



DREAM

BINGO

INSTRUCTIONS MANUAL

The School of Metaphysics is a 501(c)(3) not-for-profit educational organization with 16 branches in 9 states.

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OVERVIEW

The **DREAM BINGO** is an educational game developed by the School of Metaphysics to promote awareness about nightly dreams and their interpretation.

The **DREAM BINGO** follows the flow of a regular bingo game; however, instead of numbers it uses dream symbols. Dream symbols are derived from the Universal Language of Mind referenced by the School of Metaphysics to interpret nightly dreams.

We spend 1/3 of our lives sleeping. Our consciousness wanders between wakefulness to the physical world around us and glimpses of other worlds within.

Dreams are messages originating in the inner levels of your consciousness, the part of Self we term the subconscious mind.

Dream messages are formed in what we term the Universal Language of Mind. This language is used by the inner mind for all of mankind for communication and is therefore universal. The meaning is only hidden to those who have yet to learn. When the unknown becomes known, the communication offered by your dreams will be very direct for it will be understood by you, the receiver of the message.

The **DREAM BINGO** is here to help facilitate this learning process!

HOW TO CREATE YOUR OWN DREAM BINGO

The **DREAM BINGO** is composed of 3 digital files which you can use to create the whole game from scratch by yourself.

The 3 files are:

- 1) **DREAM BINGO - 1** - Instructions Manual.
- 2) **DREAM BINGO - 2** - Cards.pdf. A pdf file with 112 bingo cards.
- 3) **DREAM BINGO - 3** - Worksheets.xls. A Microsoft Excel file with bingo worksheets.

Here follow instructions on how to create your own set of the **DREAM BINGO!**

Step 1: Print the bingo cards (file #1).

The bingo cards can either be professionally printed at an office shop such as OfficeMax or Staples or they can be printed on a regular printer. The cards are 5.5" x 8.5" in size, therefore it is possible to print 2 cards per a single sheet of paper. If printing on your own printer make sure to feed 56 sheets of paper to print all the cards (there are total of 112).

Step 2: Cut down the middle of each bingo card page to create 2 cards for each printed page.

Step 3: Print excel spreadsheets (file #2).

There are 2 worksheets. Worksheet "Caller's Master Copy" is used by the person conducting the bingo to place the "numbers" i.e. dream symbols on. Worksheet "Dream Symbols" is used to call the dream symbols during the bingo.

Step 4 (optional): Laminate all the bingo cards and the worksheets.

Step 5: Cut out the dream symbols from Worksheet "Dream Symbols" to create a set of dream symbol paper strips. These will be "numbers" that you call during the game.

HOW TO PLAY

Understand the goal of Bingo.

Your goal is to cover five squares in a vertical, horizontal, or diagonal row. Cards are 5 rows by 5 rows with a letter from the word DREAM written at the top of each card. The dream symbols on each square were generated at random. There are 75 dream symbols with either a D, R, E, A, or M. These letter-dream symbol combinations should occasionally coordinate with a square on your bingo card.

Designate a caller.

The caller is the person who selects dream symbols that have dream symbols and letters written on them. He or she calls the letter-dream symbol combination out to the players.

Hand out cards and chips.

Each player should have at least one card. You can also play with multiple cards at a time. While this is harder than just playing with one card, it increases the chances that you will win. For chips you can use pennies, beans, beads etc.

Mark off the "Free Space". This is your easiest placement as it is free and does not require a dream symbol to be called for you to cover it. The free space is located in the center of the card i.e. School of Metaphysics' logo.

Place the cut out dream symbols in a big bowl. Mix them around.

Select a dream symbol if you are the caller. The caller should select a dream symbol without looking at the bowl. Read the letter-dream symbol combination out loud to the players. The paper strip will say something like "E feet". [Ask all the participants if they know what the selected dream symbol means. Ensure that the proper definition of the dream symbol is provided.](#) Definition of each dream symbol is listed on the paper strip that you pulled from the bowl. The **DREAM BINGO** is an educational game therefore with each new symbol there is an opportunity for everyone to learn an interpretation of a new dream symbol.

Place a chip on a square if you have the number combination that the caller has called out. Always pay special attention to the marking of the dream symbol on your bingo cards! Every player has to listen carefully to the caller and the dream symbols he/she announces during the bingo game. Mark the correct dream symbols on your bingo cards. A mistake of this kind may cost you your win.

Shout "Bingo!" when you get five in a row. It is up to you to call "Bingo" loud enough for the caller to hear. Make sure that you call it immediately. Bingo must be claimed on the most-recent dream symbol called. If the caller has already called the next dream symbol, or is in the process of doing so, it is too late to call Bingo.

Clarify that you heard all the dream symbols correctly. The caller should ask you to read the dream symbols you have marked. If you made a mistake and marked a square with a dream symbol that wasn't called, your win will be void.

Claim your prize. Winning in bingo allows one to receive a prize. Approach the caller to claim your prize.

Have fun while learning!

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