

Games of Magic

*A Metaphysical Adventure
and Healing Breakthrough
on the Path to Enlightenment*

Dennis Dean Alsop

iPaths Publishing

Copyright © 2025 by Dennis Dean Alsop

All rights reserved. No part of this book may be reproduced, transmitted, or utilized, in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the author or publisher, except for brief quotations in critical articles, books, and reviews.

Neither the author nor the publishers are engaged in rendering professional advice or services to the individual reader. The ideas, procedures and suggestions contained in this book are not intended as a substitute for consulting with your physician or mental health provider. All matters regarding your health require medical supervision. Neither the author nor the publishers shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this book.

The names and identifying details of some people in this book have been changed.

ISBN: 979-8-9994268-2-6 (Hardcover)

ISBN: 979-8-9994268-1-9 (Paperback)

ISBN: 979-8-9994268-0-2 (eBook)

Front cover design and book design by Author

Cover art inspired by Farscape

iPaths Publishing — Stockton, CA

www.ipaths.org

Dedicated to Patty

"The purpose of a writer is to keep civilization from destroying itself."

— Albert Camus

Preface

This book is both a chronicle of my lifelong adventure in self-discovery and inner-healing, and an exposition of what I learned and how I now understand the extraordinary experiences I had along the way. Most importantly, it presents some revolutionary information about trauma, and the healing of mindbody issues. This preface is written to get some incidentals out of the way that might be out of place elsewhere, and to help answer a few questions and avoid any confusions that might occur as a result of the way the book is written.

Writing Style

Besides telling my own personal story I will be giving you some important information, but although I have a lot of explanatory material in this book, and some in depth dissertations on various subjects, this is not a scholarly or technical manual. The general narrative style is, for the most part, informal, especially where I'm telling stories and sharing my personal experiences. Interweaving my story with the more expository discussions was necessary in order to make everything more understandable, but it also serves to keep the atmosphere of this whole composition less academic and more personal and human. Incidentally, I use several acronyms in this book, but the only one you need to be familiar with is ID-R, which is short for Identity Resolution, the main process I use in my counseling sessions.

Privacy

All of the names of friends, family members, clients, and people involved in my personal life, including the person I call Patty Preston, have been changed. I have disguised many descriptions of people, places, times, and circumstances as well, to avoid controversy and to maintain some privacy and discretion for myself and others. The descriptions of my various professional affiliations are accurate.

Chronology

Any memoir is a slave to its own chronology, but the repeated use of flashbacks, which I employ throughout the book, can be confusing if not done well. So to clarify this in advance, there are two time lines here: the description of my ongoing self-exploration efforts, which is mostly linear, and my descriptions of past events discovered and recalled during those efforts, which are described in flashbacks. My ID-R sessions began in 1991, and most of the sessions described in this book, unless otherwise noted, took place from 1991 through 1995, when I was between the ages of forty-three and forty-seven.

Credit

Many of the ideas in this book regarding psycho-spiritual models of human nature and methods of healing and self-improvement have been known and used by others for decades or centuries. Some of these ideas are ancient, some are relatively new, and some I discovered and developed on my own, and everything I've learned has contributed to my work in some way.

Many of the concepts in this book were ideas I actually had back in the 1970's, although they have changed as I learned more over the years. My understanding of most of the topics in this book has much in common with the works of Francine Shapiro, Bernardo Kastrup, Dean Radin, Charles Tart, Thomas Campbell, Gabor Maté, Bessel van der Kolk, and many others, and yet because we each have different pieces of the puzzle, we all see things a bit differently. But by studying these topics from a truly scientific and rational perspective we will continue to advance toward a more cohesive and universal understanding.

Accordingly I want to express my acknowledgment and sincere appreciation to all the teachers, authors, clients, friends, and others who have contributed to my understanding of life, and to the great many books, studies, and other sources that have helped and guided me along the way. Although I have some very strong convictions which I may express with some certainty, everyone must determine themselves what is true for them.

