



www.anamaria.org | contact@anamaria.org

The Travelling Love Series

Perfect Mirrors

Mix Theme Collection - Printed DIY Cards

The world is mad and thinks far too highly of itself. Sometimes, the perfect thing to see is your own insignificance, as well as your inability to think uniquely or originally. There is nothing wrong with that, it is well and truly a feature of being human. The 'Perfect Mirrors' Collection encourages you to think before you speak, to question before you proclaim awakening to the truth of reality, and to find humility in our humanness. There is but one. Namaste, friends.

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.

Nature is what you are, our houses, clothing and cars tell us otherwise, but you are the natural world experiencing itself. Life is the only commonality between all living things, but when you come to fathom that life is all there is, in all its variety and intrigue, you might find yourself looking to those around you with a little more appreciation for the magical notion that... to exist is the only gift necessary to receive. For life is the thing you are seeking, and to live it well, well that's a true blessing. Look to the mirror of life, and say thank you. Be grateful for just that and then see what happens next.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"LOOK IN
THE MIRROR
OF NATURE."

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



When time moves fast, we make a story up about it being because life is going well. When time moves slow, we sense the dragging, the weight of things keeping us in the past... Perhaps time only moves slowly when you are held captive by it? Maybe your awareness of time passing, your watching of that one thing, makes it acute and almost painful to lose. When life flows, when it sings your own unique melody, little else will matter to you - finding your song is the key, finding your joys, the things where time doesn't 'move faster', but disappears altogether... That is your key today :) Have a great time... ;)



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"ENJOY, WELCOME
AND TREASURE
YOUR TIME..."

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



When time began, then too began storytelling, stories of all kinds have been regurgitated over the millennia. Believing them is what keeps you separate from this truth - That you are your own story, to be written as you will it. Life will gift you with many things, some hard to live with, others a pure blessing, but to recognise, in full willingness, that each story you tell is garbage floating through your energy streams, that they are imprints of time and space, well, then nothing else comes to matter. Born 100 years ago, your stories would not be what they are, born 1000 years from now, well, time changes all but the truth - that you exist while wrapped up in storytelling, that will never change.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"PERFECT
STORIES."

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



In the world of glorified ego and want, everybody wants to awaken, it's in your soul to do so... but only the ego pretends to be 'woken', there is only asleep for most of the population... only the dream, but the dream is the best bit, without dreams, you are untethered, unanchored, no longer a part of the human race, for you ascended their stories... But when you write that you are woke because your perception of others changed, please do so light-heartedly, for there are too many false gurus and teachers, who risk your story shaping itself into another illusion of its being truth. There is but one. Namaste.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"CAN YOU WAKE
UP? IS THAT EVER
REALLY A THING?"

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



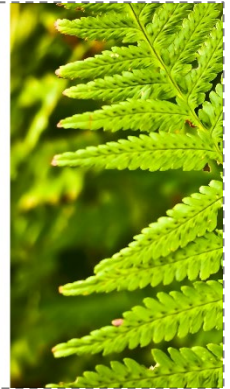
Your heart is the only thing worth listening to, but having lived enough life to observe the following, I caution you towards reading into your thoughts, since most of it is mind noise; When the heart speaks, it is a whisper, buried beneath a mountain of chaotic noise and life's debris and ruin. Hearts are squashed early, intuition is buried beneath mounds of fear and numbness. Do not trust your head to know the way, utilise its capacity to question, and let it come to question itself, for beyond that journey, you may find your heart waiting to be received, opened & heard, for the very first time. Blessings for the journey.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"FAIR WARNING."

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



The movies, books and songs tell us love is to be found externally, that it is only a thing you 'fall' into. When love is everything joyous, peaceful and serene, love is what lay beneath fear and egoic structures of selfish intentions. Love can be accessed within your heart and body anytime that you like, with practice foretelling your success in that endeavour. Love lifts your head from grief and brings smiling back into your world. Love heals the wounded, soothes the despairing and comforts those who have lost something safe. Love will ring itself in your ears, if you will only listen and do what it tells you to do... Love yourself!



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

**"TRUE LOVE IS
A WAY OF LIFE."**

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.