

## The Travelling Love Series

### Mindful Walking

#### Green Collection - Printed DIY Cards

Do you see the world, like *really see it*? It is our great gift from the creative powers and forces, this wonderful wonderland of colour growing, interesting animals, light masquerading as life. Our houses, built as they are, sturdy, strong and warm, are miracles; our food, available without hunting and foraging, is the easiest miracle to find gratitude for; our legs, working or not, allow us to explore, for some that extends to wheels, but hey, what a thing to live in the age of accessible mobility (if you're in the right country, of course, if not, become the advocate your country needs you to be and learn from the world beyond that which surrounds you – an endeavour I wish you the greatest of light with).

To explore the world around you is the greatest of gifts, modern transportation allows you to reach further outwards than your ancestors, yet, to come to know that which is accessible by foot, or wheelchair, may just bring you a sense of wonder at the world. To find gifts in the now, in the shape of the leaves falling as they will; in the trunk of a mighty oak tree; or the flight of a bird as it soars beyond your reach; they are the things to look out for. Every single moment bears fruits of plenty and beauty, every now moment has the ability to bring a sense of wonderment and awe-stricken quiet... if you learn to see the world for what it was and still is, and forever will be – magic working to help you see yourself as the very same thing that is... no answer given here – go see for yourself, and let the magic mirror your own.

#### 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.

The world is a beautiful place, but tunnel vision is a feature of life, especially when each day looks relatively similar and is filled with the same places, people and activities... But the sky, *oh the sky*, is different, fluctuating in both scene, sound and action, it lets water fall, glows with the sun, passes white over blue, and if you're really lucky, shows off with a lightening storm accompanied by its orchestral thunder, full of deep rumbles and soul shattering cracks... let the sky draw your gaze and provoke your wonder, full of stars at night time, how can it not? Full moons cast their tide provoking power, and if your moment is truly blessed, it may also offer a shooting star or two.



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

## "DO YOU LOOK UP?"

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Nature's lullaby - what a true blessing, when the birds sing, do you hear them? How busy are you to ignore such precious song? Patiently waking us each morning, welcoming a day with such delight and lightness of spirit. What a blessing, a true blessing. Do you feel that way? Can you feel that way? Blessed by the song of a bird? Nature is full of tremendous, haunting beauty, the kind to stir awakening, nourish gratefulness, and provoke attention toward the divine. Joint in union with your external world, you are never separate from it... blessed as you are by those birds, I hope that you come to see the world as I do - as it being blessed by your existence too, for you are the same kind of magic.



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## "HEAR THE BIRDS..."

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When you walk you try to find something, whether you're aware of it or not... some of you even run towards that destination, run for miles until your body aches and joints hurt... others amble along, never at all recognising that we are all travelling at the same speed to the very same destination - death. When you walk, do you plan your time outside, or allow time and nature to draw your path without your mind interfering? Have you ever tried letting your feet decide? Like being lost in a new city, without friends, with no navigation equipment... just you, your feet, and a feeling - try it, there's no such thing as lost anyway, just walking, wandering, searching, as we were made to be and do.



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## "HOW DO YOU KNOW?"

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Why are you walking? To stay fit? To lose weight? To prepare for surgery or train for a marathon? We all have our reasons, and reasons are fine and dandy, I do not judge your reasons, only challenge you to let them go sometimes... Can you walk without a reason except for the experience of it all? How slow can you walk? Now that's the challenge for today... HOW SLOW CAN YOU WALK? I wonder what will change, likely your perception of the world around you, as well as your experience of it... give it a go, be aware of your journey today, most of all, enjoy yourself, is that not the main purpose to life, to find sacred treasures, like a moment of joy and intrigue whilst surrounded by mother nature?



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## "TAKE YOUR TIME TODAY!"

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## Mindful Walking – Card Collection (Page 2 of 2)

Do you see the magic that surrounds you, solid blocks of stone and time that wrap your life up in a home; when you walk today, let's play a game - *Who Lives There?* Just like any game, the only reason we might play it is to have fun, perhaps challenge your brain to do some thinking and stretch itself. If a game doesn't do this, it is placating you, not entertaining your wholeness. I wonder how much your imagination can handle, has it lost its elasticity? Play the game with a child if you can, watch their limitless heart fuel their infinite imagination - with a little training, your mind may stretch beyond the known again one day too... And what good fun that will all come to be :)



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TRAVELLING LOVE SERIES

**"THE WORLD  
IS AMAZING!"**

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Let nature hold you, allow her to swallow your suffering and pains... scream, cry, rage, slap a tree, kick rocks - release what you need to and do that for yourself - *safely!* People judge the sounds that escape you when despair and grief lay at their root - nature never will - find the safest space imaginable and let anything hell-like that exists inside of you cry itself to death! You might feel mad, insane, lost, alone, scared, terrified even - but the body needs you to do this for itself... to find relief from all that it holds within it, trust your body to allow the right things to come out, *all the while knowing that whatever rises from within, shall too fall, all you need do is endure the flow until its end.*



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

**"GO CRY IN  
THE WOODS!"**

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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.