

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 6 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 large. If it's heavy it will throw 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 6 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.



Mala Suggestions

Hindu, Sikh, and Buddhist Malas

108 beads with a head bead

Islamic or Misbaha Malas

99 or 33 beads

Baha'i Malas

95 or 19 with 5 beads below

Rosaries (Christian Malas)

54 with an additional 5 beads below

Types of Beads

The following beads are suggested for specific purposes, but trust your intuition as well. Some Tulsi, Sandalwood and Rudraksha will be available in class.

Amethyst - Jupiter, Ajna (third eye) chakra, intuition

Carnelian - Sun, Swadhisthana (sacral) chakra, sexuality and courage

Citrine - Sun, Manipura (solar plexus) chakra, psychic protection, abundance

Bodhi Seeds - Buddha, spiritual knowledge and enlightenment

Bone - Tibetan Buddhism and Kali mantra

Clear Quartz or white beads - Buddha, pacifying mantras, Devi mantras

Hematite - Saturn, Muladhara (root) chakra, grounding and balance

Jade - Heart, prosperity, fertility

Lotus seeds - Laxmi, prosperity

Rose Quartz - Quan Yin, Anahata (heart) chakra, peace, mercy, patience

Rosewood - Ganesha

Rudraksha - Siva, Kali - to tame forcefulness

Sandalwood - Any, prosperity

Tulasi - Gyatri, Krishna, Vishnu, to appease

Bead Colors

Green - Tara, Ram

Red - Kali, Siva

White - Goddesses

Gold - Laxmi, Surya (sun)

Silver - Moon



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