

THIS BEAUTIFUL  
WAY



LET YOUR JOURNEY UNFOLD

the practice  
of prayer and  
meditation  
with your mala





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# YOUR JOURNEY MATTERS

Hello Beautiful Friend!

This Beautiful Way is here to support your evolving faith and inspire a slower, more beautiful way of life.



This Beautiful Way Malas are inspired by traditional prayer Malas with an artistic adaptation to incorporate both beauty and function. As “prayer wear,” they also serve as an invitation to all faiths to practice the art of prayer, meditation, and mindfulness in order to connect with all that is holy, good, and beautiful.

For those who are just beginning their practice, or returning after some time, this offering is for you. May it bless you as you on your journey of discovery and connection with Divine Love, and the divine within. Journey well, friend.

*Nicole Rose*

ARTIST    FACILITATOR    OWNER



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invocation

Deep peace of the *running wave* to you.

Deep peace of the *flowing air* to you.

Deep peace of the *quiet earth* to you.

Deep peace of the *shining stars* to you.

Deep peace of the *gentle night* to you.

Deep peace of the *Infinite Peace* to you.

*Gaelic Blessing*

# MALA PRAYER BEADS

## THE MALA

Malas beads are used for prayer and meditation, often integrating a mantra or intention to be spoken or thought with the holding and passing of each bead. The word “mala” in Sanskrit means “garland,” and the Mala’s composition is conscientiously crafted, each part with its own symbolism. The threaded beads are overhand knotted for strength. A Mala consists of 108 beads and a tassel, sometimes accompanied by a guru (or meru) bead.

## THE MANY

Many faith traditions utilize prayer beads. Their meanings hold particular significance as an extension of one’s adoration and meditation. Though not a comprehensive list, some examples are:

Juzu/Nenju: Buddhism

Rosary/Prayer Beads: Christian

Mala/Japamala: Hinduism

Subha/Misbaha: Islam

## THE MIND

A prayer garland, like the Mala, can be a concrete representation of one’s prayer and/or meditative practice. It can also be a simple, practical tool to aid in the intentional focus of our thought lives. Prayer beads can tangibly remind us to remain attentive and mindful in our thought practices while creating a mind/body connection. They also remind us to return— without judgement — when our thoughts have wandered.



instruction



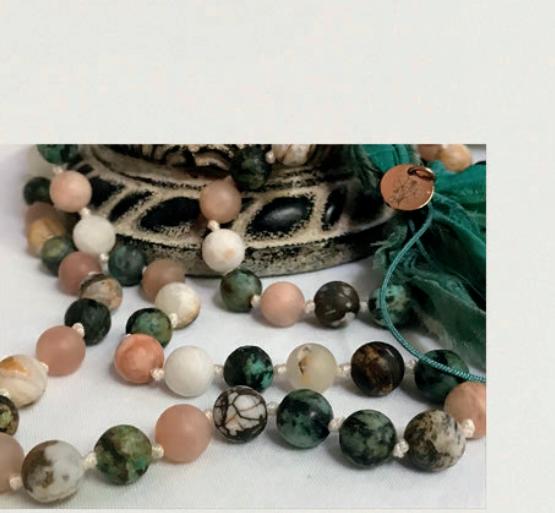
# MALA COMPOSITION

WARRIOR  
MALA

## 108

108 is considered a sacred number and prevalent across a variety of spheres. Whether in astronomy or astrology, mathematics or numerology, sacred texts or sacred journeys, 108 is both practical and symbolic.

## guru



Guru is a Sanskrit word meaning “venerable” or “esteemed.” It is a word of balance, representing both darkness —gu— and light —ru. The guru bead symbolizes the teacher or the teachings which awaken, illuminate, and influence your journey.

## tassel



The tassel symbolizes connection. Whether small or prominent, it is a reminder of our interconnectedness to the Divine, to oneself, to life, and to one another. It is also representative of the thousand petal lotus flower and our journey, like the lotus, from mire to beauty.

