

Why 108?

The number 108 carries spiritual significance throughout a wide range of cultures:

- 108 is the number of "Upanishads" comprising Indian philosophy's "Vedic texts"
- 108 is the number of names for Shiva (an important Hindu god)
- 108 is the number of names for Buddha
- 108 is the Chinese number representing "man"
- 108 is the number of beads on a Catholic rosary
- 108 is the number of beads on a Tibetan "mala" (prayer beads, analogous to a rosary)
- 108 is twice the number "54", which is the number of sounds in Sanskrit (sacred Indian language)
- 108 is six times the number "18", which is a Jewish good luck number
- 108 is twelve times the number 9, which is the number of vinyasas (movements linked to breath) in a Sun Salutation