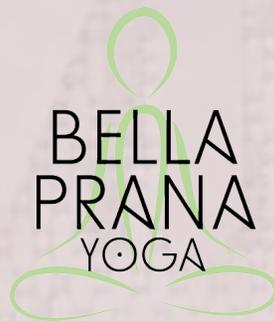




The Bella Prana Mala



What is a Mala?

A mala, also known as a "Japa Mala" is a string of Prayer Beads dating back to the 8th Century B.C.E. India. People began using beads made of wood or seeds as a tool to aid in their spiritual practice known as "Japa". Malas are primarily used in Buddhism and Hinduism but some form of prayer bead can be found in many of the world's religions.

With "Mala" meaning garland and "Japa" meaning the repetition of a mantra or a divine name in Sanskrit, the intention of these beauties is to help you get out of your head and into your spirit.. By adorning ourselves in a mala, we have a physical reminder to anchor in our spiritual practice, intention and the meaning of our mantra as we move through life.

Traditionally one would repeat their mantra hundreds if not thousands of times. When using a mala, we are able to focus on the words and vibrations of our mantra, instead of keeping track of the repetitions, leading us to a deeper meditative state.

Whether you choose to use your mala in your spiritual practice or simply as something to adorn yourself with, I believe your mala is a very personal thing and as such, it is whatever you need it to be.

Why 108 beads?

There are many explanations for 108, but no one definitive answer... these are some of my favourites.



There are 108 energy lines that converge at the Heart Chakra, one which is said to lead to self realization.

The Ancient Vedic mathematicians say that 108 is the number of wholeness in existence.

Reciting 100 mantras is considered completed. The extra 8 are for omissions and errors. Some also say the extra 8 are an offering to God or guru.

The numbers 9 and 12 are both said to have spiritual significance in many traditions. $9 \times 12 = 108$.

In Astrology there are 12 houses, and 9 planets.

In Hebrew 18 represents "chai" or "life". $1 + 8 = 9 \times 12 = 108$

There are said to be 108 desires in the mortal world. It is also said that there are 108 lies that humans tell.

1 represents God or the higher truth, 0 represents emptiness or completeness in spiritual practice, and 8 represents infinity.

There are 54 letters in the Sanskrit language; each has a masculine (shiva) and feminine (shakti). $54 \times 2 = 108$.

your Mala



Bella Prana - Beautiful Energy

Then intention behind your mala was to create something that would embody the idea of Bella Prana - Beautiful Energy. What does it mean to have Bella Prana? What state of being allows us to approach life with Bella Prana? How can we bring Bella Prana into everything we do?

It's a combination of an open heart, a loving approach with ourselves and those around us, acceptance of what cannot be changed and appreciation of our experiences. At the heart of Bella Prana is love, compassion and acceptance.

"Everything has beauty, but not everyone sees it" - Confucius

It is my intention that this mala helps you see beauty in everything, and illuminates the way for others to do the same.

Green Aventurine

Chakras – Heart (4th)

Key Words – Compassion, Vitality, Peace, Prosperity & Wellbeing.

Green Aventurine is best known to manifest prosperity as “good luck” stone, but it’s most vibrant quality is it’s ability to regenerate and protect the heart chakra, enabling us to live in alignment with our hearts desires.

As a calming stone it stabilizes the mind and supports approaching negative situations with a positive, open mindset. It will always encourage you to have a laugh while reminding you to look at the bright side of things.

As stone for vitality it increases life force, encourages growth and rebuilds depleted energy.

Stimulating compassion, decisiveness, perseverance and confidence as well as the ability to see all sides of a situation, Green Aventurine is excellent for bringing out the leader in you.

Combining intellect and emotion, balancing the masculine and feminine, Green Aventurine encourages creativity, provides a sense of comfort and invokes overall wellness.

Rose Quartz

Chakras – Heart (4th)

Key Words – Pure unconditional love, Acceptance, Release, Peace

Rose Quartz is considered the “love stone”, activating the heart chakra and working that love vibration throughout the entire auric field, touching upon each chakra. With the healing energy of an open heart it encourages us to find that place of pure, unconditional love and acceptance; For ourselves, for the people in our lives, for this Earth, for the Universe and beyond.

