

THE MCKAY METHOD® MONOPOLY GAME

LET'S PLAY!

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GRADUATE PROJECT

THE MCKAY METHOD® SCHOOL OF ENERGY HEALING

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The idea for The McKay Method® Monopoly Game was born out of my son Diego's long winter break when we played about a hundred and fifty games of Monopoly (ok, that might be a bit of an exaggeration). Diego and I had just finished playing a game, which he had won, and I came up with the idea of an energy healing monopoly game. Diego seconded that idea with such enthusiasm, he jumped up and started designing the board, making Monopoly money and finding tokens to move about the board. In creating The McKay Method® Monopoly board I hope to educate players about the concepts of Being and Doing as well as introducing players to their own energy system all in a fun way. The McKay Method® Monopoly Board follows the basic Monopoly game strategy of eliminating other players, however a player wins by attaining a "chakra monopoly" (which denotes personal growth and accumulating the most Cosmic Cash). A player can buy a property from each of the seven chakras or buy all of two or three same chakra colors (more details on this in the game instructions). A player purchases "gems" instead of houses. The gems represent to me the opening or bringing light to each chakra. Each set of "property" or Chakra Cards as I have assigned them in this game, represents one positive aspect or "property" of a chakra. The game board starts at the first chakra and moves up the chakra system as you move around the board until you finally take a "Soul Journey" and transition to a new life or another phase of a current life. The railroads became meditation spaces to emphasize the importance of meditation which can aid in relaxation, grounding, personal awareness and growth. The Community Chest and Chance cards are "Being" and "Doing" cards which emphasize the difference between these two states and hopefully educate the player that balance of Being and Doing is the ideal. Jail is Bardo, which is an in between or transitional state in death, birth, dream or the afterlife. It is an intermediate place where usual life becomes suspended.

Bear and I met on March 19, 2015 to discuss the game. March 19, 2015 happened to be the 80th anniversary of the Monopoly Game, published by Hasbro, March 19, 1935. I researched metaphysical games created and published in the United States (there are many more worldwide). I relied mainly on information from boardgamegeek.com which has an extensive list of board games and summaries. I also used Google searches which included words such as “transformation,” “karma,” and “cosmic.” For some of these board games YouTube offers videos of people playing the game. Many of the metaphysical board games are for adults. Here are some summaries of a few games I found interesting:

Cosmic Karma Game

A beautifully designed and complex board game with original art that demonstrates the principles of karma. The board is a mandala with three rings representing the Earth Realm, Spirit Realm and Cosmic Consciousness. The first player to acquire all three master tools (torches, swords and wands), remove all negative karma and return to Cosmic Consciousness wins the game. A complete view of the game instructions and board can be found at www.cosmickarmagame.com

Better Me, The Game of Growth

Better Me™ is totally new approach to relationships and personal development. It challenges people to take action to improve themselves and their life, and strengthens relationships by helping people understand each other in a deeper and more meaningful way.

The game brings up interesting topics that don't normally come up in daily conversation, allowing players to quickly learn about themselves and their fellow players. And all in an encouraging and fun atmosphere, with no pressure or judgment permitted. When was the last time you told a group of people about a past accomplishment that you're proud of, or had a game challenge you to write a thank you letter to a loved one?

Better Me™ also harnesses the power of accountability. Any player committing to an action must find an accountability partner to help make sure they follow they follow through on their commitment. Both players write down the action to be taken, and the target completion date on their game sheet. This accountability strategy is key to insuring that players take action and grow.

Players move around the game board and draw cards which prompt all sorts of positive action and discussion. **Players race to fulfill each of their five life areas, heart, mind, body, people and tangibles.**

It's the new and engaging way to improve yourself and your relationships with friends, family, and coworkers, all while having fun!

<http://www.bettermegame.com/>

<http://www.bettermegame.com/play>

Satori, The Game of Radical Forgiveness

Satori – The Radical Forgiveness Game takes between 1-1/2 and 2-1/2 hours to play. It is a lot of fun but in the playing of it, energy is moved in the same mysterious way as it does in all the other forms of the Radical Forgiveness Experience. It is not necessary for all players have prior knowledge of Radical Forgiveness.

