

Mala Practice

(Adapted from The Three Tenets Mala by Roshi Egyoku, ZCLA)

TO BEGIN, rub your palms together (or the mala between the palms of your hands) and say: "I affirm the Oneness of all life. All things co-exist in relationship to each other."

The SITUATION bead: "I call on everyone to witness my process." (Instead of everyone, you can call on parents, teachers, or people you respect)

State the situation: who, what, when, where, and how you are being affected. Be as specific as you can.

The three beads following the SITUATION bead:

Bead 1: "I acknowledge the awakened nature of all beings."

Bead 2: "I meet all beings with respect and dignity."

Bead 3: "I invite all affected people (stakeholders) into my practice."

The OPEN-MIND bead: "I practice Open Mind (Not-knowing)."

The three beads following the OPEN-MIND bead:

Bead 1: "I open my mind by releasing my knowing." (What beliefs, opinions, and judgments are you holding?)

Bead 2: "I open my heart by releasing my fears and resentments." (What fears and resentments are you recognizing?)

Bead 3: "I open my being to new possibilities."

The OBSERVATION bead: "I practice Observation (Bearing Witness)."

The beads following the OBSERVATION bead:

With each bead, express one ingredient that arises from the situation. Say what you notice, see, hear, feel, sense, wonder, believe, observe and so forth. For example, it may be helpful to say, "I notice that..." or "I feel that..." , saying as many ingredients as arise for you. Give yourself enough time for everything to arise.

The ACTION bead: "I use my energy and love to serve the wholeness of life.

I will _____." (state what you plan to do)

The three beads following the ACTION bead:

Bead 1: "By this action, I serve the situation."

Bead 2: "By this action, I serve _____." (say name)

Bead 3: "By this action, I take care of myself by _____." (name the way you will care for yourself)

The LOVE bead: "I affirm Love as the great force of my life."

The three beads following the LOVE bead:

Bead 1: "I offer my gratitude and thankfulness to _____." (say name)

Bead 2: "I offer the merit of this process to _____." (extend outward to someone other than yourself and say name)

Bead 3: "I humbly take my place in the Circle of Life."

TO END, rub your palms together (or the mala) and reaffirm the Oneness of Life.

(Goal) -> **Situation** -> **Open Mind** -> **Observation** -> **Action** -> **Love**

