



It is night, and the moon and stars
shine in a cloud threaded sky...

float downstream...



“As your journey unfolds before you,
the past dissolves behind...”





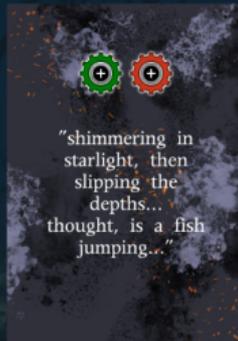
Before you start...

Breathe in slowly...and exhale. Pick up the pack and carefully and deliberately separate the cards into 3 piles, all the while observing your breath.

Starter cards x3



River Cards x30



End Cards x3



Place the 27 counters to one side and ready your pawn.

“Afloat upon the surface of a smooth and silent river:
it is night time, the stars and moon effuse the lilac
darkness, a soft gentle breeze whispers the water’s
face, your mind calms to stillness...

...slowly breathing you observe the shifting currents
as you float downstream...

There is little much to do, but let the river take you.
Surrendering to its flow, slowly you realise that
perhaps there is no separation between surface and
sky, between your mind and the river itself...

...and if your mind is the river and the river your
mind...perhaps if you can balance the thoughts and
feelings and sensations that arise...you may have
some say in where you are taken...”

float downstream...

single player 'journey' mode

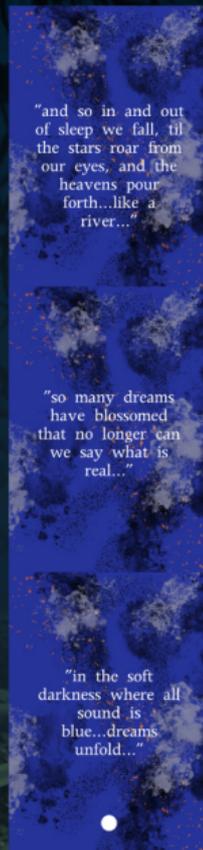
SET-UP:

Take the three blue-backed starter cards and arrange in a column as shown.

Shuffle the grey-backed river cards and place to the upper left hand side, face down.

Take 3 counters of differing colours (not black or white).

Place the end cards to one side.



“Balance requires calm, so ensure that you are relaxed. Breathe slowly, feel the air flowing through your nose, filling your lungs. Smile, you are alive.

Reading these words, do not just read them, experience them. Slow your mind...Breathe out, aware that you are breathing. Continue this practice, feeling yourself breathing in, breathing out...listen...

...listen, feel, smile...not a forced smile...just a smile to say that you are okay...and to remind yourself to maintain your awareness of breath - a gentle reminder...”

Before turning a card over, inhale slowly, exhale slowly - maintain an awareness on your breath. Carefully read the text on the card, but do not just read it, experience it. Slow your mind...Now...calmly, and deliberately, turn over this first card and place your pawn upon one of the three streams...

Any card with such a symbol may only be turned over left to right. All other cards may be turned over left to right OR top to bottom.



"in the soft
darkness where all
sound is
blue...dreams
unfold..."

A little aside on the meaning of symbols...

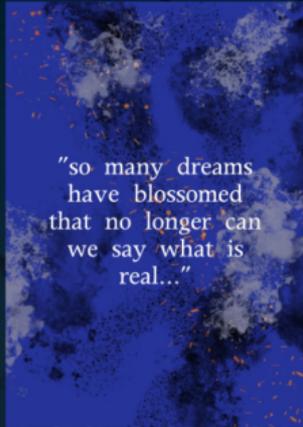
Thoughts - any symbol with a plus sign in it, when landed upon, requires you to pick up a 'thought form' counter of that colour.

A stream line

Pawn - placed by the player's choosing on any of the 3 emerging stream lines...your journey is about to begin.



The 'river' face of the first starter card



This card may be turned over left to right OR top to bottom.



When you reach the final thought form of the stream in which you find yourself, then it is time to experience the text on the next card, all the while maintaining an awareness on your breath... then calmly and deliberately turn over the next card and proceed...