Players pick a 'story' card to play with (which invariably resonates a real situation for them), and they all start in Victimland. They proceed around the board which spirals in towards the center, the objective being to reach the full Satori, which is, as you know, the Awakening.

We find ourselves picking up beliefs and energy blocks along the way, finding ways to release them, or project them onto someone else. There are three Gateways to get through — the Gateway to Awareness; the Gateway to Shift Happens and the Gateway to Surrender. There are no winners or losers. The game ends when everyone reaches Satori and joyfully reads out their reframe.



<http://www.radicalforgiveness.com/the-game/>

http://www.radicalforgiveness.com/mm5/merchant.mvc?Screen=PROD&Product_Code=4000GAMESatori

Karma What Goes Around Comes Around

This is a card game for two to six players. The first player to get rid of all of his cards is the winner. The first player starts by playing the lowest card in his hand and the next player must play an equal or higher card. If you do not have a card to play, you end up with the entire pile of cards in your hand. This game is the opposite of War where the winning player tries to get all of the cards by drawing the higher card and taking the cards. In the Karma game deck there are Karma Cards which are wild cards. They give unexpected direction to the players such as "Give the Pile to a Friend: Give the entire discard pile to a friend and remove this card" or "Five or Below: A card valued 5 or less must be played after this card." The game is played until one player is left with the cards.

<http://www.setgame.com/sites/default/files/instructions/Karma%20Instructions%208.5x11.pdf>

https://www.fatbraintoys.com/toy_companies/set_enterprises/karma.cfm?source=google_pla&kwid=SN011&utm_source=google&utm_term=Product_Target&utm_campaign=SHOPPING&utm_medium=cpc&utm_content=uCcPDRV9|pcrid|51465722530|pkw||pmt||pdv|c|&gclid=CNGYtMq4iMYCFUprfgodT7YAIQ

The following are some other games I found and the years they were published:

Better Me (the game of growth)
Seven Deadly Sins (2000) (“New age snakes and ladders with attitude”)
Cosmic Karma Game (2012)
Karma Game
Karma (“What goes around comes around”)
Leela (also available on Nintendo Wii by Deepak Chopra – body, mind and spirit play)
Satori (2002) The radical forgiveness game board
Road to Enlightenment (2012)
Gift of Enlightenment (2005)
Enlightenment (1987)
The Transformation Game (1987)

There are also many Therapeutic Games marketed for kids:

Talikor Life Stories
Ungame Board
Totika
Stop Relax & Think
The Social and Emotional Competence Game
Temper Tamers
Choices
Consequences
Mad Dragon: An Anger Control Card Game
Feelings Playing Cards
The Talking, Feeling and Doing Game

Here are some “History & Fun Facts” from the Hasbro Monopoly website:

- * More than 275 million games have been sold worldwide and it’s available in 111 countries, in 43 languages.
- * The longest MONOPOLY game in history lasted for 70 straight days.
- Since 1935, more than one billion people have played the game.
- In the 1970’s, a Braille edition of the MONOPOLY game was created for the visually impaired.

- In 1978, the Neiman Marcus Christmas catalog offered a chocolate version of the game priced at \$600.

If you would like to learn more about the history of Monopoly, I recommend the book, *The Monopolists* by Mary Pilon (Bloomsbury 2015).

I would like to thank my entire family for their support in my goal to finish The McKay Method® Energy Healing School. Special thanks to my twin sister, Maria, for volunteering to be my test subject and allowing me to practice any and all techniques on her AND for traveling from out of state to take care of Diego so I could get to Bozeman for classes; my brother, Joe, for traveling from out of state to take care of Diego; my brother, Peter Andrew, for the layout and design of the game board, property cards, cosmic cash and Being & Doing cards; and my son, Diego, for cheering me on and telling me “Mom, I want you to finish school!” Many thanks to all of my clients, The McKay Method® energy healers and students, Stephanie Hull for keeping me in the know, Stephanie Sharpe for being the best roomie, Jen Camp for printing my game board, the patient ladies at FEDEX office, all of my not-so-easily-seen helpers, and of course Bear McKay for leading me on this journey.

