



How to Fold Your Mantra Wheel

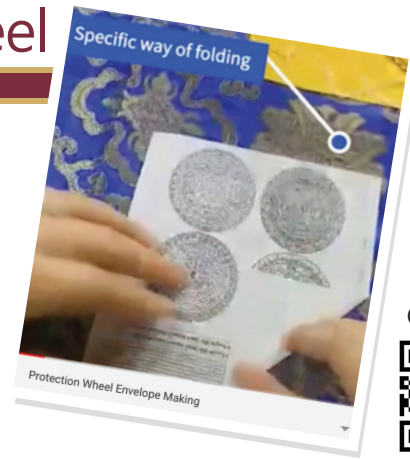


Introduction

These Mantra Wheels are from Buddhist texts which are used to prevent viruses, they include:

- Mantra Wheel of Parnashavari ;
- Namgyalma Mantra ;
- The Four Dharmakaya Relic Mantras •

**** Please follow the instructions to fold your Mantra Wheel**



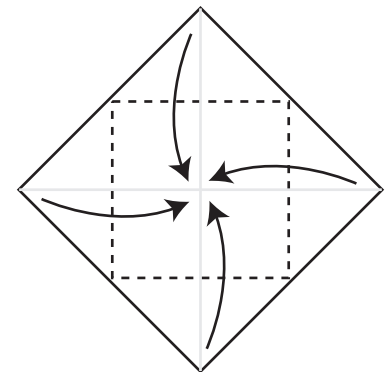
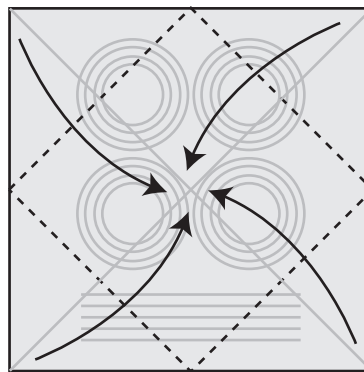
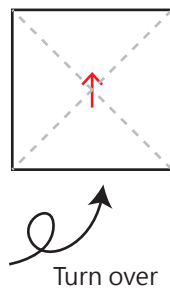
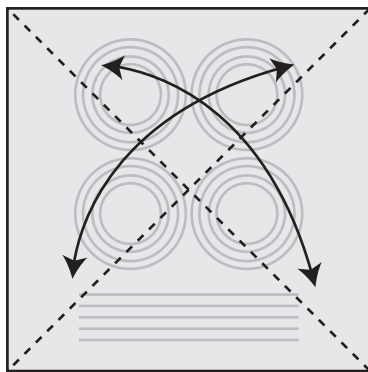
QR Code



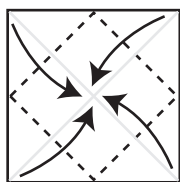
Youtube demo in English :
<https://youtu.be/p3phPQis3rI>

Steps :

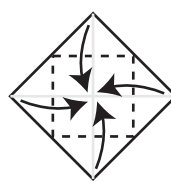
1. Start with wheel side up, fold in the dotted lines to make creases and fold back. Turn over and mark an arrow in the middle of the paper
2. Fold the 4 corners towards the center crease
3. Repeat step 2 to fold the 4 corners towards center crease



4. Repeat step 2 again



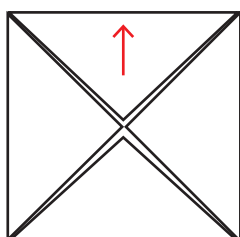
5. The last time to repeat step 2



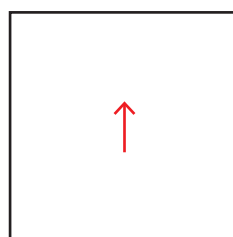
6. After 4 folds, a small square formed with a size of 3 cm x 3 cm



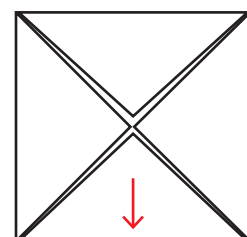
7. Mark an arrow on the top edge



8. Turn to the back side, you should see the first mark you have made in step 1



9. Please turn the Mantra Wheel upside down for the next step



Page 2 will show you how to make a Mantra Wheel Pendant



How to Make a Mantra Wheel Pendant



Basic Version

Materials :

1. Folded Mantra Wheel Paper
2. Yellow or Orange waterproof fabric
3. Sewing needle
4. Sewing thread
5. Necklace string

Important NOTE !!!

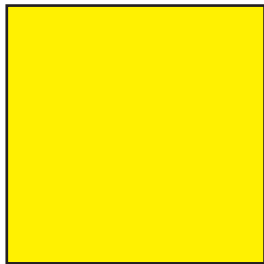
- Make sure you wear the Mantra Wheel pendant properly.
NOT upside down
- Please wear the Mantra Wheel
IN FRONT of your CHEST →
- Must use **Yellow or Orange** fabric
(Waterproof fabric is preferable)



Steps :

1. Find a Yellow or Orange fabric then cut out 2 shapes as below:

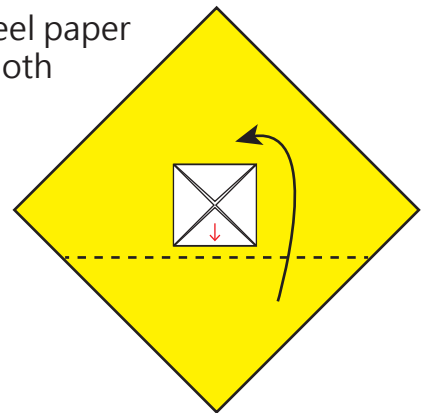
10 cm x 10 cm



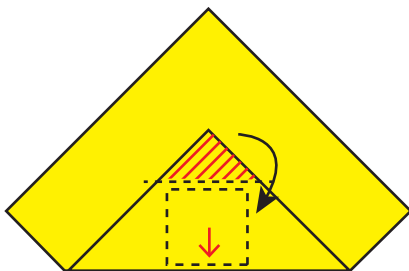
small stripe
1 cm x 3 cm



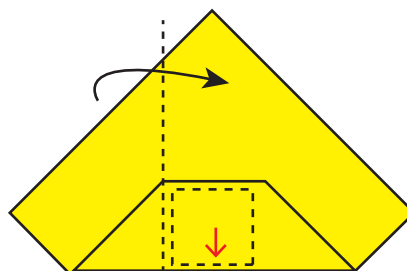
2. Place the Mantra Wheel paper in the middle of the cloth then fold the bottom area upward



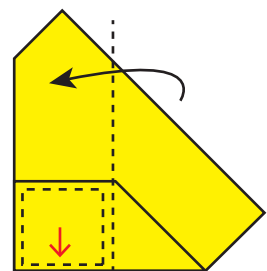
3. Insert the triangle area under the Mantra Wheel paper



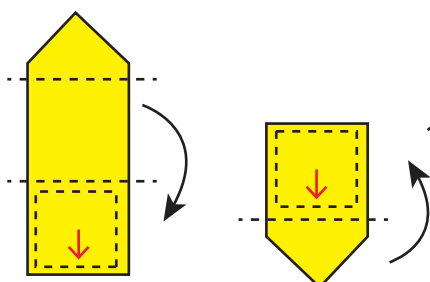
4. Fold the left side to the right



5. Right side to the left



6. Fold the remaining part down then put the small triangle in the middle of the bag



7. Please turn the wheel upward and sew the small stripe on the top of the wheel. Add necklace string through the stripe

Turn over

