

## Introduction to Malas/Rosaries.

What is a mala / rosary?

Since the dawn of time, man has used stone beads strung in a circle as a powerful spiritual symbol. "Mala", which means a 'set of beads or flowers strung together', it is also known as a "Rosary" or "Garland". These beautiful malas are commonly made of 108+1 or 54+1 beads and are used in meditation to count repetitions of mantras, prayers or affirmations by rotating the beads between the thumb and fingers, this action is called as "Japa". It is also worn on the body, inside clothing (should be avoided wearing outside), these sacred pieces will carry the positive healing qualities of the stones into your personal energy field. Performing Japa on a mala helps to increase ones focus, concentration, relief from stress, anxiety & so on....

Usage of a mala?

As mentioned above malas are used to chant mantras which are often repeated hundreds or even thousands of times, without usage of mala it is difficult to keep a count of the mantras chanted. Hence, the mala is used so that one can think about the meaning of the mantra as it is chanted rather than thinking about counting the repetitions. There is a methodology to be followed while performing japa....to know more visit link [how to perform japa](#)

All our malas are strung on thread or metal and knotted between each bead of finest quality in traditional style by our skilled artisans. We hope you will appreciate the beauty and power of these sacred beads

Possess the Power of Malas / Rosaries.....RudraBlessings.