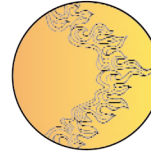


We offer the following suggestions for the care of your Mala:

- Keep your Mala in a safe place, and if possible, in the same place, when not in use or being worn. Near a Murti photograph or other point of contact with Beloved Adi Da is best.
- When travelling, keep it in a cloth bag, separate from other articles.
- Oil your Mala with sandalwood oil a few times a year. If you live in a particularly dry climate, you may need to do this more often. However, don't over-oil as the excess oil will attract dirt into the beads, and they will break down more quickly.
- Hand polish the Mala accessories when tarnished. (Polishing cloths are available from Sacred Fires.)
- When physically active, wear your Mala under your clothing to protect it. Also, wear your Mala under clothing when in the public, outside the community of devotees.
- Your Mala holds and conducts the energy of your personal devotional relationship to Beloved Adi Da and His Blessing, so be mindful not to touch other's Malas, unless absolutely necessary.
- Have the Murti Photograph in your pendant or locket updated yearly, as you would the Murti in your Communion Hall.

For current Murti photographs,
Mala stringing services and information on
Sacred Jewelry for your Mala, go to:

www.sacredfiresjewelry.com



SACRED FIRES

MALAS

IN THE
WAY OF THE HEART



SACRED FIRES

www.sacredfiresjewelry.com

MALA is a Sanskrit word for “garland”. Traditionally, a mala is a rosary of 108 beads, plus a central or Master bead, which is used, in the Way of Adidam, in devotional contemplation of Avatar Adi Da Samraj. Devotees may use the Mala as a means of turning attention, feeling, breath, and body to Contemplation of Avatar Adi Da Samraj.

The beads of the Mala should be of a natural and porous material so that they absorb the oils of the body, which are excellent conductors of energy. Rudraksha beads, which are the traditional favorite, are the seeds of the tree *Elaeocarpus ganitus*, which is found in India, Nepal, Malaysia, China, and a few other parts of the world. Sandalwood beads are also excellent. As indicated, there are 108 beads in a traditional Mala, and for smaller Malas, any multiple of 9 beads is used. For further Instruction on the Sacred Nature and use of the Mala, please see Chapter 19 of *The Dawn Horse Testament Of The Ruchira Avatar*.



The Mala Itself Is A Sacred Design...
 A Miniaturized (or Microcosmic)
 Representation Of The Great Cosmic
 Mandala. It Is The Circuit Of Circumambulation,
 Whereby conditionally Manifested beings and
 forms Rotate Ceaselessly Around The Real Forms
 Of Real God. My True Devotees (and Even all
 who Attend To This Circuit) Make A Joyous
 Round Dance. They Circle In Love (Becoming
 Ecstasy) About The Great Person...

AVATAR ADI DA SAMRAJ

COMPONENTS OF THE MALA

The photo to the left shows the recommended placement of each component of the Mala. In general, they should be nine beads apart.

■ Master Bead

It is recommended that you choose a larger and/or more “auspicious” bead for the Master Bead of your Mala, since this bead represents Avatar Adi Da. The small beads of your Mala will have five “faces”, which are the natural, longitudinal divisions in each bead. Larger beads can have from 1 to 25 or more “faces”. Consider choosing a traditionally auspicious bead for your Master Bead: a nine-faced bead, or a Siva-Shakti bead, which is a naturally occurring double bead.

■ Amulet for the Orange Prasad Cloth

The orange cloth, which is the Prasad given each year at the Feast of the Horse-Sacrifice, may be tied around the beads of your Mala or placed in an amulet to protect it and keep it clean. Beloved Adi Da’s Word to each devotee when the cloth is given is: Be Dyed In My Color.

■ Bright Behind Me Bead

This red ceramic bead includes ash from the original Bright Behind Me Temple at the Mountain of Attention Sanctuary, which was lost to fire. This Prasad is intended as a reminder of each devotee’s personal responsibility for Beloved Adi Da’s Circumstance.

■ Paduka Mandir Bead

This orange ceramic bead includes ash from the original Paduka Mandir Temple at Adi Da Samrajashram. There is a small version of Beloved Adi Da’s Padukas on the cap of each bead.

■ Prasad Amulet

For any special Prasad you may receive.

■ Master Bead Caps

The bead caps are a way to embellish, honor and set apart the Master Bead.

■ Murti Pendant

Beloved Adi Da has asked that devotees wear a Murti of His Form on their Malas. This can be photographically or artistically rendered. The Murti pendants made by Sacred Fires have a Murti photograph on one side, and a Sacred design or symbol on the other.