

# HOW TO PLAY *SEND AND RECEIVE*

## Version #1 – Individual Scoring

1. Choose one person to be the first “sender.” Everyone else is a “receiver.”
2. The sender will draw four cards from the top of the pile **without looking at them.**
3. The “sender” will **randomly choose one of the cards to focus on** while keeping the other three cards out of everyone’s sight.
4. While the “sender” focuses on the card’s image, the “receivers” attempt to **read the “sender’s” mind.** Senders – don’t reveal the card by your reaction to it – **use a “poker face.”**
5. After a couple minutes (or whenever all the receivers feel ready), the sender shuffles all four cards without looking at them, then **lays them all face-up on the table for everyone to see.**
6. Each “receiver” states which card they believe the “sender” was focusing on.
7. The “sender” tells everyone which card it was, and everyone records their own score (if scoring).
8. Set the four cards aside to begin a **“discard” pile.**
9. The person to the right of the first “sender” is now the **new “sender”** and draws the next four cards from the pile. Repeat steps 1 – 9.
10. At the end of the period (or at the end of the whole stack of cards), whoever has the most points is the winner.

## Version #2 – Team Play (based on the instructions above)

1. Form **two teams of at least two people** on each team. Team members can either take turns being “sender” and “receiver,” or a team can elect one designated “sender” for the team.
2. The “sender” for Team #1 goes first, and that **“sender” focuses on sending** the psychic information from the randomly chosen card (of the first four cards) **only to the sender’s teammates** (how you do that is up to you to figure out).
3. Team #2 **also attempts to read the mind** of the opposing team’s “sender.”
4. When everyone is ready, the “sender” shuffles the four cards and lays them down for everyone to see.
5. The receivers on each team **must agree on the one specific card they believe was being transmitted** - this could be interesting! - *then say it aloud.*
6. Then the “sender” tells everyone which image was being transmitted.
7. Any team (or both teams) that collectively chose the correct card gets a point.

## TIPS FOR “SENDING”

When randomly selecting one of the four cards from the top of the pile, **go with your gut** about which one to focus on.

Enhance any quality of the image that attracts you, or even deters you. Whatever produces a strong reaction – *enhance that feeling*.

If memories or strong associations from your personal life come to mind when looking at the card, **enhance and enlarge those experiences** in your mind. Give it all the imaginary and emotional energy you can.

If you're up for it, experiment by changing your physiology by breathing faster and tightening your muscles while “sending.”

## TIPS FOR “RECEIVING”

Set an intention to perceive the same image the “sender” is looking at – and then:

1. let go
2. wait patiently
3. note anything that arises in your mind
4. be sensitive to new emotions, memories, and ambient qualities (such as indoor versus outdoor, living beings versus machines, stillness, or motion, etc.)

Use a technique to “cleanse your palate” of your mind in between cards by taking some deep breaths, imagining erasing the “whiteboard” of your mind, or just letting go of the previous image.

Also try rubbing your temples or massaging your arms and hands to become more embodied, slow down the “conceptual” mind, and enter a more “feeling” state. Remember that the psychic information will not be reached by “thinking” about what it might be. Abandon the analytical, logical processes of your thinking mind.

## TO MAKE THIS A *PRECOGNITION* GAME

The “receivers” **start the round** by attempting to perceive what the “sender” will focus on a couple minutes later. A couple minutes later, the “sender” draws one of the four cards, focuses on it for a couple minutes (receivers wait), then lays out the four cards. Then continue as you would with the normal send-and-receive game.