

Sacred Malas

by David Romanoff

“Spiritual Blessings”



What are Sacred Energy Malas?

Mala beads are a string of beads traditionally used in prayer and meditation. Each custom **sacred energy** mala designed by David Romanoff has been deeply thought out and meditated on. All the stones have been carefully selected so that each mala exudes a desired energy. When crystals are placed directly on your body, they have a powerful vibratory effect that surges from the crystal to you. According to the law of physics, thoughts direct energy and energy follows thought. Each energy mala serves as a tool to help the thoughts of our consciousness connect with our body. Most of our malas are traditional 108 bead japa malas. However, some have 90 beads or less to achieve a desired length. Additionally, all tassels are custom handmade by David for each mala.

These malas have been smudged and cleansed with sage and palo santo prior to making them, to purify the stones. They have sat through a full sun and moon cycle, as well as received a sound bath which allows them to vibrate at their highest frequency.

It is our hope that your mala will bring you great joy and fill your life with positive energy.



This very special mala is made with hand selected Rudraksha beads from Nepal.

Each individual seed was picked with intent. The seeds were hand delivered to special monks to perform a Shiva Puja on them. These seeds were meditated on and blessed for several days. The spiritual prowess of these beautiful seeds is epic.

5 Mukhi - The paanch Mukhi Rudraksha symbolizes the 5 forms of Lord Shiva, representing Lord Rudra Kalagni. This divine Rudraksha helps in awakening the wearers Upa Guru meaning one's higher self and through that to God. Hence, these rare 5 mukhi beads are most widely worn beads by sages and students since ancient times.

About the stones & metals

BLACK OBSIDIAN

Obsidian is linked with the concept of darkness, and just like our ever-spinning planet and its phases of night and day, the human soul also contains elements of light and dark. A powerful protection stone, the Obsidian crystal meaning helps identify your dark side so that its healing properties can clear it away from your psyche. The Obsidian crystal stone meaning reminds us that everyone has a good and bad side. Instead of hiding from our inner truth, Obsidian shines a light on the negativity and clears it away, helping us to choose the path leading towards light and love. Incorporate the Obsidian crystal stone into your daily meditation practice and use its spiritual medicine to tell that devil on your shoulder to take a seat because it's time for your

angelic side to come out and play. Like a spiritual disinfectant, it's ready to deep clean the counter tops of your inner spirit, leaving you feeling light, refreshed, and in control of your destiny.

RUDRAKSHA SEEDS

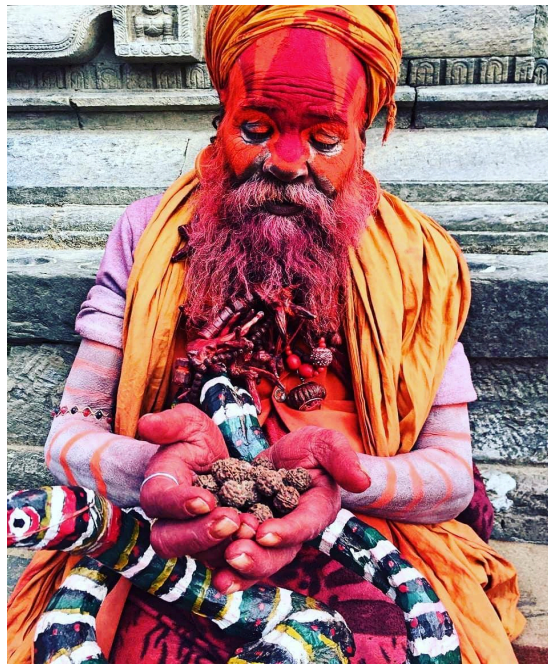
It is said that Shiva ji once went into a deep meditation with an aim of bringing happiness to all living creatures. As per the Shiva Purana, when he was finished with his meditation and when he woke up, his tears fell on Earth. These tears became the seed for trees, and they were known as Rudraksha trees. Hence, Rudraksha meant "Tear of Lord Shiva", and the seed capsule from the tree is used for prayers as well as for other benefits. Whenever we see a picture or any depiction of Shiva, we see him wearing Rudraksha on his head, arms, and hands. Thus, many religious practitioners started to follow his paths too. Some even believe that the Rudraksha contains the secret of the entire evolution of the universe inside it. But, mostly, people wear it to lead a peaceful life and for deeper meditation. It is said to assure good health, gain empowerment and lead a fearless life. Moreover, wearing the Rudraksha is also said to protect the wearer.

