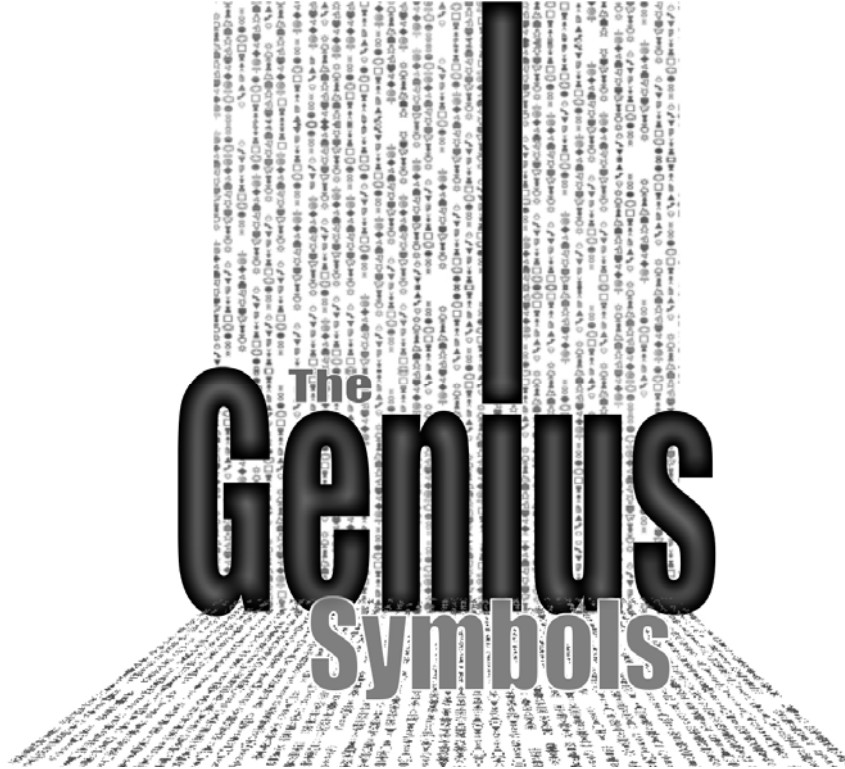


The Genius Symbols

Your Portals To Creativity, Imagination & Innovation

created by Dr Silvia Hartmann



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by Dr Silvia Hartmann

First eBook Edition 2008



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The Genius Symbols by Dr. Silvia Hartmann, PhD

The Genius Symbols:

Your Portals To Creativity, Imagination & Innovation

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Other titles by this author:

Oceans Of Energy
Project Sanctuary
The Golden Horse
Vampire Solstice
The Magician
The Soul Pilots
In Serein

Table of Contents

WELCOME TO YOUR GENIUS	9
Project Sanctuary	12
THE GAME IN SPACE & TIME	14
The Energy Mind	19
Project Sanctuary Made Easy	21
Understanding Visions	23
The Contract	24
Stepping INSIDE The Visions	26
What Can We Use Project Sanctuary For?	27
THE GENIUS SYMBOLS.....	30
Avoiding Magic Failure	38
The Threshold Shifts	39
Introducing The Genius Symbols	40
Space.....	41
Time	42
Weather	43
The Land	44
Plant	45
Animal.....	46
Crystal.....	47
Angel	48
Friend.....	49
People.....	50
Spirit.....	51
Aspect.....	52
House	53
Artefact.....	54
The Gift.....	55
Trade	56
Dragonwings.....	57
Magic	58
Stardust.....	59
Alien	60
Fountain.....	61

The Dance	62
Light.....	63
MAKING YOUR OWN PERSONAL GENIUS SYMBOL SET	64
Learning The Genius Symbols	66
Choosing Your Templates.....	67
Applying The Symbols	68
CREATING VISIONS WITH THE SYMBOLS	69
The Contract	70
A Very First Sanctuary.....	73
The Classic Game.....	75
Using The Symbols Inside The Game.....	77
An Example Of The Classic Game	78
Other Layouts & Patterns	81
A Personalised Layout	81
Using A Pendulum	81
Using Your “Gut Instincts”	81
GAMES TO PLAY WITH THE GENIUS SYMBOLS	83
Therapy Games	86
Healing Games	89
Past Life Regression.....	90
Soul Piloting	91
Meetings	92
Block Removal.....	93
Wishes, Wants, Needs & Desires	94
Count Your Blessings.....	95
The One Who Stands For Them All.....	96
Self Help & Personal Development	97
Adult Games	98
Law & Order Games	99
Question Games	100
Playing For A Threshold Shift.....	101
Playing For An Aspect.....	102
Relationship Games.....	103
Tell Your Story.....	104
Building A Visionary Goal	105
Creativity.....	106
Stories.....	107
“Better Stories”	107
Time Stories	108
Paintings & Sculptures	108
Ideas.....	110
Music.....	111

Poetry	112
Problem Solving	113
Inventions	114
Divination.....	115
Traditional Psychic Readings & Oracles.....	115
Predictions & Psychic Phenomena.....	116
Improving Psychic Abilities.....	117
Dreams & Dream Interpretation.....	118
More Games To Exercise Your Genius	119
“Pushing Through The Threshold” Games.....	119
The Challenge Game	120
Single Symbol Adventures.....	120
World Seed.....	121
Negative Symbols	122
Playing The Game Without A Physical Set.....	123
Into The Truly Unknown.....	125
Inventing Your Own Games	126
THE GENIUS SYMBOLS IN SANCTUARY	127
Visions Within Visions	128
A First Genius Symbol Game In Sanctuary	128
Playing On Behalf Others.....	130
You, The Querent	131
Living Symbol Experiences	132
Symbols & Artefacts	133
CHILDREN & THE GENIUS SYMBOLS	134
A First Symbol Experience	136
A First Story Experience	137
Giving & Receiving Gifts	138
Bedtime Stories & Stories In Instalments.....	139
Stories & Pictures.....	140
Little Worlds	141
Soul Piloting for Children	142
Dreams & Nightmares	143
Games for Older Children & Teenagers.....	144
Bringing Project Sanctuary Into The Family	145
MORE ABOUT THE GENIUS SYMBOLS.....	146
Symbol Meditations.....	147
Gift VS Trade.....	148
Symbol Of The Day	149
Daily Quick Meditation.....	150
EmoTrance Symbol Exercises	151
Using The Symbols In Daily Life.....	152
Blessings, Problem Solving & More	153
More Symbols, Different Symbols	154

QUESTIONS & ANSWERS	157
EXAMPLES OF MIND CHANGING VISIONS	162
How Can I Be Happy?	164
Seeking A Cure For Trade & Commerce Reversals	166
The General – Help Me Be A Better Man.....	169
Seeking A Learning About Magical Jewellery	171
Give Me Something To Improve My Magic	172
A Cure For The Work/Play Divide.....	174
Give Me Something Beautiful Today	176
Time Healing	177
EPILOGUE: THE PHARAOH'S EYES.....	179
MORE INFORMATION ABOUT PROJECT SANCTUARY	184
Books & Courses	185
Audio Energy Hypnosis Programs.....	186
Project Sanctuary Based Books	187
Project Sanctuary Visionary Fiction.....	188
Internet Resources	189
This book is dedicated	



with my absolute gratitude & admiration
to all my good friends, without whom
I could not do the things I do;
to my beloved boys
who are the world to me;
and to my dear readers,
without whom it would be all be lonely, and pointless.

Brightest blessings and starfalls of delights,

Silvia

WELCOME TO YOUR GENIUS ...

Much has been talked and written about how we might get to a point where people's inherent genius can begin to come to the fore and manifest itself FOR REAL in a person's life.

I have worked on this for about five decades years now and, based on my personal experiences and those of the people who have used my strategies and helped me test my ideas and techniques, I would say that we have a sound theory which powers a set of strategies to do exactly that - get a person, ANY PERSON who sincerely wants to, to contact their "genius within" and create their own genius solutions to their problems and contributions.

I am very lucky that during the time of my research computers arose and proved once and for all that to be able to crunch numbers fast and furiously or to store masses of data that can be regurgitated at the push of a button IS NOT GENIUS.

Genius is a higher form of solution; something that is so cohesive and in many ways, so "out of the ordinary", that a computer could never have thought of it.

The classic example that is used in our times is that of Einstein who got his ideas for the many formulae he ended up composing by having a vision of himself riding on a beam of light.

Another story that is often told is that of the scientist who had a vision of a spiral staircase and thus figured out how DNA hangs together.

In the past it was often so that mastery in mechanical execution - be it in maths, putting words together, applying paint to a canvas or in any other modality such as playing the piano, or welding metal - was confused with genius.

It is quite a simple distinction though and our computers today have taught us this well and truly.

Hundreds, thousands of people can learn the techniques to paint the Mona Lisa.

Hundreds of thousands can learn to play the Adagio in G Minor flawlessly.

You can teach people, even though it may take a long time, to re-write Einstein's maths and physics symbols.

But the original IDEA that sits behind these things is what is genius.

The genius is in the original vision, not in the eventual execution.

- **To be a genius, you need to have visions.**

I have developed and modelled a method to make this genius accessible, and it is actually surprisingly easy - if you know how.

There is a place within our systems where this genius lives.

All we have to do is to go there, and to learn how to communicate with it.

Amazingly and wonderfully, you can not do that by being "smart" or "clever".

You can only do it by being honest.

This simple fact amuses me highly on many different levels and I could say much about the inherent beauty and justice of this; but we are here today to find out about the Genius Symbols, a really simple form of alphabet that will allow you to start communicating with the source of human genius which all of us possess by right of birth, to learn how this genius thinks and expresses itself; and to use these genius systems to find resolutions for your problems that will blow you away - even if you're only a beginner.

Project Sanctuary

There is a mind space to which the human conscious can and does travel on a regular basis; a place in space and time that is quite real and simply a structural part of the human systems.

I call this space Project Sanctuary.

This is the domain of what I call the energy mind, and which others in the past have called the unconscious or subconscious mind, neither of which is either accurate or helpful in our dealings with this form of human awareness.

The energy mind is a part of the energy body just as the brain is a part of the physical body; a system that really exists and that "does its thing".

The thing it does seems like magic to the conscious mind and sometimes, it frightens the conscious mind that doesn't understand how to think like that.

So I have devised a safe meeting platform, a place in space and time located at the crossroads and on the border where the conscious mind and the energy mind touch each other, where we can go in consciousness in order to start learning about the mysterious system of the human totality that is the energy mind.

We call this place at the crossroads Project Sanctuary because it is an ongoing project of exploration.

The symbols you will find in this manual were co-created between the conscious mind and the energy mind to help this exploration along and to become easy access portals that will make it much easier for you to hold your focus, direct your attention and to begin to stream information from the energy mind.

You will be surprised how easy this is to do once you've got the hang of the basics; but as I always say, we are simply using what the Creator gave us in the first place and what we were MEANT TO USE all along, so of course, it would be easy.

When a person has been strapped to a chair all day, every day, from the moment they were born, and they only got to move their legs at night, and finally they're asked for the first time to stand up or even to walk, of course you're going to get some disturbances.

The person might be convinced that they don't even have legs at all, or that their legs don't work properly; they might not know how to use them to walk or stand or even rise into a standing position.

But after a little practise, some feeling and movement will come back, especially if that person has a positive attitude to the process and a true motivation to really rise, walk once more, to run even, and to dance!

That's a pretty good analogy for bringing our energy minds back on track and back into our daily lives from which they were banished in the dark ages way back when; it's just a matter of a bit of practise, and to figure out how these systems we were all born with actually work, what they feel like - and what they can do for you.

Project Sanctuary makes this process of re-discovery easy and exciting; and the Project Sanctuary "Genius Symbols" makes it even easier - so easy in fact that a child can do this without any problems whatsoever.

We are going to visit, create and explore cohesive "worlds", habitats as we call them, which work in context and are incredibly information dense – just like the real world.

We are going to learn to not be consciously overwhelmed by this information density which is the hallmark of how the energy mind stores and processes information, but to relax and learn to step into the flow of this information, go with the flow of this information, and to begin to interact in this information flow.

- **This information flow is our visions.**

We are going to proceed on a trial and error base, guided by direct and instantaneous feedback, and we are going to learn what works, and what doesn't.

We are going to begin to understand the ways of the energy mind, and as we do, our intelligence begins to increase exponentially; our abilities to compute multi-level dynamic systems will increase exponentially; and our ideas of what and who we are and what we can achieve in this life will begin to change in step with that.

A true genius isn't a bumbling idiot who had one single good idea in their entire lives.

A true genius is someone who can tap into the flow of their own energy mind at will AND USE THIS to create something new, something of value, something that is a contribution to the evolution of man.

You can be that if you want to be, and it isn't even difficult.

All you have to do is to take a deep breath, let go of all that jumble of ideas and conscious thoughts that never get any person anywhere, let go of all these ideas that intelligence or genius are hard work, difficult or take a long time, or are painful in some way, and instead of that, begin to think yourself towards a place where being a genius is what is being human is all about in the first place, towards a place where true learning and information are light, easy and delightful, and a time when that has become an absolute reality for us all.

So let us now begin at the beginning ...

THE GAME IN SPACE & TIME

Let's play a game!
A game in space and time,
a game of mind and thought,
of energy, attention –
but before we start
to step a way from every day,
I must explain
the nature of this game,
for this is not
a competition or a sport of war,
instead, it is a dance of exploration
of worlds within, the
worlds without restriction,
without hesitation, without limitations -

It is a game a child could play
so that we might discover more
about the wondrous universe
and how it does respond
to the lightest touch,
the brightest, newest thought,
and how it looks, and tastes and sounds and feels
so good and right when we discover ...

Star velvet,
filled with living light,
the realms of all creation -
infinite potential,
at your beck and call –
all ready now for you,
your universal sandbox
is awaiting you ...

Welcome To The Greatest Human Game On Earth -

The one true game In Space and Time.

We call it Project Sanctuary, for it has to have a name - all things do.

And for a moment, let us think what Sanctuary means.

It means a safe place, a protected place, a place where you will find respite, and safe keeping,
but more than that.

The Sanctuary is beautiful.

It resonates with life.

It is filled with magic, holiness and it dances - this is not a sad place.

Loneliness doesn't live here.

Heartache melts away.

Anger, rage, cannot survive the joy and beauty that is so infused in everything, that radiates from everything and through everything, becomes a part of you.

There is no chaos here, no confusion, no ugliness – just a total perfection of beauty, clarity, logic so profound, it breaches into holiness without even trying.

The Sanctuary is filled with song, and it is infinite - it stretches, reaches through all and every plane and level of existence, it is here and now, and long ago, and will be till the end of time and then beyond - and then beyond again.

The Sanctuary belongs to humans by all right of birth; we can go there, and it always is awaiting us, was awaiting us, and those of us who walked there, we brought back the works of art, the music and the wonderful ideas that are still celebrated by humanity for being so inspired, different from the ordinary, magical, a gift from the Gods.

So it is indeed.

The Sanctuary is a gift of the Creative Order; it is a way for us to travel where we will, to live as we will, to experience things that we cannot experience in our fleshly bodies, and still, we can experience and learn.

It is a fantastic gift.

It makes being a human being worthwhile.

Sanctuary is the antidote to being afraid of death because you've recognised it, thought about it, which is so unlike our animal friends and companions in these incarnations would experience.

They don't know of future or past and they just live; we on the other hand can live not just in the now, but also in the past and in the future, and often we do live in alternate realities that we mistake for how it really is!

Some call the realms of Sanctuary the realms of consciousness in energy; and that is fine, and I don't mind, but the truth is that thinking ABOUT it hasn't ever made a single man grow wise; and what we do not know, we certainly can talk about for all eternity and never get a resolution, or anything other than possibly laryngitis for our troubles.

- **You cannot understand Sanctuary by analysing it.**

It's too complex for that.

Not too *complicated*, please understand - complications is what the conscious mind brings to the party.

The natural world is simply infinitely complex, and yet we all understand it innately, we were made for it, and it for us, and we belong together.

To know what a ripe orange tastes like, it doesn't do to read books about it, to talk to others who have no idea as well and try and guess; and looking at the pictures and the paintings that were drawn, the songs that were sung or the sculptures made in honour of that fabulous experience will never tell you how an orange really tastes. How it feels in your hand, how it smells, and what happens in your mouth and radiating through into your whole existence when you take a bite ...

Now, you really know.

You have experienced it.

Now, you can write a song, or tell a story, draw a picture, even make a diagram, a symbol that encompasses for you that whole experience of eating your first ever orange.

You could make a song.

And you could dance it too; design an outfit to remind you or perhaps a magic charm that helps to carry what it was.

- **There is NO OTHER WAY to learn but just to play.**

And there is nothing more exciting than to play in Sanctuary.

There are stories there that will change your mind, and some will bring about a change of heart, and even change your life.

There are experiences that will teach you about so many things that you could otherwise have NEVER known, or touched, or interacted with.

There are colours and sounds, visions, dreams, amazing, so amazing each and every one, and all those things are richly felt, and deeply held, and they are true AND magical the same.

Playing in Sanctuary is truly, the Greatest Human Game On Earth.

ALL other games that people play come from Sanctuary.

ALL stories, movies, novels, poems, books and even what you see on the TV comes from Sanctuary.

ALL language, symbols, measures, artefacts and science, it all comes from and through Sanctuary.

All innovation and invention, all new ideas, all RIGHT ideas, it all comes from Sanctuary and nowhere else.

And finally, all religious insights, all enlightenment experiences, all visions and all dreams that make the base for what the people of the earth might worship from one millennium to the next, all that comes from and through Sanctuary as well.

Are you impressed yet?

Possibly a little overwhelmed?

No need to be.

We were DESIGNED for this!

And now the time has come that we can start to play ...

Please meet our dance partner -

The Energy Mind

Unlike the older approaches where messages from the energy mind were downloaded into the conscious mind and then carried away for conscious analysis after the fact, we do something deeply different when we play Project Sanctuary - we go to the place where the visions are happening.

The conscious mind steps across the divide, much as you would in a lucid dream, and we step into the visions and interact with them in real time.

As you can imagine, this has too many advantages over the old way of trying to decipher a message in a bottle, drawn in a foreign language, out of context, out of time and place, using what we know of THIS world as a guide, to even start listing them all.

- **Conscious minds cannot “analyse” visions any more than they can create them.**

The Sanctuary realms are infinite, multi-level, multi-layered, multi-dimensional, totally interactive and entirely FLUID by nature; they know no gravity other than what we might bring to them, and time and space is LIQUID there.

When we go there, and when we act there, we learn wonderful things, amazing things, and many of those are just exactly what the doctor ordered to put our lives "down here in the hard" back on track, back into perspective, make them work so much more smoothly and CORRECTLY at that.

But the true purpose of playing Project Sanctuary is the game, in and of itself. For sure, we get benefits, threshold shifts, new ideas and all manner of wondrous gifts of creativity, insight, learning and experience, but that is just the icing on the cake.

That's not why we play Sanctuary.

We play Sanctuary because we can, and because I believe WE MUST, because if we don't, we're missing the point of what being a human being is all about!

Now it is true that to the uninitiated, the Sanctuary realms can be very strange. But that's ok, because we have a very, very close relative of ours who lives there all the time, and who knows EVERYTHING about those planes of existence that a human could ever know - and that is our energy mind.

- **Our energy mind sends us data streams of energy.**

If we receive them into consciousness in a flash, that's a vision; if we then step into that data stream, we are INSIDE THE VISION and we have entered structurally into a communication with the energy mind.

When that happens, magic really begins to reign.

It is EXTRAORDINARY how the act of visiting with the energy mind and experiencing those data streams in a very personal, first person basis enriches us - as people, individually, and our lives.

As we play the games of Project Sanctuary, we learn more and more about these realms, how to make changes there, how to ask for help and advice, and so many other things besides, you simply can't list them all.

Playing Project Sanctuary is truly life changing, and it is absolutely, The Greatest Human Game On Earth.

Project Sanctuary Made Easy

I have played in Sanctuary for many years, and never really given much thought to how I could make it easier for others to step into this. It seemed easy enough already - ask for a time of day, ask for a location, some vegetation, a landscape, a friend or two, a dwelling, and the energy mind will provide the answers, direct our conscious attention to the right place in the data stream, and off we go!

And it *is* easy enough - and therein lies a part of the problem.

It is so easy and the myriads of available data streams are SO TOTALLY INFINITE, that the conscious mind gets boggled by it all and doesn't know what to do next.

It's like standing in front of a buffet with every fruit from not just this galaxy, not just all galaxies, and not just all alternate galaxies in all possible alternate dimensions, but all that have ever been, and all those still to come, on display for you to choose from.

HOW do you choose from that?

The conscious mind is the one who has to make the choice, takes the first steps INTO Sanctuary. Without that, nothing else can happen.

So I thought of a way to make it easier for people, something to hold on to, something simple yet wide open to help people retain their focus.

Over a period of two months, my energy mind AND my conscious mind tried and tested many symbols, until they came together and agreed on the 23 genius symbols you find in this book.

The truly revolutionary quality of the Genius Symbols comes from exactly that communication process – these are not conscious symbols, and neither are they “just channelled” without reservation.

The Genius Symbols arose IN CONSULTATION between the two minds and represent an agreement, a shared symbol set that serves as a kind of Rosetta Stone so we can finally begin to transmit information DIRECTLY back and forth between the energy mind, and the conscious mind.

It is truly extraordinary how this consultation, this communication has produced a set of symbols that are readily recognised by BOTH aspects of the human thought process; that is at the core why they are so easy to use, and so immensely simple yet so immensely deep and rich, all at the same time.

As I began to use the symbols to start further communications, I began to understand that for the first time, here was also a DIRECT WAY to steer the entire process of communicating AND CONSULTING with the energy mind.

The conscious mind starts the game by stating a desired outcome, very precisely indeed using the Art Solutions contracts; the energy mind responds by giving its unique view of the solution in the forms of visions we call stories.

This is where it all ended for the oracles of old; but when you work with Project Sanctuary and the Genius Symbols, this is not the end at all.

Instead of now being stuck with trying to figure out some cryptic metaphorical message, we consciously get to ask questions, find further elucidation, and even CHANGE the vision – indeed, we continue the game, this consultation, UNTIL A BREAKTHROUGH HAS BEEN REACHED.

That is truly unprecedented as a concept or technique and the results are simply stunning, as you will find out for yourself.

With the conscious mind being a full playing partner, a dance partner in its own right, neither a slave or a master to the energy mind but instead a peer based intelligence system that is in fact NEEDED to make the insights and inspirations of the energy mind work in the hard, we are in a totally different, brand new paradigm of human visioning altogether.

Now, in amidst all that infinity of choice, we get to pick the one fruit from that multiverse buffet that will help us the most with this one exact headache we have right here, right now.

Now we know, now we look - and look! There's one fruit that seems to be glowing, we are drawn to it, it feels so right - that must be the right one!

Of course it is because now our energy mind has understood the request and acted in return to demonstrate to us clearly WHICH ONE is required for THIS PARTICULAR PURPOSE.

But then, the conscious mind steps forward as we DECIDE to take that fruit and eat it – and it is only then that the game is complete, and a threshold shift has been reached, and the full potential of the two human systems of mind and thought working in harmony finally becomes revealed.

And that is VISIONARY GENIUS IN ACTION.

Understanding Visions

When we get a flash of a vision, let's say my example of the alien fruit buffet from all of time and space and the multifold dimensions, that's one thing.

That is more than enough to paint a picture, or to hold it there and tune into it to write a song, make a sculpture and so forth.

Stepping INTO the vision in consciousness is another story altogether, and here we have the **Project Sanctuary STORY** - the flow of events that defines our interaction with the Sanctuary realm.

- **We interact with the data stream through stories.**

Please understand that NOTHING exists in a vacuum.

All things are connected, all are interrelated.

There can be - in terms of the energy mind! - no buffet of alien fruit simply floating in space.

It doesn't work.

There has to be a context, a table, gravity to stop the fruit from flying up into the air.

The table has to stand on a surface, and there has to be a planet. This whole thing **has to be SOMEWHERE, AND SOMEWHEN.**

This whole context is a form of story.

You could tell it like this, "Once upon a time in a galaxy far away, there was this planet, and on this planet there was this palace, and in the largest room of the palace there stood many tables, and on those tables you could find fruit from everywhere, and everywhen ..."

Everything in Project Sanctuary has a story, and everything IS a story - data, energetic information, energy that flows from one thing to the next, from one moment to the next.

True reality is always unfolding, always evolving.

When we step into the story or vision, we are stepping into an unfolding river of events. We are inside of this river of events, and being there, we are adding to those events - and we may change them, too.

- **Stories and visions from your energy mind are translations of the data stream into shapes and forms and occurrences we can consciously understand.**

A purple double cascading semi-inverted blob doesn't make any sense to us and there's nothing we can do with that, or about that (at least not to start with, or until we have learned how to understand much more abstract visions and communications!), but if we were to look at a fountain that got clogged up instead, we would understand all sorts about the situation - there is a problem with flow, there is a clog, we can solve this problem.

- **Project Sanctuary stories and visions are energy streams.**

It's important to remember that before we start out, and then it's important to forget it as we become a part of the story, of the vision, of the energy events and either learn and listen, or actively begin to change the stories.

This is very, very easy - it is natural to people to understand and to do, even very small and unfinished people we call children have no problem at all with stepping into a story, interacting with the story, changing it if necessary.

And the Project Sanctuary genius symbols solve the problem as to which story we should choose to start interacting with the amazing Sanctuary realms.

Here, we get to choose a topic we want to play for, and play with.

The Contract

Before we start to unfold a vision and a story using the Project Sanctuary symbols, we - our conscious selves - create an agreement or contract with the energy mind as to how it can help us on this occasion.

- **We tell the energy mind what we want in the clearest and most direct terms.**

The contract is a statement that contains the information the energy mind needs in order to respond with the correct vision or story; and in turn, we undertake to listen and to learn, and if we need to, to act on behalf of all of us to bring about changes for the better.

This is the contract we enter into with our dance partner here and it makes it very easy to get started with the greatest game on Earth - because it is always highly relevant to our selves.

When we play on behalf of another person, or a group of other persons, we can discuss the contract before we take it to the energy mind to make sure it is as precise and as open as possible.

We can ask the energy mind ANYTHING.

We can ask it to assist us in ANYTHING.

The energy mind will answer us reliably, and that is when we enter into a two way communication with the events of the story or vision, and that is where the magic and excitement really begins to unfold.

How exactly the agreement is phrased is up to each individual. A simple example would be a form such as this:

"Dear energy mind, give me something today that will resolve my problems with my ex-husband, once and for all."

