

# The Complete Hakik Mala Guide

A Practical Guide to Wearing, Cleansing, Energising & Caring for Your Hakik Mala

## Welcome to Your Hakik Mala.

Thank you for choosing the **Kreem Veda Hakik Mala**.

This guide will help you understand the traditional way to **cleanse, energise, wear and care for your Hakik Mala**. Follow these simple practices to make your mala a meaningful part of your daily spiritual routine.

## What Is a Hakik Mala?

A Hakik Mala is a traditional spiritual mala made from natural **Hakik (Agate) beads**.

Traditionally, Hakik Mala is associated with **focus, stability, determination, protection from negative influences and prosperity**. Many people wear it as a daily reminder to stay committed to their goals while maintaining inner balance.

A Hakik Mala is best understood as a **spiritual support for intention, discipline and mindful practice**, rather than as a guaranteed solution to any particular problem.

## Why Do People Wear a Hakik Mala?

People traditionally wear Hakik Mala with intentions such as:

 **Career Growth** — believed to support focus, determination and consistency towards goals.

 **Decision-Making** — traditionally associated with mental clarity and balanced thinking.

 **Removing Negative Influences** — traditionally believed to help protect against negativity that may interfere with progress.

 **Stability** — believed to support emotional and financial stability while pursuing growth.

 **Attracting Prosperity** — traditionally associated with abundance, wealth and financial growth.

These are traditional spiritual beliefs, and individual experiences may vary.

## Shuddhi — Cleanse Before First Use

Before wearing your Hakik Mala for the first time, perform a simple Shuddhi (cleansing).

### Simple Shuddhi Method

#### 1. Clean your hands

Wash your hands and prepare a clean, peaceful space.

#### 2. Clean the Mala

Gently wipe the beads with a soft cloth. If your mala is suitable for brief contact with water, lightly rinse it and dry it completely.

#### 3. Optional Ganga Jal

You may lightly sprinkle Ganga Jal over the mala as an optional traditional practice.

#### 4. Set Your Intention

Hold the mala for a few moments and focus on the purpose for which you are beginning your practice.

#### 5. Optional Prayer

You may light a diya or incense if it is already part of your regular spiritual practice. It is completely optional.

### Remember

Shuddhi does not need to be complicated. A clean mala, a peaceful mind and a sincere intention are enough to begin.

### Personalized Spiritual Guidance

A Hakik Mala can support your spiritual journey, but the most suitable spiritual remedy can vary from person to person.

Message us on  **kreem\_veda** for a Personalized Palmistry Reading and 10-Year Kundli Prediction to receive spiritual guidance based on your own birth details and life path.

# Energise Your Hakik Mala

## Pran Pratishtha — Simple Home Method

Pran Pratishtha is traditionally performed to establish a spiritual connection and intention with an object used for prayer or spiritual practice.

You can follow this simple method at home.

### Step 1 — Prepare

Place your cleansed Hakik Mala on a clean cloth in your pooja or meditation space.

### Step 2 — Calm Your Mind

Sit comfortably and take a few slow breaths.

### Step 3 — Offer Your Prayer

Remember your chosen deity, Guru or form of the Divine according to your personal tradition.

### Step 4 — Chant the Mantra

For a simple spiritual practice, you may chant:

ॐ नमः शिवाय

Om Namah Shivaya

Use the Hakik Mala to count your repetitions.

If you already have a **Guru Mantra or personal deity mantra**, you may use that instead.

### Step 5 — Set Your Sankalpa

Hold the mala and make a simple intention:

**“May this mala support my focus, stability, spiritual practice and positive intentions.”**

### Step 6 — Complete the Practice

Offer a moment of gratitude and respectfully wear the mala or place it in your spiritual space.

**Optional:** A diya or incense may be used if it is part of your normal prayer routine.

## How to Wear Hakik Mala Correctly

- Hakik Mala is traditionally used by holding it in the hand during mantra chanting.
- Hold the mala comfortably in your right hand while doing Japa.
- Move one bead at a time using your thumb and middle finger.
- Traditionally, the index finger is kept separate during Japa.
- Chant your chosen mantra once with each bead.
- Continue until you complete one full round of the mala.
- After completing your Japa, place the mala respectfully in your pooja or meditation space.

### Simple Japa Practice

Hold your Hakik Mala gently and chant:

ॐ नमः शिवाय

Om Namah Shivaya

Move one bead with each repetition and keep your attention on the mantra. The aim is to maintain focus, devotion and consistency throughout your practice.

