

The game of life and how to play it

by Florence Scovel Shinn · Language: EN

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Overview

"The Game of Life and How to Play It" by Florence Scovel Shinn is a seminal work in the New Thought movement, presenting life as a game governed by universal spiritual laws. Shinn argues that individuals can master this game by understanding and applying principles such as the power of positive thought, spoken words, and unwavering faith. The book emphasizes that the subconscious mind plays a crucial role in manifesting one's desires, as it accepts whatever is impressed upon it and brings it into reality. Therefore, controlling one's thoughts and words is paramount to shaping one's experiences and outcomes.

Shinn illustrates how fear, resentment, and negative thinking act as blockages to prosperity, health, and happiness, while love, forgiveness, and non-resistance pave the way for divine abundance. She introduces the concept of "the law of attraction" and "the law of karma" (which she refers to as cause and effect), explaining that what one sends out, whether thought or deed, inevitably returns. The book also highlights the importance of intuition, or "inner leading," as a direct connection to divine guidance, urging readers to trust their inner voice for direction in all aspects of life.

Ultimately, Shinn's work is a practical guide to spiritual living, offering affirmations and denials as tools to reprogram the subconscious mind and align with the "Divine Plan" for one's life. It empowers readers to take responsibility for their reality by consciously choosing their thoughts and words, thereby transforming challenges into opportunities and manifesting their highest good. The book's enduring popularity stems from its clear, direct language and its message of personal empowerment through spiritual principles.

Key Takeaways

- Your spoken word is a powerful tool; use it to affirm your desires and blessings, not to express fear or lack.
- Cultivate unwavering faith in the "Invisible Supply" and the divine plan for your life, knowing that all good is available to you.
- Practice non-resistance to adverse situations, as resistance only amplifies what you are trying to avoid.
- Forgive yourself and others completely, as resentment creates energetic blockages that prevent your good from manifesting.

- Trust your intuition and inner guidance, as it is your direct connection to the infinite intelligence and divine wisdom.
- Understand that life is a boomerang; what you send out in thought, word, or deed will inevitably return to you.
- Actively deny negative thoughts and conditions, and replace them with positive affirmations of truth and abundance.

Chapter Summaries

The Game

Life is presented as a game where understanding spiritual laws is key to success. Man's goal is to see his good manifest, and this is achieved through conscious thought and word, aligning with the divine plan.

The Law of Prosperity

This chapter explains that the universe operates on a principle of abundance. Lack is a result of man's limited thinking, and true prosperity is achieved by giving and by affirming one's divine right to wealth and supply.

The Power of the Word

Emphasizes that words are powerful tools that impress the subconscious mind and manifest into reality. Speaking with faith and affirming truth can transform circumstances, as the spoken word never returns void.

The Law of Non-Resistance

Teaches that resisting negative situations or people only strengthens them. Instead, one should bless the situation or person and move on, allowing divine order to prevail without struggle or opposition.

The Law of Karma and The Law of Forgiveness

Discusses the principle of cause and effect, where what one sends out returns. Forgiveness is presented as the key to dissolving karmic debt and releasing oneself from past errors, clearing the path for good.

Casting the Burden

Advises readers to release their worries and problems to the Infinite Intelligence, trusting that divine wisdom will provide the perfect solution. This involves letting go of anxiety and trusting in a higher power.

Love

Explores love as the most powerful spiritual force, capable of dissolving all negativity and attracting all good. It emphasizes unconditional love for all beings and situations as a pathway to harmony and fulfillment.

Intuition or Guidance

Highlights the importance of listening to one's inner voice or intuition, which is presented as direct divine guidance. This inner leading guides one to their highest good and perfect path in all aspects of life.

Perfect Self-Expression or The Divine Design

Explains that each individual has a unique divine plan and purpose. Discovering and expressing this true self, or the 'Divine Design,' leads to fulfillment, success, and perfect health and happiness.

Denials and Affirmations

Provides practical examples of denials (rejecting negative thoughts and conditions) and affirmations (stating positive truths) as powerful tools to reprogram the subconscious mind and manifest desired outcomes.

Themes

- Power of Thought
- Law of Attraction
- Faith and Affirmation
- Divine Guidance
- Non-Resistance
- Prosperity Consciousness

Notable Quotes

- "Life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy." — Explaining the principle of cause and effect and the impact of one's actions and thoughts.
- "Your word is your wand. The word spoken in faith and love never returns void." — Emphasizing the creative power of spoken words and affirmations.
- "Man's only enemy is himself, 'every man is a self-made man.'" — Highlighting personal responsibility for one's circumstances and the power of one's own mind.
- "All that man desires is already his, but he must be wide awake to his good to appropriate it." — Discussing the concept of the 'Invisible Supply' and the need for conscious awareness to

manifest desires.

- "Never wish to get anything for nothing, for the law of compensation is ever at work." — Advising against seeking something without giving, and reinforcing the principle of balance and exchange.
- "There is no competition on the spiritual plane; what is for one is for all." — Addressing the concept of abundance and the elimination of scarcity mentality.

Frequently Asked Questions

What is The game of life and how to play it about?

The book is about understanding and applying spiritual laws to achieve success, happiness, and prosperity in life. It teaches that life is a game, and by mastering the power of thought, spoken words, and faith, individuals can manifest their desires and overcome challenges.

Is The game of life and how to play it worth reading?

Yes, it is considered a foundational text in the New Thought movement and self-help genre. Its clear, concise teachings on manifestation, positive thinking, and spiritual principles have influenced millions and remain relevant for those seeking personal empowerment and spiritual growth.

How does The game of life and how to play it end?

Spoiler: The book does not have a narrative ending. Instead, it concludes by summarizing its core spiritual principles and offering practical affirmations and denials. It encourages readers to continuously apply these teachings to master the "game of life" in all its aspects.

Who should read The game of life and how to play it?

This book is ideal for anyone interested in New Thought philosophy, the law of attraction, positive thinking, or spiritual self-help. It appeals to those looking for practical methods to improve their circumstances through mental and spiritual discipline.

How long does it take to read The game of life and how to play it?

Given its concise nature, most readers can complete "The Game of Life and How to Play It" in about 1 to 2 hours. It's a relatively short book, often read multiple times for deeper understanding and reinforcement of its principles.