# MANTRAS, MUDRAS, & MEDITATION

## MANTRAS

The word mantra can be broken up into “man” meaning “mind,” and “tra” meaning “vehicle,” “tool,” or “deliverance.” Mantra literally translates to “tool of the mind.” A mantra is a meaningful or sacred sound, word, or phrase which helps lead the mind to the desired thinking instead of looping in unhealthy thought patterns. Mantras can be spoken out loud, thought in the mind, or written. They can be done individually or collectively.

## MUDRAS

The word mudra means “seal” or “gesture.” While it can incorporate the whole body, a mudra is most often the ceremonial positioning of the hand or hands to maximize and channel subtle energy. While this explanation may not resonate with everyone, there is recent scientific evidence that practicing the use of mudras can benefit the physical body.

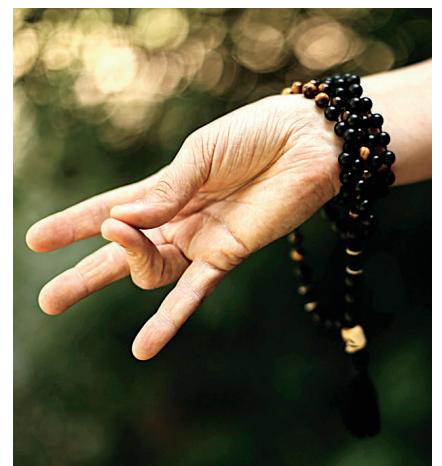
## MEDITATION

Meditation is the practice and art of mindful attention, observation, and stillness. It aids in emotional balancing, lengthening of attention, and stress reduction. Though one can practice meditation on its own, it will often be accompanied by a focal point such as an object, manta, mudra, or Mala to direct and anchor the practice.

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Watch your thoughts, they become your words;  
watch your words, they become your actions;  
watch your actions, they become your habits;  
watch your habits, they become your character;  
watch your character, it becomes your destiny.

Lao Tzu.





intention

# BEGIN YOUR PRACTICE

Below is an adaptation of the traditional use of the Mala in prayer. This is meant to serve as a guide to assist you rather than a rigid rule set to restrict you. What really matters is that you show up for yourself. Curiosity and consistency make great companions to your practice.

01

Find a comfortable seat. Begin by taking a few deep, cleansing breaths.

02

Set your intention. You can focus your mind through mantra, a simple word or phrase you would like to see manifested in your life, a person you hold in your heart, or goodness you would like for the world around you.

03

Holding your mala in your dominant hand, place the first bead on the string between your thumb and middle finger.

04

State your mantra, audibly or silently. Complete a full breath cycle with a full inhale and exhale. Using your thumb, pull the next bead toward you.

05

Repeat step 4 until you come to the end of your time. For some this will be a set number of beads, for others it may be a set time or sense of completeness of spirit. If you come to the end of your 108 beads you may, like a labyrinth, make your way back around the Mala. Conclude your time with a thought, phrase, or gesture of gratitude.

# CHANGE YOUR MIND

The Mala is a humble tool which, when used in conjunction with meditative practices, has been shown in some cases to reduce anxiety and stress, regulate emotions, increase attention, and a host of other physical and psychological benefits. While the Mala isn't magical, it

01

*helps you  
to stay  
focused.*

When your mind starts to wander, a Mala helps you to stay present. It also serves practically as a tracker for keeping count of mantras, prayers, or breaths. By having a physical tool to keep you mindful and on track, it can remind you to come back to your practice when your mind becomes distracted, helping you to make the most of your time, thought processes, and personal practice.

02

*is a neuro-  
kinesthetic  
tool.*

By adding a Mala to your meditation practice, you reap the psychological and physiological benefits associated with the practice PLUS the added benefit of an embodied process. Because we live in physical bodies, incorporating kinesthetic connection in our meditation practices through a tactile tool like the Mala engages and honors the body and helps create healthy neuropathways.

03

*reminds  
you of your  
intention.*

When you are not actively using your Mala, you can wear it as a reminder of the intention(s) you are setting during your practice. When you make choices throughout the day, you remember to choose in relation to your intention, helping you to move towards a self and life which realizes the positive reality you desire and are working towards.



inspiration

# SET YOUR INTENTION



Intentions are prayers or positive affirmations for yourself or others.

