Pocket Ritual

A Windows Phone App to Find Your Bliss

Doris C. Rusch, PhD., DePaul University
drusch1@cdm.depaul.edu
previously at G4H
addiction
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addiction
depression
Zombie Yoga

Fight Zombies. Do Yoga.

Conquer your greatest fears with your inner warrior.
design = blissful, self-directed and insightful play
potentials of “free play” for personal transformation

- internal play compass points towards an authentic life (Stuart Brown: “Play”)
- authentic life = “bliss” (Joseph Campbell “Myth - Pathways to Bliss”).
game play =

play within a framework
“free play” and grown ups
not so good...
my design challenge

- create a framework that
  - promotes “free” play,
  - is strong enough to get and keep people going,
  - fosters self-exploration, personal insight and transformation
“Pocket Ritual”

- Windows Phone App for Personal Transformation
- based on Joseph Campbell’s “Hero With a Thousand Faces” (Hero’s Journey)
- inspired by “The Artist’s Way”, “Unstuck”, “Focusing”, “Finding Your Core” and various conversations with psychotherapists.
the first step: begin a journey
RITUALS

daytime

morning
evening
morning ritual
7 main journey stages
ordinary world

- Make yourself a cup of tea. Sip it slowly and write down the things that give you satisfaction. Where does satisfaction come from?
daytime ritual: Playing a Card
evening ritual:
accessing journey screen to gain
a sense of progress
ordinary world
meet the mentor
cross the threshold
Select Adjectives
Navigating Journey Screen

- Back Button
- Tap Card Icon
- Swipe

Card
Ordinary World
Listen to your body: when have you last felt truly alive? Make a list of adventures you’d like to go on that give you that sense of aliveness. Attending a concert? A trip to Uruguay?
“Pocket Ritual”: next steps

- make it accessible and test it with more people
- open it up to the community
- invite others to post useful card questions
- invite art from users to form new journeys
thanks! questions?

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III. meet the mentor

- Who do you feel safe with? Who treats you like you are a lovable, smart person? Take a moment to feel the presence of that person. Find a picture to represent him/her and write a note from him/her to you.
IV. cross the threshold

- Take action. Do something that moves you closer to your goals and is aligned with your true values and desires. Do it. What does it feel like?
V. approach the inmost cave

- List concrete steps you can take to overcome a challenge you are facing at the moment.
VI. ordeal

- In Chinese, the word “crisis” consists of 2 characters: “danger” and “opportunity”. What are the opportunities that present themselves to you? What are the perceived dangers? Do you have the courage to follow your heart?
VII. rebirth

- what’s behind your resentment? If it’s anger, write down what exactly you’re angry about. Now find a place that is safe and private and pound some pillows. Better?