

# PRAYER BEADS

## *Japa Malas*

In this age of Kali Yoga, the Age of Struggle, one of the best ways to connect with the divine is through mantra.

- Mantras help to reconnect individuals with their divine nature. They act on the body, changing and restoring the very matter of an individual by re-programming the vibrations that have somehow gone askew. They help the cells remember and recreate the original memory of the sacred time when each cell was in perfect harmony.
- The mantra restores the pattern of sounds at the heart of each cell, thus pushing the cell back towards health.
- The practice of meditation restores a state of being in which the cells can hear the message of health; a state of joy permeates the “dis-eased” cells and puts them at “ease”.

## YOUR MALA BEADS

- 108 beads (auspicious number)
- Guru Bead
- Dangling beads – a thousand petaled lotus

## USING MALA BEADS

- Be comfortable
- Prepare to use a mantra such as, “Om Namah Shivaya”
- Hold the beads at heart height, avoiding use of index fingers (ego)
- Reverse direction each time through
- Start with the Guru bead
- Avoid straining or rigidity – be flexible
- Your mala beads will take on your energy – be respectful, love them
- Place under pillow, on altar, or wear around neck, wrist or ankle
- Use for falling asleep

## STEPS OF USE

- Come into stillness
- Follow the breath
- Chant your mantra rhythmically, drawing each bead towards you with your thumb / repeat in silence / or alternate chanting out loud
- Invite the mind back again & again
- Savor the sound, the feeling
- Transition back slowly

## **TYPES OF MALA BEADS**

The material from which the beads are made is of significance. Physical matter contains its own unique expression of divine energy, which is released with use. Chanting is energized according to the type of mala that is used, bringing your body and the infinite into alignment. Wearing a mala gives the wearer a steady infusion of the powers connected to the material of which the mala is made.

### **ROSEWOOD**

- Deep ruddy brown color richly streaked with black resinous layers that can be finely polished.
- Rosewood is good for the skin and improves circulation.
- Strengthens an individual's aura.
- Repels negative energy.

### **SANDALWOOD**

- Sandalwood is a wonderfully scented wood. The fragrance released saying japa or wearing the beads will breathe purity into your heart and soul. The fragrance rises to the heavens with the message of your prayers.
- Indians use sandalwood paste to make caste marks upon their foreheads or as an aid in opening the third eye.
- Sandalwood is believed to promote calmness and tranquility and so is an aid to meditation. Used to "cool" the heat of a headache and cooling for the entire system. Thus beneficial for pitta and vata ailments.
- Sandalwood attracts positive energies and clears perceptions.