

CONVERSATIONS

and relating from the heart

Transforming relationships: one game at a time



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Chapter One

What is Conversations®?

Conversations® is an interactive communication game designed to transform our relationships with one another. This inspirational board game reminds us that we all contribute to the wisdom in this world. Everyone playing can discover their own wisdom and share that wisdom with others. This reciprocal process then allows players to discover and become more fully aware of Who We Really Are.

Now, more than ever, we need to really start to communicate on a soul level with each other. The game invites people to come together regardless of backgrounds, lifestyles, experiences or beliefs. It allows people the opportunity to share individual insights and to listen openly to those of others. It is through the sharing of our stories that we discover more about ourselves.

Conversations® reminds us that We Are All One. This game is a tool to help you realise the benefits of shared wisdom. Conversations®, consists of three cycles, each building upon the other, developing and enhancing active, purposeful communication.

The first cycle explores specific "aspects" of a "Conversationalist's" life such as money, career or health. The chosen " aspect " becomes their particular perspective for the game. The second cycle allows further exploration of this " aspect " in relation to a "Conversationalist's" individual experiences and current insights. The third cycle allows the conversation to move to a higher perspective. Quotation cards encourage "Conversationalists" to move beyond any initial limitation, inspiring greater depth of individual wisdom.

It is not even necessary to " have a go " in each cycle of the game, for conversation to be successfully achieved. Indeed, you will find that you are " having a go " all of the time, simply by listening and applying everyone else's wisdom to yourself. Also, there are no individual winners in the game - everyone is already a winner!

The following is an experience by Leanne Synan, an angel intuitive, after playing the game.

"Conversations® is an extraordinary experience that I believe everybody deserves the opportunity to participate in. Playing the game, I discovered some wonderful insights into, who I really am, and being surrounded by supportive people created a very safe environment that was a pure pleasure to be part of. I am very excited at the prospect of playing the game with many different people including my own children. I believe a brilliant way to initiate conversations that may not, ordinarily, arise in normal everyday life."

Communication is vital to our relationships, affecting every area of our lives, including, our conversations with ourselves. A game that opens the door for people to look within and

discover many attributes and qualities that may not have had the opportunity to surface without this amazing tool... disguised as a game!!!

Conversations® has the ability to be as 'light' or as 'in depth' as people desire to go and you will be guaranteed a time of discovery and fun with people of like mind. As a participant of the game, you get to experience the extra-ordinary. You get to have a real conversation with every person playing; a conversation that you may continue, long after the actual game has concluded. Unlike some study groups where the theory is discussed, Conversations® provides the participants with a real experience of being the inspiration to others and, more importantly, ourselves.

Chapter two

A sense of connection and belonging

We each have a sense of the need to connect to one another and find our role in the world. Having a sense of belonging enables a foundation of how we relate to one another wherever we live.

We started off on earth in small tribes. We belonged to those tribes and connected to every member of that tribe as family. The outside world at that time consisted of a few neighbouring tribes with whom we either traded or feuded with, many times both. However, it was sometimes in the clashes with other tribes that cemented the bonds within each tribe itself, hence the start of the “us versus them” mentality of existence.

Then over time we managed to find more in common with our neighbours started to find a greater depth of connections with our tribal neighbours. This then led to the existence of towns and cities where groups of tribes gathered and learned to live together in relative harmony. These towns were then bonded as conflicts occurred with neighbouring towns until, over time, we learned again that we had more in common than differences. On a global scale, people believed that lightning was part of God's wrath as science has not yet caught up.

This new allegiance continued until there were states and provinces consisting of a collection of towns. Each came to terms in their own way in dealing with the diversity of each town until, over time, each town became somewhat similar due to people working, moving and marrying within their own province. There was also a bonding of people as clashes occurred with neighbouring states and provinces. On a global scale, people believed that the world was flat and that she would fall off if you went beyond the horizon.

Technology and transport developed. Trains and then even cars allowed people to move gradually from one state to another far easier than ever before. Trade and communication opened up with other states and countries were formed. Then wars broke out and we were once again united against what we were told was an evil foe. We created flags and borders to separate ourselves from other countries and saw ourselves as being superior.

Very few questioned our leaders as we did not know who they really were and fear was something that was able to spread with ease. With each country, we felt a sense of belonging and patriotism. We felt that we were finally home. On a global scale, people believed the planets in our solar system were the only ones that existed.

Technology continued to grow at an exponential rate. Planes and the internet now meant that we were able to communicate with our neighbours more than ever before. More and more, we are finding that we all have the same desires, the same dreams and the same desire for belonging.

And like technology, our sense of belong is expanding to include all we know from everywhere on earth. On a global scale, people found planets in neighbouring galaxies.

So where to from here? The next obvious conclusion will be to embrace our connections with beings from outside this planet. As the small tribes saw that their world was only maybe a few miles apart, and the early countries were unaware of neighbouring countries, the process of connection and belonging is one that continues to expand and has already expanded to the entire planet. The next stage of our evolution has to be the acceptance and welcoming of beings beyond our planet.

The immediate benefit of this is to expand our own consciousness, while at the same time breaking down theological and political divisions. There would also be a uniting of the planet as we develop a global sense of connection and belonging. We would have to learn the struggles that exist in communicating with our new neighbours who may look different and talk differently, much in the same way as the early tribes looked different and spoke differently to each other.

The challenge will be to more quickly embrace these beings from other planets quicker than we embraced our connections with each other. We will learn new languages, travel to new lands and eventually live amongst a very different universe, thus being further enriched as a species. This connection and sense of belonging to this galaxy will be further developed when we encounter beings from another galaxy and then eventually from other dimensions.

The process of growth is ever expanding. At the core of it is our sense of connection with one another. That is true within our families, states, countries, planet or universe.

Chapter 3

Communicating telepathically

We do have the capacity to communicate telepathically with each other. This is the ultimate form of communication. When words are replaced with images then the true picture of what we are trying to convey becomes clearer. The problems with words is that each one of us has a different meaning of what words mean. For example, if we ask someone how they are and they say “good” then the response could mean almost anything to the person asking the question.

The reason why we do not utilize our telepathic ability is not because we do not have the capacity to read other people’s minds. It is because we do not allow other people to see into ours. The reason is that we do not want to share our deepest secrets including shame, guilt and insecurity. This in turn means that it appears that we are not able to read the minds of others.