"Dear energy mind, give me the perfect vision for this person, to be the best gift I can give to them today."

"Dear energy mind, I need something for my new project to make it work ..."

"Dear energy mind, give me the perfect vision for the new advertising client ..."

"Dear energy mind, give me something to resolve my problems with time."

"Dear energy mind, give a story for my five year old so he won't be bullied any more at school."

"Dear energy mind, show me the error in the presuppositions of this theory so I can make it work."

"Dear energy mind, give me something to feel better, and to heal me, and to make my future brighter, and to give me life and hope."

In the last example please notice there were a lot of ANDs.

The energy mind is an amazing system, and it can come up with the most amazing solutions – even when multiple components are involved and the computations become so complex that the conscious mind would simply give up trying to work out a solution that could possibly encompass them all, and SOLVE them all.

The energy mind itself has such extraordinary capacities for computing super-complex realities, that is already astonishing; in potential, there is even the further possibility that what it doesn't know, it can go somewhere to get help with that, from other and also higher sources.

You can put as many ANDs into your contract as you like.

"Dear energy mind, give me something today that will make me happy AND help me stay married AND give me more freedom AND joy AND money AND respect AND purpose in life."

Even direct conflicts can be addressed like that, or problems and issues that you have which seem to be impossible to get on the same page or find a solution that would satisfy all parties.

If you are playing with a group, your agreement can be:

"Give me the perfect story today that will help everyone, and bring this group closer together, and make them have the time of their lives and teach me something important too!"

But that's only the tip of the iceberg.

With a little experience, you can make your agreements as specific AND as global as you want them to be, as basic and mundane AND as highly spiritual and esoteric as you need at the time.

It is true that for the energy mind, "no job's too small" - and there are definitely no jobs that are too large, or it can't handle.

In the games section, there will be lots of different examples to give you many ideas on how to get playing, and gain important experience in dancing with your own energy mind.

Stepping INSIDE The Visions

The purpose of Project Sanctuary is to visit a stable world or a habitat in which events take place that you don't "make up yourself" by consciously thinking about it, but which are shown to you by your energy mind (previously known as the unconscious or subconscious mind) instead.

When we have found such a world, or a habitat, we can literally step into it, step INSIDE THE VISION.

We consciously get to interact with what happens there – we can explore, see things, hear things, feel things. We can touch and move objects, fly around, talk with all manner of creatures, make love, discover treasure, resolve problems, ask questions, undertake adventures, find healing, mystery and fun in truly infinitely different and surprising ways.

Unlike a daydream or a general fantasy that is flighty, here one moment and gone the next, PS habitats are very stable and you can go there again and again. The greatest fun, however, is that although the Project Sanctuary worlds are very stable, they also evolve all by themselves – they are very real indeed.

This is what makes Project Sanctuary endlessly exciting. You get to experience events, and stories, and instead of being a bystander, you are a player in the unfolding game of which you don't know the outcome yet – at least not until you have finished the game.

Project Sanctuary is full of surprises. What surprises people the most is how easy and natural it is to enter into the game, and how their energy mind begins to respond with visions and feelings, solutions, and events that you "would have never thought of in a million years!"

Only – you DID think of it, it really was YOU. It just wasn't the you normally think of when you think of yourself – what gave you the visions, the solutions and these exciting adventures was a part of you that most people only get to meet in dreams or in the rarest unpredictable moments of creativity.

Everyone has an energy mind, and everyone can learn to actually use it.

The Project Sanctuary genius symbols are going to make it easy for you to establish a kind of alphabet that will help you communicate successfully with your own energy mind any time you want, and get its help, advice, visions and wisdom for REAL use and changes in your life.

What Can We Use Project Sanctuary For?

What exactly you want to use Project Sanctuary for is entirely up to you.

A lot of people use it for some form of therapy – to rescue child aspects that were mistreated or sad and lonely, unloved and uncared for, for example; to resolve relationships with mother, father, perpetrators etc.; to overcome bereavement; to work with events in time and change them, and find true personal healing on many different levels.

Many people use Project Sanctuary for healing. There is rest and relaxation to be had in incredibly beautiful worlds that are custom made by you for you – healing fountains, fabulous sleep and dream habitats, wonderful nature energies, magic potions and meeting angels and wise healers are amongst the many different ways in which we can learn to support, nourish and heal ourselves in Sanctuary.

Another favourite for many is spiritual and personal development.

Project Sanctuary is essentially a universal sandbox for us children of the Universe, to play in safety, to have a protected platform where we can meet and converse with, learn from higher powers, angels, prophets and especially, make contact with our own higher aspects. Project Sanctuary is entirely structural so it doesn't conflict with any form of religion; it is entirely up to the individual person whether they choose to meet in their own beautiful garden, or a temple, or any landscape of their choice with Jesus, or Mohammed, or Krishna, or Gaia. Making a direct and personal connection with their own saints and deities is a wonderful experience for people.

Many people turn to Project Sanctuary because of its intelligence enhancing effects. Working WITH the energy mind allows us consciously to understand many things much better, become more flexible in the usage of our intelligence, and to be able to deal with much, MUCH more systemic complexity without becoming consciously overwhelmed or needing to reduce reality to a point where the models become structurally impoverished and practically useless.

Linguists and logicians appreciate Project Sanctuary because it teaches the structure of translating energy data into language and unlocks the “worlds behind the symbols of man” in a personal and perfect way.

Many people use Project Sanctuary as a Tesla machine, to create habitats specifically for the purpose of trying out all manner of systems and techniques in speed and safety, to bring the results back into the hard and know that they will work there.

For some, the autogenic aspects of Project Sanctuary experiences are the most attractive usage of this space. With just a little experience and motivation, physical experiences in Sanctuary bridge across the divide and become physical reality; this is useful for sports, fitness, weight loss, sex, health and all manner of physically based activities and experiences.

Others use Project Sanctuary because of its incredible ability to make all forms of creativity flower. Project Sanctuary generates AT WILL literally endless materials for totally original and truly amazing paintings, stories, poems, songs, works of art of all kinds. Project Sanctuary very literally takes creativity and makes it not just available to all, but also amazingly reliable.

Of course, Project Sanctuary is a first choice for those who want to enhance or discover their psychic skills and talents, develop their psychic circuitry, reclaim lost resources of clairvoyance and clairaudience, contact the spirit world, experience true lucid awareness, out of body travel and much besides.

Finally, there are many people who just appreciate Project Sanctuary for the wonderful opportunities to relax, play, enjoy and simply have a wonderful time, interacting autogenically with fabulous environments, luxurious experiences and of course, all manner of people and other beings in very real sense.

Playing Project Sanctuary makes all the most advanced forms of human mind movements natural and easy. For example, autogenic experiences, lucid awareness states and really intense full-body sensations develop naturally and simply as you play the games you are drawn to the most. Guided by your own fascinations and what you love to do best, between you and your energy mind this extraordinary and totally personalised “practice and learning program” comes into being that keeps you fascinated every step of the way.

It is a fact that being able to play Project Sanctuary adds a new dimension to a person's life.

- **Being able to play Project Sanctuary well gives a person a set of skills and resources unlike any other that go with them wherever they are, and whatever their external or material circumstances might be.**

Love, beauty, adventure, excitement, sex, healing, creativity, magic and spirituality are then only a thought away, always at the ready, always there as a wellspring of the most amazing resources – and this wellspring does not come from a guru, or from high above, but it is the birthright of every living person, it comes from inside themselves.

No-one can take this away from you. Once you can play Sanctuary, you will never not know what to do next, ever again. The world will open up and become endlessly exciting again, and you will learn to see, know, hear and feel so much more, understand so much more, it is truly a wonderful gift.

This is a gift that will keep on giving, even when your skin has long turned wrinkly, your eyes can't see clearly any more and your legs can't walk any longer.

But what is most exciting of all is the experience of using our minds **FINALLY** the way they were designed to be used – **the conscious mind working together with the energy mind, to SERVE YOU, to PROTECT YOU, to INSPIRE you, and to get you your highest outcomes and the greatest joy possible, right here, in this life.**

Once you have entered into Sanctuary, the world will never be sad or grey again – at least not for any length of time.

That is the reality of Project Sanctuary.

For more detailed information, please see the Project Sanctuary manual; this workbook is designed especially **to get you to play** – by yourself, with your children, with other people.

- **Please know that all the many benefits of Project Sanctuary cannot be gained by “thinking about” what it is and how it works – you will only get the benefits by PLAYING THE GAME.**

Every single time you play “The Game In Space & Time” we call Project Sanctuary, you learn, you expand, you heal, and you become more intelligent.

The more you play, the greater the benefits become.

I hope sincerely that the genius symbols and the games you find in this book will help you to play more, try many different games, and different kinds of games.

This is truly, the greatest human game on Earth.

And that is so because it is YOUR GAME.

THE GENIUS SYMBOLS

A Project Sanctuary experience is a vision which we enter into and we can choose to change, if we need to.

Instead of having random visions exploding into our minds, we travel in consciousness to the time and space where the events of the vision take place – we enter into the energy stream, into the story.

Every story has a stage, a place and time where this story or these events are happening, and we call this stage **a habitat**.

When we go to have a Project Sanctuary experience, our consciousness travels to the habitat and steps into it – and it really is as easy as that.

The simplest and most direct way to find your Project Sanctuary habitat, or the special world with all its events, structures, beings, plants, landscapes and adventures, the only one that is just the right one FOR YOU, AT THIS TIME, is to ask the energy mind some clearly defined and specific questions.

- **Consciously, we cannot know the answers to this.**

It is the energy mind who has to supply answers to these questions, take us to the right place and time in the data stream, that is what produces the visions, the sensations, the colours, the sounds, the feelings – and the story.

We discover a habitat in time and space by finding out about its unique space and time coordinates - that is how we find our way to a real habitat as opposed to a pointless hallucination, a real place in the endless worlds of energy streams and rivers which we can enter into with our consciousness.



We start with the contract so that the energy mind knows what we are looking for, for example by saying that we want to find a habitat right now that is the perfect habitat to introduce you to Project Sanctuary.

A place and a time of rest, of peace, of healing, of support AND of living excitement and joy – the perfect SANCTUARY FOR YOU.

We ask:



What is the time of day?

Dawn, Morning, Midday, Afternoon, Evening, Dusk, Night?

What is the time of year?

Spring, Summer, Autumn or Winter?

Choose one. You can choose it at random if you will; there is no such thing as “random”. Somehow, you know which one is right for you, right here and now, at this time, in this space.

If you pay attention to your body sensations, or if you are familiar with EmoTrance, you will feel a yes/no response to each one and it will be unarguable to you which one is the right one.

These body sensations are direct feedback mechanisms from the energy body - and thereby, from the energy mind. So even if you can't see or hear an answer as yet, you can certainly feel which one is the right one, and that's all you need to worry about right now.

The next question we ask is:

What is the weather?



On this day, at this time of day, is it sunny? Rainy? Windy? Warm? Cold? Dry? Moist? This information will come from “somewhere” and this somewhere is a communication from your energy mind.

Accept whatever comes to you, add this information to the time of day and season of the year you already have and now let's expand our awareness to encompass the land.

Remember that you don't have to see anything yet, but do pay attention to your body feelings. Your body knows exactly what a wind still day in late November feels like, or a moment just before a storm in summer, and so forth.

The conscious mind can easily go off on a wild goose chase and *think* of all those things, but it is your FEELINGS that will guide you in the worlds of energy for now and until you have become accustomed to knowing the difference between a mere fancy, and a true energy mind vision where you are indeed connected to the data stream itself.

Now we have a time, and we have the weather.

The next question we ask is:

What is the landscape?



Most people “see” something – colours perhaps to start with, like the misty green greys of a rainforest, the yellows of a desert, the greys of a mountain range. Others feel it first – they might notice they are standing in soft grass, or on wet sand, or dried earth and that is what provides the information. Sometimes people hear the birdsong first, or the squawking of seagulls that tells them they are on the shores of an ocean.

Remember that the information from the energy mind comes in the form of streams of energy data which have to be translated into movies, pictures, feelings, sounds and visions.

It is only then that the conscious mind gets the content of the data stream and we can consciously recognise the data stream and say, “Oh yes, it’s a forest road ...”¹



We may now refine the habitat further and ask about the plants and vegetation,



if there are any animals noticeable,



... and in the case of a first Sanctuary, we would also ask for a dwelling. This is a house, a man-made object, the first man-made object on this plane where all so far has been natural.

We call it a dwelling rather than a house because we don’t want to prejudice what it is too much – some people might have a tent, or a log cabin, or a hut, or a very exquisite castle, or even a habitable cave.

With the dwelling in place, the first habitat is now ready for you, complete and actual.

- **Now, we step into it and move around, get to know this habitat.**

To begin with, this often happens in flashes of this and that; the data stream isn’t smoothly translated yet and we tune in and out at the beginning.

Just keep asking questions and speaking out aloud, describing things to yourself or another who will listen as you move around the habitat and begin to experience what it is like to be here.

¹ In the past, people thought that unless your “visual” internal representation system was extraordinary, you couldn’t possibly have “visions”. This is of course erroneous as the data stream gives you full body visual, hyper visual, auditory and most especially, kinaesthetic (feeling) information ALL AT THE SAME TIME just as it would be if you were walking down a road. For Project Sanctuary stories, all representations come online together eventually; people differ in which representation system they prefer to enter the story with.

Give attention to the feelings, the sounds, what it smells like. Stop and touch something, pay attention.

- We direct the movements of our consciousness through the act of paying attention.

You can think of it in terms of having a light strapped to your forehead and you are in the darkness; where you turn and place your attention, THERE the light shines and you can see what there is. You can focus in on this to get more detail or widen your attention to take in more of the surroundings.

Paying attention is probably the hardest thing to learn as we are used to having our thoughts jump around from one thing to another; however, because the Sanctuary is so fascinating AND OF COURSE CREATED ESPECIALLY FOR YOU by your own energy mind who knows you very well indeed, there will be always things that DRAW your attention towards them – and that makes it easy in Sanctuary to have your attention on the right things, at the right time.

The more attention you can pay, the more real and autogenic the habitat becomes, the more you enter into that world, and the easier it becomes to stay there.

You will experience moments at first where it becomes very real, like a lucid dream. At first, you'll probably flash in and out; but with experience, and most of all with practice, the energy stream will become steady, and much more rich and deep, and you get to stay in that amazing state of lucid awareness more and more.

Here are some tips to make it easier for you to get with the program and begin to develop your inborn abilities to experience autogenic environments in a lucid and fully associated way.

Describe what you see/hear/feel/experience OUT ALOUD. This automatically and structurally creates a feedback loop in your physical brain that helps you to keep your attention, and keeps your conscious mind from dropping out of the party. If you feel stupid doing that, remember that if you don't want to STAY feeling stupid, speaking out aloud about what you see/ hear/ feel/ experience in Sanctuary is the best way forward!

Notice if you get wound up, stressed or frustrated and take a deep breath. Go back to where you “lost the plot” and re-group from there.

Ask questions such as, “What else can I see? What else can I feel? What can I hear?” and answer out aloud.

Close your eyes and make the physical movements of reaching out or down and touching something. Pay close attention to the feelings of your fingertips, in the palms of your hands. Say to yourself, “I want to feel this, let me feel this.”

Don't be too hard on yourself when you first start with this. It is easy but there are various tricks and skills to it, and most people are thoroughly rusty when it comes to lucid awareness and full body autogenic experiences. Well, most people don't even have them when they're NOT in Sanctuary!

And this brings me to my last and extremely important tip for beginners.

When you're NOT in Sanctuary and as a matter of course, stop numerous times in the course of the day and ask yourself, “What do I see/hear/feel/experience right now?” Pay some attention to your general environment in that focused way, become AWARE of what is

happening in you, with you and around you – you could think of it in terms of “lucid living” or being “lucidly aware”. Those are exactly the same skills that you need to play well in Sanctuary too.

Finally:

Allow yourself to be fascinated by the process.

Your very own energy mind created this landscape for you; it created every tree, bush, leaf, rock, every grain of sand, every cloud in the sky and raindrop that falls. It made an energy tapestry for you to read and move about in.

It created a dwelling for you.

Go inside and explore it.

What rooms are there, what is inside these rooms?

Are there any objects that take your attention?

We call objects that are placed into a habitat by your energy mind and that stand out to you as interesting or even quite strange artefacts.



These artefacts are often very important messages, portals to other information, shaped like that, to draw your attention and to get you to do something with these special objects, to invite you to play WITH THAT.

For example, your dwelling might have a room with a table and chair.

Nothing too unusual there, you might think. But then you notice that on the table sits a strange statue of a frog made from green stone.

That is clearly an artefact, and now you could go and interact with it. What is it for? Pick it up. Hold it. What is the purpose of it? Where did it come from?

What am I supposed to do with this???

This is what we call a Project Sanctuary puzzle.

The energy mind has sent a message, and we consciously now have to work out what it means. Sometimes this is easy and we have an immediate idea or intuition what to do next. Sometimes it is extremely perplexing and very frustrating because we can't seem to get it or work it out.

But don't despair.

The most important thing to remember about Project Sanctuary is this:



1. Project Sanctuary is MAGIC MANIFEST.

It is completely energetic; all things are fluid and everything can change for the sake of a single thought.

YOU have all the magic, all the knowledge, all the resources of time and space at your command here.

That is the most difficult thing for beginners to remember, because we bring our conscious limitations, all our beliefs and all our errors of judgement with us when we enter Sanctuary.

In Sanctuary, we are not just “old Mr Smith” or “dumb Patsy” or “useless loser Sam” or whatever we think of ourselves to be.

- **We are MAGIC INCARNATE.**

We just need to remember this!



And something that does help us in this enormous and central task is our friends – our guide, our advisers, our messengers and bridges so we can talk to the energy mind directly, like you would talk to another person and get answers and help that we might consciously understand.

So let us ask for help and a friend to manifest, someone who we can trust absolutely, someone who loves us deeply and cares for us, someone who is the perfect entity to help us make sense of these new and wonderful realms with their language of light, events, objects, landscapes and artefacts.

Who is this friend for you?

Is it human? Male or female? What does it look like? When it speaks, what does it sound like? When you are in their presence, how do you feel?

Take time to say hello and get comfortable with your friend. Go for a walk with them, talk to them, tell them about yourself, about your hopes and dreams, and by all means, ask about theirs. The more you know about each other, the better you can work and play together, and the better your results will be all around.

Do take your time.

The beauty of these stable habitats is that the room with the table and chairs and the green frog stone statue aren't going anywhere. You'll find your way back there again at any time. This puzzle will be waiting for you until you are ready to solve it.

This is also a very interesting and important thing to know about Project Sanctuary.

In the past, the unconscious mind was deemed to be fickle and unreliable, insane, weird, uncontrollable, unpredictable.

The habitats show us that the energy mind is no such thing. On the contrary. It is completely logical, although the logic it uses is different from what we might have learned in conscious school; it is more complex, and more beautiful at that.

It is logical, and it is completely stable.

The house and the frog will remain; they are there, they're not melting or morphing – they are waiting for you.

In my example, the person talked with their friend and the friend made a comment which triggered the memory of a fairy tale whereby a princess kisses a frog to transform it into a prince.

Armed with this new insight, the person rushed back to the house, picked up the artefact, kissed it – and it transformed into a young man they had had a super intense first love relationship with when they were a teenager.

The person in question was really astonished by this. They couldn't work out why their energy mind had sent this of all things as the first thing to deal with in Sanctuary; but the young man was there, and they had a talk about their first love and something important was accomplished there, even though it is difficult if not impossible to put into words what that might have been.

- 1. It is a very important rule of playing Project Sanctuary to not try and analyse, or psycho-analyse, what goes on in the stories and events.**

That gets us no-where and more importantly, it takes us away from the core and spirit of Sanctuary – remember, we don't develop by thinking “about” this and that, but ONLY by playing the game.

It is good enough, more than good enough, that the young man was there, that they talked and hugged, that he left happily with an open invitation to return any time he wants to; and the frog puzzle was solved successfully.

The player in question was awed by their experience and also extremely grateful and delighted to have had it; they couldn't really say exactly WHAT that did for them, but they could FEEL it made a huge difference on many different levels.

With the threshold shift established, now, we can move on.

We can discover more things, ask questions, get on to the next exploration in this habitat, or any other we might choose.

We might change some things, make a garden, expand the house, install features we want such as a healing shower or a good luck bed to sleep in; we might invite people to come visit us there; we may create portals to other worlds; we may practise basic Sanctuary skills such as flying, or changing an object into something else.

The first habitat is very much a total playground FOR YOU in every sense of the word.

If you are very driven about your healing, spiritual development, intellectual development, psychic development and so forth, you might have to take yourself in hand and prescribe a schedule of fun, rest, relaxation and exploration for at least 50% of the time you spend in this habitat. This is the perfect place to let go of all sorts of pressures you put upon yourself just for a moment and re-discover the joy of life, and love of life, that is natural in all of us.

- **Remember that Project Sanctuary is pure energy – and energy is flowing, light and playful by nature.**

Everything in Project Sanctuary, including the astral body that you use to walk and talk there, all the things, events, objects and entities are all infinitely malleable.

Everything can be changed and morphed at will. You can fly or move from one place to another in the blink of an eye, or the wiggle of your nose if that's what you decide to use. You can move through time, backwards and forwards, and sideways as well. You can be as small as an atom and as big as a galaxy if you choose so you can take in a different perspective on

the situation. You can side step into different dimensions, and one of the most useful is the pattern world, where you see people, trees and buildings not in their normal pictures, but like meshes of light and colour, like a multidimensional tapestry and then it is easy to spot where things have gone wrong or something needs to be repaired.

You can wave a magic wand, or have a magical friend to do the magic for you – this and so much more is at your disposal.

It happens sometimes that we get so involved with a story that we forget the nature of the game, and we might sit in front of a big mountain and wail because we can't see any way to climb this.

Avoiding Magic Failure

This state we call “magic failure” - the person who is wailing in front of the “impossibly high mountain” has simply forgotten for the moment that they could think themselves to the other side, or to the top in an instance; that they could fly by themselves, ride a dragon, get a helicopter, tunnel underneath the mountain or make the whole mountain disappear AT WILL!

Should this happen to you, don't worry. It's an amazing thing that happens to the best of us, and not just in Project Sanctuary.

Magic failure is simply a form of energy system collapse that happens when we think the wrong thoughts, such as “I can't do this,” “This is too difficult,” or “I'm not good enough,” etc. and simply makes those statements become perfectly real by making us forget that we have all the magic in all the worlds!

Luckily, our energy systems re-set themselves after a time back to operating capacity, and as soon as they do, all our choices, resources and powers come flooding back to us.

This includes knowing that there is no Sanctuary puzzle that you can't solve, and that your energy mind wouldn't even have sent you this particular challenge if it didn't think or know that you're up to solving it.

Now here's the last important aspect of PS you need to know about before we start.

The Threshold Shifts

When you have solved a puzzle, played a story through to its natural conclusion, completed a quest or a rescue mission, you experience a particular movement of the mind, body and energy system we call “a threshold shift”.

This is a physically noticeable “Aha!” or “Wow!” or “Eureka!!” moment, where something special happens and you KNOW that you have learned something new, understood something about yourself or the universe at large, or to be more precise, that you have changed in some way.

- **The story is not complete until there has been a threshold shift – indeed, the threshold shift is the purpose of the story.**

In the example story about the green frog, the person experienced their first threshold shift occurred when they “kissed the frog” and later on, the most intense threshold shift of the story happened as they sat talking with the young man, holding hands, looking into each other's eyes and acknowledging to each other how precious and wonderful their first love had been.

Threshold shifts are typically very, very *moving* – quite literally, a lot of energy is moved through the systems that may have been stuck for decades in an instance, and they leave the person who experiences that in a state of great clarity and peace, often intense delight and joy as well.

As the energy system itself, through the energy mind, is what is drawing your attention to certain issues or blockages or unresolved issues, this is a very safe system where you are only ever working with things that are important to you personally, and you are also working towards Even Flow, resolution, healing, expansion of consciousness, evolution – **your threshold shifts are IN THE RIGHT DIRECTION and in accordance with your own highest personal path.**

This makes Project Sanctuary completely unique and set apart from all other methods of therapy, healing, mental, intellectual, psychic, spiritual and personal development – **it is tailored by you for you, and you work with your own threshold shifts every time you step into a story, every time you play the game.**

When you feel you know enough to play on behalf of another, so that they can have an amazing and transformative Project Sanctuary experience of their very own, then it will be perfectly tailored through you for them – your energy mind gets in touch with theirs, they have a communication, and you can inform both of you of the results by telling the story you see, explaining the vision, and, if necessary, changing it together for the highest good of all concerned.

So with this short overview of the Project Sanctuary main building blocks, you have enough to start taking a journey to a Sanctuary of your own, and start playing the ultimate game in space and time for real, and for yourself.

Introducing The Genius Symbols

Now I am going to introduce the Project Sanctuary derived genius symbols.

These are very, very simple symbols which serve as portals to structurally replace asking the questions we were talking about earlier.

The symbols make it easy to connect up with the energy mind because there is no extra translation with speech involved to get a flash vision in response to the symbol; more symbols can then be used to refine the vision into a full habitat with its events, adventures – and eventual threshold shifts.

I have developed these symbols in co-operation with my energy mind and with that of others over a period of time to create a kind of basic alphabet to open the doors of communication between the conscious mind and the energy mind.

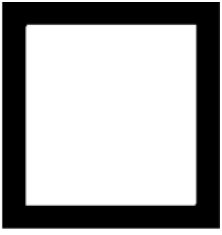
- **Each symbol is a portal in its own right.**

One of the really interesting features of the genius symbols is that you can use them and understand them at any level you want to play, from the utterly mundane to the super-meta abstract.

So for example, the time symbol can remind you that you have to buy an alarm clock when you go into town later that day, but it can also denote an incredibly complex time sculpture, such as a person's many incarnations in context and everything in between – depending on your contract, on where YOU want to play on any given day.

When you come to make these symbols for your own use, you will be accepting them both consciously as well as unconsciously in an agreement that this is how we are going to open these doors of communication.

In the later sections we will discuss how you make the symbols your own and the various ways in which to use the symbols; here, we will simply and briefly meet the 23 Project Sanctuary genius symbols so that you can recognise them when you see them again.



Space

The simple square or box is the symbol for space.

