

Budo Beads ~ Budo is a Japanese term. It means "martial way" and refers to those martial disciplines whose ultimate goal is spiritual, ethical and/or moral self-improvement.

Budo Beads construction and layout ~ Budo Beads are constructed in a traditional Tibetan Mala Bead count of 108 beads plus a guru bead. Budo Beads are made of hardwood beads and stainless steel beads with 275 paracord! Beads and knots count to total 108. The spacer beads, which are the big beads and steel beads in between them, count as one bead within the 108.

Your Budo Beads are made up of four sections. The actual bead count between all four sections is 13, 13, 12, and 13. There are three spacer bead sections consisting of three maple beads, one bead per section with two steel beads per section. The rest of the 108 count are the traditional knots, which also provide for a sturdy construction through the para cord to allow them to be used for self-defense as well as meditation. At the end of your Budo Beads are the guru beads, which consists of one big bead, another bead slightly smaller, and six steel beads. If you have any questions feel free to call me at 850-348-6651.

- . Budo Beads are great for tactile stimulation to help you relieve stress and anxiety.
- . Wear them as a reminder to breathe and enjoy your journey.
- . These beautiful beads are good for meditation.
- . They can also be deployed as a self-defense measure in an emergency situation.

Each Budo Bead is handmade upon your order, especially made for you by the hands of **The Bearded Hippie Wizard**, blessed, packaged, and sent to you.

The Bearded Hippie Wizard's Trippy Hippie Meditation beads are psychedelic coolness painted by The Bearded Hippie Wizard.

The Bearded Hippie Wizard's Tai Chi/Qigong & Runic Fitness

The premise to being a Waiest Qigong Spirit Warrior is that the only actions you can truly control are your own, **the only warrior you need to conquer is the warrior within, and the only person you are ever in competition with is yourself!**

Waiest Qigong (way-est - chi gong) or, the Waiest® Arts, is a personal success home training program where you will discover new and ancient forms of meditation, philosophy, natural health, and chi training that will bring balance to your life. **Waiest Qigong is about understanding how the oneness of universal life and the flow of universal life force Qi flows through all of us, connecting and binding all things together.**

Waiest Qigong is not a belief or label to have but an **art to train in**; the art of one's life, the art of one's journey. Waiest Qigong specializes in qi training that brings balance to your journey.

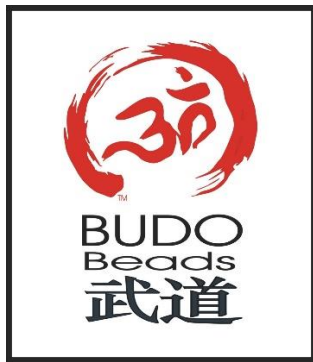
A Waiest Qigong Spirit Warrior is one who trains in this art and follows this path; to be at one with universal life and the flow of universal life force energy, qi.

The Waiest Universal Life Temple is not a place to visit. It is the place where you already are. Everywhere is your temple, every day is your special day, and universal life is your teacher. Be not confined by book, building, or idea but open to the very essence of universal life and all within the journey. We learn from living, doing, and experiencing the journey. We learn from climbing the mountain. This is universal life's teachings.

Waiest Qigong ~ The Internal Arts ~ A Martial Art for the Mind ~ Improvise, Adapt, and Overcome!

"Study what you will study, believe what you will believe, journey to where you will journey, better yourself daily, do not impose your life on others, and to each their own journey.

This is the Way of the Waiest Qigong Spirit Warrior."



For both Budo Beads & Trippy Hippie Meditation beads ~ What is a Mantra ~

A mantra is a powerful meditative tool that we use in some of our meditations. A mantra is more than just a point of concentration. It also has the power to cleanse the body and mind, invoke your spiritual power, and even to heal. A mantra can be chanted, sung, thought, or even written. ***A thought manifests as a word and a word manifests as a deed.***

ॐ **Om** – This mantra represents universal life and the unfolding of creation as you reach up, expanding personal self into universal self.

ॐ **Ah** – This mantra represents the merging of the universe with the natural being. Imagine a seed that contains universal life. Now visualize that seed growing to the size of the universe and then shrinking to fit inside your heart. You will begin to feel that there is no real difference between outside and inside.

ॐ **Hum** – This mantra represents the universal self descending into and becoming embodied by the personal self, invoking the power of compassion while balancing all of your being.

ॐ Other words that contain a spiritual meaning for you may also be used. For example, “I am as one,” or as an affirmation, “I am healthy and happy at all levels.”

The Visual Enhancing of Three - The repetition of a mantra three to nine times increases concentration and focus, helping you resonate with the threefold nature of the universe.

ॐ The first time you recite your mantra you are making a statement to the universe and planting the seed.

ॐ The second time you invoke the energy of the universe.

ॐ The third time completes the cycle and brings it to life.

