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I AM THE LIGHT

I AM the Light that shines in me and through me.

Shambhala
Free Gifts of Light

*

I AM PEACE

I AM the Peace that stills every storm.

Shambhala
Free Gifts of Light

*

I AM LOVE

I AM Love in action, everywhere I go.

Shambhala
Free Gifts of Light

*

I AM GRATITUDE

I AM Gratitude, and my heart is full.

Shambhala
Free Gifts of Light

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VIOLET FLAME

I AM the Violet Flame, transmuting all into Light.

Shambhala
Free Gifts of Light

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GOLDEN CITY

I AM the Golden City within - Shambhala in my heart.

Shambhala
Free Gifts of Light

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I AM JOY

I AM Joy, rising like the morning sun.

Shambhala
Free Gifts of Light

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I AM GUIDED

I AM the Presence that guides my steps.

Shambhala
Free Gifts of Light