



www.anamaria.org | contact@anamaria.org

The Travelling Love Series

Let's Go Outside

Water Collection - Printed DIY Cards

Are you connected to the earth, or separate from it? Only your mindset decides the answer to the question posed. Connection is what you are, and nature offers the great opportunity to connect inwards, as the quiet, temperate qualities of the natural born world soothe, placate, and diminish the residue left over from harder times, or even just another day at the office. Life is long, and far fuller with nature in your world. Do you see its beauty, or does the majesty of it all pass you by on a daily basis, if so, tune into your favourite experience, that of being alive, and go outside! That's all it takes sometimes, to turn your frown upside down. Enjoy the experience of it all.

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.

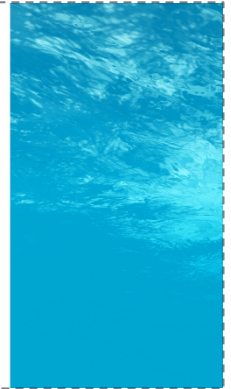
There is a big, beautiful world to explore... when you go outside, do you see it, the beauty? Do you see the carved stones used to make homes? Do you watch the birds fly, majestically swooping and veering up in their own version of the world? Can you hear their songs, songs sung in every corner of the earth? Where do you go when you venture outwards, to the same places, seeing the world change daily, all for your own eyes and other senses? Or maybe to newer and greener, let your feet know where to go, and the mind may just quiet itself enough to enjoy having a day off.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"REMEMBERING THE BEAUTY..."

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



When the world spins, it spins faster and faster, not slowing enough for you to take the spectacle of it in before you die. Enjoying this world is your human right, but perhaps nobody taught you how; how to watch the butterflies flutter about the flowers; how to sit quietly with only the sound of the stream flowing beside you; how to take in the sky, in all its unknown glory. The world is a true wonder to behold, can you see it?



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"CAN YOU SEE IT?"

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



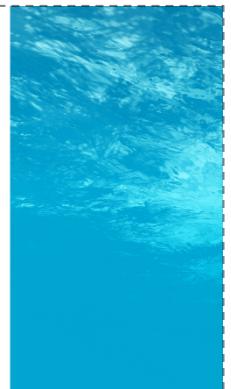
Do you ever think about the trees surrounding you and how they are your life force, that without them, you might die tomorrow? Have you ever really pondered it, your connection with those strong oaks, lilting willows, and famous ferns? Have you thanked them, for cleaning our air; for providing delicious and juicy fruits, as well as protein filled nuts? Have you thanks them for sustaining your body and life?



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"BREATHE WITH THE TREES..."

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



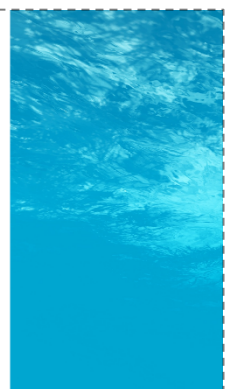
Life may just knock the wind from your sails, it might have taken your will to live, or caused you traumas untold. Life may have just royally kicked your butt, but the one constant, the one magic thing to always bring a comforting and safe moment, is the natural world. This world is safer than you may feel right now, but to remember, you must be brave enough to venture outwards, and trust that, in time, the mother's arms will bring you home, to safety, love, beauty, joy and peace.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"NEVER GIVE UP YOUR WORLD!"

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



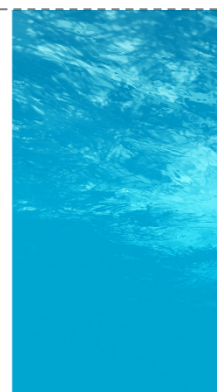
Many people pretend to know the world, they named it, gave everything its place; but the world and its stories changed too many times for them to be trusted to be the constant, the truth. Might you expand your awareness today, and trust that the world may sit just beyond comprehension, but never, not ever, beyond a point of recognition and appreciation. To love the world is to sit in awe of its all, plenty and gifts, but never to define it.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

**"THERE IS
NOTHING TO
BE KNOWN."**

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



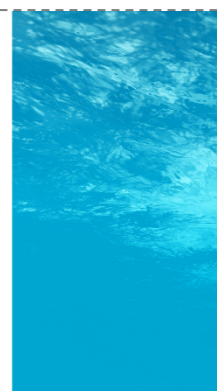
The world knows exactly what it's doing, it grows, extinguishes, explodes and creates life. Cycle after cycle, it carries onwards, towards its own expansion. Might we find faith in doing the same - trusting our hearts, minds and bodies to be the exact replica of the natural world; to be just as resourceful, reliable and born to do what nature intended - LIVE! For you are no separate entity, you were born from seed, and you shall return to this earth as dust, we are a part of this whole.



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

**"JUST TRY TO SEEK,
AND PERHAPS, YOU
MAY JUST FIND."**

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.