

TRAVELLING LOVE PRAYERS GROWING FROM PAIN COLLECTION

www.anamaria.org | contact@anamaria.org



Ana Maria Santuario, Independently Publishing
and Printing with Faith in Change Publishing Ltd.
www.faithinchange.com | contact@faithinchange.com

Dear One,

Finding gratitude is such a nourishing life privilege. For there to be space for thanks, one must be safe, generally speaking. Of course, a homeless person may be thankful in the moment for a sandwich purchased for them by a stranger, but they are not then able to sit in perpetual thanks for food. A full belly is something we forget to be thankful for, instead we want to try keto, a juice fast, or even longer term fasting. We are incessantly driven towards change, but we do not choose the direction of that change-drawn attention.

Should one find themselves sitting amidst quiet enough surroundings, the external noise stopping, the adverts, the memory-triggering songs, the violent blockbusters; should, for just a day, one seek such quiet, they may very well discover where gratitude comes from. Taking a break from chasing and seeking is where one finds gratitude. You can have everything, but in still wanting more have you forgotten to find thanks for what you have? You may be grateful for every new thing that you buy, but what about everything in your cupboards, garages and sheds? Are you distracted by an invisible, illusionary need, and instead turned towards buying and absorbing content, rather than drifting towards an evermore peaceful state of being, like that of not-wanting?

I imagine the homeless person to want three things – a safe home with a door that locks, a bed, kitchenette and bathroom; daily meals, be that porridge for every one of them; water flowing from a tap. Can a person without such vital, life-sustaining necessities ever glance up at a blue sky in thanks? If so, they are a special person indeed. Would a person sleeping on the streets feel thanks for the wet autumn that nourished our delicious vegetables? Or would they instead sit in thanks for a dry season, one where they need not repeatedly seek shelter from the elements, as people with warm, safe homes move them on because they are an eyesore and a heartache?

Gratitude starts with the seeking of it, it will not suddenly be there inside of you tomorrow because you now realise that you have everything you could possibly need, with perhaps the added safety of a little money saved in the bank. New mindsets take time to infuse themselves into your perspective and being, try using these prayer cards daily for a month and just see what happens...

Be well, be safe, be thankful for every blessing.

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 FINDING GRATITUDE SERIES ASK FOR INSPIRATION teacher.writer.spokeswoman.advocate www.anamaria.org contact@anamaria.org		I wander around looking for a new day, for this day has not been an easy one. Yet I hope for the light of life to envelop me and show a moment of grace, thus instilling gratitude for this life, this moment, and all the moments that follow. Father almighty, I call on you to provide me with the grace and wisdom to continue each day with gratitude. Amen. 
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ANA MARIA SANTUARIO TRAVELLING LOVE PRAYERS FINDING GRATITUDE SERIES ASK TO LIVE IN WONDER teacher.writer.spokeswoman.advocate www.anamaria.org contact@anamaria.org		Mother Earth, thank you for sustaining me with such soothing beauty and delectable delights. My eyes wander about the world and question where it came from, just as a babe ponders their own beginnings. We may never know exactly how this gift of life came to be, but we may ponder, in gratitude, the wonder of our own existence and come to bask in the majesty of the miracle that is we, us and I. Humanity may not know what we are, what we might become, but with a little trust and faith we may find peace yet. Amen. 
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TRUST THAT YOU MATTER

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Today I find gratitude for my suffering and find grace in the most important lessons of my life here on this earth. It has not been easy, but I trust in faith and know I am important to God's plan, as is all and everything. He watches us grow like baby flowers, blossoming into the most sensational fruit. The sorrow, the tears, the shame and despair, let it fertilise my life and enrich my world within, for there is no end that is not made up of peace. Amen.



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KNOW SORROW TO KNOW JOY

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Today I am grateful for my sorrow, for it led the way home to my joy. Amen.



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"THANK YOU FOR EXPERIENCE."

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I wish to thank the light for my life and for enabling me to walk, breathe, and make love. For it is these experiences that sustain my world and contribute the most beauty... To move, to rest and to share in love are my great treasures. I thank thee with all that I am. Amen.



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HELP ME TO REMEMBER...

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Our father, who art in heaven, please provide your nurturing guidance along my road. I will remember you when I eat, sleep and love. I will recall your gifts in my darkest hours so I may know your love even when the darkness envelops me; for you are by my side in day and in night. I am not alone in this life and I am grateful for the presence of love you have bestowed within me. Amen.



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THANKS BE FOR FOOD

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Father, almighty creator, I thank you for the beautiful belly of food I am about to receive and for the sustaining energy it will go on to provide. I willingly accept your presence and grace with this food. Amen.



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THANKS BE FOR SAFETY

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Oh Mother Earth, I nurture my body with your goodness. The riches of the earth replenish and revive, and I thank thee, forever, for providing my material home full of provisions, safety and light. With love, Amen.



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BE THANKFUL FOR LIFE

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Dearest Nature, today I am grateful to still be breathing in your marvelous life giving oxygen. I too, am grateful for the trees that purify this air; with our symbiotic connection, I pray to save the trees from our ignorant greed and return to the Eden before it's too late; for perfect was your creation, until the human race decided more was better and required for contentment. I pray to see that I am enough, that I have enough, and promise to share with those who do not. Namaste.



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THANK YOU FOR MY CLEVER BODY

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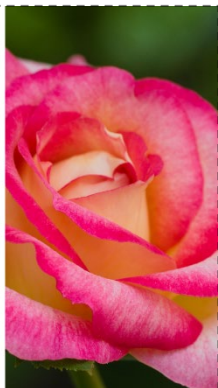
Thank you, Father, for gracing me with the strength to endure what was necessary in order to return to a place of love, compassion and understanding. Thank you for removing the sorrow by designing a clever body that can feel and heal itself by doing so. Thanks to you for reducing my anguish and anger, and leaving me with more room to nurture and grow love. Amen.



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THANKS FOR THE GRATITUDE

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Our father, reminding me to be grateful for it all has been your greatest gift bestowed upon me... for the sun and the moon, the rain and the stars; for every breath of fresh air and billowing willow tree; for the buzz of each bee and beauty of every flower. I am grateful for the gifts of each day. Amen. 

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THANKS BE FOR ALL THERE IS

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Our mother, thank you for the multiple offerings you have nourished me with, for the gift of the fruits that have ornamented and sustained my world... I am thankful for each ocean, mountain and fresh pasture. Namaste. 

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.