

TOP SECRET

The Metta Center's Cosmic Peaceforce

Mission: Harmony 3



MISSION BRIEF

Nonviolence has gone cosmic!

3-5 players

Playtime: about 90 minutes

A cooperative board game that serves as a mini-training in the New Story and nonviolence.

Be prepared: This is not a game of me against you or "us versus them." It's a game of me and you working together to establish a greater harmony for everyone.

The terms and concepts in this game will reinforce nonviolent values and will take some practice to get used to as they challenge the cultural conditioning we've experienced with old paradigm game language.

CONTENTS

- | | |
|----------------------------|--|
| 2 Mission Instructions | 12 Tokens, Cards, and Mini-games
— what happens on your turn |
| 3 Setup | 14 Understanding Harmony 3 and
its discovery by Professor En |
| 4 Cosmic Peaceforce Pledge | 16 About The Metta Center for Non-
violence & Third Harmony Project |
| 5 Playing the Game | 17 Game Credits |
| 6 Mission Clarity | 18 The Roadmap: Inspiration for Game |
| 7 Mission Accomplished | 19 Mission Observations / Emergent Rules |
| 7 Emergent Rules | 20 Quick Start |
| 8 Nonviolence Tips | |
| 9 Understanding the Board | |
| 11 Board Icons | |

Mission Instructions IN DETAIL

1 Read your Mission Description

Here's your mission... if you choose to accept:



The **Disharmony Yuga**, a galactic wave of negative forces, is freezing hearts and minds across the galaxy and it is headed directly towards us. Violence is escalating on all sides.

We are calling on all members of the Cosmic Peaceforce to embark on a sacred mission to discover the root of the problem — and its most transformative solution.

You must travel across the cosmos towards the recently discovered planet, Harmony 3. There, you will meet the Ancient One and recover a near-lost pearl of wisdom that will heal and transform our world, granting all beings freedom from fear and isolation.



With a knowledgeable **Spacehorse** as your interstellar steed, you will face and de-escalate many conflicts along the way.

Beware! The Disharmony Yuga wants to stop and discourage you at all costs.

Watch out for bitter cosmic Space Lemons, chaos-loving Galactic Goats, and many Sweet Temptations. Are you ready?

2 Set up your Peaceforce Environment

Gemstone Marker
Place on Lotus Petal 12

6 Player pieces
Each player places 1 on a
Spacehorse in a dimension

Gameboard



1 deck
Conflict cards



1 deck
Space Lemon
cards



1 deck
Strategy
cards



6 Hearts



6 Ice blocks



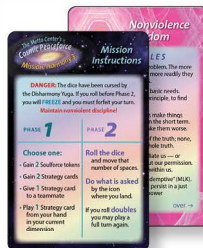
Soulforce tokens



2 Dice

You supply (not included):

- Timepiece for 30-second intervals
- Papers and pencil or whiteboard



5 Mission
Instruction cards
Give 1 to each player
+ 1 Wisdom card



Mission Brief
book

Setup (continued)

- 1 Every player chooses a player piece and places it on their Spacehorse — each in a different dimension.
(No players can begin on the same space).
- 2 Place the marker gemstone in petal 12 of Harmony 3
(represented by the central lotus on the board with 12 petals).
- 3 Place the Soulfence tokens, hearts, ice blocks, and your three card decks in reach of all.
- 4 Choose a Timekeeper to keep track of time. You will need to count down 30 seconds. A watch or phone can work for this.
- 5 Every player should be given a Mission Instructions and Wisdom card.
The Wisdom card is for inspiration only. Take time to review it.
- 6 Distribute resources:
 - for **3 players**: 2 Strategy cards each + 5 Soulfence tokens each
 - for **4 players**: 1 Strategy card each + 5 Soulfence tokens each
 - for **5 players**: 1 Strategy card each + 4 Soulfence tokens each.

3 Take the Cosmic Peaceforce Pledge as a team

COSMIC PEACEFORCE PLEDGE

As a Cosmic Peacekeeper on the Cosmic Peaceforce
I commit myself to nonviolent discipline, cooperation,
and nonviolent strategy as I ensure the well-being
of the whole team, and work creatively for the uplift
of the entire cosmos, turning enemies into friends,
learning from my experiences, and transforming
conflict into opportunities for peace at all times.

4 As a group, decide who will go first

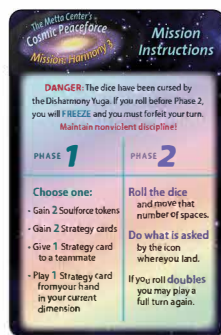
5 Your turn

Your turn has two parts: participating in strategy and then moving around the board environment.

