SHAMBHALA - FREE GIFTS OF LIGHT

I AM AWAKENING

A golden poster of gentle awakening and new beginning for your wall, your desk or your home

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DAWN

I AM Awakening at dawn: I rise with clear eyes and a grateful heart.

HEART

I AM Awakening in my heart: I notice the Light in every moment.

WORDS

I AM Awakening in my words: I speak what is true, kind and needed.

EVENING

I AM Awakening at rest: I thank this day and dream in the Light.

I AM AWAKENING - CLEAR EYES, GRATEFUL HEART, SHINING IN THE LIGHT