

Yogita^{4x} Game Guide



YoGita^{4x}

The Gita Reimagined as a Journey
through the Four Yogas

Jnana Yoga



ज्ञान योग

Bhakthi Yoga



भक्ति योग



कर्म योग



राज योग

Karma Yoga

Raja Yoga

**76 Cards, 4 Yoga Suites,
Karma Pile, Avatar & More**

Players 2-6, Ages 8+

*Just Play
Gita!*



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<https://yogita4x.github.io/yogita4x>

Yogita^{4x} Game Overview



Goal: Enlightenment, Realize God, Samadhi, or Liberation by:



Finishing all your cards.

Or



Collecting number 10 card from all 4 Yoga color suites.

Card Deck: Total of **76 cards**

4x Yoga Suites: Jnana, Bhakthi, Raja, Karma, Each Suite:

- **11 number cards (0-10)**
 - **6 action cards:** Avatar, Rebirth, Tamas, Rajas, Sattva, Samsara
 - **4 Maya cards**
 - **4 Soul cards**
-



Players: 2-6

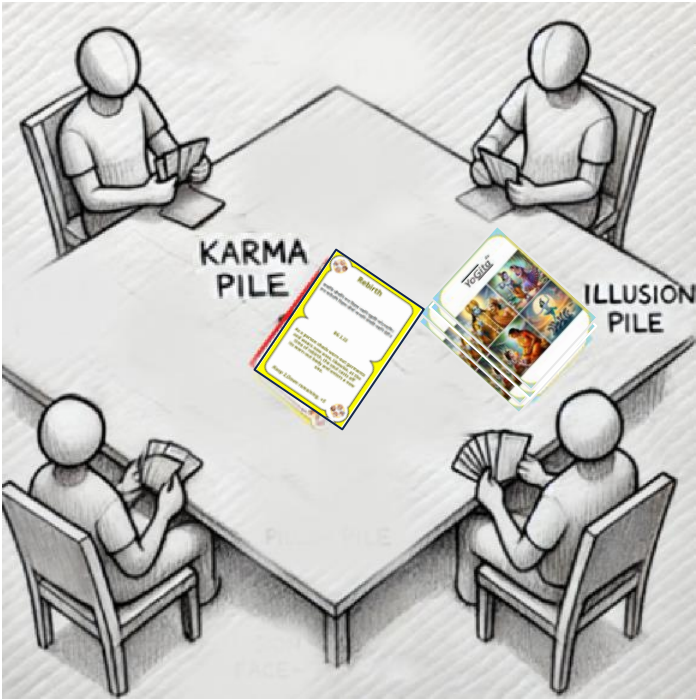


Age: 8+



Playtime: 10-15 min

Game Setup



Shuffle & Deal: 7 cards per player.

Karma Pile: Place one Card Face-up in Center.

Illusion Pile: Place remaining cards face-down.

Note: During Game Play, when Illusion Pile is empty, leave top Karma Pile card, shuffle rest and set as new Illusion Pile.

Starting: Player left of dealer starts



Player Turn

• **Match** Number, Yoga, or Action of top Karma Pile card with one of your card by placing it on top of the Karma Pile.

Matching Rules:

- *Number*: Same number of any Yoga match.
- *Yoga*: Cards in same Yoga suite match.
- *Action*: Same Action in any Yoga match. Follow **Action Card** ⚡ **instructions** after matching.
- Player must match, if possible, except number 10 cards are optionally allowed to be held, to win by collecting all four number 10 cards.

• **If No Match**, pick one card from the Illusion Pile and try to match again.

• **Penalty** ⚠️ : If you have 2 cards left, say title of the card before playing it to avoid penalty. If you forget, take back your card and pick one from the Illusion Pile.

• **Memory Power**: Twice in a game you can say a verse from memory correctly & pick that card from Illusion Pile. If card is not available, attempt is lost.

Winning: *First person to finish all cards or collect all four Yoga #10 cards wins*

Action Cards - (1)

Rebirth: Karma continues beyond rebirth. Keep 2 cards in hand & place remaining cards face down (past life cards) & draw 5 new cards from the Illusion Pile.



Avatar: Restores balance & uplifts everyone. All players discard bad cards: 0 or 1 number cards, & face-down "Past Life" cards.



Soul: Indestructible nature of the Soul makes you invincible. Place this card below top card in Karma Pile & nullify effect of any action card played on you.



Samsara: Chaos in Universe. Each player takes 1 card from the next player. Afterward, reverse the direction of play.



Action Cards - (2)

Tamas: Due to Laziness & Ignorance next player misses turn.



Rajas: Compete with next player to fulfill desires:

- Player with highest number card wins.
- Equal numbers = Nobody wins.
- No number card in hand = Lose.
- Loser draws 2 cards.