In Phase 1: You have four options:

- You can give any other player (whomever needs it most) one of your Soulförce.
- You can gain two Strategy cards from the main deck.
- You can play a Strategy card from your hand corresponding to the dimension you are in.
- You can give any other player one of your Strategy cards.

You have been given a **Mission Instruction Card** in case you need a reminder.



In Phase 2: You have to roll the dice and move clockwise around the board.

When you land on an icon you must do what the icon requires. It could benefit your Peaceforce or it could benefit the Disharmony Yuga.

Space Lemon



Galactic Goat



Conflict Storm



Soulforce



Spacehorse



Sweet Temptation



Review icon references on page 11 of this Mission Guide. The reverse side of the **Mission Instruction Card** has icon references. Use it when in doubt.

Note: You play Conflict cards when you land on a Conflict Storm or when you play a Strategy card. Success at the mini-games on the Conflict cards will be your means for opening a dimension's portal to Harmony 3.

6 If you roll the dice before Phase 2 of your turn

The Disharmony Yuga has frozen you for the rest of your turn and you must pass your turn to the next Peaceforce member.

7 If you roll doubles on Phase 2 of your turn

You may play a full turn (Phases 1 and 2) again.

Mission Clarity — Strategy and Conflict Escalation & De-escalation

- When you play a turn, the goal is to be strategic, working with the other players in order to unlock the three portals in each dimension (see page 10 for dimension info).
- When a Conflict card is played and you succeed, we say you have nonviolently de-escalated a conflict, represented by a checkmark. You move the heart from Harmony 1 (the bottom-most portal), to the second portal to Harmony 2, and finally to the third portal that brings you to Harmony 3.
- If you do not succeed at the mini-game, we say that a conflict escalates violently, represented by an X. The ice block moves in the same direction.
- When the heart or ice block reaches the third portal, Harmony 3, that portal is either opened or frozen shut for the rest of the game.



Mission Accomplished

Mission Accomplished

- When four portals to Harmony 3 are open (four heart tokens on the Harmony 3 portals in four dimensions), the Cosmic Peaceforce has accomplished its mission.

Mission Sent Home

- When two portals to Harmony 3 are frozen shut by the Disharmony Yuga
- OR There are no petals remaining the Lotus of the Heart signaling the closing of the cosmic window
- OR ANY PLAYER HAS ZERO SOULFORCE TOKENS, the Peaceforce has ended and is being sent home early.

When the game is over, whatever the outcome, create a ceremony as a team for mission closure.

Emergent Rules

Sometimes a mission has to make up its own rules. Your Peaceforce may need to decide on a rule or a point of clarity that is not in this mission guide and we invite you to do so when necessary. The only guideline we offer from Mission Command is that it cannot undermine any of the fundamental dynamics of the game. Discern as a group when and if the need arises.

Write them down. We have provided space on **page 19** for your Mission Notes and Emergent Rules.

If your team creates your own emergent rules we'd love to know! Please write to us and let us know. Email the Metta Center's Cosmic Peaceforce at: info@mettacenter.org

Nonviolence Tips

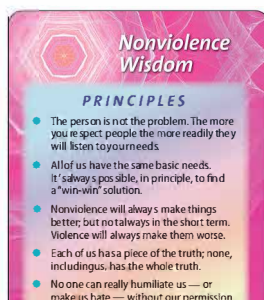
Nonviolence is also known as “love in action.” As a constructive power, it’s unleashed when potentially destructive drives like fear or anger are converted into creative equivalents like love and compassion. When harnessed systematically and in an experimental spirit, it can be used as a force for realizing greater security, justice and social unity. In the words of Mahatma Gandhi, “Nonviolence is the greatest power at the disposal of humankind.”

Here are a few important tips about nonviolence that will help you to play the game:

- 1 The person is not the problem, **the problem is the problem**.
In this game, we do not create enemies out of people.
- 2 This game is **pro-conflict**, meaning, we understand conflict as an opportunity to learn and grow closer together as a community.
- 3 We understand that violence can escalate and de-escalate.
This goal here is to **de-escalate violence**.
- 4 **Nonviolence rewards pro-social behavior**, such as cooperation, empathy, and concern for others. These behaviors among your team will help to determine whether or not you succeed in your mission.
- 5 Nonviolence is **the most powerful force available to humanity**.
It’s more than tactics. It requires us to look inward and transform our negative drives into constructive, life-affirming actions.
- 6 **One person can make a world of difference** in nonviolence.
- 7 **Everyone has a piece of the Truth**. When we force our Truth onto others, it ceases to be Truth. Remember this when playing the game.
- 8 **Everyone has the capacity to practice nonviolence**. Including yourself. When you ask for whom this game is intended, we believe it is for you.

