

# *Wandering Spirit Beads*

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## **Frequently Asked Questions**

### **Why should I meditate?**

Meditation allows us to slow our minds and slip into a state of deep relaxation, refreshing our bodies, minds, and spirits. Taking time to meditate on a regular basis can help bring some balance into our hectic lifestyles. It provides the means for sifting through the noise of the busy world around us to profoundly contemplate and reflect on the things that are important to us. A proper diet, regular exercise, and a good night sleep helps keep your body fit. Adding regular meditation to your fitness routine not only enhances your body care, but provides the means to help keep your mind and spirit fit as well.

### **What is the difference between meditation and prayer?**

Prayer involves the communication between self and a higher power. Reasons for praying vary from worshipping a deity to requesting help or guidance to confessing transgressions. Sometimes we pray simply to express our gratitude or convey our thoughts and emotions. While meditation is not required to pray, the power of a prayer can be dramatically enhanced while in a meditative state.

### **What sort of things can meditation help me achieve?**

Meditation can help you achieve a variety of goals from simple relaxation to discovering your life's purpose. While the act of meditation itself will not achieve a specific goal, it provides a tranquil situation where your rested mind can freely ponder ideas or actions that may have otherwise eluded your conscious thought.

### **Why use beads to meditate or pray?**

Wearing or holding a strand of beads provides focus during meditation or prayer. Combined with the user's intention, the metaphysical and healing properties of the gemstones can help manifest a desired goal, in addition to reducing stress and producing clarity of vision while in a deep state of meditation.

### **Why make my own meditation beads?**

The act of stringing the beads and knotting between the beads promotes a higher degree of attention to the purpose of the meditation tool while creating it, putting your own energy into the finished product. This makes the strand of beads truly unique and much more potent than one purchased ready-made.

### **Why should I create sacred space before I make my meditation beads?**

Working in sacred space can simply mean that you clear your mind of outside issues prior to starting. Thoughts of children's schedules, the bills you still have to pay, what you'd like to have for dinner, what's waiting for you at work tomorrow, the disagreement you had with someone earlier, etc., are all distractions. They prevent you from focusing the proper energy into your project. If your goal is to place a specific energy into your beads as you string them, the energy of these other issues will find their way into your project if you don't take proper care to tune them out. Creating sacred space allows you to prepare your mind, body, and spirit for the task of creating your beads and then using them. Wandering Spirit Beads teaches basic methods for creating sacred space and all workshops are conducted within sacred space. Your own practices may vary based on your interpretation and beliefs.

### **Why use semi-precious gemstones?**

Each stone possess its own unique metaphysical energy. To achieve the optimum results, one should employ a tool that can provide assistance in the specific areas of interest. For example, to meditate on healing a relationship, use a tool made of rose quartz, the stone of universal love. To focus on spending time between the worlds to connect with your animal totem, choose something made of leopardskin jasper.

### **How do I take care of my meditation beads?**

Each bead kit comes with instructions for assembly and care. Typically, stones should just be wiped clean with a soft cloth. If grime builds up between the beads, a very soft toothbrush can be used to clean them (preferably one you are no longer using on your teeth). Silver components may require some occasional polishing with a special tarnish removing cloth. The more silver is handled, however, the less it will tarnish.

### **Can I just use someone else's meditation beads?**

Using someone else's meditation beads is not recommended. Due to the intimate relationship between the meditation beads and the user, it is important to think of the strand of beads as a personal tool. Your energy is absorbed by the beads whenever you use them, so the beads become more effective each time they are used. Therefore, you should handle only your own beads so that your energy doesn't interfere with someone else's work and vice versa.

### **Can I have more than one meditation tool?**

Definitely! Since we meditate for a variety of reasons, we should have a variety of tools at our disposal. Just as a hammer performs a different function than a screwdriver, meditation beads made of picture jasper, for example, works differently than one made of malachite – picture jasper facilitates clear visions and the ability to see the bigger picture, while malachite works on transformation. Use the appropriate tool for each situation.

### **Can't I just have one meditation tool with a variety of beads?**

Yes, but including a multitude of purposes in one tool diminishes its effectiveness. You can create a general tool to use for good luck, self-confidence, prosperity, abundance, unconditional love, healthy relationships, spiritual enlightenment, etc., but that one-size-fits-all approach typically isn't as effective.

However, creating an appropriate combination for one strand of beads can help you focus on the various aspects of a single goal. For example, if you'd like to focus on enjoying your job more, you might select a variety of stones whose energy will work together to facilitate healthy relationships, good fortune, self-confidence and career success. This strand of beads would be used for promoting your career, but may not be effective for other goals, such as meeting your spirit guides on the astral plane. Therefore, it's recommended that an appropriate tool be created for each situation.

### **Do I have to say a specific prayer or mantra when I meditate?**

No. Although some religious practices designate specific prayers or mantras to recite silently while in meditation, some don't require you to say anything at all. You choose how you wish to use the meditation beads based on what works best for you and what makes you feel most comfortable.

### **Do I even have to pray at all?**

No. The beads are designed to assist in bringing about a sharper concentration, no matter what the purpose of your meditation. Sometimes the purpose of meditation is simply to relax.

### **What if I want to pray while using the beads? Is that okay?**

Yes, definitely. Prayer is a natural way to ask a higher power for help or guidance. Most people do this whether they call it "prayer" or something else.

### **Does Wandering Spirit Beads advocate a particular religious practice?**

No. Everyone has their own beliefs and practices. Wandering Spirit Beads respects and encourages this. If you have specific concerns or spiritual/religious requirements, please make note of them prior to workshop participation and every effort will be made to accommodate your needs and preferences.

### **How do I register for a workshop?**

Check the website for a list of available workshops and follow the directions for registration: [www.stardancing.net](http://www.stardancing.net).

### **What if there are no workshops scheduled?**

Send an email to [wanderingspirit@stardancing.net](mailto:wanderingspirit@stardancing.net) and request information about scheduling a workshop. A minimum of four attendees is required for scheduling a workshop, so gather up some friends or put your name on a waiting list. In some instances, an exception may be made for scheduling a workshop with less people.

### **What if I have questions after the workshop?**

Send your questions via email to [wanderspirit@stardancing.net](mailto:wanderspirit@stardancing.net) and allow up to 48 hours for a response.

### **Can I still ask questions if I didn't attend a workshop?**

Definitely!