



www.anamaria.org | contact@anamaria.org

The Travelling Love Series

Healing Your Broken Heart

Green Collection - Printed DIY Cards

When you lose a great love, time can become your only hope, for it will eventually allow a feeling different to the ones you have inside of you now... be those feelings of grief, despair, acute emotional or physical pain, hopelessness, longing, a feeling of dread or anger. Rage may even be rising up from within, for it is a healthy balance to chronic sadness and may present as a necessary phase out of an attachment to a person who is gone already. Reprocessing the pain and releasing the melancholy can take a really long time, but with help, safety, tender-loving-self-care, and a great deal of patience, you will come to sit on the other side of what may even feel like a death...

Breathing life into the spaces once filled with the love you had for another can become a really empowering and freeing notion, one only available to those willing to seek inside what was ignited in a moment of shared passion, intimacy and meaningful connection. Everything you felt started and ended within after all. As you wander into the spaces feeling abandoned, rejected and left alone or unseen it will predictably hurt, because to feel is to heal... so be brave, feel it all, numb as little as possible, cry for three years if you must! Don't seek love in another, find it in yourself and trust that something better is waiting on the other side of this deep healing journey life has thrust you into. There is nothing you can do to change what has happened or how you feel about it, just be very gentle with yourself, let no one tell you to 'get over it', and walk your path with grace, awareness and self-compassion. You will get through it, it might take years, but YOU WILL GET THROUGH IT!

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 body can heal from love lost, but you must let grief swallow you, sadness flow out of your eyes, and rage consume your heart. It will pass eventually, be brave enough to let it.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"FEEL IT, TO HEAL IT!"

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



All things hurt, but allowing them to is how you reach the other side, where you'll be freer, more whole than before, and ready to receive love once again... this time, with caution, for you know the weight of it... as well as the risk you take when opening your heart once again. Let that be called wisdom born from learning. It will also ensure the next person is more than worth it.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"LET THE HURT IN."

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



A broken heart enhances the value you next place toward the experience of love, and teaches you how very valuable your own self-love must become if you are to guard against a repeat occurrence. You learn to avoid silly choices and such frivolities as sharing sacred things like sexual intercourse on a whim, and guard the exposure of your deeper secrets and inwards, hidden, gifts and treasures. Which is how it should be when you value all parts of yourself.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"UP YOUR VALUE!!!"

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



When you feel the loss of love, all that pain reveals a gap in your wholeness, a gap that love filled and flowed through... maybe the reason love came was to show you this part of yourself that needs to be loved by you first... coming to discover what that self love and care looks like can turn your heartache into a blessing... but it is one that will only be felt when you're over the worst of it all...



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

"LET SELF-LOVE GROW AND FILL YOU UP!"

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



The reason losing love hurts is because you came to feel wholeness, you touched the source of light and felt safer, happier, and content with your own infinite nature. This experience exists without that person, just trust you can make it to that space of self-contentment, and take the steps the light reveals along your way towards the ultimate destination - *home...*



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"WITH OR WITHOUT
THEM... LIFE GUIDES
YOU HOMEWARD."**

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



Healing yourself is your right, your duty, and your honoured blessing from the light. However, one must place faith in automatic bodily and mental functions... The only way is through this painful maze of experience lived within yourself - can you be brave enough to walk blind, always trusting that each tear, each cry, each heart-wrenching pain, brings you ever closer to peace?



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"TRUST YOUR BODY
AND MIND KNOW
HOW TO DO THIS!"**

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



I can tell you that you will heal, I can promise that your mind and body will recover from this great loss, and I can tell you that time will place this into your history books eventually, but right now, none of that matters, and I agree. When pain surfaces, no hopeful imagining of future relief can help. But you can make it through, so just keep putting one foot in front of the other... and one day, it will just hurt less... then less... until you can smile again...



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"IT'S ALRIGHT
NOT TO BE
ALRIGHT..."**

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.