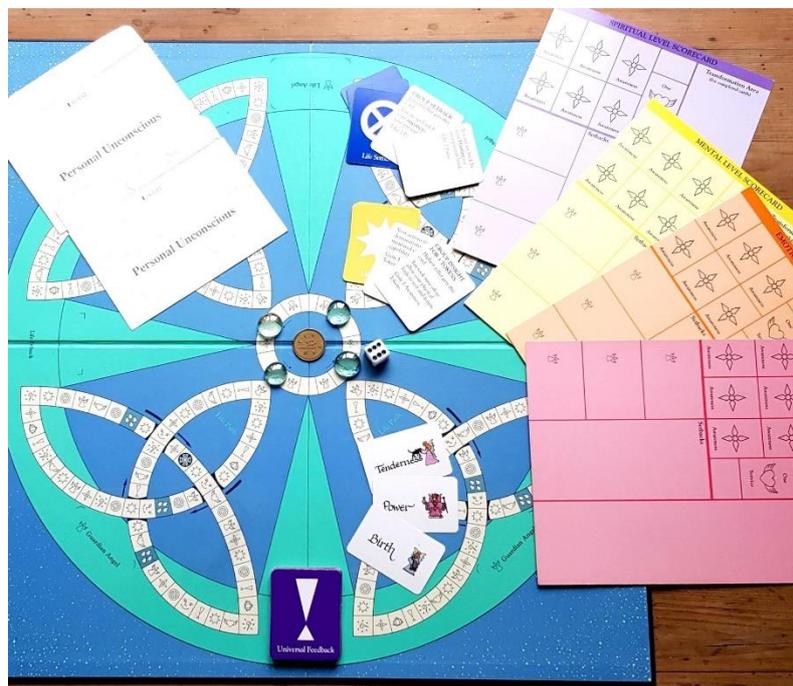


Playing Game of transformation helps us to change ourselves and build better society

Can the game of transformation help us to achieve a better life? Why not! Transformation means change, alteration, moderation, variation transformation... However, in real life, we tend to transform our loved ones, especially partners, children, friends, co-workers rather than ourselves. This happens, because changing ourselves is not easy, we don't find easy to change and staying the same is our comfort zone. That is why expecting from others to change seems more attractive to our mind.

The Game of transformation is a psychological board game with a dice and cards (for a maximum of six players) invented more than 40 years ago by Joy Drake at the *Findhorn Foundation*. In the game, each player focuses on his/her personal life challenge and through the game he/she acquires ideas for realization, with the help of his teammates. Playing the game results in the way, that all players are winners of the game – winners to themselves.



As part of the *Erasmus +* program, I was an educational associate of Slovenian based *Jasa Association (Društvo Jasa)* that enabled me to attend the training and get to know *The Game of Transformation*. In August 2019 I traveled to a small town on the coast of Scotland, named Findhorn. *Findhorn Foundation* who organized transformation game education is a dynamic international community working in the fields of human integration, ecological food production and supporting moral values. It is also one of the most successful ecovillages in Europe. It was created in 1962, when Peter and Eileen Caddy and Dorothy Maclean set up camp near Cape Findhorn and started with organic food production. They were soon joined by hundreds of like-minded and in 1960s a larger settlement grew up, trying to be as self-sufficient as possible. They started to grow their own food, are supplied with electricity from wind farms, have a bio based water treatment plant and a district heating. They soon began to conduct trainings and various workshops and set up *Findhorn College*. In 1975, they bought the Cluny Hill Hotel, where some training are taking place, including *The Game of Transformation*.

The Game of Transformation took place in a group of five players and two moderators. We played it for 7 days while it was also possible to choose the shorter four-day version. The game is used to solve psychological dilemmas, facilitates decision-making and deepens self-understanding. It represents a scaled-down model of living reality, where you try to achieve a goal on the game path. At the same time, of course, you come across different obstacles and incentives (you land in different fields) that help you come up with answers and insights.

In the beginning, players set their own goals, which starts with "I intend to", for example, "get a better job" or "get rid of the unfinished business". Game is played over individual levels (physical, emotional, mental...) leads to solutions or the right path. At the same time, we get to know our ingrained patterns of behavior that inhibit us. A dice roll is used to determine how many spaces the players move forward, and in each space, there are different tasks to finish. Most often it is necessary to recall and explain certain positive or negative experiences from player's life and consider how this experience affects the goal that has been set in the beginning. The game does not offer clear answers to the player, but rather allows for analytical reflection that can lead to the right decisions. During the game, strong emotions are often awakened which accelerate the player's experience and contribute to more intensive search for solutions. The operation of the game can be partly explained by Carl Jung's theory of synchronicity, according to which events that are seemingly unrelated and look like coincidences actually represent part of a larger whole that we are not usually aware of. Another positive aspect is in simulation of real-life events and decisions, which helps the player to decide when he/she will face the similar situation in life.



What about the practical benefits in a personal and business life? A few months after the end of the game, player can find certain changes as a result from attending the training. Player might develop higher attentive stance to co-workers and feel their needs, which is especially important for people in leadership positions. I manage to identify needs of co-workers more easily, which is especially important in the international working environment. The game also helped me to accept our differences and understand the importance of patience in order to achieve better results. In personal life, however, the game has helped me to set boundaries more firmly with others and try to avoid the conflicts. Last but not least, the game contributed to a better awareness of my own priorities and thus a greater focus on personal future goals.

I recommend *The Game of Transformation* to anyone who wants to start self-exploration journey and improve relations in family or work collectives. Playing the game will help in dealing with personal or business dilemmas, improve awareness of problems and allow focus on goals, which is a prerequisite for positive changes. For, as Albert Einstein wrote: "The world as we have created it is a process of our thinking. It cannot be changed without changing our mind."

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