



# MALA MAKING WORKSHOP

AT ESSENDON PRIVATE CLINIC

**FRIDAY 29TH NOVEMBER. \$100 PER PERSON. INCLUDES THE COURSE WORKSHOP AND BEADS.**

We are taking expressions of interest for our Mala Making Workshop run by 'Yoga With Sue'

Please contact Lani at [dilan.kent@iphoad.com.au](mailto:dilan.kent@iphoad.com.au) if you would like to book in

**Please read the information sheet for more details  
10 people maximum per workshop**



## **What is a Mala?**

Mala beads are a garland of beads used together with a mantra, typically composed of 108 beads worn around the neck or wrist. They can be found around the necks of gurus deep in the Ashrams of India, as well as worn by your local yogi down the street.

## **So what is the purpose and significance of this string of beads?**

Well, they are more than just a pretty necklace! They're an ancient tool that's been used for more than 5,000 years to help and support the mind to focus during meditation.

When you first make a new mala, it is simply a string of beads or piece of jewellery. We cleanse the beads with water and an essential oil. Then we are ready to choose an intention, mantra or affirmation and gently wipe each bead, reciting our own intention. Your mala is now set and ready for you to use.

## **About the guru bead...**

Malas are made of four different components: beads, a cord, a tassel and a meru bead (what is known as a guru bead). In Sanskrit, the word "guru" translates to "bringer of light". The guru bead honours the relationship between student and teacher, all teachers throughout our lives, present and over many generations. We all considered students of life, continually learning.

## **What is a mantra?**

It's a personal motto or spoken affirmation used to set an intention and focus the mind. You can recite your mantra out loud or silently to yourself. You can choose a traditional Sanskrit mantra or simply choose one word or a phrase that represents something you would like to manifest in your life.

## **How to meditate with your mala...**

Hold your freshly cleansed mala gently in your right hand between your thumb and middle finger. Traditionally we do not use your first (pointer) finger; this finger represents the ego and the ego is the biggest hindrance between yourself and a peaceful mind, which is the aim of meditation.

Japa is a Sanskrit word meaning "repetition", so the term "japa mala," simply means a mala used for mantra meditation purposes.

Start your mantra repetition, or japa, to the right of the guru bead. As you work around the mala, you'll repeat the mantra 108 times and know you have reached the end of the mala when your fingers feel the large guru bead. It is at this time you would stop, flip the mala over and start again from the right side, so as not to cross the guru.

As you continue to use your mala for meditation purposes, the beads become spiritually and energetically enlivened with the mantra you have chosen for them.

When not in use, a mala is kept in a bag of no specific type of fabric or around the neck under the clothing, close to your skin so your energy can be absorbed into the beads.