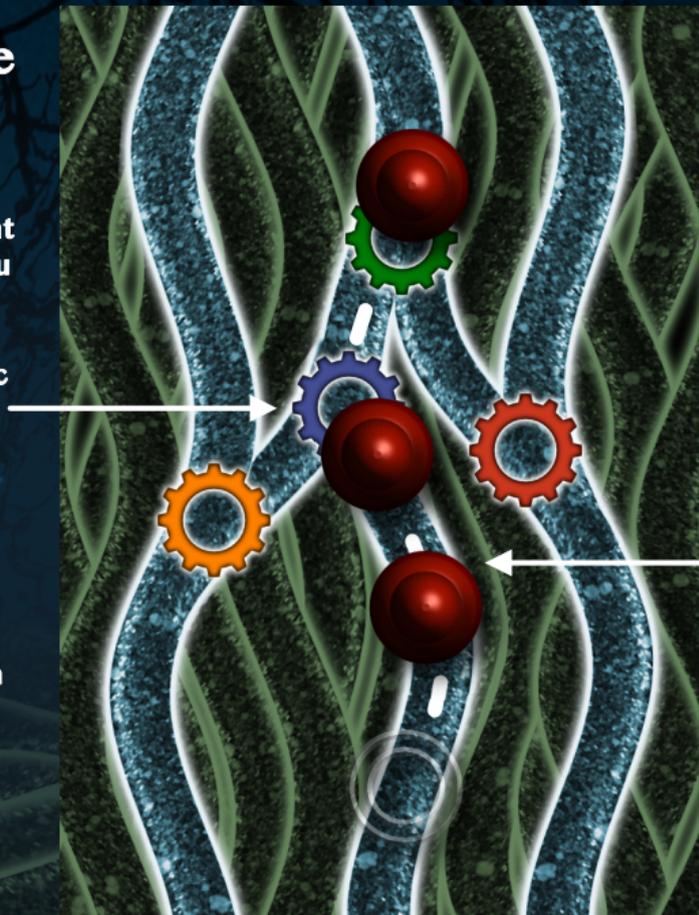


...and the first of some simple rules of play...

Thoughts - any symbol which is empty requires you to play a 'thought form' counter upon entering it. If you do not have the required colour, you may play 2 counters of differing colours (e.g. if you cannot play a lilac counter then you could play a red counter & a green counter but not two red counters)..

If you cannot play a counter of the correct colour OR two counters of differing colours then you must take into hand a black counter, along with one of each coloured counter. (Note you do not receive a white counter).

You should now be able to proceed.





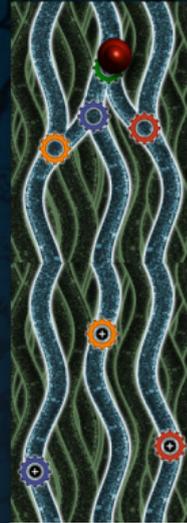
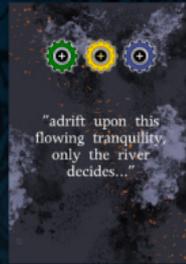
Travelling downstream on this third starter card...Note that the card was flipped bottom to top. At each of the junction points there is no option to shift streams...you must always travel downstream. If the card had been flipped left to right, however, then at either junction point, the player could have decided to switch streams...

On the journey shown, with the choice of 3 counters at the beginning, and the route taken, and the way the cards were flipped, these are the counters the player will have remaining in mind.

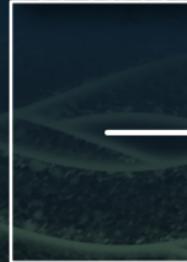
When you reach the final card of your column then:

1. Remove the base card, always flipping it left to right.

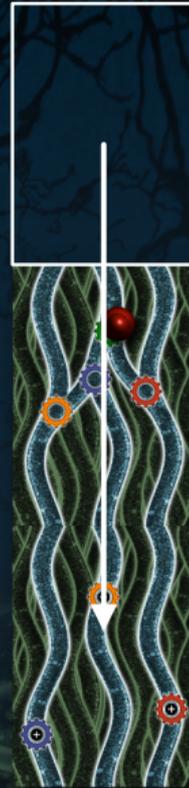
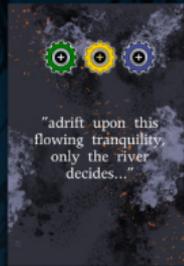
2 Place it on a level with itself to the right-hand side of the column as shown.



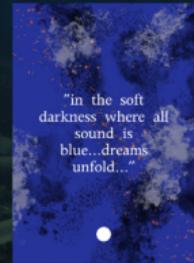
“...don't forget...”



3. Next, slide the column stack down, being mindful not to knock over your pawn.



...to breathe..."



