



# Jasper's Gems

## In The Spotlight: Gratitude Beads

In all religious & spiritual traditions the act of giving thanks is practiced to assist in re-aligning to the sacred. These special bead strings are a specially designed tool for you to use in your daily practice of gratitude. They will help align you with the energy of gratefulness and joy. More importantly, they are an aid & comfort during times of struggle and adversity.

The time we need to practice gratitude the most is when trials and tribulations are present in our lives. If you are persistently suffering with feelings of fear, anxiety, scarcity or lack, remember to count your blessings. No matter how small or large, acknowledging them puts our mind set in a positive frame of reference. When we focus on the many things we have to be thankful for in our lives, we create a new relationship with adversity.

This is a useful tool for everyone, no matter who you are or where you are from, and it is a great way to focus your everyday thoughts to create a more positive and happier life.

It has been proven in study after study that increasing gratitude benefits your personal health & overall happiness, aids in a speedier recovery from surgery & faster healing of many diseases and improves our personal relationships at work & at home.

These beads were specifically designed and charged with loving energy for the purpose of practicing gratitude.

Each strand is a unique, one-of-a-kind creation.

### Count your blessings one bead at a time.



The special focal bead on this set of **gratitude beads** is made through a project that provides sustainable employment for women in Kenya. The sale of these beads helps enable these women, with little education and few prospects for their future, to support their families. Over thirty years old now, the project provides fair wages and excellent working conditions.

The beads are made with clay from the foothills of Mt. Kenya by women of the Kikuyu tribe, who form it into beads without the aid of machinery. Each bead is hand shaped, painted, and fired at least twice. The richness of the colours and the finish is extraordinary. This one is called 'Path by the River'.

## Table of Correspondence: Stone Attributes

<b>abundance</b>	alexandrite, azurite, calcite, chrysoberyl, citrine, fluorite, tigereye
<b>balance</b>	agate, snowflake obsidian, tourmaline, unakite
<b>courage, confidence</b>	carnelian, diamond, garnet, jade, jasper (red), ruby, topaz
<b>creativity</b>	aventurine (yellow), citrine, jasper (yellow), rutilated quartz, topaz
<b>friendship</b>	rhodochrosite, rhodonite
<b>gardening, plants</b>	moss agate, jade
<b>goddess stones</b>	amber, aquamarine, emerald, lapis lazuli, moonstone, obsidian
<b>guidance, enlightenment</b>	amazonite, aventurine, labradorite, lapis lazuli, opal, sapphire
<b>harmony</b>	apatite, chrysoprase, rose quartz, rhodochrosite, sodalite
<b>intellect, academics</b>	agate, apatite (golden), citrine,
<b>intuition</b>	amethyst, lapis lazuli, moonstone,
<b>love</b>	emerald, garnet, lapis lazuli, moonstone, rose quartz,
<b>loyalty</b>	agate, diamond, garnet,
<b>legal</b>	hematite
<b>luck</b>	aventurine, chrysoprase, fairy cross, jade, leopardskin jasper, malachite, opal
<b>marriage</b>	agate, peridot
<b>meditation</b>	aventurine, moss agate, serpentine, sodalite,
<b>mental health</b>	amethyst, blue lace agate, garnet, goldstone, hematite, jet, onyx, peridot, rose quartz
<b>money, prosperity</b>	amethyst, bloodstone, chrysoprase, citrine, emerald, malachite, sapphire, tigereye, turquoise
<b>peace, tranquility</b>	amethyst, blue topaz, aquamarine, blue lace agate, hematite, sapphire, sodalite
<b>physical health</b>	agate, aquamarine, bloodstone, hematite, jade,
<b>power</b>	ruby
<b>protection</b>	amethyst, chrysoprase, coral, jet, lapis lazuli, malachite, moonstone, obsidian, onyx, tigereye, turquoise
<b>purity, purification</b>	bloodstone, diamond, jasper (white), pearl, quartz crystal
<b>rain</b>	bloodstone, moss agate,
<b>self-confidence</b>	amazonite, iolite
<b>spirituality</b>	amethyst, calcite, fluorite, howlite, lapis lazuli, malachite, moonstone, opal, peridot, quartz crystal
<b>success</b>	citrine
<b>truth</b>	agate, azurite, emerald
<b>visions</b>	amazonite, aventurine, calcite, hematite, labradorite, obsidian, opal, turquoise
<b>wisdom, intellect</b>	amber, chrysoprase, citrine, jade
<b>women's needs</b>	aquamarine, coral, garnet, moonstone, pearl

*Sacred Strands* is a gathering place for lovers, creators, collectors, and vendors of prayer beads, rosaries, malas, and other sacred strands. I am one of the founding members. Please check out the website and join us, if interested.

<http://sacredstrands.ning.com>

## Table of Correspondence: Stone Colours

<b>Red</b>	Courage, energy, activity, health.
<b>Pink</b>	Healing, friendship, tender romantic love.
<b>Orange</b>	Changing luck, power, controlling a situation, rapid change, energy.
<b>Yellow</b>	Creativity, mental power, wisdom, scholarship, generosity, prosperity, success, cheerfulness.
<b>Green</b>	Marriage, harmony, balance, handicraft, abundance, joy, luck, money.
<b>Light blue</b>	Harmony, understanding, journeys, peace, spiritual healing.
<b>Dark blue</b>	Spirituality, spiritual healing, self-mastery.
<b>Purple</b>	Breaking bad luck, protection, psychic and spiritual growth, prosperity, success.
<b>Black</b>	Powerful protection, defense against dark forces, binding.
<b>Brown</b>	Common sense, pragmatism, material abundance.
<b>White, colorless</b>	Purity, spiritual guidance, choosing the right path, centering, clear inner vision

### Ginger Mint Body Glow

By Janice Cox

This invigorating traditional Thai treatment uses honey to moisturize and sesame seeds, lavender, and mint to cleanse and energize. Makes 8 ounces (1 treatment).

