

TRAVELLING LOVE PRAYERS

LOST AT SEA COLLECTION

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Ana Maria Santuario, Independently Publishing
and Printing with Faith in Change Publishing Ltd.
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Dear One,

I am sorry for any suffering you have to bear, for I know the weight of it can be far too heavy and cost so much. I have utter compassion for how hard the body can be to live in, and for how challenging a mind can be to tolerate, comprehend and tame. When you have been through too much, these parts of yourself will ask for things, the tricky part is hearing what they request from you... time, space, patience, rest, and a devotion to a form of healing and recovery planning. When the body becomes sick, or full of anxiety and depression, stop trying so hard to live life to the fullest and come to find peace and safety in the present moment. When the mind feels like it has become a place of cruelty, be that towards yourself or another, reel in your presence in the world, contain yourself to a smaller life, and find self-control via the route of self-awareness and self-compassion.

Comprehending who and what you are may take time, learning to live as a person with lots going on inside of them can be a true struggle, but not one you cannot handle or come to manage with peace at your core. Life makes you who you are, your childhood will have contributed more than you know to your present state of suffering, as too will every subsequent trauma and experienced moment of pain, you did not choose this, but you may choose how you move forward from here. The trick is, if you wish to find the way out of all that darkness, then you need to seek safety with immediacy. To keep living pain, even if that means absorbing it from a violent T.V. show or a sad song, well, it quite logically results in more pain being accumulated, as well as the already existent pain being stirred up and finding itself expressing itself outward, oftentimes, unhealthily and unsafely. Sometimes, pain is cleverly contained for safety and/or self-preservation, and may represent itself with angry acne, IBS, or other chronic illnesses. Either way, ensure you listen to what both mind and body are communicating to you...

When you are lost to such dark times and you feel abandoned by the world, whether you feel ready to help yourself or not, you are allowed to be where you are at and exactly who you are in these moments. Sometimes, the body and mind need a good long rest before engaging with support or a helping hand from a professional. If rest is your identifiable need right now, permit it to be so and forgive yourself for needing to see no one, do nothing, and claim the safety of isolation. Do what you need to do and be forgiving of others who may not understand what you need and who might take your choices personally. You get one life as this you that you are, claim it, own it, and do what you must to reach safer shores of yourself... you deserve everything that awaits you on the other side of these prayers...

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.

<p>ANA MARIA SANTUARIO TRAVELLING LOVE PRAYERS LOST AT SEA SERIES</p> <p>"LET ME BE AT HOME IN MY BODY."</p> <p>teacher.writer.spokeswoman.advocate www.anamaria.org contact@anamaria.org</p>		<p>Dear Divine Guidance Team, please infuse my body with a sense of calm, safety and belonging to the earth. Please enable me to feel at home in my body, if not anywhere else for the time being. I am grateful for the feeling of safety today. Amen.</p> 
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<p>ANA MARIA SANTUARIO TRAVELLING LOVE PRAYERS LOST AT SEA SERIES</p> <p>"HELP ME ACCEPT MY SUFFERING AND TO FIND FAITH IN ITS END."</p> <p>teacher.writer.spokeswoman.advocate www.anamaria.org contact@anamaria.org</p>		<p>Our Father of Heaven and Mother of the Earth, please bear compassion towards my life story and help me to find acceptance today, for I know I am supposed to be living these moments of suffering without knowing why. I graciously accept these days of suffering will be teaching me things of value that I do not yet comprehend. Plant faith in me to help me carry on and stay strong. Amen.</p> 
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**"LET ME LEARN TO
LOVE MYSELF FIRST
AND BE OKAY WITH IT."**

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Light and Love, grant me access to harmony today, help me find balance in the way I currently live my life. Let me learn to say no, to protect what is vital to me, such as my time, energy and love, and gift me with the permission I need to be gentle with myself and to place myself as my priority, without judgement or shame. Love me, hug me, so that I may learn to love and hug myself where required. Namaste.



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**"LET ME FIND
THANKS TODAY FOR
WHAT I DO HAVE."**

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Father of life, grant me the wisdom to know what is serving me for this journey of deep recovery. Let me shed the unnecessary and find thanks for the simplest of blessings, such as a full stomach, clean water, and a safe roof over my head. Amen.



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**"HELP ME TO SEE
MYSELF CLEARLY
AND WITH LOVE."**

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Mother nature, please let me see my own beauty in you. May your world of perfection allow me to see that I too, am perfect, just the way you birthed me. Just as the bird with a broken wing cannot fly as it used to, but may fly when they are healed, I too can rest and remember that a broken wing leaves me no less beautiful, only less able. Let me be okay with being an animal that can hurt, that can break a bit, but that can heal, with your help. Amen.



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**"PRAYING FOR
DIRECTION TODAY."**

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I pray for the answer to my pain to be revealed, may the divine powers that be show me clearly the direction that I must wander along, be that therapy, leaving an unhealthy situation, or asking for help some somewhere specific. Please grant me the courage to act upon what is revealed. Amen.



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**"TODAY I PRAY
FOR HOPE TO GROW
AND SPROUT."**

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**May the spirit guides, the angels,
and all loving entities, provide
deep moments of clarity for me
today; in that clarity may seeds of
hope be replanted and restored.
Amen.**



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**"LET ME FEEL
DIVINE LOVE TODAY."**

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**Dear Heavenly Mother, all deities of
care, nurture and kindness, in your
daily blessing of life giving energy,
please let me embrace the love that
is here in this day to claim, to feel,
and to appreciate. Amen.**



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**"MAY INFINITY
INFUSE ME WITH
WIDER PERSPECTIVE."**

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**Dear glorious masters of the universe, in the
concept and notion of infinity, let me
release the importance of my own
suffering. Let me separate this pain filled
body from the soul life, that which is eternal
and born of light and love. Let time become
a place of hope, for it changes all,
including me. Amen.**



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**"I ASK FOR STRENGTH,
DETERMINATION AND
GUIDANCE."**

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**Dear infinite soul that dwells in me, fire me up
from the inside, let your strength and freedom
become a thing belonging to us both. Give me
hope where I have none. Grant me faith in the
unseen, including my own future life. Let fear
be present, but not in control. Please forgive
me my weaknesses and help me walk *with* them
and for them to be removed as blocks to my
path. Amen.**



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**"HELP ME BEAR
TODAY AND FIND AN
EASIER TOMORROW."**

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**Dear God,
Let tomorrow be easier than today.
Thank you. Amen.**



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**"I PRAY FOR THE
WISDOM TO TRUST
MY BODY."**

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**My dear body, thank you for being so
clever, with intelligence enough to bring
me back to safety. I will try my best to
listen to your intuitive guidance and learn
to say yes to what works for you, and no to
what causes you more harm and to feel
too much suffering. 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.