



Those mala's have 108 similar beads for the mantras - some are divided into 4 sections by 3 pieces of turquoise with 4 additional beads adorning the top (completion or enlightenment). Those with turquoises are holding the Blessings of Omahara and represent the 3 bodies of Buddha. These are the Absolute Truth Body (nothing of the physical), the Enjoyment Body (perfection in every sense), and the Manifestation Body (the Lama or teacher as him or herself). The 4 sections represent the 4 Elements of Earth, Fire, Air, and Water, with the 5th Element Ether or "The Essence" in the center, being you, as soon as you wear this either around your wrist or your neck.

Mantra is the essence of prayer that assures the receptiveness of the respective Enlightened Deities, and the request and means through which one invokes the Deities. It is a common language and the bridge between you and the Deities, a bridge between this world of yours and the higher worlds of the Deities. By reciting a Mantra, you call upon the respective Deity to help you. It is a request that will be heard and answered by your Savior Deity. Reciting Mantras will assuredly bring the blessings of the Deities more swiftly to your life and the lives of your loved ones.

By reciting a mantra 108 times, the transgressions committed during the past forty thousand kalpas (eons) will be washed away.

108 repetitions are recommended, but fewer repetitions will make a great difference too.

As soon as you pray with your mala, it becomes your very personal and divine tool for focused meditation and healing, and it is then not recommended to allow anyone else to wear it. Please clean between the beads with a moist cloth, though showering with it is not recommended when not wearing it keep it in a clean and dry place. By showing your mala respect, you show yourself and your prayers of thought intention respect.