4. Slide the top card from the river deck onto the top of the column.

5. Receive the thought counters shown on the top of the card (here they are green, yellow and blue).

6. Observing your breath, carefully read the text, letting your imagination add to the experience.



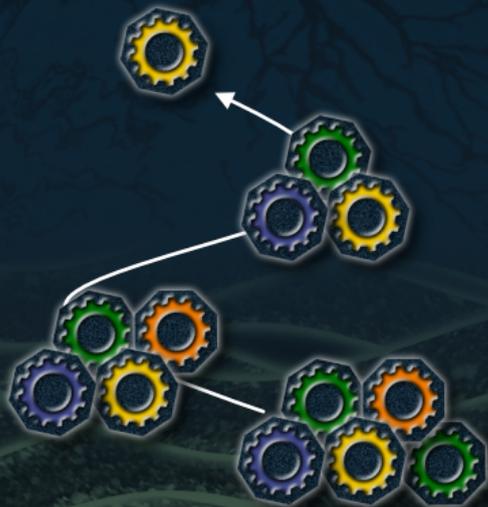
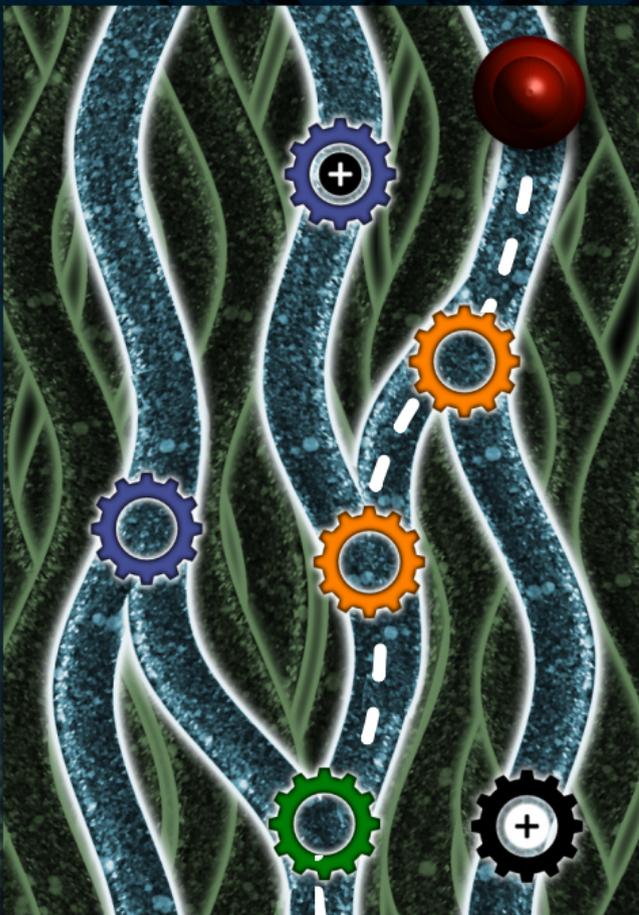
7. Now, however you decide, flip the top card over...



“...and continue to float downstream...”

More on the use of counters...

As this player continues their journey, the choices that they make places them on the right hand stream and reduces their 'thought form' counters as shown (bottom to top)...





From this card they receive a green and red counter...They proceed to the first orange thought form and use a yellow and green counter, deciding to keep their red one. Now, with only a single red counter remaining they do not have enough counters to proceed. They must then choose to take a black counter, to receive additional counters. Thus they take a black counter (and additional counters) and so, at the point shown, they will have then played an orange counter to proceed further, leaving them with the following in mind...





More on 'final' thought forms...

Note at this point the player has a choice to divert streams - towards the green thought form or stay in the right hand stream.

They decide to stay in the right-hand stream, therefore they are in effect on the final thought form for this card (even though the green thought form is more advanced).

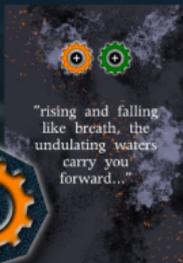
Their decision made, they are now committed to this right-hand stream and CANNOT change their mind, regardless of what the next card reveals.





Forced receipt of black counters...

Committed to the right hand stream, the player turns the next card over to reveal the following. In their stream they must pass over a symbol forcing them to take a black counter. In this circumstance the player **DOES NOT RECEIVE** any additional coloured counters. Thus, at the final thought form for this stream, the player will now have the following in mind...



An unbalanced and cluttered mind...

You are not allowed to receive into or hold in mind more than 3 counters of any one colour. If this situation arises then one does not receive into mind the counter of that colour but instead is **forced** to receive a black counter.

----- ...the limit...



E.g., if in this instance the player had to receive another green and yellow counter then they would receive the yellow one, but instead of taking another green they would have to take a black counter instead.

A balanced mind...

Should you have in mind a set of all five coloured counters, you may utilise this full set to release a dark thought form from your mind*. To do so, cast the set of colours from your mind as well as the black counter.

----- ...the limit...



E.g., In this instance the player could cast out the entire bottom row of counters and if they did so would not only remove a black counter from mind but moreover would not be in danger of unbalancing their mind due to an excess of green thought forms..

* Note this action cannot be performed if one has 3 black counters in mind.