The eye of Rudra Shiva is considered to be the most potent manifestation of the Cosmic Force. Hence, the Rudraksha is the object of veneration and also the source to reach the higher self. Rudraksha is often believed to symbolize the link between the earth and the heaven. Rudraksha seeds are very rare and precious. Spiritually they have been worn and used for meditation, japa mantra, and pujas/fire ceremonies for many centuries. Asian Yogis and Monks found that merely wearing the Rudraksha beads gave them astonishingly tremendous amount of tranquility, concentration that helped them meditate for a long period of time with spectacular control over their mind. Buddha wore Rudraksha beads, along with the Dalai Lama, Gandhi, and many enlightened Indian yogis.

Rudraksha bless one with peace of mind; protects against evil doers and spirits; protects the wearer against an early or untimely accidental death; if wearing the bead upon dying one would be released from the karmic cycle of birth and death; blesses one with nirvana, moksha, peace and prosperity. Each Rudraksha acts like a bio-energy generator, charging the wearer's energy field, chakras, kundalini energy, and the 108 sensitive nerve centers in the human brain. The Rudraksha trees and beads found in the Himalayas are said to hold the greatest power and strength, as they are fed by the holy lands and rivers of the Himalayas.

Most Rudraksha Malas- unless specifically made otherwise- use 5-faced or 5 Mukhi Rudraksha beads, which represent Shiva or the Absolute. It has many benefits & properties. The 5 Face Rudrakshas are said to be beneficial to heal the liver, kidneys, lungs, heart, breasts, sexual disorders, memory, bone, arthritis, ears, thighs, and regulate blood pressure, diabetes, fat, and purifies the blood. Overall, it is great for one's health. It is also said to promote fame, peace & prosperity, and dissolves karma & fear. It is used for Spiritual Evolution. Wearing Rudrakshas result in the destruction of negative karma from previous births that cause difficulties in the

present life. Rudrakshas we are literally carrying sacks of oxygen, carbon and hydrogen against our bodies as we soak up the vibration of these pure living organisms.



Pictured: Monks Meditating and Praying in Nepal with these actual Rudraksha Seeds. Shiva Puja was performed on them.

FRESH WATER PEARLS

Fresh Water Pearls are considered to be gems of nurturing and nourishment, as their origin is a result of self-nurturing. That's why it's no surprise that pearls have a centuries-long reputation for their healing properties, especially in traditional Asian medical systems, and is also why pearls have many metaphysical properties akin to crystals. As spiritual tokens, pearls are said to assist in calming and centering, as well as nurture your faith, loyalty, integrity and purity. They are also strong symbols of femininity, helping women connect with their "inner goddesses" and obtain the ultimate "feminine energy." Perhaps most importantly, it is said that pearls have specific frequencies of energy vibrations which can re-balance deficiencies in the human body when they are worn. In the realm of physical healing, pearls have been used throughout history to help treat the digestive tract, muscular systems and skin. Fresh water pearls are credited with a very strong absorbing nature; if a happy person wears these pearls, the pearls will be imbued with happiness.

JADE

Jade is a special stone that is believed to promote wisdom, balance, and peace. It has spiritual attributes, which are extremely distinct. This prehistoric sign of calm and peace is a unique, strong piece of tool that encourages our consciousness to increase at a higher level. However, jade gemstones perform such function in a restrained and humble way. Since the prehistoric time, Jade was regarded as a gemstone of nobility, power, and royalty most particularly in the East. Jade is a special gemstone of healing and stability. It relieves anxiety and lightens emotions developed from fear. This stone is one of the many gemstones, which never allow any negative energy or negative influences to affect the individual wearing it. It does not allow the entry of any external negative vibration. It simply protects people from getting disturbed by negative influences as it continues to emit cleansing and calming aura. Jade can also establish a closer connection between the different stages of the intellectual part of the body.

GOLD

Gold is the color of success, achievement and triumph. Associated with abundance and prosperity, luxury and quality, prestige and sophistication, value and elegance. It is linked to masculine energy and the power of the sun, compared to silver which is associated with feminine energy and the sensitivity of the moon. Optimistic and positive, gold adds richness and warmth to everything with which it is associated - it illuminates and enhances other things around it. At the uppermost level, this is a color which is associated with higher ideals, wisdom, understanding and enlightenment. It inspires knowledge, spirituality and a deep understanding of the self and the soul. Gold is generous and giving, compassionate and loving, the benefactor or patron, sharing its wisdom, knowledge and wealth with others.



About the Artist

David Romanoff has been inspired his entire life through art and music. From a young age he was creating art pieces using different mediums as his canvas.

Creating these energy malas is a culmination of a true love for art and jewelry, as well as a desire to learn about the many facets of these powerful energy stones. The creation process is done

with absolute intent and is a form of meditation for David. Each mala requires and deserves complete focus, so that all the elements will blend together harmoniously.

David has been a student and teacher of Aikido, Budo, and the philosophies therein, for more than 25 years. Aiki meaning the harmony of nature. A practitioner of Zazen meditation is a large part of his daily routine. "The art of focused breathing is paramount to channeling creative life giving energies."

They are a true labor of love....



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