- 1 cup of honey
- 2 cup sesame seeds
- 2 teaspoons fresh ginger mint or 1 teaspoon dried
- 2 teaspoons fresh lavender or 1 teaspoon dried

1. Mix honey, sesame seeds and herbs into a thick paste.  
2. To use: Rub paste slowly all over your body, taking time to deep cleanse and exfoliate dead skin cells. Rinse well in a warm shower and moisturize all over using a light oil such as sesame or almond.

**Tip:** Ginger mint has milky yellow and light green leaves with a mild ginger scent and flavor. It makes an attractive potted plant and is great in cooking and cosmetic recipes.

*Janice Cox and her daughter, Lauren Cox, recently co-authored a book, EcoBeauty: Scrubs, Rubs, Masks, and Bath Bombs for You and Your Friends (Ten Speed Press, 2009).*



My two cats, Minoux and Rudy, are now the best of friends. Minoux, the 'Queen of the Couch', will now share her space with Rudy.

# The Meaning of 108 beads on a mala

On a mala, or set of mantra counting beads, there are generally 108 beads, or some fraction of that number. There are many reasons that have been given for having 108 beads on a mala from spiritual traditions around the world.

**9 times 12:** Both of these numbers have spiritual significance in many traditions. 9 times 12 is 108.

**Smaller divisions:** The number 108 is sometimes divided, such as in half, third, quarter, or twelfth, so that some malas have 54, 36, 27, or 9 beads.

**Desires:** There are said to be 108 earthly desires in mortals.

**Lies:** There are said to be 108 lies that humans tell.

**Delusions:** There are said to be 108 human delusions or forms of ignorance.

**Praiseworthy souls:** There are said to be 108 qualities of praiseworthy souls.

**Paths to God:** Some suggest that there are 108 paths to God.

**Time:** Some say there are 108 feelings, with 36 related to the past, 36 related to the present, and 36 related to the future.

**Heart Chakra:** There are said to be a total of 108 energy lines converging to form the heart chakra. One of them, sushumna leads to the crown chakra, and is said to be the path to Self-realization.

**Planets and Houses:** In astrology, there are 12 houses and 9 planets. 12 times 9 equals 108.

**1, 0, and 8:** Some say that 1 stands for God or higher Truth, 0 stands for emptiness or completeness in spiritual practice, and 8 stands for infinity or eternity.

**Sun and Earth:** The diameter of the Sun is 108 times the diameter of the Earth. The distance from the Sun to the Earth is 108 times the diameter of the Sun.

**Moon and Earth:** The average distance of the Moon from the Earth is 108 times the diameter of the Moon.

**Meditations:** Some say there are 108 styles of meditation.

**Breath:** Tantra estimates the average number of breaths per day at 21,600, of which 10,800 are solar energy, and 10,800 are lunar energy. Multiplying 108 by 100 is 10,800. Multiplying 2 x 10,800 equals 21,600.

**Goddess names:** There are said to be 108 Indian goddess names.

**Gopis of Krishna:** In the Krishna tradition, there were said to be 108 gopis or maid servants of Krishna.

**Hinduism:** 108 is said to refer to the number of Hindu deities. Some say that each of the deities has 108 names.

**Islam:** The number 108 is used in Islam to refer to God.

**Jain:** In the Jain religion, 108 are the combined virtues of five categories of holy ones, including 12, 8, 36, 25, and 27 virtues respectively.

**Sikh:** The Sikh tradition has a mala of 108 knots tied in a string of wool, rather than beads.

**Buddhism:** There are said to be 108 virtues to cultivate and 108 defilements to avoid.

**China:** Chinese astrology says that there are 108 sacred stars.

**Sanskrit alphabet:** There are 54 letters in the Sanskrit alphabet. Each has masculine and feminine, shiva and shakti. 54 times 2 is 108.

Regardless of the meaning of 108, it is important that if a mala is used to count mantras or intentions, they are to be remembered & repeated with sincerity, devotion, feeling, and full attention. The meru is a larger bead, not part of the 108. It's the guiding bead, the one that marks the beginning and end of the mala.

## Upcoming Events

### **"Mystics & Mysteries" Psychic Fair: Saturday, February 6<sup>th</sup>, 2010**

Faerie Moon New Age Gift Shop is hosting a series of Psychic Fairs/Spiritual Expos. The goal is not only to provide readings, products and spiritual services to the public but to provide information and promotion for the pagan and spiritual community at large. Lots of free parking and interesting conversation! Light lunch and drink will be available. Products available will include jewelry, gemstones, books, crystals, incense, candles, chain mail, t-shirts, artwork, fantasy, magickal, and spiritual items.

**Time:** 12:00 p.m. - 8:00 p.m.

**Location:** Royal Canadian Legion, 9 Tollgate Road, Brantford, ON

**NO ADMISSION FEE**

For more information, check out the website.

<http://www.mysticsandmysteries.ca/>

### **Next Month:**

- In the Spotlight: New Designs for 2010
- Upcoming Events: A Busy Season Ahead

### **Jasper Moon**

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