Leela: the rules, for a game at home

What you need. The printed board, one six-sided die, a small token for each player (a ring, a stone, a coin) and a notebook. A deck of tarot cards is welcome but not needed.

Before the game: your question

Leela answers best a question about yourself, not about others or the future. Write it down: "What keeps me from…", "What do I need to see in…". Keep it in front of you during the whole game.

How to play

1. **Ask your question.** Before the first throw, put into words what you bring to the game.
2. **Wait for a six.** The token waits on 68. A six gives it birth on square 6, Delusion.
3. **Sixes add up.** A six brings another throw and the throws add up. Three sixes in a row cancel each other: only the next throw counts.
4. **Arrows lift, snakes bring down.** Live the square where an arrow or a snake begins, then follow it.
5. **Past 72.** Go up to 72, the snake takes you to 51, and the rest of the throw goes on from 51.
6. **The end.** The game ends when the token lands exactly on 68, Cosmic Consciousness.

On the way

- After every six throws without a six, you may keep waiting, look at your question again, or enter gently.
- When you reach the head of a snake or the foot of an arrow, stay a moment on that square before you follow it.
- Four or more sixes in a row count in full.
- Playing together: each player has a token and throws in turn. Listen more than you advise.

After the game

Read your journal from the first square to the last. Which squares returned? What did the snakes teach, what did the arrows confirm? Write one sentence you take with you.

Printing your board

A3 on 160 to 200 g/m² matt paper is the best size for a table. Choose "actual size" in the print window. For a board that lasts, laminate it (125 micron, matt) or mount it on 3 mm card. Two A4 sheets also work: cut sheet 1 along the line and glue it over the marked column of sheet 2.

The eight rows: the chakras

The central column, 5, 14, 23, 32, 41, 50, 59 and 68, is the spine of the board: the plane at the heart of each chakra. Each row carries the colour of its chakra on both edges of the board. When you move to another row, you move to another chakra: read what it means.

8 Beyond the chakras

THE GODS THEMSELVES · the planes of the gods · above the crown

The goal of the game, 68, Cosmic Consciousness, among the three gunas and the planes of bliss and cosmic good. From here the game returns to earth.

What would it mean to carry this question lightly now?

7 Sahasrara

THE PLANE OF REALITY · the crown chakra · the crown of the head

Truth and the subtle traps of ego and intellect. This row has three snakes and no arrows: even here egotism or a negative intellect can bring you all the way down.

Where could pride in what I understand still trip me?

6 Ajna

THE TIME OF PENANCE · the third eye · between the eyebrows

Discernment and inner work: conscience, austerity, the solar and lunar planes, and devotion. Seeing clearly asks for discipline.

What do I see now that I could not see before?

5 Vishuddha

MAN BECOMES HIMSELF · the throat chakra · Ether · the throat

Becoming fully human: the breaths of life, the human plane, ignorance and right knowledge. Here what you know has to become what you say and live.

What truth in me is ready to be spoken?

4 Anahata

ATTAINING BALANCE · the heart chakra · Air · the heart

Balance, faith and the heart opening. The first steady upward flow begins here, between sanctity and purgatory, towards clarity of consciousness.

What would balance look like in my question?

3 Manipura

THE THEATER OF KARMA · the navel chakra · Fire · the navel

Identity, will, power and action. What you do and with whom you do it shapes the game: dharma, charity, atonement, good and bad company, selfless service.

Where is my energy going into action, and is it the right action?

2 Svadhisthana

THE REALM OF FANTASY · the sacral chakra · Water · below the navel

Desire, pleasure, the senses and imagination. Fantasy can feed creation or run away with you; envy, jealousy and nullity wait here, and so does mercy.

Which desire is moving me now, and where does it lead?

1 Muladhara

THE FUNDAMENTALS OF BEING · the root chakra · Earth · base of the spine

Survival, the body, possession and security. The basic passions live here: anger, greed, delusion, conceit and avarice. Most snakes end in this row.

What do I need to feel safe and grounded in this question?

Play it online

The same painted board, cards from six decks drawn on velvet, a line from six books on every square, Atlas to reflect with you, and a journal that keeps each game. Alone, with friends or with a Leela guide. Joining is free.