

The Travelling Love Series

Those Darker Times

Water Collection - Printed DIY Cards

These cards offer a little solace during those times of darkness, times when no light can be found, even when you know it must be there some place. Do not fear those darker days, for they are not going to last forever, not when you set the intention to move forward, one single step at a time. Reaching your new life may take time, years even, but do trust and keep faith that it is there waiting for you. Keep walking home to yourself, one small moment at a time.

Reach for these kinds of resources when you need something, anything, to poke through your heart and to find the faith that waits for you within yourself and your soul. Blessings to you, and with sincerest comradery, we salute you for breathing, for those who are in the dark, that one brave act is well beyond what is enough and expected of a human being.

So do that one thing, until it becomes easier... just keep breathing. We are with you, in the shadows, holding your hand in the ways that we can. Take care of yourself and believe that change is possible... all you need do is believe. Belief will falter at times, but faith returns it to your side.

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.

Do not give up on yourself! You can do this, you can just make it through today. Keep making it through today, because there is a better tomorrow... one day at a time takes you to tomorrow... keep walking, keep your sense of hope and faith... just keep walking towards your new day. It might take time, but don't you dare give up on yourself!



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"DON'T GIVE UP,
NOT TODAY!"**

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



Today is hard, isn't it? Another hard day is doable. You've made it through days like this before, you can do it again. Against all odds, you made it this far, today is just another day of your journey along the path towards another kind of day... a better kind of day, an easier kind of day, when breathing to stay alive doesn't feel like the hardest task in the world. Another day waits for you... keep breathing until it arrives... today will not come again, just make it through, and be proud of yourself for doing so. Place faith in yourself and this all eventually passing through you.



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**"TODAY IS
ALWAYS, ALWAYS,
TEMPORARY!"**

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I am sorry for your suffering, just so sorry that life has been so hard for you, that today you feel afraid to keep going, but do keep going. Only you can keep going... so keep on going, alright?



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**"DON'T GIVE UP,
KEEP GOING,
JUST KEEP GOING."**

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You are worthy of a different kind of day; life is a gift, but nobody blessed you with a decent way to live it, no one gave you anything different, or taught you how to dig your way out of days like these... that's why it's too hard to bear sometimes, because you might feel lost and do not know which way to turn, not without a little aid... And sometimes asking for help is the hard part, and for those dead set against even that, check out the self-help library at anamaria.org, you may find something to help you through another day like today.



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VERY WORTHY."**

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Nobody decides your triumphs, but you, and perhaps the divine. Some of you were sent to suffer, but know you have what it takes to learn from that journey, and gift yourself with compassion and understanding because of it. The destination is often too far away to even sight, but do trust that it is there, just waiting for your arrival, whether that be from a recovery journey, trauma release, or divorce, time takes you onwards, your only mistake will be to give up on yourself and lose faith, for then, you remain still, instead of moving onwards, one day at a time.



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"I CAN DO THIS.
I WILL DO THIS."

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Nobody needs to know why you are feeling low, how you came to be so fatigued and tired, or why you cannot stand up straight, metaphorically speaking. You owe no explanations, no apologies, and sure as heck, no excuses. You are fabulously brave, beautiful and beaten... you made it through a darkness when no one was watching, you did that, and only you will ever really know what you survived to become this version of yourself who exists today. Some may pretend to see, let them try if they want, if you want, but owe them nothing...



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KNOW..."

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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.