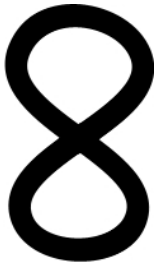
When we play a classic Project Sanctuary game, this is the first symbol we place, and we use this symbol to make our statement of intent for the experience, state our set up. This symbol takes us to the “Project Sanctuary Space” - the realms where all these amazing things are going to happen.

In general layouts and if you draw² this symbol, space includes many things such as distance, and size; location and relative position of objects also belongs to the space symbol. If this symbol turns up in a reading or a pattern, it encourages you to play with the space aspects of a story.

There are many important ways in which we can take charge and make use of space in Sanctuary. Zoom movements such as allowing yourself to grow in size as large as you need to be to really get a good overview, see the bigger picture, or even feel safe in a fight with an enemy; or conversely shrinking yourself down to walk in the matrix of a crystal or live on an atom that has become a planet are extremely freeing for the mind and often very important.

The space symbol reminds us that we have the power to place things where we want them; to have them any size we want them to be, and to travel any distance in the blink of an eye. Relating to ourselves, space denotes our ability to extend, reach and stretch out, travel, effect and reach things on all levels and including spiritual, mental, emotional and physical.

² I was shocked to find that after 100,000 years of so called human evolution there aren't two separate words for the meanings of “draw” for me to use as I need to explain in this book on a regular basis. How annoying! In this instance, I mean “draw” as in “drawing a random card from a deck of playing cards”. Which is not the meaning of the second “draw” where you draw a symbol into the air, or draw the symbol onto the template. As there are no words available to specify the activity, I feel I have to go with the General Semantics way of specifying “what I mean” by adding in brackets either draw (random) or draw (marking). We need a whole new language. So much to do, and so little time ...!



Time

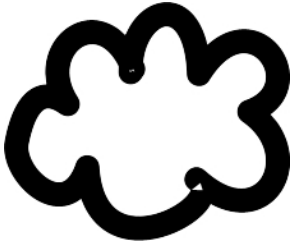
In the classic game, the first active symbol is for time – remember we ask, “What is the time of day, what is the time of year?” to get the time co-ordinates to our habitat fixed.

You can think of the shape as an hourglass, or an upright infinity symbol to help you remember that this is the symbol for time.

When you draw (random) this symbol in a layout or pattern, it asks you to pay attention to the time aspect of the story or puzzle, and might be advising that if you move in time, you'll better understand what's going on, so this symbol might indicate time travel, or a connection with time in a different way, for example past lives, or future ones.

As humans in our societies at present, we have very limiting ideas of time and that's one place where we get stuck a lot – by trying to hold back the tides of time, or make it move faster or slower, or simply by thinking that we are stuck in time like flies in a river of honey and there's nothing we can do about it.

The ability to move through and with time freely, backwards, forwards and sideways, up and down as well, is one of the most freeing abilities for the human mind, which in truth does not have any temporal limitations at all.



Weather

The little cloud is the symbol for weather. If you remember, in the classic game we ask after the time of day for the weather next.

The weather is a metaphor for many things, influences of the environment that are crucial to the unfoldment of a story.

If you have ever seen a weather map or a satellite image of planet Earth, with these moving systems of clouds that bring wind and rain, or sunshine and snow, cold or warm, misty or dry, and you consider the effects the weather has on any habitat, you'll get a sense of how important that is.

For healing endeavours for example, it is crucial to have the right weather; for many stories to create a change in the weather can bring about the most profound threshold shifts.

When this symbol turns up you are asked to pay attention to the weather aspects of your story or puzzle, and/or to work with the weather more intimately.

On a wider metaphorical level, the weather symbol relates to the systems within us that produce energy for life, change, and all emotions.

And then there are the really big unfoldments like galactic weather, sun storms, and including astrology.



The Land

The two mountains symbol stands for the land – the landscape in which your story is set, the primary environment that materially holds your story together, the world in which it plays or as we call it, the habitat you're in.

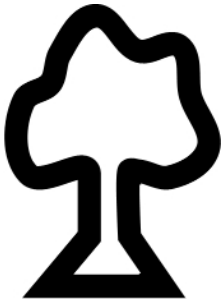
If you get the landscape symbol in the reading, it directs your attention to the physical structures that hold your habitat together, and to look more closely there for answers.

The land includes also deserts, rivers and oceans, alien landscapes too, and remember that landscapes, even tall mountains, flow and change through time; that is an important aspect of their nature.

On a wider level, the land further includes the galaxies, the stars in the sky, the whole planet, the solar system you're in, astrological influences and much more.

“The Land” in its widest metaphorical sense is the physical manifestation of the Universe.

As a personal metaphor, the land relates to the most basic structures of our own physical manifestations and energy systems.



Plant

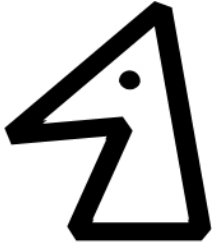
The little tree is the symbol for the plant kingdom. We take this generally completely for granted, but the plant kingdom underlies all life on Earth and is the backbone of all we think of when we think of “nature”.

The plant kingdom and vegetation in a habitat are immensely important; like all things in Sanctuary, the kinds of plants you find there, from the smallest mushroom to the most beautiful flower and greatest and stateliest tree these are very specific components of the energy stream, energy cocktail.

In a general reading, the tree symbol for plants directs your attention to the plant kingdom and to investigate there for solutions and forward momentum.

As with all Project Sanctuary symbols, there is this “as above, so below” aspect.

There are systems and circuitry within each human being that resonate at that level of pure green nature and are touched and healed only by that.



Animal

The animal shape stands for all the animal kingdom, from the smallest spider and snail to the most impressive killer whale spirit animal.

Animals are obviously very important to the overall ecology of a story; but traditionally and metaphorically they are also used as messengers, guides and support from a very specific and powerful strata that exists within us just the same.

The animal symbol asks you to consider how the animal kingdom is of help or involved in your story.

On a wider metaphorical level, the animal symbol also denotes those levels of ourselves which belong to that kingdom.



Crystal

In geology, crystals are lumped in with all forms of minerals; in metaphysics, they are in a class of their own, form their own kingdom which has a different level of existence than bedrock, sandstone or granite.

Crystals can be extremely important catalysts, they can act as messengers, doorways, power sources and much beside.

The crystal symbol also encompasses the crystalline dimensions of pure logic and absolute order, timeless, perfect and immutable.

If the crystal turns up in your reading, it asks you to pay attention to messages from and through that domain.

Metaphorically relating to ourselves, the crystal is the symbol for the levels of your existence which are of that vibration.



Angel

The angel symbol stands for higher beings and higher forces of all kinds which are having an interest or even a direct guiding hand in the unfoldments of your story.

I also refer to these higher forces as “the powers that be” to exclude no-one, and to include also aspects of our own mind, soul and self which may reside on a higher level which is generally out of the reach of the conscious mind (but often felt, and noted nonetheless!).

Apart from that, the angel symbol also denotes your God/s, highest spiritual beings, and all those you pray to.



Friend

Friends is the term we use for spirit guides, helpful entities, invisible friends and all sorts of potential helpers and advisers which we can turn to ask for help and assistance. Having good friends, and having deep and meaningful personal relationships with them is central to success in Sanctuary as friends act as a bridge between your conscious self and the energy realms at large. Unlike people or angels who have their own agenda, friends are absolutely there for you and absolutely on your side – they walk beside you and have no other purpose than to help YOU, unconditionally.

If the friend symbol, a little person wearing a kind of robe, turns up in a reading, you are advised to involve your existing friends, or bring in a new one to help you on this mission.

When this symbol refers back to you or another human, it can ask if you are acting as a friend – a champion, in your/their highest and best interest.

It can also denote that you are to act as a friend or champion on behalf of an aspect, or yourself.



People

The “little man” sign stands for all kinds of people – real people from your life, people who may inhabit a habitat, fairy people, dwarves, elves, alien people as well.

When you find the people sign in a reading, you are asked to pay attention to the intelligent and active beings in the environment and how you are interacting with them on the “people” level.

When this symbol refers back to you, it might ask you to consider if you are currently acting and appreciating yourself as a human being.

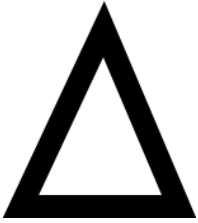


Spirit

The ghost sign stands for spirits, dead people, people from the other side, ancestors and so forth.

Spirits can be invisible if you just look at the surface and if this symbol turns up in a reading, you need to take account of that realm because there is something relevant there for you.

In the wider metaphorical sense, “the spirit of a thing” is a quality that sometimes is quite different from what you see with your eyes of day alone; this can apply to any thing, person, or situation as well.



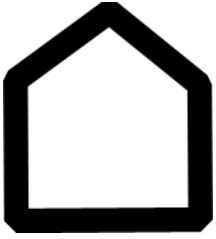
Aspect

Each individual person has many “aspects” to them which all work together to make more than the sum of their parts, like the many facets of a diamond which may appear in many different colours; that is why the sign for aspects is shaped like a triangle, a facet of the diamond that is you.

Aspects can personify certain traits or ideas; aspects can also be from a time past, and even from a past or future life.

If the aspect sign turns up in a reading, pay attention to which aspect/s of you are most involved in this story or puzzle as they may hold the key to the solution.

Most if not all things have aspects of their own; the aspect symbol can ask you to consider different sides of the story, or shift your point of view to see a bigger picture of which the aspect currently in front of you is only a part.



House

Houses, buildings, shelters, house boats, huts, tents – any kind of dwelling comes with the sign of the little house.

Dwellings are man (or other being) made shelters or other types of artificial environments and of course, all the rooms and lower logical level subdivisions that exist there.

In many dream books and symbol books of old, it is thought that the house is a symbol of the body; this is not so because the body is made by the Creative Order, it is clearly not man made.

As such, in the wider metaphorical sense and in terms of people, the house symbol denotes the conscious self construct, a man made idea of the self or body instead.



Artefact

The sign for artefacts is a cup but of course, an artefact can be any kind of object. Artefacts are portals to complete realms, doorways to other related streams of events.

The energy mind has ways to help you spot an artefact – whether it is something intriguing to you that draws your attention; whether it is something that glows or something that is ridiculously out of place in an environment, you'll know an artefact when you find one.

When the cup symbol for artefacts turns up in your reading, look around for a special object. Sometimes a quest is required to find it.

Artefacts also work the other way around – they are the manifestation in physical form of an underlying energetic information set.

The artefact symbol can therefore also denote that an idea must be made “hard” or to manifest something material that will serve as a portal for further unfoldments.



The Gift

The box with the diagonal lines is the sign for The Gift. A gift can be anything at all, from an entire planet to a tiny flower, given to a person, a friend, a situation, a habitat to make it happier, better, more joyous or more functional.

Ask, “What kind of gift can I give to this?” and let something come to you. Remember it is a complex energy cocktail packaged in the form of The Gift so you can handle it, and give and receive it.

You can also ask that a The Gift be given to you or the situation at hand by someone else.

The Gift is just that – a gift. It is very essentially NOT an exchange by nature but something that is given without having to earn it, work for it, make it happen somehow or having to pay something back for it.

It is like a pulse that seeks no return, unconditional in nature.

Therefore, this sign also stands for what you might call a miracle.

Giving gifts is easy. To receive them with grace is often a far greater challenge.



Trade

The two coins symbol denotes Pertineri Market or trade in general.

Pertineri Market is an intergalactic, interdimensional market place where all manner of beings come together for trade; it is a shared habitat outside that can be used to trade in resources, find help, or disperse one's own contributions.

Trading is about an exchange of energies so that a balance is achieved that pleases both (or more) parties and brings them both equal benefits; so the two coins trade symbol asks us to pay attention to all forms of trades and exchanges in the widest sense as well.



Dragonwings

The Dragonwings symbol asks us to shift our attention to the bigger picture, the pattern world, the structure or tapestry of the story.

In the pattern world, things look very different and many times it is much easier to see what's wrong or where the problems lie. The pattern world also often reveals “invisible” components or influences of a story.

“Rising above” the current situation, drawing a mental or physical map of the story and placing all the main components in relation to each other can be a good way for beginners to start viewing events in a different way and to discern the underlying deeper and larger patterns, understand the bigger picture.



Magic

A very important Project Sanctuary symbol is that of magic, the spiral.

All of Project Sanctuary is pure magic, but how well it works and how good our results are individually relies on how much we can manage to REMEMBER THAT when we play the stories.

Coming into the game with our prejudices, and often in magic failure, we generally fail to use even a small percentage of the pure magic on offer in Sanctuary, and this symbol reminds us to increase the magic – exponentially, if you can mentally handle it.

Magic blows out the limitations to our perceptions and thinking which was entrained in the human/physical world and allows us to get to grips with actual reality.



Stardust

Three little stars, or perhaps snow flakes, are the symbol for stardust.

There is a level of existence where all is pure potential – tiny sparks of glittering pre-light in a velvet space of black that holds the potential for all things.

Sprinkling a little stardust (or fairy dust, if you will!) on any situation will create a re-connection to that realm, and the incredible potential of any situation becomes revealed.

There is of course a very personal level at which we are all made of stardust absolute.



Alien

There is more to the Universe than we people have so far experienced here on Earth, and when we come across the alien symbol we are asked to remember that what we think of as perfectly reasonable and rational may just be so because we're used to our local conventions and nothing else – for example, the only reason we think of metal as hard and tough is because of our local conventions of temperature and gravity we are so used to that we tend to forget things are quite different, elsewhere.

We can stretch our incredible, infinite minds to take a new perspective and thus understand important knowledge about the greater Universe.

This symbol can also practically denote travel to alien worlds, making contact with alien visitors, or alien influences in general.



Fountain

The fountain symbol stands for pure creative energy, the wellsprings of our existence, the pure and unstoppable force that powers the Universe itself.

If this symbol turns up in a story, bring in the energy of pure creativity, let literally the creativity burst forth like a fountain from the bedrock of old to bring new life to all it touches.



The Dance

EVERYTHING is a dance – action and reaction, movement and counter-movement, ebb and flow.

This dance is always beautiful, always joyous.

The two intertwined waves symbol of the dance asks us what we can do to improve our recognition of the dance, and how we can further it in any given situation.

It is also extremely important to remember that dancing isn't work, but it is JOYOUS – an expression of life, and love of life.



Light

The star or sun or light flash stands for the light – that which brings life to all, that which delights us, that which can shed light on many situations, which can en-lighten us and if we live in it, we experience pure joy and ecstasy of being.

Adding some extra light to any situation can reveal much, and heal much, as well as explain almost anything ...

MAKING YOUR OWN PERSONAL GENIUS SYMBOL SET

It is essential to the process of playing with and drawing visions through the genius symbols that you make your own symbol set or sets as the act of DRAWING THE SYMBOLS is a very special form of learning the symbols, accepting them, making them your own.

- When you draw, paint, engrave the symbols WITH YOUR OWN HAND they become YOUR OWN symbols from that moment forth.

You can draw the symbols on pieces of paper or on card; my favourite way of making a symbol set is to select individual stones as they are very tactile and the whole process of choosing and then dedicating the stone to a symbol is extremely meditative and also magical in nature.

My own first set was drawn in metallic marker on beach pebbles; I still have it and sometimes I still use it when I am drawn to it.

My personal “power set” is the famous \$10,000 Lapis Lazuli set called “The Pharaoh's Eyes” which I was shown in a vision as being the perfect one for me at this time.

You can use any material that calls you or that you discover to be perfect for you; this can change through time as well but please remember that the most important thing are the symbols themselves, and you can and will have FABULOUS experiences and marvellous results, even if your symbols are drawn on a few scraps of paper with the charcoaled end of a burned twig.

Making the symbol set your own can take many forms; some people like to decorate and make works of art out of the symbols. This is entirely up to you but do try and keep the focus on the SIMPLICITY of the symbols and don't overwhelm them with too much external decorations or additions that may take away from their power.

Learning The Genius Symbols

Draw the symbols large into the air in front of you, using your hands, and say their names.

Take a moment to reflect if you get a sense of what this symbol is all about.

If you know how to do EmoTrance, you might ET your responses until the symbol flows smoothly for you and it feels good and fully energised.

If a symbol scares you, feels weird or as though “I really don't need this one ... ever ...” you might need to do some extra work on this.

For EmoTrancers, you know what to do; you can also use EFT and tap on your feelings with the usual opening statements that would arise.

You can also meditate on the symbols that caused an adverse reaction or play a classic game to discover more about the causes of your responses to a particular symbol.

- **Don't be worried if you “don't understand a symbol completely”.**

I certainly don't!

Every one of them has so many levels, layers, so much depth, is a portal to so much more, I would be surprised if any of us ever got the bottom of a single one and “what it really means”.

A sense that you have touched the energy and recognised it, even vaguely, and just enough so you can tell the difference between the symbols is quite good enough to get started.

The depth and richness of your personal visions as you play your own games and gain your own threshold shifts is not affected by whether you understand the symbols or not. The symbols just open the door and your energy mind will do the rest.

There is much merit spending a day or two with a single symbol, to carry it with you and let it trigger memories, thoughts, ideas, flashes and visions.

I like to “make friends with” those things I work with and I seek to understand because I find when I am friends with something, a connection arises through which information travels much more freely.

Taking a symbol or two out and about with you and giving it some extra attention will certainly pay off in the long run.

Choosing Your Templates

As I have mentioned, my first symbol set was made from beach pebbles.

It took me a surprising amount of time to find all 23 on the beach that day, even though the beach is of course, covered in literally millions of pebbles.

I let my feelings and attention guide me where they wanted me to go and even though it took a while, eventually I had my 23 templates.

I suggest you go and get yours as soon as possible. If there are no natural sources of pebbles and stones in your area, you can get packs of pebbles from home furnishing stores, new age shops and at a very cut rate price from garden centres. Aquarium shops too have often interesting pebbles of many different kinds and colours available.

Bring your templates home and if they can take it, place them in a bowl of salt water for a day and a night out in the open where the sun and the moon can shine on them. This will clear them and make them ready for your use as your personal first symbol deck.

Please Note: For right here and now, and so you can start playing right away, it is perfectly ok to draw the symbols on pieces of paper or card, mosaic pieces, coconut shells, leaves, Lego bricks, bottle tops or anything at all you might have handy at this time. The genius symbols will work just fine, no matter what you put them on – and it is better, MUCH better to “play today” with pieces of paper, than to “wait six weeks” until you've had the time to take time off for a trip to the beach or a meaningful mountainside location!

This is a six weeks of YOUR personal development you can never recover and you will always have missed from your life – not something any of us can afford, I hope you understand.

Applying The Symbols

I don't know about you, but my hands aren't 100% steady and I often produce a “wiggly line” when I wanted to draw a straight one.

Also, natural stones and even glass pebbles have dips and dents in them which make it difficult, if not impossible, to produce “perfect symbols” like the ones I created in a computer drawing program for this manual!

Really, do NOT worry about it.

Practise drawing all the symbols a few times on paper first, or a comparable surface. I use permanent markers and metallic markers; but you can also apply the symbols with a brush.

Some of them are a little harder to replicate than others, but as tests show, even a five year old could do them on the first try to the degree that the adults in the room were perfectly able to recognise which symbol each one was supposed to be.

And THAT is the main purpose – for you to be able to see and **recognise the symbol**.

In fact, that's their ONLY purpose.

So if your symbols are a bit wonky, don't worry about it. It makes truly no difference to your energy mind if your angel ended up with a bit of a tail; it knows what you were trying to do, and the symbol will work perfectly well for you.

So and when you are ready, you've practised with your medium, and you have made sure the templates/stones are really dry and free of any oil or other slime, get your symbols list out, your pens and your templates, sit down somewhere comfortable, and simply pick up one at a time, hold it in your hand for a moment and say, “I dedicate you to (time).”

Place it down and draw the symbol as best you can; then place it to the side and say, “I have my symbol of (time).”

Choose the next stone/template and move on to the next symbol, repeating the above until all the symbols are done.

If you wish, you can hold your hands over the completed symbol set and give it a blessing, say something appropriate to you and your purposes, such as, “I dedicate this symbol set to the beauty and glory of the Universe, to help me see the love and light, to put to rights what once went wrong, to help me find the Even Flow, for the good of all and in the name of the holy Creative Order.” Just let the words come to you; the energy of your intention is what matters.

When you are done, your very own genius symbol set will be ready for your first game in space and time.

How Exciting!

CREATING VISIONS WITH THE SYMBOLS

The Contract

There are two very different ways to play with the genius symbols and Sanctuary in general.

One form of playing a game, getting your vision, developing a story and obtaining threshold shifts is to **make a contract** - this is a request to the energy mind to provide something for a specific purpose.

An absolutely wonderfully healing example of working with a set up is to say loudly in your mind,

“Dear energy mind, give me the perfect place in time and space for me right here, right now ...”

The exquisite and extraordinary thing about this example is that the specific energies that the habitat contains are **CALCULATED IN REAL TIME** by your energy mind for you, so they are spot on appropriate **FOR THIS MOMENT**, every time.

There isn't a doctor or a chemist on Earth or anywhere else who could prescribe such a perfect tonic, remedy that is so absolutely right for you, taking into consideration every personal and environmental variable possible **AND INCLUDING TIME**.

But your energy mind can.

This is a fabulously flexible resource you can use at any time, anywhere, and you will always get the right habitat, the right energies that will make you sigh with pleasure because it is so right for **YOU** – as you are, right now, and no matter what your state might be.

You can ask your energy mind anything you want using a contract.

“Take me to a memory that I need to heal today ...”

“Give me a story for my 8 year old niece Petra that will help her with her self esteem ...”

“Give me a beautiful and powerful hypnotic journey for people who suffer from agoraphobia ...”

“Show me where I'm stuck in this project!”

“Give me **SOME THING** for this headache ...”

The last version, where I highlighted the word **SOME THING**, is the most user-friendly one of them all – we leave it up to the energy mind just what it will give us or what form that will take.

It could be a thought, a long story, an insight, a symbol, a feeling, a habitat, a reminder – anything really. We just tell the energy mind what we want the some thing for (X) or (X and Y and Z), and it calculates the rest, based on its in depth knowledge of **ALL** of our systems.

Amazing.

We all have so many unfulfilled needs and wants, so many things we wish were different, hopes and dreams and worries too about all these things, for ourselves and other people, that many people only work with very specific contracts up front, all the time.

But that's a shame because a lot of our problems, if we were to step outside of them for a just a moment, learn something we didn't even know we needed to learn, or get some new input or direction, then these problems would be easier to solve or could potentially disappear altogether.

Working WITHOUT a contract up front, and letting the energy mind choose the game to play, is REALLY, REALLY important and I think a 50/50 ratio of working with, and without contracts is the fair way to go, once you are an experienced player and visionary. For beginners, it is safe and soothing to work always with contracts, until you have found your own confidence.

The truth is that consciously, we really don't know what's going on; we don't have the full picture and there may be places and things we'd rather not look at, but if we did, that would make all the difference.

So that's when we say to the energy mind,

“Take me wherever you need me to go, show me whatever you want me to see ...”

That can be scary at first, but it is also incredibly exciting and it opens new doors, brand new horizons and is probably the most wonderful way of playing the genius game that I know, personally speaking.

If you are playing with others, in therapy, as a game or in divination, the choice of going with a set up, or without and letting the energy mind/s choose where to go, remains the same.

For absolute beginners, and this applies much more to grown ups than it does to children who aren't full of fears of what they might discover in their energy minds if they took a good long look, using contracts is a nice safe way to give the feeling of control over the game.

Setting up some basic habitats, playing some nice games like just finding various healing environments, peace, tranquillity and beauty and having some fun sex, adventures and new discoveries to delight us and to replenish our starved systems to start with is the right way to go.

Every game will improve your understanding of how the energy mind works, how YOU WORK when you try to play as a complete human being who uses all their resources, probably for the first time ever. It also improves at the same time trust in the energy mind and its processes, and it removes fears.

It is perfectly ok to wait until you are really ready before moving on and working without contracts of any kind.

So Step 1 in the genius game is to make the contract and to say:

“Today, I want to ...”

- play a friendly game
- learn something new about myself
- find help with problem X
- discover a new resource
- save an aspect
- save a lost soul

- get help for X
- do something magical
- explore a past life
- make contact with helpful spirits
- get closer to my soul
- help me sort out X
- take the next step on my journey to enlightenment
- have fun with friends
- get the perfect habitat for healing, peace, relaxation, etc.
- go on a mission, journey, quest to X
- change my mind about X
- give me more energy for X
- ... ad infinitum!

Or simply say:

I want to play whatever game you bring to me today.

Now we are ready to play the game in space and time!

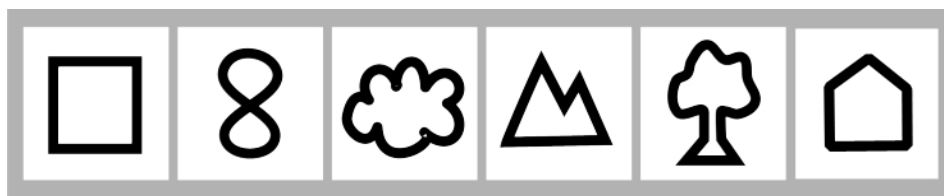
A Very First Sanctuary

If you have never played Project Sanctuary before, or if you are playing with someone who has not, teaching it to someone, playing with a child or introducing Project Sanctuary to groups, a “First Sanctuary” is a good way into the amazing worlds of Project Sanctuary that is easy and gentle.

There are no stories to play here to start with; just a perfect place to explore and become familiar with, and to have time to adjust to the magic of Sanctuary and how things work.

The “First Sanctuary” is simply a habitat with a very nice house, and all is designed to be as wonderful, exciting, comfortable and delightful as the player themselves can allow it to be for now.

Pick out the symbols for space, time, weather, land, plants, and house and put them out in a line in front of you or your playing partner.



Place your finger on the space symbols and tell your energy mind what you want to do, make the contract for the game.

On this occasion it would be something like this:

“Take me to a perfect place in space and time, a Sanctuary of my very own, a beautiful place that is just right for me to be happy!”

Choose your own words to express this sentiment, please do!

Now, place your finger on the time symbol and ask yourself, “What is the perfect time of day for me? The perfect time of year?”

With that established, we move on to “What is the perfect weather?”

Then, “What is the landscape?” and “What kind of plants are here, what is the vegetation like?”

Finally, for the First Sanctuary, place your finger on the house symbol and ask for the perfect house or home or dwelling for you at this time.

Now, you have a Sanctuary of your very own which you can explore, add things to, try to make some changes in, or simply move in and relax and enjoy.

Even in a First Sanctuary, there are many things to be discovered; this is a wonderful process and you come out of it with a real place in space and time you can visit at any time you like – your first outpost in the amazing worlds of Sanctuary.