The reality is that we all actually have the same fears and emotions as each other, just packaged differently. A wonderful example of this was with one lady who during a seminar decided to break free of the bonds that had been holding her back since working in the organization for some twenty years.

She stood up and said that she had to tell the group something about herself that she had kept secret for all this time. Amidst the silence, she finally told the room of her deepest secret in that she was stubborn. The room burst out into spontaneous laughter because they had worked with her all that time and knew that she was indeed sometimes quite stubborn.

She was both surprised that people already knew about her and relieved in the fact that it was now out in the open. So relieved in fact that she went home and told her husband of 25 years about her secret only to find the same response. It is true that what we hide from others is the thing that others can actually see within ourselves.

Chapter 4

Why me?

Why me? The question that is often asked when challenges arise. Why did I lose my job? Why did my partner leave me? Why am I the one that is meant to do this thing?

So when it comes to Conversations®, the obvious question for me is: Why me? I am a product of the Sesame Street generation being the first generation brought up on television. I would literally come home from school and be able to watch television for several hours until after dinner. Even dinner was held in front of the giant twenty two inch black and white TV screen.

I knew very little about communicating from the heart for most of my life and it was only as an adult that I realised that it was even possible, let alone safe, to express how I feel. Indeed, I had always looked at the worst possible scenario so as to be never disappointed. I was judgemental and saw that as normal and a way of at least not feeling worse about myself.

So it was in 1995 that was life would have been considered lucky and quite ordinary until then. I had worked as an accountant for such large companies as Price Waterhouse and Pete Marwick before leaving the business world to become a teacher. The most interesting thing that I had achieved was getting out of glasses in 1995 after wearing them for some seventeen years.

It was in July of that it all started. Having managed to just obtain my driver's licence with twenty-twenty vision, the optometrist put me on a machine to test my peripheral vision. I didn't have any. Hurriedly I was sent off for tests and didn't really understand what all the fuss was about.

Then at lunch time the next day, I received a phone call from a neurosurgeon saying that I had better come and see him. When I asked why, he said that I had a pituitary tumour and that I could possibly die within weeks if I didn't see him straight away. At that moment, my life changed. Within days, I was operated on for over six hours and then sent home early as my health insurance would only allow me to stay in the hospital for seven days.

How I communicated with people would now be very different. It was the first of a number near death experiences that made me realise that how we communicate is actually why we are here on this planet.

When the student is ready?

Having survived the surgery, I found myself on a path that was very foreign to me. No longer was looking at the worst possible scenario an option for me because that was now fatal. No longer would my life resemble anything like it had been.

However, with the tumour came a sense of freedom. I could try all sorts of new things and people around would just give me a wide berth and allow me to do whatever I wanted. I tried and eventually learnt massage, Reiki, Chiron and Kinesiology. Part of it was the excitement of learning something new. Part of it was looking for something to heal me as they found more tumours further on the pituitary gland and wanted to reoperate.

Having started to meditate and read self-help books, I took back my power and said no to the doctors. I talked them in to allowing me to wait six months to see if there was any growth. Over the next thirteen years, despite numerous MRIs, I managed to stay away from any more major surgery. By the time I was reoperated, the medical technology had improved immensely.

In the period between 1985 and 2011, I created more challenges for myself that constantly tested my spirit and my willingness to persevere.

What am I meant to do with my life?

By November, 2001, I had asked that question as I went to bed. I had left teaching and had set up a Vision Improvement business that was struggling. I was swamped in paper work with a new tax system and was also trying to cope with the pressures of a family and three early teens' children.

Having been working with dreams over the past few years, it was not unusual for me to take pen and paper to bed so I could write down my dreams in the morning. I had gone from not even remembering my dreams to having wonderful guidance on a regular basis. For example, one night I asked why doesn't my insights just get written down for me so that it is clear. That night, I dreamt of a blackboard with the following written on it: "Red meat can kill some people... Red meat will kill you." Needless to say, I went vegetarian for several years after that.

So in the morning when I asked what I should be doing with my life, how amazed was I when I was given an answer I least expected. I had expected some sign as to how to support my family or my business. Instead I was given a game.

In this dream, people were communicating on a soul level to one another based on a selection of three types of cards. Each set of these cards progressed in level of awareness and continued until all participants were completed. There were no individual winners and indeed the game was one of collaboration and understanding of each other.

The amazing thing was that the initial prototype was completed over the next three days as I put the game together in an almost trance state. The interesting part to this was that somehow all the other urgent tasks seem to get completed even though I cannot remember how to this day. I just simply trusted the process and was grateful for what showed up.

Chapter Five

The Aspects

Conversations® is more than a game.

Conversations® is a way for each person who participates to connect with their inner being and with each other. The most important aspect of Conversations® is the ability to connect and to recognise the similarities in the oneness that we all have. It is a way of creating and transforming our relationships, whether personal or in your working life, in order to reach one of this to evolve into the highest being that we can be. This process is one which is done in a safe, fun, challenging and ultimately a rewarding experience.

We all live in different roles throughout our life. The different aspects enables each person to explore a key aspect in their life. In a sense, it becomes the defining role for where you are at in the present moment. While we live life utilizing all of our aspects, the opportunity to look at one component allows us to explore different attributes of life.

Talents and Abilities

It is quite common to identify ourselves with our talents and abilities. They can be normally in the area of our work, however, it can also relate to our sporting interests musical interests and our social activities. However, underneath all of that, we are much more at talents and abilities relate to our core expression of how relate to one another. It relates to how we communicate and listen in such a way that there a clear connection for all concerned. The aspect of talents and abilities enables us to look at our creative expression of who we are, and to move beyond what we commonly see as our talents and abilities just in terms of what we do.

For me, by talents and abilities are best utilised when I am serving others. This means that my overall intent of using my talents and abilities is not just what can I get out of it, but rather how can I serve. This may sound like a theoretical position, however, when we achieve using at talents and abilities to serve others then what really happens is that we serve ourselves even far greater than what we could ever think of.

An example of this is a person who felt that they had no talent and abilities. This person felt that whenever they looked at a particular talent, it was always not as good as the talents and abilities of someone else. Someone else was always better at sport, someone else was always better at doing the work that they do. And yet in truth no one has the exact combination of talents and abilities as you do. And in discovering this, this particular person recognised that wasn't any individual talent or ability that made that particular person special. What made that particular person special was the unique blend of talents and abilities that will enable them to

add value to the world and to add value to their own personal growth. In turn, we all benefit when every person shares at talents and abilities is fully and is openly as they can.

