

Parlour GAMES

Try these games with a psychic twist, from *Cassandra's Psychic Party Games* by Cassandra Eason (£7.99, Piatkus). They're a fun way to learn more about your fellow partygoers – and yourself.

I SPY WITH MY CLAIRVOYANT EYE

YOU'LL NEED:

- Black pens or crayons
- Small pad of paper for each player
- Clock or watch

All the players sit round a table, apart from the 'transmitter' who sits elsewhere in the room. The transmitter draws an object on paper before covering it up and returning to the group. The transmitter then visualises the object and endows the image with emotion, by visualising something funny about the picture, and then sets the timer for a minute.

Everyone has to stare at the transmitter whilst imagining a television screen in their own minds, upon which the image should appear. They then have to draw it as quickly as possible before the transmitter says stop. The person whose drawing is most like the transmitter's wins. If nobody wins, the person sitting to the left of the transmitter draws the next image.



PSYCHIC PASS THE PARCEL

YOU'LL NEED:

- A mystery item
- Bubble wrap
- A small box to hold mystery item
- Wrapping paper
- Music

Before the guests arrive, the host should wrap the mystery item in bubble wrap (to stop it from rattling) before putting it in the box and wrapping it in about 12 layers of wrapping paper.

When your guests arrive, ask them to sit in a circle and pass the parcel twice around the circle in a clockwise direction. As each person holds the parcel they should say, 'What's in the box?' as fast as they can before passing it on. After this, the host offers a clue about the object, which can be as cryptic as you like. Then start the music as the guests pass the box clockwise round the circle again. When you stop the music (after about a minute and a half), the person

holding the box says, 'What's in the box?' and must then make a guess about its contents. If they are right, the host should say so and the correct guesser wins the game. If they are wrong, they should undo a layer of wrapping and continue to pass the box when the music starts.

If no one guesses correctly by the time just the box is left, it should be passed slowly around the group without music. Each guest should put their hands on the box and imagine a tunnel of light going into the box like a peephole. This is when the guests make their final guesses, in turn, before the box is opened and the contents are revealed.

TRUTH OR DARE

YOU'LL NEED:

- Thirty pre-written dares on identical pieces of paper or card
- A pendulum (you can use a crystal, pendant or door key on a chain or string)
- An empty glass bottle

Players sit in a circle, then the host holds the pendulum and demonstrates its truth and lie responses by saying something everyone knows is true, so the pendulum spins clockwise, then a blatant lie to make the pendulum spin anticlockwise.

Spread the dares face-down and place the bottle in the middle of the circle. The host spins the bottle as the pendulum is

passed around fast, clockwise, from person to person, with each person alternatively saying truth or dare.

The person who the bottle points to when it stops spinning then chooses a victim who they pass the pendulum to. They can ask the victim any question they like. The victim has to hold the pendulum out in front of them while answering and if the answer is right, the pendulum will spin clockwise and the victim spins the bottle for the game to continue.

If the pendulum spins anticlockwise, the questioner has to select a dare for the victim by passing the pendulum over the spread out dares until it feels like gravity is tugging down over one. The victim has to carry out the dare and then starts the game again by spinning the bottle.



GUESS MY AURA

YOU'LL NEED:

- A blindfold
- Music

Auras or energy fields can be seen or sensed around the whole body and are particularly visible at parties, when people tend to be relaxed. The aura appears as rainbow colours, which can indicate personality or mood. Touch is the best way to tune into someone's energy field, which extends about an arm span around the body and can be felt as a slightly sticky membrane.

Before you begin, players should warm up by placing their palms together in prayer position and then slowly moving their palms apart, and back together again. One volunteer is blindfolded and the other players dance around them to music. When the music stops, the dancers stand still and the volunteer reaches out until they touch one of the 'statues'. They then try to feel the statue's aura by moving their outstretched palms continuously around the statue's aura space – trying not to touch them! The volunteer should then talk about what they sense about the statue's personality. After two minutes they have to guess who the person is. Then someone else is blindfolded and the game continues.



Reader offers

Spirit & Destiny readers can buy Cassandra's Psychic Party Games by Cassandra Eason for the special price of £6.99 (rrp £7.99), plus free postage and packaging. Call 01476-541001, quoting Spirit & Destiny.

Readers can also buy the Gift of Enlightenment by Veritas Productions Ltd for the special price of £24.95 (rrp £29.95) plus postage and packaging. Call 01242-530250 or visit www.giftofenlightenment.com, quoting Spirit & Destiny.



Board GAMES

We rate six of the best new alternative board games – take your pick for some festive fun

GIFT OF ENLIGHTENMENT

FOR: 2-6 players, age 14 and up.

AIM OF THE GAME: Using a crystal as a marker, work your way round this beautifully presented game, swapping negative for positive traits to collect the seven chakra crystals, and use your intuition to complete the challenges. Highly Commended at the Gift of the Year Awards 2005.

FUN RATING: ★★★★★

DIFFICULTY RATING: ★★

SPIRITUALITY RATING: ★★

Gift Of Enlightenment (£29.95, Veritas Productions). Available at selected stockists, call 01242-530250 or visit www.giftofenlightenment.com



TERRA

FOR: 3-6 players, age 8 and up.

AIM OF THE GAME: Work together to solve world crises such as war and famine with solutions including granting access to water and food, and promoting education for all. This is a great game for raising social awareness.

FUN RATING: ★★★★★

DIFFICULTY RATING: ★★

SPIRITUALITY RATING: ★★★

Terra (£14.90, Days of Wonder). Available in some independent games shops. Call 01439-770200 or visit www.games-web.co.uk

