

Starting the game

Place the six sets of cards face-down around the outside of the Wheel. These are called the **Realm stacks**.

Each player should find a space around the outside of the board where they can keep three stacks of cards. These will be known as the **Karma stack**, **Dedicated stack** and **Meditated stack**. (To begin with, only the Karma stack will get any cards.)

For the first round, each player in turn throws a single dice to determine their first Birth, as follows:

- 1 = Hell Being (Pink) (born from Anger)
- 2 = Hungry Ghost (Purple) (Attachment)
- 3 = Animal (Grey) (Ignorance)
- 4 = Human (Blue) (positive minds)
- 5 = Demi-god (Yellow) (Deluded View)
- 6 = God (Green) (Deluded Pride)

Playing the game

1 Moving

If you land on or pass Death (skull symbol)
you die immediately — see **What to do when you die**.

Hell or God Realm — no dice throw, no cards

- 1) Move **one** square forward.
- 2) Imagine a hellish or godlike experience and tell the other players about it.

If you land on a Karma burner (flame symbol)

In the God or Demi-god realm, return your latest **positive** card to the bottom of the Realm stack that it came from; in Hell, return your latest **negative** card. If you have nothing left to pay, you must die immediately — see **What to do when you die**, below.

Other realms — throw the dice, pick up a card

- 1) Throw a single dice and move that number of squares forward.
- 2) Pick up the top card from your current realm's stack and read it aloud to the other players. Place it face-up on top of your Karma stack, unless it has a Return symbol (↺) in the bottom-right-hand corner, in which case it must be replaced face-down at the bottom of its Realm stack.

2 Dedication

When you pick up a Dedication card you must dedicate one of your positive cards — it doesn't have to be the latest one. To dedicate a card, turn it round so the knot symbol is at the top, and move it to your **Dedicated stack**. Dedicated cards are never returned to the Realm stacks, but are kept until you attain liberation or enlightenment. You will need to collect dedicated cards of **each of the six colours**, so try not to dedicate cards with colours you've already got.

3 What to do when you die

Go to the **Birth** square which matches the bottom-left symbol on your latest Karma card. Return this card to the bottom of its Realm stack. If you have Deluded Doubt (the “?” icon), or no Karma cards at all, go to the **Bardo**.

Bardo beings, on their next turn, must throw the dice to determine where to be born.

4 The Spiritual Path

Enter via the arch at the left side of the Path.

Refuge/Bodhichitta squares (Umbrella symbol)

Every time you land on one of these special squares, you have the **choice** of missing a turn to attain special powers. (If you prefer, you can decline the opportunity and pick up a card instead.) There are five powers, which must be taken in sequence: **refuge in Buddha**, **refuge in Dharma** (Buddha's teachings), **refuge in Sangha** (your spiritual friends), **aspiring bodhichitta** (compassion), and **engaging bodhichitta** (desire for full enlightenment). Keep a record of your five powers on a scrap of paper.

Once all three refuges have been taken you are **protected from lower rebirth**. Any rebirth in one of the lower realms is converted to a human rebirth.

When the two bodhichittas have also been taken you become a **Bodhisattva** — on your way to becoming a Buddha for the benefit of all beings. As a Bodhisattva you take an **extra throw** every time (thinking that one is to improve yourself and one for the benefit of others).

5 The Subtle Path

Enter by moving sideways off the Spiritual Path.

Retreat squares (Moon symbol)

On these squares you can either (1) pick up a card, (2) **Dedicate**, (3) **Purify** by returning your latest negative card (if any) to the bottom of its Realm stack, or (4) **Meditate** (see below).

Meditation

Meditation causes a “true cessation” of one of the root delusions — so a rebirth in any Meditated realm is converted to a **human** rebirth.

To **Meditate**, turn any **Dedicated** card sideways (90°) and add it to your **Meditated** stack. As with Dedication, you should try to collect one of each colour as soon as possible. Meditated cards still count as Dedicated.

6 Liberation or Enlightenment?

When you have Meditated on all six root delusions you attain **liberation**, and can leave the Wheel, replacing all your cards at the bottom of their Realm stacks. However, **if you want to become a Buddha** and help the players who remain in the Wheel, you can choose to stay in meditation, removing the imprints of past delusions. To do this, use each dice throw to return that number of Karma cards to the pack (instead of moving). When you no longer hold any Karma cards, you attain enlightenment and become a **Buddha**. Return all your cards to the bottom of their Realm stacks and delete any Refuge &/or Bodhichitta.

7 Performing the actions of a Buddha

As a Buddha you affect others in the following ways:

- 1) You are a floating Retreat, so anyone who **shares a square** with you can Dedicate, Meditate or Purify.
- 2) Every time you **pass** a player, or a player passes you, they can Dedicate.
- 3) If, at the beginning of their turn, a player **shares a realm** with you they can Purify. (The Birth squares don't count as part of a realm.)
- 4) You may, if you choose, start any future game as a Buddha.

Game saves: To save your score for a later game, just write down how many Dedicated & Meditated cards you have of each colour, & your Refuge & Bodhichitta score.

BuddhaWheel™

The world of BuddhaWheel

is based on the Wheel of Life — drawn by Buddha to enlighten a king who had no time to study scripture. The Wheel contains the unending cycle of birth-and-death. Permanent happiness can only be attained by leaving the Wheel entirely, attaining **liberation**...

The object of the game

is to get rid of **negative** minds (cards with sad faces) and collect **positive** minds (smiley faces)... more specifically, to escape from the Wheel of rebirth by collecting, keeping and making strong the opponents to the six **root negative minds** which create the Wheel.

A tour of the board

At the Wheel's centre is the **Bardo**, the intermediate state between death and rebirth.

Leading out of the Bardo are the six **Birth** squares — three fortunate (Human, Demi-god and God) and three unfortunate (Hell, Hungry Ghost and Animal).

A life in each of the six Realms is represented by the spiralling track from Birth to **Death** (represented by a skull). Note that some squares have a flame symbol. These are **Karma burners**.

Around the outside of the six realms are the **Spiritual Path** and **Subtle Path**, which contain the keys to liberation.

The Hell, Hungry Ghost and Animal Realms are known as the **Lower Realms** because they are worlds of suffering. (Hungry Ghosts have big bellies but tiny mouths, and their world is almost entirely barren of food, water and shelter.)

The Human, Demi-god and God Realms are known as the **Higher Realms** because they are worlds of temporary happiness. (Although Demi-gods are very powerful and rich, like human billionaires, they are egotistical, warlike and insanely jealous of the Gods.)

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More information & support: www.buddhawheel.co.uk