Overview

Fuel, align, and harmonize your Chakras. To this end, you have to capture the universe's positive energy, while alleviating the negative.

Chakra

A game by Luka Krleža, art by Claire Conan.

2-4 players
8+
30 min

Components



4 individual boards to assemble



96 Energy crystals



20 Inspiration tokens



8 Plenitude tokens



28 Meditation tokens



1 common "Lotus" board



1 Universe bag



1 First player token

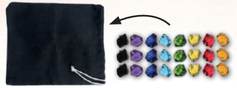
Setup



Each player connects the two parts of their individual board.

They get 5 *Inspiration* tokens ●, which they place on the bottom of their board.

For each player in the game, **place 3 energy of each of the 8 colours** in the bag:



In all, you place 24 energy per player in the bag.
Note : in 2- and 3-player games, put the unused energy back into the box.

The common *Lotus* board is placed at the same distance between all the players.

Randomly place 1 face down *Plenitude* token on each of the 7 ***Karma*** spaces (top of the board).



The 8th *Plenitude* token is put back into the box, without showing its value to the players.

Place 1 energy, randomly drawn from the *Universe* bag, on each of the 9 ***Maya*** spaces (bottom of the board).



All the *Meditation* tokens are placed next to the *Lotus* board.

Each player closes their eyes and randomly takes one of the *Meditation* tokens, which they place on their board, next to the same-coloured Chakra.

From this moment on, and at any time during the game, **the players can secretly look at the value of the *Plenitude* tokens for which they have the corresponding *Meditation* token.**
Note: each token shows a value from 1 to 4, which indicates the number of plenitude points that a player wins when they have harmonized the corresponding Chakra (cf. page 5).





Give the *First player* token to the player who looks the most nervous.

Goal of the game

Reach the highest level of plenitude by placing three energy of the right colour on the corresponding Chakras.



Watch the rules video on chakra-game.com

Game turn

During their turn, the player performs one of these 3 actions:

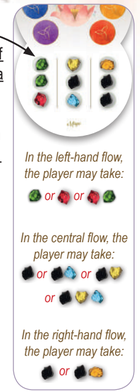
Receive energy **OR** Channel energy **OR** Meditate

then, the next player's turn begins.

Receive energy

1 TAKE

The player takes **1, 2, or 3 energy** of different colours from the same Maya Flow *(cf. example 1)*.



In the left-hand flow, the player may take:

In the central flow, the player may take:

In the right-hand flow, the player may take:

If a player wants to take energy from a flow that shows at least 1 negative energy (black), **they must** take it, with or without other energy of different colours *(cf. example 2)*.

Important
Except for the negative energy, a player cannot have more than 3 energy of the same colour on their board.
If the players realize that one of them has 4 of the same-coloured energy on their board, the player to their right chooses which one of these 4 energy must be immediately put back in the *Universe* bag.

2 PLACE

All the energy that a player has taken must be placed in the same location:



• either on the Bhagva Bubbles, above the purple Chakra; **each bubble can hold only one energy**;

• or directly on a Chakra, after having placed an *Inspiration* token in the notch next to the Chakra; **each Chakra can hold up to 3 energy**.

If there is already an *Inspiration* token in the notch, placing energy directly on this Chakra is no longer allowed.

3 REFILL

Refill the empty spaces of the *Lotus* board with new energy from the *Universe* bag.



According to ancient traditions, our vital energy must run freely in our body, and cross all of our seven energy points, called Chakras. Balance is reached by harmonizing one's Chakras, and being careful that none of them become blocked.

- *MULADHARA* Courage
- *SVADHISHTHANA* Creativity
- *MANIPURA* Discernment
- *ANAHATA* Love
- *VISHUDDA* Communication
- *AINA* Intuition
- *SAHASRARA* Spirituality

Chanel energy



The player places one of their *Inspiration* tokens on one of the 8 Inspiration spaces of their board, if there is no token on it yet.

Then, **they perform the corresponding action** (detailed to the right).

MOVEMENT RULES

• **All the moves indicated by the chosen action must be performed.** If it is not possible, this action cannot be chosen.



• **A move is allowed if there is a free space** on each Chakra that you cross and/or reach. *Example 1: the orange energy cannot be moved.*

• **The indicated moves are not simultaneous:** the player chooses in which order they are performed. *Example 2: with the action , they can move the red energy down, and then the green energy can go up.*



• **If a Chakra is harmonized** *(cf. p.5)*, one energy can "skip" this Chakra and prevent it from counting towards the moves performed. *Example 3: with the action , the orange energy can now move down directly to the yellow Chakra.*

ACTIONS

Move down three energy by one Chakra (→).