Rest and Relaxation

Rest and relaxation are two of the toughest areas that many seem to find they have in allowing themselves and peace. The simple act of allowing yourself to rest and relax rejuvenates both the mind and soul in order to allow the new possibilities. When we go without adequate sleep or rest, we often end up on the type of autopilot which means that there is no real growth and no new opportunities for learning. By the simple process of allowing time to look within, you enable yourself to expand. This is done by creating a space within yourself that in turn enables a space to be created in the world.

To me, I find that when I don't have enough rest and relaxation that I tend to start looking outside myself Francis. The very process of allowing myself to be still, or even just allowing myself to relax, means that I step outside any issues that are occurring in my life and I create a magical process where I almost observe changes occurring before my eyes.

An example of the importance of rest and relaxation occurred in the very first game played within a business. The very first aspect chosen was rest and relaxation and I thought that this would be a simple and easy way to begin the process for the day. However this person having immediately looked at her aspect of rest and relaxation began to cry a she recognised that there was no room in her life at that point to her to have her time. It was for her to start of her taking back her power, the staff her of recognising that value is just as important as anyone else. Rest and relaxation, although not often the most exciting aspect to obtain, is one of the most important and critical aspects in our lives.

Career

Most people will spend more of their waking time working on their career than any other aspect of their lives. In some cases the time at work and working on their career is over 50% of their waking hours. We seem to place so much importance on our career and we see in the fail to recognise the balance that this particular aspect needs in our lives sometimes. While having a clear career path and having ambition can support aspects of your inner being, your attitude to your working life and your intent for where you want to be is just as vital. How you relate and communicate with each person in your working life reflects on how you relate and communicate with those people in most love. The two are no longer separate.

To me, career is often about the legacy that I'm going to leave this world. That legacy, in simple terms, regulates to the various things that I have created such as the Conversations® game, the eye power a book, the scan charts and the vision essence. However the real legacy that I can leave the world is more reflective in how I have impacted on every person that I have touched.

The ripple effect future generations will be determined to some extent by how I relate to every person. Buzzwords like integrity and honesty came from me no longer be catchphrases or words to place on a website. To allow myself to come from a place of integrity and honesty even within the workplace allows a greater depth of who I am to be passed on to others.

An example of career was a person who is a teacher and this particular person no longer wanted to teach. However this person felt that because of their responsibilities to their family, and of their own financial situation, that they had to remain in the teaching position. As this person became clear that they had no rural passion any longer in the teaching industry, the person ultimately left and found a position that not only suited this person even more, but also ultimately created increased income for the family unit. And despite feeling indispensable in the workplace where he was, that particular position was taken up by another person whose dream was teaching in that particular area. We all have our place when we allow each one of us to be exactly where we are meant to be.

Food

The initial impact of receiving the aspect food or normally relates to the amount and quality of the food undertaken. This can be evidenced by the amount of food eaten at a parfait when we sometimes feel that the more we put on the plays a greater value we have received from that meal. The other side of this equation is when we choose to only see food as a fuel for our bodies. When you become aware of what you are eating, you are able to enjoy and nourish the flavours and the texture of the food. Food does give us energy and it also gives us an opportunity to explore new tastes and new sensations. Ultimately food nourishes the body and nourishes the sole.

To me, food is often a substitute something that is missing. After exercise I often tend to eat more to fill myself up and to fill fall. I can do the same process with emotions were tried to fill myself up with food in order to avoid the full impact of a particular emotion including boredom, anxiety and doubt. By choosing to bring a greater depth of mindfulness to what I'd eat, I am more likely to choose the foods that support my physical and spiritual well-being regardless of what any food book might tell me about that particular food.

An example of the impact of food came with the lady who received food as her aspect. When it came for her time to talk about what food meant to her, she expressed her disappointment in having the aspect of food. She expected something a bit more exotic such as personal growth, career or money. She stated that food had no impact in the life and was so strong in her opinion she stood up to leave and walked to the door. At that point she stopped, turned to the group, and told us that maybe it has something to do with the fact that she had half of her stomach removed in the previous month. The chuckles from the room support of her realisation that maybe food had a greater impact on her personal well-being and on the life.

Physical Environment

It is quite common to look at the aspect of the physical environment as the environmental concern of the entire planet. It is more difficult to look at physical environment from a personal agenda. The care of the planet has to begin with respect coming from each individual person. As we care for our own personal space around homes Aaron neighbour would, then this collective process enables the care and respect of the planet. This interconnection that we have is express not through major global change up through the small, almost seemingly unimportant changes, created by each person.

To me physical environment is about the environment that I live in each day. It's about coming to a place which creates a level of synchronicity and the level of enthusiasm for what I do. My responsibility is to be an example for others for how I take care of my own environment and is also a process where our respect the individuality and differences of all the people I come in contact with. It constantly shows me that we are truly all connected.

A man who received physical environment once continue to comment upon the need to create major birth changes and was constantly motivated to talk about large tropical environmental concerns. Yet as this person continue to talk about physical environment, it became obvious that this person is own home life was in disarray and that this person's personal environment showed little respect from himself let alone others. By shifting the focus from global to a personal view of physical environment, this person so proceeds to change not only in his world of the those he was connected to.

Unconditional Love

The word love often has many meanings attached to it. The aspect of unconditional love is ultimately the most important aspect in our lives. It is challenging enough to love another person when we get something back from. It is far more challenging to love another person without receiving any praise or any return back, and in some cases, what almost seems to be the opposite returning. The key to unconditional love is to state attached from drama and to always look at the higher meaning. The key statement in this aspect, and indeed life, is what would love to do now?

To me, unconditional love is both the most rewarding and most challenging aspects of life varies. The greatest challenge in my life has been to offer unconditional love while allowing other people and those close to me in particular, to move on. This is always caused the greatest heartache in my life and ultimately the greatest gifts. As I learned to allow people to live their own lives, I'll let myself to connect with other people who can also offer movie unconditional love in return. To me this is truly the biggest benefit of living a life.

