Leela ATLAS

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Play it online

The 72 squares of Leela

A meaning and a question for every square, as on Leela Atlas

1 ROW 1 — Genesis *janma* · Muladhara

Entering the game. The wish to play ties you to karma: the One becomes many.

What desire am I bringing into this game?

2 ROW 1 — Illusion *maya* · Muladhara

The power of illusion that makes the one look like many. The spell of the game itself.

What in my situation might turn out to be an illusion?

3 ROW 1 — Anger *krodh* · Muladhara

Anger flares when the ego's attachments are touched. The tail of the snake of egotism.

What in me is defending itself when I get angry?

4 ROW 1 — Greed *lobh* · Muladhara

Inner emptiness mistaken for a lack of things; the more you take, the deeper the hole.

What emptiness am I trying to fill?

5 ROW 1 — Physical plane *bhu-loka* · Muladhara · spine

Earth, body, your store of energy. The ground the whole path stands on.

How are my body and my footing right now?

6 ROW 1 — Delusion *moha* · Muladhara

Clinging to what is visible as the only reality. Every journey begins here.

What do I believe without ever checking?

7 ROW 1 — Conceit *mada* · Muladhara

Self-intoxication, false pride, castles in the air.

Where do I want to seem rather than be?

8 ROW 1 — Avarice *matsar* · Muladhara

Greed joined with envy: resentment of what others have.

Whose good fortune stings me, and why?

9 ROW 1 — Sensual plane *kama-loka* · Muladhara

Desires of every kind. The first step of evolution and a ladder to purification.

Which desire is leading me right now?

10 ROW 2 — Purification *shuddhi* · ↑ ARROW TO 23 · Svadhisthana

The first arrow: changing your senses and habits lifts you straight to the celestial plane.

Which habit am I ready to let go of?

11 ROW 2 — Entertainment *gandharvas* · Svadhisthana

Lightness, play, art. Joy as the essence of spirit.

Where is my question missing some lightness?

12 ROW 2 — Envy *eirsha* · ↓ SNAKE TO 8 · Svadhisthana

The first snake: feeling unworthy pulls you back down to avarice.

What do I envy, and what does it reveal about my own desire?

13 ROW 2 — Nullity *antariksha* · Svadhisthana

The gap between earth and heaven: emptiness and restlessness after energy is wasted.

Where am I losing meaning and strength?

14 ROW 2 — Astral plane *bhuvar-loka* · Svadhisthana · spine

The world of dreams, imagination and possibility. Easy to drift away in fantasy.

What am I dreaming while awake?

15 ROW 2 — Plane of fantasy *naga-loka* · Svadhisthana

Free imagination, the source of art. Jealousy waits close by.

Which of my fantasies wants to become real?

16 ROW 2 — Jealousy *dwesh* · ↓ SNAKE TO 4 · Svadhisthana

Fear of a rival is born of fantasy and drags you down to greed.

What am I afraid of losing?

17 ROW 2 — Mercy *daya* · ↑ ARROW TO 69 · Svadhisthana

The power of forgiveness carries you beyond the chakras to the Absolute plane. Karma is not yet spent.

Whom could I forgive today?

18 ROW 2 — Plane of joy *harsha-loka* · Svadhisthana

The contentment of having moved past envy and jealousy. Joy is eternal, yet lasts a moment.

What am I truly glad about right now?

19 ROW 3 — Plane of action *karma-loka* · Manipura

The wish for fulfilment seeks power and recognition; an understanding of cause and effect is born.

Which consequences of my actions am I living with today?

20 ROW 3 — Charity *daan* · ↑ ARROW TO 32 · Manipura

Whoever gives without calculation moves up to the plane of balance.

What can I give without expecting anything back?

21 ROW 3 — Atonement *saman paap* · Manipura

Seeing the harm done and wanting to repair it restores the right vibration.

What do I want to put right?

22 ROW 3 — Plane of dharma *dharma-loka* · ↑ ARROW TO 60 · Manipura

Conscious action in harmony with the law. An arrow to positive intellect.

What do I owe to myself and to the world?

23 ROW 3 — Celestial plane *swarga-loka* · Manipura · spine

A paradise of thoughts and desires free from vice. A resting place, not the way out.