Wisdom card

These nonviolence tips are for your safety during your passage toward Harmony 3. Your team has one **Wisdom card** with more inspiration. Please draw upon it for inspiration and instruction.



Understanding the Board

The board represents the arbitrary barrier separating the inner world from the outer world. It's not clear if we are traveling in inner space or outer space, or if it even matters. As we travel around the board, we pass through six dimensions that generally make up what is known as the "movement towards peace." The design of the board is derived from a model we use at the Metta Center for Nonviolence called Roadmap. See and read more about Roadmap on page 18.

The Six Dimensions

These six dimensions are described on the board. Read them now.



There is a dimension for everyone.

Choose the one that calls you most deeply.

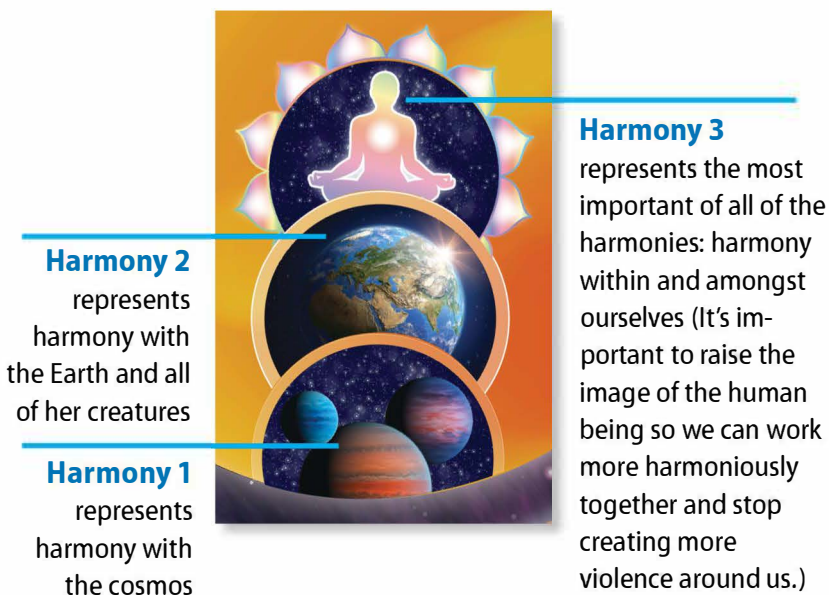


Harmony 3

The center of the board is our destination: **Harmony 3**. In order to reach Harmony 3, we have to unlock a certain number of portals (depending on the number of players) to attain it. In the world beyond the game, this dynamic represents the need for cross-issue collaboration in order to achieve our goals in common.

Portals

In each dimension, there are three **portals**, representing THREE HARMONIES. Read full mythology (pages 14-15) to find out how Harmony 3 was discovered.



Board Icons



Space Lemon

You must play a Space Lemon card
(see card descriptions)



Conflict Storm

You must play a Conflict card
(see card descriptions)



Dimension Travel Spacehorse

You **can** travel to **any other** Spacehorse on the board if you choose.



Galactic Goat

You **lose one lotus petal** and you must **add one ice block** to your current dimension.

We love goats, everyone does. But they are chaotic and the Disharmony Yuga knows this and sends them our way from time to time!



Soulforce

Give a Soulforce token to whomever needs it the most.



Sweet Temptations

You **lose one Soulforce** token and you must **add one ice block** to your current dimension.

The Disharmony Yuga tries to distract us with Sweet Temptations which draw from our power and concentration with all kinds of tempting forms of deliciousness.

Tokens, Cards, and Mini-games — what happens on your turn



Soulforce

Soulforce is our inner power upon which we draw to take action and enter into conflict. **You need Soulforce to reach Harmony 3.** Anytime you play a Conflict card from your hand, you must offer 1 Soulforce from your pile. Players replenish their Soulforce by choices and chances throughout the game. You may have a maximum number of 10 Soulforce tokens at any time. Be careful to always have at least one Soulforce token in your pile: if any player has ZERO tokens, the Disharmony Yuga prevails (for now), and the game is over.



