

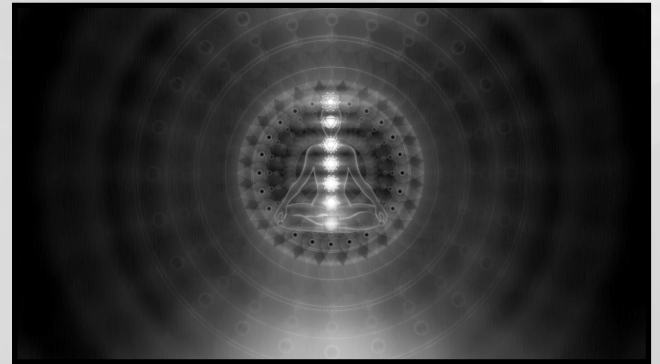
## Body. Mind. Spirit. Play.

*Welcome to Leela. In Sanskrit, the word Leela means the play of the universe. Joy, creativity, insight, intuition, imagination, and inspiration come to us spontaneously when we are playful. The essence of every game is play. In this game which I created with Curious Pictures, my goal was to cultivate and nurture the playfulness of the child within all of us, young and old, so we can begin a journey of healing, transformation, expanded consciousness and tap into the infinite potential that exist within all of us.*

—Deepak Chopra

## Chakras

Leela is based on the ancient system of the Chakras. Chakras are a way of understanding how energy flows inside and through you. The seven Chakras are like spinning wheels of energy, located at a different points on your body from the base of your spine to the crown of your head. Each chakra corresponds to different parts of your body, mind and spirit and connects you to different aspects of the universe. All of the activities within Leela are based on the Chakra system.



### **Muladhara – the Root Chakra**

The element of earth – connected to stability and safety



### **Swadhisthana – the Lower Belly Chakra**

The element of water – connected to reproduction and creativity



### **Manipura – the Naval Chakra**

The element of fire – connected to will and assertiveness



### **Anahata – the Heart Chakra**

The element of air – connected to love and empathy



### Vishuddha – the Throat Chakra

The element of ether – connected to communication and wisdom



### Ajna – the Third Eye Chakra

The element of light – connected to insight and clairvoyance



### Sahasrara – the Crown Chakra

Unbounded awareness that merges us with the infinite

## Getting Started

To interact with Leela, use your hands as cursors on the screen. Highlight a button by moving over it and confirm your selection by moving over the button's icon.

Leela has two main modes, PLAY and REFLECT.

In **PLAY**, you engage with Leela through games and active participation:

**MOVEMENTS:** Seven games, each linked to a Chakra

**SEQUENCES:** A series of Movements linked together

**MANDALA:** Create a personal Mandala icon you can share on Facebook

In **REFLECT**, Leela creates a space for more still and meditative activities:

**STILLNESS:** Traditional meditation practices

**ORACLE:** Consult the wisdom of Leela

**AMBIENT:** Leela visuals that play on your screen

## PLAY: Movements & Sequences

Leela's seven **Movements** are games that engage your body, mind, and spirit. Each Movement has seven levels, and you unlock each level by completing the previous level. You can play the Movements in any order. The seventh Movement is only unlocked when you have completed the 4th level in every other Movement.

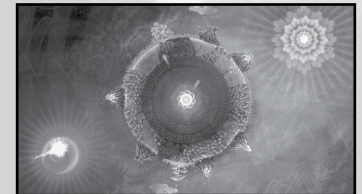
Each **Sequence** is a series of Movement levels. When you complete all of the Movement levels that comprise a Sequence, that Sequence becomes available for you to play.

### Movement 1 – Origin

Help a planet thrive and bloom.



Shift your hips left and right to rotate the planet.

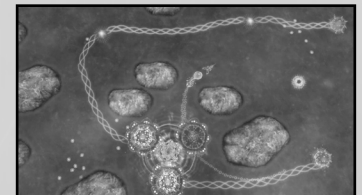


### Movement 2 – Life

Explore the world and nurture your nest to create new life.



Twist your hips to steer your creature left and right.