A Note: In the olden days of New Age ideas and techniques, people only used to have ONE Sanctuary.

Project Sanctuary is much more fluid than that, and much richer.

You can have as many Sanctuaries as you like, and you can make a new one each time you want to – it costs nothing, and it's great practice for you as well.

You have to remember that **our needs change ALL THE TIME** – from day to day, from moment to moment, and never mind from year to year, or decade to decade!

Sometimes we overheat and need cooling in a winter world; sometimes we are parched and need a tropical downpour in a rain garden. Sometimes we're swamped and a stay in a golden desert is just what the spirit doctor ordered on this occasion.

It goes on and on. Sometimes we need to be quiet and alone, and at other times, what we really need is a big festival with lots of people, lots of coloured lights and lots of activity and celebration to put us “right”.

Every person has a huge range of needs for energies that change every day and so to have many different Sanctuaries to choose from is perfect and as it should be.

I often think of this as most people not having a holiday home at all they can visit for fun and relaxation; and even fewer people have lots of holiday homes they can visit as and when the seasons change so they are always in the perfect place at the right time.

In Sanctuary, you're one of those rich people who can “jet off” for a night out in Paris or a dip on a tropical beach or a bit of skiing in the snowy mountains AT WILL and any time you feel like it.

Indeed, and what with alien space travel, dimensional travel and time travel too, your choices are infinitely more and more appealing than what's on offer to the richest man on Earth!

So don't get stuck in a single Sanctuary, no matter how wonderful it may be – let go, be playful and create MANY in response to your ever changing moods, needs, desires and wants.

It is the healthy thing to do!

The Classic Game

First Sanctuary style habitats for rest and relaxation are one thing, but once we have rested and relaxed, it's time to really play the game in space and time.

This involves action, often high drama, challenges, and the most fascinating stories imaginable.

It is also so that people who think they need eternal peace and rest because they are so worn out will find that actually, the activity and interest of the real Project Sanctuary game stimulates them, charges them up and gives them much more energy than just endlessly lying on perfect beaches with a dream lover ever could.

And of course, there are those magical and priceless threshold shifts beckoning, just waiting for you beyond the horizon ...

So, are you ready for a real adventure?

Find the seven symbols for space, time, weather, landscape, plants, friend and artefact.



These are the key ingredients to start a Project Sanctuary vision of your very own; something that is completely unique to you and that is created for you and by you with the help of your energy mind.

Have the seven symbols ready to hand and place the first symbol, space, in front of you to start our famous game in space and time.

Know why you are seeking this experience - think about the contract, our set up, what you are looking for, what problem you want solved, what kind of habitat you're looking for, who you want to play for etc.

Formulate the contract, agreement or set up in our mind so it is ready to go to start the game.

Now:



Place the space symbol in front of you. Put your finger or just your attention on the space symbol. Take a deep breath and if you want to, see the universal sandbox, the starry space in which we play, although that isn't necessary to make it work. Make your set up statement out aloud.



Place the time symbol next and ask yourself - "What is the time of day?" Get a sense of that, and then "What is the time of year?" to get a sense of that also. Even if time is irrelevant, you are on an alien planet or in a different dimension, we have an internal time clock which will give us the first reference points.



Place the weather symbol and ask yourself, "What is the weather?" This will give you information about many things, and a lot of them are not visual but sensory impressions of hot and cold, wind, sunlight on your skin and so forth. As the weather affects everything else in the environment, this starts to make the habitat real.



Place the land symbol and ask yourself, "What is the landscape? What is this land?" Take your time and turn around 360° to see the land that surrounds you. Pointing at special features such as, "There is the mountain," or, "There is the lake!" can be very helpful to get your bearings and information about what's there.



Place the plant symbol and ask yourself, "What vegetation exists here?" or, "What kind of plant kingdom exists here?" Habitats don't always have plants that we readily recognise but there is merit in tuning into the land and becoming aware of what plant life there is - even if there is only microscopic life, that will be very relevant.

Now take a moment to familiarise yourself with this habitat. Walk around, look at things, look down at the ground, touch things, feel things, smell the air, and pay attention to how it FEELS being here.

The basic habitat is the most important key to all that comes afterwards; there is much merit in exploring a little, finding your bearings, and letting the information about this unique habitat stream into you from all levels, and in all ways.



Place the friend symbol and ask for a friend to come forward. If you have played before, you will have one or more good friends you are already familiar with; but it is also possible that a new friend who is particularly well placed to help you with this unique game can come forward. Take a moment to familiarise yourself with the friend should they be new.



Finally, place the artefact symbol to set the game in motion. The artefact will guide you towards what you need to do in this habitat to gain what you were looking for in your original contract or set up. All that remains to do now is to play the game as it unfolds.

Using The Symbols Inside The Game

It has been my experience that once you've got the vision going with the Classic Game as described above, it takes on a life of its own and simply proceeds from one thing to the next in a very natural fashion, all the way to the threshold shift.

We do have 23 symbols overall however and these can certainly add a few extra dimensions to the game.

You can use all the symbols inside the game as follows.

- Play the story as it happens and when you come to a blockage or a place where things seem to get hairy, use extra symbols to help you overcome the problem.
- Place the rest of the symbols face down and draw random symbols to help shape the story all the way through.
- Place the rest of the symbols face up and let your attention be guided to certain symbols that help with the unfolding story and move it along.
- Choose a particular symbol consciously to help you make progress.

Remember that ANY story, vision or sequence of events needs to move forward towards its threshold shift.

Usually, we ask, "What happens next?" should there be a block in the story or it doesn't seem to go anywhere. This is always helpful, and drawing more symbols until the story resolves itself to the threshold shift in the end is easy and very helpful.

A Note: Even if a story runs straight from the classic game to the threshold shift instantly and without a hitch, sometimes it is really nice to go through all the symbols as well afterwards and observe the influences "behind the scenes".

Applying all 23 symbols to any single vision, story, memory or event gives you a truly astonishing richness of understanding and insight and creates all together, a most remarkable multi-level learning experience.

An Example Of The Classic Game

Using my beach pebbles with the symbols drawn on them in metallic marker, I set out to play a game I can use for an example in this manual AND that would also help me get to the next level with my own unfoldments.

So that was my set up and contract on the space symbol.

Here is what happened next.

The time is mid afternoon. It is sunny but also very windy, bright sea winds, warm and wonderful. The landscape is a tropical island, close to the beach is where I'm standing, very beautiful. The land slopes down towards the sea and there are many shrubs and bushes of rich, rich green and many bear exotic blossoms. In the distance, I can see tropical trees, palm trees.

I am standing on the beach, soft white sand, very warm under my bare feet, and the ocean is to my left. A friend is approaching, a friendly dark skinned Shaman I have met before, and I greet him happily. He takes me to the water's edge, where I find a really amazing deep sea shell with many turns, green blue on the outside and iridescent pink on the inside.

As I pick it up I realise that this is a magic shell which will call to beings that live beneath the sea if I was to pick it up and blow into it ...

As you can see/feel, all the components for a truly amazing PS experience are right there, ready to go. This is also a puzzle, of course – why am I being given this shell? What lies beneath the sea which wishes to communicate with me and has, to all intents and purposes, provided me with their own version of a mobile phone?

When you get to this point in your own story, in your own habitat, with your own friend/s, and an artefact that was delivered straight from your energy mind, you will feel a true sense of excitement, and sometimes also a little fear.

What will we discover?

We don't know.

But that's exactly the beauty of Project Sanctuary, and it's exactly why it is so exciting to the right people, and especially to those who really WANT evolution, who really WANT to find out how much more there is to themselves than they thought or feared there was.

Now it's time to be courageous.

If you need any extra resources before you can start to play the game for real, you can now draw further symbols, as many as you need; or you can simply get started without further ado because in truth, you are MAGIC INCARNATE here and you have all the powers of time and space at your command – you just need to REMEMBER THAT.

A note: If you are playing with another and it is their story, encourage them to go forward. REMIND THEM of their magic.

If they are really scared and hesitant, ask them to pick up the magic symbol, look at it and ask for a special magic skill, or tool, or any form of magic help that is going to be useful here to come forward.

Keep the magic symbol close by as you go through the story; it will help you overcome sticking points, moments of doubt or fear and keeps the momentum of the story, which is very important.

In my example, I noticed a hesitation – I didn't really want to blow into the shell, although I very much wanted to hear what it sounded like and knew it was the right thing to do, and also, that nothing bad could happen that I couldn't deal with.

So I looked at the magic symbol and as I did, a ship sprang into being – a beautiful very old sailing ship with square sails but it was magical in every way. I went on board right away with my friend the Shaman, and felt much better as the ship sailed out into the ocean, because I would be meeting those I was about to call half way. That was much better, much more correct.

Now, I couldn't wait to reach that special place in the deep oceans – standing at the bow of the ship as it elegantly drove forward into the emerald green waves was amazing all by itself ...

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Important! Once a vision has become revealed, you need to take the time to play it through to a threshold shift.

All the benefits and amazing results ONLY come from playing the story all the way to its resolution!

=====

As you can see, you can play the story from here without involving any further symbols; but you can also use further symbols to deepen and refine the unfolding process.

There are three ways to go on from here.

- Now pick any symbol and let a connection to the story come to you whilst you look at it. You can repeat this with one or all of the remaining symbols, and you can even do it more than once and keep returning the symbol you've drawn back into the reservoir, so you can draw “Angels” three times if that's how long it takes for you to get the message :-)
- You can look at the rest of the symbols in this order and ask yourself, “Is this helpful/relevant to the story?” The fact is that there are ALWAYS plants around, always animals, crystals make up a vast percentage of the Earth's crust, everything is full of spirits – but in this particular case, is THAT symbol relevant and or helpful to the

unfoldments of the story? Usually you get a clear cut sense of either no, or yes and that's because ... (insert idea, understanding, connection etc. that helps the story). Should you go blank, put the symbol away and come back to it later. It might be important but its time has not yet come.

- You can leave the rest of the symbols and just continue the story; when you need extra help, take a look if something jumps out at you that holds the key to the next step in the story.

In this example story, the one about the shell, the shaman and the magic boat, a truly awesome vision unfolded for me that involved beings living deep, deep below the oceans in an astonishing kingdom of lightness and light; it's a long story, it's my story, but I am most grateful to have experienced it.

My energy mind sent me this vision to help me change something important for me, help me discover something amazing that I never knew was even there, and together we made a re-connection that was deep and profound – the threshold shift.

- **These visions, stories and adventures are priceless.**

It is my deepest wish that you too will discover this for yourself, receive your own visions and play your own stories, in your own time – it is such an enriching experience, it really does change who you think you are at the end of the day in a most profound and structural way.

Other Layouts & Patterns

A Personalised Layout

Instead of starting with the usual run of the symbols from the classic game, you can spread out the symbols and choose where you want to start.

Let a symbol draw your attention, and start right there. Pick it up and place it somewhere else as you let the story unfold.

***An important note:** The faster you can work with this, the better your results will be. Please remember that even the conscious mind already works at light speed, and the energy mind just laughs at that and calls light speed a snail's pace! Ideas can flash faster than lightning if you let them, and half the reason why intelligent people have such trouble with meditation is that it's all waaaaay too sloooooow and everyone gets bored before we've even started!*

By yourself, with children and at parties, you can just pick symbols and have everyone shout out things that come to mind – instant entrance into a whole infinity of topics, of memories, of events, of ideas just streaming forth freely – if you let them.

Using A Pendulum

Place all the symbols in a circle, pattern, grid or in any order and use a pendulum to have you choose 1, 3, 6, 9 or the order of all of them for you to read as a separate exercise.

You can have them facing up, or down.

Using Your “Gut Instincts”

As we know from EmoTrance, feelings in the body show us where disturbances in our energy systems are located.

Make a set up or ask a question, or choose to leave it open so you can experience something very important on this occasion, spread out the symbols and look at them.

Do you have any “gut responses” to any of them? Something that you don't like today, that's causing you to feel a pressure somewhere, perhaps in your head or neck, in the stomach (that's the gut response because it is so common), a symbol that makes you feel uncomfortable?

Pick that one to work with and make a set up - “Give me something to resolve this today.”

Now go through the basic set of Time, Landscape, Dwelling, Friends, Artefacts and keep your Magic close by for extra help with this.

Very fascinating and can be enormously helpful.

Gut instincts are not just for warning us or telling us there's something wrong. Gut instincts also tell us what we really like, what delights us, what we adore and really want!

Spread out the symbols, find one that you find particularly attractive or exciting today, and make the contract: "Give me something that's delightful, amazing, joyful!"

Now go through the classic game to discover a wonderful and uplifting surprise for you on this occasion.

- **REMEMBER: We seek joy, we need joy, joy heals us – we LIVE FOR JOY!**

Especially if you had a lot of therapy, or therapy training, you might have a tendency to always look for trauma, horror, sickness and where things have gone wrong.

That's much less than half the story and you'll have to take yourself in hand to make sure that the FUN and JOY side of things gets the proper respect, balance, and gets to make MANY appearances in your life!

GAMES TO PLAY WITH THE GENIUS SYMBOLS

In this section, we are going to discuss and discover different ways in which you can make playing with the genius symbols work for you.

Don't be fooled by the word "game".

Yes, it is play in absolute essence as we discover new things and go where our attention and fascination is going to lead us.

Yes, we are playing a game.

And yes, this can be as serious as it needs to be.

You can play for your life.

I always do because what I learn here, the visions and the threshold shifts shape my life and my understanding of life.

Just because something is serious, however, does NOT need to mean that you have to approach it in a dour and miserable way.

- **There is a world of difference between being respectful, and being terrified.**

When we are afraid (men like to call it "being stressed" instead), the light goes out. Everything becomes heavy and scary and uncontrollable and too hard, too difficult.

We literally lose contact with the high, fine, fast, flowing, delightful realms of true creation and fall into dungeons of our own making.

Every one of us has the propensity to fall into that, depending on the topic at hand; that is what we call magic failure, probably just a simple, structural energy reversal that we have on certain topics and at certain moments.

Please watch yourself for when this happens; when you no longer understand that we are playing a game, and when you lose perspective.

Please know that everyone, and that includes me, has topics where they lose the plot and everything becomes hard and dark all of a sudden, and it seems that this one thing, this one problem, this one challenge is different from all the others, that it is somehow exempt from the universal laws that rule EVERYTHING.

Please also know that the more you play in Sanctuary, and especially if you follow the 50/50 rule of balancing your serious quests and driven intentions to be a "better" this and that with rest, relaxation, fun and pure JOY, the easier it will become to play EVERY TOPIC with delight.

Remember that whatever game you play, you are playing for a full RESOLUTION of the problem.

At the end, there is the threshold shift.

The light at the end of the tunnel, if you will.

THERE IS ALWAYS A LIGHT.

Sometimes we can't see it right away, and we doubt the very fact that it is really there; but as I've said, the more you play, the more certain you will become that there is a light, a threshold shift, and that YOU can find it; when that happens, you can call yourself a true Project Sanctuary player and a visionary genius, at that.

As you read through the ideas and examples as to what kind of games you can play with the genius symbols, start to pay attention to how you REACT and RESPOND to the games that are suggested here.

For example, the very first section is headed "Therapy Games".

Does that make your toes curl? Do you go into instant rejection at the thought of any kind of "therapy"? I don't blame you if you do, indeed I don't, but come on, I think you and I both know that there isn't a person on Earth who could do with some form of therapy, some form of resolving something that is holding them back in their lives today.

Likewise, if the ONLY reason you bought this book is because you're convinced that "therapy is the answer!" and you are completely attracted by the therapy games alone, I would ALSO ask you to think again and widen the horizons a little.

I would put it to you that every one of these sections and their various games has something to offer to everyone, somewhere along the line.

If you find out which games you like to play more than others, and simply make a mental note for now that this is so, you will have learned something very important about yourself already – and before even having your first proper vision, at that.

So I would ask you sincerely to give all the sections your best attention, and including the "games for children".

Just because you don't have any children, or you don't have any around you any more, doesn't mean that you couldn't have some fun and some extremely interesting insights if you were to play those games with "your child within" instead.

Playing with the symbols and your own aspects is a very interesting and multi-dimensional experience.

With that said, received and understood, here are some examples of how to play with the genius symbols for threshold shifts and evolution.

Therapy Games

To remind us briefly, therapy means healing.

I personally mean for healing to mean this:

“To put to rights what once went wrong.”

Please note: No miracles of PHYSICAL healing are promised here. Project Sanctuary deals with mind, energy, intelligence and emotion. Even though all these are essential to physical health, any effects on physical health are considered side effects, welcome though they may be.

With Project Sanctuary, you can think of therapy as a game, played by one or more people, to get threshold shifts that will lead them forward on their own personal path to healing.

Project Sanctuary is all about resolution and harmonic evolution; putting things in their rightful places, bringing connection and nourishment to systems that are shown to us by the energy mind. In essence, ALL PS play is therapy then in that sense.

However, it is the contract you make before you start to play which decides the direction and the PURPOSE of the game.

- **An important note: Project Sanctuary treats the events in memories, false memories, dreams, fantasies, and PS stories EXACTLY THE SAME.**

All these underlie the basic principles of Sanctuary, and all can be EVOLVED towards a new level of functioning.

For some systems, this new level of functioning can mean that they start to function for the first time; for some it means an improvement in how they function.

We do not seek instant perfection but instead, ONGOING EVOLUTION which will lead eventually to the best we can be, whatever that may turn out to mean in the end.

It is important to remember, especially in the case of “real memories”, that these events that once were, ONLY NOW EXIST IN YOUR NEUROLOGY – memories are energetic data. So are dreams, stories, things you were told, visions you may have had or nightmares – it is all data, all ENERGY.

It isn't just all energy – it is also now ONLY energy.

It's only energy - and energy can be changed. We can step into the data stream as we do and make changes there at will. Then, what once was one thing, becomes another story altogether; and if we get our story straight, it will lead to a much, much happier life for all concerned.

I must mention this one more time because it is central to the healing applications of Sanctuary – we do NOT differentiate between a dream, a memory, a false memory, or a story.

It's all data, it's ONLY data – it is ONLY ENERGY.

Now when you change a “real” memory with PS, you don’t “lose” it, because the change itself becomes a part of the memory – you REMEMBER that you changed the memory.

This has an important threefold effect.

Firstly, when we change a memory using PS it becomes resolved; it is no longer painful, damaging or dangerous to the system; the toxicity has been removed – the memory has EVOLVED.

Secondly, as we remember that we changed the memory, the original events still exist, they are still on record just as they once were so nothing was lost, but a new FORWARD MOVEMENT has been gained AS WELL.

Thirdly, as we have actively connected the memory from then to now and evolved it, it has become available as a resource and is now a system that functions TOWARDS our highest outcomes.

People very rightfully do not want to lose their memories or deny them because all your memories AND all your visions and fantasies together, are your life; and it is important that you should know so can tell others when you work with them that you get to keep the story intact – but it doesn’t end there, the story continues beyond that time or trauma into a resolution which we can achieve today.

What all of that means is that you can “call” a specific event, an energy form of any kind, using the symbols and a contract.

For example, “Take me to a time and place where an aspect needs help.”



This aspect, or past self, will experience the current YOU as their friend who has come to aid them in their moment of need. The energy mind gets to choose the aspect who needs your help the most at this time.

You can be more specific and say in your contract: “Take me to an aspect which, if I helped it today, would have the greatest benefits in solving my current problems with X.”

Once you have arrived in the habitat, and you have an idea of what is going on there, you can draw further symbols to evolve the story and move it into a different direction.

Please note: Do remember that you have mastery of TIME in Sanctuary. You can choose where to intervene and change the past, if you want to think of it like that. Generally, the aspect in THAT time and place that is shown to you by your energy mind is what needs your help right there and then.

The contracts allow you to be as specific, or as global, as you need to be on any given occasion.

Remember there is more to healing than just trauma clearance, although that is often the first thing which needs to be done to bring more lucidity and peace to the whole system.

The contract, "Take me to an aspect that didn't get what it needed," for example, will allow you to bring nourishment and energy into systems that might need this still and are not functioning because they never got the right nutrients, as it were.

Think of health in the widest metaphorical sense, and likewise of health and healing through therapy.

There are many ways in which we can help ourselves and others by addressing aspects who have played an important part in the formation of our personalities, and our beliefs about the world.

One particular thing I would like to mention here are Guiding Stars, moments of extreme joy and possibly even transcendental happiness which can also cause major problems because they were "too good to be true" and aspects can get stuck there just the same as they can get stuck in a high trauma memory habitat.

For example, a first love may be so overwhelming that a person at the time made a vow that "I shall never love anyone else as long as I live!" in a moment of high emotion.

To go to such an aspect and gently ask it to rephrase that statement into something more ecological, such as, "I really love this person with all my heart! I can love!" can really bring wonderful forward movement into stuck and entrenched systems.

A set up of, "Take me to a time and place where I made decisions that limit me today!" can take you to such places; and if your energy mind shows you to a habitat, please take this to mean that you are SUPPOSED TO change what you find there – no matter if it seems wonderful already on the surface.

Healing Games

The Universe is full of healing energies – so many places to go to get healing.

Healing stories are central to playing PS, but you can also simply draw a “daily symbol” and turn to that realm for the healing energies of the day.

Spend a short time meditating on how this symbol can help you heal if you open yourself to those energy forms; a vision often unfolds from that as do amazing threshold shifts that can change your life.

Through experience, we have found that sleep habitats, places where you go when you are lying in bed and before you go to sleep, can be very powerfully helpful when you are seeking healing.

Just before you go to bed, ask for a habitat that would be just perfect for you to go to tonight, where you can rest and soak up powerful healing energies that will help you on every level.

A note: Don't get stuck in one habitat, no matter how beautiful it is or how much better it makes you feel. Ask EVERY night afresh, at least for a week or a month. If the original habitat is still the right one, it will come back automatically; but often this changes from day to day, especially as your healing journey progresses and new and other energies are needed.

Past Life Regression

Many people do PLR for therapy, but it also an amazing game in its own right to find out more about your motivations in this life, to answer questions you have about yourself, and give you a bigger picture perspective on what's happening in this life, here and now.

Past Life Regression is endlessly fascinating, and if you play it simply as a PS game and don't put on it any form of religious conviction or make a huge deal out of it, can teach you reams about yourself. In that way, it can also be played by just about anyone, and thoroughly enjoyed on all levels.

“Show me to a past life that, if we resolve it today, will make all the difference to X.”

“Show me to a past life that will help me understand my soul better.”

“Take me to a past life that will help me understand my own strengths better.”

“Take me to a past life to help me discover important resources I didn't even know I had!”

“Take me to a past life that was amazing, and wonderful!”

These and many other contracts will bring you just fantastic experiences that will really help you understand yourself and others better, and make you wiser, too.

Soul Piloting

Soul Piloting is a particularly fascinating aspect of Project Sanctuary – instead of doing the “poor me!” endless therapy games and hunting for yet more injured aspects of the self, we actually offer our services to help others – lost souls who need someone just like we are, a living person, to help free them because they are stuck between the planes of existence.

The lost souls, like all things, need to EVOLVE – they are stuck and we help them move on their own rightful path.

For any person who steps up to be a PS Soul Pilot, EXACTLY THE RIGHT lost souls that are a perfect vibrational match will come forward.

This means that no matter how forsaken or damaged you are personally, YOU will be the perfect match for some of the many lost souls out there – and for some of them, you may indeed be, the ONLY hope they have for rescue.

In Soul Piloting, we are shown to a time and place where there is someone who needs our help. This can be quite challenging but is also immensely satisfying – keep your Magic symbol close by and remember you have Friends and many other resources to help you help that other.

“Show me to a lost soul who needs my help today.”

Meetings

As we are human, we learn the most from other humans and from interacting with others in general. It doesn't matter if these others are angels, spirits, dead ancestors, guides, more evolved souls who offer THEIR services to us in a Soul Piloting kind of way, animals, aliens – there are worlds upon worlds of beings “out there” who would help us grow, evolve and develop if we were to meet with them, and interact with them.

“Take me to a time and place where I can meet with someone who can help me with X.”

With that set up, you will go somewhere and indeed, meet someone for you to interact with, and to learn from.

“Take me to meet my mother.”

That set up creates a habitat which will be safe for you to meet a living or dead person who you want to talk to in order to come to a resolution or forward movement with that person.

The landscapes, weathers, vegetations and all parts of the habitats are incredibly important to provide “the right setting” for these types of meetings, to help you feel safe and to make it so that the meeting has every chance of succeeding.

“Take me to a time and space where I can meet with Jesus.”

“Take me to a time and space where I can meet a representative of my own soul.”

“Take me to a time and space where I can meet someone who will teach me about healing.”

The choices of games, and the possibilities of interactions and learning are truly limitless.

Block Removal

One of the crazy things about us human beings is that we are often the last to know what's wrong with us or where our blockages truly lie to get what we want out of life.

We're so used to living inside of our own problems, it's like fish with water.

Our energy mind can really help us out if we let it.

Make a set up like this:

“Show me an area of myself where I have a problem that really needs resolving so I can move forward with life.”

Now look at the symbols.

If necessary, pick up each one in turn and ask yourself again, “Do I have a problem with (...)?”

Mostly, something will jump out at you right away.

Once you have the problem area, make a new set up - “Give me something today which will heal this, once and for all.”

And go forward into the resolving story from there.

Wishes, Wants, Needs & Desires

This is a great game to play at any time you're bored, dissatisfied, or you want to give yourself a real treat.

Here we use the symbols to communicate our wishes, wants, needs and desires.

We do so honestly, and without reservation; and we remember that what we are wanting, wishing for, wanting, needing and desiring does NOT have to be reasonable, it does NOT have to be practical, and you do NOT have to have any idea whatsoever of how such a thing could ever be achieved.

All YOU have to do is wish, want, need or desire FREELY – for once.

You can pick out random symbols, or do it in order; for each symbol let something come to you.

For example, “Time – oh I wish I had more time for my personal relaxation and creativity!”

“Space – I wish I lived in a bigger house, with spacious rooms and higher ceilings!”

“The Land – I really, really wish I could see the sky from my windows ...”

... and so on.

It is quite a wonderful experience to get all that off your chest and out in the open.

But sometimes, you find requests that you can work with further, or that are an invitation to do more with that, explore it, let it lead you where it will.

Count Your Blessings

Use the symbols to focus on how you have been particularly blessed with time, friends, gifts, artefacts etc.

You can start with all the symbols face down, and lift one at a time, giving thought on what the blessings are and were, let examples, memories and ideas come streaming to you as to how you were blessed in this respect throughout your life.

