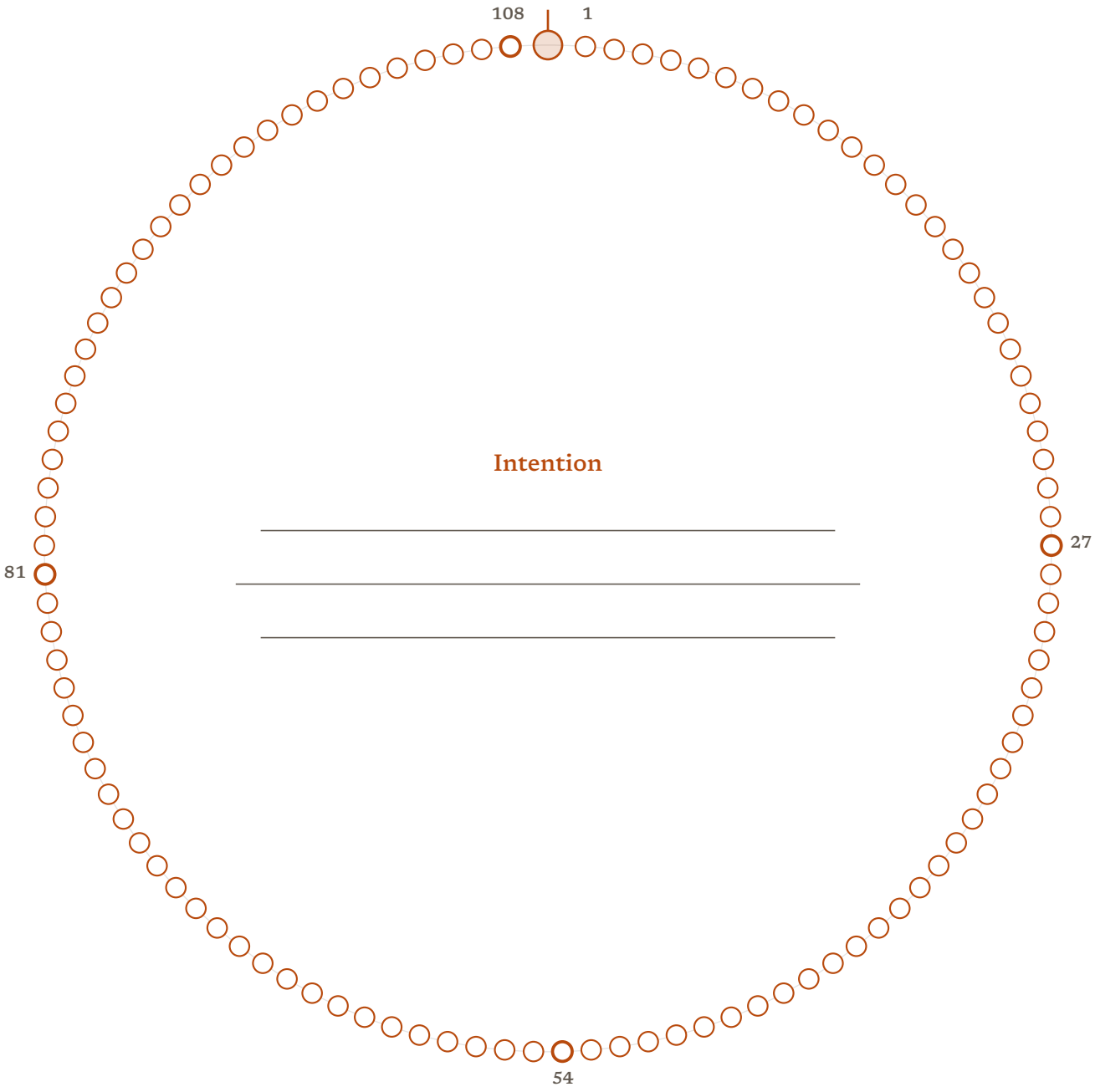
MALA TRACKER

108 beads

Tick one bead for each recitation, clockwise from the head bead. One round of the mala is 108; the heavier beads mark each quarter of 27.