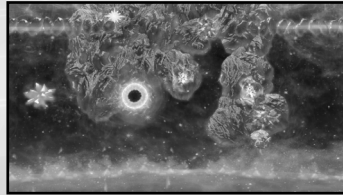


### Movement 3 – Power

Create and launch powerful fireballs to mine and refine rocks into gems.



Extend your arms forward to build your fireball.



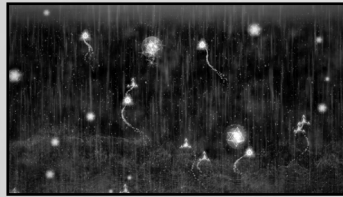
Slowly open your arms to release a fireball.

### Movement 4 – Love

Ride air currents to collect energy and balance the earth and sky.



Twist your upper body to the left and right to move.



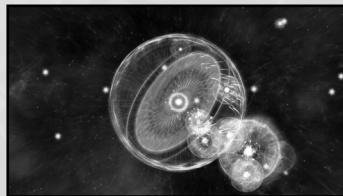
Close and then open your arms to create a Lift.

### Movement 5 – Harmony

Build energy by creating harmonic chain reactions.



Gently reach out directly in front of you to create a wave.

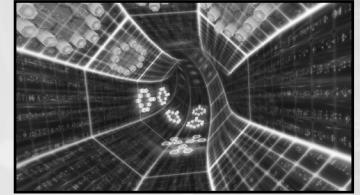


### Movement 6 – Intuition

Learn the patterns to travel the channel of consciousness.

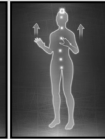


Move your upper body left and right to spin the channel.

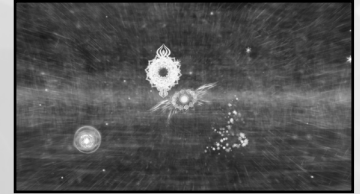


### Movement 7 – Unity

Glide towards the horizon, balancing your flight with your energy level.



Use your arms to steer up and down, left and right.



## PLAY: Mandala

A Mandala is an artistic representation of a person's essence and is traditionally used to aid personal meditation. With the Mandala module, you can create and customize your own personal mandala and have it appear throughout your Leela experience. You may choose to have your mandala represent an intention or an affirmation.

You can also share your mandala with your friends on Facebook.

After you have created your mandala, follow the instructions to bring your creation online.



## REFLECT: Stillness

In Stillness, you can engage with traditional meditation practices. Leela's **STILLNESS** includes:

**Guided:** Meditations that lead you step by step into mindfulness

**Breathwork:** Short meditations with a focus on breathing – possibly the most powerful element of Meditation.

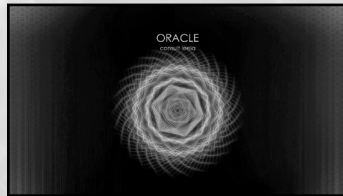
**Silent:** Sound meditations with a time limit that you set for yourself

Guided and Breathwork meditations each have seven levels, which unlock as you complete the previous level. Breathwork senses your breathing in real time and displays it for you onscreen to help further refine your technique.

## REFLECT: Oracle & Ambient

Oracle offers the opportunity for deeper reflection on every day life. It suggests specific areas in Leela to explore to help individuals gain more awareness.

Ambient displays Leela's rich visuals and healing sounds. It is designed to help create a meditative environment or simply a background to any space.



## Tips for playing Leela

- ✿ Be conscious of your thoughts and feelings as you play.
- ✿ Keep all of your movements slow and steady.
- ✿ Proactively guide your play. Avoid reacting.
- ✿ Remember to breathe as you play. You may choose to time your movements with your breath.
- ✿ You can find detailed instructions for most activities by selecting the Learn button.
- ✿ For the Breathwork meditations, you can achieve best results when you sit very still and breathe deeply. Avoid baggy clothing with dark colors.
- ✿  If you want to quit an activity, use the Kinect reserve gesture or walk out of view.
- ✿ Leela is intended to be an ongoing practice of meditation and play. You will find best results when you spend some time interacting with Leela on a regular basis.