themselves to the group. You can share a bit about where you're at - answering literally, telling us about the environment you're currently sitting in, or more from your internal world, sharing any present-moment thoughts or feelings. Whatever you feel like sharing, in the present tense, is welcome!"
- **Then, tell them you're about to start the clock.** Set the alarm for 60 minutes, turn your phone face-down, and say: "The game now is happening. Welcome to The Present Moment, Everyone!" People will then start to introduce themselves. If no one starts after a few beats, you can begin the intros with yourself.
- **What if there's a lull?** At some point, there likely *WILL* be a lull. Just go with it, sit in the silence, and do your best to resist the urge to keep things moving and entertaining. BE-ing with the awkwardness *is* part of the game. Soon enough, someone else will step up to get the conversation going again. But, if a fair amount of time passes and no one else steps up, you may want to get interactions going by asking players to:
  - **Close their eyes** and relate like that as long as they want to. Changing it up in this way will make it a little easier for some people to come out of their shell.
  - **Slow down and listen to the subtle sounds in their environment**, reporting back on all of the noises that they can hear.
  - **Share their present moment thoughts or feelings.** Do your best to just listen, without necessarily offering them any feedback on what they say.
- **What if it goes sideways?** We are in intense times, so it might get intense - and that's okay. Do your best to hold space for anything to be said, and anything to be heard - regardless of it's 'rightness', 'wrongness', or whether you agree with it, or not. If it's in the present moment context of thoughts, feelings, or shared present-moment experiences, in the present tense, and backed up by *general* goodwill - then anything goes. HOWEVER, if someone crosses the line into abusive or inappropriate language or behavior, stop the game, thank everyone for coming, and tell them they're free to leave the meeting. No one is here for that.
- **How to end the game?** At the hour mark when the alarm goes off, let the person speaking finish their sentence, then show the phone to the camera, and let everyone know that the game is now over. Share that you'll set an alarm for 5 minutes for anyone who wants to share a little bit before you all part ways, but also mention that if anyone needs to jump off the call, they're free to go. Set the timer again for 5 minutes.
- **How to end the call?** When the alarm goes off again, let the person speaking conclude, then let the group know that the 5 minutes is up. Let them know that the game is spreading via word-of-mouth, and if they'd like to help, the best thing they can do is post on social media about their experience, or point their friends to the game's

website: [www.thepresentmomentgame.com](http://www.thepresentmomentgame.com) Then, thank them for coming, say goodbye, and leave the meeting.

## Thank you so very much for hosting this game!

If you'd like to be in touch, ask any questions, offer any feedback, or share any experiences you or your groups have had playing the game, we'd **love** to hear from you! Feel free to reach out via the form at the bottom of [www.thepresentmomentgame.com](http://www.thepresentmomentgame.com) or via [thepresentmomentgame@gmail.com](mailto:thepresentmomentgame@gmail.com).

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### **SCREEN-SHARE CONTENT TO REVIEW** **BEFORE KICKING OFF THE GAME**

Open the next page of this document, to review with those playing the game, before you start the timer. After rolling through it all, ask everyone if they consent to the rules and to locking themselves in the game for a full hour, requesting a thumbs up, if they do. Once you get everyone's thumbs, disable your shared screen, start the timer, and you're off! If anyone does not consent, thank them for coming, and let them know that they're free to leave the call, as consent is required from all participants to begin the game.

# WELCOME TO THE PRESENT MOMENT GAME!

## Timing

- A few minutes to review this doc
- 60 minutes of actual game
- 5 minutes of debrief, at the end

## Getting set up

It's super important to cover the clock on your computer, and any other clocks in view.

**This is actually critical**, so let's take a moment if anybody needs to do that. Does anyone? Please also promise to not check the time, at all, while the game is being played. I'll let you know when the hour is up, and the game's over. Cool?

Past that, a quick check in on a couple of things...please give a thumbs up, for the affirmative.

