

Malas

The meaning for mala is MA means mother, unconditional love. LA means love of garland. In Sanskrit, mala means garland. 108 mala beads make up a garland that reminds you of your spiritual essence. Anything said 108 times is complete. Mala beads are used to help a devotee to count their prayer or chant 108 times. Malas are believed to have originated in India back in the 8th century B.C.E., called Buddhist beads or Buddhist prayer beads.

The use of these prayer beads, called japa malas, spread to other cultures and religions besides Hinduism and Buddhism. More than two-thirds of the world use prayer beads, rosary beads, or worry beads today, to aid in their spiritual practices. Malas are mainly used to count mantras. These mantras can be recited for different purposes linked to working with the mind. The material used to make the beads can vary according to the purpose of the mantras used. Some beads can be used for all purposes and all kinds of mantras. These beads can be made from the wood of *Ficus religiosa* (bo or bodhi tree), or from "bodhi seeds" The mala is used so that one can focus on the meaning or sound of the mantra rather than counting its repetitions. The rosary has 54 beads and is used two times around to make the divine 108 magical number.

Malas are created with various types of natural material, from sandalwood to lava to semi-precious stones to precious stones. Malas are used for meditation and for decorative accessories. Buddhist malas are made with a prayer at every knot between each bead, enhancing the spiritual intention. Not only are the knots empowered but the essence of the bead provides the sacred nature. In our office, we carry malas made of various semi-precious stones. We are fortunate that the lady who makes these is a Tibetan priestess and carries on the tradition of each knot with a prayer. Each stone carries a specific essence. For example:

-Amazonite: Acting as a powerful filter; absorbing microwaves, cell phone emanations, protects against pollutants and calms the brain & nervous system. Balances masculine & feminine energies while opening the heart and throat chakras. Great to help with communication





-Howlite: A stone that promotes sleep and rest. It makes an excellent worry stone and helps to calm the mind and ease any restless thoughts. It works as an antidote for stress and emotional hijacking. This is a great stone for the crown chakra and opening up our minds and consciousness to higher dimensions.

-Labradorite: Highly mystical, this stone is protective and works to raise the consciousness. Connects us on a universal level while allowing one to access the esoteric knowledge of the world. Promotes new ideas, intellectual thought; is a stone of transformation. Interesting, the brilliant blue within this stone was used to make the stained-glass windows at Chartres Cathedral in France. Chartres meaning "blue".



-Rose Quartz: (Heart Chakra)- Stone of unconditional love & infinite peace. purifies, opens heart. Brings inner healing. Attracts love. Restores trust & harmony. Draws off negative energy and repalces it with loving vibes. If you want to attract love, look no further than romantic Rose Quartz. placed by your bed or in the relationship corner of your home, it is so effective in drawing love and relationships toward you that it often needs Amethyst to calm things down. Holding rose quartz enhances positive affirmations.

