

## MALA GOLDSTONE TOPAZ MEDITATION CHOKER

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Easy



1h30

#### How to make a meditation mala?

A mala is a necklace used for meditation and recitation of mantras (prayers) in the Buddhist and Hindu religion. For others it is also a lucky charm accessory depending on the stones chosen. This necklace is traditionally composed of 108 pearls but nowadays many malas exist with a number of different pearls. In this tutorial, the necklace is made up of 76 goldstone beads. The goldstone is a glass pearl imitation "sunstone" or "Sunstone" containing small flakes of copper that give them a nice flicker just like the original also composed of the same type of glitter.

You can adapt this meditation necklace to your taste and need by adding pearls or choosing different gemstone beads such as malachite or sodalite. Be careful though, the size of the holes. You can choose another wire finer like silk thread just as resistant as linen for example.

##### Step 1 :

Make a tassel with a fork as explained in this tutorial " PureCrystal cabochon earrings Scarlet Lotus " or directly put a tassel ready on the thread. You can use a big needle to pass the linen thread through the pompom. Place the pompom in the center of the thread.

##### 2nd step :

Thread a pearl on each side of the pompom and tie a knot. You can slide the knot to the pearl and then pin it against the pearl using the nail of your shoot. Another technique is to place the tip of a needle in the center of the knot and place the tip against the bead to force the knot to tighten at that location.

##### Step 3:

Thread a new bead, tie a knot and so on until you have threaded 76 beads, so 38 beads on each side as on the model or more if you wish. Tie the two ends of the remaining yarn with a double knot and add a dab of glue to the knot.



##### Step 4:

Attach pendants to the center of the mala using open rings. (see Technical sheet: How to open a ring to make a jewel? )



Your mala is over! To you serenity!



## Which material to use for Mala Goldstone Topaz Meditation Choker?

### SUPPLIES



7x0.8mm Open Jump Rings - European-made -fine Gold plated x50  
Ref. : ACC-307  
Quantity : 1



Linen Thread 1 mm Natural x 1 m  
Ref. : FCR-249  
Quantity : 2



Metal charm ethnic half circle 12 mm fine Gold plated  
Ref. : META-245  
Quantity : 1



Glue Cléotoo x100g  
Ref. : OUT-476  
Quantity : 1



Faceted glass pendant 17 mm gold tone/Topaz Blend x1  
Ref. : PEND-172  
Quantity : 1



Cotton Imitation bobbin to realize Tassels Sand x120m  
Ref. : SEW-871  
Quantity : 1



Beads Faceted round beads 8 mm Gold Stone x10  
Ref. : SP-543  
Quantity : 8

Result