

USING A MALA FOR MEDITATION

A mala is a simple and effective meditative tool which can help to reduce stress and enhance wisdom, patience, and health. A mala consists of 108, 54 or 27 beads strung on silk thread with one larger bead, called the Guru bead, from which a tassel hangs. The tassel symbolises a thousand lotus petals.

THE USE OF DIFFERENT FINGERS WITH THE MALA

Each finger you use relates to a different part of the brain. By running the mala over the first segment of each finger, between the tip of the finger and the first knuckle, you create a different result:

- **Index finger (Jupiter):** wisdom, knowledge, and prosperity.
- **Middle finger (Saturn):** patience.
- **Ring finger (Sun):** health, vitality, and strong nervous system.
- **Little finger (Mercury):** communication skill, and intelligence.

HOW TO USE A MALA

A mala can be used with either hand. Always start with the bead next to the Guru bead. As you repeat the mantra, with the thumb, move each bead towards the body over the meridian point. Thus, the Guru bead descends and eventually ascends to be the last bead of your meditation. As you hold the Guru bead, repeat your mantra and make a prayer.

To begin again turn the mala around without the help of the other hand. Move the beads towards you and continue.

USING YOUR MALA WITH A MANTRA

When reciting the mantra Sat Nam move only one bead for both words. With the mantra Wahe Guru, move only one bead for the two words. You may also use the mantra Sat Naam Wahe Guru saying them both with the movement of one bead.

You may use any affirmation or mantra of your choice. Generally, move one bead for each repetition of the mantra. The recitation of your mantra may be done silently, in a whisper or out loud.
