



GIRAFFE JAM #5 PLAY ON PURPOSE

Recap

Playing on Demand, bringing play into our kingdom or queendom. Not just our physical space but also our inbox, so to speak – How did it go??

The first half of the series is about the world we can control. The second half is about staying playful in the world we can't control, the whole illusion of control, and how to play with that. Today is the bridge between what we can and can't control.

The world situation – a growing battleground

This is an unusual time in history when the political and social climate has shifted from proving ground to battleground mentality. Negative images surround us. Unimaginable horrors are now part of our imagination. The need for optimism and affirmation have rarely been greater. With play, we invoke that affirmation and optimism through our capacity to imagine and create a more positive world. It enables us to look for, find, and build on what is right, good, worthy. Play builds optimism.

Even though it doesn't insure any particular outcome and necessarily won't eliminate problems or promise success, it does train us to see how there is always something light, even in the dark and it helps us work with whatever shows up and keep generating possibilities from it.

So, cultivating our playful nature is important. It matters. Not just for ourselves, but for our world.

The paradox of play

Play encompasses some deep paradoxes.

- Acceptance of the world as it is and the ability to be okay (we're not reaching for happiness yet) even in the midst of difficult circumstances, while also being an agent of change. Playfulness embraces the paradox that

"Everything is perfect! It could just use a little bit of improvement." Suzuki Roshi

We think that if we're happy with the way things are, they'll never get better. But our happiness and ease and okayness are exactly what will make them better.

When we feel good, we are more effective, we have resources or courage, strength, confidence, intelligence, and capacity that make our lives better. Plus, our goodness is contagious!

As the psychologist Shawn Achor said, we are not happy because we're successful. We're successful because we're happy.

You may be aiming for peace, joy, connection, expression. But the principle is the same, they depend on where we put our attention:

Life is attention! What we notice becomes our world. The bottom line is that Everything we ever need or want is available in the present moment. Our playful nature naturally comes when we're present. What blocks play is our fear that we can't handle our experience of the present moment.

Bringing our attention to the present moment enables us to play! And Play brings us into the present moment.

Three filters

1. What is wrong with it, what is wrong with you? What is wrong with me? WBNE Radio
2. What are the possibilities now?
3. What are the gifts in this situation? From something happening to me to something happening for me.

ESSENTIAL NEEDS

There are only a few essential needs/goals – peace, love, joy, freedom, self-expression, connection. These essential/ultimate needs aren't dependent on our circumstances. They are here right now. The big shift to the playground is to feel how everything essential that we want is right here. As soon as you start wanting something in your life to change, look for the essential need it will fill. You don't have to wait. Notice how it is here right now.

WBNE radio tells us we need to be different in order to have what we want. Reaching always for an ego ideal is exhausting and it keeps you from accessing your essential self, which is where all the resources/juice are.

PURPOSE

Most notions of play have to do with it being frivolous – without any purpose. There is an inherent paradox in play. We are most playful when we are absorbed in the process

instead of being driven by the outcome. Many play advocates/purists see any kind of purpose as an imposition on play.

At the same time, play has evolved because it does have an evolutionary purpose. Purposelessness has an evolutionary purpose. The purpose is to keep the play going!

Different kinds of Purpose:

- **Cosmic purpose** - Infinite play – to keep the play going – variety and complexity. The edge of chaos, the most amount of chaos that can be creatively born. This is exactly where the play is, the life! I call them the erogenous zones of the universe! Liquid water. The cosmos' play has generated everything we see around us. But there are specific conditions for the playground to flourish and the cosmos created them. As life has become more conscious it has become more playful and through that play it has been able to articulate the powers of the universe. Ultimate play!
- **The world's purpose** – to keep the play going – create the greatest, most life enhancing possibilities for the greatest amount of life. Combination of razor sharp, perfect moments (the rate of expansion of the cosmos, the percentage of oxygen on the planet) and big messes.
- **Your life purpose** – freedom and fullness – Differentiation - the full expression of your true gifts in service of the world and communion. Fuller union is fuller being. We don't express ourselves in a vacuum. We become ourselves through each other! Through play!!
- **Purposeful work** – Those darn things that have to get done. Daily grind.

PLAYING WITH CHORES, TASKS, AND HARD WORK

In any job that must be done there is an element of fun. You find the fun and snap the job's a game.

Small tasks/chores

- music music music
- Dance
- rewards
- Personal best – fastest, most
- Characters/imagination
- friends
- little challenges

Big things – Gamify it!