

# Rudraksh Mala



**Artikelnummer:** Rudraksh Mala  
**Gewicht:** 0.05kg

**Preis: 18.00?€**

**Netto: 15.00?€**

## Kurzbeschreibung

Rudraksh Mala Japa mala of 108

## Beschreibung

Rudraksha controlled heart beat and had a positive effect on Blood Pressure, Stress, Anxiety, Depression, Palpitations and Lack of Concentration. Rudraksh beads are the seeds of a tree and are used since thousands of years for meditation, Mantra recitation and spiritual practice. The Rudraksh Mala supports on the spiritual path, is said to bring succes, wealth and faim. How to Use? The mala is traditionally held in the right hand. Method, the mala is hanging between the thumb and the ring (third) finger. The middle (second) finger is used to rotate the mala by one bead towards oneself with each repetition of the mantra. The practice begins at the summit bead (sumeru) and continues around the loop until the summit is reached again. The summit bead is never passed over. So if you plan to do more than 1 round, the mala is turned around to proceed again in the reverse direction. Whenever the mala is taken up, it automatically conditions the mind to the meditative state. The mala that you use for Mantra Japa meditation should not be exhibited.