

The Axioms

Axioms make up the foundational structure of the philosophical approach to this game. They represent the belief structures we are holding, which pave the way to reclaiming our wholeness.

Consenting to this paradigm doesn't mean you're agreeing to an absolute truth about reality. It means you're open to experimenting with this paradigm to see how it can serve and expand your current reality.

I SELF-SOVEREIGNTY

You are responsible for how you respond to life.

Self-sovereignty is the willingness to regulate our own emotions, thoughts, and behaviors, regardless of others' actions or opinions. This means we do not need to caretake, manipulate, or try to manage others' thoughts and emotional states. Being emotionally sovereign allows us to take ownership of our feelings and experiences, and to navigate life in a more **empowered and authentic way**.

INQUIRY

*Where in your life are you handing your emotional experience over to circumstance or other people?
How much of your current suffering requires someone else's participation to maintain?*

"Perhaps the turning point in one's life is realizing that to be treated like a victim is not necessarily to become one."
— JAMES BALDWIN

II FEELING

Feelings are the initiation to transformation.

Emotions are like water. What vices and devices are you dependent on to dam or distract you from your emotional currents? Stagnant water is the perfect breeding ground for bacteria and other scum, and will eventually become a **hazard to the surrounding environment** – your body, your life, and the lives of those around you.

INQUIRY

*What are you currently doing instead of feeling?
What is the feeling you are most committed to not feeling – and how long have you been committed to it?*

"White fathers told us: I think, therefore I am. The black goddess within each of us – the poet – whispers in our dreams: I feel, therefore I can be free." — AUDRE LORDE

III WHOLENESS

There is nothing you experience that is separate from you.

Everything you envy, love, hate, despise, and admire – it is all a part of you. You're not above or below it if you're in it. Narcissist? Yep, it's in you. Murderer? Yep, it's in you. Infinite being of love and light? Yep, it's in you. **Your capacity to be free, alive, and whole rests on this truth.** Because Wholeness is always the truth, we can safely hold a deliberately limited view: the judgement isn't the whole person – it's a shadow part held up for examination and love.

INQUIRY

*Which qualities in others trigger you most reliably?
How long has it been since you looked at what those reactions say about you?*

"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change." — MAHATMA GANDHI

Triggers are gold.

The intention of this game isn't to avoid triggers – it's to pull them up, be with them, and feel them in a communal context. Getting triggered isn't a sign that something went wrong. It's a sign that the game is working.