

Making Malas for Meditation



Join us in making the Buddhist meditation tool called a mala, a strand of beads used to count repetitions of mantras or breaths. Malas are fun to make, beautiful to wear, and easy to use. Handmade malas would be a great gift for all the spiritually conscious people on your holiday list.

Mala Making Workshop

Sunday ♦ December 4 ♦ 3:30-6:30 p.m. ♦ \$30 plus supplies

Institute for Spiritual Advancement

4176 East Florida Avenue, Denver, CO 80222

(two blocks east of Colorado Boulevard on the SW corner of Florida and Ash)

Questions, info or to register, please contact:

Joy Vernon, joy@joyvernon.com, 303-564-0022 or visit JoyVernon.com

The class includes

- Hands-on instruction
- Illustrated instruction guide
- “How to Use Your Mala” information sheet
- A cd of sample mantras
- Suggestions of other ways to meditate with your mala



At the end of class we'll

practice a group meditation using our newly constructed malas.

“Joy, Your Mala-making class was awesome! :) Thank you for putting it on!” - Linden S.

“Great class. Really interesting and fun. Nice people. Much information. Thanks Joy!” - Fredda L.

“I loved the class!” - Melinda G.



Joy has been teaching craft classes and spiritual workshops for over fifteen years. She specializes in energetic and esoteric arts, including Reiki, tarot, astrology and qabalah. Her craft specialties are jewelry making and fiber arts. She leads the Denver Tarot Meetup, the Denver Tarot Geeks and the Denver Reiki Co-op. Mala-making combines Joy's love of beading with her spiritual practice, and she is looking forward to sharing her passions.

Supply List for Mala Making Class

1. **Bead Cord**

I used a size 4 Griffin brand silk bead cord which has a wire "needle" attached. It comes in a 2-meter length (about 2 1/8 yards). Double check the size you get against the hole size of the beads you're using.

2. **108+ Beads**

I used 8 mm wooden beads in the sample. I've also used 8 mm semi-precious stones with beautiful results.

3. **109+ Spacer beads**

I used about 3 grams of size 8 seed beads.

4. **Fancy bead**

You'll want one larger, fancy-ish bead for the end called the "sumeru" bead. This bead will be the focal point of the mala, but it shouldn't be too heavy as that throws off the balance of the mala when you're using it.

5. **Accent beads**

Some extra different beads can be used to mark the 1/4, 1/2, and 3/4 way points on the main part of the mala or used to set off the sumeru bead. I used two 4 mm wooden beads on either side of the sumeru bead and a size 8 seed bead just above the tassel.

6. **Embroidery Floss**

A skein of embroidery floss that matches your beading cord can be used to make the tassel.

Optional items:

7. **(A beading needle—**If your cord doesn't have a needle attached.)

8. **(Straight pin—**I find it's helpful to have a straight pin on hand for various unforeseeable circumstances.)

9. **(Scissors—**I'll provide several pairs of scissors, but if you have an extra pair lying around, feel free to bring it.)

10. **(Bead board—**If you have a bead board, it's nice to use, but not necessary.)

It is very helpful to double check the hole sizes of your beads against your bead cord thickness. The sumeru bead at the end, and any accent beads flanking it, should have holes big enough for the cord to go through and then double back through again.

Julia Roberts wearing a mala in the movie Eat Pray Love.