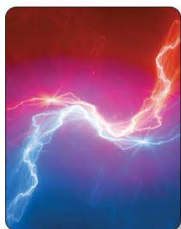
Strategy Cards

Each Strategy card has a symbol on it, matching one board dimension. To play one of these cards, you must be in the dimension of the board that matches the card in your hand. When you play a Strategy card you must draw and play a Conflict card. If you achieve the objective of the card, it will allow you to add a heart or remove an ice block from the dimension you are currently playing in.



Space Lemons

Our greatest lessons in nonviolence often come from our bitter experiences. Some spaces will ask you to draw a Space Lemon card. These will do things like decrease the petals of the Lotus, exhaust your Soulforce, and pose decisions for everyone to make.



Conflict Cards: Mini-Game Rules

Conflict is natural and inevitable. Violence is not. We cannot be conflict-avoidant in this game, or in life. We face it head on; it's the only way to achieve Harmony 3. If a Conflict Card is completed successfully, we say the conflict has been "**de-escalated**" and it will allow you to **add a heart or remove an ice block** from your current dimension. However, if the conflict is **not resolved** and **violence has escalated**, there will be a set-back. Actions to take when a conflict is de-escalated or escalated are listed on the card.

When you draw a Conflict card, choose if you want to play the **Drawing** or **Charades** or **Unspoken** game listed on the card. You will then need to start your timer.

Here are overviews of the three mini-games listed on the card:



Charades Act out the answer on the card for the rest of your group to guess. You may not talk, make noise, point at anything, or use props. Feel free to use charade rules you have used on other occasions.



Drawing Draw a representation of the answer for the rest of your group to guess. You may not speak, write any letters, point, or act anything out.



Unspoken Try to get your team to guess the answer on the card. The rules of Unspoken are that you can say any series of words to describe the answer, EXCEPT the answer itself or the other Unspoken words listed on the card. You may speak whole sentences.

Harmony 3 and its discovery by Professor En

The Disharmony Yuga is taking icy hold of our hearts and minds: the world seems bent on self-destruction! Many concerned groups and individuals have dedicated their lives to changing this; but so far, nothing has worked: the human image is at an all-time low.

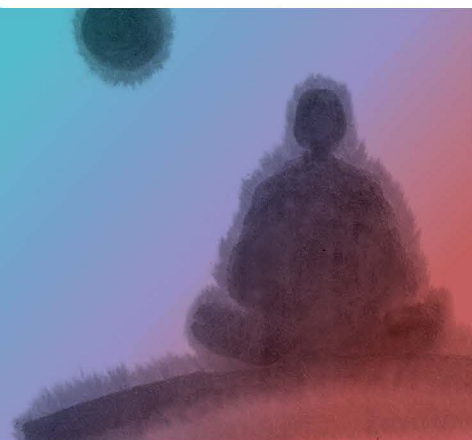
Some brave souls have turned to outer space for answers, and have made awesome discoveries. With the help of modern science, for example, the celebrated Indian scientist **Dr. Anisha Priyati** discovered a new planetary system, which she named **Harmony**.



Until recently, we have known of only two planets in it: Harmony 1 and Harmony 2. The discovery of Harmony 1 gave us a clear picture of ourselves within our cosmos, and Harmony 2 of ourselves within our cosmic environment and we've really cleaned up our pollution problems. However, neither planetary discovery engaged our full capacity to end the Disharmony Yuga.

Enter Professor En

He had been sitting in deep meditation, one of the most powerful tools known to humanity. Drawing from the words of an ancient text,



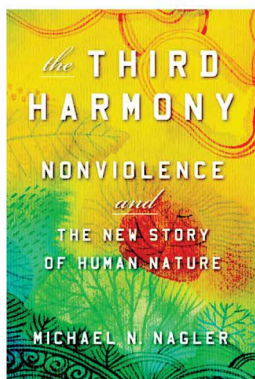
he heard from an Ancient Voice that was both in him and all around him that **"as vast as the world without is the world within the lotus of the heart."** The whole experience — which outwardly could have been hours, even days — unfolded in a cosmic second.

