

## The Travelling Love Series

### Forgiveness

#### Floral Collection - Printed DIY Cards

**Forgiveness is an abstract concept, one without definitive definition or specific instruction... it is something of a release, a letting go... a freeing from pain and suffering – for both yourself and in turn, another. Forgiveness is a practice, a learned, tried, and tested practice, but one that you may find hard. These thinking points are only a compass pointing you towards a destination, to which you must travel your own unique path.**

**Forgiving requires acute awareness of cause and effect; processing, releasing and forgiving are learned practices... an angry man holds on to much, a raging wife lingers underneath the pains of her past... stories holding you in place, still, in your anger, hatred and suffering. Holding on hurts more than letting go, only because it lasts longer; because to actually let go, you must feel your pain in order to release it from your energetic streams.**

**Where is the pain but inside of you? Is it flying around outwards, in tantrums, cruelty and malice, or turned inwards, to become self-loathing, insecurity and shame? To release the pain is to allow it first, to watch it, see it, witness it, and forgive its having been a part of you for the time that it was needed – whether it was needed to stay safe, to instil new boundaries, or to remove certain faces from your world. Forgiveness does not mean allowing terrible things to occur time after time, it is a learning, a profound lesson in sense of self, value and worth. FORGIVENESS IS LOVE, FOR ONE'S SELF AND THE OTHER.**

#### Guidelines for usage:

You will require access to a printer (preferably colour), scissors and glue. If you wish to make these lovely cards and mini posters last a little longer, you may choose to laminate them and keep a set around the house, in the car, or on your person.

These resources are great reminders of grace, and may come to offer assistance in times of need, when perhaps you need to reach inwards for the strength, hope and faith to pull you through those harder days or times of great challenge and difficulty. Although, maybe you simply wish to bless an already happy day, since love is love, and beautiful energy is a good thing to welcome at any time in your life – filling up an already full pot so that it may overflow will work wonders for those around you too... Sustaining and maintaining your wellness will always benefit from such practices, as will any recovery maintenance journeys already underway.

#### Instructions for Travelling Love Cards

You will find the cards ready to print, cut and stick, et voila, you get a full set of travelling love cards:

- 1) Print your chosen pages.
- 2) Trim the business cards along the dotted lines, making certain not to cut the centre folding line.
- 3) Fold and glue the backs of the cards together.
- 4) Optional – laminate your cards to make them last longer or become ready for gifting to a stranger or friend.

Forgiveness is hard a lot of the time, and that is because you hold the pain like it's your friend, when it is your enemy, keeping you caged, stuck, standing still and walking in no-motion. To forgive means to let go of the pain holding you in hatred, anger, rage. To forgive is not to forget, but to reframe - can you see their humanness, their inability to be different from who they are, can you forgive their patterns and programming and their ancestors for not knowing better? To forget, as a point of reality, takes time, and even then, memories can be triggered to your surface... watching them float by might become your version of enough, for if you cannot let them go, then you cannot forgive.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"CAN'T FORGIVE,  
CANNOT FORGET."

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



Words hold meaning, but meanings change with knowledge, time, and transcendence above the concept they contain within their lettering. To forget a something that has happened to you might occur automatically, for you may let go easily, perhaps your mind-body trained itself to do so. Is that because you had too much pain, or very little of it? When you hold petty scores, talk nasty behind a person's back, or make cruel remarks, it is you who needs forgiving, and learning to forgive yourself will always look different. To react in poor judgement, often requires forgiveness, but what is forgiveness - poor boundaries, letting it recur and recur? No, forgiveness is a powerful learning regarding what is right, what is wrong, and what you deserve.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"FORGIVENESS  
IS A WORD."

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



Letting go, I have come to find, replaces the word 'forgiveness', rather comfortably. To 'let go', makes a change occur in the perception of the process of forgiveness. Too often, to 'forgive', means to 'free The Other', when in actuality, forgiveness only ever frees *your* Self. You drop the topic, stop assimilating and begin subtracting energy regarding the matter - you let go of the attachment to its meaning in your world, you reframe, replace, and recalibrate the situation. Talking about it might help, but often perpetuates the cause and effect process, especially when you speak to the wrong types of 'friends', those who make you right all of the time.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"LETTING GO..."