Where am I resting instead of moving on?

24 ROW 3 — Bad company *ku-sang-loka* · ↓ SNAKE TO 7 · Manipura

Company outside dharma inflates the ego and leads to conceit.

Who is around me, and where are they taking me?

25 ROW 3 — Good company *su-sang-loka* · Manipura

A circle of seekers, mirrors for one another.

Who supports me on my path?

26 ROW 3 — Sorrow *dukh* · Manipura

The contraction that follows loss. The next square, service, brings hope.

What is my heart aching over?

27 ROW 3 — Selfless service *parmarth* · ↑ ARROW TO 41 · Manipura

Work for something higher, with no thought of reward, lifts you to the human plane.

Whom does my work really serve?

28 ROW 4 — Apt religion *sudharma* · ↑ ARROW TO 50 · Anahata

Your own dharma, living in tune with the rules of the game. An arrow to austerity.

Which practice do I genuinely need?

29 ROW 4 — Irreligiosity *adharma* · ↓ SNAKE TO 6 · Anahata

Blind faith without understanding sends you back to delusion, to the very start.

Where am I acting against myself?

30 ROW 4 — Good tendencies *uttam gati* · Anahata

Sound habits born of inner balance: rhythm, food, breath.

Which simple habit would change my day?

31 ROW 4 — Plane of sanctity *yaksha-loka* · Anahata

The divine becomes lived experience through understanding cosmic law.

Where do I feel grace?

32 ROW 4 — Plane of balance *maha-* · Anahata · spine

The heart: the desires of the lower chakras quiet down and energy flows upward.

What would bring me back into balance?

33 ROW 4 — Plane of fragrance *gandha-loka* · Anahata

The senses are refined; smell becomes a subtle fragrance.

What is nourishing my senses today?

34 ROW 4 — Plane of taste *rasa-loka* · Anahata

Taste as rasa: the essence of emotion and poetry.

What does my life taste like right now?

35 ROW 4 — Purgatory *narka-loka* · Anahata

Accepting the results of free choice, without judgement, as a sign to improve.

What am I ready to take responsibility for?

36 ROW 4 — Clarity of consciousness *swatch* · Anahata

Clearness after purgatory: the fog of the mind gives way to clear feeling.

What has become clear?

37 ROW 5

True awareness (gyana) *jnana*

↑ ARROW TO 66 · Vishuddha

Knowing what is right and how to live it. An arrow to bliss.

What do I already know but fail to apply?

38 ROW 5

Plane of life energy *prana-loka*

Vishuddha

Life force and the in-breath that keep the body in balance.

What gives me vitality?

39 ROW 5

Plane of elimination *apana-loka*

Vishuddha

The downward stream of cleansing. Let go in order to be renewed.

What is it time for me to release?

40 ROW 5

Plane of circulation *vyana-loka*

Vishuddha

The current that carries strength through the whole body.

Where is my energy flowing?

41 ROW 5

Human plane *jana-loka*

Vishuddha · spine

Home of the sages: a true view of humanity, the role of the teacher.

What could I teach?

42 ROW 5

Plane of fire *agni-loka*

Vishuddha

Fire as the cycle in which the divine essence is reborn.

What in me is ready to burn away and be born again?

43 ROW 5

Birth of man *manushya-janma*

Vishuddha

The birth of a true human being: beyond caste and borders, with reason serving truth.

What kind of person do I want to become?

44 ROW 5

Ignorance *avidya*

↓ SNAKE TO 9 · Vishuddha

Forgetting that all is illusion and clinging to emotion leads back to the sensual plane.

What do I prefer not to notice?

45 ROW 5

Right knowledge *suvidya*

↑ ARROW TO 67 · Vishuddha

Knowledge joined with practice lifts you to cosmic good, one step from the goal.

Where do my knowledge and my actions part ways?

46 ROW 6

Conscience *vivek*

↑ ARROW TO 62 · Ajna

Inner wisdom tells the subtle from the gross. An arrow to happiness.

What is my conscience telling me?

47 ROW 6

Plane of neutrality *Saraswati*

Ajna

The central channel: beyond judging things good or bad.

What would change if I stopped judging?

48 ROW 6

Solar plane *Yamuna*

Ajna

The right-hand, solar current: activity, will, clarity.

