

WHAT, WHY & HOW

WHAT ARE MALA BEADS?

Mala beads are a string of 108 beads plus one extra, called a guru bead. They originated thousands of years ago by ancient seers as a way to help count mantras or chants during mediation.

The ancient practice is known in Sanskrit as Japa. People from all walks of life have been known to use these prayer beads, or japamalas as a way to connect to their spiritual practice; some simply use them to calm their everyday worries.

Rudraksha beads and wood beads were commonly used however it is now acceptable to use stones and crystals, infused with energies specific to the wearer's needs.

WHY USE MALA BEADS?

Why not? If you have a meditation practice or are looking to begin one, Malas can be a perfect way to guide you through your practice.

Not into meditation? That's ok, there is no judgement here!! Malas can simply be a reminder of your intention to live a certain way.

Not a yogi? Still ok! Wearing a beautiful piece of handmade jewelry that has received healing intentions and good vibes is the only reason you need to purchase one.

HOW DO I USE MALA BEADS?

It's simple! All of Bliss Body Soul Malas come with a Mantra, specific to your needs!

If you are using them during your meditation practice, come to a comfortable seat, placing your Mala in your right hand. Starting with the first bead, not the Guru bead, gently roll your thumb over it reciting your mantra to yourself. When finished, move onto the next bead, moving the Mala toward you, repeating your mantra. Continue repeating your mantra until you have come back to your Guru bead. The Guru bead is a reminder of your intention and a symbol of higher consciousness.

By repeating your mantra, you begin to feel calm and relaxed, creating an amazing meditation experience. Do not worry if you skip a bead, the sky will not fall, I promise! By simply putting your intentions out there into this great big universe, you are changing your life, one mantra at a time!!

To use your Mala beads during your yoga practice, simply create an intention when you come onto your mat and keep your beads at the top of your mat as a reminder.