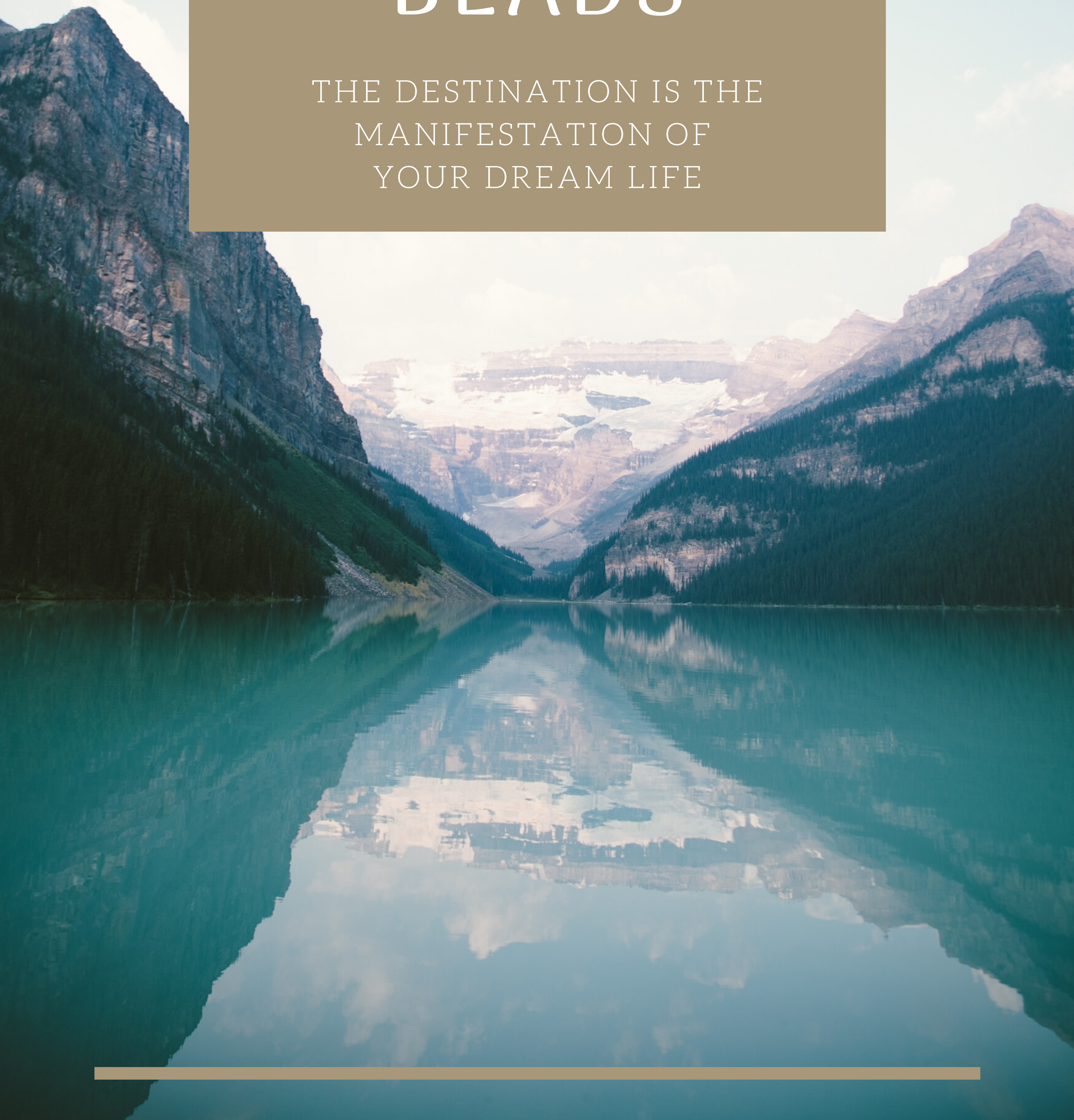

THE PRACTICE OF USING THE MEDITATION BEADS

THE DESTINATION IS THE
MANIFESTATION OF
YOUR DREAM LIFE







**A HIGH-QUALITY,
AND HIGH-
VIBRATIONAL
SACRED BEADS
SERVES YOU AS A
SACRED TOOL, A
SOUL-CONSCIOUS
OBJECT,
SUPPORTING YOUR
SPIRITUAL PRACTICE
AND DAILY LIFE.**



Om

**The first sacred sound of
the Divine, the light, the
form, the vibration, and
existence**





The vibration sound of the mantra chanted helps to attune the mind and body uplifting feelings of cleanness and purification.

Mantras suggestions:

Om

I am that I am

Om Mani Padme Hum

Om Tare Tuttare Ture Swaha

Om Namah Shivaya

Om Kali Ma

Lokah Samastha Sukinoh Bhavantu

Why to use a Meditation Mala:

The chanting of mantras leverage your spiritual progression (transcending into higher states of consciousness) and to heal the physical, emotional, mental and energetic bodies.

By increasing your soul power, you manifest your true nature and therefore your dream life in alignment with all that it is.

"Becoming One with All"



How to use your Sacred Beads

- Find a peaceful place where you can sit comfortably and breathe peacefully three times.
- Hold your beads with your middle finger (Sky finger) and thumb (Earth Finger). The circle formed by your two fingers is the size of the tube where the "shakti", "chi", "prana" or "vital energy" pass through your spine when you activate your chakras and whole body through intention and the act of chanting. And avoid touching your Meditation Mala with your pointing finger (Fire finger).
- Start by holding the first bead and chanting your mantra and move from one bead to the other.
- When you meet the "meditation" bead you can pause for a short meditation and to receive messages from the subconscious mind.
- Then you can continue to recite your mantra until the next "meditation" bead. Continue one more time until you complete the 108 beads
- When you complete the circle, you will meet the triangle of consciousness and unconsciousness, the Sacred Marriage connector that balances the Yin and Yang (Feminine and Masculine) energies.
- Then you will continue the mantras going down the tail until you meet the flat bead representing the essential action of breathing ("All is Well") and the circle bead representing "All is One". The tassel represents the grounding and returning roots to Mother Earth's Womb.
- For a complete activation of your system you can then start using your Meditation Beads from the Tassel up to the circle as initially progressed.





NAMASTE