Sattva: Help & Gain knowledge. Receive 1 card from next player & see his entire hand. If this is your last card, you still get a card! If the next player has only 1 card he wins!




Maya: Maya's power to veil the truth by changing name, color, and form. Place on top of Karma Pile & Choose a new yoga Suite (color) and continue the game.



Two-Minute Challenge!

 **Mind:** Close eyes & Imagine your favorite  ice cream for 2 minutes. Try now.....Did your mind wander within 15 seconds? Shouldn't you be able to control your own mind  ?

 **Body:** Eat a banana. Do you control how that is digested? If not, is the body a separate autonomous being than you?






Why Bhagwat Gita?

With this challenge, realize this body-mind as a gift received at birth. We need an instruction manual to fully realize its potential and gain self-mastery. The Gita guides us through our own intellect towards higher consciousness, shaping our lives into sustainable, meaningful, enlightening, and beautiful expression of the divine ✨.


Play your way to become a Yogi!

Matrix of 4 Yoga Paths


| Problem  | Solution  | Method  |
|--|--|--|
| Impure mind | Purification | Karma yoga (selfless action) |
| Distracted mind | Concentration | Raja yoga (Mind-Body control) |
| Ignorance of Self, God & World | Knowledge | Jnana yoga (Knowledge of soul) |
| * Bhakthi Yoga offers divine love and faith, enriching all paths, providing guidance, compassion, & ensuring success. | | |


- Jnana Yoga:** Path of knowledge and wisdom, realizing the true self beyond illusion.
- Bhakti Yoga:** Path of devotion and love, enriching all other paths with divine grace.
- Raja Yoga:** Path of meditation and discipline, mastering the mind for self-realization.
- Karma Yoga:** Path of selfless action, performing duties without attachment to results.


Karma Yoga Steps

 **Bondage:** By default, we act with likes, dislikes, & attachment to results.


 **Grief:** Attachment to results brings sorrow and confusion sooner or later.

 **Motivation:** Lessons learned, we seek higher purpose beyond selfish desires.


 **Purpose:** Aligning actions with dharma makes life sustainable and meaningful.


 **Self-Control:** Mastery over desires keeps actions pure and focused.


 **Training:** Discipline purifies body, mind, & spirit.

 **Action-Inaction:** Work done without expectation is action, if not it's indulgence.

Leadership: What leaders do, others follow, so set a good example.

 **Instrument:** Seeing yourself as an instrument of the divine removes ego.

 **Karma Yoga:** Selfless action without attachment purifies and liberates.

 **Freedom:** Burning all karma through Karma Yoga leads to moksha.

Raja Yoga Steps



Restless Mind: The mind, by default, is restless and anxious.



Unhealthy Mind: Over time, a restless mind leads to disease, pains & suffering.



Healing: Encountering Yoga practices brings unexpected remedy and balance.



Yama: This new stability inspires moral discipline and actions.



Niyama: Sustained discipline prepares the mind for higher practices.



Asana: Strength & Balance of asanas creates a firm foundation for meditation.



Pranayama: Breath control calms the mind and channels the Pranic energy.



Pratyahara: Sensory withdrawal redirects focus inward.



Yoga Mat: A dedicated sacred Space & Time boosts yogic practices.





Dhyana: Deep meditation stills the mind, revealing glimpses of higher truth.




Samadhi: Individual consciousness merges with universal consciousness.

Jnana Yoga Steps


 **Ignorance:** Identification with limited body and mind leads us to endless desires.


 **Suffering:** Unchecked desires naturally create frustration, pain, and confusion.


 **Seeking:** Pain pushes the seeker to question existence and look inward.





Guru: A Guru emerges who dispels ignorance and shows the way to the Truth.


 **Purification:** Ego, attachment, and ignorance dissolve & clarity emerges.

 **Viveka:** Discrimination between real (Self) and unreal (world) develops.

 **Vairagya:** Detachment shifts focus from transient to eternal truth.


 **Go Deeper:** Intense curiosity explores the essence beyond all illusions.


 **Theory:** Understanding unity between Atman and Brahman intellectually.


 **Wisdom:** Internalizing truth, realizing the changeless witness within.


 **Enlightenment:** Seer, seen, & seeing dissolve into non-dual awakening.


Bhakthi Yoga Steps


 **Doubting:** By default, one doubts the existence of God.


 **Distress:** Without God's grace, life's challenges overwhelm and create suffering.


 **God Attraction:** Sooner or later, one experiences divine intervention and finds relief.


 **Faith Develops:** Trust in divine grace deepens, inspiring surrender to God's will.


 **Practices:** Devotion grows through prayer, chanting, singing & sacred rituals.


 **Love:** Selfless love blossoms, and a relationship is established with Personal God.

 **God:** Realization dawns that God is in all beings yet beyond all of them.

 **Devotion:** Life itself becomes worship, where every movement flows toward God.

 **Grace of God:** Divine grace uplifts, protects the devotee through life's trials.

 **Glory of God:** The devotee witnesses God's infinite glory everywhere.

 **Attain God:** Immersed in boundless love, the soul merges with the divine.

Cosmic Blueprint in Gita

Tamas: The mode of inertia and ignorance, leading to laziness, confusion, and delusion.