Work your way through all 23 symbols and on each one, give grace for all the blessings you have specifically received.

If you can do energy work, you can let the power build a symbol at a time and finish with an overall gratitude to the enormity of all your blessings as you shift up and take the entire deck into consideration, all together.

A remarkable experience, indeed.

The One Who Stands For Them All

This is a particular Project Sanctuary pattern that has no equal anywhere else.

Sometimes we have so many incidences of problems, memories or situations where the same thing happened over and over again, we end up feeling we have to be in therapy forever to resolve it all, one case at a time.

Big, global problems with many components are perfect for this pattern. For example, if a person had many relationships with many women and they were all abusive, we ask for ONE to come forward that “stands for them all” and if we resolved our relationship with THAT ONE today, then the rest would all fall, all be healed, in that instance, at the same time.

Or if there were many incidences of abuse from one single person, we would ask for the one event that stands for them all.

If a person had innumerable problems with all sorts of different people, again we would ask for the one who stands for them all.

If a person has many, many aspects themed around one global problem (as is often the case with people who were abused once, and then it becomes a life pattern) we ask for the one aspect who stands for them all to be revealed so we can heal THEM.

Self Help & Personal Development

Please let me make it really clear one more time that ALL Project Sanctuary playing is about personal development.

If you are being a therapist or magician and reading for another, this benefits YOU as well as you learn more about these amazing processes and gain new stories and visions along the way.

The same holds for all the healing games, whether you play them with yourself or with others; for all the creativity games of course, for EVERYTHING in Sanctuary.

There are a few games of a very personal nature which are particularly powerful for personal development.

Some of those you really wouldn't want to share, so I have included them here.

Adult Games

If your sex life isn't what it could be, there is probably something stuck somewhere; it might also be a case that your fantasy life isn't as rich and doesn't provide enough variety, interest and experiences as it might need to be to motivate you further.

For those who find this topic scary, irrelevant or downright disgusting, just do a gentle set up like, "Show me something sexy that is gentle yet profound and will really help me today."

The classic game symbol set will give you a story that is, remember, CUSTOM MADE for you to learn something new, correct something, give you new ideas and forward momentum on stuck issues of all kinds.

Asking for a new fantasy lover to play with, asking for surprises in that context, finding new ways to play, "Let me experience the real joy of sex!" and many more fabulous and interesting stories, ideas, journeys and feelings await you.

Just start somewhere where you are comfortable, start to play!

I would add that adult games are amongst the most motivational forms of visions to help you unlock your autogenic abilities to really "come to life inside the data stream" and see, hear, feel, smell, touch, sense ... EVERYTHING in lucid clarity.

Pretty amazing ... :-)

Law & Order Games

Only we know what we've done, and what we've done wrong. There are many things spooking around within our data streams that we can't talk to anyone else about, don't want to talk or think about, but they need resolution.

Sometimes they need forgiveness, atonement – some THING that will move these events and incidences along so we can be free and clear, clean, as we step into the future.

“Give me something that will help resolve the guilt over (x),” for example.

This will give all of you an opportunity to really come to terms with things and events, decisions, and bring you if not complete absolution, at least some kind of forward momentum again.

It is hugely relieving to even just be able to put those topics on the table and ask for help with whatever it is from your friends, the higher powers, from yourself.

Question Games

I once observed a person who had “low self esteem” and were constantly saying, thinking and acting on such statements as “I’m stupid,” - “I’m no good,” - “I’m ugly,” - “I’m not smart enough,” - “I’m lazy,” - “I’m a waste of space,” and so on, and on, and on, and on.

After a while I thought, that’s pretty endless, where is all of that coming from?

And it was coming from a single underlying question, which was, “Why did my mother give me away as a baby?”

All the statements of misery were simply ANSWERS to one single question at the bottom of it all. Take out the question, and the answers disappear; or you could replace the question to get different answers to be generated constantly and in the same fashion - “Why am I so beloved by so many?” for example.

“Give me a question I should be asking,” is probably one of the most powerful contracts to start a visionary quest you can imagine.

“Give me a new question, perhaps the right question, the most important question, the most central question, the question that was never asked, but if it had been asked, would have answered so much ...”

Question games are **really** interesting on every topic and they are often the entrance point to a whole new realm of resources, ideas, inspirations and leading to new events in the hard, as well.

Playing For A Threshold Shift

In essence, we are ALWAYS playing for threshold shifts – that's why we play Project Sanctuary.

When you make the set up that you are looking for a threshold shift in a particular area of your life however, we are being very direct and amazing things can and will happen as a result.

There is something quite magical about making the decision that “something has to be done about (X)!” in the first place; it denotes that you have become aware that there is a problem, and now we are activating the immense resources of Sanctuary to solve it.

You can be very specific when you are seeking a threshold shift, for example separating out one set of behaviours, a single occurrence or one thing that confuses you or that you don't understand.

What you will find, however, is that threshold shifts are immensely information dense and you get much, MUCH more than you originally expected or had bargained for, because whatever changes you are making in conjunction with your energy mind and your highest aspects are going to show you that what you were worried about was probably just the tip of the iceberg.

Playing For An Aspect

I discovered this interesting version of doing Project Sanctuary readings one day when I had a little time on my hands, the symbols nearby but I couldn't think of what I wanted to do with them.

That's the "What are we having for dinner tonight?" moment when everything goes blank and all you want to do is not think about dinner at all!

I recognised it for what it was and as I was sitting at the kitchen table at the time, it was easy to imagine that there was another me sitting on the other side, in the traditional place of a querent.

I looked at the other Silvia and said, "Ah! What would you like help with today?"

And she said, "I would like something to help me unblock my magic."

Yay! A question from the querent! A contract!

We can go to work ... and we did, and it was a truly amazing experience that involved a long forgotten aspect who had a traumatic time with visions at a young age, and whom we could heal and help in a remarkable way.

Since I discovered this way of working opposite the traditional empty chair, I have had wonderful experiences and results.

In the position of the querent, on the other side of the table from you, you can have aspects of yourself, your whole current self, a relative, dead or alive; even a friend or a hero of yours could be in the querent's chair, asking you a question and providing the contract, or the impetus for the idea for a contract.

This is also usable for Soul Piloting and inviting ANY querent who might need your help on this day, if you are feeling brave.

Remember that every time you play the game in space and time, you get better at it.

You always gain something, you always learn something.

I really do recommend to play at least one game every day – do that for a week or a month and you will be AMAZED at the results that brings you.

Relationship Games

Relationships are complicated and very telling about ourselves; which is why many people will not tell the truth about their relationships to others, not even in the deepest therapy or their most trusted personal priest.

When we work with the symbols, we can be immensely truthful and also, we can be true to aspects that are normally not shown to anyone else.

“Give me something today to help me correct my relationship with (X).”

If you note, this phrasing of a set up may relate not just to a person, but is just as valid if you want to apply it to a substance abuse problem, an obsession, a fetish with an object, even an allergy.

Being able to honestly state what the problem is in a relationship without anyone sitting there and judging you for being truthful for once is a real god send, and offers unprecedented opportunities for self healing in a totally private and protected setting.

Tell Your Story

This is a totally fascinating game whereby instead of gaining a new story, you tell an old story using the symbols.

For example, if you were attacked when you were 12 years old in New York in Central Park, you would literally take the time symbol, place it down and say, "It was just after 10pm at night, the cinema had just finished."

Take the symbol for weather and say, "It was a cold November night, very clear, stars were out."

Take the symbol for the land and say, "I was walking down a street with tall buildings and before me lay the entrance to the park."

Take the symbol for the plants and say, "The trees were bare but the night wind was rustling in the bushes ..."

Work your way through all the symbols until the entire story is told.

It is a truly extraordinary experience that completely changes things in a way that I can't put into words for you here, you'll have to do it to understand what that does.

In and of itself, that is one hell of a game; but now you have the story laid out in front of you, it has become a true Project Sanctuary story and you can change it.

You can ask, "What shall I do to change this first?" and let yourself be guided to a symbol that stands out to you.

When the story is changed, things are different in a whole new way.

Amazing.

Building A Visionary Goal

As in “Tell Your Story”, here we use the symbols to build or refine a goal or vision.

This is very handy as we are telling the energy mind what we want in a way that it actually understands, something that was very difficult to do previously.

Goals can have different contexts of course and you will put that in the set up for the session; for example, “This session is about my goals for prosperity and wealth.”

Sit back and think for a moment of a scene or vision of you having achieved wealth in the widest possible sense but definitely including having stacks of real money as well.

Let's say we have the very common representation of drinking champagne on a yacht and getting a massage from handsome personnel while we're there.

Start with the basics and describe this scene to your energy mind, using the symbols.

The time of day is just before lunch. The weather is fine. The land is the sea before a beautiful island. And so forth.

The PS symbols give you the opportunity to make this goal vision not just very real, but also to add detail and especially, the higher influences which are often lacking from “normal” goal setting procedures, such as having the helpful spirits of your ancestors there, supporting you, acting in accord with the higher powers of the universe and so forth.

If you play it all the way through, you will end up with an incredibly stable and very refined, multi-level goal and vision that both you and your energy mind understand AND have agreed on during the creation of that vision. Very powerful, extremely useful.

Creativity

Well, where do we start?

Project Sanctuary is intelligent, infinite creativity in essence – but you can add another dimension by using contracts.

This puts you totally in charge of your creativity; it makes the highest, most visionary forms of creativity reliable and accessible to ANY HUMAN BEING who functions well enough to be able to read these words.

That is quite unprecedented in the history of humanity; enjoy this fact as you play with the genius symbols to unlock your very own true and amazing flows of creativity with ease.

Stories

“Give me a story that helps me overcome problems x.”

“Give me a story for X that will help him/her with their problem X.”

“Give me the perfect story for a five year old boy who has been sexually abused to help him heal.”

“Give me a story that is a Wild West story for a film script.”

As the contracts are endless, so are the stories.

“Better Stories”

*“Now my story is fair done,
I beg you: tell a better one!”*

This phrasing was used amongst story tellers of old as they were taking their turn in telling their stories, passing the spotlight from one to the other.

It was a challenge of course, and it was then as it is in this game designed to bring out new resources and stretch our ability to simply make “better” stories – however you want to define that.

Richer stories, longer, more concise; more meaningful, more exciting; more information dense, more transformative; more applicable for the audience, more sellable, more profitable – how do you want to define your “better stories”?

You can leave it with the thought to ask just for a better story in general, like the old story tellers did, and you might find improvements that you didn't expect and couldn't even foresee or think to ask of.

Time Stories

I don't know why or how it is that when you set the time, the rest of the story follows so easily; and it doesn't matter of course as we are interested in the stories and results at this point, rather than the potential theory.

In fairy tales, time and space are set with "Once upon a time, in a kingdom far away."

If you place your story there using the symbols and defining time and space to be THAT, you end up with the fairy tale plane, a land outside of time and space altogether, where very metaphorical things are happening.

In Project Sanctuary, as soon as you have the time – time of day and time of year if we are playing on Planet Earth or something like it! - you have the location and the entire habitat is there.

So it is possible to steer the story from the time angle.

You can place the time symbol and state a time of your choice, like you would set the dial on a time machine, to go to a time of your choosing. This can be a Science Fiction type future, it can be any actual date in Earth's history, it can be more global to an era like the Middle Ages or the Roman times, and it can be a precise time and date from your own memories, or that of anyone you are dealing with.

This is useful and really interesting for unfolding and creating everything from a Wild West TV series to a Science Fiction novel, a memory retrieval for a court case, a psychic reading or a finding, or a meditation involving the real Egyptian magical ceremonies you want to learn more about.

The ability to steer the story from the time angle gives you a lot of control and flexibility over your visions and makes it much easier to get outstanding results with your stories.

Paintings & Sculptures

Once you have your story, you can pick out the most memorable/powerful/resonant single images and turn them into paintings, sculptures and all manner of works of art.

You can abstract them to any degree, just have a few colours there, or go to town and really paint the scene like Michelangelo; either which way, these will all be amazing and totally ORIGINAL works of art that have a story behind them.

The act of finding particularly resonant images in a stream of visions in and of itself is quite an interesting ability which you can practise, even or even especially if you have no interest in art or painting at all, by the following method.

When the story is done and you've had your threshold shift, ask yourself which one image, if you took a still image or froze time there, matrix style, would really sum up the whole story FOR YOU?

It is a very interesting experience to jot down in a few strokes and stick figures a kind of pictorial “note to self” of that key moment in the story. It enhances many key skills that will stand a visionary genius in good stead over time.

Ideas

How many ideas do you want? You can have endless ideas, from an entire story, or very specifically for one purpose or to solve a problem, or to answer a question.

Turning the symbols face down and asking for an idea for X, drawing a symbol and letting it take you from there will generate as many ideas as you could ever want or need.

As before, the contract steers the process in the right direction - "Give me an idea for X." or, "Give me ten ideas for X," or "Give me three new ideas for X which will be incredibly successful!"

Be brave, have faith – and let your own energy mind ASTONISH you, time and time again!

A tip: Do NOT dismiss ideas or as we call it, "send them back" as being pointless, or substandard, or too (whatever). You need to take the idea or vision or story and say, "Thank you." If you do that, you'll get more, you'll get better at it, and you get to be more precise with your contracts as well over time.

If you have to send an idea or a vision back, don't do it in a rejectful manner. Ask for further refinements instead, for new developments, or changes even in the deepest structure, if necessary.

Keep the lines of communication OPEN AND FLOWING, back and forth – that's how you get eventual agreement between the conscious mind and the energy mind, and a truly fabulous idea, invention, resolution as a result of the PROCESS of communication.

Music

Most people find it quite easy to match a little picture or a painting to a PS story or vision, but haven't thought that it is just as easy to match a little song, a composition or an entire symphony.

You can take any musical instrument such as a recorder, piano, mouth organ or whatever you have to hand and simply try a few notes, to find one that resonates with the story or vision.

As with the pictures and sculptures, it is a visceral "yes/no" process that is amazingly positive and accurate.

"Does this note match?"

You can feel yes and no immediately. Keep trying one note after the other until you get a "Yes!"

Now, you've got one note, so what happens next? Another will follow, and then another, until you have a melody and that makes a song.

The first time you do this it is totally amazing how you could possibly know, especially if you haven't ever had anything to do with music; but it's just energy, and matching up energy is something we can all do, and easily so.

If you don't have a musical instrument, try humming a few notes and phrases. Keep the story/vision in mind and simply feel for a match. It's a fascinating process and creates amazing and once again, completely original songs.

Poetry

Instead of saying, "Give me a story," we can certainly say, "Give me a poem ..." for the contract instead. We can also say, "Give me a guided meditation," "Give me some lyrics," and of course any other form of writing you can imagine.

Poems are especially good fun to make from Project Sanctuary visions, stories and events. As with the music, start somewhere.

Draw a random symbol and let the first words come to you. With experienced users, that's enough and the next line, and the next, will simply come to you. With beginners, simply keep drawing symbols and let the process unfold that way.

Simply take down what you're given. It is always entirely new, creative and exciting.

Problem Solving

A problem is a puzzle; and using the symbols to give a new perspective on any problem is a fascinating thing to do.

Focus on your problem and draw a symbol.

Let your energy mind go into action and show you something that is highly relevant to your problem in hand. Most of the time, the first symbol you draw already does the trick; but you can refine your solutions by drawing further symbols to create a story solution for your problem.

You can also create a custom habitat to help you solve your problem.

Define the time and landscape, the components and actors that exist in and around the problem, such as recreating your office with all the co-workers and the boss in Sanctuary, or the competition swimming pool, or a model of the whole system you are working on.

Once you have turned any situation or problem into a habitat, you can move around in it, change it and work with it in any way you like.

For example, you can run the same scene or sequence of events many times, and until you get your required outcome or something even better still, using the habitat as an advanced and interactive Tesla Machine.

If you are wondering what to wear for this year's fancy dress party, use the classic game symbols to create the habitat correctly, the office, all the workers, have them drink as they should and then open the door and watch you stepping inside dressed as a cowboy. Observe the reactions, and re-set the game back to the moment just before the door opens; this time, you're wearing a Big Bird costume instead.

Because this is Sanctuary and not a fear fuelled hallucination, it will give you an extremely accurate reading that reflects what will really happen in the hard perfectly and reliably.

Over time and practise, this process can get very fast, near enough automatic, and can generate endless scenarios until the perfect breakthrough solution has been found.

Inventions

“Give me a new invention today!”

A great game, one that children just love, and whether you play this for fun or for profit, it is a great open invitation for your energy mind to come forward and prove to you just what it is capable of – if only we think to ask it.

A true invention is something that never existed before and that's a cool thing to ask for in a vision.

But you can also do innovation instead, which is taking an existing thing and simply making it better.

There isn't ONE SINGLE THING that humans are currently using that couldn't be innovated to make it better in every sense of the word you want to use.

More user friendly. More environmentally friendly. More LOGICAL. Easier to transport, easier to clean, easier to build, easier to dispose of.

On this one, the world is your oyster in the true sense of the metaphor.

And do know that we are ALL waiting with baited breath for the next innovation that will solve an existing problem, even one we weren't aware we were experiencing.

Innovate and invent away – you'll be doing us all a favour!

Divination

Traditional Psychic Readings & Oracles

The PS symbols make the mysterious processes of “reading the tea leaves”, “gazing into the crystal ball”, or “reading the Tarot Cards” as easy as pie.

Sit opposite the querent and ask them to focus on their problem or what they need to have help with.

Simply read off the “classic Project Sanctuary adventure game” symbols in order; let the story come to you and just tell it as you see/hear/feel it unfold.

The querent will come in at some point and make the story their own; you can then assist them to come to a threshold shift on their presenting problem.

Another version is to place the symbols face down and let the querent mix them up before you pick up one symbol at a time and read it as you go along. It's easy and amazing in the depth of information that comes forth, and even in the hands of a beginner, will give the querent a most amazing experience the like of which they've never had before.

Of course, you can also let the querent choose any number of symbols and use those to give you the vision that's required.

If you are a tarot reader, you can use the symbols in the patterns of tarot readings, such as the Celtic Cross, or the houses of the Zodiac.

You'll get quite unprecedented and stunning results because the PS symbols are so easy and so directly understood.

Predictions & Psychic Phenomena

Through the contracts, you can use your genius symbols and processes to give you information and readings on just about anything you want to; whether it is “Show me what lies in the future for X” or “Give me information about what is going on in this haunted house”.

More than that, the interactivity of the data stream also gives you the ability to do something about whatever it is – you get to RESPOND to the information you are receiving.

This is particularly useful for bad futures and haunted houses; just knowing what is going on is clearly not enough!

Improving Psychic Abilities

We all want to improve our psychic abilities and our abilities to be absolutely in charge of these, as well – no-one wants to be inundated with spirits all the time, after all.

This in and of itself is the major reason why we tend to block our psychic abilities, often at a very young age when it first becomes apparent that there's more to the world than meets the eyes of day.

“Give me something today which will help restore and improve my psychic abilities!” is a great contract that you can play with yourself and in groups many times to find places where your systems might need healing, re-arranging, or what kind of extra energies, events and experiences are needed to really catalyse your psychic circuitry to a whole new level.

Highly recommended!

Dreams & Dream Interpretation

Any dream is a habitat! If the dream is remembered, the correct procedure is to re-enter the dream and play the story on, forward, to a threshold shift.

You can use the symbols to guide yourself or another to the correct resources, and order and sequence of what we have to do to resolve the dream and “get the message” - which does NOT become apparent before the dream has been successfully resolved.

That's where general dream interpretation goes so very wrong, trying to guess the moral of the story from the first act alone. A remembered dream is an invitation from the energy mind to communicate and work together, and when we do that, dream resolutions can be truly fabulous tools towards growing into who we are supposed to be.

Dream resolutions PS style are wonderfully empowering and this is a game to play with children so they learn from a young age how to deal with scary dreams in such a way that they are totally and positively resolved, leaving you far smarter, calmer and more knowledgeable than if you'd never had that scary dream at all.

You can lay out the dream to start you off as in “Tell Your Story” in the Therapy section by placing the requisite symbols in order as you re-create the dream event as a Project Sanctuary habitat – and then you go on to evolve it towards a visionary resolution.

A note: Dreams evolved in that way NEVER return! You might get new dreams that re-visit the habitat but the old dreams are gone, because they are resolved – even if you have dreamed about the same old spooky house for decades. Dream communication then also begins to evolve, and lucid dreaming becomes more regular as well.

Very, very cool indeed.

More Games To Exercise Your Genius

“Pushing Through The Threshold” Games

Most people are entrained to think that one single good idea in a lifetime is already a gift that only the chosen few will ever have any hope of receiving.

This is of course utter nonsense and we can generate as many new good ideas as we want to, once the energy mind comes online and starts to play with us.

Threshold games, especially if played in the right spirit, can blow these old limiting beliefs out of the water and delight you beyond measure.

In a threshold game, you don't ask for one good idea, but instead, for a dozen, or a hundred; and you'll be astonished to find that the magic generator of all things creative, your very own energy mind, will comply and send you AS MANY AS YOU WANT.

Other examples would be to ask for a set of 25 sculptures, 50 paintings, 14 songs for an album, 100 poems, or a dozen breakthrough ideas for your personal life or business.

Keep the symbols face down, just draw one, and each time you will get what you ask for – it really doesn't stop.

This game is highly recommended for practice, and to update your self concept if you didn't know just what a creative genius you are equipped to be.

The Challenge Game

This is a good fun game to play with children or with friends at parties.

Here, another person draws or selects deliberately 3 symbols and you must tell the story of those symbols, immediately.

In a “quick fire” pattern where this happens very quickly back and forth, or around a table, you'll be amazed at the stories you get – and the practice you get at receiving “instant visions”.

Single Symbol Adventures

The simple genius symbols have WORLDS of potential and information behind them – we talk of these things as, for example, “weather, in its widest metaphorical sense”.

Through the portal of the simple symbol “weather” you can travel to all manner of places, of times – you might remember something, an event that is just like a habitat, with a time, and a landscape, events happening there, and you can treat this memory EXACTLY as though you were dealing with a habitat you just created.

If it is a disturbing memory, you can step right in, bring your friends and all your magic, stop time, rescue the aspect if it needs that, change things, make it into whatever you CHOOSE to make it into.

The portal “weather” can take you to very structural, high level places like thinking about the weather systems of Earth and how they influence – EVERYTHING. We could go even higher and contemplate how the weather on Earth is influenced by sun storms and rays from outer space, and how those things are cosmic weather on a much grander scale.

Weather can lead you into the water cycle, or into the very heart of a single rain drop.

It could be that you think about the idea of emotions being like the weather and have thoughts and insights about that; or it could be that a habitat just unfolds you've never seen before and a story develops from there.

A single symbol adventure can be done open, like the example with the weather above and you can't know where it takes you; or you can put a set up on it and ask for one symbol that has particular relevance to a problem or a good situation you want to become even better still.

World Seed

A variant of the single symbol adventure is the World Seed.

Pick a symbol and let the entire habitat unfold around it and from there.

This is a particularly good way of playing with children and adults who might not be used entirely to Project Sanctuary, as “growing a world from seed” is quite natural and unfolds so happily, once you have the first (plant, animal, artefact, angel, person etc.) to get you started.

Simply keep asking non-leading questions such as, “What's behind the angel?” - “What happens next?” - “What else is there?” and after a little bit of digging to start with, soon enough, the story and the information will start to flow – and your vision is happening.

Negative Symbols

People are complex, but they are never, ever random. This game is very interesting indeed and can lead to some fascinating insights, messages from the dark side of the moon, as it were.

Get a piece of paper and jot down all 23 symbols, one after the other as they come to you. Do this quickly and do NOT number the symbols.

When you are happy that you have them all, count them.

Are there any symbols missing?

If yes, find the symbol or symbols that are missing on **this occasion**.

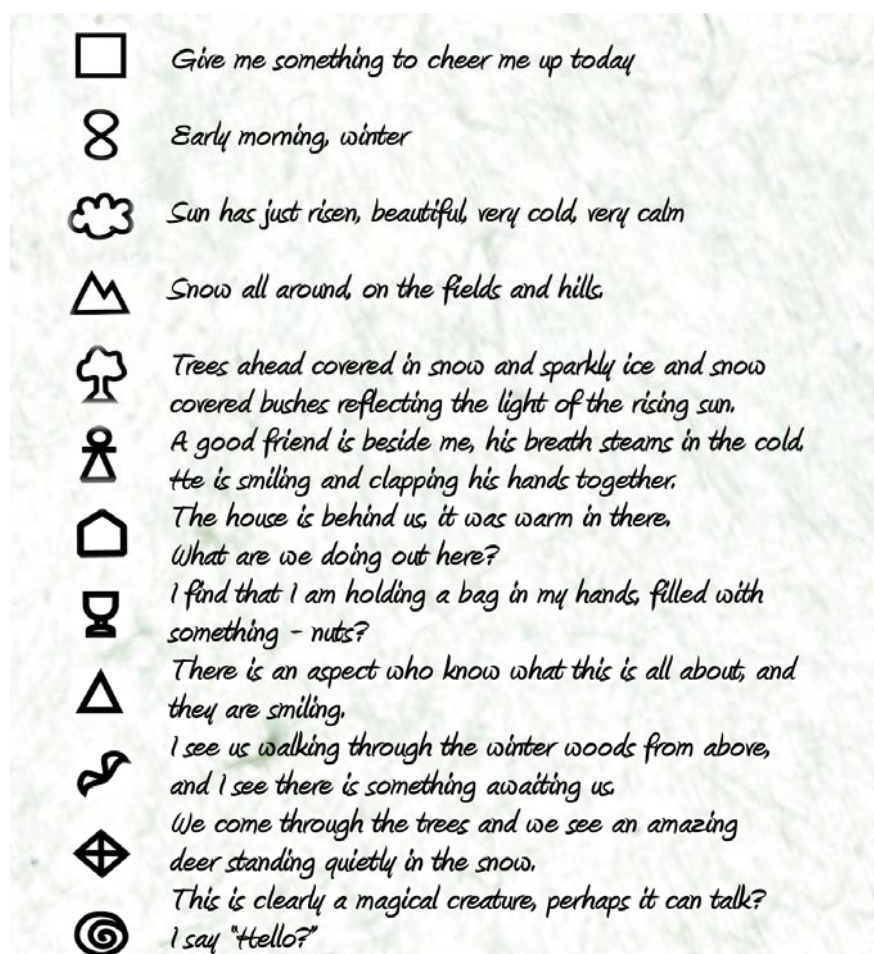
Take these symbols to give you a vision that is really important to you at this time to discover or resolve something you had NOT thought about at all, and/or not thought to ask about.

