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The Yoga of Snakes and Ladders: The Leela of Self Knowledge

By Harish Johari

Inner Traditions Bear and Company, United States, 2007. Paperback. Book Condition: New. 3rd ed.. 223 x 152 mm. Language: English . Brand New Book. A guide to observation of the inner self through the ancient Indian game of Leela - Comes complete with foldout game board and commentary for the 72 spaces - Mirrors the path of obstacles and insights one encounters in self-development - Repeated play offers lessons in self-understanding Chutes and Ladders, the popular children s game, is derived from the ancient Hindu game Leela, or Snakes and Arrows, which charts the ups and downs of the soul s path toward reunion with the Infinite. Snakes and Arrows was designed by the seers and saints of India as a tool for understanding the relationship of the individual self to the Absolute Self. For thousands of years the 72 spaces on this game board have enabled players to chart the paths that represent the course of their lives. Each space represents a virtue or a vice, an aspect of consciousness, or a plane of reality and is accompanied by a commentary explaining its meaning. The player s progress on the board is dictated by the fall of a die..



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