

# NEWSLETTER

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your questions!

[lmblanchard\\_website@outlook.com](mailto:lmblanchard_website@outlook.com)

## Q & A Column

**Q:** "What is the purpose of using a mantra in meditation and do you have any to recommend?"

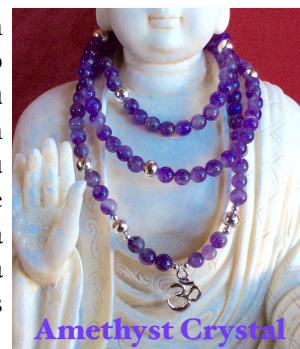
- David

**A:** David, a mantra in any meditation practice can greatly transform your experience, allowing you to reach deeply into your consciousness, where you can truly experience a profound sense of peace and relaxation. A mantra can help set the tone of your meditation by bringing the energy that the mantra holds. Use the mantra "**Om Shanti Om**" if you want to bring a deep sense of peace. Try "**Ananda Hum**", for arising joy in your heart, or, "**Moksha Hum**" if you want to experience a liberation of something that is holding you back. Repeat your mantra for 21 minutes, or use Mala beads by reciting your mantra 108 times doing three rounds around the mala strand; once each for body, mind and spirit!

Blessings! - LMB

## Meditating with Mala Beads

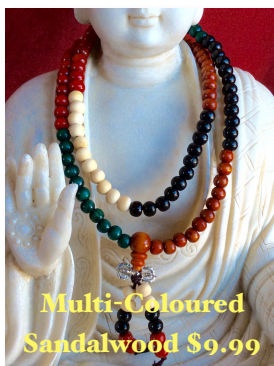
Mala beads are a wonderful meditation tool that can be used to help you keep focus in your meditation practice. As you hold your mala beads while in meditation, you count each bead as you recite a mantra. When you've gone around the entire length of the mala strand, you know that you've repeated a meditative mantra for 108 times; which is a very auspicious number.



Amethyst Crystal

To count your mantras, hold your mala in your hand and turn each bead with your thumb and middle finger. Since the index finger is believed to represent 'ego', it is not recommended to be used to turn the beads, rather, use your middle finger.

Starting at the first bead that is connected to the larger central bead, known as the 'guru bead', go all the way around your mala as you repeat a mantra, until you return to the guru bead, the bead that dangles from the mala. At the guru bead, pause for a moment as this signals a time for quiet reflection. When it's time to resume with your mantras, never cross over the guru bead, instead, turn around and continue in the direction from where you came. You can repeat as many rounds of the mala as you want. Know that with each repetition, you just deepen your meditative experience. It's widely believed that when you use a mala for meditation and make it all the way around the mala strand, you will have found some form of enlightenment.



Multi-Coloured  
Sandalwood \$9.99

**Visit my website to get your Mala Beads at a very special price by using the coupon code below!**

**Malas are available in sandalwood in multiple colours and also in amethyst crystal.**

## Gratitude Coupon Just for You!

As a gift to you for subscribing and reading my newsletter, I would like to give you a "**Gratitude Coupon**" which will provide you with **30% off** your entire purchase on my website until May 1st.

### 30% Off - Gratitude Coupon, pass-it-on!

30% off your entire purchase from my website until May 1st, 2016.

On check-out, use coupon code: MALA

[WWW.LMBLANCHARD.COM](http://WWW.LMBLANCHARD.COM)

**New mala beads for sale on my website, \$7.99 each, pick your colour!**

Red  
Sandalwood



Green  
Sandalwood



Orange  
Sandalwood



White  
Sandalwood



Black  
Sandalwood



## Meditation Stone of the Month

### Amethyst

**Amethyst** is a deeply healing and spiritual stone which has been linked to spiritual awakening and enlightenment throughout the ages. **Amethyst** can be used in all types of meditation, especially if you want to work on opening your upper chakras; notably the Third-Eye and Crown chakras. Keeping a few gems in a small dish or bowl by your bedside will help to bring about revealing dreams of a spiritual nature as you sleep. This gem is perfect for giving to someone as a gift which will help the recipient connect with their spiritual nature, bringing about deep peace and a sense of inner comfort.



**BLESSINGS TO ALL!**



Follow me at <https://www.facebook.com/TheGoldenLinkToOneness/>