

HOW TO MAKE A THREE TENETS MALA

You will need to assemble the following supplies to make your mala:

1. Twenty-six to thirty-six beads (recommended size 6mm-8mm). You can buy your beads online, e.g., from [Joann](#), [Etsy](#), [Beebee craft](#), [Fire Mountains Gems](#), [Michaels](#), or a local bead shop in your area. If you have malas that you are not using, consider repurposing those beads. Wooden beads are lighter than ceramic beads.
2. Five larger beads, preferably each will be different. These main beads are often slightly larger or different in surface texture or shape than the rest of the beads. These 5 main beads represent “the Situation, Not-Knowing, Bearing Witness, Do (Action), and Love.” Take your time selecting the large beads since each will have a different feeling. What does Not Knowing feel like to you? What does it look like to you? What about Bearing Witness? The Action/Doing bead? The Love bead?.
3. Thirty-five to forty-five (or more) spacer beads, each with a hole size of 0.7-1mm. Although these are not essential, using them provides space between the mala beads and make the mala easier to use.
4. A tassel to mark the beginning of the mala. The beginning of the mala is noted in the diagram on page 2 with ‘Begin Here.’ Or, you may have something that you can attach (see example in the mala photo above.)
5. Enough cord for stringing the mala. We recommend [S-Lon cord](#), [silk](#), or [hemp](#) cord. The length you use will vary depending on the size of your beads, how many beads you are using, and how many times you may need to restring.
6. Crazy glue or nail polish. This is used to make the cord ends pointy for stringing. A dab of glue is also used for securing the knot. Fabric cement can also be used for securing the knot, if you have it.
7. Scissors.



8. Lots of love, imagination, and attention! Mala makers will often mix and match beads and let their creativity flow.

A paper plate can be a good surface for laying out the pattern of your mala before you start stringing the beads. When your mala is complete, you can bless and cleanse it by using incense, sage, breath, wind, sunshine, or whatever you use for cleansing.