A wonderful example of unconditional love occurred when I showed the Conversations® game to a group of staff in a particular school. There were five female teachers present and the mail business administrator who looked at the game from a financial perspective. When it came time for the business administrator to talk about his aspect, he received unconditional love. He paused, and then stated that his dog had only just died that morning. You could tell any size that he had learnt the raw means to him of unconditional love and the loss that he had just suffered. The other staff, after only ever seeing him from the left brain the natural viewpoint, were touched and moved by his response and their connection with one another has shifted to a deeper and more meaningful understanding.

Fame and Glory

Fame and glory or creates the most anxiety of all the aspects that people who receive this. People often regard the desire to be famous to mean that one needs to be on a world stage or in front of the film. The real meaning of fame and glory is to be the best possible person could you can be and to use all your talents in such a way that you create a change in the lives of people around you. The intent of fame and glory is not for the personal benefit of any individual but rather as a process to expanding the consciousness of many. Fame and glory is also about remaining level headed and seeing yourself as equal to others. In this way you enable other people to emulate your achievements and supports them in achieving their own fame, success and glory.

For me, any fame and glory that I achieve enables me to achieve my mission of creating an expansion in global consciousness. I recognise that for myself, I can achieve this through the larger groups such as media, Wilkes and games to reach thousands if not millions of people. Conversations® itself will ultimately affect the lives of millions of people. My role is to support back growth without the emphasis being placed on my own personal journey.

A typical example of someone receiving vainglory was a person who denied any thoughts or desires of becoming famous. This person somehow saw that being famous was not spiritual and was not in alignment with coming from a place of humility. However, upon reflection, this person saw that by allowing themselves to shine and to be their true spirit, they actually made manifest their divine guidance and spirit in shifting not only their own use but the views of those they touched. Ultimately, the intent behind the fame and glory is more important than the fame and glory itself.

Health

The aspect of health is one of those aspects that generally only shows up when there is a health issue. Quite often people will take holes to granted and do not play much importance upon this particular aspect until there is a crisis. Health is important both in terms of preventing health

issues, dealing with health issues and recovery from any area that creates an imbalance in our lives. All health issues ultimately stem from our emotions. The obvious emotion of being overwhelmed and stressed out creates an imbalance in our body that shows up in different areas to different people. The new health centres of the future will focus on mine body and spirit connections as receiver wholeness within each individual person.

To me, health has been a catalyst for change. It is they would need to have huge periods of growth as well as sometimes forcing me to rest when I overdo some of the other aspects. By placing a greater awareness on health, I allow myself to be more centres, all grounded and enjoy activities in life more. Often when I'm not well I tend to focus on what is wrong with me physically rather than the true cause of ill health. When a look at the true cause than I find that I'm able to bring myself back into equilibrium quicker and more lasting.

Person's health often results from both known and unknown cause. For example one person feared that their health would deteriorate in the same fashion as their parents. This fear was there to such a degree that he even started to have heart palpitations or is feared that an attack was imminent. Upon reflection, he realised that this was not a true reflection of rather a projection based on his own family. We recognise that life is just as it is, his heart palpitations went away as anxiety of a heart condition went. This is a wonderful example of showing us that what we focus on becomes a reality.

Relationships and Romance

Relationships are the way in which we can mirror in the world who we are. We are all in relationships all the time and ultimately in relationship in every moment of every day with ourselves. The quality of the relationship we have with ourselves dictate quality of the relationship we have with others. Effective communication with self begins a process where we discover and learn who we truly are. Effective communication with others in Naval lasts to display and become aware of ourselves in context with the world. The stronger the relationship, the greater the awareness. As we become more aware of ourselves, we are able to offer more in terms of the intimate relationships we have.

To me, relationships define who I am and what my values. I may have an idea that I should be paid a certain way in a theoretical model, however, it is only in the actions that I take that determine how I really feel about the situation. For example, I often feel that telepathy would be the best form of communication particular with love ones. However in practice, I recognise the difficulty I sometimes have in allowing myself to be fully open and allow myself to be fully. When I do allow this to occur, there are no need for words and our minds and hearts become one.

The most common example of how relationships and romance affect our lives came with the person who told us that his relationships at home were the most important relationships in his life. In his mind, you felt he could do the best thing I these people working longer hours and achieving more material goods to bring happiness into his home. However, in his heart, in new that was about quality time with his family, and in particular his life partner, that meant most to hit. You recognise the need and the choice to be more truth and more love into his life.

Money

The aspect of money is one that many people wish to have. The energy of money causes probably the greatest anxiety within people as we come to terms with what it really means. Many of our ideas of money stem from social norms such as money is the root of all evil, the filthy rich and you can't be spiritual and wealthy. These poverty consciousness statements create lack and shrewd the possibility of one's potential. As we create an attitude towards money with one that allows abundance and prosperity, we are a good to use that money to create an even greater difference in the lives of ourselves over those who we choose to help.

The move money represents an aspect where I recognise and of all the aspects is the greatest illusion. Despite times when people say there is an economic downturn, they seek new mansion is being built and U-boats being launched into waterways. As I allow greater amounts of money into my life, I allow the opportunity for myself create a greater change in the world will one of the things that I've done to support that used to celebrate the financial gains of up people rather than putting them down through jealousy, resentment or feelings of lack in my own life. I used to teach that economics was about unlimited wants and limited resources will stop I now know the opposite to be true in that it is about our unlimited wants an unlimited resources.

An interesting example of money as an aspect occurred with the lady who received this particular aspect and told us that money was a huge problem for herself. Despite owning a second property, she felt her lack and told us that she was unable to even rent the second property and that it was simply a financial burden for her. By choosing to allow wealth consciousness into her life, the aspect of money changed many aspects of her life. Within days of playing, a couple knocked on the door and asked to rent a property. Within weeks is couple knocked on her door again and asked if they could paint the property if she supplied to paint. She agreed and within a short period of time the value of the property had increased significantly and she was earning income each week from the rent from the couple. She continued to allow abundance and prosperity in other areas of her life.

Humour

It's only a game! The aspect of humour allows the opportunity to people not to take themselves too seriously. The aspect of humour allows people to recognise that personal and spiritual

growth does not always have to be serious. Indeed the art of humour often enables people to break through their fears and anxieties. The ability to laugh at ourselves enables any limitations to be lifted. It is important in life to remember that there is often a thin line between humour and sarcasm and the humour is indeed in the eye of the beholder. Humour is best applied when it is applied to life rather than an individual. The key to this aspect is not to take it personally!

