

# MALA

*Meaning: Mala refers to a string of beads used for counting prayers or mantras in meditation and spiritual practices.*

1. Mala beads are often used in meditation practices to help maintain focus.
2. The word 'mala' refers to a traditional prayer garland used in various spiritual traditions.
3. She wore a beautiful mala necklace made of turquoise and wooden beads.
4. In yoga, chanting with a mala can enhance the sense of mindfulness and connection.
5. The artisan crafted each mala by hand, infusing it with positive energy and intention.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/mala>*