Move down one energy by two Chakras, and another energy by one Chakra (→).

Move down one energy by three Chakras (→).

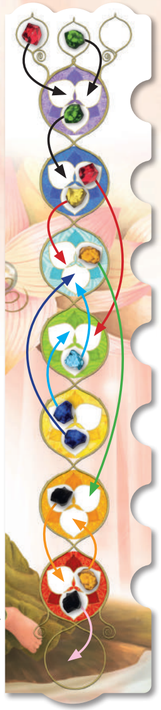
Move up one energy by two Chakras (→).

Move up two energy by one Chakra (→).

In the desired order, move down one energy and move up another energy by one Chakra (→).

Move one energy up OR down by one Chakra (→).

Discard **one alleviated energy** *(cf. next page)* in the box, and then choose one energy from the *Universe* bag. You must place it in an available *Bhagya Bubble*.



HARMONIZE A CHAKRA

A Chakra is harmonized when a player has collected 3 energy of its colour on it.



Important! If an *Inspiration* token was placed in the notch next to the harmonized Chakra, the player immediately takes it back.

ALLEVIATE A NEGATIVE ENERGY

When a negative energy (black) reaches the "earth" (the area under the red Chakra), this energy is considered as alleviated. The number of alleviated energy that the "earth" can hold is unlimited.



Meditate

When a player meditates, they perform these 2 actions:

1 TAKE

They take back all their *Inspiration* tokens placed on Inspiration spaces.
Important! Meditating does not allow a player to take back the *Inspiration* tokens placed in the notches next to the Chakras.



2 LOOK

They choose a new *Meditation* token, place it on their individual board next to the same-coloured Chakra, and secretly look at the corresponding *Plenitude* token. *Note: a player can meditate even when all their Inspiration tokens are not used.*



End of the game

The end of the game is triggered **when a player has at least five harmonized Chakras** at the end of their turn. The current round is finished, allowing all players the same number of turns (check the *First player* token for a reminder).

Final scoring

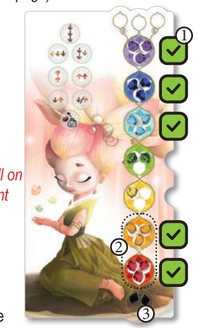
The 7 *Plenitude* tokens placed on the *Lotus* board are revealed and each player counts their plenitude level *(cf. detail of the different levels next page)*.

The players gain:

• **1 to 4 plenitude points** for each harmonized Chakra;

• **1 plenitude point** for each alleviated energy;
Note: any negative energy still on the player's board do not count as negative points.

Harmonization bonus:
Each player counts, on their board, the number of aligned harmonized Chakras, from the bottom to the top.
The player(s) with the most Chakras thus aligned gain(s) **2 plenitude points** *(cf. scoring example next page)*.



Aishwarya has:
① harmonized 5 Chakras,
② aligned 2 Chakras,
③ alleviated 2 energy.

Plenitude levels

17 or more plenitude points:
You are the **Wise One**: you have reached spiritual enlightenment! Now you must inspire your loved ones…

15 or 16 plenitude points:
You are a great **disciple**: the pupil will soon surpass their master!

13 or 14 plenitude points:
You are the **blue butterfly**, ready to take flight. You only need a few more flaps of your wings!

10 to 12 plenitude points:
You are the **chrysalis**, ready to emerge.

8 or 9 plenitude points:
Work in progress… you are the **small cocoon**.

Less than 8 plenitude points:
Run for a lavender and chamomile herbal tea, take a hot bath, and RELAX! Stress will not overcome.

BLAM! would like to thank:
Maryline, Ayurveda therapist and Yoga teacher in Annecy (France), and Vd. Chopade, Ayurvedic doctor and Yoga teacher in Puna (India) for their useful advice and constructive feedback on the game theme.

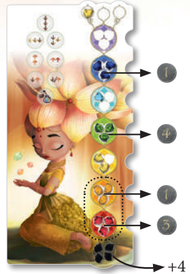
Scoring example



Indrani (left board on the picture below):
14 points
Manushi (right board on the picture below):
13 points

Note: Indrani (left) has aligned 3 harmonized Chakras (red, orange, and yellow). If Manushi (right) had managed to move her third yellow energy into the yellow Chakra, she would have aligned 4 Chakras, and would have gained the +2 Harmonization bonus.





Luka Krleža was born in Zagreb in 1982. He still works there as an architect and masseur. He practices Reiki, Yoga, and, of course, board games!

Luka would like to thank:
« My parents - Zlatko and Mercedes Krleža, my teacher Ana, all the guys from Geek Night, all the playtesters, and everyone at BLAM! team. ».

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