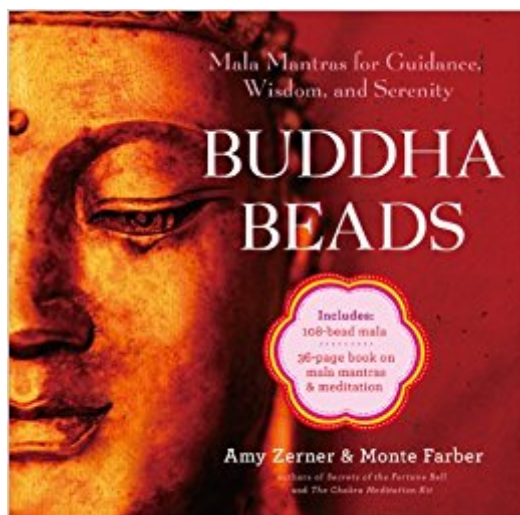


The book was found

Buddha Beads: Mala Mantras For Guidance, Wisdom, And Serenity



Synopsis

Relax and reduce stress with the Buddha Beads kit. ã ã Talented jewelry designer Amy Zerner has created a special prayer mala to wear on your wrist, adorn your neck, or place on an altar. She has made this sacred intention tool to absorb positive, healing energy and reflect it back to the person who wears it.ã ã In the inspiring book, bestselling spirituality author Monte Farber shares a philosophy that can help you stay mindful, compassionate, and peaceful. Hold your prayer mala and follow his simple instructions for breathing, counting, and chanting to help you:ã ã ã ã ã ã ã ã ã ã ã Develop spiritual skillsã ã ã ã ã ã ã ã ã ã ã Clear your mind, body, and spiritã ã ã ã ã ã ã ã ã ã ã Energize your lifeã ã ã ã ã ã ã ã ã ã ã Open your heartã ã ã ã ã ã ã ã ã ã ã Become centered and groundedã ã ã ã ã ã ã ã ã ã ã Restore your sense of well-being ã ã The Buddha Beads kit also makes a thoughtful present, enabling you to share the serenity that comes with stillness and inner peace.ã ã The kit includes a special mala bracelet with charm plus a beautifully illustrated 36-page guide.

Book Information

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Customer Reviews

Monte Farber and Amy Zerner have shared their unique brand of life mastery and artistic excellence with their readers in their award-winning works—including Karma Cards (Sterling), Psychic Circle (Fireside/Simon & Schuster), and The Chakra Meditation Kit (Sterling)—which have sold more than two million copies and been published in 14 languages. They claim their

multidimensional relationship as lovers, creative collaborators, and successful entrepreneurs can be attributed partially to their application of the intuition-building skills and ancient wisdom they have studied before and during their 30-year marriage and friendship; compassion and a sense of humor comprise the other part.

Bought this for my wife and she doesn't like the beads at all. It's all about feel for her and the beads felt like plastic. It just feels cheap and she wants these to be very special if she is going to meditate with them.

born a hindu, but have always considered Buddhism my inner core. love the necklace, its amazing, and the book is a great read. after purchasing it in nov 2013, while looking for some symbol to put around my neck to represent myself, I found this. it has changed my entire life ever since.

This was a great book. The mala beads were perfect for someone beginning their meditation practice. The book was informative and clear. I would definitely buy this again or recommend this for those interested in this starting this practice.

Very cool. I bought this for my mother for Christmas along with a pillow thing and she uses it all the time. Now my wife wants one too. Great, now I have to have some pillow in my house to trip over. Nice product though.

This is a wonderful kit I love the beads and get many compliments on the when I have them with me. The book that comes with is a wonderful guide on how to use the Buddha beads for practice and a few other things. :)

Bought this for my son who expressed an interest in japa mala. It was perfect for him!

Great intro to meditation. The beads are beautiful- I get compliments on them all the time!

The book is well written and easy to understand and the beads are beautiful . I would recommend this to anyone looking to learn .

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