He emerged from meditation with an urgent realization: there is a **Harmony 3**, where the transformational Lotus of the Heart grows. The

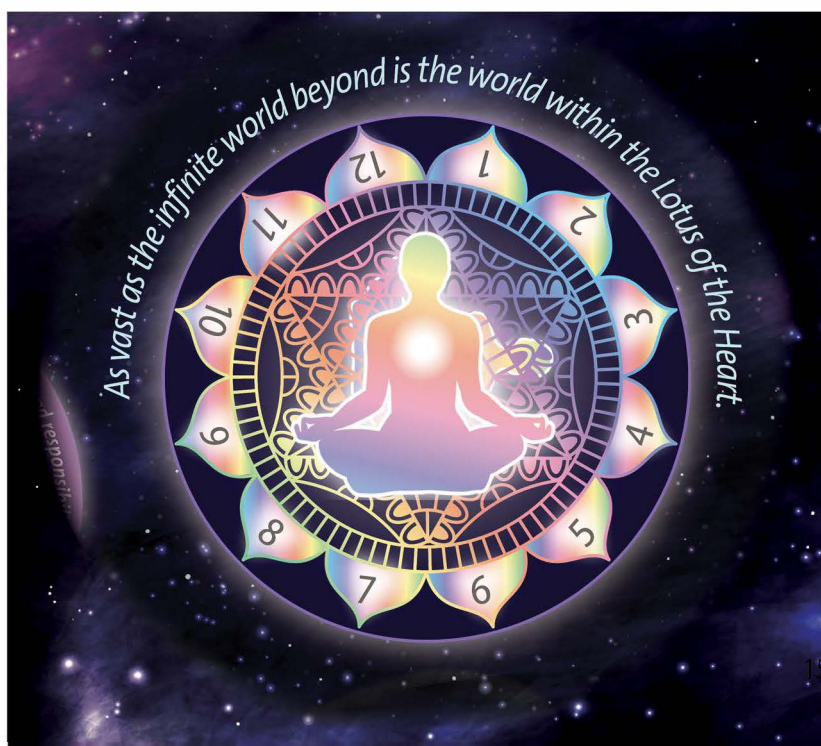
Ancient One spoke to him in a language that was deeply familiar and unmistakable: Just one petal from this cosmic lotus is enough to awaken humanity to a wholly peaceful way of being and transform the Disharmony Yuga once and for all.

To save ourselves, we must reach Harmony 3 before the Lotus loses its last petal (it will reblossom, but we can't predict when). Professor En calls upon the Cosmic Peaceforce, a team of friends from different planetary dimensions to help. There's just one problem: working together across

dimensions isn't easy. But that's to be expected: The promise of Harmony 3, after all, is establishing harmony within and amongst ourselves so we can work together for the greater good.



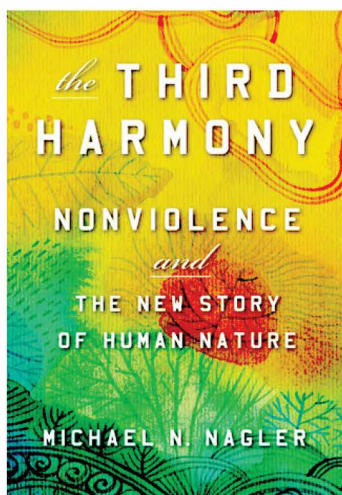
Is Professor En really Professor Michael Nagler? We suspect he is. We highly recommend bringing this book with you for all of your Harmony 3 Mission attempts. You'll find a more in-depth exploration of all the concepts covered in this board game, as well as a discussion guide.



About the Metta Center and the THIRD HARMONY PROJECT



The greatest power in the
world is within you.



The Metta Center for Nonviolence is a nonprofit organization whose mission is to promote nonviolence worldwide. We're working on an ambitious project to raise the human image and bring the ancient art of nonviolence into the mainstream of public consciousness.

This campaign includes

- this board game
- a book *The Third Harmony: Nonviolence and the New Story of Human Nature*, by Michael Nagler
- a documentary film

We invite you to join us.

Contribute to the furthering of a nonviolent world by **studying nonviolence**, **donating** to our programs, and **volunteering** for The Metta Center for Nonviolence.

Find all of this at:

www.mettacenter.org

Game Credits

Creating this game was a labor of love, inspired by our collective love for nonviolence and the mission of the Metta Center, and it would not be as amazing as it is without the technical expertise, critical lenses, and excellent ideas of the following people:



Derak Douglas-Hecker, Galactic Goat & Spacehorse Whisperer
The TESA Collective, direction, guidance and support
Lynda Banks, artistic design (lynda@lyndabanks.com)
Stephanie Van Hook, Friend of the Ancient One
Michael Nagler, Professor En & Founder of The Metta Center for Nonviolence

The Cosmic Peaceforce honors the following **visionaries** who have sponsored our mission:

- Your name here



The Roadmap: Our Model for the Gameboard

Roadmap is a way of making the movement of movements visual and is based on a “peace from within” approach to long-term transformation. It is also a set of tools activists (and those who wish to get active) can use to build community, train in nonviolence principles, and create and pursue strategic thinking toward the realization of campaign goals.