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



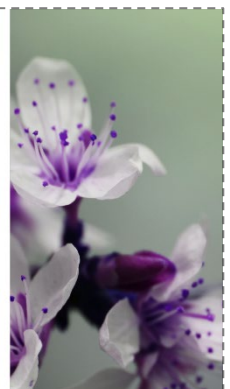
It is hard to forgive, don't get me wrong, it can be really, actually, incredibly hard... just deciding to forgive might become possible, but your hatred may rise and rise, again and again - you may be called upon to forgive, forgive, forgive... if that's the case, use the light shining onto you, the profound demand to forgive, as the ultimate test and lesson, one you might come to impart upon the younger generations, for who is teaching them? But always remember, accepting cruelty or abusive behaviour is NEVER about forgiveness, it shines a light on your inability to keep yourself safe - in which case, forgive yourself for not realising sooner, and seek change, for your own sake.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"MIND OVER  
MATTER..."

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



## Forgiveness – Card Collection (Page 2 of 2)

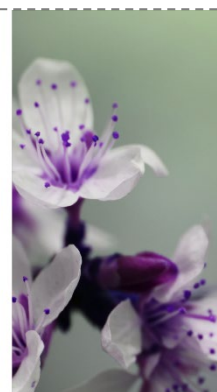
When you are allowing a person to harm you for an extended period of time, all this reveals is that you know no better for yourself. Do not feel ashamed, do not run from that being your reality, far better to face it head on and find a pathway towards change. Change may not come overnight, it may take time, patience and a whole lot of FAITH... faith in yourself above all else, but perseverance, patience, and a little prayer for yourself each day will eventually get you there. Time brings change when you ask it to, but you alone must take the steps, **YOU MUST TAKE THE STEPS...** for only you can save yourself. Nobody is coming to do that for you! It's scary, but is always worth it!



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"FORGIVE  
YOURSELF!"

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



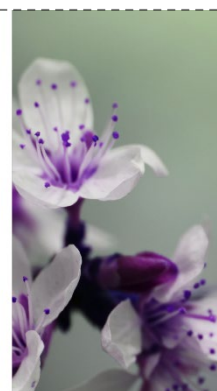
In some instances, forgiveness, or rather, 'Letting Go', is no overnight matter, it takes time for many of us to reach that moment of release, when the thing weighing on our heart finds escape from itself. Often, not forgiving has to be there to keep you safe from repeating the thing that hurts you - let it speak to your mind logically sometimes, that perhaps not forgiving comes from self-love - is that not possible too? Time will ask you to forgive eventually, but there are times when it's alright to hold on to what harmed you, until you have fully learned why you became so hurt and practiced enough of the learning to stay safe herein.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"TIME CAN BECOME  
YOUR FRIEND, TRUST  
IN THE PROCESS..."

teacher.writer.spokeswoman.advocate  
www.anamaria.org | contact@anamaria.org



### Suggestions for your cards:

- ♥ Read one or two each morning, or throughout the day... small reminders can support the changes that you may be seeking. Insignificant a small act is not, and it is the many placed in a row that amount to a new day.
- ♥ Prepare a whole bunch to keep on your person, be that in your wallet, bag or car. They may come in handy, for you or another human being. Let this love travel and spread...
- ♥ Send a set to that friend you know is struggling to stay upright.
- ♥ Hand them out to the homeless, those suffering with acute mental health crisis or other vulnerable people.
- ♥ Leave them on the train for another person to find (place your faith in the right human being finding them).
- ♥ Place a few in places you know people in need may visit - the doctor's surgery or the local mental health charity. Perhaps place a handout or two in the local health care centre and encourage those behind the desk to hand them out as they feel inclined. A local secondary school may just find these cards support their students.
- ♥ Gift them to your neighbour's teenage child whose life seems to be becoming a little complicated and dark.
- ♥ If you see a person struggle – ACT! Any small act is enough, but letting a person be seen can be way more than enough at certain times in life. Invisible pain needs seeing, if it is to become the focus of healing.

TRAVELLING LOVE is the CONCEPT, but a concept which requires your patience, preparation and kindness intended. Laminating the cards makes longevity possible and greener practices also present a real love of the natural world and thanks for her offerings, which came to make the printing of these cards possible. Plus, laminated cards are more likely to last and aid more people as they get passed around.

Please feel free to keep the cards for as long as you feel inclined to do so, forever even, if they hold you up on a darker day; but always know that passing love and light around the earth creates the changes that humanity craves.