

Life and soul of the party

Want to wow your party guests with something a little more spiritual than charades and truth or dare? We slipped into our party frocks to try some games with a psychic vibe



GETTING ON BOARD

Sarah Dawson joined in a gathering centred around a spiritually themed board game

My friend Kate Wardman runs parties for groups of up to six people, and at these gatherings partygoers learn the intricacies of games such as The Eternity Game and Gift Of Enlightenment.

The one we tried was called Self Mastery, a spiritual self-development game that was created 10 years ago by the Australian numerologist Sally Gibb-Cummings.

'People want to find answers to deeper questions about themselves and their purpose in life,' Sally told me. 'The game I've devised is a tool to do this.'

Four of my close friends – Cath, Jo, Ainslie and Grainne – gathered at Kate's London home. She ran through the basics of the game, the object of which is to help players achieve spiritual insight. This can take several hours – our party began at 4pm, but didn't end until midnight!

The game takes players through four levels, known as 'planes': the physical (green), emotional (pink), mental (yellow) and intuitive (lilac). You then go on to the 'spirit light and self-mastery' level (white), which represents insight and discovery.

Players only move up to the next level after landing on an angel card, which is a sign that they have gained all the insight they need on that particular plane.

Kate laid out the beautiful, brightly coloured board, then each of us picked a crystal (mine was rose quartz) to move around as we played.

Then we each had to think of a specific question. After six years, I still can't finish my novel. People are tired of hearing my excuses, so my question was: 'What are the symbols I need to look for to show I'm on the right path with my career?'

Ainslie needed more focus in her life, and Cath wanted help getting motivated with a new business venture, so each asked questions about their dilemmas.

Ainslie got us started by rolling a six. I then rolled a three. My first message said: 'Cleanse. If



Toasting new perspectives

something's not quite right, try a different approach.'

I also landed on a 'gift' symbol and drew a card that read: 'Pay attention to what works naturally for you, as this is the key that opens the doorway.' At first this seemed puzzling, but as the game progressed, I felt the message pointed towards my working schedule and how to

'As with life, the game is much more about the journey than the arrival'

achieve my true goals.

Turn by turn, we rolled the dice and moved our crystals round the physical plane. Sometimes we got flashes of insight, while on other occasions the messages seemed as clear as mud.

My rose quartz was speeding ahead - I landed on only four symbols in the physical plane and sped up to the pink (emotional) plane. Soon I was well ahead of everyone else.

I suddenly realised I was viewing the board game as



A fun way to find a game plan



a race, so Kate reminded me: 'As with life, it's much more about the journey than the arrival.'

Despite me being ahead to begin with, it was Grainne who reached the 'spirit light and self mastery' level first. This is the jewel in the crown at the end of the journey, offering an overview to the question asked and opening the higher doorway to wisdom and clarity. Ainslie felt calm and at peace, but the others seemed confused by the readings on their cards.

As we chatted afterwards, Cath received some clarity after one of our group suggested an incident from her past may be blocking her from moving on.

My self-mastery card talked of discipline and self-control. As my question had been connected to my novel, I realised I needed more discipline and structure to my life in order to finish my book.

In the small hours of the morning, we made our way home with new perspectives on our lives. The Self Mastery game is great as part of an evening designed to help resolve issues and gain insight. There was plenty of laughter, too, and it allowed five friends to admit to the problems in our lives and throw around ideas that will help us solve them.