

# HOW TO PLAY MOKSHATREK

## PLAY STYLE

- Follow the regular Snakes and Ladders-style movement on the board. (Ladders lift you up, and the Snakes bring you down.)
- Young children can play freely without the game rules;
- Older players can explore deeper conversations about choices and values.
- Play alone or with others.

## GETTING STARTED

- You must roll a 4, 5, or 6 to begin.
- Once you do, place your token on Square 1: ORIGIN. Your trek begins!

## LOTUS SQUARES

- Some squares are marked with a lotus.
- They invite you to act, reflect, or share, often with choices.
- Pick the option that calls to you the most.

## KEY SQUARE PROMPTS / GAME RULES

### 1 ORIGIN

Share a story of where you or your family comes from and how it shapes you.

OR

Talk about a personal new beginning.

#### **4 CONFLICT**

You are stuck in inner conflict. Move back to Square 1.

Unless you are coming from HELL - then skip a turn instead.

#### **5 COMPASSION**

Swap places with a player behind you to lift them up.

OR

Share one way you recently helped someone.

#### **9 ATTACHMENT**

You are deeply attached to one of your possessions and fear losing them. Stay on this square for your next turn and tell us what you are most attached to and why.

#### **10 SPEECH**

Give another player a genuine compliment.

OR

Pick a topic and argue one point in favour and one against.

#### **14 MIND**

Close your eyes for a minute. What thought lingers? Share it.

OR

Close your eyes and visualize a room or landscape. Describe what it looks like and the memories it holds.

## **17 WATER**

Water is life. Bring a glass of water for everyone in the room.

OR

Share a feeling you would like to wash away.

## **19 HYPOCRISY**

Go back 6 squares and reflect aloud on how hypocrisy harms you.

OR

Share one belief you live by, and recall a time when your actions may have contradicted it, even if unintentionally.

## **20 HELL**

Move forward 4 squares and share a bad habit. Also skip one turn.

## **22 MEDITATION**

Say one calming thought aloud.

OR

Everyone sits silently for 15 seconds, then shares one peaceful word.

## **26 BREATH**

Take 3 deep breaths with everyone. Then have a breath-holding contest!

The person who holds the breath the longest moves ahead 1 square.

## **27 DISHONESTY**

You believe dishonesty might help you get ahead - move forward 2 squares.

Now reflect: when was someone dishonest with you, and how did it feel?

### **31 AIR**

Fan someone, like you are their royal servant, for 15 seconds with great flair and fun!

OR

Burp loudly to release air from your belly.

(If you can't, make your best fake burp sound. Big blessings for echo effects!)

### **34 LIGHT**

Name a person who brings light into your life or the lives of others.

OR

Light a candle/incense stick.

### **35 INACTION**

On your next turn, roll the dice but don't move. Inaction delays progress.

### **37 SKY**

Describe your sky-high dream as if it is already real.

### **39 RESILIENCE**

Leap to the square just ahead of the player before you. If you are already in the front, share a challenge you overcame.

#### **41 SERVICE**

Roll the dice and move another player forward by that number.

OR

Do a small act of service right now.

#### **43 EARTH**

Discuss and share 3 ways to protect the Earth.

OR

Describe your current mood using nature terms.

#### **46 RELIABILITY**

Describe who or what you can count on, and why.

#### **47 SELF-CONTROL**

In your next turn, roll twice but move forward only by the lower number.

#### **51 HATRED**

Move back 4 spaces.

OR

Talk about how you can transform hatred into something positive.

#### **53 RESOLVE**

Determination inspires everyone. Roll the dice. Everyone moves forward by that number.

## **54 DIVISIVENESS**

Divide your score by two, round up, and move back that many squares.

Let this remind you that being divisive sets you back more than you realize.

(Example: You roll a 5. Divide it to get 2.5 (rounded up to 3) and move back 3 squares.)

OR

Whisper something controversial, then let the players vote silently with thumbs up or thumbs down. Move back one space for each vote against. Reflect on the experience.

How did it feel to divide?

## **57 LIE**

Skip your next turn. Talk about one harmless and one harmful lie you have told.

OR

Say one truth and one lie about yourself. If most players correctly guess what the lie is, skip your turn. If not, play on.

## **58 POWER**

You are powerful, and so have gotten a big ego. Move forward 5 squares.

## **64 PROGRESS**

Roll and move forward by double the count.

(Only move forward if you throw a 1, 2, 3 or 4. Otherwise, stay on the same square.)

OR

Share one recent progress you've made in life.

## **66 GRATITUDE**

Roll again. Stay on the square and thank that many players with a specific reason.

OR

Talk about why you are grateful to someone or something.

## **67 SOUL**

Imagine and talk about yourself in one of your past or future lives.

OR

Share what you think is special about yourself, and how this has helped you.

## **71 ULTIMATE DUTY**

You have a higher responsibility now. In the next round, if any player lands at the mouth of a snake, you may choose to save them from sliding down.

You get **only one chance** to do this, so use it wisely.

Keep playing on your turn until you roll 1 and can reach Moksha.

## **72 MOKSHA**

You have to throw the exact number in the dice to reach the last square, Moksha.

But the game only ends when every player reaches Moksha.

Once a player reaches the Moksha square, they stay there but continue to roll the dice - not for themselves, but to help others.

They may give their dice score to any player of their choice.

The dice score has to be accepted by the player and cannot be declined.