

TRAVELLING LOVE PRAYERS  
GROWING FROM PAIN COLLECTION  
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Ana Maria Santuario, Independently Publishing  
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Dear One,

Let these prayers support you as you navigate the road between now and a future that looks and feels safer, brighter and more like home. Do share the Travelling Love Prayer Cards with anybody you feel inclined to gift one to, and perhaps print some to place in spaces where they can be found by whoever is meant to find them. A moment of loving intent can and will change the world when there are enough moments accumulating into a collective movement. One pebble cannot perhaps force the changes we all seek inside of ourselves, but momentum will build as each pebble grows into a part of a loving and generous community, and we become a force to be reckoned with. Faithfully keep heart, don't let the darkness win, and become a part of an invisible bedrock and foundation of light and love, one that needs only your faith in the truth that every act of kindness really does matter to someone, be that now or in the future.

Try letting go of expectations, external validation, and grow into a person who spreads seeds without anyone having to know that's what you're up to. There is a beauty to a person who is kind, generous and loving, but who seeks no glory for being so. Trust that somewhere somebody is watching over you, treasuring your light, and seeing you for who you truly are, a genuinely good person. Please enjoy knowing yourself, even when nobody in this world sees you clearly, and find value in your courage, in any strength that has you clinging to the light in a world wherein it has become increasingly challenging. To be a good person can be harder than the people in the world recognise, especially when pain, trauma and other suffering narratives have taken hold of you. Where you choose light, say thanks for having the power to make such a choice, and continue being you, that's all you need do.

As a side note, should you require professional assistance at any point of your life journey, do embrace that need as having a right to be met; and create the safest path ahead by admitting to any identifiable need and finding a way to meet it. To ignore the body and mind when it screams for help usually results in deterioration and further decline, so do not leave it too long to have somebody love you, even if they get paid to do it for a while. Professional support can change your life if you allow it to.

Be well, be safe, be content with who you are.

With Love,

Ana Maria Santuario.

## Guidelines for usage:

You will require access to a printer (preferably colour), scissors and glue. If you wish to make these lovely cards 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.

**ANA MARIA SANTUARIO**  
TRAVELLING LOVE PRAYERS  
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**"KEEPING FAITH  
IN THE NOW."**

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**Dear Earthly Mother, grant me the nourishment to build up physical strength enough to commit to the changes required of me. Please encourage my growth to be that of an inwards trajectory, for I hold faith that it will grow into external fruits one day. Amen.**



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**"DIGGING DEEP."**

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**Dearest life-giving force, might you grant me the will to fight for what is right today. I know you have invested interests in righteousness and I align myself to the serving of justice, honesty, truth and divine planning. Amen.**



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## "HELP ME SET BOUNDARIES."

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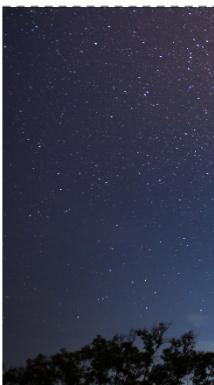
**Light above, below and within me, please grant me with the courage to face everything about myself that needs facing. Let me be brave enough to let go of what is not going to serve me or your greater plans, and grant me the wisdom to say no, to walk away, and to cut ties where required. Amen.**



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## "GIVE ME FAITH IN YOUR PLANS."

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**Dearest Divine Father, I know you have great plans and that my mind is too simple to comprehend the infinite or my place in it. Grant me the faith required to endure what you have been asking of me and to remain hopeful that you have an end in sight for this tremendously difficult and painful chapter. Please give me hope today most of all, and please do speed up the close of this chapter, for I am tired and weary. Amen.**



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## "LET ME BE SAFE."

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**Our Mother of Matter, please, might you grant me safety today, a true and felt sense of safety. I want to be safe in your embrace and to feel like the world is good for me again. I would like to walk in your world and just feel safe every time that I do.**

**Amen.**



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## "HELP ME ACCEPT, UNDERSTAND, AND BE GRATEFUL."

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**Father of Light, please offer me divine inspiration towards these ideas and notions: please guide me towards the safest choices; please help me comprehend my pain and find the power it has given me; please enhance my insights to assure me of there being a purpose to my pain; and most of all, please be kind to me and help me feel less pain over time. I am tired of feeling pain all of the time. Thank you, amen.**



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**"I CALL FOR LIGHT  
TO COME TODAY."**

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**Dear Lightness, please find space in  
my world to occupy, please do not  
abandon me to this darkness. I ask  
you to keep me safe and to let me feel  
your presence this day. Amen.**



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**"PLEASE PLANT THE  
SEEDS THAT I NEED."**

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**I pray for warmth, comfort, safety and  
health to all feel achievable as a way of  
life. Where all is not here inside of me  
today as a feeling or felt way of being, let  
the seeds be planted and provide enough  
light to let them grow, even if that be  
slowly, for I know that all is possible with  
time and patience.**



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**"I ASK FOR A  
MOMENT WITHOUT  
PAIN, PLEASE."**

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**Take my pain from me for a moment, please  
dearest Mother of the earth and Father of  
the light. Please blend together in love and  
love me enough to release the pain, even  
for a moment, so that I can remember your  
love and find it even in the darkest  
moments of my life. Namaste.**



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**"PLEASE SEE ME,  
HOLD ME, AND  
GRANT HOPE."**

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**I am aware that you, The Divine, are very  
busy, but also that you hold everything in  
your awareness and power, and so, with this  
surrender and moment of pure faith, I trust  
that you will guide me home to your warm  
embrace and gift me with enough light to  
find my way back to that which I deserve,  
peace, harmony and hope. Amen.**



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**"GIFT ME WITH  
A SIGN TODAY,  
PLEASE."**

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Dearest Divine Universal Energy, I have felt abandoned of late, please provide a sign from heaven, from the angels, and from yourself, that I am taken care of as a part of your greater plan. I comprehend that you have given me this path for reasons unbeknown to me, I only ask that you reinforce my faith in the greater good and in my appreciating that I have a place in your wholeness. With gratitude for the gift of faith today. Amen.



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**"PROVIDE A PATH  
OUT OF HELL, PLEASE,  
HOLY DIVINE."**

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With love, I ask for the blessing of a self-caring and self-loving lifestyle. I ask for your visible permission to grant me access to these remedies to my suffering. I ask for the light to empower me with the right skills, knowledge and life support tools. With time, I trust all you provide will lead the way out of hell. Amen.



### 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.