

The Travelling Love Series

Accept & Allow

Green Collection - Printed DIY Cards

To accept life as it really is, unpredictable, immovable at times, persistent in its relenting power, and uncontrollable, means to free yourself from the illusion that you are otherwise autonomous in this lifetime you're here on the earth living. For we are not the ultimate power, we are not the deciders of our fates, and we are never in control, especially of ourselves, to believe the opposite would be to believe that you are the absolute.

It is said that, 'Man makes plans and God laughs', for a person whose life was taken from them, time and time again, when choice became an illusion and faith replaced all else, I have come to consider that as a fairly true representation of the wider reality that lay beyond sense, beyond sight, smell, taste and touch...

To rest your life in the hands of the absolute, of the universe, or God, or the angels, whichever form you need for the creative energies to take, rest assured they do not care upon the language used, only we care about that sort of nonsense, to rest in their care takes courage and faith – two things synonymous with peace and freedom.

To accept yourself as you are, is to admit to the perfection of all creation, to allow your humanness to reign free, is to fully fathom that there is nothing wrong with what the light has come to create... only we think otherwise, only we make ugly what is already perfectly beautifully made in alignment with all else, connected to all else, is a perfect mirror reflection of all else – if only we'd come to see through eyes that see starlight and love. If only we might see the truth of ourselves, presented by God's mirror, and not the human ones we seem to create.

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.

Acceptance requires you to admit to your own state of wellbeing, i.e. whether you have the capacity to commit to a certain endeavour at the certain time you are trying to will it into action; while it also awakens you towards your own limited nature of humanness - can you predict the future? Nope. Can you change the world around you and how that works? No! Are you able to make another person become changed when you would like them to? Bigger nope! Acceptance involves all things - your internal world and the outside one. To accept is but one step along the path to peace.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"ACCEPTANCE!"

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Whether you see it or not, there is good in the world, if you cannot see that around you, it means that you have half open eyes. To see all, your eyes must be wide open. To be in awareness of all is to see reality in its 3D form and nature. To stay fast asleep is to dream that *your reality* is that of everybody else's, and that any other reality must mean conflict. Conflict is born from ignorance, a lack of self-awareness, and thus, very little awareness of The Other, and how they came to be who they are and who they present as. To allow a person's perspective is wiser than you may comprehend, for they are 'right' in their world, as you feel you are too. But maybe nobody is right???



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"LOVE IS ALL
AROUND..."

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When ONE WORLD comes, so too shall there be peace in the world. Conflict belongs to different, strange, unusual, incomprehensible, and feared. There is too much arrogance around the concept, or 'argument', of right and wrong, true or false, wise or ignorant. People think that they know things, maybe we are built to be over-confident in nature, in terms of *knowing*, but I think that our societies place far too high a value on memorising some stuff, stuff that matters not to quality of life, peace, hope or harmony. To allow, well, sometimes that means to allow yourself your voice, especially when that voice SCREAMS FOR PEACE & CHANGE, all the way until it gets heard.



ANA MARIA SANTUARIO
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"ONE WORLD,
ONE LOVE..."

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Accept and allow doesn't ever mean to become passive, it means to accept who you are born to be, and to allow that to flower, fruit and spread seeds of joy, tangible evidence, and the word of knowledge. Stop repeating things you just heard some place, or watched in a single documentary. Experiment with knowledge, for only then might you come to recognise its value and worth. Wisdom too, plays an important role, those voices spoken from soul self, born into human form to be shared, heard and *listened to*. Letting action follow off wisdom's call, with knowledge building the road ahead, now that will make waves of change that last, and for the greater good of all things, all life, with love.




ANA MARIA SANTUARIO
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"SAVE OUR
NATURAL WORLD."

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To allow is to remember your humanness and to allow it to flourish and shine. Scream, rage, be mad at somebody, cry, wallow, feel shame, feel all things - for that is the way of the human. To grieve is a deeply powerful learning, that your body knows that in order to let go, it must feel all things related to a loss, be that of something or somebody you loved. Being a human is complicated, yet simple - since you are what you are! We dissect and decode and try to make sense of ourselves, when becoming yourself and simply being yourself is all we're ever seeking, can you do that for yourself? Since then, the search is over, and peace follows soon after. There is nothing wrong with anybody. 

ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"THE MAGIC
OF ALLOWING."

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How did you come to be? Did you make choices regarding your personality traits, your quirks, your appearance? Did you choose to be you? The answer is easy when you admit to being quite powerless in the matter. Accept and Allow provokes the following: ACCEPT YOURSELF, by ALLOWING all parts of yourself to exist. They are healing words. Without shame, you may just come to comprehend that it's alright to be human, nature built your mechanisms and behaviours, so why deny your animalistic ways? Lions do not shamefully walk away from their prey, just as elephants allow their own grief. We are all what we are. Might allowing that be the key we all seek to unlocking a harmony among us? 

ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"NO SHAME
IN BEING YOU!"

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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.