SHAMBHALA

Free Gifts of Light

GAUTAMA BUDDHA
CARDS OF ENLIGHTENMENT

Eight printable decree cards of enlightenment, the quiet mind and the lotus heart

Cards of Gautama Buddha - the quiet mind, the middle way,

the lotus heart. Cards for meditation,

rest and prayer: hold one and speak its words aloud.

THE QUIET MIND

Cards of Gautama Buddha

I AM the quiet mind:

stillness opens the door of Light.

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THE MIDDLE WAY

Cards of Gautama Buddha

I AM the middle way:

I walk in balance, in peace, in Light.

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THE LOTUS HEART

Cards of Gautama Buddha

I AM the lotus heart:

I bloom in kindness above every storm.

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THE AWAKENED DAWN

Cards of Gautama Buddha

I AM the awakened dawn:

I wake each morning in gratitude and Light.

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THE GENTLE STEP

Cards of Gautama Buddha

I AM the gentle step:

each soft step blesses the road I walk.

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THE GOLDEN SILENCE

Cards of Gautama Buddha

I AM golden silence:

in silence I hear the voice of Light.

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THE COMPASSIONATE EYE

Cards of Gautama Buddha

I AM the compassionate eye:

I see every being with love and mercy.

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THE TREE OF PEACE

Cards of Gautama Buddha

I AM the tree of peace:

rooted in Light, I give shade to all.

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