

How to perform Japa? OR How to Use a Mala for Japa?

• Hold the rosary / mala right below your eyes in your right hand or the working hand (only one hand should be used)

• There are 2 ways to hold the mala; hold the mala either between your thumb & middle finger or between the thumb & ring finger.

• Please note that the index finger and the little finger or any other part of your body should not touch the beads in either case. The mala should be held just below your nose & shouldn't go below your navel.

• The rosary if held between the thumb & middle finger should be rotated by the thumb or if held between the thumb & ring finger should be rotated by the middle finger clockwise.

• Mala would always have an extra bead (109th) hanging outside the row of beads, whose total number is usually 108. This 109th bead is called "Sumeru" or "Stupa" or the "Guru bead".

• The sumeru bead of the rosary should never be passed. It thus becomes a static point in these malas as it marks the beginning & end of the rosary. If you notice the entire mala with the sumeru resembles the form of a shivalingam with a jalhari.

• The aspirant should start the mala at the first bead next to sumeru and should end on the last bead before sumeru.

• As you keep rotating the bead chant your respective mantra, so on completion of the mala the number of times the mantra chanted would be equal to the number of beads in the rosary.

• For Japa purpose a sumeru bead is very necessary but for wearing a mala a sumeru bead is optional.

• If the aspirant has to do the japa twice (or more), he should turn the rosary and make the last bead become the first bead for starting the second round, the same thing should be followed if one would want to perform multiple rounds.

• To keep a count on number of rounds of japa performed one should keep a few rice grains or any other beads, as soon as one round of japa is completed one rice grain should be kept aside & keep following the same. At the end the number of rice grains kept aside would be equal to the rounds of japa performed

• Mathematically the formula is as such

1. Number of rounds of japa performed = number of rice grains kept aside after completion of each round.
2. Number of mantras chanted = to the number of beads in the mala x number of rice grains kept aside on completion.

¶ There are special bags designed to carry a rosary, to maintain the sanctity of the rosary one should carry it & perform the japa holding it in the mala bag itself.

¶ On completion of the japa one should touch the mala on their eyes, give it the due respect & keep it in a safe & clean place preferably at your altar (puja sthan),

¶ Being sacred kindly maintain the sanctity of the mala....to know more kindly visit [Care & Maintenance of Malas](#)

¶ One mala shouldn't be used for two purposes that is wearing + for japa purposes. One should maintain separate malas for respective purpose.

Incase of any queries or comments please feel free to contact us we would be glad to assist you.

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