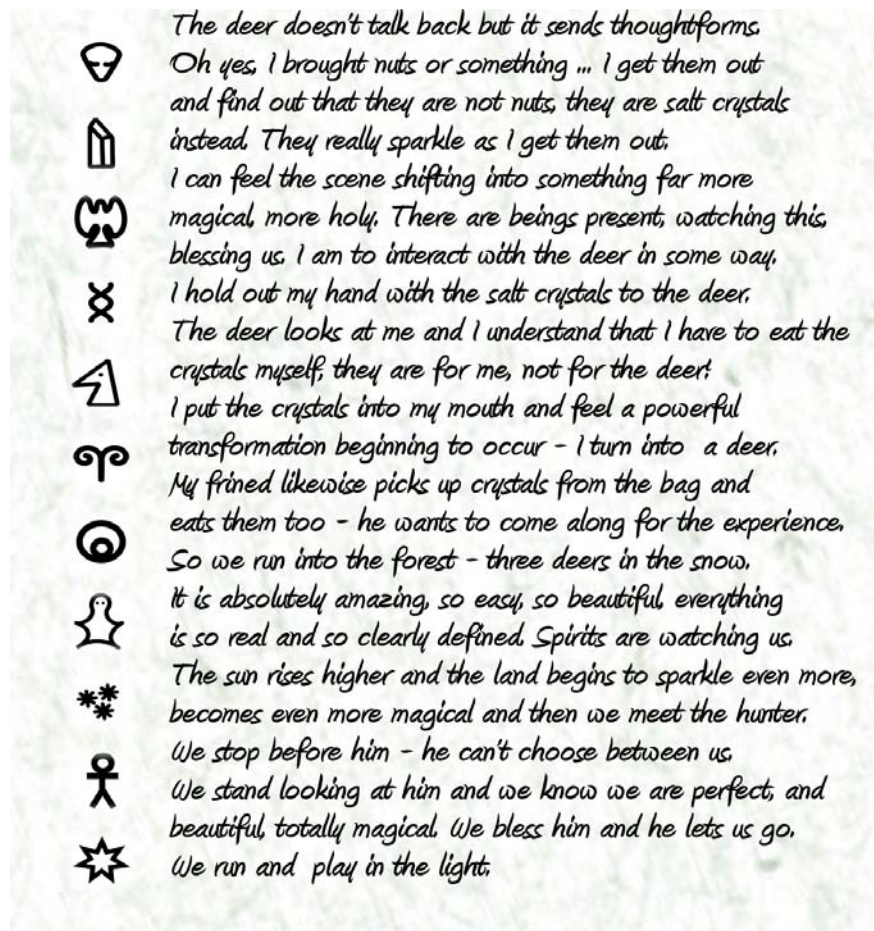
This is a fascinating exercise, especially if you do it quickly.

Even when the symbols are really well known to you later on, this will still work and give you some truly amazing insights.

Playing The Game Without A Physical Set

Once you know the symbols, you can play without a set of physical markers or stones. One simple way to play is to think about the classic game symbols in order (do you remember what they were? Can you do it now?). Another way to play which is quite interesting is to take a large piece of paper and put one symbol at a time down, then write your impressions next to it.





This is very easy and something you can do at any time, anywhere, and it also allows you to read back the whole vision as it unfolded for you later on.

If you are playing with someone else, you can draw the symbols with a pen one at a time for them to see which is a good way of playing as well.

Into The Truly Unknown

“Show me something I have never seen before ...”

I love that particular set up.

It's like going to the cinema and finding a brand new movie that keeps you entertained and enthralled, but a whole lot better all around.

Of course we do not need to restrict this to a visual modality.

“Let me have something I've never felt before.”

“Send me something I have never heard before.”

“Take me somewhere I have never been before ...”

And if you really want to push it, you can ask for something that NO-ONE has ever seen, heard, felt, experienced before ...

Inventing Your Own Games

Of course, every single time you get out your personal genius symbol set, there lies the potential to develop your own games, your own ways to play, to play with patterns, grids, with sequences of revealing symbols, with using the symbols face down or face up, letting yourself be guided to the right movements and decisions in mind, body and spirit as you simply PLAY.

You will invent many spontaneous ways to play, especially if you start playing with others, in the hard or not, there is surprisingly little difference when all is said and done.

I strongly recommend that you keep your own symbol set nearby and just let yourself drift into play at random moments; to see them as you're passing by on your daily tasks and so you are inspired to pick a genius symbol or two, think about an event, vision or story, or come up with some new questions for the next real adventure.

THE GENIUS SYMBOLS IN SANCTUARY

I am an experienced PS player and it happened very naturally and just as soon as the symbols had been assembled, that I found myself in Pertineri Market, with a symbol set in front of me.

Visions Within Visions ...

It is a fact that there are as many levels to this as you can consciously take; when you are starting from within Sanctuary, the visions you receive become more abstract, and the more levels you step away, the more abstract they become.

The ability of the conscious mind to stay in the game in spite of the rising levels of abstraction expands with practice; and you can get further and deeper into the game without the conscious mind “giving up the ghost”, switching off, and you simply going unconscious or falling asleep.

We practically use this in a pattern from Project Sanctuary to be able to fall asleep at will – we enter into a sleep habitat, where we find a nice place to go to sleep. There, we dream another habitat, where again, we find a nice place to go to sleep in. There, we dream of another habitat, where again, we find a nice place, settle down, and go to sleep ...

There are not many people in the world today who have ever managed more than five sleep habitats into this particular game without losing consciousness; if you play this correctly and go for full autogenic lucidity in every one, you too will find that there comes a time when the conscious mind can't go on any longer and it has to switch off.

Fascinating though this may be, the whole point of playing for visions and threshold shifts is of course that there is LUCIDITY, because if the conscious mind isn't in the game, “we” don't know what happens and whatever has happened, might as well not exist at all for all the good it does!

If you find that difficult to conceptualise, imagine you dreamed up the cure for cancer one night, but when you woke up, you don't remember that you did ...

That sort of thing is structurally entirely useless for practical every day life, as I said.

Playing one or two levels in, on the other hand, is a good practice pattern to expand the conscious mind's ability to “stay awake” and contributes greatly to our abilities to stay lucid, in waking life, in dreams, AND in Sanctuary visions.

A First Genius Symbol Game In Sanctuary

Find a suitable habitat with a dwelling where you can play in peace, in protection, and to get the best possible results.

By all means, use this as a contract right here with the physical symbols to create this before you start. Once you have the habitat established, found your time and space in the data stream in other words, simply go there.

Find the place where the symbols are waiting for you, and sit yourself down just as you would in the hard.

Make a contract, just as you would in the hard; or have some friends present who can play with you, for you, or give suggestions about the contracts you might want to use here for a change.

And then, simply play the game as it unfolds, from there. Fascinating, and you can tell the difference in what kinds of visions you get when you play from within Sanctuary.

Playing On Behalf Others

When we play for ourselves, we are often given to making comparisons between the visions we have and our own life's memories; this is especially true for people who have been in therapy, or are therapists of some kind, but even for others, this is pretty unavoidable.

When we play on behalf of others, this is different.

We get visions that you can't track or trace as having anything whatsoever to do with you on any level; and that is fascinating and also I believe it to be especially enriching, as here we really get to add and touch NEW DATA that we have never had before.

In the hard, getting a steady stream of customers for genius symbol visionary experiences is naturally limited by how much time you have to give; in Sanctuary, time and space are your oysters and you can take on as many astral clients as you want as well as making use of the width and infinity of choices beyond living people.

Streaming visions for an alien, a deceased loved one, a total stranger from a different time, for a friend even, is absolutely fascinating and represents a different set of skills to streaming visions on your own behalf and in response to your own questions and contracts.

Do remember that you are always playing for a threshold shift; in this case, not your own but that of your querent's.

Until and unless your querent is jumping with excitement and literally shouting, "Oh my!" - "Wow!" - "I got it!" - "Aha!" or "Eureka!" you're not done with the process.

It doesn't matter who your querent is, as well; even the most advanced, magical or otherwise wondrous entity underlies the rules of the Universe and they need to have their threshold shifts just the same as we do :-)

You, The Querent

A wonderful way to gain all sorts of new perspectives on the art of visioning, life, the universe and everything is for you to go and get a vision from someone else.

This someone else could be anyone, of course – but who should it be for you on this occasion?

A famous seer from way back when?

An aspect of your self who could do with the practice?

One of your friends?

You, yourself as you are right now?

An alien who will catalyse the game on your behalf?

This is endlessly fascinating, and your own responses to the game and as it progresses from this perspective is also something quite priceless, and a unique experience in its own right.

Living Symbol Experiences

The genius symbols are portals, as we have noted; in Sanctuary, you can make this quite real and literal.

You might like to try a game whereby you visit a building or a structure with 23 doors, and each one has one of the symbols on it or over it – just know that when you step through that portal, you will enter into a new habitat that will bring you closer to understanding the symbol or your relationship with it.

This is a very fascinating experience indeed and will offer many adventures in its own right; as nothing is ever “finished”, you can also take many trips through the same portal and learn something new, EVOLVE YOURSELF FURTHER, every time in a spiral movement of unfoldment that never ends, as long as you live.

Exciting, exciting, exciting!

Symbols & Artefacts

Making artefacts out of the symbols, or decorating artefacts with the symbols in Sanctuary is also a truly fascinating endeavour.

Imagine a sword and it has the time symbol engraved in the blade!

Oh my!

What **could** you do with that?

What might you use it for?

Where would that come in handy? Or ... when ...?

Or perhaps a cup with the symbol for stardust ...?

A fruit and on closer inspection, it has the gift symbol in its very structure ...?

A tree and every leaf carries the symbol of the dance ...?

This is a truly delightful game, and one I hope you will allow yourself to play and experience in full.

CHILDREN & THE GENIUS SYMBOLS

Children love Project Sanctuary and they are natural players. They can show adults up sincerely in how easily they take to it, and how trouble free they simply dive into the stories and find outstanding resolutions.

You can play with children in the hard, and you can also play with Sanctuary children – with your magical child within, with child aspects, and with other kinds of Sanctuary children, including in Soul Piloting.

You can play the entire game in Sanctuary or you can have the child you're playing with come to you whilst you play with the symbols in the hard.

There are three main ways in which you can play with children.

One is to tell them a story; the second, to have them tell you a story, and the third is to create a story together.

None of these is “better” or inherently more beneficial than any of the others; if you are playing with children, you should do all three because they are very different and actualise different aspects of us, the child/ren and the relationship that exists between you.

A First Symbol Experience

I personally like to just show the symbols to a child on the first time out and let the child tell me and show me what needs to happen next.

Usually, children find the symbols on the templates/stones quite fascinating and will ask questions or tell you things; if you follow on with that, you can't go far wrong.

You can tell a child about the symbols and what they mean, but don't bore the kid to tears with too much detail.

I like to let the child show me which symbols they find most interesting and just let something develop from there.

At some point, I will offer a First Sanctuary experience. To have a world of their own is something children really like; and just like with adults, it gets the flow going, is good fun to do and practises the basic skills you need to become a great player as a by-the-by and while you're doing it.

A First Story Experience

Depending on the child and whether you choose the option of you telling the story, the child telling the story or both of you creating the story between you, it's a good idea to get a first story going so the child gets the idea that Project Sanctuary is an active place where you get to have great adventures.

You can start with the “classic game symbols” and trust me, things will just follow on from there.

Giving & Receiving Gifts

The Gift is an original Project Sanctuary pattern whereby an energy form is created and sent to a recipient as “your special gift for them, something that only you have the power to give”.

This is a practice exercise for Project Sanctuary because it is the energy mind which has to create and send The Gift; consciously, we can't know how to do either, as usual.

“Let's send the perfect gift to Aunt Mary to help her not be so sad anymore. What shall it be?”

You can draw a random symbol and base your gift on that; you can also create a complete habitat and look for the gift inside of it.

When we have The Gift, we send it out with a gesture like you would set free a bird you hold in your hands, so it can fly away and find its recipient.

Giving The Gift is a wonderfully empowering and moving experience that has magical results in the hard as well; it is a piece of magic that anyone can do and that is quite real.

Gifts can be given to anyone and anything, so one can send a gift to a pet, to the environment, to a business, to a situation, and it will always improve the atmosphere and make things brighter.

Receiving The Gift, on the other hand, can be a little bit more tricky.

Ask a friend for a The Gift and see what happens next; this is a wonderful opportunity to “get something” that is needed and wanted, and probably structurally important for health, wellbeing and evolution.

How this gift is integrated is of the essence here.

Where does the gift fit, where does it belong, what are we to DO with it?

If you are given a book on birds, are you supposed to say “Thanks a lot!” and then just leave it on a shelf?

In the Sanctuary realms, we do a whole lot more than that.

You have to remember to think magically – especially when The Gifts are concerned.

The book on birds is crying out to be taken somewhere, opened up and all the birds on the colour pictures come to life, fly out of the pages of the book and start to sing in the tree tops; the book itself turns into a big brown owl who might become a friend perhaps ...

Think of receiving a The Gift as a puzzle in its own right and find where it needs to go, what it needs to do, how it needs to be received.

It's a skill set that is very valuable, and soon learned, even by the youngest children, and something that will stand them in good stead throughout life, opening the doors for these children to be able to receive miracles, when they come their way.

Bedtime Stories & Stories In Instalments

Not all stories conclude within minutes; and many of those stories which do are an entrance into that world and it is possible to have many instalments, or even a fully fledged meta story.

Project Sanctuary bedtime stories are simply vastly superior to looking at a picture book someone else has written in every way possible.

The stories are going to be spot on appropriate to delight the child; if you ask in your contract for a story that will give the child good dreams and make it sleep deeply, rest amazingly and wake up bright and fully refreshed, you'll be doing a grand job.

There are many other concerns, hopes and dreams you may have for the child you can build into the contract – especially the issues of that day make for a good set up to be resolved and evolved through a story.

Even if you have played with the symbols only a few times, you'll soon be able to not need to look at the stones any longer but see them in your mind instead; and so you can sit in the dark with your child and create a world that both of you can see, an intense rapport that is very precious but also incredibly educational for the child in question.

Once a story is under way, the child can pick up their power and help change and morph it more to their liking; again, this is VASTLY superior to being just a recipient for a story that is locked down in black and white letters on a page by a third party who isn't even in the room.

If the story gets stuck at any time, you can call on the PS symbols to come to your aid and suggest something to help you move the story along and to a very successful and delightful result and effect.

This is pure magic, and it also makes the child respect you in a whole new way as you are the story teller, not just a reader for someone who is cleverer and somewhere far away.

The same works in reverse as the story teller begins to appreciate the intelligence and creativity of their child in a whole new way, and the depth of rapport and connection achieved resonates out from these experiences far and wide into other places.

Your special stories will remain a source of connection and also a place you can return to in the future in case this should be required, or bad things happen, to re-affirm this special magical connection through the worlds you created between you.

This is truly magical, and the long term repercussions of making these sort of connections with a child should not be underestimated.

They may well last beyond even the end of life.

Stories & Pictures

Making a picture from a Project Sanctuary story is also a wonderful thing to do on a rainy afternoon, or at any time you're up for a deeply connective and sharing experience with a child.

Instead of just telling the story, you, the child or both of you together get to paint the time of year, the landscape, the weather, the dwelling, the friends, the artefacts.

This can be one picture, or a whole series of pictures; it can also be just simple cartoon like jottings on a piece of paper as well as full colour creations to hang on the wall.

Making a story, a habitat or a special threshold shift moment hard and visibly manifest in the hard like that is a very magical thing to do, and both the process, as well as the results, represent truly superior learning.

Little Worlds

Something that I have always enjoyed tremendously and which children absolutely love is to build “a little world” in miniature.

You can build a world on a dinner plate, or in the garden; on the beach or in a shoe box; or make a larger world so the child can use their play figures or toy animals as a part of this world.

A little sand, a few sticks and twigs for big stately trees, a little silver foil for a lake and a pebble for a mountain, and you're up and away.

Making little worlds and playing games in these is just fabulous. You really don't need much in the way of equipment, and it's tremendous fun.

Of course, if you want to go to town and make models of castles and use big crystals for alien worlds and such, by all means!

This is truly one of my favourite “children's games” of all time.

Soul Piloting for Children

Children often feel useless and pointless in today's societies.

Soul piloting does SIGNIFICANTLY improve a person's sense of worth and self esteem, and a child is no different in that respect to anyone else.

Each child has its own unique vibration and will attract its own unique claimants; these will be different from yours and completely unique to the child themselves.

That in and of itself is a revelation to most children, that it is THEY who are needed here absolutely, and that you are only here to advise – the claimant is their own.

Start with a basic classic lay out, but create the contract that the child wants to help someone who needs their help today by placing the spirit symbol at the front of the lay out.

Make sure you don't overwhelm the child or try and take the lead, no matter how much you want to – remember, this is THE CHILD'S CLAIMANT and you are only there in an advisory role, serving as the child's FRIEND on this occasion.

And you know how a real FRIEND helps YOU – definitely not by taking the game away from you and playing it in your stead!

Dreams & Nightmares

Children are very close to their dreams, in a way we have quite forgotten what that's like. Talking to a child about their dreams is a very good thing to do in the first place, but to take any dreams into Sanctuary to explore them further or to resolve them in a different way in the case of nightmares, is an astonishing thing to teach to a young child.

Do bear in mind with all these things that when we are playing Project Sanctuary with a child, this is not an entertainment like reading out a book that you have to do over and over and over again until you're sick to death of it – the child is LEARNING how to do things WITH THEIR OWN MINDS instead.

Once you've done a few dream resolutions with your child, they can do this themselves at any time when they need to; that is a life skill and something no-one can ever take away from them again.

It is nice to offer the opportunity to work through something with you by their side if that's necessary; but you will find that children soon make Sanctuary their own and will surprise YOU with what they are doing there – and most likely, INSPIRE you to try new things and become more flexible and exciting in your adventures.

I would also add that if you were to bring one of your own bad dreams to the table, as an equal in the game, and ask for the child's help in the game of dream resolution, something honest, magical and deeply aligning takes place between two human beings, regardless of the labels they carry in society.

Games for Older Children & Teenagers

It might be thought that older children, adolescent boys and stropky teenagers would be resistant to playing Project Sanctuary with their elders or progenitors, but you'd be wrong about that.

Let's not forget that you can play Project Sanctuary for sex, for example, and that someone who knows how to make a basic habitat and get autogenic there will then also have the ability to invite any pop star, sports hero or other desired personage there and have some jolly good fun – and all nice and clean without the risk of STDs or pregnancy!

Project Sanctuary isn't daydreaming, and whatever is important to your youngster, be it being more popular at school, being better at sports, getting a date with a boy band singer, battling dragons, exploring alien planets or getting married to the boy next door AND living happily ever after, can be played as a Sanctuary game – and it WILL have an effect on the person who is playing that.

The ability to “step into” and become a part of something they find fascinating, from a computer game to a TV show, a movie or a Manga comic, a story from history or a favourite book, is a highly attractive proposition and one that is going to strongly motivate an older child to have a go with Project Sanctuary, especially on their own and in the privacy of their own minds.

- **Remember that Project Sanctuary is a LIFE SKILL.**

It affords the player a platform to satisfy themselves in a different way, try out many different things, situations, people, behaviours, movements, skills and the rest in a safe and supportive environment. It allows us to practice and rehearse behaviour that will stand up to the hard when it comes to it because it is autogenic and very close, if not indistinguishable from, actual hard learning and experience.

All youngsters and teenagers day dream; to turn this into real autogenic fantasy that is under THEIR OWN CONTROL and that they can use to further THEIR aims, hopes and dreams of THIS LIFE is once again, totally priceless.

If you explain this a little, tell a story or two, and invite them to try just the basic “First Sanctuary” for themselves, you'll be doing your children a favour that will earn you a lifetime's gratitude all by itself.

Bringing Project Sanctuary Into The Family

My children and my loved ones know who my Sanctuary friends are. They know their names and even enquire every so often about their well being, or if there's any interesting news, much as you would enquire about an uncle who lives in Alaska.

Project Sanctuary is a part of my family.

We have shared experiences, shared habitats we can refer to; on long car journeys, we may play a bit of PS and we also employ PS style resolutions to many hard situations as a matter of fact.

Referring to someone's room as their habitat, for example, isn't just fun but also very meaningful on many different levels.

Well, do YOU have dirty socks strewn about on the floor of your dwelling in YOUR sanctuary?

I guess not ... :-)

Project Sanctuary adds totally different dimensions to conversations you can have with your spouse, your children, your friends in the hard.

It is like whatever we get out of watching soap operas is happening for real and on a personal basis.

Having a person around of whom you know that they are currently on a quest to retrieve a king's sword from the Northern Mountains AS WELL AS whatever else they're doing – going to work, doing the gardening, clearing out the garage etc. - makes that person simply much more interesting.

More multi-faceted, more rich, more deep, more exciting to be with, and you have that wondrous factor of evolution and forward movement built in by default.

That person will change when they have had their threshold shift in the story – that will make them new, and even more exciting than they were before.

More experienced, more intelligent, more reasonable, more centred, more self controlled, probably more compassionate and understanding as well – how cool!

We're living with interesting people who are evolving.

We have a platform to talk about hopes and dreams, as well as bills and whose turn it is to clean the toilets.

That's a fabulous thing to have in your family life and I can tell you that it hasn't made any of us less "reality orientated" but in fact, far more so – because when delusion and illusion and day dreaming stops, REAL FANTASY enters and then the world comes alive with mystery and magic!

MORE ABOUT THE GENIUS SYMBOLS

Symbol Meditations

A meditation is just being mindful and thinking about something in depth, putting your full attention and focus THERE and not anywhere else for a time.

There is no need for hypnosis, drums and incense; and neither is there any need for lying down with crystals on your chakras in order to meditate on anything.

Call it “musing” on something for that is in essence what we do.

With the symbols, it is easy to help you focus on something by holding the symbol in your hand and just looking at it.

In this chapter, I would like to share some interesting ideas for meditations, explorations, adventures and experiences you can try out for yourself, even if only really briefly whilst you're having a cup of coffee, that can be really quite valuable.

Gift VS Trade

Here is an example of using two symbols to get balance and clarity on a topic that is quite important for daily life. This is a particular example, but you can use this pattern on any of the topics that the symbols represent and where there may be confusion or conflict.

In this example, I have noted with great interest that people do get their Gifts and Trades mixed up.

- **A gift is unconditional and NOTHING is required back in return; a trade is a trade where something is EXCHANGED.**

Hold the symbols for gift and trade in each hand and tune into their different energies, how they feel, what connotations they have for you; if you are an EmoTrance practitioner, of course you might like to “flow” the respective energies through you so that you are clear on how they feel, and what they are.

At some point, switch hands and thus gain another perspective; if you feel you need further help, run a Gift and a Trade story to get further information and insight into not just how they differ and how they work, but also on YOUR unique perspective because of your life's experiences and how that affects the way the symbols work for you and what they mean.

Symbol Of The Day

Keep your symbol set somewhere where it is out in the open and as you pass by on your daily life, pick a symbol – pick any symbol.

That's your “symbol of the day” - something for you to think about as you go through your daily life, here and there, nothing major, just keep it in the back of your mind, see if anything interesting happens or pops up in relation to the symbol of the day.

The people who tried this in the testing phase said to a man (and a woman, of course) that they enjoyed this especially and it helped them “bring the worlds closer together”.

What is particularly interesting is that when after a time you get the same symbol, you can really notice how much you have moved on from the last time you thought about it. You notice your EVOLUTION and your PROGRESS as far as both understanding these concepts and how they work is concerned, but also how you are now USING these understandings to make improvements in your very practical, daily life.

Excellent exercise.

Daily Quick Meditation

At any time you like, during a coffee break, before you go to bed, or first thing in the morning, draw a symbol or deliberately choose a symbol and have a moment to hold it, feel it, think about it, and perhaps even make some choices and decisions relating to that.

You might pick the house symbol on one occasion and take this as an impetus to clean out your bedroom, for example.

The beauty of the PS symbols is that because they are so multi-dimensional, they can be a doorway to THE most mundane of activities as well as the most esoteric and far out journeys of consciousness possible.

You are in total control of what you want to do, and where you want to go AT ANY GIVEN TIME – including being in control enough to give up your control to the energy mind and ask for something that you don't know what it might be, and that could be anything at all :-)

EmoTrance Symbol Exercises

This is a very, very interesting way of learning and changing not just your mind, but your entire energy system using the energy of the symbols.

We have already talked about using the EmoTrance method to clear blockages and remove shields to symbols; but you can take this much, much further.

For example:

Pick a symbol, hold in your hand, and tune into the energy of it. Remember that the symbol isn't a static rock with a little picture painted on it, but in energetic terms, that it is a portal that streams information through it.

Let this information, this unique energy enter into your body.

Where do you feel this most?

Track and trace the energy flow all the way in, through and out your body.

Smooth any rough spots, heal any disturbances along the way, remove blockages – soften and flow! - and keep running this energy until you reach the energized end state.

When you are done, sit down for a moment and take time to reflect on how you have changed your mind, what new things you have learned, or how previous assessments have changed in the light of this new experience.

That's a pretty priceless form of self help and a unique experience with every one of these symbols.

You can also use EmoTrance to take in the energy of an entire story spread, a pattern, a complete unfoldment; and of course using EmoTrance to track disturbances while you are playing the story, becoming aware of your responses and not just playing for a threshold shift, but a threshold shift that is ALSO an energized end state, is pretty amazing.

Using The Symbols In Daily Life

Can you use the time symbol on your alarm clock so you stop being constantly late?

Can you have a piece of jewellery made for you that features the magic symbol?

Can you draw the dragonwings symbol on a project folder to help you keep the “bigger picture”?

Yes, of course you can.

Indeed I would encourage the use of the symbols at any time you need help from the “powers that be”.

The Project Sanctuary genius symbols are universal and once they are known to you AND to your energy mind, you can use them to communicate in many different ways indeed.

The symbols are the simple shapes they are for a reason, and that reason is that they are easy to replicate in movements.

You can use hand movements to evoke the symbols, there does not have to be a pen involved. You can draw them using your fingertips into the sand, or invisibly onto a surface, object, or even a person if you feel that would help.

In fact, the more you make these symbols a part of your life, the more powerful they become as portals of communication for you.

You will find many other uses arising spontaneously as and when it is needed; this is a very wonderful thing, and a very powerful one on many different levels.

