

MAI YUR MA – A SYMBOL OF LOVE & GOOD WISHES



Mai Yur Ma is a symbol of infinite, unconditional love and good wishes that I learned from an energy healer in Australia. It can be used in a variety of creative ways to create harmony, healing and flow in your life. Mai Yur Ma enhances, expands and magnifies the physical, emotional and spiritual aspects of unconditional love. It is wonderful for opening the heart and opening us up to unconditional love. It also releases grief and sadness and stress. Draw it with your hands or fingers, visualize it, draw it on a piece of paper, feel it...there are many ways to use this beautiful symbol in your life.

Here are some ideas:

- Draw a Mai Yur Ma after waking up in the morning and send its loving energy to all those you will meet in the day. Drawing it 21 times is great exercise!
- Draw a Mai Yur Ma before a long journey and send its energy all the way to your destination and back to ensure a safe trip.
- Make a Mai Yur Ma in your hotel room or new place you travel to feel at home.
- Send a Mai Yur Ma to someone you wish to have a better relationship with.
- Make a Mai Yur Ma symbol over your food or water to bless it and feel thankful.
- Draw a Mai Yur Ma on paper and keep it under your mattress for better sleep.
- Send healing prayers and intentions to loved ones using this powerful symbol.
- Replace worry about a loved one with blessings using this symbol.
- Instead of cursing others who drive rashly or cut you off on the road, mentally bless them by sending them a Mai Yur Ma.
- You can also draw a “mini” Mai Yur Ma using only your fingers!

