

THE
Being
GAME

HOW TO CHOOSE THE WORDS
THAT WILL HAVE YOUR LIFE BE
SATISFYING AND FULFILLED



Sid Fey
With Kathy Vitello

CONDENSED VERSION



The following is an excerpt from the book, *The BEING GAME: Choose the Words That Will Have Your Life be Satisfying and Fulfilled*. This GAME is designed to have the “player” experience a life that is worth living. At the very least, it would be a life of his or her choosing.



D R E A M S

WE ALL HAVE HAD DREAMS of having wonderful lives. Some of these dreams are long forgotten, and others we just have given up having. When we give up our dreams it's as if we give up a piece of ourselves.

The *BEING GAME* is about getting back in touch with those pieces of BEING that are missing in our lives. The GAME will get you in touch with what your life is about and how you can live your life more powerfully. You CAN choose your dreams.

*Cherish your visions and your dreams
as they are the children of your soul,
the blueprint of your
ultimate achievement.*

Helen Keller

C H O O S I N G T H E G A M E

The BEING GAME is about a possibility. The possibility that you may discover an insight for yourself that will enable you to live a life that is satisfying and fulfilled.

Every moment of every day, you can choose how you think about things, and how you experience your life.

For a long time it had seemed to me that life was about to begin—real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid, then life would begin. At last it dawned on me that these obstacles were my life.

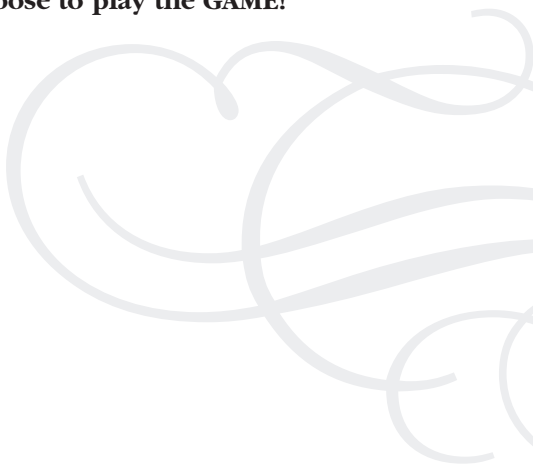
Fr. Alfred D'Souza

BEING is who we are.

We are human BEINGS. We can BE fearful, angry, cynical, or righteous. Or, we could choose to have the courage to BE peaceful, trusting, or loving. There is power in the declaration and choosing of our BEING.

What words of BEING could you choose that would change your life?

Choose to play the GAME!



I N S P I R E D B Y W A T E R

BEING, begins in language and in our speaking. This is beautifully portrayed by Helen Keller, who was born a bright and lively infant but at the age of 19 months was left blind and deaf due to illness. Helen Keller got her life back at age 7 when, with the arduous efforts of her teacher Anne Sullivan, she discovered the word “water.”

Read this inspirational quotation on the following page. This is Helen Keller’s experience of language giving her BEING.

*I was like an unconscious
clod of earth. My days were blank
without past, present, or future,
without hope or anticipation,
without interest or joy...*

I awoke to language.

*I was actually lifted from
nothingness to human life...
It was as if I had come back to life
after being dead...
strange things that were
locked up in my heart
began to sing.*

Helen Keller

Light in My Darkness

Helen Keller discovered she could create her BEING in her thinking and her speaking, once she had words, or language, to use. Prior to that, she had no possibility to create a life beyond basic survival instincts. This is an extraordinary testament to the impact of words.

Helen Keller lived a remarkable life as the spokesperson for the American Foundation for the Blind and for related causes.

As the word “water” gave Helen Keller her life, what words of BEING would give you your life?

*Before you can do something, you first
must be something.*

Goethe



T H E G A M E

The BEING GAME consists of words of BEING on magnetic or acrylic tiles. You might choose just one or choose several words, or ways of BEING. You can select any of the words and use them on a daily basis to “set up” or choose your day. Choose them at random or select them congruently with your vision of how you would like to live your life. BE creative.