References

The following pages present a wide range of challenging topics and phenomena about which many books have been written and about which I could write volumes myself from my own perspective. Since in-depth discussions of most of these subjects can be found elsewhere, I will refer you to those references I have personally found to be the most helpful and informative. My intention in these pages is not to prove anything or convince you of anything — I'm only presenting a case for some challenging propositions. Please research and investigate any of my technical statements for yourself if you have any doubts or questions.

Exceptional Human Experiences — Rhea A. White

I want to end this preface with a quote from a paper by parapsychology researcher Rhea A. White, about Exceptional Human Experiences, or "EHEs." An EHE is any anomalous or paranormal experience that has a transformative effect on the experiencer.

While in college in the 1950's, Rhea was severely injured in a traffic accident and had a profound NDE (near-death experience) that changed the direction of her life. She found herself seemingly above the earth, bathed in a sense of unity, peace and aliveness while her body lay unconscious on the hood of her car. She heard a voice tell her that "nothing that ever lived could possibly die." Rhea then began a lifelong quest to understand her NDE, eventually becoming a

parapsychology researcher and working at J. B. Rhine's pioneering Parapsychology Laboratory at Duke University, and later at the American Society for Psychical Research. She has been called "parapsychology's bibliographer."

This paper, titled *"Exceptional Human Experiences: A Brief Overview,"* is a perfect expression of what this book is, in part — a story of exceptional and transformative human experiences. Here is Rhea's quote:

"In science everyone is looking for a new paradigm (or worldview) to account for everything... EHEs seem to herald a new paradigm, or at the least, they fly in the face of the one with which we now live. So each one really offers the experiencer a window with a new view, and they provide an opportunity to choose between belief and doubt.

Those who choose to believe find they have opened a door leading to additional experiences that provide entrance to a world where their lives become charged with meaning. They have entered what we call the Experiential Paradigm."

Although this book includes much additional material, it is basically my own EHE autobiography.

Introduction

"The very cave you are afraid to enter turns out to be the source of what you are looking for."

— *Joseph Campbell*

There is something powerful in this book that will change your life. I can't know exactly what it will be, but no matter what you want in life, what problems you would like help with, or what you might be looking for in any book on mind-body healing, self-help, or self-understanding, you already have it all within you. The trick is getting through all the internal blocks and programming that are keeping those things from you, preventing you from achieving your true purpose — and from accomplishing your dreams. And that makes this book indispensable. I will show you where those blocks come from and what you can do to unlock your true potential.

At its core, this book presents some new and revolutionary ideas about trauma, and its resolution, that represent an important advance in the understanding of the mind-body-consciousness paradigm. This includes the introduction of a new system of self-discovery and inner healing called "Identity Resolution," or ID-R, which reveals the profound secret of traumatic shock, and utilizes the concept of stuck identity states in the processing of traumatic memory.

I've been a spiritual counselor for over 34 years, helping people heal their deepest psychic wounds, and ID-R has changed my life and helped hundreds of others overcome unwanted mental, emotional, and physical conditions of many kinds. Looking through the portal of trauma has also enabled me to recall many things locked away and long forgotten, and has given me a greater perspective on humanity, and even reality itself. The story of my own healing journey provides a framework and perspective for everything in the book, and it's a story unlike anything you've ever heard.

In addition to a whole new way of understanding and working with trauma, you will find, within these pages, novel explanations of many things, including multiple personalities, out-of-body experiences, spiritual connections, and the "real magic" of paranormal phenomena and miracles. I've also included many related practical tools we can all use for improving our lives, as well as some important discussions about consciousness, memory, past lives, dreams, and the quest for spiritual enlightenment.

Catalysts

A catalyst is something that instigates or facilitates change, and that's what this book is meant to be — a catalyst for personal insights that can lead to profound healing and a deeper understanding of oneself and others. My overall wish and expectation are that this book will inspire hope and curiosity in others and facilitate beneficial changes in people, and the world. I also believe that every positive transformation in ourselves has the potential to ripple outward into the world in many different ways and in many directions, to benefit all humanity.

