



## THE MAGIC CHARTER OF PSYCHODRAMA

### A Simple Way of Restoring Harmony and Peace in a World of Unrest and Tension

Psychodrama is a way to change the world in the HERE AND NOW using the fundamental rules of imagination without falling into the abyss of illusion, hallucination or delusion.

The main barriers and challenges in the search for understanding, truth, and joy in our world are:

1. Sex
2. Race
3. Age and Ageing
4. Disease
5. Death
6. Fear and Frustration
7. Language
8. Animals
9. Objects, such as food, money, means of transportation, and computers
10. Human limitations and lack of unity with the cosmos

The human brain is the vehicle of imagination. Psychodrama, in training the imagination, overcomes the differences which hinder communication between the sexes, between the races, the generations, the sick and the healthy, between people and animals, between people and objects, between the living and the dead. The simple methods of psychodrama give us courage, return to us our lost unity with the universe, and re-establish the continuity of life.

The basic concepts of psychodrama are:

1. The warm-up, preparing for an act
2. Spontaneity and creativity
3. The encounter
4. Simulation
5. Concretization and acting out
6. The mirror
7. The double
8. Sensitivity training
9. Role playing and role reversal
10. Surplus reality

By means of these methods a man can play the part of a woman and a woman can play the part of a man; a black man can be a white man and a white man can be a black man; an old person can take the part of a child and a child the part of an old person; a man can be an animal; an object can be a man.

By means of these methods a healthy person may live more effectively, a sick person may learn to bear his misery, and the dead may continue to play a part in our lives. Fear is dispelled and human limitations are stretched. The astronaut becomes a psychonaut exploring the spaces of the mind.

This is the way psychodrama proceeds. Resolve not to render lip service to it but to live by it.

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