



A mala is a simple, effective meditative tool, which can help to reduce stress and enhance wisdom, patience, and health. A mala consists of 108, 54, or 27 beads, traditionally 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, while meditating with the help of the mala, relates to a different part of the brain. By running the mala over the meridian point of the desired finger, you create a different result. The meridian point is located on the side of each finger, between the tip of the finger and the first knuckle:

Index finger (Jupiter): wisdom, knowledge, and prosperity.

Middle finger (Saturn): enhances patience.

Ring finger (Sun): promotes health, vitality, and strengthens the 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, move each bead with the thumb, 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 your mantra.

Using your mala with a mantra: When reciting the mantra SAT NAAM move only one bead for both words. With the mantra WHA-HAY GUROO, move only one bead for the two words. You may also use the mantra SAT NAAM WHA-HAY GUROO, saying them both with the movement of one bead. You may use any affirmation or mantra of your choice. The recitation of your mantra may be done silently, in a whisper, or out loud.





Some sample Mala Meditations:

To improve your health: Use a carnelian, coral (red or pink), lapis or turquoise mala. Move the mala over the Sun (ring) finger with either the mantra SAT NAAM, or WHA-HAY GUROO, or SAT NAAM WHA-HAY GUROO, or a personal healing affirmation.

To reduce stress and anxiety: Use either a lapis, or a coral (red or pink) mala. Move it over the Jupiter (index) finger for wisdom or the Saturn (middle) finger for patience. Use either the HAR or WHA-HAY GUROO mantra or a personal affirmation for stress reduction.

For prosperity: Use a carnelian or garnet mala. Move it over the Jupiter (index) finger for wisdom, knowledge and prosperity; or the Mercury (pinkie) finger for enhanced communication skills. Recite the mantras HAR or WHA-HAY GUROO. Prosperity can also be measured in nonmaterialistic terms. To have the ability to sacrifice, to be tolerant, to be giving, to be compassionate, and to have peace of mind are also states of prosperity. These are attributes which cannot be bought. They are gems in a nonmaterialistic form. A coral mala can be used to enhance a state of neutrality, a jade mala for peace, or a lapis mala to enhance your power of prayer.

For saintly virtues: Use a malachite mala. Move it over your desired finger for wisdom, patience, health, or communication and use the mantra SAT NAAM. Or, make up your own meditation for the desired effect you want to achieve.



A few pointers on doing these meditations: You can do them casually as you go about your day, or in a deeper meditative state. Sit either in a crosslegged position on the floor or sit in a chair with feet on the ground. Sit with your spine straight, chest out, and chin in. You can focus the eyes on the Third Eye Point. Recite your mantra using your mala as previously described for 11, 31, or 62 minutes.

Remember to listen to your mantra, use the Navel Point, and stimulate the meridians with your tongue. Malas are sacred meditative tools. If you are not wearing or using your mala, keep it in a silk or satin pouch, or on your altar to enhance, protect, and keep the integrity of the gemstones' vibrations.