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Mala of the Heart Book 'em Danno

Mala of the Heart. October 25, 2017 by napkinwriter As I sit in the evening turning my beads, remembering, praying, slowing down just a little bit, I open up Mala of the Heart, read one or two and am guided into a deeper place of being. Jai Uttal, musician.

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Heart Mala Blog Mala Beads for Intention Meditation

You may wear a Heart Mala, sacred mala necklace to use in your spiritual practice, healing, or for the pure joy of wearing a sacred necklace of beauty. We believe that by simply wearing a Mala, you are setting an intention to align with beauty, joy, healing and love.

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Inspiration of the Heart Mala Awakenings

A mala is a garland of prayer beads, traditionally used for meditation. Designed to be worn as jewelry, Silver & Sage malas have evolved to become both tools for meditation and personal talismans alike. Let your mala be a reminder of your dreams and intentions, and a wearable reflection of your spirit and your own life's journey.

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Mala of the Heart Book Reviews Books Spirituality

The number is the same as the sacred beads of a mala which connect the body with the spirit. The poets in this volume are from many traditions and different countries yet all share a common interest in the ardor of the heart.

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