The New Story Work:

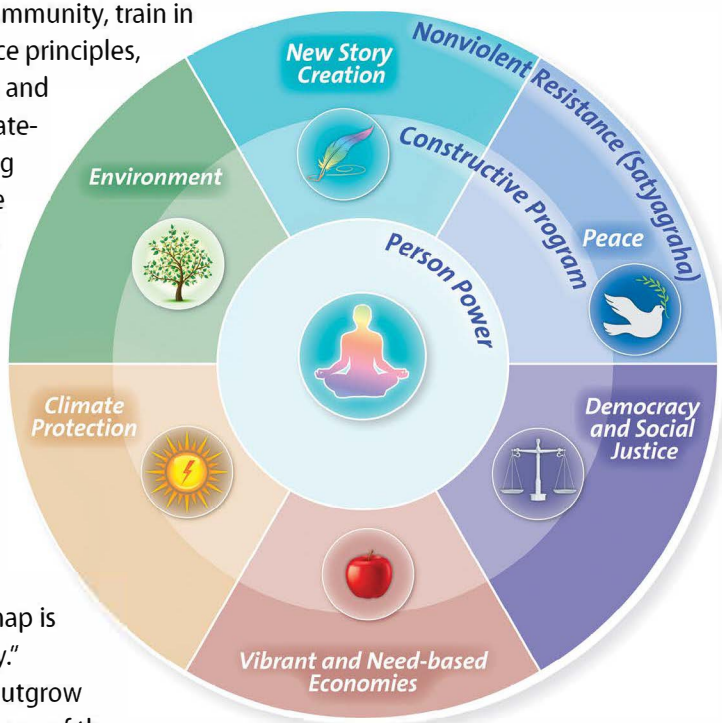
The topmost wedge of the Roadmap is “New Story.”

We must outgrow the low image of the

human being and the ruling idea of

a meaningless, material world that is the dominant paradigm of industrial, collapsing societies. All of us can adapt the key points of the emerging “new story” (it has actually been around from time immemorial) for our own use, and share them wherever we can to explain where we are heading. These points include:

- We are body, mind, and spirit.
- As spirit, we are deeply interconnected: if I injure you (or any living thing), I injure myself.
- We can never be fulfilled by the consumption of external things, but by deep relationships of service to the sacred life within and around us.
- We have inner capacities, largely untapped, that liberate us from dependence on consumption and competition. They include our human capacity for nonviolence.



Mission Observations & Emergent Rules

Mission Instructions **QUICK START**



- 1 Before Take-Off: Please read your Mission Description on Page 2 of this guide.
- 2 Every player chooses a player piece and places it on a **Spacehorse** each in a different dimension.
- 3 Every player should be given a Mission Instructions and Wisdom Card. The wisdom card is for inspiration only. Take time to review it.
- 4 Place the gemstone marker on **petal 12** of Harmony 3 (represented by the 12-petal central lotus on the board).
- 5 Place the Soulforce tokens, hearts, ice blocks, and your three card decks in reach of all. (See Pages 12-13)
- 6 Choose a **Timekeeper** to keep track of time. You will need to count down 30 seconds. A watch or phone will work.
- 7 **Distribute resources:**
 - 3 players: 2 Strategy cards **each** + 5 Soulforce tokens each
 - 4 players: 1 Strategy card **each** + 5 Soulforce tokens each
 - 5 players: 1 Strategy card **each** + 4 Soulforce tokens each
- 8 Take the **Cosmic Peaceforce pledge** as a team. (See Page 4)
- 9 As a group, decide which member of the Cosmic Peaceforce will go first.
- 10 On your turn, please refer to your Mission Instruction card in your hand. You begin by Phase 1 followed by Phase 2 for a complete turn. If you roll doubles, you may play a full turn again. (See Pages 5-6)
- 11 When you have opened 4 portals to Harmony 3, you have achieved your mission. The mission has been sent home and the game is over when: 2 portals to Harmony 3 are frozen shut; any player has 0 Soulforce tokens; or if the Lotus has 0 petals left. (See Pages 6-7)
- 12 When the mission is over - whether or not you have reached Harmony 3 - create a team ceremony to express closure.