I played the game wants three times in three days and on each occasion received the aspect of humour. On the third time I looked at the aspect and told people that this was not funny. Everyone laughed. I recognised that this was a continual reminder to me to lighten up and do not take myself so seriously. When I did that, the concerns that were weighing me down lifted instantaneously and I was able to join in with the laughter coming from within the room. It is something that I see as being vital for my well-being and vital to migrate.

Life itself presents a nut humour to fill a library of books. My most vivid collection of an example of humour was a group of young children who had leukaemia and were joking about their condition. When asked how they coped with such a life-threatening disease, they responded in what choice do they have. They recognised that it was only in their humour that they found peace in their reserves. The time that they have left on earth was spent in joy and happiness and is a wonderful example to others to follow.

Family and Friends

It is quite remarkable as we become older of how much we start to remind ourselves of our own parents. We learn so much from our family in terms of how we communicate and in terms of who we are. Your family and friends can be your greatest supporters and they can also be the ones to bring you your greatest disappointments. As we become a greater global family, the distinction between family and friends diminishes and we recognise that in our extended family, we are all the same.

This could mean family is the next obvious extension from myself. As I recognise the traits of myself that come from my parents, I also recognise the traits that I have passed on to my children. Sometimes they are the same traits, sometimes they are the opposite traits as they rebel and try to be different. Ultimately from meat, it is true my family and my friends that I get to experience giving and receiving of love without conditions. I get to be accepted for who I am and I learnt to accept others to they are and who they are becoming.

An example of how we are really connected is often displayed throughout family and friends aspect. One particular lady was very disappointed when a father and felt that he never really showed her love and never really understood who she really was. However, as she became older, she recognise that there were still many aspects of a father that she had taken on that supported the she was in the world. She recognised that many of the aspects she did not like

about her father were really aspects about herself. As a result, she learn to love herself more and in return to forgive and understand her father.

Education

Our education begins when we born. To most of us we believe that education starts from an early age and finishes when we leave the school grounds. The reality of is that education is a lifelong process. We are constantly learning from our mistakes and successes. We sometimes choose to go back to school in a formal setting and we sometimes choose to learn from life itself. The ultimate goal of all forms of education is to remember who you really are.

To me, I've gone through many forms of education even achieving a Masters in education. Taught schools and universities forever 20 years and continue to teach people of all ages. My personal belief now with education is that people will learn when they are ready to learn. This is untrue in my own life. I have learnt to course correct my life on many occasions and I do not see that that will change in the future except hopefully some of those changes won't be as drastic as in the past. Every time I have learnt from past experience, new doors present themselves as if a new lesson in life awaits.

Many people referred to education is going back to school. One particular person saw education as a future direction in terms that he would not repeat the mistakes of his past is future. He saw that there was no such thing really is failure that is learning how to read more all is authentic self. He felt that the experiences in life were more valuable than anything he could read and embraced more all each of life's experiences.

Contribution and Service

Being a service to others is what gives us true meaning in our lives. The aspect of contribution and service reminds us that volunteer work is just as important as any paperwork. Contribution and surface also reminds us that in energy exchange takes place in all that we do. Sometimes we are rewarded for that exchange through money, sometimes we are rewarded through a smile in a child's eyes that we have helped. Contribution and service also refers to giving back to society for what we have and that may be in tithing or sharing what we have with others.

One of the greatest gifts that I have received has been working on a voluntary capacity supporting men's gatherings. In working with 10 men in a committee over a course of 12 months, I have witnessed the growth of each individual person, including myself. What have received back from the time and effort that I have put into the group was far greater than what I expected. What was also very rewarding personally was that this committee worked in true collaboration and hence achieved more as a group than each of us would achieve individually.

An example of the aspect of contribution and service is a man who worked Monday to Friday in a factory. His role was quite mundane it came to me wondering what is true mission in life was. What I discovered that on weekends, he was the president of the local Coke cup group and supported each of the young people there and became a man talk to each one of them. Indeed, she was already living his life's purpose in helping these young people and his work provided him the income to continue to live. This was a great example from a show that our life's vision may or may not be what we do for a living.

Fun and Games

The aspect of fun and games allows our inner child to play. Fun and games can enable us to reach our highest potential without the need of being over serious. In the past this often meant competing with one another. This generally meant that there was both a winner and a loser and that the emphasis has been placed on the result rather than the activity. The intent of playing rather than competing enables us to be happier and enjoy life more. This aspect is also about relaxing and simply going with the process.

This aspect for me is about living in the present moment. When I enjoy the process of life I enable my life to be enriched with an abundance of opportunities. My old paradigm was that I had to compete with others in order to succeed. I now learnt that as a focus on what is fun in life, then the need to compete evaporates and I gain greater personal fulfilment and enjoyment from life. This aspect reminds me that life is not only about doing it hard.

An older old lady received the aspect of fun and games and commented that she was beyond that stage in her life for she felt that fun and games was really only available to the young. She had created a world herself which, although comfortable with rigid and controlled. In giving herself permission that she no longer needed to take anything as serious as she had in the past, she threw herself from her own shackles and allowed the remaining years of a life to be filled with joy. We are here in life to enjoy every moment and to be happy.

Personal Growth and Spirituality

The aspect of personal growth and spirituality represents our true nature. It recognises that everyone has wisdom and that family really listen to one another, we all benefit. It recognises that what is said by other people or what actions they take is ultimately a reflection of ourselves. As we learn from this and recognise own personal responsibility, then we are able to see a higher meaning in every word and every action.

Personal growth and spirituality from me is in all aspects. It represents ultimately who I am and is an expression of my soul. The more and I continue to grow, the more I allow life to unfold and more that I allow each person to express themselves the way that they want to. I recognise

that personal growth and spirituality is indeed bites name a personal representation of who we are and cannot be dictated to to another person. Each one of this is on our own unique path.

In one of the very first games that I played, the man is given the aspect of personal growth and spirituality. When it came to his turn to speak, is through the aspect onto the floor and said he did not want to play. The entire group allowed him to sit and watch the experience of what was happening during the course of the game. Halfway through the game, he raised his hand as if he was at school. When I asked him what he wanted he asked if he could play again. He was allowed to play and picked up his card from where it remained on the floor and placed it in front of himself. He then told us that the several years yet left is spiritual life behind and he recognised during the game that was part of who he was and that he then began to embrace his true nature. The group embraced him back into the fold is left with a broad smile on his face.

