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## The Travelling Love Series

### A Little Wake Up Call

Water Collection - Printed DIY Cards

**This collection of cards offers thought provoking content, a little clarity towards what, 'Waking Up', actually means, and encourages a sense of gratitude towards things as forgotten as, *The Breath*. Please enjoy the eclectic mix of support, encouraging words, and mini-wake-up calls.**

#### 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.

Keep going, you're going to be fine. Just don't give up on yourself, even if it feels as though the world has. You matter, I am here to remind you of that whenever you forget! You matter, your life matters, and you can and will be okay! Just keep breathing and waking up, alright?



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

**"KEEP FAITH  
IN YOURSELF!"**

teacher.writer.spokeswoman.advocate  
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This world will not always value you, so value yourself. If you fall down, nobody is going to run and pick you up, so stand up and stay there... and when you cannot, stay being you! If you cry, be proud of the courage it takes to let those tears fall; if you scream and make a mess, roll around in the carnage! Be you, however you come, you are you, be that thing and bloody well embrace it!



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**"JUST KEEP  
BEING YOU!"**

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When you feel as though you have nothing and the world is caving in... **BREATHE** and **CHECK YOUR PULSE!!** You are the life as you breathe, you are the energy going in and out... you are magic in motion... and to breathe, to remember, to bring life into your body and be the life that you already are well, it may be the thing to save you!



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**"CHECK YOUR  
PULSE!"**

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There is a way this goes... you are the one we care for, the one we are trying to save by supporting you towards the saving of yourself. Don't hide from yourself, bring yourself home to yourself by bringing yourself into the game at play... that of being you! If you hide, we can't see you, we cannot help you, we can't even hear you! Bring yourself to the forefront of your stories and let us take care of your heart.



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**"BRING YOURSELF  
WITH YOU..."**

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Is there space for you to exist? Or do you spend your life caretaking, risking your time, life and energy for the sake of another? Are you happy with yourself, deep down, do you feel grateful to be you? Are you able to find moments of joy, blissful silence and rest in the arms of this life? Are you free? Or confined by the stories you're contained within? Being free can be found in the stories of perspective... waking up is about changing your eyes, not your entire life.



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"WHERE DID  
YOU GO?"

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



The world likes to think of itself as woken up... when all it does is take the drama of the dream and morph it into newer and far out there stories... being woke doesn't mean that you see the same as the rest of the woken... it simply means that you see yourself and your truth... wholly, unashamedly, and without questions left as to what you really are... a person lost in the dream they were born to... powerless to wake, left sleeping until death... to die while alive, that is to wake up!



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TRAVELLING LOVE SERIES

"WAKING UP...  
REALLY?"

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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.