

Meditation and the use of Mala Beads

The mother tongue of creation is silence... and in the stillness of silence in meditation we come home to our highest true selves. We stand aside and observe the parade of thoughts from our children: the mind, temporal personality and ego. As we make time in silence for our heart driven spirit to appear, with its loving inclusive nature, we rise above the busyness of our lives and the latest bright and shiny object in this dream called life, and become lucid dreamers, because we have taken time to know ourselves.... raising to soul awareness, then in a natural flow, fall into the depths of God awareness ... works for me! When I am lonely, I really miss myself, and how my connection to source has dimmed. When I flee into my me time alone, in fact I am also fleeing back home into god.

Throughout Buddhism, the 108 bead Mala has remained a powerful meditation tool, helping it's users gain knowledge through ancient mantras, increase self-awareness, and get closer to enlightenment.

I use mala beads every day, a valuable tool to measure my desire for spiritual growth.... don't knock it till you have tried it for at least three months..... a great way to measure time, 5,000 years before the clock.... simply counting bead to bead with the breath is a good place to start....

My three years of daily practice has been a quantum leap for me in mindfulness, the ability to witness my life from a higher stance, built a consistent prayer practice, increased my skills in circulating and running healing energy, monitoring mind chatter and the path to stillness on and on... and everyone around me has benefited I am certain.....

One great way to use Mala beads is to use each bead to follow the breath into the silence of meditation. The trick is to step back as a witness and observe the breath, rather than driving the breath. As you witness each inhalation and follow it to the bottom of the breath in exhalation, count a bead. In the beginning, you will drive the breath, but to do this correctly, you must follow it. The breath may stop... just be with it. The breath may become very thin and light as you follow it... just be with it. Meditation is about devotional stillness, so when you follow the breath instead of driving it, the mind calms down with the breath and there is a sense of falling into devotional silence where you forget to think, forget you are breathing, transcend your body awareness and connect with source as "I'm you". Some call it fleeing into God, falling into the river of life in stillness, I call it phoning home.

If you find yourself swallowed up by the world, if restlessness and busyness are running you, it's time to step back and get anchored back into the mother tongue of creation... silence. In this state of connectedness with source it is much easier to manifest what you really need, and from this peaceful state opportunities present themselves in an atmosphere I like to call the "magical soup" or being in divine flow.