Chapter Six

Life is a gift

Conversations® is more than a game.

The second cycle allows further exploration of this aspect in relation to an individual experiences and current insights.

The life cycle reflects what is happening in a person's life. Many people live their life as though it was a drama. However in doing this, the focus is generally on what is not working rather than looking for the gross and the positivity in life.

It's easy to go through life looking at life as though it was a drama. For example, "I want to be sure about the outcome before I start" use of one of the life cards from the conversations done. To me, this represents life as a drama where the whole goal is simply the destination. However, part of the excitement and beauty of life is that we don't know what is actually before us.

It is also to be easy to get caught in the whole process of life when these situations come before us. One way of dealing with the dramas that territory life is to narrow the particular life situation to a specific aspect such as "physical environment". In this way, the statement, "I want to be sure about the outcome before I start" then becomes more specific to physical environment than cover the whole of life. What can happen then is that a person is able to deal with the life situation when it revolves around one area only.

This process came about six months prior to dreaming Conversations® when I was supporting a lady who blamed everything in her life on the husband. As a result, everything seemed to be blown out of proportion and escalated itself in such a way that she felt her life was completely out of control. When I was able to narrow to stress to a particular aspect in her life, she recognised that it was actually her issue and not her husbands in the first place.

When we look at our life situation through a life card or through any other means, there are a few possibilities that can happen. The first and most common situation is that we can relate to that situation to what is happening in our life now. The other possibilities are that it used to apply to us in the past and no longer does, or it's actually the opposite situation, all we are simply unsure how and if it applies to us today.

Various examples of the other life cards in Conversations® include:

"I keep on trying to work out the future"

"my life is full of drama"

"I am falling behind"

"I feel like a failure"

“I feel you won't like me if you know who I really am”

“I don't have time to...”

There are two components with each of these life cards. The first is what it means to you and secondly what doesn't mean in terms of your particular aspect. When it comes to what it means to you, the temptation is to talk from a generic position such as “we all need to...” or “you need to...” In order to direct literary impact away from the individual.

As an example of this occurred during a game with about 20 people playing. One particular person and kept asking if he could interrupt that had something important to tell the group. He said that it was urgent as he felt that he had something to say that the whole group just had to hear. However the rules of the game state that we do not interrupt each other and we do not try to fix one another. So he was told that he had to be quiet unless he was asked to comment. Not satisfied with this, he decided to leave during the break as he felt that he needed to tell everyone what he had to say and was not given the opportunity.

Interesting thing that occurred after the break was that V rest of the entire group , when told that he had left, all stated that they were seriously thinking of leaving if he hadn't left. In other words, despite his best intentions, no one would have truly listen to him as a felt he was simply standing on his soapbox. The message in that to me was that no matter how important you feel you have to say something to the entire group, unless it is carrying from your heart and coming from your own personal experience, then other people simply either cannot or choose not to hear.

The second aspect relates to looking at the relationship between what is coming up in your life and a particular focus or aspect that you're looking at. Many times it seems like there is no correlation between the two, however upon reflection, there is always a relationship and a synergy between the two. Most of the time this realisation comes up immediately or at least throughout the game, however sometimes it may take several days for that relationship to become conscious.

By each person sharing their life situation with others in the group, the most common response is that others in the room can also relate to that particular life situation. The result is that there is a bonding and connection that occurs with all participants, with a greater sense of belonging occurring.

The overall intent or the life cards cycle is to create a willingness to share and extend our boundaries. It is not about pushing people outside their boundaries and outside their comfort zones. What it is about is allowing everyone to recognise that we are all shared the same life dramas regardless of the individual stories that they fall under. When these dramas are called for what they are being bought hook that they often have within ourselves falls away.

So the process the Conversations® game and indeed the life is to allow ourselves not to be overwhelmed by all the aspects of life. The process is about taking each aspect on its own merit and then being prepared to look at that part of that aspect that can create a life issue in us. The final stage, however, is to lose beyond the dramas of life and to see the miracle and the gift that it really is.

Chapter Seven

Inspiration

Conversations® is more than a game.

The final component of the Conversations® process relates to receiving an inspiration card. The inspiration cycle moves us out of the dramas of life into a world where we operate from our full and higher self. This is sleaze stage where people become uplifted and find solutions to situations which they often thought were unsolvable. The experience of shifting to a higher thought process means that the dramas of life simply fall away.

Quite often, we only need to hear the inspiration and that is enough to move us forward. Sometimes an intellectual discussion actually can even distract from the inside gain from letting go of the drama and replacing it with inspiration. It is at this point where we can connect to each other on the sole level.

An example of an inspiration card in Conversations® is “There does not need to be a choice between spiritual comfort and physical comfort”. This particular inspiration allows us to move from poverty consciousness which has kept people back now for centuries to recognising that spiritual comfort and physical comfort can sit beside each other. For me, this creates a wealth mentality that allows for my physical comfort and enough wealth to support others. I believe that by playing small this does not support my growth nor the growth of the world.

This particular inspiration also allows people to embrace both a physical life and their spiritual life recognising that both exist simultaneously. The old paradigms kept people in poverty for fear of spiritual damnation. This new insight allows people to expand their consciousness to allow themselves to be a great example to others.

On most occasions, the inspiration cycle believes people feeling lighter and more joyful. These positive inspirations allow people to express themselves more fully with each other. An example of this is the inspiration card, “There is nothing you have to learn about relationship other than to relate only from the heart”. What this particular card often does to people is to allow them to recognise that it is not about what we say in our relationships but rather how we relate that is important. The result is that many people connect to their own hearts, often for the first time.

Sometimes inspirations themselves can be a challenge. For example one lady received inspiration card, “You create your own heaven here on Earth”. She looked puzzled as she looked up into the sky and said that heaven was up there and that our role on this life was to struggle to get there. This was the perfect card to her to help her shift beyond her limiting beliefs that were keeping her unhappy. Yet her beliefs kept telling her that heaven and earth

were separated. I tried to help by shifting the language by telling her that it meant that life is whatever you make it here on Earth. It took her several days for her to reconcile the two conflicting beliefs systems within her.