THE MCKAY METHOD® MONOPOLY GAME INSTRUCTIONS:

CONTENTS

Gameboard; Tokens; 28 Chakra Property, Meditation, and Utility Cards; Being and Doing Cards; Cosmic Cash; Gems; Dice

SET UP

Each player gets a total of \$1,500 Cosmic Cash:

2 x \$5 Cosmic Cash

2 x \$10 Cosmic Cash

1 x \$20 Cosmic Cash

1 x \$50 Cosmic Cash

4 x 100 Cosmic Cash

2 x \$500 Cosmic Cash

THE BANKER

Choose a player to be the Banker who will look after the Cosmic Cash. It is important that the Banker has good boundaries & ethics and keeps his/her personal funds and Chakra Property Cards separate from the Bank.

THE BANK

Holds all of the Cosmic Cash and Chakra Property Cards not owned by players.

Pays bonuses to the players.

Collects taxes & fines from players which will be put in the center of the gameboard. *Are you feeling generous? Would you like to share any of that Cosmic Cash you just collected from the center of the gameboard?*

Sells Chakra Property Cards.

Sells Gems.

The Bank can never "go broke." If the Bank runs out of Cosmic Cash, the Banker may issue as much as needed in writing on ordinary paper.

HOW DO I WIN?

Be the only player left in the game who has Cosmic Cash.

WHO GOES FIRST?

The oldest or youngest player goes first.

ON YOUR TURN

Roll the two white dice.

Move your tokens clockwise around the board the number of spaces shown on the dice.

You will need to take action depending on which space you land on. See *Where did you land?* below. If your move took you onto or past the GO space, collect \$200 from the Bank.

WHERE DID YOU LAND?

An unowned Chakra Property Card?

There are three types of property you can buy:

Chakra Property Cards, Meditation Spaces and Utilities

You can purchase the property you land on for the listed price on the board space. Pay the Bank, then take the Card that matches the property. If you do not want to buy the property then your turn is finished (unless you rolled doubles – see rules that apply for rolling doubles.)

Every time you pass GO, collect \$200 Cosmic Cash, unless you are sent to Bardo or instructed otherwise by a Being or Doing card.

ROLLING DOUBLES

If you roll doubles, you get another turn.

If you roll doubles three times in a row, go directly to Bardo, do not pass GO or collect any money.

GO TO BARDO

If you land on this space or draw a card instructing you to go to Bardo, you must move your token to the Bardo space immediately. You do not collect \$200 for passing GO if you are sent to Bardo. As soon as you are sent to Bardo your turn ends – pass the dice.

Rolling three doubles in a row will land you in Bardo.

HOW DO I GET OUT OF BARDO?

You have four options:

1. Pay \$50 at the start of your next turn, then roll and move your token.
2. Another person uses his/her card from the Being deck that states “Use this card to get yourself or another person out of Bardo free.”
3. Wait three turns. On each turn roll the dice. If you get a double, move out of Bardo and around the board using this roll. If you do not get a double on your third roll, you must pay the Bank \$50, then move the number of spaces rolled.

4. For three or more players only: If another player lands on the “just visiting” space while you are using your three turns, they may get you out of Bardo by both of you losing a turn.

BARDO (Just Visiting)

If you finish your normal move on this Bardo Space, nothing happens. If there is someone in Bardo and you wish to get him/her out, you may lose a turn to get this person out of Bardo (for more than two people playing the game). If there is more than one person in Bardo, you may lose a turn for the number of people you wish to liberate from Bardo.

A CHAKRA PROPERTY CARD THAT YOU OWN

Nothing happens, be grateful and enjoy it!

POWER UP SPACE ON THE BOARD

If you land on this space and it is owned, you must pay the owner 5X the amount shown on your roll of the dice.

If both POWER UP and WATER properties are owned, you must pay the owner 10x the amount shown on your roll of the dice.

WATER SPACE ON THE BOARD

If you land on this space and it is owned, you must pay the owner 5X the amount shown on the dice.

