



# Mala Bracelet

Mala is the Sanskrit word for “garland”. Mala beads, or japamala, have been used for thousands of years to help focus the mind during meditation.

Traditionally a mala necklace has 108 beads. Move your fingers around your bracelet twice while breathing deeply or repeating a mantra to bring a sense of calm and mindfulness to your day.

## MATERIALS

- 54 beads
- 1 guru bead
- 24 inches elastic thread
- 1 tassel (optional)

## INSTRUCTIONS

1. Thread your beads on the string, adding from the center out to the ends.
2. Add your “guru” bead, threading both ends of the string through it.
3. Tie with a balloon knot, trying to slide the knot close to the base of the bead.
4. If using a tassel, tie a knot to the tassel ring. Cut any loose ends.