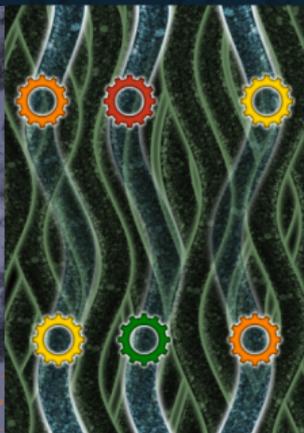
An empty mind...a moment of clarity...

Regardless of how many black counters you have in mind, if you find yourself devoid of any coloured counters at any point during your journey then you have achieved a moment of clarity and thus receive a white counter. A white counter may be held in mind indefinitely. At any point during play a held white counter may be used to negate a black counter (provided their number is less than 3) OR may be used to split the river deck and split again for each white counter that exceeds the number of black counters held. (see 'Parting the waters...' for further details).



Dark thoughts...and a traumatised mind...

Once a total of three black counters are held in mind, this sets into motion the playing of the first end card. Also, as noted above, once three black counters have been received a player may no longer cast out via a balanced mind or negate a black thought form with a white counter.



The 1st end card is placed at the top of the river column as soon as 3 black thought forms are held in mind. Play proceeds as usual from this point forward (i.e. river cards from the normal pack are still added to the river column) until a fourth black thought form is received, at which point the final two end cards are placed at the top of the river column.

“No matter what choices or control you have in life, death cannot be avoided. It may exist for you on some abstract and distant horizon but sooner or later it will draw you close, and its reality embrace you.”

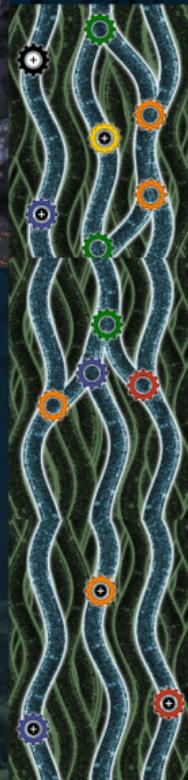
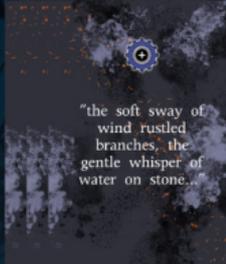


The unavoidable inevitability of death...

Three black counters set the inevitable in motion, the first end card is played as if a portent for things to come...at this point there is no turning back, black counters cannot be cast out and all that is to remain is for the 4th black counter to make an appearance. As soon as a 4th black counter is taken into mind then the final two end cards are placed on the river column and upon traversing them the game ends.

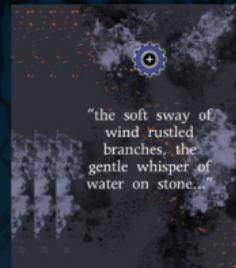
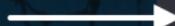
NOTE: Death will arrive even without the weight of dark thoughts. If one has managed to traverse the whole gamut of the river's experience then these end cards must be played when all others have been exhausted.

Parting the waters...



With 2 white counters (and no black counters) the initial river deck can be split and then this subsequent deck split again. Any card at the top of any of these decks may now be chosen as the next card to add to the river column. Once the deck is split and the associated pile is reduced to zero, the white counter must be discarded. If the original deck reduces to zero then the end card sequence with any remaining end cards must be instigated.

LOCKED: no cards can be played from this pile until the black counter is negated.



If a black counter is drawn then it locks the most recent split pile. No card may be drawn from here until the black counter is negated by a further gained white counter or is removed via a balanced mind. No further deck splitting may occur whilst any deck is locked. Should the number of black counters exceed the number of white counters that are being used to split the deck then all white counters being used to split the deck are discarded and all river cards not in the original deck are removed from play.

Scoring - the value of your experience...

At the end, make sure all of the cards that have been traversed are in order on the discard pile. Carefully count them through and for every thought form subtract one from the total. For every dark thought (which may be more than 4) subtract 2 from the total. For every counter representing clarity of mind add 2 to the total... This is the value of your experience.

- 7	Adrift
8 - 14	Aspiring
15 - 20	Initiated
21 - 26	Practicing
27 - 35	Masterful
36 +	Enlightened

“There is no winning or losing...though one may measure one’s accomplishments by the state of one’s mind. There are no aims, for to have an aim is to lose oneself within the river, and so if there is an aim it is to remain buoyant - a state of mind achieved by the aim of no aim. Thoughts may arise and cling to you but do not cling to your thoughts, let the river wash them away. Your journey then is one of cleansing. Buoyancy along the full length of the river and an empty mind, devoid of thought. Thinking on this will never accomplish it. The solution? Observe your thoughts as they rise, bid them farewell when they leave and in the meantime...breathe.”

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