

5 DHARMIC ELEMENTS MALAS

JapaMala is a string of prayer beads that supports the integration of the frequency of a mantra, an affirmation or intention. We offer five malas with specific properties based on each of the five dharmic elements.



Earth Element Mala

Red garnet is a stone of commitment. It revitalises feelings, symbolizes physical love. It enhances sexuality, trust and honesty to relationship. It helps us to feel grounded and connected to the present moment. If you are lacking energy, it releases energy blockages within the body, keeping you from your natural state of joy and vitality. You will use this mala when you like to reenforce the integration of your intention in the physical realm and to support the manifestation of your vision.



Water Element Mala

Moonstone brings happiness, a sense of nurturing and mothering. It symbolises new beginnings and supports inner growth. It soothes emotional instability and stress. This stone stabilises the emotions and provide calmness. Also, the moonstone aids the digestive system assimilates nutrients and eliminates toxins. It does stimulate the pineal gland and balance hormonal cycles. This mala is also beneficial to men in opening the emotional self. You will use this Water Element Mala when you like to tune into your emotional intelligence.



Fire Element Mala

Green Jade guides the spirit until it has a clear vision of who you are truly meant to be. The encouragement that you feel when connected to this element will deliver the motivation you need to self-sufficient, not only financially, but also in the love and happiness you form for yourself. Jade balances the heart frequency and supports self-confidence_ enhancement in health, happiness, success or relationships, Jade taps into an ancient dynasty of wisdom to guide you in how to bring it into your life. The Fire Element Mala supports you to take leadership from the heart.



Air Element Mala

Amethyst's ability to expand the higher mind also enhances creativity, vision and inspiration. It strengthens the imagination and intuition, and refines the thinking processes. It helps in the assimilation of new ideas, putting thought into action, and brings projects to fruition. It is a talisman of focus and success. The Air Element Mala supports you to clarify your mind, to direct your thoughts with intention and clear perspective.



Ether Element Mala

Clear quartz works on all levels of the energetic and physical bodies. It will amplify any energy with which it moves into resonance, including other stones, constantly broadcasting that energy into the earths electromagnetic field. This makes clear quartz an excellent stone to use for healing, manifestation or prayer work.

You will use the Ether Element Mala to establish a clear connection to Divine Guidance. The practice with this mala supports the alignment between your personal and the universal dharma.



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The malas are made by hand, with meditation, mantras, to magnetize the beads with a pure intention and positive energy.

The designs are based on numerology, the wisdom of gemstones and ancient teachings to support a clear alignment.

This series of Malas and designs have been created by Christelle Chopard (Amarun) founder of the DHARMI® Method.

How to magnetize your mala?

Each of the malas are created with prayers to enhance the frequency of it's properties in a clear, dharmic perspective.

You will choose a quiet space and time to center yourself for a peaceful VoE Meditation practice. It is best to magnetize your mala at the New Moon or at the Full Moon.

Facing the East_ You will focus on your intention, hold the mala in your two hands and bring it to your third eye. Visualize your intention as clearly as you can. Breathing deep, you will then place it towards your heart tuning into the frequency of your intention. Then, touching the ground, giving space for its manifestation on the earth and physical realm.

You will then repeat the same process in all three other cardinal points.

If you do it on the new moon you will turn counterclockwise.

If you do it on the full moon you will turn clockwise.

At the completion of the cycle, you sit in the center space and repeat your affirmation tuning into the frequency of your heart and initiate the process moving through the 108 repetitions giving space for the vibration of your intention to flow. Passing the beads one after the others in between your fingers of your right hand. You can repeat the process a few times until you find a clear atonement in your frequency.

At the completion, you will stay still for a few breaths. Then you visualize a light shining from within and a sphere of purple light all around you.

You can keep your mala in the cotton pouch in which you received it and use it regularly for balance and alignment. We suggest you to clear it energetically every three months. Contact us for more information: info@dharmi.com

How to use your mala?

After clarification of your intention and/or mantra. You will sit in sukhasana (cross legged posture) or in another comfortable way. You will take 5-10 minutes to tune in the clarification of all five bodies through a dharmic meditation to center yourself and tune into your intention. If you are a tribe member, you will setup your space honoring all four cardinal points and basic elements to direct your energy clearly through the practice. Then, you begin to repeat your affirmation or mantra, passing beads after beads beginning from the center. Stay in tune and centered repeating it softly. Along the way, you will find more and more clarity in the frequency in your breath, in your heart, in your whole being.

At the completion, take a moment to come back to the body and to connect with the environment that surrounds you.

For more information contact us at: info@dharmi.com - www.dharmi.com