It's ability to gently activate love vibrations enables us to release negative emotions or experiences, healing old wounds and once again find trust and vulnerability in our relationships. It releases tensions, dissolves fear and reconnects with hope.

As one of the ultimate healers, Rose Quartz will invoke deep healing within yourself, restore harmony and connect your heart vibrations with that of the Divine. It can be used to attract love of all forms, and create deeper connections in existing relationships.

All of these beautiful attributes combined is what allows us to show up as a peacemaker in all situations.

Clear Quartz

Chakras – All

Key Words – Cleansing, Amplification

Clear Quartz is the most versatile and abundant crystal found on this Earth. Throughout history around the world different cultures have revered this as the “crystal of truth”, the “living spirit”, the “Stone of light” and “pure chi” among other things.

It can be used for all healing and is perhaps most used to amplify and clear all other surrounding crystals. As a stone of light, Clear Quartz will take the sun's rays and store them as Divine energy and redistribute them as needed.

Its clear light moves through each energy field, clearing out and unblocking any chakras that need healing.

As an amplifier it will bring your meditation practice and spiritual journey to a higher level, and connect to your energies restoring them to their very best state.

Amethyst

Chakras – Third Eye (6th), Crown (7th)

Key Words – Protection, Purity, Balance & love

The ultimate healer, Amethyst is a calming stone with high spiritual vibrations excellent to relieve stress and encourage a deeper meditative state. Full of integrity, protection and purity, Amethyst reminds us to gently love ourselves, especially during times of grief.

Integrating the mind, body and spirit, Amethyst balances emotions and is able to transform anxious, negative energy into love. With the help of a clear, focused mind, we are able to make better decisions and understand the correlation between cause and effect. It encourages us to put ideas into action with realistic, attainable goals.

Amethyst heightens our intuition, our connection to the Divine, and enables us to enter into a higher state of consciousness. Enhancing psychic abilities, it opens up to new realms of spiritual exploration.

It's protective nature helps to curb bad habits, especially those connected to overindulgence and addiction. Instead, Amethyst promotes a state of balance and wellbeing.

Rudraksha Seeds

Key Word – Compassion

These seeds are traditionally found in Mala beads dating all the way back to Vedic times (about 1500-500 BCE).

They are known as “Tears of Shiva” and it is said that when Lord Shiva opened his eyes after a long and deep meditation for all living beings, he cried tears of compassion. Those tears fell upon the earth and formed seeds to assist humanity with our healing.

Throughout history these seeds from the Rudraksha Tree have been sacred diving treasures, thought to hold significant spiritual and healing properties.

The Floaress

The Floaress, found on your Mantra Card, holds much beauty and meaning.

The Flower {FLO}

Represents Earth, grounding, Mother Nature, unconditional love and the power of planting seeds, nurturing them and allowing them to grow.

The Star {AR}

Reminds us of infinite possibilities, that there is something greater than us at work, and that when you follow the direction of your truest self, the universe will always be there to support you.

The Compass {ASS}

The Compass will always point to true North, to our true North. To adventure and exploration. It is our guide when we are lost and our permission to walk freely into the unknown.

Thank you for creating with me!



It is my absolute pleasure to serve you by creating a tangible tool to support you in your highest power.

As a special thanks, please enjoy 10% off your first purchase at ArielleZadok.com. Use offer code BELLA.



I would love to see photos of you with your new Bella Prana mala!
Share a photo and tag @ArielleZadok on Instagram



Resoureces

All crystal interpretations in this eBook are a combination of research and intuition. I'm grateful to the beautiful souls who have dedicated their lives to working with an learning about the gifts of this Earth. The following are the primary resources I use for my research and interpretations.

The Pocket Book of Stones

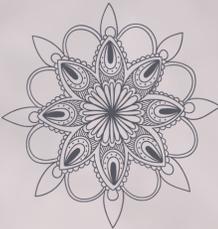
by Robert Simmons

The Crystal Bible

by Judy Hall

Healing Crystals

by Cassandra Eason

Arielle  *Zadok*



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