A GAME SPHERE SERIES

25 APRIL 1996

A very workable aspect of the Game Sphere process is that, after one finds and fully runs a particular Game Sphere, the next step is to look for an overlapping, adjacent or "neighboring" sphere. The first Game Sphere will almost always lead to another, and that second sphere will lead to a third, and so on, so one ends up with a series of Game Spheres that are related in some way. This approach creates a tremendously clean sweep of a very broad area of charge.

Example:

1st Game Sphere run: MEN
2nd Game Sphere run: MEN I HAVE KNOWN
3rd Game Sphere run: WOMEN
4th Game Sphere run: SELF-ESTEEM
5th Game Sphere run: TRUST

In the above example, taken from actual sessions, the person first came up with the Game Sphere called "Men." After completing that one, the next obvious Game Sphere *for her* was "Men I Have Known." When that Game Sphere was alleviated of all its charge, the next sphere that appeared was "Women," followed by "Self-Esteem" and then "Trust." After the completion of the Game Sphere called "Trust," the entire area was cleaned up and she attested that the Game Sphere Series was complete for her.

DIAGRAM

MEN

MEN I HAVE KNOWN

TRUST

SELF-ESTEEM

WOMEN
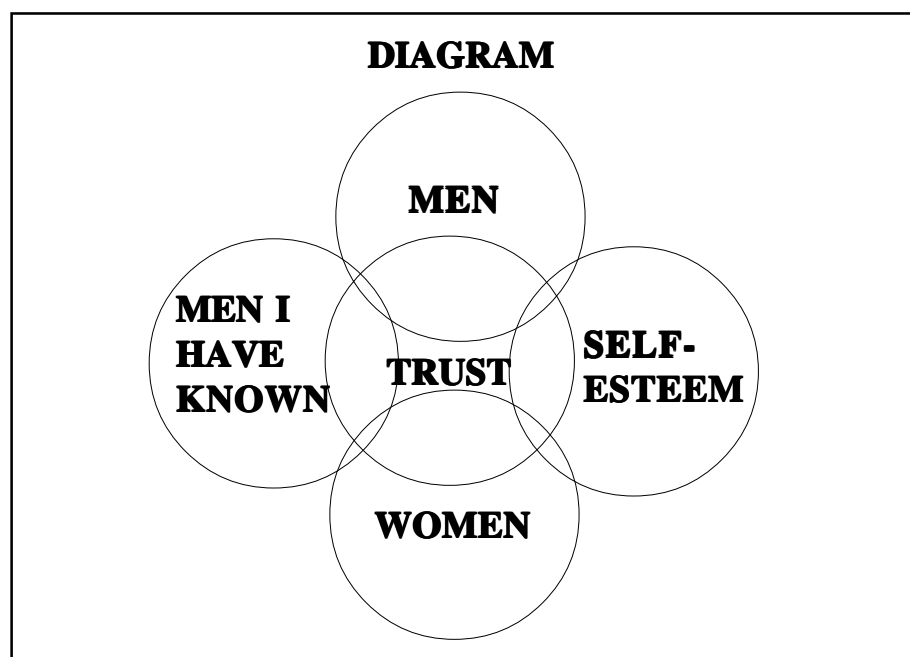
A GAME SPHERE SERIES

The configuration or pattern of the Series of Game Spheres is not important. The points being made here are that, once the *first* Game Sphere is found, there will most likely be overlapping   spheres that are related to it, and two, that when looking for them, one is not necessarily interested in a linear or sequential frame of reference.

In other words, when looking for the overlapping Game Spheres, one is *not* trying to follow some sort of time line by looking for something earlier. The fact that something earlier may come up is just fine; the point is to not be limited by the concept of linear time.

The Game Spheres that come up in the Rundown have probably been dramatized over and over at various points on the Time Track. The process questions will pull them up to view and clear, regardless of how many times they've been played and regardless of the time span they cover.

A Game Sphere Series may consist of one Game Sphere, twenty Game Spheres, or any number. It doesn't matter. The purpose is to find and release as much charge as possible, without overruning, before going on to a whole new series.

* * *