To me, the most challenging inspiration card that I have received was one when I was being filmed by a TV news crew only several weeks after publishing the game. I had a TV camera close-up on my face as I drew inspiration card “You are loved. Do you know that?” The challenge for me was not only to accept that from myself but to accept that in front of the world. To this day, it is still one of my most favourite cards.

At the end of the process, people connect with each other on such a strong level that they either make new friends or establish greater bonds with those they know already. When asked what they thought and of having a real conversation with one another, the responses relate to the deep connection that they have now with themselves and with each other.

An example of this occurred when two ladies came to join in a group game in the first year I was playing Conversations® . The First Lady along to a fundamental religious group and believed in the strict definition of her Scriptures. The second person who immediately followed her walked into the room wearing new-age clothing. When I asked her if she would like a cup of tea, she looked up into the air and said that she was allowed to have a cup of tea by her guides.

In my own judgement, I imagined that the two would not see eye to eye and indeed felt like hiding under the couch as I saw explosions taking place. The reality was very different. The two people who I saw as coming from totally different polarities found common ground and a connection with each other, and left the game as friends. They even exchange phone numbers and caught up with each other coffee. It showed, me at this early stage of playing games, that we are more alike than we are dislike.

Chapter Eight

What others say

The following comments posted from one comment on the Conversations® game in March 2012.

Having played Conversations the Game has revealed my inner truth at the time. Each game continues to reveal the mystery of how we are connected. Our journeys may differ however the learnings and teachings in this lifetime are the same. A truly amazing experience each and everytime. thank you Barry for creating this unique gift for us all. ♥

Angela Alexandra Australia

It's a great thing to connect thoughts and insights as a facilitator. This work highlights the powerful connections we us all have. Being able to facilitate that is as much a gift as it is to receive the gift of universal wisdoms from the conversations that arise. I look forward to more games in New Zealand.

Caroline Welkin New Zealand

From the first time I participated in a Conversations game, I thought...What if all people could speak to each other this way?...Playing Conversations teaches presence, active listening, honest speaking, and wisdom sharing and it encourages understanding, acceptance, authenticity, heart-felt connection and respect. As a facilitator, I've had many successful opportunities to play the game here in the greater Toronto ON area of Canada. I'm always amazed at the messages that participants and I choose as we pull the cards in each round and how synchronistic they are with what is happening in our lives at that moment. It has applications to so many arenas...school, church, family, business and can be played with groups of any size. I feel so blessed to have this amazing tool for enhanced communication to offer others in my part of the world. ♥

MaryAnn Swan Canada

When you play the Conversations game, a new conversation within begins. Not only does it help to unscramble the often scrambled mind in todays environment, it allows us to express our heartfelt thoughts. It teaches us to listen, a skill that has been somehow lost in the ever increasing rush of time. And it teaches us to have faith and trust in our ability to relate to those around us. Truly a gift and well worth exploring.

Heather Haswell New Zealand

I am using the conversations gave with my clients and will be work shopping the game in my community in the near future. It's uncanny how the Aspect cards are so on target.

Sandra Ryan Australia

When you participate in the Conversations experience, you have opened a doorway into a new way of communication with yourself and others. Empowering, insightful and fun!

Kerry Chuttur Australia

I had the privilege of becoming a facilitator with Barry. When I first played the game, I was somewhat suspicious and honestly didn't think it was something for me. When I was ready to join a consulting company set up by a friend of mine, she made it a condition that I had to take the facilitator's course, and before doing so, I should play it again with one of her associates. The second time was the charm. I got what the game was about and what the possibilities were. My first game following the facilitation was with my family. We had an occasion where most of the family was at home, visiting, so I took the occasion to introduce them to it. Like father, some of them were quite sceptical at first and only half heartedly participated. By the second round, they were fully engaged and we found out things about each other that we did not know. Imagine, living in the same household for over 20 years and there were still things we discovered about each other. The game brought us closer together than any other board game could. I regularly play the game with a couple of people and also had introduced it to a couple of church groups and into some businesses. All were enthusiastic but getting them to facilitate has become another matter. I have been looking to see what my barriers are. While I can't see them, I see lack instead of abundance around me, so now I am clear that it is me that is lacking. That is my next task, to remove the barriers.

Thank you Barry for being a (long distance) friend and for creating this wonderful game. It may never be mass produced on the scale of Monopoly but those who have played the game all agree that it has far more value.

Through this game I have met wonderful people who walk a spiritual path. Thank you all as well for sharing my life.

Arno Ilic Canada

For me, Conversations is an amazing demonstration of how small the world really is and how amazing the people in it are. During each game I am reminded of my inner connection with each person participating in the game and how valuable they and their insights are. Sharing Conversations is a gift for all. Thanks Barry

Sandra Erwin USA

Conversations the Game is a great way to learn the skill of effective communication. The only way to do this is to communicate affectively, that is, by saying how we feel or what our needs are. Conversations the Game teaches this process in an enjoyable, non-pressured, supportive way. If ever you have the opportunity to take part in this game, I highly recommend it. Go for it, sincerely,

Dr Bev Kirk Australia

It Allows one to expand their knowingness of self and others, truly a must for anyone one on this Journey.

Laurel Barker Canada

Conversations brings people together in a caring space to bring them into a conscious awareness of their inner thoughts and beliefs.

Jeff Lea Australia

Other comments that came after playing conversations with other players throughout the world include:

For me, this card brings me into a deeper awareness of how much time I actually spend in my thoughts - and encouraging me to a greater awareness of my choice to move ever deeper into my HEART space, and act from there. Thank you everyone, it was really wonderful to share this experience with you all ♥ - In response to Today's worldwide game on Skype.... the final inspirational card is "Walk in full wakefulness rather than one who is asleep" -

Anayah Joi Holilly Australia

I just finished a beautiful hour playing Conversations with people around the world. It was a spiritually opening experience. I felt the hearts of Barry, Angela, Yvonne, Ure, Donna, and Kerry. I was able to be totally myself, I felt immediately accepted and loved. It was wonderful. Play a game of Conversations and watch Spirit flow.