## Which Day Is Auspicious to Wear Hakik Mala?

There is no single auspicious day that applies to every Hakik Mala.

The recommended day can depend on the **type, colour and intended purpose of the Hakik**, as well as individual astrological considerations.

For a general Hakik Mala, you can begin on a clean morning after bathing and completing your usual prayer.

**Saturday is traditionally associated with black or Sulemani Hakik in some astrological practices**, but a personalised recommendation may differ according to your birth chart.

## When Should You Remove Your Mala?

Remove your Hakik Mala:

- Before bathing or swimming
- Before applying perfume or chemical products
- During strenuous physical activities
- When there is a risk of pulling or breaking the thread
- When your personal or family tradition recommends removing sacred items
- At night if wearing it feels uncomfortable

### ✨ Personalized Spiritual Guidance

General guidance can tell you how Hakik Mala is traditionally used, but your personal needs may be different.

A Palmistry Reading and 10-Year Kundli Prediction can provide personalized guidance based on your unique life path.

Message us on  **kreem\_veda** to get your reading!

# Care, Maintenance & FAQs

## How to Care for Your Hakik Mala

To keep your mala beautiful and in good condition:

- Keep it dry whenever possible.
- Wipe the beads gently with a soft cloth.
- Store it in a clean pouch or dedicated spiritual space.
- Keep it away from perfumes, sprays and harsh chemicals.
- Avoid prolonged exposure to strong heat.
- Keep it away from jewellery that may scratch the beads.
- Check the thread, knots and bead caps regularly.
- Handle the mala gently while wearing and removing it.

## How to Keep Your Mala Spiritually Energised

You do not need complicated rituals to maintain a spiritual connection with your Hakik Mala.

 **Practise Japa** — regularly chant your chosen mantra using the mala.

 **Keep It in Your Pooja Space** — place it respectfully when you are not wearing it.

 **Use It During Meditation** — hold the mala while focusing on your breath or mantra.

 **Reconnect With Your Sankalpa** — remind yourself of the intention you set when you energised the mala.

 **Refresh It Periodically** — repeat a simple Shuddhi and energising practice whenever you feel it is appropriate.

Consistency matters more than complicated rituals.

## Things to Avoid

 **Soaking the Mala** — Avoid prolonged contact with water, milk or oils.

 **Harsh Handling** — Keep it away from swimming, sports and activities that may damage the thread.

 **Perfume & Chemicals** — Do not apply perfume or harsh products directly to the beads.

 **Treating All Hakik the Same** — Different types and colours may have different traditional associations.

 **Expecting Guaranteed Results** — Use the mala as a support for spiritual practice and intention.

 **Copying Someone Else's Remedy** — The right spiritual remedy can vary according to your birth chart.

## Frequently Asked Questions

### Can I wear Hakik Mala every day?

Yes. You can wear it regularly if it feels comfortable and you take proper care of it.

### Can I use Hakik Mala for mantra chanting?

Yes. Hakik Mala can be used for Japa and meditation. Om Namah Shivaya is a simple mantra you may use.

### Can I sleep while wearing it?

You can, but removing it at night may help protect the thread and fittings from unnecessary strain.

### Can I wear Hakik Mala with other bracelets?

Yes. You can combine it with other spiritual accessories according to your personal practice and intention.

### How often should I cleanse my Hakik Mala?

There is no fixed rule. You can perform Shuddhi whenever you feel it is needed or include it in your regular spiritual routine.

### What if my Mala breaks?

Do not panic. If the beads remain intact, the mala can often be restrung. Handle the beads respectfully and check them before using them again.

### Do I have to chant only Om Namah Shivaya?

No. Om Namah Shivaya is one simple option. If you have a personal Guru Mantra or deity mantra, you may continue with that practice.

## A Secret Most People Never Discover...

Many people choose a crystal or mala based only on general recommendations.

But every person's **birth chart, planetary influences and life circumstances are different.**

A Hakik Mala can support your spiritual journey, while personalised guidance can help you understand whether Hakik is the most suitable spiritual remedy for your individual needs.



### Complimentary Guidance for Kreem Veda Customers

As a thank you for choosing Kreem Veda, we offer you a

**FREE Personalised 10-Year Kundli & Palm Reading.**

Simply message us on  **kreem\_veda** with:

- Your name
- Date of birth
- Time of birth (if known)
- Place of birth
- A clear photo of your palm (optional)

Our team will prepare your complimentary personalised report to help you better understand your unique life journey.

Thank you for being part of the Kreem Veda family. We wish you love, peace, happiness and positivity in every step of your journey.