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The Travelling Love Series

Common Miracles

Water Collection - Printed DIY Cards

We can forget the miracles that surround us daily. In a world of inequality, find value in life, for it may be the key to freedom you've been searching for.

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.

Thank you for the miracle of this body that breathes by itself and with no effort from me. That the breath can calm the mind, ease anxiety, and fuel my time on earth with life is enough miracle for me today.



ANA MARIA SANTUARIO TRAVELLING LOVE SERIES

"THE BODY AND THE BREATH."

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For life, I am thankful, for the breath that sustains it, I am in awe. For these feet, these hands, my beating heart, imagination in mind, and for my capacity to love, I live in astonishment, intrigue and appreciation.



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"THANKS BE FOR LIFE ITSELF."

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For the machine that my body is, for the mind that imagines, for the heart that pumps blood and oxygen around my body, for life itself, I offer up my interest. Fascinating as the human body is, I will endeavour to comprehend what taking care of my body-home looks like in real-time.



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"FASCINATION CENTRAL..."

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Light reflecting so that I may see, my miracle for the day... to see, to bask in the sunshine and watch life beautifully express itself all around me is my version of enough right now. To enjoy light dancing, making shapes, revealing matter and form, what a miracle. What a miracle. What a miracle.



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"FOR THE GLORY OF THE LIGHT."

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For the sun I sit in thanks, for it grows my food, makes light in the darkness, glows hope into my heart and warmth into my bones. For the sun, I am grateful, with it, everything is, without it, nothing can be. To circle it yearly is my blessing, and to do so for many years to come.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"SHINE AND
KEEP SHINING."**

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Even in the dark we still have the moon reflecting light and life into our world... enough to grow things, to help us see and navigate through shadow. Let the moon help me remember that there can never be pitch black bleakness so long as a little light can make it into my world.



**ANA MARIA SANTUARIO
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"MOON SHINE..."

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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.