

WHY PRAYER MALAS?

I began using and making Prayer Malas when I was taking a class called Spiritual Practices for Daily Living. It was also a time when I needed to become more focused in my meditation and prayer. I studied various forms of meditation and when I was introduced to mala beads, I felt like a spiritual door had opened and I moved deeper into my own prayer practice. With a prayer mala, one can stay focused in reciting various mantras. The hands are just slightly engaged providing, a place to release energy and allowing the mind to relax.

This was so enlightening, so healing for me that I knew that I wanted to make Prayer Malas for others to use. There are many mantras one can recite. One can just repeat the name of a deity or use ancient chants from any number of faith traditions. Affirmations are also good to use as mantras.



Dr. Edward Viljoen, senior minister at the Center for Spiritual Living Santa Rosa, took the words of Ernest Holmes and chanted them as a mantra while using mala beads. The words are: "There is one life, that life is God's life, that life is perfect, that life is my life now." For each bead the phrase is repeated and after 108 times (using the full mala), my mind has shifted and the tension of the moment before has disappeared.



Prayer Malas

Strung with Love



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Workshops
Private Lessons
Special Orders

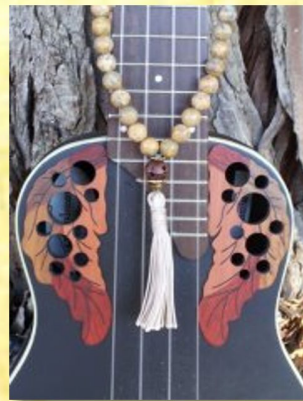
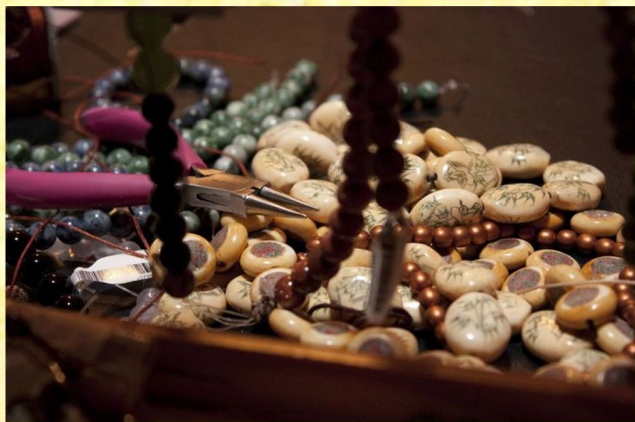
"A mantra must connect you with the sacred... The use of mantra sets up one thought, one wave that repeats over and over again, dislodging your attachment to all other thoughts, until they are like birds gliding by..."

You pass the beads across your fingers, bead by bead, with each repetition of the mantra. If your mind wanders, the activity of the hand or the touch of the bead will remind you of the mantra. The rhythm becomes more compelling, the experience more total as your body works in harmony with the mind."

~ Ramm Dass: *Journey of Awakening: A Meditator's Guidebook*

If you would like to special order a hand made Prayer Mala, my website has many pictures of various materials that can be used. There are different lengths as well.

- *Stretchy Wrist Malas with 21 beads
- *Non-stretch Hand Mala with 27 beads
- *Half Mala with 54 beads
- *Full Mala with 108 beads



Prayer Malas can be made with many types of beads such as wood, seeds, semi-precious stones, glass, river stones, etc.

In my workshops or private lessons you will be able to choose from a collection of beads and spacers or bring your own. What ever calls to you is best. There are different sizes of holes and different thicknesses of various colors of cord or string that can be used to put your mala together. You will also learn how to make your own tassel.

The cost of the workshop is \$30.00 per person. Bead kits will be available to purchase or you can bring your own. Workshops, depending on the number of participants, can be 2 1/2 to 3 hours including a group chant at the end with our finished Prayer Malas. Private lessons are around 2 hours in length. Prior beading experience is not required. Check my Facebook page www.facebook.com/PrayerMalas for information, events and times.