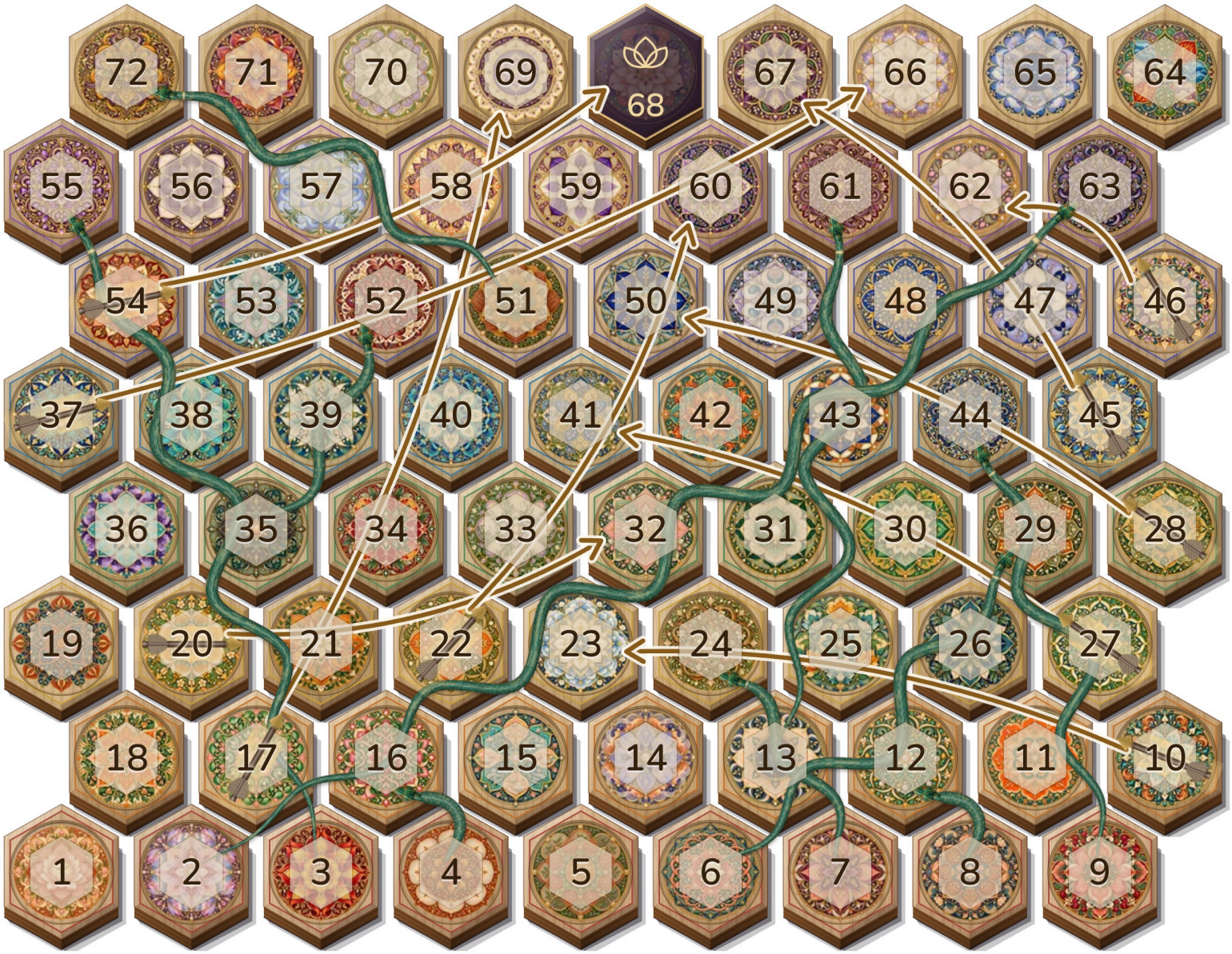
Leela, the game of self-knowledge

The board of 72 squares, to print and play with a die

Arrows lead up the board and snakes lead down. You finish on 68.