"Games of Magic" refers to life itself, in all its forms, throughout the universe. It's all a game, and "magic" is the creative force of Consciousness itself from which springs everything there is. And it all happens through us — through you and me. I'll be explaining all that later, and much more, including how to experience miracles, reclaim your power, know your life's purpose, and find your own best path to enlightenment.

The most important information I want to convey in this book is about the healing breakthrough referred to in the subtitle, because it's new, powerful, and few people know about it. ID-R is a tool for self-exploration, and its underlying principles are essentially an advance in the understanding of trauma and its resolution. My own use of ID-R has led to discoveries that challenged the way I understood reality.

Amnesia

So I'm here to help you remember. Most of us have no idea of what's hidden away in the depths of our own minds and what those missing pieces can tell us about ourselves, life, and the universe. Have you ever thought about what it might be like to have amnesia — to not know who you are or where you came from? My amnesia was not caused by a blow to the head — it was something else, something common to everyone, and discovering just a little of what I had lost was like magic! My life improved, I found my purpose, and I knew my path — and much more.

I believe this is true for all of us — that we all have amnesia. We all have untold treasures of wisdom and power locked away within us — more than we can ever imagine — and yet most of us know nothing about it. No one is really holding on to the past anyway — it's more like the past is holding on to us without our knowledge. Answering the questions of what we have forgotten, what we might remember, what it takes, and why this is all so extremely important to know, is the essence of this book.

What's locked away inside of YOU? There may be a lot of stuff you don't want to know, but what miracles have you forgotten, and what loves, and what joys? What have you lost, and how much of yourself and your true power have you given up? If you have never considered any of this, then what you're about to read will be a wake-up call.

Understanding Trauma

The subject of trauma is immense, but understanding trauma is important because trauma impedes our memory and it's one of the fundamental barriers that helps keep us trapped in false views of ourselves and reality, on many levels. Traumatic experiences force us to confront things that are beyond our capacity to tolerate or deal with while in our present state of being. Because of this, trauma changes us mentally and physically, and it changes the way we interact with the world, other people, and ourselves.

New approaches to working with, preventing, and healing trauma have been emerging for several decades. Because of the growing understanding of trauma and its impact on our lives — brought about by the many dedicated and courageous professionals in this field, and with a growing body of research like the ACE Study, and with books like *The Body Keeps the Score* by Bessel van der Kolk, *The Myth of Normal* by Gabor Maté, and *EMDR* by Francine Shapiro — it's becoming increasingly clear that one of the most important things we can do for ourselves and our families is to become more "trauma informed." This book takes working with trauma to a new level.

Advances introduced here include a better description of the nature of traumatic memory, utilizing the concept of "identities" (stuck identity states), as well as a breakthrough understanding of multiple personalities and dissociation that, for the first time, takes consciousness into account. You will also find a new explanation of paranormal phenomena, of miracles, and the nature of spiritual reality. All these things serve to reveal the universe and life itself to be what they ultimately are — spectacular games of magic that spring from our very minds through the creative power of consciousness itself.

Who Are You, Really?

In the end, I believe the highest purpose in life, the purpose that serves us best, is to find out who and what we really are. We are not any of the many identities we embody, the social roles we identify with, the story we tell ourselves about who we are, or even the body we appear to inhabit — each of us is the witness of all these things. But who or what is this witness? Discovering our true nature is a spiritual quest, a quest of consciousness that leads to the ultimate fulfillment, happiness, love, understanding, and freedom known as spiritual awakening or enlightenment.

The effects of trauma are profound and the results of healing it are equally profound, but even more than that, what working with trauma can show us, if we can set aside our preconceptions and be open to it, is some pretty mind-blowing and paradigm-shifting stuff. My own healing journey served greatly to validate what I already believed — that we are much more than human beings and there are levels of reality beyond what we might imagine. The information here, and in the many

resources provided, can certainly be of use to anyone interested in deeper self-understanding and in changing lives for the better. So I invite you to join me on this excursion through Wonderland as we explore, from a new perspective, this magical game we call life.

— *Continue reading in the full book* —

Available on Amazon in Paperback & Kindle

amazon.com/dp/B0G2X6G52Q