Rajas: The mode of passion and desire, driving ambition, attachment, and restlessness.

Sattva: The mode of purity and balance, fostering wisdom, clarity, and compassion.

Maya: Hides reality, binds soul to false ego—yet reveals truth when one is ready.

Samsara: The relentless flux of change and disappointments in this world.

Rebirth: Cycle of birth, ageing and death propelled by accumulated Karma.

Avatar: Incarnation of God who descends to restore dharma and uplift humanity.

Soul: Real self beyond birth and death, mistakenly identified with body and mind.



Play & Learn Gita



Gita Verses Simplified: Each card presents a single verse with its meaning, ideal for focused reading during idle moments—inside or outside the game.



Yoga Path Progression: Cards map verses to yoga paths (Karma, Bhakti, Jnana, or Raja), guiding players systematically through their spiritual journey.



Cosmic Insights Through Gameplay: Action cards reveal deeper truths about creation using mechanics like Tamas, Rajas, and Sattva.



Repetition Plants Seeds of Wisdom: Repeated play embeds verses and meanings into the subconscious, nurturing growth over time.

EXPERIENCE ALL 4 Yogas at the same time:

Karma Yoga – Playing purely for fun and not for winning.

Raja Yoga – Playing with single-pointed attention.

Jnana Yoga – Gaining knowledge through verses.

Bhakti Yoga – Seeing God in each card, action, & outcome.

Spiritual Progress in Real Life



Reflect and Grow Spiritually: Identify where you currently stand on your spiritual path—whether you're beginning, progressing, or nearing mastery.



Spot Obstacles: Action cards highlight challenges that parallel real-life struggles, allowing reflection and growth.



Develop Self-Awareness: Analyze your decisions in the game and connect them with your thoughts, actions, and responses in real life.



Progress Through Yoga Paths:

Understand which path—Karma, Bhakti, Jnana, or Raja Yoga—you are drawn to and how to advance along it.



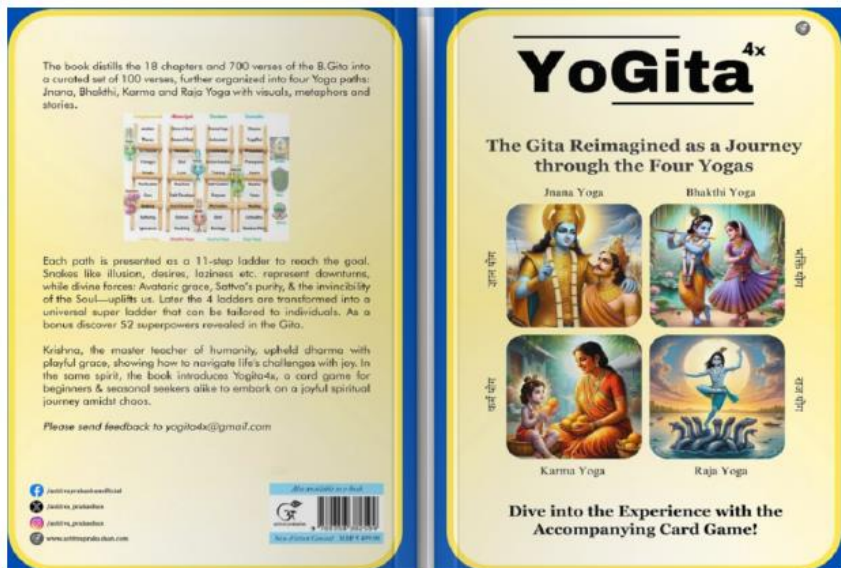
Spiritual Compass: Use the game as a spiritual compass, guiding you toward self-discovery, growth, and ultimately, enlightenment.



Supercharge your spiritual journey by integrating all four Yogas and unlock the path to self-realization within this very lifetime.

YoGita^{4x} Book

Enjoyed the Game? Discover Even More in the Book!



The book dives deeper into each Yoga path through metaphors, real-life examples, stories & vivid illustrations, unifying them into a universal path that brings the Bhagavad Gita to life in Krishna's playful style.

✨ As a bonus, unlock the hidden superpowers of the mind!



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