The 72 squares

Leela, the game of self-knowledge

↑ 23 Arrow up to 23 ↓ 8 Snake down to 8 68 Finish on 68

72 ↓ 51 Inertia *Tamoguna*	71 Activity *Rajoguna*	70 True nature *Satoguna*	69 Absolute plane *Brahma loka*	68 Cosmic consciousness *Vaikuntha loka*	67 Plane of cosmic good *Rudra loka*	66 Plane of bliss *Ananda loka*	65 Plane of inner space *Uranta loka*	64 Phenomenal plane *Prakriti loka*
55 ↓ 3 Egotism *Ahamkara*	56 Plane of primal vibrations *Omkar*	57 Plane of air *Vayu loka*	58 Plane of radiation *Teja loka*	59 Plane of reality *Satya loka*	60 Positive intellect *Subuddhi*	61 ↓ 13 Negative intellect *Durbuddhi*	62 Happiness *Sukh*	63 ↓ 2 Darkness *Tamas*
54 ↑ 68 Spiritual devotion *Bhakti loka*	53 Plane of water *Jala loka*	52 ↓ 35 Plane of violence *Himsa loka*	51 Earth *Prithvi*	50 Plane of austerity *Tapa loka*	49 Lunar plane *Ganga*	48 Solar plane *Yamuna*	47 Plane of neutrality *Saraswati*	46 ↑ 62 Conscience *Vivek*
37 ↑ 66 Wisdom *Jnana*	38 Plane of life energy *Prana loka*	39 Plane of elimination *Apana loka*	40 Plane of circulation *Vyana loka*	41 Human plane *Jana loka*	42 Plane of fire *Agni loka*	43 Human birth *Manushya janma*	44 ↓ 9 Ignorance *Avidya*	45 ↑ 67 Right knowledge *Suvidya*
36 Clarity of consciousness *Swatch*	35 Purgatory *Narka loka*	34 Plane of taste *Rasa loka*	33 Plane of fragrance *Gandha loka*	32 Plane of balance *Mahar loka*	31 Plane of sanctity *Yaksha loka*	30 Good tendencies *Uttam gati*	29 ↓ 6 Irreligiosity *Adharma*	28 ↑ 50 Personal dharma *Sudharma*
19 Plane of action *Karma loka*	20 ↑ 32 Charity *Daan*	21 Atonement *Saman paap*	22 ↑ 60 Plane of dharma *Dharma loka*	23 Celestial plane *Swarga loka*	24 ↓ 7 Bad company *Ku-sang loka*	25 Good company *Su-sang loka*	26 Sorrow *Dukh*	27 ↑ 41 Selfless service *Parmarth*
18 Plane of joy *Harsha loka*	17 ↑ 69 Mercy *Daya*	16 ↓ 4 Jealousy *Dwesh*	15 Plane of fantasy *Naga loka*	14 Astral plane *Bhuvar-loka*	13 Nullity *Antariksha*	12 ↓ 8 Envy *Eirsha*	11 Entertainment *Gandharvas*	10 ↑ 23 Purification *Shuddhi*
1 Birth *Janma*	2 Illusion *Maya*	3 Anger *Krodh*	4 Greed *Lobh*	5 Physical plane *Bhu-loka*	6 Delusion *Moha*	7 Conceit *Mada*	8 Avarice *Matsarya*	9 Sensual plane *Kama loka*

Free to print and share. What each square means: **leela.guide/en/squares/**

Play online with an AI guide: **leela.guide**

How to play with a die

Leela, the game of self-knowledge

Bring one question

Choose something you want to think through: “Why do I put off what matters?” or “How can I make time to learn guitar?” You do not need a special formula.

Enter with a six

Roll until you get a six. You enter through square 1, Birth. That first six moves you to square 6, Delusion, where your journey begins.

Moving around the board

Move forward by the number you roll. A six gives you another roll unless the game has ended. If your move ends at the start of an arrow or snake, follow it automatically to its destination.

The ten arrows

Arrows move you to a higher-numbered square. Their starting squares represent qualities such as generosity, wisdom and devotion.

Arrows 10 → 23 · 17 → 69 · 20 → 32 · 22 → 60 · 27 → 41 · 28 → 50 · 37 → 66 · 45 → 67 · 46 → 62 · 54 → 68

Snakes 12 → 8 · 16 → 4 · 24 → 7 · 29 → 6 · 44 → 9 · 52 → 35 · 55 → 3 · 61 → 13 · 63 → 2 · 72 → 51

The ten snakes

Snakes move you to a lower-numbered square. Their themes invite reflection on difficulties such as envy, anger and inertia.

Finishing on 68

Landing on square 68, Cosmic consciousness, completes the game. The arrow from 54, Spiritual devotion, also takes you directly to 68.

What happens after square 68?

On 69, 70 or 71, you keep playing. Landing on 72 takes you down its snake to 51. If a roll would go beyond 72, count the remaining steps backward from the edge. For example, a five from 71 bounces back to 68 and completes the game.