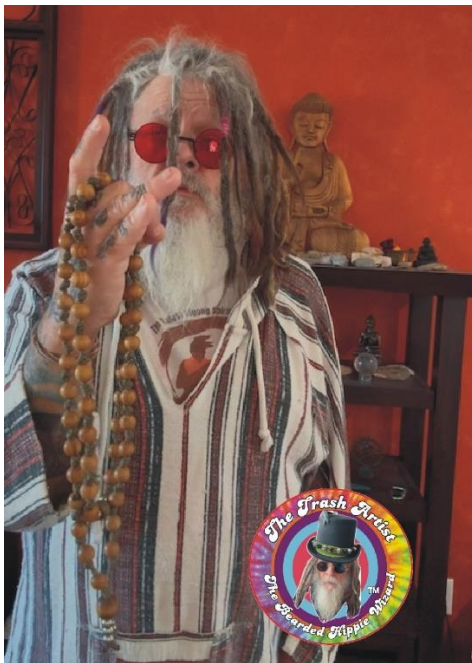
ॐ Performing this whole process nine times yields its power threefold.

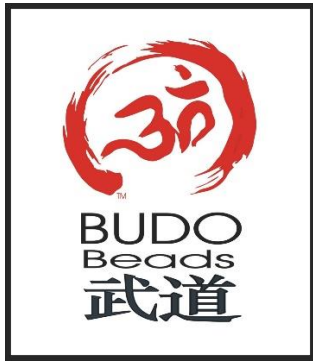
ॐ Three and nine are “healing” numbers with special spiritual properties.

~The Budo Beads Mala ~

A Waiest Qigong Spirit Warrior always wears their **Budo Beads Mala** as a reminder our connection to universal life. They are to a Waiest Spirit Warrior as a katana would be to a Samurai. **Budo Beads** can be worn looped over the wrist or as a necklace when not in use.

A mala, which is Sanskrit for garland, is a meditation tool used to count the number of mantra. The mala is a representation of nine. A number multiplied by nine results in a number the sum of whose digits are also a multiple of nine. Many specifics may vary from tradition to tradition. Repeating your mantra using a mala is a helpful way to keep your mind focused, making your meditation more soothing, relaxing, and helps to relieve physical tension. A mala contains 108 beads and a “guru” bead. The guru bead is symbolic of the transcended state and indicates the beginning and end of a cycle. The significance of 108 can have different meanings from tradition to tradition, but for us it represents the journey’s full circle and our reflection and unity we have with universal life. To use your mala, form your mudra with your left hand. Hold your mala in your right hand, over your middle finger. The index finger does not touch the beads. Starting at the guru bead, pull the beads toward you, one by one, between your thumb and middle finger while repeating your mantra. As you reach the guru bead move in the opposite direction so not to cross the guru bead. You may also use the smaller wrist mala of 27 beads but you will need to repeat your mantra three more times.





Before starting any practice using a new **Budo Beads** you may want to clear your **Budo Beads** with a **Smudging Ceremony**. Begin with the Breath of Life meditation calming your spirit, mind, and body. Then place sage or sweetgrass in a pot or other container. Light the herb. (Warning: Watch for hot embers and fire.) Hold your **Budo Beads** over the smoke and wave the smoke away to remove negative energy from the mala's aura. Meditate giving thanks. **To energize your Budo Beads**, hold it in your hands and visualize that your life force energy is flowing through it. **To empower your Budo Beads**, add a mantra. The mantra meditation should be practiced each day for nine consecutive days. See "**Morning Star Meditation**". When the **Budo Beads** become empowered they can be worn or lightly placed on oneself or others

to transmit the energy of the mantra as well as the energetic qualities of the **Budo Beads**.

Closing ceremony just a suggestion they have already been staged and cleanse before sent to you. If you would still like to perform your own cleansing ceremony and are unable do use a smudging ceremony for cleansing due to allergies or other reasons. You could do the same thing by just holding them under a full moon or by using a bell or mist.

Sage Mist

White sage is probably the most well-known smudging herb. You will often find sage bundled with other botanicals in a smudge stick. In lieu of burning sage, you can employ smoke-free methods with white sage essential oil. For instance, you can diffuse the oil or create a white sage mist.

You can make a white sage smoke-free mist by combining white sage essential oil, water, and alcohol in a clean spray bottle.

The Vibration of Sounds

The vibration of sounds radiate through spaces, people, and objects, and can, in turn, bless and purify. You can use different instruments to do this. When the sound vibrations move through a room, object, or person, it can transmute negative energies into uplifting positive energy.

There are several different ways to clear with sound, including gongs, cymbals, or bells. Metal instruments can cut through the negative energy, while crystal or glass can clarify. Use a mantra or repeat an affirmation to shift energy. Singing can uplift and bring in more joy. It can open up the heart when you "let your heart sing."

The Journey's Full Circle - The universe moves the spirit, the spirit raises the mind, the mind leads the body, and the body experiences the universe.





**The Bearded Hippie Wizard's
The Waiest Qigong Spirit Warrior's Morning Star**

The Morning Star meditation is specifically developed to reach a deep non-dualistic state of consciousness, banishing all the petty, distracting thoughts that usually occupy one's mind and entering into a state of profound concentration to become one with the greater whole. Start with the Breath of Life and with each exhale chant Om, Ah, Hum. Do this for each individual bead for 108 times. Remember; do not pass over the guru bead. When you complete your Om, Ah, and Hum repetitions for that day gather your **Budo Beads** between your hands in gassho, letting your chi flow through your **Budo Beads**.

A **Waiest® Spirit Warrior's Morning Star quest** is a profound journey that one takes for nine days in a row, doing the Morning Star meditation once per day without letting anything or anyone interrupt you as you do it. For each day that you complete your goal mark it down in your Warrior's Journal. You can do the Moring Star Meditation sitting or standing or in a Waiest® Spirit Warrior's walk.

