

The Travelling Love Series

Let's Meditate

Green Collection - Printed DIY Cards

Meditation, to me, is a way of life, not a sitting still practise. You are able to observe the self at any time, when you walk, pray, play or swim, when you clean, make music or paint, meditation is a mind-set. At least that's the way I came to see the walk towards awareness and self-mastery, for you cannot claim to control yourself when you cannot understand or fathom what you are made up of – patterns, lots of beautiful patterns, placed in your internal world since birth. And once you claim to see the patterns, you might only then come to comprehend that there can not ever be the controlling of the self, only the being of a self already programmed.

However, once you observe your 'self, reacting, fighting, arguing a point you think is right, when you come to watch instead of belong to that thing, a little shift happens, where you might separate yourself from the thoughts that you think, seeing as you did not decide what you think, and never again might believe that you will. Thoughts pass like ships across an open sea, from where they came, nobody knows, but they are there, floating; when you catch yourself jumping onto a ship and believing that it's on course to a true North, that your ship is the only ship worth sailing on, abandon it, *immediately*, for you have started to believe yourself again, and that only means your life becomes stagnant, boring, a dull repetition of what belongs to your one ship. Far better to adventure within yourself and find your own kinds of treasure, those only belonging to you... for they lay at the bottom of the ocean, where no ship may ever travel... Dive it, it's one heck of a ride, I promise. Stay safe though, make certain you can breathe under water, training is indeed required for some, for others, life drags you under whether you want it or not or those few are the lucky ones, for life already decided their fate.

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.

Ohm is a vibration, it travels from sacral (sacrum) right up your midriff, all the way into your skull, a travelling vibration, which also sends the good vibes outwards. But here's the best kept secret, you can keep the tiny voice inside if you want. If you are surrounded by strangers, or those who don't approve of how different and 'strange' you are, still commit yourself to Ohm, still trust that the magic works, because I tried this for myself, in unsafe places, and the benefits still reside within my body, heart and mind. Visualise the motion of the word, that helps too - like the movement of light is adjoined to this word, watch it cleanse your energetic self and provide the light.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"OHM!"

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



'Time heals all things', that's not really true, is it? Pain from long ago still rises and falls, rises and falls, the trick is to let it do this forever, until it becomes far easier to bear. The repression of pain has been mistaken for the healing of it. Healing involves feeling, releasing, allowing the suffering to project outwardly - safely is best, but sometimes, not possible. So when your pain feels like flowing out of you, meditate with it, watch it occurring, and always trust that, this too, shall pass. That is the only comfort in times of great distress. Keep faith xo



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TRAVELLING LOVE SERIES

"TIME HEALS
MANY THINGS."

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



Time plays an important part of the story, it marks your birth, your death (eventually), it wakes you up (in time for many things). Time weaves us into a pattern, a pattern of life. I became free of time long ago, when it ceased to exist beyond a construct, a man made concept. Might you sit with yourself and find your focus free of time? Can you see through the illusion? Before clocks and watches and digital markers, we lived by the sun, perhaps spend you days with the sun? Let that be the thing to rouse you from a deep sleep, as nature intended. And let the dark force you to safety, as it should. There's a metaphorical lesson in there somewhere, that is yours to contemplate.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"TRUST IN TIME,
IT HELPS..."

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



Who are you when nobody watches? Do you wallow, cry, or rage? What parts of you hurt that you do not allow this world to witness? It's alright to become safe again, like when you were in the womb, before the world had you! To be safe is when you get to be the real you, but finding that person is a challenge, and they sit beneath the stories wrapping you up, to sit still without moving can be hard for many of you out there, so go for a quiet walk instead. And when you hear that mind of yours chattering away, allow it, get to know it, for you are in there somewhere... beneath the prattling on about nonsensical things that matter not. Where you are, is deep within... keep looking.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"STAY SAFE,
BECOME
YOURSELF."

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



Happiness, peace, love, all three concepts are made up of a very many stories... once you learn that these stories are nothing but fairy tales, trumped up tales pretending at being truth, life lightens its load a touch... and then a touch more when you come to acknowledge that the one word that matters is, EXPERIENCE. What experiences are you living, do you enjoy them, are you sick and tired of them? What lived things make you feel lighter, which ones bring all hell loose? There is a trick to life, how do you win the game? Well, you say goodbye to the things making you sad, angry, lonely, and hello to those notions, ideas and *experiences*, that bring the light with them. There is always time to find your joy... 

ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"WELL, WELL,
WELL, HELLO..."

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



This word, SHANTI, it whispers itself like a song unsung for too long. To bring peace, we must first bring peace inwardly, for a person only ever projects outwards what is inwards - *as within, so without*. Peacekeepers are the cancer, those who try to *inflict* peace, something quite impossible, for the pain must be allowed to play itself into extinction. 'Their' pain is real, stop calling it wrong, for the world deserves to heal itself naturally, not in the way trumped up white supremacists believe is right, all while making a lot of cash in the process. Shanti, it  calls for a state of welfare, of life, not politics.

ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"SHANTI, MAY
PEACE ALWAYS
BE WITH YOU."

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.