If both WATER and POWER UP properties are owned, you must pay the owner 10x the amount shown on your roll of the dice.

GEMS

Gems are purchased only when you own a property of each chakra and/or all the same color Chakra Property Cards. Gems increase the money you are able to collect when a player lands on your Chakra property. You may purchase as many gems as you want in one turn and place them on whatever Chakra Property Cards you wish. You can have a maximum of 4 gems on a single site.

IMPORTANT!: There are two ways to begin accumulating gems on your Chakra Property Cards to collect more Cosmic Cash when another player lands on your property. A player can use both of the following strategies in the game at the same time to obtain a Monopoly:

(1) A player may buy one property from each Chakra (balance their Chakras) AND/OR

(2) A player may attain all of the same color Chakra Property Cards.

Selfless Living and Soul Journey are wild cards and can substitute for any Chakra Property Card.

ONE MORE WAY TO EARN COSMIC CASH

All Cosmic Cash paid for Bardo, Taxes and other fees players must pay as directed by a Being or Doing card (except Cosmic Cash due another player), will be placed in the middle of the

gameboard. The person who lands on the Matrimandir will get that cash in addition to the \$100 for landing on the Matrimandir space.

COLLECT RENT

If another player lands on one of your Chakra Property Cards, you can collect rent from them as shown on the Card. If a player owns one of each color of the Chakras or all three colors of one Chakra, the rent is doubled.

SELFLESS LIVING and SOUL JOURNEY:

These are “wild cards” and can substitute for any Chakra Property Card. This is especially helpful when you are “balancing your chakras” and intend to purchase one of each color of the Chakra Property Cards. These cards can also be purchased as individual chakra properties. If all properties of the same color are purchased, a player may collect double the rent and gems can be placed on the property.

CLOSING DOWN A CHAKRA

If you are low on Cosmic Cash and cannot pay a debt you may close down any of your Chakra Property Cards that do not have Gems on them. Turn the card face down and collect the amount of Cosmic Cash in the table below. To reopen your chakra, pay the listed value plus an additional \$5 to the bank and then turn the card face up. Cosmic Cash cannot be collected on a Chakra Property Card that is closed.

PROPERTY CARD	CASH YOU RECEIVE TO CLOSE DOWN	CASH YOU MUST PAY TO REOPEN
RED	\$30	\$35
ORANGE	\$50	\$55
YELLOW	\$70	\$75
GREEN	\$90	\$95
BLUE	\$110	\$115
PURPLE	\$125	\$130
GOLD	\$140	\$145
WHITE	\$150	\$155
MEDITATION SPACES	\$50	\$55
POWER UP & WATER	\$75	\$80

BEING/DOING CARDS

Take the top card from the appropriate pile and follow the instructions on the card immediately, then return it face down to the bottom of the pile. If it is a *Get Out of Bardo Free* or *Get Another Player Out of Bardo Free* card, keep it until you need to use it or sell it to another player.

MATRIMANDIR HEALING ROOM

Earn \$100 Cosmic Cash every time you land on this space or if a card lands you there and collect any cash in the center of the gameboard.

HELP, I'M IN DEBT!

If you ever owe the Bank or another player more Cosmic Cash than you have, try to raise the money by selling your Chakra Property Cards back to the bank for face value. If you still owe more than you have, you are BANKRUPT and out of the game!

FAST PLAY – A SHORTER VERSION OF THE GAME

A player wins the game simply by being the first person to own one color from each of the Chakra Property Cards OR all two or three property colors of a Chakra and buying one gem for each property.

Other References:

<http://www.dailymail.co.uk/news/article-2957197/The-real-story-Monopoly-secretary-designed-board-game-100-years-ago-protest-against-property-moguls-day.html>

http://en.wikipedia.org/wiki/History_of_the_board_game_Monopoly

http://www.hasbro.com/monopoly/en_US/discover/about.cfm

<http://www.cnn.com/2015/03/19/living/feat-monopoly-80th-anniversary/>

Book: The Monopolists Obsession, Fury and the Scandal Behind the World's Favorite Board Game by Mary Pilon (Bloomsbury 2015)