Help

```
-> ps
START LEVEL 6
   ID    State      Level  Name
[  0] [Active    ] [    0] System Bundle (1.8.0)
[  1] [Active    ] [    5] Apache Felix Web Management Console (1.2.8)
[  2] [Active    ] [    5] Servlet 2.1 API (1.0.0)
[  3] [Active    ] [    5] Apache Felix Declarative Services (1.0.8)
[  4] [Active    ] [    5] HTTP Service (1.0.1)
[  5] [Active    ] [    5] org.sonatype.mcookbook (1.0.0.SNAPSHOT)
[  6] [Active    ] [    1] osgi.compendium (4.1.0.build-200702212030)
[  7] [Active    ] [    1] Apache Felix Shell Service (1.2.0)
[  8] [Active    ] [    1] Apache Felix Shell TUI (1.2.0)
->
```