



## How to use the Jap Mala Correctly?

An e-book guide by Srichaitanya

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Each bead represents one mantra. Generally in a mala, you will find 108 beads. The bead at the end of the mala is called the Guru Bead or the Mother Bead or Meru. It validates the end of one round in the prayer cycle.

Mantras are sometimes repeated hundreds and thousands of times at one sitting. Mantras are sacred sounds that reflect the spiritual teaching or religion they represent.

When the beads are passed over the ring finger calmness is attained. The best result of the Jap (or repetition of the Mantra) is when the beads are used at the first phalange level of the middle finger.

When you come to the end of the beads, it is important that you turn around at the Guru Bead or Meru and go the other direction (reverse). You never cross the Guru Bead or Meru.

The correct way to use a Jap mala is with the right hand, with the thumb flicking one bead to the next towards your body, and with the mala wrapped over the middle finger.

The tassel found at the end of the mala beads represents enlightenment. You can wear the Jap Mala around the neck for enlightenment and calmness.

The Mala is always held above the navel. Generally the Jap mala is covered and hidden while the Jap is done.

It is not allowed to be touched by anyone. The person and the mala finally becomes one when the Jap is really intense - the mala breaks - but the chant goes on and on from the heart. The mala is a tool to yoke the mind to the divine and the divine and you become one.

At such a stage the mala would have lost its significance, because the mantra and you have merged. Unconsciously the mantra will go on repeating itself, sending out the vibrations across to the cosmos.

Now the frequency of the mantra and your body and mind has become one with the cosmos.

At this stage one is said to have attained Siddhi over the mantra.

Given below are visualizations of how to manage the beads of the mala.

Step 1 - Hold the beads on the first phalange of the Middle finger as close to the tip.



Step 2: Use the thumb to start pulling the beads downwards towards you.



Step 3: On having reached the end - start rotating the bead anti clockwise.



Step 4: Rotate till ...



Step 5: Rotate such that the bead is still in contact and now rests on the tip of the thumb.



Step 6: Use the middle finger now to lift up the mala for the next cycle to begin



Step 7: Begin the mantra chant from the bead as the first Jap



END