Blessings, Problem Solving & More

At one time, I had just finished a reading for someone and was still sitting with the symbols out.

I didn't have the time for a story so it occurred to me to go through the symbols one by one and just thank the universe at large for the blessings I have in my life.

I picked up one symbol after the other and thanked for the time I've been given, and the good times; the space of freedom I have; my outstanding friends, the wonderful people in my life, my animal friends, past and present and so forth until every symbol had transmitted my gratitude.

That was such a lovely and uplifting thing to do, I wanted to share it with you and encourage you to try that for a change.

On another occasion, I used the same pattern of taking one idea and using the symbols to touch many aspects of that for problem solving.

How does space come into this problem? What can time do to help? What ideas do the friends have?

After just two or three symbols, you already feel the shift and the lifting, the new ideas coming in from all directions; but if you keep going and do all 23, you'll have even more fun – and I promise you, you will NEVER EVER think about that problem in the same way again.

Another use of the same pattern I employed one day was to state what I wanted on each symbol, to use it as a kind of shopping list for Father Christmas, or rather the powers that be, to let them know what I wanted in my life, what I felt was missing, what I found troubling and wanted resolution for.

This was a very interesting and freeing exercise, and to my surprise (although why I should be surprised by that, I really don't know, after all I been through!) some of the things I said I wanted began to come to pass pretty much immediately.

Very cool :-)

This basic pattern of using the symbols to aspect ALL back on one single (idea, problem, set up, story, event, person, etc.) gives you an amazing depth of richness on your start up (idea, problem, set up, story, person etc.)

It puts so much information together, from so many different levels, and then aligns it all to create this whole new reality that emerges, it's truly amazing each and every time you do this.

Try it on a memory or event in your life that you think was formative or particularly disturbing or destructive, trauma or Guiding Star, it matters not.

You don't just get one new perspective out of it, but a whole new world of possibilities, information, and resolutions.

More Symbols, Different Symbols

Please understand that the Project Sanctuary genius symbols are not like a deck of Tarot cards – they are not carved in stone by “someone else who knows better” to remain like that forever.

I do believe the problem with most magical systems has always been that they originally evolved out of their own time and space context, but then became lost in time as people moved on, energetically, mentally, societally and so the chasm between the users and the old fashioned symbols just grew and grew to the point where many magical systems just don't make sense to us today any longer because we are not correctly interpreting or understanding the meanings and metaphors that were once known to “everyone” in that society.

Your own or a child's slightly wonky stick figure drawn on a piece of rock is IMMENSELY more magical than someone else's incredibly expensive set of works of clever art.

More magical TO YOU. More personal to you. More directly LINKED WITH YOU and thereby easier to use, more approachable and much more under your own control because you understand how it works.

Thereby, I encourage you absolutely to EVOLVE the symbols for your own personal use.

You might want to use more symbols or slightly different ones than the ones I am proposing here.

You can absolutely change the shapes of the symbols if you want to.

THE ACT OF DRAWING A SYMBOL IS A HUMAN RIGHT.

It is YOUR birthright.

Life, liberty, the pursuit of happiness and to draw any symbol you like for any reason, at any time in your life.

You can also change your mind on certain symbols; I certainly reserve that right as well as I live, learn and grow and through the very practice of using the symbols find out much more about how these things affect me, my stories, and my visions.

The symbol set of 23 I have proposed here is a starting point, something to get us going, something so we can write brand new stories for tomorrow – which will then be the jump off point into a whole new time, and presumably, other and even better genius symbols.

One thing I would ask of you however.

BE MINDFUL of the symbols.

Keep it simple.

Try and keep even personal symbols so that others can also read them, also understand them – without the need of a hundred years in “magic school” to try and make sense of your idiosyncratic convoluted processes!

That is really important as we try and regroup to a place where magic is easy and natural and the one place where I do believe past generations have lost the plot on so many occasions.

Even though nature is incredibly complex and multi-layered, it is also on another level, very simple; there is a big difference between “complex” and “complicated”.

In the past people thought erroneously that if you split up nature into separate parts and study all the bits separately, you will eventually “know it all” but that truly, doesn't work and is simply wrong.

A symbol set of 1,436 symbols, one for every occasional detail, that has to be studied for decades IS USELESS.

It is useless, it is pointless, and the decades of study are a horrendous waste of time during which a person could have amassed so much knowledge and wisdom if they'd played it straight from the start, the loss of life would be veritably shocking.

As an example, splitting up the people symbol into fair haired maidens, red haired maidens, brown haired maidens, the occasional albino maiden, black haired maidens with curly hair, black haired maidens with straight hair, young women who aren't maidens any more but not middle aged yet with curly blond hair, boys under the age of 3 with brown skins, men over 6' 4" from a Northern country and so on, on, on, on, on ad infinitum SERVES NO PURPOSE WHATSOEVER.

The energy mind will tell you EXACTLY what kind of person you are dealing with the instant you put your fingertip on the people symbol in the story or vision you are playing.

There really is no need for separate symbols for men and women, children and old people and so forth.

Not only does this approach destroy the inherent infinite possibilities of the direct vision which tells you clearly about ONE SINGLE UNIQUE INDIVIDUAL IN TIME AND SPACE! as you are trying to stuff this individual into one of however many categories you have made for yourself and the fit is at best bearable but never ever perfect or ever really right; not only does this multi-category approach make it nearly impossible for a person to enter into the game swiftly and without years of all sorts of wasted study; but also it destroys the BIGGER PICTURE – hey, my friend, and no matter who or what you've just seen, they are A PERSON.

The people symbol reminds us of that and keeps us steady in a place where we cannot afford to get either sentimental, or judgemental, or freaked out, or turned on, or any of the many “human reactions” we would normally accord to a “category within” humanity, such as victim, or abuser, or sex object or Madonna.

The current propensity to pull things apart to try and make sense of them, when the sense of these things can ONLY BE KNOWN IF THE CONTEXT IS KNOWN, has in truth been the greatest bedevilment of science, art and religion alike.

When you come to make or add your own symbols, please be wise.

If you don't like a symbol, meditate on it for a while. There may be a good reason why you are having a negative reaction to it, and by clearing that negative reaction (including "I don't need that symbol at all! I'll just delete it ..") you will advance in your own personal development and understanding.

If you have meditated on it and you REALLY don't need that symbol, then take it out. Keep it tight, keep it neat and don't add anything that isn't strictly necessary, or where the purpose is already achieved in one of the other symbols, only you hadn't noticed that at first.

When you are adding a new symbol, hold it up against all the existing ones and FEEL if there is indeed, enough of a structural difference to make it a doorway to a WHOLE DOMAIN OF LEVELS AND LAYERS in its own right.

Do we really need a little car as a symbol for travel?

Or is that not already a major function of the space symbol in all ways?

At the end of the day, they're YOUR symbols.

YOU do as you please with them.

Create them, re-create them, change them.

Know that you can always change your mind and take a symbol back, or drop it if it doesn't serve your purposes or turns out to have been a misunderstanding. Be mindful, pay attention, do things honestly and I can't see how you could possibly go wrong with this, so by all means – PLAY.

QUESTIONS & ANSWERS

- *How do I know it's really a vision and not a fantasy or day dream?*

You can feel the difference. You can feel it on many levels, but most of all, you feel it when the threshold shifts happen. Day dreams don't give you a rush of excitement, lots of new ideas, insights and extra energy to put what you've learned into practice.

Also, I always find that the real visions are MOVING. They are resonant, alive, full of energy and I respond to that with having feelings and sensations. I can be shocked, overjoyed, happy, sigh with delicious relief and all sorts.

One last pointer that you're having a real vision is when you are simply surprised by what happens. If you are surprised, then "you" didn't know, and you didn't "make it up".

Best advice for you is to stop worrying and start playing. Take some time establishing your First Sanctuary and playing in those realms in any way you choose. That's where you learn the basics as you play.

- *Are you supposed to play with eyes open, or eyes shut?*

That is a very good question, and I strongly recommend you play "eyes open" and focused on the symbol to start with and until you know what you're doing.

One of the biggest problems and blockages that people have with "visions" is that they expect to see them through their "eyes of day", the physical eyes. There are certain neurological pathways that lead to our eyes of day; and they are NOT THE SAME PATHWAYS you travel on for visions, not at all!

So if you're trying to see something, and you are unwittingly instructing your consciousness to travel to the eyes of day, you'll get nothing visionary; and when your eyes are closed, you get all sorts of confusion happening.

When you focus your eyes on the symbol, you stop yourself from accessing all sorts of things - memories, ideas, pictures seen, here, there everywhere in a big jumble! - and the eyes of day are kept busy with looking at the symbol.

That's when your energy mind has a chance to send you information, visions in that OTHER way - things we are used to calling thoughts or ideas, sensations, sounds, feelings, intuitions.

That's where the INFORMATION for the vision comes from.

So until and unless you have learned that you don't travel to your eyes to see with those when you are wanting to experience a vision, keep your eyes open and focused on the symbol. That will work perfectly for you.

- *Do you have to get into an altered state of consciousness first in order to use the genius symbols? And how do you do that?*

One of the features of working with Project Sanctuary in general, and the genius symbols in particular, I am the most proud of is that you do NOT have to learn to meditate, self hypnotise, or roll back your eyes and be taken over by spirits before you can start to work with the data stream of the energy mind.

There is no need whatsoever to do any form of altering your consciousness for using the symbols. This happens as a by-the-by when you move your consciousness into those realms by going into the habitat where the events of the vision take place.

Which is perfect because you can start at any time, anywhere, and at will.

- *What do you do if you get a scary vision?*

You change it. Find the point/s of leverage and change it. Remember you have all the magic of all the worlds and then some; so if you get a scary vision of thousands of evil creatures invading a house where your loved ones are hiding out, you can do whatever you like to find a resolution - taking the house away, transporting your loved ones away, negotiating, or even changing the nature of the evil creatures so they are no longer a threat.

Using the Dragonwings symbol to take you up to see the bigger picture as soon as possible will help as well not to get swept up in a scary vision.

But for what it's worth, as you are co-operating with your energy mind and with the set ups for Project Sanctuary in general, you won't get one unless you ask, and even then, it will be perfectly in keeping with YOUR ABILITIES TO SOLVE IT.

- *I got a story but I don't understand what it means or what it has to do with my question/contract.*

That usually happens if you haven't played far enough to get a threshold shift. Remember the threshold shift is that moment when you go, "Eureka!!!" and it all becomes clear to you. That's when you understand what the story was all about and how it relates to your question and the contract. Do remember also you can ask your friends for further clarification, or use extra symbols to "shed more light" on the situation.

Don't stop until you get your threshold shift!

- *Help! I'm having visions and getting stories but they're neither properly lucid or completely autogenic!*

Take it easy! You get better with practice. And look at it this way. So you ARE getting stories and visions.

Do you know how many people on this planet don't? Never do? Not ever? Don't know how?

Do you know how truly wondrous it is that you are being given stories by your energy mind that you can receive?

Jump for joy and keep practising.

What also helps tremendously is to use the symbols themselves to help you repair and improve your own systems.

I thought I was pretty good at having visions - until the day I played a game to "improve my magic" and found out that I could have much better visions! And now I do.

Play a game for, "Give me some thing that will improve my ability to experience the visions in autogenic lucidity!" or whatever words you want to choose.

Go for the threshold shift, and take it from there.

- *I found a story - but now, it won't stop! It's been going on for days and there is no end in sight!*

Ah ... yes.

We call this a "meta story".

Wuthering Heights, Lord of The Rings, Harry Potter, Star Wars - those are examples of meta stories, stories or visions that take on a life of their own and rush like a river through the events that unfold.

I - and everyone else I've ever known who has played a real meta story of their own - consider to have been given one a huge privilege and an honour.

I also personally feel that a good meta story of your own is about the most fun you can have with your clothes on.

Meta stories are always extremely valuable and transformational to an individual, and after a short time, you learn to manage them and your ordinary daily activities, side by side.

Eventually, the meta story will resolve or come to an end; I think these stories aren't about a single threshold shift, but represent a real journey of some kind, with many, many threshold shifts along the way.

If you have found a meta story, or rather, if it has found you, enjoy it for all its worth. It's a very precious, very special experience indeed.

- *Do I really have to go through the trouble of making a symbol set? Can't I just play in my head?*

Ah, you're one like me, I can tell. I did that for a while and finally gave in and painted the symbols on beach pebbles.

I'm by default the most experienced Project Sanctuary player in the world, and I can tell you that to hold, touch and look at the physical stones with the symbols painted on them improved MY visions and my ability to hold the focus, play quickly, get astonishing shifts AND open up new doors I didn't even know were there before.

If that is so for me then I would say, yes.

There's merit in "taking the time and trouble" to make your own symbol set, to look at, to hold in your hands, to engage your entire person, mind, body, energy mind altogether and at the same time.

- *I have never had a single original idea in my entire life. Are you really seriously suggesting I can learn to do this?*

Yes, I am.

Put your doubts aside. Send the voices on vacation. Make the symbols. Play honestly. And when you get your very first original vision, once you've recovered enough from the surprise and joy of it, send me a gift so I get to celebrate as well :-)

- *I am fascinated by this and want to learn more. What can I do next?*

You can read the original Project Sanctuary manual which contains hundreds of idea and tips for playing the game in space and time. If you are really serious about the game, there is the Project Sanctuary Masters course which contains special exercises to speed up and expand the evolution of your abilities. You can find details about both in the Further Information section at the back of this book.

- *I have a million questions and none of them are answered here!*

Go to www.ProjectSanctuary.com and join the Project Sanctuary Forum. You can ask any question and there are lots of experienced players who will be glad to help a newbie. All welcome!

EXAMPLES OF MIND CHANGING VISIONS

I could go on forever praising the beauty, complexity and wonderful REALITY of Project Sanctuary unfoldments; but the truth about just how remarkable PS events and interventions really are can only be appreciated when you are faced with the visions directly.

For this reason, I am appending some stories that did occur during the test phase of the symbols.

Even though they were HIGHLY personal and relevant to that one querent of the time, I do absolutely believe we can also all learn something important from each other's visions.

Enjoy.

How Can I Be Happy?

We find ourselves in a very green, moist landscape, in a clearing surrounded by trees, there is deep meadow grass here but no roads of any kind; we are well off the beaten track.

It is mid morning and we are wearing early medieval clothes, very rich clothes, embroidered with jewels, large peaked caps and veils of silk which must have cost the Earth.

Ahead and across the clearing, someone has erected a square tent, there are horses tethered and soldiers standing guard.

We are here for a clandestine meeting with a rich and powerful man.

The central player of this story is a woman, young but doesn't look young, looks worn out, embittered, with deep grooves in her face; she is wearing the finest gown of light pinks and rose pinks but her unhappiness is such that it wilts the flowers she steps upon so heedlessly.

We learn that she is here to betray her husband, a man she hates more than anyone else in the world, and who has forced her to have 7 children, 6 of which died shortly after birth. She was given to him as a political gesture of good will as a wife when she was only 12 years old and she has now decided that enough is enough.

She is meeting with her husband's sworn enemy to give him all the information he will need to successfully mount an attack on the castle; later on, she will unlock a side gate with her own hands to let the first rush of invaders into the castle.

The war lord with whom she is meeting is very pleased with all this help and intelligence; in return he offers her safe passage and payment for her services, offers her a choice of a new husband from any of his lords and even safe keeping for her one surviving child.

She tells him that she is a good Christian woman and will thereby not break her marriage vows; she will die with the hated husband and expects this to be done by the soldiers for her, as she cannot take her own life which would be a sin.

So all these things come to pass; she is killed by the side of her husband, interred with him, and the war lord rules the land.

Yet her spirit is not at rest and wanders about the castle, spreading great pools of bitterness and bile, poisoning the atmosphere, causing people in the castle to fall sick and live terribly unhappy lives as the centuries go by ...

We ask for the point of intervention and we are guided to a scene where the woman is a 12 year old child. She is in the study with her father who has just told her she will be married with all haste within the fortnight to this man she hates.

She tries to plead with him to change his mind; she thought until this day her father truly loved her and cared for her.

Indeed the father says, "It will be as I decree. I only have your happiness at heart."

At this moment, all the rage and horror at this betrayal rises up in the child and she screams, “I WILL NEVER BE HAPPY!” as she stomps her foot down on the floor – and creates in that moment an explosion that ripples through all dimensions and her spell becomes her reality.

From that moment forth, she was NEVER happy again – NOTHING brought her happiness. Not the riches, not the sunsets and sunrises, not the most beautiful flowers or jewels, not the most sincere offers of love or friendship, not her children who might have lived if things had been different ...

We take back time to just before the moment her foot hits the floor and there, we freeze time so we have time to think of what to do.

The girl must NOT make that spell, that reverberating statement, for even though the marriage was not perfect or even desirable, it was not uncommon for the time; and with a little bit of will, the husband could soon be tamed and turned to be a better husband. With a little bit of intelligence and a belief in beauty, and happiness, her life could be one that was worth living, after all.

We look around the room and there are a number of fancy gourds as decoration in a large wooden bowl on the window sill.

We take one of the gourds and carefully place it under the girl's foot, which is still suspended in mid air.

We step well back and release the time.

The girl cries out, “I will NEVER be happy!” and her foot comes down hard on the gourd – it splatters, splashes, disintegrates under the force of the impact of her hard heeled shoe and covers everyone in the room with seeds and slimy mush.

Everyone is horrified and just completely thrown off balance; but the deal is undone – the spell is broken, or it might be better to say, the spell never came to pass.

The girl is very upset and runs crying from the room; outside, her mother is waiting for her who enfolds her in her arms and tells her soothingly to not be too upset, who knows, it might not be so bad, she might well find that she can turn her new husband to her will, and wouldn't it be fine to have carriages, servants of her own, jewels and little babies?

The girl looks at her mother and leans against her; both walk away, down a corridor framed in a Gothic arch, and it is as though they are walking into the light.

Seeking A Cure For Trade & Commerce Reversals

We are standing on a sand dune and before us lies the desert, stretching as far as the eye can see to hazy mountains in the far distance.

Behind us lies the sea and to the right, a city; this is where we have come from.

We are a group of 6 under my command.

I am the master trader, blessed by the Gods and recognised by men as such.

I have grown up with tales of a city in the far mountains, where spirits roam and great treasures are protected; I have long wanted to go there and recently, a spirit lamp has come into my possession.

This will allow me to see the spirits and to talk to them; to make a trade with them and I have no doubt whatsoever that I will be able to strike a great bargain and bring home riches upon riches.

My men are strong and well made for desert travel, experienced and trusted each and every one. We have pack animals, water, many supplies and I also carry a virgin slave girl in case the spirits want a sacrifice of special value; as well as numerous other items of magic and enchantment that might be used to tempt the spirits into trade.

This will be the crown jewel in the many trading achievements of my lifetime; I know that songs and stories will be told about this journey. I raise my hand and we set off into the desert, to the mountains.

I separate and watch the trader and his group work their way through the desert in sensible and swift movements, without hardship for they are all well used to travelling here.

They come to the mountains, and not much longer, and they find the old city.

It is made of white stone, weathered but still standing strong; there is an oasis here, a lake and many trees and bushes bearing fine fruit, and all is silent and perfectly still.

They make camp outside the city walls and as night falls, the trader takes the slave by her neck chain, the spirit lamp and the other magic items, bids his people to wait for him to return, and sets off into the city to find the spirits and to start the trade.

As the last light fades over the desert and the mountains, and the stars start to sparkle in the sky, the trader finds a great temple and he knows that this is where all the spirits will be found.

He drags the whimpering slave girl into the temple and chains her to one of the columns, beats her into silence.

Then he goes into the central space, places down the spirit lamp and lights its strange green and purple flame.

Immediately, he is clearly surrounded by swarms of spirits and they are angry, not just angry but roaring furious. They fall upon his mind like so many carrion birds and tear it apart in an instant; totally mad, the trader howls and runs from the temple.

He runs out of the city, through the camp of his horrified followers, and howls away into the darkness, into the desert and is seen and heard no more.

The followers pack up in utter terror and they flee, back through the desert and to their city, where they tell dreadful tales of what happened to the great trader in the city of the spirits.

For some, this comes at just the right time and not soon after, it is decreed by the priests there that all trade is evil, that the Gods and spirits will drive anyone mad who engages in it, and from that day forth, no spiritual man will partake in trade and it is left to soulless ones, who don't know any better, and becomes a shameful thing that is necessary but evil, nonetheless.

That is what happened, that is how it always was, always will be - until and unless on this day, a change is made, a different story comes now into being and an end is made to the confusion and misunderstandings of what happened there that night.

The truth is that the spirits were so angry because the city and the temple were dedicated to the Great Mother Goddess and women, in particular; the spirits were all priestesses at one time or the other and they were made mad with anger when they saw the treatment of the slave girl by the trader.

Once the trader had gone, they had surrounded the crying virgin girl with deep devotion, gentle love and care and gave her dreams where she could walk in beauty and in peace, in gardens green and vibrant full of flowers and of fruit; they had talked to her, held her in their love and so she never noticed that she slipped from life to death, chained to the dusty column on the cold and stony, dusty temple floor.

I enter into that Sanctuary paradise the spirits made for her and talk to the spirits there.

I ask them to consider that this girl deserves a real life, children, joy and sadness too, that if we could just make it so, that she should live, and live life well, and join them later when the time was right.

The spirits sighed and said that they had tried to free her but they had no power in the realms of stone and iron; there was nothing they could do for her but give her peace, and joy in taking her into their gardens.

I look upon the situation on all levels - and I see there is just one who can save the girl. For many thousand miles in all directions, there is only one living soul who could act on the girl's behalf and benefit - it's the mad trader, still alive if barely so, in the desert not too far away.

I say to the spirits that in order to save the girl, they must forgive the trader for his actions and his being; they must heal his mind and show him the truth so that he can come and free the girl.

I say to the spirits that the way he treated her was not his fault; that he was not a bad man but that he had learned from his elders all his life to treat women as though they were nothing more but animals, and believed this to be true, and never questioned it.

The spirits went away and talked amongst themselves; when they came back, a decision had been reached.

They went to the trader and took the madness from his mind; moreover, they showed him the truth about their world, and about the high regard in which all women and especially the priestesses were held; and showed them too the truth about the Great Mother who gave life to everything and everyone.

The trader was much moved, much shocked, much guilty; and at once, he set off to the city, to the temple where he arrived just in time for himself and for the girl; he set her free and both restored themselves with water and with fruit from the oasis.

They talked much and fell in love; and then the spirits were satisfied and they showed the couple the way to a secret chamber, deep underground, where many, many riches and treasures were still waiting; all were holy to the Great Mother and imbued with wisdom, knowledge, healing and power from that very source.

The trader and his new wife took some of the treasure and made their way back to the city.

Their arrival was greatly celebrated; their treasures were greatly admired and bought and sold, traded far and wide. With each item, and over time, a little more of the knowledge of the Great Mother returned to the people; even though it took a thousand years for all to be made right and men and women take their rightful place, side by side as equals once again.

And trade itself was now restored as well; now that the spirits and the Gods were smiling on the traders once again, it was a holy business as it should have been, and from then on, the very best of people would partake in it, and make it good, and make it right.

The General – Help Me Be A Better Man

We are on the ridge of a hill. Down below and to our left, there lies a town in the bend of a river; the town is on fire.

Straight before us and below, the river runs towards the higher mountains in the distance; on the other side of the river, the ground rises, becomes dense forest, and that is where our troops are waiting patiently until we give the signal to attack.

Our men have set the fires in that town; a small, sharply trained company rode through it, dragging flaming barrels of tar through the streets and throwing incendiary devices on the roofs.

This attack came as a surprise to the townspeople and their guards; most of our men made it out alive and now, the town is burning so brightly that on this late afternoon, the whole sky is black and red.

There are many treasures in this town. To occupy the town would have meant fighting; it would have meant going from house to house, trying to find precious metals and objects of value under floorboards and stuffed into chimneys.

Here, no-one needs to fight; and in a moment, we will simply ride down to the river where the refugees, laden with their most precious possessions, have assembled. They will be tired and terrified; they won't fight us as we take only the very best of their hand picked valuables to fund the further campaigns.

It's nearly too easy ...

We give the signal to the troops and we ride down ourselves, to oversee the process.

Here, I step away - I and many other of the General's friends are here, and we observe the reason for why we are here in the first place. The General takes part in the search for precious objects. In the saddle bags of one innocuous looking older man, he finds two crystals - they are healing crystals. The man is a healer.

Furious in an instance, the General takes the crystals and throws them to the ground, where they shatter; he proceeds to grind them under his heels and orders the man to be executed on the spot.

We stop time.

"What is happening here? Why were you so angry?"

We move closer, tune in - and we get a rush of negativity about healing, the concept even of needing healing denotes failure, weakness of the worst order, only women are healers, WEAKNESS!

But there is more - there is the painful absence of all concepts relating to healing from his magic, from his entire world.

His magic is INCOMPLETE - it is painfully incomplete yet he can't go there where it could complete itself because of his set ups, his entrainments ...

He touched the healing crystals, he recognised them for what they were, and the pain of that incompleteness shot through him as though someone had stabbed a sword right into his heart, his very centre, and he had reacted to that instantly with flaring anger, and smashed the crystals.

Gently, we re-wind the time and when he touches the crystals, we stay his hands.

We ask him to feel the pain one more time, to know it for what it is, and to let it go, once and for all.

We ask him to accept the truth of healing and we ask that he should make his magic complete.

We aid him, support him, and the change becomes.

Time moves again, and this time as he draws the crystals from the saddle bag, they begin to glow in his hands, faintly at first, then fiercely, a bright blue power bursting forth that doesn't hurt him, but seems to calm him, make him more present, more sharply defined than ever he was.

The healer stares at him and whispers, "I've never seen anything like that ..."

The General takes the crystals and puts them in his own bags, then gestures his men to let the healer go.

That is where we leave the events in the valley by the river bend, and return to the room where the General and I sit across from each other, the experience being complete.

Seeking A Learning About Magical Jewellery

We see a beautiful young woman, fair of skin and with long dark hair and eyes, wearing a simple but expensive dress of pale fine linen and some exquisitely beautiful jewellery, all featuring green banded malachite, going along through a wooded area in the summer; the trees are huge, exotic and spread far apart. Their leaves touch at the far reaches and so there is moving, dappled sunlight and shade on the dry ground.

The young woman is heading for a rock cliff; we see a rock pool and a little river flowing away from it.

She takes off her clothes and dives into the water, to the very bottom, and here she brings up handfuls of pebbles, and many of those are precious stones of great beauty, still wet and sparkling in the sunlight, the colours rich, and deep.

