

## The Travelling Love Series

### Happiness Can Be Cultivated

### Mixed Collection - Printed DIY Cards

**Growing happiness is a possibility, with time, patience and mindful choice making. To accept yourself where you presently are is an excellent, and the only, logical starting point. From the present moment onwards, keep faith that you may yet grow up and into a lighter, brighter and happier version of yourself, which is the only way that a happier external life can manifest too.**

#### 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.

In a world telling you to be what everyone else is, no wonder moments of discontentment come for many of us... Becoming yourself wholly, without shame or apology, is such a blessed gift. Don't care what anybody thinks and give space for your true desires, be those wants or needs, to surface and grow, and with them... watch happiness sprout...



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

"BE HAPPY,  
BE YOU..."

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Be careful what energy you invite into your world... be careful what television shows you watch, who you CHOOSE as friends, what music you listen to, and the things you read. Everything you INVITE into your space, psychology, and aura, becomes one with you... be safe, choose wisely, discard that which does not serve the light in you.



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"LET LIGHT  
TAKE ROOT."

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Be brave enough to admit to what brings you joy, and that which makes your heart or head hurt. Pain speaks to us all, and where pain is cultivated, take a deep breath and CHOOSE to spend less time with that external energy source. If sadness sits inside of you, don't give yourself more by inviting in pain... CHOOSE happier experiences and, over time, watch yourself grow happier because of it.



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"BE BRAVE ENOUGH  
TO CHOOSE WHAT  
IS GOOD FOR YOU."

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Growing happiness is like growing a plant from seed and soil, to tree, leaf, flower and fruit... IT TAKES TIME. Keep feeding your seedlings with light, love, nurturing, good nutrients, and time will grow what you cultivate and seek within... peace, contentment, health, joy and loving feelings. Keep faith. Keep going. Don't lose hope in what self-love and care can do.



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"NO OVERNIGHT  
CHANGE???"

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**Keep growing inwards towards the light... there are hidden messages coded into your being... your body knows what works for it, for some it is veggies and dance, for others, maybe meat and running. Love yourself enough to provide and offer your needs back to yourself. Your mind knows what it likes, what makes it laugh, smile and feel excited or peaceful, give it more of that stuff...**



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

**"KEEP GROWING  
INWARDS..."**

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**To grow deep roots one must know what they are growing and where... you can grow outwardly, but without roots to hold you steady in form, identity, safety and love, your branches may fall, leaves may shed, and fruits may never come from all your hard work. Sit still sometimes and come to see what is inside of you instead of working to grab at the external material world, work with what's there, plant light, let it grow, and take thanks for its being possible.**



ANA MARIA SANTUARIO  
TRAVELLING LOVE SERIES

**"STAY ROOTED,  
STAY STRONG."**

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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.