Where do I need to act more decisively?

49 ROW 6

Lunar plane *Ganga*

Ajna

The left-hand, lunar current: receptivity, care, nourishment.

Where do I need more gentleness?

50 ROW 6

Plane of austerity *tapa-loka*

Ajna · spine

Inner work and meditation. The being of the sixth chakra reveals the divine to others.

Which discipline would set me free?

51 ROW 6

Earth *prithvi*

Ajna

The Great Mother, the stage of the game. You come back here after a flight, to rise again.

Where will my new ascent begin?

52 ROW 6

Plane of violence *himsa-loka*

↓ SNAKE TO 35 · Ajna

Fanaticism in the name of an idea. A snake to purgatory, where atonement is needed.

Where am I forcing myself or others?

53 ROW 6

Liquid plane *jala-loka*

Ajna

Cool waters soothe the heat of austerity and violence. Fluidity.

Where do I need to flow instead of push?

54 ROW 6

Spiritual devotion *bhakti-loka*

↑ ARROW TO 68 · Ajna

The drop returns to the ocean: the only arrow straight to the goal.

What do I want to serve with my whole heart?

55 ROW 7

Egotism *ahamkara* ↓ SNAKE TO 3 Sahasrara

The separate self resists the flow, and anger is born.

What in me needs to be right?

56 ROW 7

Plane of primal vibrations *Omkar* Sahasrara

Om, the sound of creation, the root of all knowledge and art.

What is the sound of my soul?

57 ROW 7

Gaseous plane *vayu-loka* Sahasrara

Weightless and formless: true freedom of action.

What would make me freer?

58 ROW 7

Plane of radiation *teja-loka* Sahasrara

The plane of light: the player begins to shine.

How do I shine for others?

59 ROW 7

Plane of reality *satya-loka* Sahasrara · spine

The last of the seven worlds, at the threshold of liberation. Only snakes lie ahead.

What is truly real for me?

60 ROW 7

Positive intellect *subuddhi* Sahasrara

Non-dual understanding; together with dharma, the strongest tool in the game.

What decision does my clear mind suggest?

61 ROW 7

Negative intellect *durbuddhi* ↓ SNAKE TO 13 Sahasrara

Doubting the divine presence drops you into nullity.

Which thoughts am I letting run me?

62 ROW 7

Happiness *sukh* Sahasrara

Balance of body and psyche, right at the goal. Complacency calls darkness in.

What makes me happy with no conditions attached?

63 ROW 7

Darkness *tamas* ↓ SNAKE TO 2 Sahasrara

The longest snake: inaction disguised as completion sends you back to illusion.

Where have I frozen?

64 ROW 8

Phenomenal plane *prakriti-loka* Beyond the chakras

Nature in its essence: the gunas and elements are seen right through.

What do I see when I look beneath the form?

65 ROW 8

Plane of inner space *uranta-loka* Beyond the chakras

Where the feeling self ends, duality dissolves.

What is in me besides my thoughts?

66 ROW 8

Plane of bliss *ananda-loka* Beyond the chakras

Only one feeling remains: bliss.

What brings me quiet joy?

67 ROW 8

Plane of cosmic good *Rudra-loka* Beyond the chakras

Shiva's abode: the essence of good is truth, its form is beauty.

What would be good for everyone?

68 ROW 8

Cosmic Consciousness *Vaikuntha-loka* Beyond the chakras · spine

Vaikuntha, Vishnu's abode. The symbol returns to you and the game is over.

What has become clear about my question?

69 ROW 8

Absolute plane *Brahma-loka* Beyond the chakras

Brahma's world: form remains, but not yet liberation. The game goes on.

What am I still missing to complete this?

70 ROW 8

True nature *satoguna* Beyond the chakras

True nature, but the symbol is still here: you will have to return to earth.

Where is my purity turning into attachment?

71 ROW 8

Activity *rajoguna* Beyond the chakras

Activity and karma after overshooting the goal.

What am I rushing towards?

72 ROW 8

Inertia *tamoguna* ↓ SNAKE TO 51 Beyond the chakras

Inertia bites and sends you back to Earth, so the climb can begin again.

What keeps pulling me down, again and again?