



### **LISA Mala: Your Personal Health “Life Clock”**

The LISA Mala is a necklace that acts as a life clock providing a visual representation of your life over time. It helps you represent and reflect on your life by allowing you to examine your life at different points in time

Traditionally, Mala beads have been used in Hinduism for prayer and meditation as important mediums for peace and enlightenment. The LISA Mala helps you become more enlightened about your health and wellness.

The enlightenment is achieved by envisioning the events of your life and the information these events provide to gather in the beads. Looking back, you can examine how past events may have affected your health and wellness in the present. Looking forward, you can make decisions and set goals that help you improve your health and wellness in the future. You can think broadly about your life as a whole or you can examine different dimensions of your life to better understand how each affects your wellness in general. For example, in a time of poor physical health, you may find challenges or deficits in other dimensions of your life and see that these issues are related.

The LISA Mala necklace primarily contains 8 inter-woven strands of various colored crow beads and one similar strand made of white crow beads. Other auxiliary strands are made of large and small seed beads, also white.

White beads are representative of time. They provide the “clock” aspect of the necklace. Every white crow bead represents a year in your life. LISA Mala contains 110 white year beads, symbolizing a life of 100 years, plus 5 years prior to birth and 5 years following death. We call this the “my life” strand. It hosts a detachable “this year” strand constructed of large white seed beads representing the 365 days in a year of your life. The seed beads are organized to start the



year on your birthday. The black seed beads found within the year strand act as spacers to delineate the individual months. The double black spacer denotes the calendar year division between December 31<sup>st</sup> and January 1<sup>st</sup>. The “this year” strand hosts a detachable “today” strand that is comprised of 24 smaller seed beads to represent the hours in a day. The “today” strand hosts a detachable “right now” strand with 60 even smaller white seed beads representing the minutes in an hour.

Every year, on your birthday, the “this year” extension is moved ahead by one bead on the “my life” strand, symbolizing the passing of one year. In this way LISA Mala truly acts as a life clock, accounting for all the time in your lifetime, down to the minute.

So, what insight can be gained from visualizing your life over time?

Imagine if the events in your life and the information they have generated were captured “magically” over time in each of the white time beads in the Lisa Mala necklace. Now imagine that you had a way of examining that information with a prism-like tool that allowed you to view that information in terms of how it affected your wellness across all the 8 primary dimensions of health: Physical, Mental, Educational, Social, Financial, Sexual, Spiritual, and Environmental. Imagine what Lisa Mala necklace could reveal. It helps you see how these varied aspects of your life have affected you in different ways at different times and how you have arrived at where you are and how you feel today. It also allows you to gain insight about things you may want to tweak or fully revise in your life going forward.

The necklace includes a short strand of goal beads; a string of black beads with three larger beads representing the three main goals you can focus on at one time. The goal beads allow you to visualize your current plans and identify the accomplishments needed to make them a reality. On one side of the three main goal beads are beads that represent goals have already completed. The beads on the other side are future goals that you hope to achieve, but aren't your prime focus at the current time.

Finally, LISA Mala includes a worry stone. The worry stone symbolizes the things in life over which you have no control, such as the death of a loved one. This stone represents the events in your life you do not cause and you cannot change, but that can nonetheless affect you. Your only options lie in your choice of response. At times like this this stone can also serve as a source of soothing tactile comfort.

Having a LISA Mala encourages you to celebrate your life thus far; the highs, the lows, and the challenges you have overcome to get where you are today. Whether you decide to don it once a year on your birthday, or invent a daily, weekly or monthly ritual, advancing the beads of time will help you remember to spend some of your time reflecting on the past and planning for the future.

## The LISA Mala “Life Clock”

The 24 hours available to me.  
On April 24<sup>th</sup>, 2010.  
In my 48<sup>th</sup> year.

*A longitudinal, holistic  
visualization of life.*

- Physical
- Sexual
- Mental
- Educational
- Social
- Financial
- Spiritual
- Environmental
- Time



LISA Mala serves as a tool that enables you to visualize your health in a holistic way. It provides a longitudinal and broad spectrum visualization of your wellness. It helps you process life challenges and it promotes wise decision making. It also helps you set healthy goals to guide your future behavior.

LISA Mala was created as a teaching tool to help people understand what a personal health record (PHR) system is and how a PHR can help you manage wellness in your life. “LISA” actually stands for Longitudinal Indexed Storage Algorithm. Imagining a PHR as a digital, computerized version of the LISA Mala makes it easier to understand the value of having a system that allows you to store and access a longitudinal record of your health information over the course of your life.