She laughs in delight and puts the stones on the rocky side of the pool, wipes her wet hair back and at this point, we move up, up and much higher, for in a moment, events will unfold that we don't need to see in detail.

There are some men there, strangers to this land, and they capture the girl, they rape her and take her away to be sold as a slave.

They take her body away, but not her spirit; her spirit stays in the rock pool, being fascinated by the beautiful colours of the precious stones beneath the water.

She touches these stones, and later, people will come and take them away, make them into jewellery for other women to wear, and it is so that the women who wear these jewels will become much more aware of their surroundings and of ill intent, wherever it may come from, and are magically protected as they walk through life from ill will, and ill adventure.

It seems like a good trade - one life for so many, and yet, each one is precious in its own right and deserves nothing but the best; no sacrifice is asked of anyone, and least of all a beautiful spirit, and even if it doesn't know that it has become trapped here in this place, and has been here since time immemorial.

We go to her, we flow into the water and we make ourselves known to her.

We tell her that it's time to go, that she can bless this place and all the rocks, and all the stones on all the Earth with just a single wish, she has this power, and that she can go home now, be not just in peace but find an even greater beauty in the future lands beyond.

It is as though she awakens from a long, long sleep, and right away, she rises; and right away, her eyes lift to the skies - she lets go of the precious stones and gently, they fall back and settle at the bottom of the pool as she shines brighter, brighter still, much brighter than the sun and she gives her blessing then - it radiates up and down, and out across the lands and when the last echo has receded, she smiles at us, and then, she rises fast, and high.

Give Me Something To Improve My Magic

I'm three years old and on the top (passenger) deck of a North Sea ferry. It is mid morning, bright, sunny but very windy. The big ship is wallowing, swaying weirdly. I'm wearing a red coat and clasping my favourite Steiff teddy bear in my arms.

I go closer to the railings.

All of a sudden, an unexpected gust of wind blows me from the side, throws me off balance. I let go off the teddy for a second and it spirals forward, over the railings and down, down, down into black and churning water ...

I scream and try and stop it and then find myself all of a sudden and without any transition or warning with my back pressed up against the grey steel superstructure, where the doors to the inside of the ship are - and the teddy bear is still in my arms.

That TOTALLY FREAKED THE LIVING DAYLIGHTS out of me in every way imaginable. I've never forgotten that, I've always, always remembered it clearly, every time I see a ship, every one of the hundreds of ferry crossings to England and all the others in my lifetime ... I remember seeing that teddy falling ...

I step into this memory with my male friend and we are both friends to the three year old aspect on this occasion.

We watch the aspect - completely unsupervised, as usual, whilst both parents are happily drinking in the bar two, three decks down below! - wandering about the ship in her red coat with her teddy.

We watch her go out onto the top deck and get ever closer to the side of the railings. There's nothing of her, she's so small and the wind is so strong - this is SO dangerous ...

All of a sudden, she starts to scream and runs backwards, away from the railings and straight into my friend who catches her in his arms. Both of us kneel down and form a wind break for the small child who is clearly terrified.

"Teddy, teddy falling! Teddy falling in the sea!" she cries incoherently and tears are streaming from her eyes.

I put my arm around her and say to her, "No, no look, teddy's right here, he's ok! Look, you just had a vision, a warning, that's all. Teddy's ok!"

The child is completely dumbfounded that the teddy is still in her arms. She's breathing way too fast and is hiccupping with the sniffles from the crying. My friend produces a perfectly starched and folded pure white handkerchief which he hands to me so I can help the kid blow her nose, wipe her tears.

"You had a vision," I say to her because now, and right here, I PERFECTLY UNDERSTAND WHAT HAPPENED for the first time.

"Your guardian angel sent you a vision of what might happen if you got any closer to the railings, to stop you and teddy from falling in. To make you get back from the railings,

somewhere to where it was safe. It was a great vision! Well done for having such a powerful vision!"

"Yes," my friend adds in his deep voice which really gets through to the child, clearly, "That was a good vision. I am proud of you."

The child has stopped crying and keeps looking at the teddy and then each one of us. Finally she seems to agree with us and the fact that teddy has not fallen, and sighs deeply.

I have an idea.

"Try go a bit closer to the railings again," I say to her and get up. "Go slowly and see if the vision comes back."

She seems unsure so I hold her hand and we slowly and cautiously step forward towards the railings. My friend gets up too, watches us do this.

When the child gets within about a meter and a half of the railings, she stops as if she'd been struck by lightning.

"Teddy falling!" she cries out aloud, "I see it! It's right here!" and points to the floor at her feet - like an invisible safety line that HER ENERGY MIND TOLD HER SHE MUST NOT CROSS.

The child is delighted and so are we. To celebrate this tremendous vision that helped keep her safe, keep her ALIVE, we all go for cakes and hot chocolate together at this point ...

... and I am left amazed at the vision, the memory, all that I've learned and understood, and I know already that my visions will be wonderful again, and as powerful as they had last been there, on the North Sea Ferry, four decades ago.

A Cure For The Work/Play Divide

I am walking on a beach; it is summer, late afternoon but it is not at all hot; we are far north here. The sky is banded with red already, beautiful and resting on the land in such majesty, so much of it.

Behind me is the ocean shore, and in front of me, a wide sweep of dune grass that turns imperceptibly into tundra grasses and late flowers at this time. Far in the distance are soft, low hills and ahead and to the right there is a great lake.

I walk to the lake.

I am wearing clothes made of sturdy leather that fit me like a second skin; I walk easily.

There are birds above the lake, some on the lake, many different kinds. Reed grasses grow close to the shore. I find my boat there and get in, start rowing towards my home on the other side of the lake.

I have been to the sea shore to collect amber, great pieces of amber the tides wash in; and my bag is filled to the brim with wonderful pieces of every shape and size.

The lake is very still, even though the birds are noisy, and my boat glides easily across with every stroke of the single oar.

There is a landing stage and my house made from sturdy timber sitting on the shore; I love my house and home and bless it with joy. I tie the boat and climb out; I go to my house and sit down on the veranda, on the ground, there is a bowl of fresh rain water ready for me.

This is one of the best moments, I am going to take a first good look at the amber.

When I am walking on the shore, just by the waterline, and look through the driftwood, the sea weed washed ashore, the shells and feathers, I only look to find; now and here, I greet the amber for the first time.

Each piece is different, each one wonderful but there is one that immediately takes my eyes. I take it and gently wash it in the bowl of water, help it make the transition from the ocean to the lake, to me and our path.

I lift it up and hold it to the light; it is radiant and beautiful, and I see inside it the shape of a running wolf, perfectly formed, existing within this golden liquid that stopped flowing so fast as once it did, the wolf is there, alive, his eyes, his nose, his long stretched out tail for he is running fast, he has a mission.

My hands grow hot and start to vibrate; I want to start to carve this amber now, but I know time is not yet right; I will wear this piece of amber close to my heart, right on my skin, for some moons still to come and until my essence is infused right deep into its being, the wolf and I are one, it is my totem, spirit friend and altar ego all the same.

I know that this will be the greatest piece I've ever fashioned; it will be my gift of gratitude to all

the Gods at the great ceremony, to thank them for the year, the beauty, all the bounty that surrounds us.

We will row out into the lake and each of us who live here will bring their best thing of their making and we will give it to the lake to show our gratitude.

I am so pleased and proud that I have found this amber; with every year that passes, I grow more proud and more amazed at all the beauty, all the joy that lives in everything, and it gets harder every time for me to still have skill enough to do this justice in my gift of thankfulness for all that is.

But all is well; I found the amber wolf as it will be; and so I place the piece with greatest care beneath my clothes, secure it there. I know it will be ready in good time.

I settle back against the wooden walls of my house and look upon the lake that perfectly reflects the sky; the distant, distant hills and now, as night is falling, also do I see the lights from the others who live by these shores. I send them blessings all, my family and friends of old, and so I sit and then I look at the other pieces of amber as the sun sets radiant red and gold, and see the spirits that reside within each one.

Give Me Something Beautiful Today ...

I find myself standing and looking out at the most perfect early autumn day, on an early afternoon.

The sky is a beautiful pale blue, ethereal, banded with streaks of white and the sun is perfect, warming yet not aggressive.

There is a light wind and moisture in the air, the ground is warm after a long hot summer – season of mist and mellow fruitfulness, indeed.

I sigh with pleasure, breathe in deeply of that perfect autumn day and let those energies run into me, just like a hungry and thirsty person would stuff handfuls of ripe berries into their mouth and nearly faint with the pleasure of it.

This is so perfect, I am so grateful for my energy mind to have sent me this perfect day that I'm already perfectly happy and I don't need any more than this.

Still, there is a wide, wide meadow sweeping out in front of me, green and golden, and stately trees leading into a great forest on my left. Far in the distance, misty mountains rest beautifully, and over far away on the right, I see a band of silver that tells me there is a river there, or perhaps a lake.

I tune in further and try and ascertain who this person is I am inhabiting, what they are doing here.

I find they are standing on the side of a road, and there is a waiting carriage which will convey them into the forest – their future home lies in the forest, a beautiful place for a new life.

Yet there is no hurry to rush to the carriage to take up the journey. Simply standing here and looking at the meadow and the mountains is so perfect, so wonderful, it is just as wonderful as the amazing house that awaits me on the rise of a hill in the forest. I am astonished to note there is no difference in the joy of it, here, or there; there is no running towards the future on this occasion.

I turn and look at the road, where I came from, and I know that I lived another life by the shores of the lake, and that too was blessed and most wonderful.

As I realise this, I find a most perfect balance – the past was good, the present is good just the same, and so is the future!

Everything expands around me and I feel for the first time in my life what true freedom feels like, what that actually is, when you're not running from the past, or trying to cling on to it; when you're not denying the present, and the future is just as good.

I am speechless in this balance, in this freedom.

The experience lasts for just a moment, but it was eternal in essence; when it is complete, I go to the carriage, leaving the beautiful meadows and views and the past at the shining lake without the slightest hesitation of regret, and without the slightest hurry take up my path to my new home in the forest.

Time Healing

I am standing on a beach on an alien world. It is before sunrise, or perhaps there is no sunrise here; the sky is banded in pale blues and greens. The sea is a beautiful emerald with shades of sapphire blue, and the sand on which I walk is likewise, blue and green.

It is cool and immensely quiet here.

There is no vegetation on the shore I can perceive, no animals, no plants, no life but there is much life in the sea.

I look around on the shore and I see strange tall structures, like towers wide at the top, then narrowing to slender stems as though shaped that way by water; they are natural, made of stone, they have been here since they world began and they too are banded with strata of blue, green and white. There are symmetrical holes in the top, where they are widest and it occurs to me they must have been homes to beings once who could fly, and who lived on these shores.

Now, not even their spirits remain; they have long gone, moved on, yet there is a resonance, a remembrance of their existences imprinted in the sand.

I kneel down and touch the sand, pick some of it up.

Every particle of this sand once was something that became eroded; and every particle of sand has a story to tell. This is an immensely old world with so many stories, they are very literally as infinite as the sands on this beach, and they extend below the water, and inland, as well.

I am not sure what I am supposed to do here so I call upon an old friend who has travelled far and wide; he comes to me and smiles.

"What is this world?" I ask him.

He comes closer, likewise kneels down and touches the sand.

"This world is a gift to you," he says.

"What am I to do with it?"

"Whatever you want. It was a gift to you, it is yours, now."

I look around and wonder. There is nothing to do here, nothing to eat; it is peaceful, to be sure, but still ...

I pick up a handful of sand that contains all these worlds, all these things and I say, "Can I take some of this away with me?"

My friend smiles and shakes his head. "Of course you can," he says, "It is yours. Your world. It completely belongs to you. You can do whatever you want to do with it."

"Can I repopulate it? Plant flowers?"

"Anything you want. Anything."

I sit down and stretch out my legs. The sand is warm and resonant, yet cooling at the same time. It is incredibly peaceful here. I get a sense of all the beings that live in the sea. The sea is very alive but I don't feel the need to explore. What is in the sea, stays in the sea and it is good there.

Every grain of sand is a story.

It came from a mountain upon which creatures walked. It could have come from a sculpture, from an object, from a field that was planted with strange fruit and flowers. Every grain of sand a story. Incredible.

I touch the sand again and it comes to me that this is time sand.

It comes to me that this sand could heal a person's time, put their time to rights.

I am thinking of making a piece of jewellery, an artefact, that would contain this sand to heal a broken timeline, re-grow a broken time sculpture.

I sigh.

My friend is still smiling.

"Do you have all you need now?" he asks gently.

I smile back at him.

Of course I do.

EPILOGUE: THE PHARAOH'S EYES

As far as I know, I have been playing Project Sanctuary since 1962. I wrote it down for the first time in 1993, and in 2007, I wrote the Project Sanctuary Master's course.

I have always known that Project Sanctuary is child's play - but at the same time, it is INCREDIBLY complex, rich, deep and truly indescribable in its capacity to bring joy and pure magic into a person's life.

For many years I thought about a way in which Project Sanctuary could be made more accessible to the adults who have forgotten how easy it is to play but never came to any conclusions - until June 2008, when the idea of the simple symbols to help folk keep their focus arrived out of the clear blue mid summer's sky.

We may wonder what took me so long, but Project Sanctuary has a life of its own and it does its own thing; perhaps my understanding of how it works had reached a level at last that allowed me to put the simplicity and the infinite complexity together, and realise that both can exist in the same space.

I had also had a breakthrough insight about the nature of the material universe and a basic misunderstanding I had carried for all my life.

And so one night the vision of the Project Sanctuary symbol set arrived and from the start I knew I had something very special on my hands.

This was not like so many other metaphysical tools something you had to study for 20 years to make sense of it - the symbols are so simple, they're instantly available to anyone in our day and age. I would even venture to go so far as to say that if you took those symbols to an isolated and primitive tribe in a dark forest somewhere, they too would be able to grasp the ideas of a stick figure to denote a person, something with wings to denote higher powers and a house shape for a hut without much further ado.

And it wasn't just my own energy mind that took to the symbols like a duck to water.

I tried it with other people, and with people who don't normally play these kinds of games, and they too found it easy to develop an amazing vision all of their own.

For me, as an experienced PS player, the symbols were a revelation on a different level altogether.

The visions were faster, more steady; I didn't have to work half as hard as I had to before to direct my mind, and the clarity of the responses to the set ups simply blew me away.

My own first set of symbols was simply drawn with a permanent marker on beach pebbles.

And what AMAZING experiences I had with that!

I was really stunned how well it worked - even for me.

One day, I was doing a practice reading to find some more patterns for the developing book of symbols, when I had a very personal vision - I saw myself playing a game with the symbols, but instead of beach pebbles, I was using some form of precious stones.

I was disconcerted by this.

The energy mind is energy of course, and theoretically it shouldn't matter at all if the symbols were drawn on some scraps of dirty paper or on the queen's own jewels - the symbols are the symbols, portals of communication with the energy mind.

I thought this and then a softly spoken voice said, "And that's very true - if you weren't incarnate ..."

Now you may laugh, but I was totally stunned by that message.

I really didn't think about the fact that I was, indeed, incarnate most of the time, if ever, and looked mostly at the structure of things in my work.

But I had failed to factor into my calculations that I'm incarnate, and while I am, I RESPOND to different environmental stimuli.

As an example, if you put henna on your skin, it will react with your skin and turn it red - but other plants won't.

There is a PHYSICAL reaction to physical objects and this does make a difference - even in energetic, metaphysical or spiritual endeavours.

It took me a couple of days to get over the shock of this revelation, but then I accepted it as being true and turned my mind to the question as to what my own personal Project Sanctuary symbol set should be made of.

I turned to Sanctuary for the answer of course and went to Pertineri Market, where I sat in a shop and the proprietor brought me trays of gemstones to try out.

Now I have always had my personal preferences, gems and crystals and semi-precious stones I feel more drawn to than others, but the moment the merchant brought out a tray of dark blue stones with gold dust, I ABSOLUTELY KNEW that was what I wanted and needed.

Lapis Lazuli.

I had never had anything to do with that stone before, never owned even a single piece even though I have quite a few assorted crystals and pebbles and cabochons, so I was a little surprised by that and asked for some Aventurine, Malachite and Watermelon Tourmaline to be brought out.

Nice though they were, none of these were even beginning to be a patch on the Lapis Lazuli, and so that's how I knew what my energy mind wanted, very clearly so.

As I didn't know anything about Lapis, the price of it came as a shock to me - especially when I started to enquire about 23 matched top quality cabochons of a large enough size to serve as my personal divination set for the Project Sanctuary genius symbols.

I was literally guided around some very strange bends that involved England, Australia, Egypt and Afghanistan to a Pakistani gemstone merchant who gave me a quote for my 2723 carat, \$10,000 dollar PS symbol deck.

That was a moment of truth - can I spend that much?

But having been through the processes I'd just been through you could only answer that with - how could I not?

I guess this was my energy mind's way of have my conscious mind REALLY "get it" that these symbols were indeed, precious.

So I placed the order.

Somewhere during the complex business of these gemstones being mined, finished and sorted for me, packed, exported and imported, the Pakistani gemstone merchant rang me up and talked to me about the Lapis Lazuli.

He said that there were no mines for this stone; that it existed only on the very tops of mountains, like the Gods had put these special capstones on the mountains, and that they were collected by hand by people trekking up incredibly steep and dangerous narrow winding mountain passes on donkeys.

My Lapis Lazuli came from the Hindu Kush mountains in Afghanistan, an area of the world where the oldest human civilisations were said to have existed, and close to where the actual Garden of Eden had been located.

The merchant was clearly invested and very excited about the stones and even though I had already agreed the price and all was paid, he went on to ask me if I knew about the Pharaoh's eyes?

Please tell me, I said, and he told me that in ancient Egypt, Lapis was called "the deep blue night sky with a thousand stars" and was prized for its ability to clear the vision and protect the wearer so that no evil spirits or confusions could interfere, and that is why Tutankhamen's eyes were made of Lapis Lazuli - so that he would always and only see the truth.

It took my breath away for a moment.

I had chosen the perfect stones for my divination deck, for that is what I too seek above all else - to see the truth and not be side tracked by "evil spirits and confusion".

And "the deep blue night sky with a thousand stars" seems rather the perfect choice for someone who signs themselves with "StarFields"!

How amazing that whole unfoldment was!

So perfect, so very magical in every way.

So now I have my \$10,000 Lapis Lazuli set for my readings, exactly as I had been shown, exactly as my energy mind had asked of me. I followed with what had come to me, and I am simply delighted.

I am telling you this story not to encourage you to go out and spend a fortune on your stones, on your own personal sets. That's completely up to you and your own energy mind how far you want to take this.

For me, this is my life's work and what I was born to do - to try and tell other people about Project Sanctuary and to encourage them to find their own magic again, and learn to play again in this world of wonders.

There really is magic in the world, and we really have the ability to touch that, to experience it for ourselves and to go there through our own energy minds.

It's not a special talent, not something only the few are born with, it is a TOTALLY HUMAN ability and birthright, it is our structure and now the time has come to take these amazing spaceships we have all sitting between our ears for a serious test drive!

True genius isn't just thinking, and it isn't just channelling information from the energy mind - it is the synergy, the communication, the moment when both agree, find themselves on the same page for once, and begin to work together as the Creative Order designed us to all along and in the first place.

I hope, hope, hope that this book of games and the genius symbols themselves will help with that transition from people who got lost in their conscious constructs, to people who have picked up their Creator given faculties to see so much more, experience so much more, CREATE so much more and in return, become so much more.

I hope the symbols will help to give you the answers you have sought for so long, open new doors for you into magic, mystery and practical success.

I hope the symbols will help you solve problems, invent new things and create amazing solutions to your problems.

But most of all, I deeply and sincerely hope that the symbols will bring you renewed fun, joy and ever more delight in this fabulous Universe of ours with every day that passes.

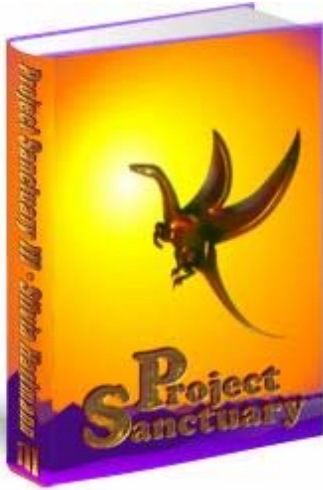
Dr Silvia Hartmann

June 20th, 2008

MORE INFORMATION ABOUT PROJECT SANCTUARY

Books & Courses

Project Sanctuary – The Original Manual

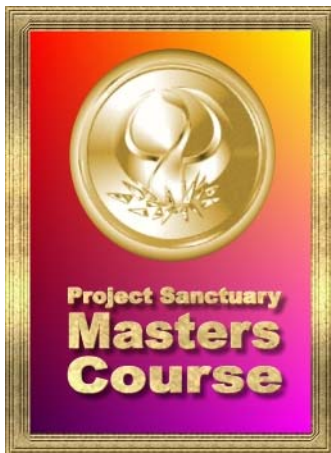


The original Project Sanctuary manual contains a myriad of stories, ideas and in depth discussions of Project Sanctuary, plus a full & fascinating addendum of patterns and techniques that have come about as a result of many people using PS in their own way, all around the world.

Project Sanctuary is available as hardcopy from all good bookshops, and directly as hardcopy or ebook from

www.DragonRising.com

The Project Sanctuary Masters Course

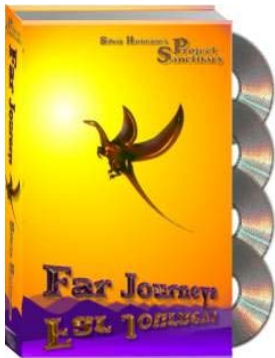


Study Project Sanctuary in-depth with the Project Sanctuary Master's course. A true journey of personal transformation, you are working with your own threshold shifts throughout. This course contains many extraordinary exercises, ideas and challenging patterns, devised for those who really want to stretch their minds by Dr Silvia Hartmann.

For details and to enrol, please visit

www.Sidereus.org

Audio Energy Hypnosis Programs



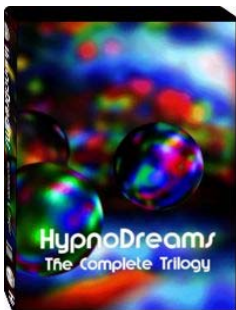
Project Sanctuary - The Far Journeys

The Far Journeys take the traveller way, way outside the realms of ordinary awareness, and sometimes the journeys are so far outside that an interim “staging post” is need to transfer further out. These energy hypnosis journeys are a device to help train the conscious mind to keep aware, keep lucidity and widen its abilities to manage highly complex and intensely information rich data streams that are not encountered in the hard. Also includes the bonus “Earth Rise” visualisation training CD.



The Appollonius Quartet

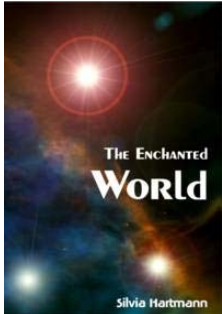
Exquisite PS derived program to enhance and restore psychic abilities and the psychic circuitry. Four journeys that together make more than the sum of their parts to reach and work with the psychic circuitry, created by Dr Silvia Hartmann.



The HypnoDreams Trilogy

The acclaimed HypnoDreams series contains journeys to different loci – shared universal habitats to which people have travelled through the ages. The HypnoDreams series very literally “expands the boundaries of the mind” and allows especially Project Sanctuary users to have fantastic experiences in transformation, time, space and the multifold dimensions.

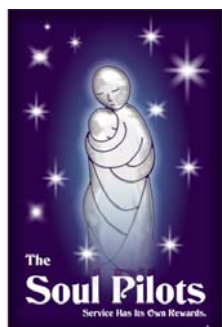
Project Sanctuary Based Books



The Enchanted World is a brilliant introduction to the worlds of energy, and a fascinating journey through the presuppositions of Dr Silvia Hartmann's universe. For Project Sanctuary players, there are many useful ideas, techniques and pathways to be found here; this is also a good first introduction to EmoTrance, which comes in very handy in many different situations. The Enchanted World can still be downloaded for free from <http://starfields.org> - and there is also a German language version called Zauberwelt available and a Spanish version, Mundo Encantado.



The Golden Horse contains 15 fascinating Project Sanctuary stories, linked together by the central idea of the storytellers “who bind the Universe”. This is an excellent example of using Project Sanctuary to generate stories that produce actual neurological change in the reader; as well as being an outstanding example how language can be used to transmit data in a hypnotic and elegant way. For a student of Project Sanctuary, the stories themselves and also the connections between the stories, offer a treasure chest of stimulation, ideas and a springboard for their own explorations.



The Soul Pilots - a “must read” for all Project Sanctuary players. Filled with the most exquisite, stimulating, moving visions by 9 Project Sanctuary Masters, this book has a long lasting effect on the reader, inspiring them to undertake their own Soul Piloting journeys and transform their ideas of self, others, life, death, and the immortal soul.

Project Sanctuary Visionary Fiction



The Magician contains many examples of linking up planes, habitats and events in order to achieve an aim – have the player metamorphose from an ordinary person into a true magician. Rich in detail and immensely rich in multi-level information, this story, which was created by tuning into the vision once every night for 28 days, demonstrates many principles of Sanctuary work, as well as being a true inspiration for PS players.



Vampire Solstice

Absolutely fascinating, amazing energies, scenarios, events and exchanges in energy, this is a classic Project Sanctuary novel that changes the way we think about many things but especially in this case about love, evolution and preciousness. An outstanding example of Project Sanctuary fiction at its best.



In Serein

The In Serein Trilogy by StarFields is an amazing book, an amazing story, a Project Sanctuary meta story like no other.

High energy, high magic and the topics are love and power, absolution, good and evil.

Once read, never forgotten.

Available In Hard & Electronic Format From

www.DragonRising.com

Internet Resources

www.ProjectSanctuary.com – All things Project Sanctuary – news, stories, visions, latest developments, player's forums and more.

www.DragonRising.com – The home of Project Sanctuary in traditional and e-publishing.

www.Sidereus.org – Online certification programs for Project Sanctuary Players and Masters, certified through The Sidereus Foundation.

www.StarFields.org – Online catalogue of Dr Hartmann's available research, writings and training programs.

www.SilviaHartmann.com – Dr Silvia Hartmann's home pages which include sections on Project Sanctuary, creativity, art, EmoTrance and more.

www.EmoTrance.com – Home of the most advanced energy modality in the world today. Events, courses, practitioners, trainers, news, free downloads, forums and international EmoTrance community.

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