Maile Andrus-Price USA

I just participated in an amazing game, with members playing across the world on a phone call. Egos were cast aside, along with personal agenda. We showed up as ourselves and shared authentic Conversations. Authentic Connection. Thank you to Barry Auchettl & MaryAnn Swan for facilitating! And to the other beautiful folks who played full-out. Changing the planet... One conversation at a time. ♥

Bonnie Karpay USA

When I was first introduced to "Conversations" I was skeptical, I have experienced it, I love it, It works. Engage your inner and outer voices to manifest your dreams.

Miki Uyehara USA

Great skype game yesterday played with people around the world ... The life card that came up was "I will do it when ... ". For me, it's is about doing it now from a space of ALLOWING the best possible situation to show up.

Barry Auchettl Australia

Chapter Nine

The Conversations® Authenticity Documentaries

It's time! The message is clear. We are entering a very special time in the history of planet earth. The future of the way that we choose to communicate with one another will be through our hearts; by expanding and utilising our love vibration.

The Conversations® Authenticity Project is a collaborative communication project designed to create and expand our connection with each other, and to transform relationships on personal, family, community and global levels. This transformation will be realised by using global media with projects that include The Conversations® Authenticity Documentaries, The Online Conversations® Community and GROW TV.

The Conversations® Authenticity Project connects people with other like-minded people who are looking to communicate on a deeper and more authentic level and expand their consciousness. These people recognise the importance of abundance consciousness and collaboration and have an understanding that the synergy of these multiple components will bring a more positive impact on the world.

The Conversations® Authenticity Project recognises that, ultimately, love transforms the world and that each of us has a role to play in actualising this change.

More on the Conversations® game itself can be found at www.conversationsthegame.com.au with a short demonstration of the game on You Tube at <http://www.youtube.com/watch?v=RKcxIzCQVho>

I am looking forward to discussing with you how we can make this change together.

In One Vision,

Barry Auchetti

Chapter Ten

In Closing

Conversations® came to me in a dream in early November 2000. Before I went to sleep, I asked for guidance on what area I should put my efforts into, as I felt a bit overwhelmed with a few areas in my life. My dream put me on a completely new path outlining not only the game but the instructions and lay out. I was then able to put the game together within days following the dream and guidance given.

I believe the game has been blessed. After nearly four years, the game was finally birthed on the Spring equinox in 2004. Rev Linda Wilson-Hunt (the person the author of Conversations with God, Neale Donald Walshe, first gave his yellow notepad to) told me that "I believe that one of the most wonderful gifts we can give each other is that of real recognition." The game truly does allow for that to happen.















Neale himself describes the game as "a fun and exciting game that will reveal the power of your God-given imagination." Philosophically based on the Conversations with God material, the game is now being played with individuals, families, groups and even facilitated in the corporate sector creating a real change in the those of many businesses. Conversations® is designed to be played from two people getting together to as many people as you want to have open communication with. On a practical level, the game can be played with more than eight people but a facilitator is strongly recommended to ensure everyone is accommodated.

The on-line version of Conversations® will capture a percentage of the 250 million Facebook users who wish to have a more authentic conversation with people around the world.

The on-line version of Conversations® will enable a membership space where people and organizations around the world could play together and have real Conversations that matter. Already this is occurring with playing the game on Skype. The creation of an On-Line version of Conversations® on the internet includes text, audio, video and special emotive icon capabilities, as well as visual displays of each card the participant uses.

The Mission of Conversations® is to raise the consciousness and awareness of all who play. This is done through self-empowerment and being an example of an abundant and successful organization through integrity, honesty and fun.

The vision of 'Conversations® : an inspirational game' is to be the most successful and empowering board game played throughout the world in the twenty first century.

<p>Conversations game</p> 	<p>A co-operative board game that allows you to speak honestly, listen openly & connect to others</p>	<p>Corporate Edition</p> 	<p>A dynamic, team building communication tool for corporate and government bodies</p>
<p>Conversations: Education Edition</p> 	<p>Education edition for schools, universities, senior citizen groups and prisons</p>	<p>Conversations for couples</p> 	<p>A workshop to enhance intimate relationships and long-term commitments for couples</p>
<p>Conversations General Facilitators</p> 	<p>Training for game events, and life coaches and educators</p>	<p>Conversations Corporate Coaches</p> 	<p>Training for corporate and government bodies that creates a positive change in the culture of workplace</p>
<p>Conversations Co-ordinators</p> 	<p>Train-the-trainer programs for Co-ordinators who wish to train new general and corporate facilitators</p>	<p>Conversations Distribution Rights</p> 	<p>Distribution rights for Conversations for North America / Europe / India / Asia & Pacific</p>
<p>Conversations: live on-line</p> 	<p>A subscription based on-line version of the game for anyone who wants to connect to others</p>	<p>Conversations apparel</p> 	<p>T-shirts, caps and other items for people who want to be identified with the Conversations brand</p>
<p>Step Into Your Power</p> 	<p>A life changing day to find and live your life's purpose and passion</p>	<p>Find Your Abundance Within</p> 	<p>A 5 day retreat to create abundance within and outside your life</p>
<p>Conversations Public Speaking</p> 	<p>Public talks and TV & radio appearances on awareness, relationships, communication and connection</p>	<p>Conversations TV and documentaries</p> 	<p>Production of Conversations TV series and documentaries to look at the human side of people</p>

About Barry Auchetti



[Barry Auchetti](#) (Ock-er-tell) stands for shining the light brighter in others so that they too can pass it on.

Barry is a professional facilitator and has personally witnessed the benefits of playing Conversations® : an inspirational game. Barry participated in the CWG Educational Conference held in Ashland , Origan in 2002, and is currently running retreats and seminars all over the world as well as setting up facilitators to play the game. Now proudly designed and printed in Australia, Conversations® is to helping people connect.

More information can be found at www.conversationsthegame.com.au

Barry has moved to Florida from Australia and is known as The Blockbuster because he both identifies AND clears blocks to moving forward enabling people to fulfill their soul's potential. He does this by using his own unique energy system called [Light Body Alignment](#). Barry is the Chief Vision Officer of [The Vision School](#) that benefits people in improving their inner and outer vision.

As well as being the creator of the [Conversations game](#), he is the producer and star of the movie [Vision 2020: from eyesight to insight](#), and author of many books including [The Scan Charts](#) and the best seller, [One Vision](#).

Barry has spoken on stages about Conversations in Australia, New Zealand, Bali, USA, Canada, England, Scotland and Germany. Barry can be contacted at Barry@thevisionschool.org

More from Barry Auchettl