- Is everyone in a place where they're alone and won't be interrupted by anyone else?
- Is everyone able to offer the screen their complete attention for the full game? (no eating, no checking your phone, etc.)
- Is everyone plugged in, or have enough charge on your computer for the full hour?
- Is everyone in 'Gallery View' mode, so they can see everyone else?

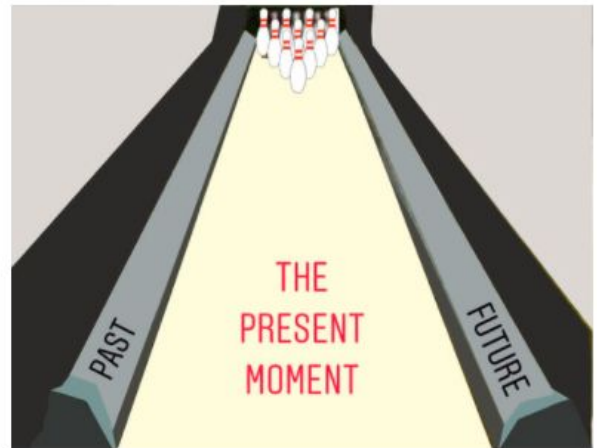
## Playing The Game

So, what we're doing here is imagining our consciousness like a bowling lane, where the gutters on either side of the lane are, respectively, the 'past' and the 'future' - with the lane itself being the present moment.

And just like when a child is being taught to bowl, and bumpers are put in the gutters, we're actually doing the same thing; we're putting bumpers in the gutters of the past and the future, and making them unavailable to us.

Our goal is simple: to just stay in the lane of the present moment; right here, right now - and not bump into the past or future.

But in addition to staying in the center of the lane yourself, part of playing the game is to also hold the other players accountable to stay there with you. We do that by listening super closely to what everyone has to say.



So, inevitably, someone will speak about the past or the future - we probably all will; it's just our nature - and when this happens, and you catch it, it's your job is to offer that person a very gentle correction in the form of a single word - which is: Bump.

Saying 'Bump' lets them know that they've hit against one of those bumpers of the past or the future, that they are no longer in the center lane, present with the rest of us. Bump invites them back into the here and now, with the rest of the group.

### **So, what to do when you're 'Bumped'?**

- First of all, don't be afraid of being bumped! Don't feel 'shut down' or like you 'did it wrong'. While we want to avoid being bumped, it's actually a really great opportunity to become *even more* present!
- Second, when you're bumped, all you do is stop speaking. Simply take a moment to notice which part of what you said was in the past or future, then start your idea over, this time using present tense language, if you can. And if that's not possible, you'll just have to leave the idea behind, and we'll move on. No big deal.

### **3 quick tips**

1. **Beware of the word 'If'.** If you're starting a sentence with 'if', you're likely headed towards a bump. 'If' is speculative about what could happen, or what might have happened, and not about what's so right here and right now, so we want to avoid it.
2. **Be mindful of your language AND your content.** So, you want to make sure to speak in the present tense, of course, but you also want to make sure that what you're speaking about - your *content* - is as related as closely to right here and right now as possible; the tighter we can hold to the right-right here and right-right now, the better.
3. **Social norms don't apply here!**
  - Let go of the need to have a constantly flowing conversation.
  - Don't feel pressure to entertain or stimulate each other.
  - There's no need to keep things interesting, even. Silence is perfectly welcome.
  - You might notice that your speech pattern may change and become a little robotic as you're being more mindful of your words, that's fine, too.
  - Let's just let go of all expectations, be complete with whatever is so, and see what happens!

### **Quick Summary**

- No speaking about the past or the future
- Relating only to the here and now
- Gently saying 'Bump' when others relate to the past or future
- Stopping if you're bumped, starting over in the present, if possible
- And, again, pledging to give the game your full attention, with no peeking at the clock

**Does anyone have any questions?**

**Please give a thumbs up if you consent to these rules  
and are ready to play the game!**