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The Traditional Rules of Japa Meditation: 1

1.Keep your mala beads in a clean place, preferably on your altar or in a mala bag.

2.Before wearing your mala, touch the guru bead on your bowed forehead, ideally at your third eye center.

Do not let anyone touch or use your mala.



3.Avoid showing your mala to other people and especially keep the guru bead hidden from view.

4.Remove your mala when defecating,sleeping or having bed pleasures.

5.Keep your mala beads clean and well maintained.If the beads become chipped,cracked,or broken you should replace

6.The most favorable time for Japa meditation is Brahma muhurta, the time of Brahma, at one and a half hours before sunrise. This is when the Sattva Guna (purity or steadiness) is most predominant. The second best time is at sunset, and the third best is noon.

7.Before sitting for Japa take a bath or wash your hands, feet, and face and brush your teeth. Wear clean clothing.

8.Face in the direction of East or North when practicing japa.East and North are considered to be “the abode of Gods” and the most beneficial and potent direction

9.Have a clean and special seat prepared for your japa meditation. Ideally, sit on a rug and use a meditation cushion.

10.Observe silence and remove all external distractions during japa.

11.Maintain a steady seated meditation pose, such as Padmasana, Siddhasana or Sukhasana. Make sure the pose is comfortable and stable so it will not create distractions.

12. Do not hold your mala necklace to below your navel while practicing japa.

More information will follow.