	72 dull qualities	71 active qualities	70 good qualities	69 plane of creation	68 plane of Siva	67 plane of Vishnu	66 plane of bliss	65 plane of inner space	64 plane of nature	
	ego ego	plane of first sound	57 plane of air	plane of light		positive intellect	61 negative intellect	62 happiness	darkness	
	plane of devotion	plane of water	plane of violence	earth 40	plane of austerity	River Ganga	River Yamuna	Goddess of Wisdom	conscience 45	
	wisdom 36	plane of energy	plane of elimination		creative plane	plane of fire	human birth	false knowledge	right knowledge	
	clarity 19	netherworld 20	plane of flavor	plane of fragrance	plane of devas	nature spirits	good tendencies	false faith	true faith	
	plane of karma 18	giving	atonement 16	plane of dharma	heavenly plane	bad company	good company	sorrow 11	selfless service	
	plane of joy 1	mercy 2	jealousy 3	underworld 4	lower astral plane	higher astral plane	envy	devas of music	purification 9	
WELL	birth	illusion	anger	greed	earth plane	delusion	conceit or vanity	avarice	plane of sensuality	
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## Hindu Games

## **Snakes and Ladders**

The Western children's game Snakes and Ladders, or Chutes and Ladders, comes from the Indian game for adults called Gyan Chaupar, the "Game of Knowledge." Gyan Chaupar teaches the Hindu spiritual path to moksha, which is liberation from reincarnation. There are 72 numbered squares on the board listing various virtues, vices, states of consciousness and planes of existence. The ladders start from squares with virtues, such as devotion, and move the player up the board. Snakes are found on squares of vices, such as jealousy, and take the player back down the board.

Play begins at square one in the lower left corner. In the old days, the player threw six cowrie shells on the floor. The number of shells that landed upright indicated the number of squares to

move forward. Nowadays dice are used. If the player lands on a ladder, he jumps to the square at the top of the ladder. If he lands on the head of a snake, he slides back down the snake to a low square. The object of the game is to land exactly on square 68, the center of the top row. This square represents liberation from rebirth and entry into heaven. If he lands past 68, he continues to play until he reaches 72, which takes him back to 51 for another try. The game is an entertaining way to learn about making progress on the spiritual path. By cultivating a virtue, such as devotion, one advances. By falling prey to egotism, one goes backwards.

Play the game online or download the board and full instructions at www.hinduismtoday.com/resources/snakesandladders.