

The consecrated sutra and the mai have been specially prepared to make one receptive to the grace of the Guru.

## Guru Purnima Sutra .....

Consecrated in the space of Dhyanalinga for a certain period of time, this sacred thread is an offering to devotees to be tied around the wrist for the occasion of Guru Purnima. It should be worn on the left wrist for women and the right wrist for men for a minimum of 40 days.



## Consecrated Mai .....

A paste made of darbha grass and sesame oil, the mai is specially prepared to absorb and retain the energies of the Dhyanalinga, where it has been energized for a period of time.

It can be applied on the forehead between the eyebrows, at the pit of the throat, and at the center of the chest where the ribcage meets.