Some ways to set intentions are:

- think of a positive change you want to see in your life
- create or recite a blessing you wish for yourself or another
- practice loving kindness towards yourself, another, or creation
- let intentions emerge from a mantra, ritual, or meditation practice
- identify limiting beliefs; move your thoughts, emotions, and actions in the opposite spirit

# Sample intentions

My intentions



invitation

# START

## small

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Don't be afraid of small beginnings! Start your Mala practice with this seven day invitation to ease you into using your garland in your meditation and adoration.

MY INTENTION(S)

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OBSERVATIONS

Each day, write what you notice about your thoughts or actions as a result of your new practice.

TRANSFORMATION

Based on your observations, changes might you make in your actions or thought life next week?

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99

The most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

HELEN KELLER

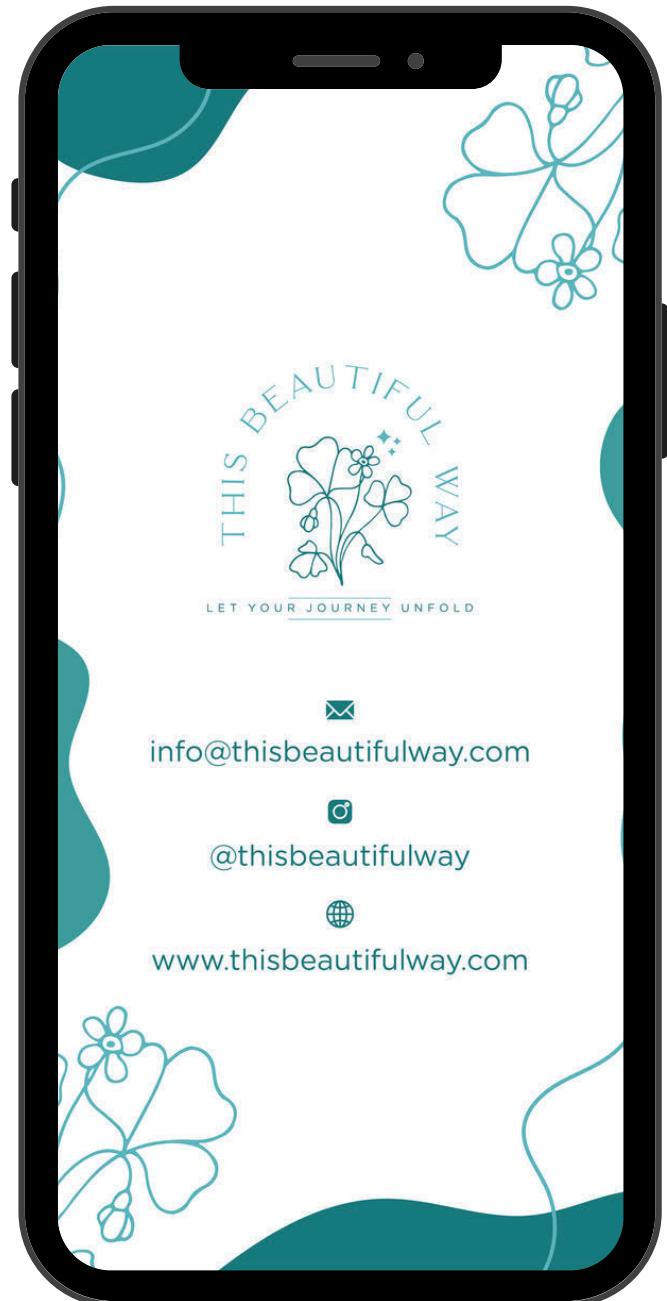


# CONNECT

THIS BEAUTIFUL WAY  
OFFERS RESOURCES  
TO HELP YOU ON  
YOUR EVOLVING  
FAITH JOURNEY:

*Phalas*  
*Prayer Flags*  
*Courses*  
*Encounters*

**CLICK HERE TO  
JOURNEY TOGETHER**





# Journey well, friend.

*Many blessings, dear one, as you journey towards  
health, happiness, and wholeness.*

*Until our paths cross again,*

*Nicole Flose*

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## PHOTOGRAPHY

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