Thanks so much for your interest in hosting
The Present Moment Game!

Hosting a game IRL is much easier than doing so online, and here's how to do it:

- Gather a group of 2-8 people in one space
- Make sure any clocks in view are covered up and any watches are removed and put away - it's actually critical that players promise to not check the time, at all, while the game is being played. Let them know you'll inform them when the hour is up, and the game's over
- Make sure everyone turns their phone off or puts it face-down and on silent
- Ensure that all agree to not eat or drink during the game

Playing The Game

When you prepare the environment according to the above and everyone is ready to begin, roll through the following instructions:

"So, what we're doing here is imagining our consciousness like a bowling lane, where the gutters on either side of the lane are, respectively, the 'past' and the 'future' - with the lane itself being the present moment. And just like when a child is being taught to bowl, and bumpers are put in the gutters, we're actually doing the same thing; we're putting bumpers in the gutters of the past and the future, and making them unavailable to us.

Our goal is simple: to just stay in the lane of the present moment; right here, right now - and not bump into the past or future. But in addition to staying in the center of the lane yourself, part of playing the game is to also hold the other players accountable to stay there with you.
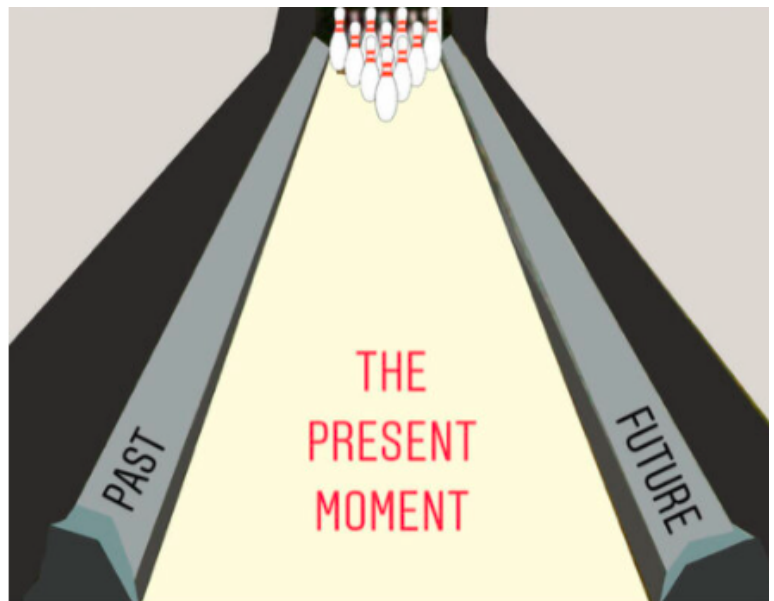
We do that by listening super closely to what everyone has to say.
So, inevitably, someone will speak about the past or the future - we probably all will; it's just our nature - and when this happens, and you catch it, it's your job is to offer that person a very gentle correction in the form of a single word - which is: Bump.

Saying 'Bump' lets them know that they've hit against one of those bumpers of the past or the future, that they are no longer in the center lane, present with the rest of us. Bump invites them back into the here and now, with the rest of the group. So, what to do when you're 'Bumped'?

- First of all, don't be afraid of being bumped! Don't feel 'shut down' or like you 'did it wrong'. While we want to avoid being bumped, it's actually a really great opportunity to become even more present!
- Second, when you're bumped, all you do is stop speaking. Simply take a moment to notice which part of what you said was in the past or future, then start your idea over, this time using present tense language, if you can. And if that's not possible, you'll just have to leave the idea behind, and we'll move on. No big deal.

3 quick tips:

1. Beware of the word 'If'. If you're starting a sentence with 'if', you're likely headed towards a bump. 'If' is speculatory about what could happen, or what might have happened, and not about what's so right here and right now, so we want to avoid it.

2. Be mindful of your language AND your content. So, you want to make sure to speak in the present tense, of course, but you also want to make sure that what you're speaking about - your content - is as related as closely to right here and right now as possible; the tighter we can hold to the right-right here and right-right now, the better.

3. Social norms don't apply here!
- Let go of the need to have a constantly flowing conversation.
- Don't feel pressure to entertain or stimulate each other.

- There's no need to keep things interesting, even. Silence is perfectly welcome.
- You might notice that your speech pattern may change and become a little robotic as you're being more mindful of your words, that's fine, too.
- Let's just let go of all expectations, be complete with whatever is so, and see what happens!

A little summary:

- No speaking about the past or the future
- Relating only to the here and now
- Gently saying 'Bump' when others relate to the past or future
- Stopping if you're bumped, starting over in the present, if possible
- And, again, pledging to give the game your full attention, with no peeking at the clock

Does anyone have any questions? Please give a thumbs up if you consent to these rules and are ready to play the game!"

When everyone consents to the rules, continue on accordingly:

"I'm about to start the clock. Once the game begins, I invite whoever wants to, to introduce themselves to the group. You can share a bit about where you're at - present-moment thoughts or feelings. Whatever you feel like sharing, in the present tense, is welcome!"

Then, set the alarm for 60 minutes, turn your phone face-down, and say: "The game now is happening. Welcome to The Present Moment!"

People will then start to introduce themselves. If no one starts after a few beats, you can begin the intros with yourself.

Note that at some point, there likely WILL be a lull. Just go with it, sit in the silence, and do your best to resist the urge to keep things moving and entertaining. BE-ing with the awkwardness is part of the game. Soon enough, someone else will step up to get the conversation going again. But, if a fair

amount of time passes and no one else steps up, you may want to get interactions going by asking players to close their eyes and relate like that as long as they want to. Changing it up in this way will make it a little easier for some people to come out of their shell.

How to end the game? At the hour mark when the alarm goes off, let the person speaking finish their sentence, then show the phone to the camera, and let everyone know that the game is now over. People will likely want to debrief and explain what the experience was like for them. Hopefully, everyone had an interesting experience and is excited to share!