Mantra _____

Date _____ **Rounds today** _____



Why 108, and how a mala is used: japa.life/guides/why-108-beads

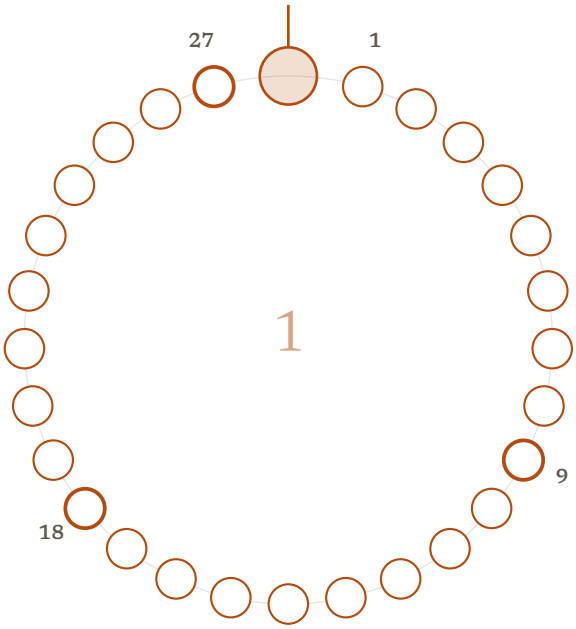
MALA TRACKER

27 beads, a quarter mala

For a shorter sitting, or a wrist mala. Four rings of 27 make one round of 108; use one ring a day, or all four in one sitting.

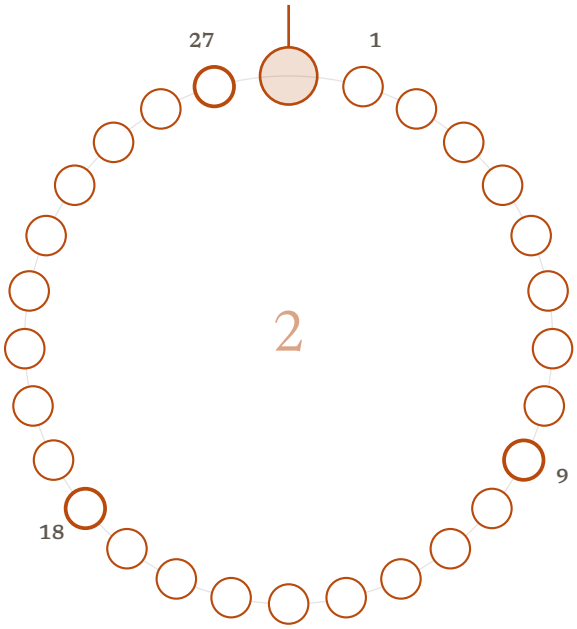
Mantra _____

Date _____



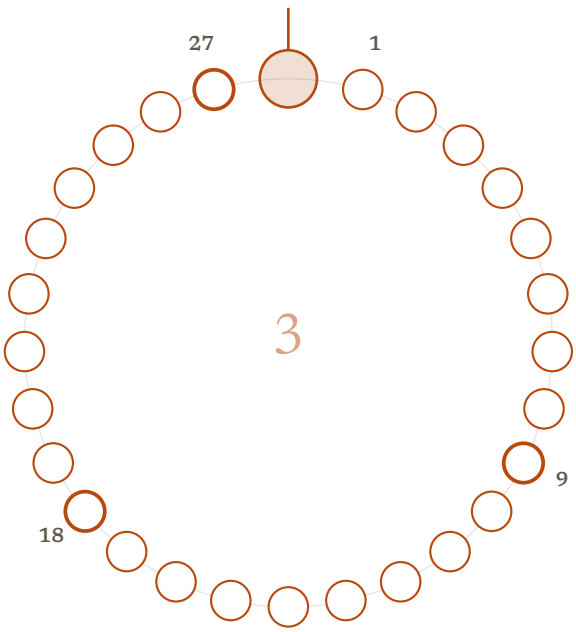
Mantra _____

Date _____



Mantra _____

Date _____



Mantra _____

Date _____

