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Prayer Beads



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If you have comments or suggestions about this project, please feel free to email me. I would love to hear from you.

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Some Information



Prayer Beads (also known as rosaries, sacred beads, or prayer chaplets) are a medium used to connect the mind, body and spirit during daily devotions. Prayer Beads provide a physical component to meditation and prayer, which helps one to focus energies inward.

Dating to at least 185 BC with the Hindu religion, prayer beads traditionally have been used to count the number of prayers a devotee has recited. The adoption of prayer beads by other religions was likely facilitated by exploration and trade. Today, Christians, Muslims, Hindus, Buddhists, and other spiritual believers throughout the world use sacred beads during their devotions.

The number of beads and materials used to make prayer chaplets varies greatly between religions, and even within religions. Common materials include wood, stones, bone, clay, glass, pearls, rope, seeds and metals. In addition to their beauty, beads chosen for chaplets are sourced for their historical and spiritual significance.

Each set of my one-of-a-kind, non-denominational prayer beads is intended to aid in spiritual growth and wellness. I make prayer beads during peaceful meditation and infuse them with loving healing energy throughout the process.

This is my version of a 10 bead prayer chaplet. I like using waxed linen thread for stringing as the beads are more flexible and feel comfy to hold while meditating. Choose a token and beads that you are drawn to when making your chaplet and it will become a meaningful treasure. You might also choose to purchase a 4 ½ x 4 ½ inch velvet pouch. Add an inlaid yak bone bead to each string to complete the set. I carry mine in my purse. The pouch protects the beads and provides an easy way to keep them safe and special.

These make wonderful gifts.

What You Will Need

Materials

- 1 (1inch) sterling head pin
- 21 hematite disc beads (4 mm)
- 2 natural bone rondelle beads (6 mm)
- 4 golden horn rondelle beads (10 mm)
- Approximately 30 amber seed beads size (11/0)
- 1 (18") strand of waxed linen thread
- 1 stone focal bead with a large center hole, approximately 1 x 1/2 inches long
- 10 copper disc beads (4 mm)
- 12 inlaid yak bone beads from Peru
- 1 (16 gage) 4mm sterling jump ring
- 1 token approximately 1 x 1 ¼ inches long
- 1 jump ring (I used a 16 gage, 4mm sterling jump ring)
- 4 ½ x 4 ½ velvet pouch (optional)

Tools

- 2 sets of chain nose pliers
- Ruler or tape measure
- Sharp scissors
- Toothpick
- White craft/fabric glue

Let's Get Started



1. To construct this ten bead prayer chaplet, begin with a 1 inch sterling silver head pin. Insert the headpin through one each of the hematite, bone rondelle, horn rondelle plus 2 seed beads. Then, use the chain-nose pliers to shape a loop at the end of the headpin, wrapping the wire around itself so the loop will remain in place. Next, cut an 18" length of waxed linen thread with the scissors, and attach it to the head pin loop by securely knotting it. It is best to tie two square knots and then use a toothpick to add a drop of glue to the knot centers to ensure that the thread doesn't come untied.



2. Insert the linen thread and headpin into the focal bead. Then, begin adding seed beads to the thread until the seed beads are flush with the end of the focal bead. The seed beads will stabilize the movement of the focal bead so it remains centered on the string.

Tip. If you experience problems threading the seed beads onto the linen, use a sharp scissors to clip the end of the thread to a point and the beads will go on easily.

3. String the remaining beads in this order, horn rondelle, *hematite, copper, hematite, inlaid yak bone. Repeat from * until the 10 yak bone meditation beads are in place. Finish by adding horn rondelle, bone rondelle, horn rondelle, and 19 seed beads.

4. Choose a charm. There are so many possible choices for the token to be placed on the end of the strand. I made the angel featured by casting sterling silver in cuttlebone. This charm is meaningful to me. You should choose a token significant for you and your prayer beads will be that much more special. You probably have something in your jewelry box that would be perfect. If not, a myriad of choices are available at jewelry supply outlets.



5. Using both of the chain-nose pliers, open the jump ring and then add the token. Next, place the jump ring and token on the thread. Pull the thread back through the horn rondelle bead, making sure the string is tight, and tie a square knot. Insert the thread through the bone rondelle and horn rondelle beads and tie another square knot. Continue by pulling the thread through the first yak bone bead. Finally, add a touch of white glue to the centers of the knots, clip the threads and the prayer beads are complete.

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