Display the words you chose at home or at work as a declaration of who you are going to BE today. Miraculously you may discover that the experience of your life can shift to be more consistent with your dreams, by declaring through “languaging” or speaking what you wish it to BE. The events of your day may not change, but your experience of life’s moments can shift by your BEING true to yourself, and BEING who you said you would BE as the chaos of life unfolds.

B E I N G B U D D Y

You can play the GAME by yourself. Is that what you normally do in life? Try something different. Get yourself a “BEING BUDDY” who can support you to BE who you said you would BE. A “BEING BUDDY” is someone who is willing to ask you to do something you don’t wish to do, so that you can BE who you dream to BE. A “BEING BUDDY” can be a great coach and a contribution. Allow people to contribute to you.

W I N N I N G A N D L O S I N G

“What’s in this GAME for me?” “How will this make me a winner in my life?” These are questions many of us ask ourselves. We may exist in a life trying to win, BEING righteous, and collecting STUFF. We may go down the same life tunnel, time after time, somehow expecting a different result.

THIS GAME IS NOT ABOUT THAT. It is about BEING, just because you said so. A life lived by intentional BEING has the possibility of a life experienced as fulfilled and satisfying. It might even be one of community and contribution. It certainly can be one of your choosing.

You can win no matter what. Do not make this one more thing you have to do. You never HAVE TO play a game. Do have fun, play the GAME, and win!

Possessions and “stuff” will not produce satisfaction and aliveness. In that quest, the best life you can hope for is that there will be a need for more “stuff”.

Sid Fey



P L A Y A G A I N , A N D A G A I N

BEING can come and go. Until you really own it, it is as elusive as a beautiful butterfly in the summer breeze. You can choose a particular way of BEING, own it, and then real transformation can occur!

Because you are human, you may forget. Then you can choose again. Love and forgive yourself when you forget. Forgetting is a clue to choose a way of BEING such as loving, or forgiving.

Remember, you can choose who you want to BE over, and over again. Keep *The BEING GAME* booklet and magnets, or acrylic tiles, close by for reference and play the GAME.

When you begin to own your BEING, it has a chance of becoming a permanent change. Practice and play. This is like a new muscle you are developing.

*A human being...experiences himself,
his thoughts and feelings as something
separated from the rest...
a kind of optical delusion....*

*Our task must be to free ourselves from
this prison (of delusion)
by widening our circle of compassion to
embrace all living creatures
and the whole of nature.*

*We can't solve problems by using the
same kind of thinking we used to
create them. The whole of science is
nothing more than a refinement
of everyday thinking.*

Albert Einstein

If you saw a possibility for your life in reading this booklet, we invite you to read the complete BOOK IN A BOX, *The BEING GAME: Choose The Words That Will Have Your Life be Satisfying and Fulfilled.*

The complete BEING GAME book gives real life examples of how the GAME impacted our lives and includes chapters on:

☞ What is BEING?

☞ BEING Committed

☞ Thoughts vs. Thinking

☞ If You Think You Can...

☞ Getting into Action

☞ Miracles

☞ BEING Present

☞ It's Not the End, Just the Beginning!

☞ Composing Your Life Song

If you would like us to design a “BEING GAME” specifically for your company, school, spiritual community, or organization, please let us know how we can assist you.

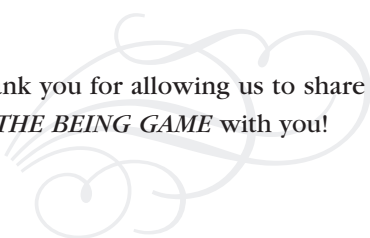
For media inquiries, speaking engagements, consulting on BEING, or if you wish to give yourself or someone you care about, the gift of *The BEING GAME*, contact us at any of the following.

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A decorative graphic consisting of several overlapping, light gray swirls and loops, centered behind the text.

Thank you for allowing us to share
THE BEING GAME with you!



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*We are what we repeatedly do.
Excellence, then is not an act,
but a habit.*

Aristotle

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